

THE HEALING HAND/

Winter 2021

Creating a **CLIMATE**
of **CHANGE** for girls

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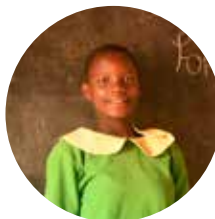
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WELCOME

The work of EMMS International is an important contribution to providing hope, health and support for those who battle poverty in our world.

It was an honour to be asked by the board of EMMS International to take over the chair when Angus McLeod came to the end of his term. I want to start by thanking him for his astute and insightful guidance during years of board membership and latterly as chair of the trustees.

Over 180 years, EMMS has encouraged people to recognise and meet physical and spiritual needs in communities around the world. From humble Scottish roots, EMMS has provided health and hope in many parts of the world. I am delighted to be part of EMMS and that we can continue to play our part in the Christian service of our skilled partners. Always remembering that it is a service made possible by the continued generosity of supporters like you.

Jesus Christ was often drawn to people who had little influence, those on the margins of society,

Jesus Christ was often drawn to people who had little influence, those on the margins...

foreigners, those who were sick, women and the children. On the surface, today's biggest challenges appear to be global ones - climate change, food insecurity, and unequal financial systems. It is easy to be overwhelmed by the scale of the challenges – but those who suffer are those same people on the margins, the young, the women, those who are sick and those living in poverty.

We can't help everyone. But we must help those whom we can and, as Jesus did, draw attention to all who are ignored and overlooked. In his name, we can offer hope and work for their health.

Please read this magazine as a thank you for your continued support, and as a call to action as we work together to show that every life matters.

Every blessing

Rev John Cowie, Chair of Trustees



MADZINDI MOYO
WATER IS LIFE

What is the minimum a mother might expect when she arrives at a clinic to give birth? That there is running water to ensure a clean, safe delivery. That there is electricity to ensure the midwife's work is well-lit. Somewhere clean and secure to bathe before nursing her child. Surely, all of these at the very least?

When Miriam arrived at the local government clinic in Nkomaula after a 20km bicycle ride, ready to give birth, she found none of these things. The clinic has no running water and relies upon guardians fetching water from a village borehole pump a few hundred metres away. Buckets of water from that communal pump are carried straight into the maternity ward. If the borehole is broken or dry, water must be fetched from a nearby river.

At night, it's too dark and the clinic staff simply "make do" with whatever water they have prepared. Without mains electricity, the clinic relies on a few basic solar lamps for safe delivery. Ganizani Mafanizo, the nurse-midwife technician at the clinic, explained how fraught it can be to suture a new mother by torchlight.

Miriam gave birth to a healthy baby girl, Brenda, for whom she was hugely thankful. The clinic can scarcely attend to straightforward deliveries. Any complications and mothers are referred to the district hospital, a really challenging journey in the rainy season when the flood-prone area becomes near impossible to leave.

"The major problem here is water and the bathroom - there is no toilet or shower. It is not good for mothers who have just given birth," explains Miriam. A dilapidated fence creates a room where the new mothers bathe, and they rely on the kindness of others to fetch water for them. The space isn't private, secure or hygienic.

Baby Brenda will not remember this experience, but if nothing changes it could one day soon be her own experience. The sex discrimination faced by girls is plain to see in clinics like this. Their health, safety and security are at risk in a way that men will not experience. It is mothers, sisters, aunts and grandmothers who fetch the water and keep a bedside vigil.

Your support can help create a climate of change for girls. A nearby clinic is a testament to that as EMMS International's partner, Mulanje Mission Hospital, has supported the clinic to have reliable running water for the first time in its 20 years. The clinician in charge explained what this meant for his staff and patients: "For the first time, we can easily clean our

hands before and after each patient."

Safe and effective healthcare facilities benefit everyone. However, this change is felt most acutely by women who, by reason of childbirth and child-raising, are much more frequent users of health services.

