

THE HEALING HAND/

Spring 2022

Strength for today
Bright hope for tomorrow

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WELCOME & FAREWELL

The bold vision of EMMS's founding fathers to raise awareness of the global need for physical and spiritual care has shaped and defined the organisation over these past 180 years.

Back in 1841, advocacy was only the first step, and within two years one of the main objectives of the newly formed Edinburgh Medical Missionary Society was to "Render assistance at missionary stations to as many professional agents as the fund placed at its disposal shall admit of."

It has been a privilege to play my part in fundraising at EMMS International so that we can hold true to that founding vision as we work with local mission partners in Nepal, North India and Malawi to support some of the world's most vulnerable communities. Our supporters at EMMS continue to encourage and amaze me with their compassionate and prayerful generosity: caring about the well-being of people they have never met and giving for their support in times of

unimaginable hardship. Each edition of *The Healing Hand* is a testimony of this generosity.

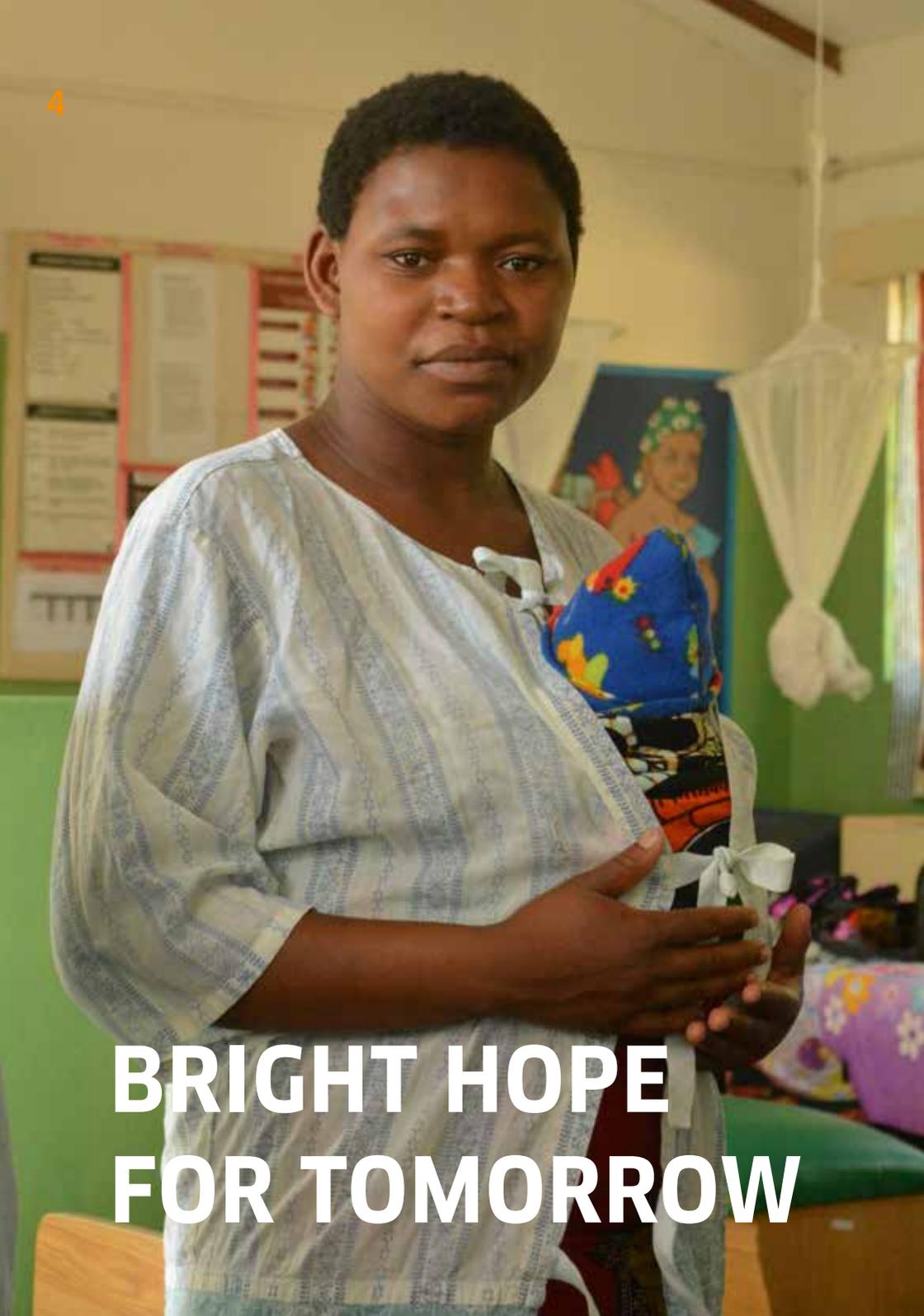
Working alongside our partners has been a rich experience. They are a humbling example of what it is to be Christ-like servants; dedicating their lives to the spiritual, physical, social, and mental well-being of people in remote and overlooked communities, often working in extremely challenging conditions. They are beacons of light.