Madzi ndi moyo, water is life. As a subsistence farmer, this is Miriam's daily experience. Unpredictable weather patterns are making it harder and harder for her to make a living from the land for her young family. "We depend on rains, the rivers are dry", Miriam explains, but all too often when the rains come they come as floods. Crop prices are low and fertiliser prices are rising - the rain can make or break the family financially and nutritionally.

The availability of safe, reliable water holds sway over Miriam's life in many ways, and now Brenda's too. Your support gives her family health and strength as they face life's many hardships, including those brought about by climate change. Your generosity can fuel her resilience and create a climate of change for girls in Malawi as they seek to overcome the challenges they face and pursue their own hopes and dreams.

In Mulanje District, Malawi:

8%
of health facilities
have no access to
water

23%
of health facilities
have limited
water for patients,
including new mums

Sources: Mulanje Mission Hospital
District Survey

Help provide life-saving water and create a climate of change for girls in Malawi by supporting our Christmas appeal. Find out more and play your part at www.emms.org/change



Image: Nurse-Midwife Mafanizo with the torch used during deliveries at night. Miriam by the outside bathing area. Miriam with newborn Brenda (Gary Brough/EMMS International)

SPEAKING UP FOR GIRLS

Towera Vinkhumbo

Malawi National Netball and Football player

Introducing

Towera Vinkhumbo

Growing up and living in Blantyre, Malawi, Towera Vinkhumbo is now a national sporting icon and a role model to many aspiring athletes in Malawi and beyond. She plays for both the Malawi National Netball and Football teams. Her performance in the international arena during numerous Commonwealth Games and Netball World Cups brought her to the attention of talent scouts. She now plays for Glasgow's Strathclyde Sirens in the Superleague. Towera has teamed up with EMMS as an ambassador for our work to change the climate for girls in Malawi. Here she shares her experience of visiting Mulanje Mission Hospital.

As a sports person, I've met a lot of challenges. I worked hard to have this opportunity to play professionally because representing my country makes me very happy. But I hadn't appreciated the challenges girls face in rural Malawi today.

We visited schools and clinics where girls as young as 14 were having babies. They are missing out on education, they are facing pressure from their families to marry and they are not being supported by the fathers of the babies.

It was really sad to see young girls who are supposed to be at school but who are pregnant at the age of 14 years old. Then the fathers deny responsibility. It is very sad. Instead of this kid finishing school, she's taking care of the kids at home. If they marry, then often the dads only stay with them for a short period of



time and then divorce. Then they have to go back to their parents and just spend their days at home.

I had a sister. she died at the age of 17 years old. She was pregnant at age 16 and went into labour after 7 months. The baby survived, but I lost my sister. I was 13 years old. My dad lost his daughter, and worried what the future would hold for his other young daughters.

At Mulanje Mission Hospital I saw girls being given fresh opportunities. Young women who have babies are receiving vocational training in carpentry, welding and tailoring. Others are returning to school.

Youth clubs are formed to encourage one another on how they can build their future. In their groups they learn how to avoid teenage pregnancy, how they can succeed

in their education. They plant vegetables and do poultry farming and use the money raised to buy school books, pens and pencils and share with one another.

The demand for support among these young women is high. With more funds many girls can be saved from early marriages and early pregnancies. These girls should be helped so that in the future they can start their own businesses, get jobs and be able to care for themselves and their young families.

Towera is backing the Climate of Change for Girls appeal this Christmas and we'll share more of her experience at Mulanje Mission Hospital in the coming months. Thanks, Towera!

STRONGER, GREENER HEALTHCARE



India Duncan endures COVID strain

Covid hit the Duncan Hospital hard this year. Under-resourced and ill-equipped for an emergency on such a scale, an acute lack of oxygen was the main problem. Hospital staff were forced to make the heart-breaking decision to treat some patients while turning others away. On top of this, staff worked in the Covid wards for long hours in extremely hot weather, many got sick, leaving the team stretched to the limit. Dr Prabhu wrote "We are so short staffed that every hand is important in the frontlines."

Thanks to your prayers, staff

recovered and returned to work, and thanks to your support we were able to boost the hospital's access to oxygen by providing oxygen piping and a pick-up truck which has already covered thousands of miles transporting precious oxygen cylinders.

These vital upgrades make Duncan Hospital stronger for the future. Thank you.



India

Solar power in a pandemic

Being able to rely on solar power during the pandemic was one less burden for the Duncan hospital team to worry about. Two years ago, the hospital was registered with the Ministry of New and Renewable Energy, New Delhi and joined the Indian Green Building Council. Laundry in a busy hospital consumes a lot of energy and can be a drain on limited resources. Funding was provided for solar panels and a brand new 50kg-load solar powered washing machine in November 2019, enabling the hospital to run more sustainably.



Malawi

Solar for efficiency and emergencies

The Mokwanira project is scaling up solar power supplies at Mulanje Mission Hospital. The hospital spends almost £2,000 a month on electricity and can be vulnerable to power cuts from Malawi's national supplier. Your support is helping upgrade and expand their solar provision to reduce hospital expenditure and guarantee essential emergency care like oxygen supplies for premature babies.



The Power of Giving

Euan McIntyre

Fundraising Manager

Why Regular Giving brings lasting change for hard-to-reach communities

We would like to say a big 'THANK YOU' to all our regular donors. Your wonderful gift is one that keeps on giving, making a huge difference to many people struggling with sickness and poverty. Thanks to your generosity, we can look to the future with confidence, as we work with our trusted partners in Malawi, Nepal and India to bring health and hope.

Thank you for showing that every life matters.

People in hard-to-reach villages need your help. No matter how small an amount you give, a regular gift can make a real difference.

**If one part
suffers, every
part suffers
with it; if
one part is
honoured,
every part
rejoices with it.**

(1 Corinthians 12:26)



£5 helps hospital care for a day for more children with life-limiting illness by giving a paediatric bed for a day

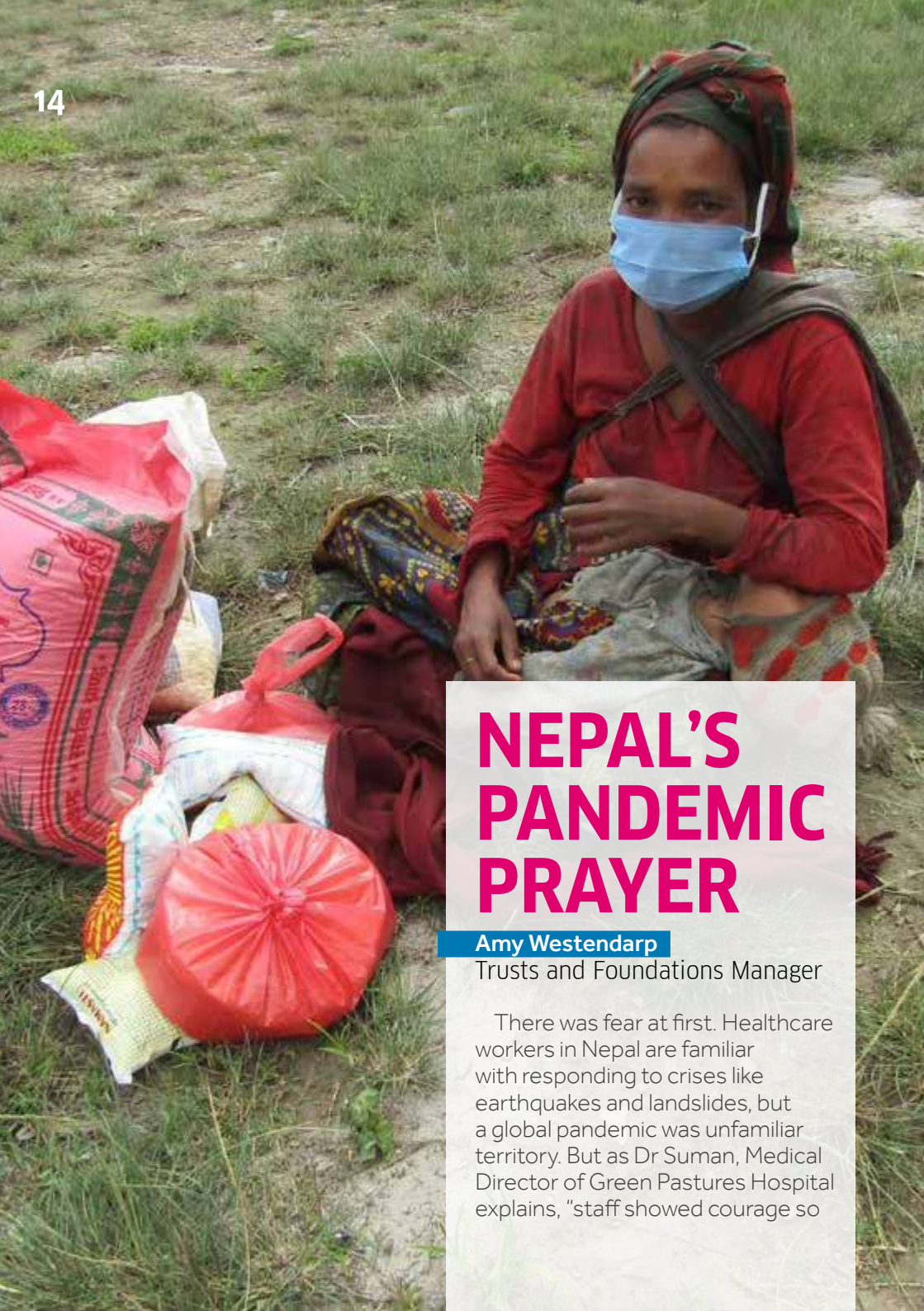
£20 helps supply a healthcare facility with clean running water to give a newborn child the best start in life.