As I move into a new season of life, I pray a blessing on them and on my friends on the staff team and Board.

"You shall surely give to him (the poor), and your heart should not be grieved when you give to him, because for this thing the LORD your God will bless you in all your works and in all to which you put your hand." Is. 15:10

It has been a joy working with you.

Mary Robertson,
Director of Fundraising

A young woman with short dark hair, wearing a white hospital gown, is holding a baby wrapped in a colorful, patterned blanket. She is looking directly at the camera with a neutral expression. The background shows a room with green walls, a poster of a woman, and some papers on a bulletin board.

**BRIGHT HOPE
FOR TOMORROW**

We can easily forget that sometimes our country faces the same challenges as those we consider in need of our help. The issue of teenage pregnancy is one such challenge that we share with Malawi. However, girls' lives and futures are both at risk in Malawi and we can work together to do something about it.

Guest feature from Lord Jim Wallace of Tankerness, Moderator of the General Assembly of the Church of Scotland

Malawi has 'good' laws intended to protect girls through preventing teenage pregnancy and early marriage. However, in the face of harmful cultural practices and the pressures of the pandemic, more needs to be done to ensure girls can pursue their own hopes for the future.

It was my privilege to make a virtual visit to Mulanje Mission Hospital and learn how, in partnership with EMMS International, they are turning the tide of rising teenage pregnancies.

When schools closed because of COVID-19 pandemic, the rate of teenage pregnancies doubled. The issue was already a concern for hospital staff but this sharp rise renewed their focus.

On that call, I learned how they worked with village chiefs, faith leaders and families to fully

understand the factors that drive the prevalence of teenage pregnancies. Then, with the support of EMMS International they have stepped up their efforts to tackle these root causes.

Teenage pregnancy is a threat to the lives and well being of girls and their babies. It also casts a long shadow that can cloud a girls' hopes for the future.

In the midst of this dark and sometimes harrowing conversation there was a light of hope. As the popular hymn reminds us, there is strength for today and bright hope for tomorrow.

With your support through EMMS, Mulanje Mission Hospital is offering strength for today by:

- **Speaking out** against harmful cultural practices that lead to early pregnancies, and working

with local leaders to transform them to carry positive health messages.

- **Providing safe places** for girls and boys to access health services and information on sexual health. This means they can make better, healthier decisions.
- **Working with girls** and teenage mothers so that they can stay in school or gain skills through vocational training.

I'd like to encourage you to support this vital work to restore 'bright hope for tomorrow' for girls in Malawi.

How your support makes an impact:

£12 gives leadership training for a Youth Club chair

£17 helps teenage girls learn how to negotiate safer relationships

£150 helps a girl stay in school and complete her education

**Malawi ranks
7th in the
world for teenage
pregnancy rates**

**42%
of girls in Malawi
are married before
age 18**

**Complications in
pregnancy and
childbirth are a
leading cause of
death for
15-19 year old
girls worldwide**

Help give girls in Malawi hope for tomorrow by supporting our latest appeal. Find out more and play your part at www.emms.org/brighthope



Lord Wallace is supporting EMMS as an ambassador for our work in Malawi.

Towera Vinkhumbo, Malawian national netball and football player, is also backing the campaign. On a recent visit to Mulanje Mission Hospital she took the opportunity to encourage girls to pursue their own hopes for the future.





OLIVIA'S STORY

This is one girl's brave account of the realities of teenage pregnancy. This story is a transcription of the testimony she shared with her classmates in Mulanje District, Malawi.

My name is 'Olivia', we go to school together. I want to explain what happened to me when I dropped out of school. I was dating a boy who was my school mate at the same school. During the time I was dating him I was 14 years old. As we continued dating, I got pregnant, my mother was so furious because she knew I will drop out of school.

Soon after the headmaster noticed that I was pregnant, I was dropped from school along with my boyfriend. It was not easy for me to take care of my self and the pregnancy as well.

My boyfriend had totally nothing to support me. I thank God because his mother was the one supporting me. This was happening in 2019 and I went through a terrible experience.

During my pregnancy I had a problem of fainting on and off, I thank God Mulanje Mission Hospital came in and started supporting me with basic items as I was waiting to deliver.

During delivery I experienced a great pain. My baby was not big enough to be with me until I was admitted in 'kangaroo' ward for some days.

Honestly speaking its not easy to get pregnant while you are young.

My mother and nurses from Mulanje Mission Hospital encouraged me that once the baby is 1 year old, I should go back to school but since I wanted school so much, I rejoined when my baby was 10 months. My mother-in-law is very supportive in taking care of the baby.

My plea to my fellow girls is that this should be a lesson to everyone. I don't want to see another girl go through what I went through. Most of us girls are being victims due to inadequate resources in our homes.

Your support is helping girls like Olivia to receive healthcare that gives strength for today, and education which secures bright hope for tomorrow.

Online Holy Week Reflections

This Holy Week, we're bringing you a series of reflections from church and ministry leaders. Round the theme of "Bright hope for tomorrow", each message will draw on the popular hymn, Great is Thy Faithfulness. You can follow across our social media and website. You can also share these words of hope with others.

Sun 10 April

Rev John Cowie,
EMMS Chair

Mon 11 April

Rev Mark Fyfe,
Kirkintilloch Baptist Church

Tue 12 April

Rev Chris Ramsay
St George's Southall

Wed 13 April

Rachel Cooney,
St Paul's and St George's

Thu 14 April

Rev Robin Hill,
Longniddry and Gladsmuir

Fri 15 April

Rev Rosie Magee
St Andrew's and
St George's West

Sat 16 April

Fi McLachlan,
Christian Medical Fellowship

Sun 17 April

Lord Wallace, Moderator
Church of Scotland



STORM ANA: BUILDING CRISIS-READY HEALTHCARE

Tropical Cyclone Ana struck southern Malawi on 24 January with devastating effect. It caused the third disastrous floods since 2015, on top of erratic seasonal rains.

Such emergencies demand a rapid response to deal with urgent needs. But, as was the case during the COVID-19 pandemic, they also reveal gaps in healthcare infrastructure. These gaps were already contributing to poor health and avoidable deaths before the latest crisis struck.

EMMS International prioritises improving services for the

hardest-to-reach communities, supporting vulnerable women into healthcare careers and emergency healthcare. Your regular support helps build healthcare systems that are resilient to the growing impact of the climate crisis and are ready to respond in times of critical need.

Healthcare for the hardest to reach

The Southern Region of Malawi can often become a floodplain for the Shire River and its tributaries. As a result, roads become impassable, and bridges are washed away in heavy seasonal rains, let alone in severe weather.



Through its Mokwanira Project, EMMS is strengthening rural healthcare so that people can access the care they need as close to home as possible. For example, improving sanitation in rural maternity units.

Building the healthcare workforce

Malawi was short of nurses, doctors, midwives and other health professionals before Storm Ana. Each crisis brings the strained healthcare system a step closer to breaking point.

Your support means we can work with our partners in Malawi and beyond to build the healthcare workforce to meet

communities' daily demands and be better prepared for future crises. Through EMMS projects in Malawi, 15 young women have graduated into healthcare professions in the last two and a half years, and with your support, that number will grow.

Crisis-ready healthcare

Mulanje Mission Hospital consumes an immense amount of electricity as patient numbers continue to grow, and as the hospital offers modern diagnostics and modern care. If the power supply fails because of a storm, or problems with the national grid, lives are at risk.

Storm Ana caused a national blackout, but the lights stayed on at Mulanje Mission Hospital. MMH is a trailblazer in solarisation and now generates 80% of its daytime power consumption. Thanks to the wonderful generosity of EMMS supporters, further work is being done this spring to upgrade the hospital's solar power system so it has sufficient power for all its daytime needs and for emergencies.



The best time to act is before the disaster strikes

Thank you for your support and prayers for our work, as we help partners respond to emergencies, it means so much. But we cannot wait for disaster to strike before we act. Your support means our partners can develop facilities and services to meet the changing needs of their communities. A regular gift allows our partners to build resilient and sustainable healthcare systems ready for the challenges of today, and tomorrow.

From 2030, climate change is expected to contribute to approximately

250,000 additional deaths per year. (WHO)



**Mary Robertson,
Director of
Fundraising**



Going the Distance

I can't expect people to participate in something that I wouldn't do myself. So, in my infinite wisdom, I signed up to take on both parts of our Go The Distance Malawi Challenge. That meant cycling the equivalent length of Lake Malawi and climbing the height of Mount Mulanje in a month.