£50 per month helps train more nurses to care for hard-to-reach communities

If you would like to help in this very practical way, please visit emms.org/ regular or use the form at the back of this magazine.

You can contact Euan, by phone 0131 313 3828 or email euan.mcintyre@emms.org, if you would like to have a chat about the difference your donation could make. Thank you.





NEPAL'S PANDEMIC PRAYER

Amy Westendarp

Trusts and Foundations Manager

There was fear at first. Healthcare workers in Nepal are familiar with responding to crises like earthquakes and landslides, but a global pandemic was unfamiliar territory. But as Dr Suman, Medical Director of Green Pastures Hospital explains, "staff showed courage so

THANK YOU FOR YOUR
SUPPORT AND PRAYERS.
THEY ARE ESSENTIAL
FOR US TO STAND IN THIS
PANDEMIC WORLD.

we could continue caring."

During our latest Online Prayer event, Dr Suman talked those present through the early days of the pandemic and brought them up to date with the latest situation facing his team.

When the second wave hit, hospitals quickly began to run out of beds and oxygen supplies became very scarce. "It was very difficult for our country to go through that time", reflected Dr Suman. However, Green Pastures Hospital continued its mission of giving care to those who are most vulnerable and marginalised.

"We opened an isolation ward, not a covid ward because fear was high", explained Dr Suman. The 12-bed facility enabled them to continue caring for those who needed it most. Stroke patients, those with spinal injuries and other disabilities were not able to access care elsewhere when positive. But Green Pastures Hospital ensured it was equipped to continue caring for them.

During lockdown, essential home visits continued and others were able to access telephone consultations. When follow-up

admission was needed, teams could collect patients safely. Being well-equipped to care for patients with disabilities meant the hospital could also support the government in ensuring people with disabilities got special transport so they could access vaccinations.

"We don't know if there will be a third wave, but we know we have learned a lot that will help us plan and make the hospital stronger. Thank you for your support and prayers. They are essential for us to stand in this pandemic world."

Online Prayers has continued to be a popular event among the EMMS community. We plan to continue giving you the opportunity to hear from and pray with frontline healthcare workers.

Join us for Advent Online Prayers

We're delighted to bring you an opportunity to join together more regularly during Advent. Our special Advent Online Prayers are on Monday mornings at 9:30 on 29th Nov, 6 Dec and 13 Dec. All are welcome. Sign-up at www.emms.org/online-prayers

Climate
of change
FOR girls



Dr Cathy Ratcliff, EMMS International CEO and Director of International Programmes, reflects on how together we might create an environment where girls have the opportunity to thrive.