Instead of passing hippos and elephants on the River Shire in Malawi, I have spotted sheep, cows, and the number 37 bus. I have cycled in the freezing cold, blowing gales, and pouring rain. I have experienced falling off my bike on the tram tracks on Princes Street and sliding down the Pentland hills for fun. I even attempted to record a video at the summit of the Pentlands, which is not the easiest thing

to do in 70mph winds. But the toughest part was climbing Arthur's Seat in Edinburgh ten times in two days to complete my climbing challenge.

However, I loved every minute. I am more focused and feeling fitter than I have for a while. But the best thing is knowing that my month-long journey will help to bring hope to girls and young women living in Malawi. The hope of a better, brighter future.

This was the biggest challenge I've ever taken part in, and the memories will last a long time. What will your challenge be? How will you Go The Distance?



Euan McIntyre,
Fundraising Manager

Find out more or sign-up at www.emms.org/gtd



Preparing the way

Our partners, INF Nepal, are busy preparing the way for the launch of the Sunita project, a landmark initiative to extend palliative care services into rural Nepal.

Your support of the Every Girl Matters appeal, when your donations were doubled by the UK government, has made this project a reality.

Without access to quality care at or close to home, patients rely on family members for all of their care. All too often this means girls miss out on their education and the chance to pursue their own hopes for the future.

We'd love you to join us "in Nepal" to launch the Sunita project with its big vision to provide palliative care at or close

to home across rural western Nepal:

Come and hear: Dr Cathy Ratcliff, EMMS CEO and International Programmes Director, in conversation with our partners at INF Nepal:

- Mr Krishna Adhikari, Executive Director
- Mr Arun Chaudhary, Project Manager Sunita Project
- Dr Ruth Powys, Head of Palliative Care Services

JOIN US IN NEPAL
Friday 1st April
9.30 - 10.00 am
On zoom

To register please go to
www.emms.org/sunita



Breaking Ground at Duncan Hospital



“**W**e are starting to take the first steps of this dream. Along the way there have already been challenges. It took a lot of effort to get this far designing the plans and preparing the land.

I thank one and all for what they have done so that this has come to pass. Let us continue to pray that we will complete this college of nursing on time and begin the courses.”

Dr Prabhu Joseph, Managing Director, Duncan Hospital



Highlights from the ground breaking ceremony for construction of the new nursing college at Duncan Hospital, Bihar, India.

“EMMS International has worked with Duncan Hospital for many years - on improving maternal and child health, on outreach in your community, on restoring Champapur clinic, and on helping Duncan Hospital cope with COVID-19.

“We are delighted to work with you on this College of Nursing, as we are particularly interested in helping women into healthcare careers, with all the benefits that such a career brings to these women, their families, communities, patients and patients' families. ”

Dr Cathy Racliff, EMMS CEO and Director of International Programmes

“On this special day we send our love and warmest wishes to you all. We are excited and privileged to be part of this wonderful project and to finally witness the start of the construction of the Duncan College of Nursing. The start of foundations today may seem like a small gesture, but it is a clear demonstration of faith, hope and optimism as you all emerge from the challenges of the pandemic and look forward to a brighter future. ”

Prof Gordon and Jackie MacKay

One world One health



The crisis in Ukraine has drawn us together across borders as we share in a common human response of compassion and commitment to the welfare of those who are suffering. Though we wish it had not come to this, it's good to see Ukraine's neighbours generously hosting refugees, reminding us of what many African countries have done for generations.

Militaristic language of frontlines, waves and lockdowns marked coronavirus discourse. The virus is no respecter of borders, persons, or status. The global pandemic has also opened our eyes to the indiscriminate pain and suffering not only here at home but also in places where the health systems are already at breaking point.

We're hearing a lot about "living with COVID", but what does it mean,

and what should it mean?

As a Christian healthcare charity, our work addresses inequalities for people who are excluded and marginalised by sickness and poverty. We are well placed to help our partners and their communities reduce COVID-19 infections, treat COVID-19 and other diseases which spread unchecked while attention is focussed on COVID-19, and alleviate social problems caused by COVID-19 restrictions.

But the need is vast. As global citizens we ask ourselves, not "what can I do" but "what do I do with the resources I have at my disposal to meet the needs that are clear for me to see?"

At EMMS we're sharpening our focus, as we strive towards our vision of a just world in which all people have access to good quality and dignified healthcare – without exception. We're adapting to working within a "Living with COVID" framework aware that solutions to problems are different in different countries, and our partners must determine how to approach any problem. We're already tackling vaccine hesitancy in Malawi, and we'll offer support to our partners in Nepal and India if they want this too.

We're trialling a One Health* approach, to play our small part in reducing the likelihood of future pandemics. Working with our partners, and sometimes collaborating more widely, we will develop a multi-sectoral approach

always having in mind the interplay between people and their shared environment. We look forward to sharing more as this develops.

This won't always be easy or cheap, but if we are to remain focussed on our vision and do what we are able to do, we should, at a minimum, ensure water & sanitation of acceptable standard, maximise COVID vaccine take-up, prevent and treat disease including, but not only COVID & Long COVID, develop palliative care, reduce teenage pregnancies (including through helping girls stay in school), reduce the risk of future global pandemics, and always help vulnerable women into healthcare careers.



Dr Cathy Ratcliff,
CEO & Director of
International Programmes

WHAT IS A ONE HEALTH APPROACH?

"'One Health' is an approach to designing and implementing programmes, policies, legislation and research in which multiple sectors communicate and work together to achieve better public health outcomes." - WHO

You can find out more about it at www.cdc.gov/onehealth/basics or oneworldonehealth.wcs.org.

EMMS COMMUNITY NEWS

What inspires people to take on challenges and advocate for the work of EMMS.



Chai, Chat and Charity

Euan McIntyre was a guest speaker, along with Sandra Benn from Chiya and Chai tea company, at a 'Fireside Chat' hosted by The Edinburgh Businesswomen's Club at the Edinburgh Grand. They enjoyed a Nepalese Tea Tasting and a stimulating discussion with Sandra and Euan. Sandra chatted about her business, her experience in Nepal, including trekking the Himalayas, while Euan gave an insight into what EMMS is doing in Nepal to help young girls and women who are held back by sickness and poverty. .

"When I spoke to Euan he invited me to join an EMMS Zoom event, "Coffee with Cathy", I was very interested to hear about their work and activities particularly in relation to Every Girl Matters. I thought there could be some synergy between Edinburgh Businesswomen's Club and EMMS and that an event would be a good way to introduce EMMS and the amazing and essential work the Charity does to our female business leaders and owners."

- Kate Bell, President of the Edinburgh Businesswomen's Club



Record-breaking Challenge?

One challenger, Derek Mair, may have broken a world record with his weightlifting challenge which he took on as part of 'Go The Distance'.

"I was inspired to get involved in the challenge just by imagining what kind of life my 16 year old niece may have if she lived in Malawi. Helping EMMS International's cause was a no brainer. The time for change is now."

- Derek Mair, Novo Leadership

Moray Iron Man Challenge

Members at Wright Fitness in Moray undertook an Ironman challenge raising funds for EMMS and CrossReach. Throughout February, individuals, duos and trios took on a 2.4 mile swim, 112 mile cycle and a 26.2 mile run

"We believe that everyone, worldwide, should have access to the help, care and support they need regardless of how remote their location."

- Helen and Graeme Wright, Wright Fitness

Getting Involved

Go The Distance

Malawi Challenge

Choose your challenge

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

Fundraise to make a difference

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

Go the distance!

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



Kiltwalk

Sunday 24 April

Glasgow

Get your tartan on for this favourite fundraising event and fundraise for EMMS International.

Online Pamper Session

Tuesday 26 April, 7pm

Online via Zoom

Why don't you treat yourself, or someone special, to an online pampering session with EMMS? Join us for a fun evening with a free facial and competitions. Hosted by EMMS and Natural Skin by Lynne.

Coffee with Cathy

Wednesday 4th May, 12.30pm

Online via Zoom

As we go to press, we're delighted to announce Cathy's next guest - Lord Wallace, Church of Scotland Moderator. Join us for an informative half-hour coffee break.

For more information or to sign-up for any of these events, visit:

www.emms.org/upcoming or contact Euan on 0131 313 3828 or euan.mcintyre@emms.org

My life-changing gift

Name

Address

Postcode

Email

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: Sort Code:

Bank Name:

Date within month 1st 15th

Month to start

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

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

- VISA Mastercard CAF Card
 Maestro Delta Amex

Name of card holder

Card number

last three digits of security number (on reverse of card)

Expiry Date / Start Date / (Issue No)

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: / /



YOU'RE INVITED

JOIN US IN NEPAL
Friday 1st April
9.30 – 10am on zoom

**To register please go to
www.emms.org/sunita**

All are welcome to be part of this landmark day marking the start of the Sunita Project.

Speakers:

- Dr Cathy Ratcliff, CEO and Director of International Programmes, EMMS International
- Mr Krishna Adhikari, Executive Director, INF Nepal
- Mr Arun Chaudhary, Sunita Project Manager, INF Nepal
- Dr Ruth Powys, Head of Palliative Care, INF Nepal

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