Girls in Malawi have a tough life. The ever-increasing impacts of climate change, long-standing sex discrimination and COVID-19 have made things worse. Each problem worsens the others.

Climate change brings unpredictable rains, droughts and floods which damage water and sanitation and make subsistence farming (practised by 85% of families, mainly by women)

precarious. Girls come last in households for food and access to school, and heavy housework damages their health, as they miss sleep to fetch ever-receding water, or gather firewood from ever-depleting forests. COVID-19 threatens health (only 2% of the population is vaccinated) and distracts attention from other healthcare, of which women and girls are prime users. COVID-19 closed schools, and teenage

**WITH YOUR SUPPORT,
EMMS INTERNATIONAL
TACKLES THIS VICIOUS
NEXUS BY HELPING GIRLS
BE AGENTS OF CHANGE**

pregnancies in South Malawi doubled amongst schoolgirls who must miss school for a year after childbirth, are unlikely to return, and will suffer lasting health problems of early childbirth. 9% of girls in Malawi are "married" before age 15 - below Malawi's legal age of marriage (18) and age of consent to sex (16).

With your support, EMMS International tackles this vicious nexus by helping girls be agents of change. We help girls to study healthcare for a career and to improve healthcare – we have done this for 21 young women in Malawi. We help girls stay in school or vocational training, supported by communities to make healthy choices, not pregnancy – we have started this for 120 girls. We improve water and sanitation in rural health facilities so that women and babies are washed after childbirth – we have done this at 9 health centres and one hospital. We develop rural palliative care, so that girls don't miss school for caring duties – we have brought 30 health facilities to recognised African standards for palliative care..

It's time for a climate of change for girls. We need to act now.

Coffee with Cathy

Wed 17th November

12.30 – 1.00 pm on Zoom

Brew yourself a decent coffee and join Euan, our Fundraising Manager, for half an hour as he chats with EMMS International's CEO Cathy Ratcliff. This is a great opportunity to get an overview of our work, the projects we support and to hear what motivates and inspires Cathy. To sign up go to our website:

www.emms.org/coffee



FRESH FACES AT EMMS INTERNATIONAL



Monica Itangata

Director of Finance

I feel happier when I believe I am part of something that serves a greater purpose. EMMS work increases access to healthcare for people who are marginalised by sickness and poverty. It is immensely humbling and rewarding to be part of an organisation that is an active change maker in some of the world's poorest and vulnerable communities.



Euan McIntyre

Fundraising Manager

I was inspired to join EMMS International by the strap line of 'Every Life Matters'. I want to live in a world where good quality healthcare and education is freely available. A fully inclusive world where people, no matter their age or sex, can look to the future with hope and optimism.

We asked some of the new additions at EMMS International for their own hopes for the future and their new roles.



Tawachi Nyasulu

Trustee

I recently accepted the call to volunteer for EMMS International because I am well acquainted with the challenges that are faced by young people in Malawi and because I believe in meaningful transformation through faith and hope in Jesus and love for God and others, which happen to be EMMS' core values.



Alison Campbell

Trustee

In 2013 I was one of a group from our congregation visiting Malawi and was completely bowled over by the experience. I am particularly interested in the wellbeing of women and girls and look forward to supporting all EMMS projects.



Buy a **Gift For Life** which will make a huge difference to the poorest communities in India, Nepal & Malawi

£8 Life skills workshops

Help teenage boys and girls to negotiate safer, healthier relationships

£18 Safe water for new mums

Help provide fresh, reliable water for new mums to bathe themselves and their babies.

£50 Future healthcare workers

Help train the next generation of frontline healthcare workers.

You can order your Gifts for Life using the form at the back of the magazine or online via www.emms.org/g4l. When you order online you also have the option to download and print your gift card straight away.



Get Involved

Book a Speaker

It's good to meet you! It truly is! The EMMS team has really enjoyed opportunities to speak in churches and community groups in person again. If you would like us to speak at a meeting or event, we would be delighted to do so. Please drop Euan an email euan.mcintyre@emms.org or give us a call.

Go the Distance

Lockdown brought out incredible creativity among our supporters. Last Christmas our intrepid fundraisers hiked, biked or climbed the equivalent of the Annapurna Circuit or Mount Everest.

This winter and spring we're inviting you to Go the Distance by taking on a Mount Mulanje or a Lake Malawi challenge.

- 580 km Lake Malawi challenge - cycle, swim or row the length of Lake Malawi.
- 3,002m Mount Mulanje challenge - scale the height of Mulanje Massif by climbing a local munro or two or three smaller hills.

It's time to create a climate of change for girls in Malawi. Will you go the distance for them? Find out more and sign up at www.emms.org/gtd

Amazon Smile

You can support lifesaving healthcare projects while you shop online, at no extra cost. Register for Amazon Smile and select EMMS International as your chosen charity. Then as you shop online a percentage of your qualifying spend will be donated directly to EMMS International.



Obituary: Patricia Baxter (1942 - 2021)

Volunteer Honorary Archivist

Patricia loved and valued the history of medical mission. She dedicated her life to telling other people's stories and supporting researchers from around the world in their quest for more knowledge.

She was strongly influenced by her own past. Grandfather, Alexander Baxter, born in 1869 in Leith, later received funding from EMMS to study medicine. After qualifying, he went to China where he worked until his death in 1918. Having grown up in China, Alexander's son David had a strong desire to follow in his father's footsteps as a medical missionary. Whilst at Edinburgh University, he was trained by EMMS before going to serve in India as a missionary doctor. It was here that Patricia spent her early years until the family returned to Scotland in 1953.

Patricia trained as a nurse and married Andrew Baxter, an Ear, Nose and Throat specialist, in Dollar in 1966. She enjoyed the fact that she didn't need to change her surname!

Andrew and Patricia worked on the EMMS archive together, collecting and cataloguing a wealth of historical material. After Andrew's tragic death in 1996, Patricia continued to share stories of former EMMS students in her "From the Archive" column in the Healing Hand, and to correspond with researchers until recent weeks.

Her Christian faith held her through the hard times. She loved to go to Strontian where she found peace and solace.

We remember her son James and his wife and children in their loss.

- Mary Robertson
Director of Fundraising

My life-changing gift

Name	
Address	
	Postcode

I wish to make a **Single Gift** for the sum of £ _____

I wish to order **Gifts For Life**

Life skills workshop (qty) at £8

Safe water for mums (qty) at £18

Future healthcare workers (qty) at £50

Gift for Life Total £

I enclose a cheque/postal order/charity voucher (payable to EMMS International) or use the card details provided for my one-off gift and/or Gifts for Life

VISA Mastercard CAF Card

Maestro Delta Amex

Name of card holder	
Card number	<input type="text"/>
last three digits of security number (on reverse of card)	<input type="text"/>
Expiry Date	<input type="text"/> / <input type="text"/>
Start Date	<input type="text"/> / <input type="text"/> (Issue No <input type="text"/>

I wish to make a **Regular Gift** of £ _____ monthly/quarterly/annually (please select) to the work of EMMS International

Name of Account Holder:	
Account Number:	<input type="text"/>
Sort Code:	<input type="text"/>
Bank Name:	
Date within month	<input type="text"/> 1st <input type="text"/> 15th
Month to start	

giftaid it

Increase your gift by 25p of Gift Aid for every £1 you donate. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK tax payer.

Yes, I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to EMMS International.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Date: / /



Go the Distance



MALAWI CHALLENGE

1

Choose your challenge

Mount Mulanje 3,002m or Lake Malawi
580km Run, walk, cycle, hike or swim -
solo or as a team.

2

Fundraise to make a difference

Share your awesome efforts and
find some friendly sponsors to
cheer you on!

3

Go the distance!

It's time to create a climate of
change for girls in Malawi. Will you
go the distance for them?

SIGN-UP AND MORE DETAILS AT WWW.EMMS.ORG/GTD

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