



THE HEALING HAND /

The Newsletter
of EMMS
International

Health for Today, Hope for Tomorrow

SPRING/SUMMER 2016

FROM
LIFE'S
FIRST
CRY

Anniversary Weekend



The Big *Birthday* Ball

Saturday 26th November
Roxburghe Hotel, Edinburgh

Early bird tickets £65 each, or £650
per table, until July 31st

Vision & *Thanksgiving* Service

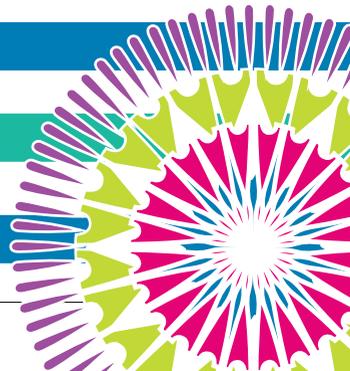
3pm, Sunday 27th November
Greyfriars Kirk, Edinburgh

All welcome

More details and RSVP at www.emms.org/175 or 0131 313 3828.

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FROM LIFE'S FIRST CRY

175 years of
health and hope

Welcome to the first of two Anniversary editions of The Healing Hand. In 2016 we celebrate 175 years of health and hope since the formation of the Edinburgh Medical Missionary Society. Today, as EMMS International, we continue this mission of mercy to provide care from "life's first cry, to final breath".

Your support in prayer and giving fuels this work. I'm incredibly thankful for your continued support and all we have achieved together. I also give thanks to God for so many blessings. Everything we do is done for His glory.

In this edition we focus on life's first cry and the work of our partners in caring for mums and babies. You can read of the impact your support of the Send a Light appeal is having at the Duncan Hospital and how Mothers in Malawi need your help to protect their babies from HIV.

Your generosity has touched countless lives, but still the work is not finished. Our partners rely upon your continued friendship to help them deliver more babies safely, to care for more mothers, and to reach more remote villages with messages of health and hope.

Will you commit to being a 175 Friend and support committed Christian healthcare workers in their continuing work? You can find out more about being a 175 Friend at the centre of this magazine.

Every blessing,

James M Wells
Chief Executive



Life without HIV

Malawi after the flood

Drought and devastating floods in Malawi have left 2.8 million people facing a dangerous food crisis. We are asking you to help stop this crisis from fuelling the HIV epidemic.

Susan Williams

Supporter Care Manager, EMMS International

Crops, homes and livelihoods were lost during the floods. Now, following a period of drought, Malawi faces a food crisis. The burden is even greater for those with HIV. Regular food is essential when taking HIV medication. Without it, health deteriorates, the disease spreads, people die.

Children are among those most at risk from the spread of HIV. Without food, medication and adequate care, mothers with HIV will pass the disease to their children at birth. This doesn't have to happen.

Mphatso Nguluwe, Director

of Livingstonia Synod AIDS Programme (LISAP) writes:

Imagine, homes, crops and all that people had is gone. Some people have also lost their lives. Disease is looming and there are no adequate drugs in hospitals. There is a poor harvest this year even without the floods. This means the food crisis in the country continues and it's projected that in 2016/2017 there will be even less food.

In January 2015, you responded generously to our emergency appeal to help those affected





by the flood, providing essential healthcare, emergency supplies and stopping disease spread.

Now we must all act to prevent the long-term effects of this disaster from burdening future generations with HIV.

Your gifts will allow Mphatso and her team to make sure mothers get food, medicine and care they need during pregnancy to deliver their babies safely and free from HIV.

They also provide support for people living with HIV, protecting the most vulnerable from the effects of the food crisis.

Please act now to stop the food crisis becoming an HIV crisis.

Gift for Life

£10 helps provide food, medicine and a safe delivery to a pregnant woman with HIV, giving her child a life without HIV.

See this and other life-saving gifts at www.emms.org/G4L

Responding as a church?

We have produced materials to help your church engage and protect unborn children from a life with HIV. Visit our website for sermon notes, presentations and prayer resources.

WITH THANKSGIVING

We give thanks for the lives of three much-loved supporters of EMMS International. Their commitment in different ways has provided friendship and loving healthcare to so many. For that we are truly thankful.

Joanna Peacock

A lifelong friend of the Duncan Hospital, Joanna served there as a doctor with her husband Matt before returning to the UK and encouraging others to support the work of Duncan.

David Walker

David was a great spokesman for EMMS International, talking to churches and encouraging them to get involved. A great craftsman, using his carpentry skills to raise vital funds.

Muriel Watt

Muriel's dedication and keen administrative skills were put to great use in many ways, including the medicines for overseas team, and looking after Hawthorn Brae grants and Student Elective Bursaries.

A legacy of hope

We are grateful for the commitment of so many people who volunteer, give and pray for the work of EMMS International.

We give special thanks for those who bring health and hope for years to come by leaving a gift in their will. If you would like to learn more about how you, too, can leave a legacy of health and hope, please contact us or speak to your solicitor.





THANK YOU FOR SENDING A LIGHT

Thank you for sending a light of health and hope to child-mothers like Seema.

Cat Rawlinson-Watkins

Director of Fundraising,
EMMS International

Last year you read and heard the story of Seema. All 6 of Seema's babies had died and she believed that she was cursed. It didn't take the staff from Duncan Hospital long to realise that the cause was easily treatable jaundice. When her seventh child was born, he was monitored, treated with phototherapy and survived.

Inadequate healthcare means that, every day, young mothers in Bihar, India, see their babies die of easily curable conditions. Their own lives are put at risk because there is nobody there to care for them in pregnancy and help when there are complications in childbirth.

Thanks to you, Dr Sharon and her team at the Duncan Hospital can protect the lives of mothers and



those who work tirelessly at Duncan repeatedly expressed their gratitude

babies in the poverty-ravaged villages of Bihar.

Professor and Mrs Mackay are long-standing friends of the Duncan Hospital. They recently visited to see the impact your support is having.

"We are overwhelmed that so many of you have given so generously to the Send a Light Appeal. Having just returned from the Duncan, we were delighted to have seen first-hand the progress being made by the Karuna project, all made possible by your donations. Those who work tirelessly at the Duncan repeatedly expressed their gratitude for your generosity, which is making such a difference."

The Mackays generously matched all gifts to the Send a Light Appeal and we're delighted to announce that an amazing £334,800 has been raised to care for mums and babies in Bihar. This means Dr Sharon and her team can reach all of the target villages and reduce the death rate by half.

THANK YOU.

YOUR GENEROSITY IN ACTION

A Duncan hospital volunteer met Pinky on a recent village visit. Pregnant, and obviously unwell, he spoke to her but he learned nothing more than her name.

The next week he returned and sought her out, this time she was with her mother-in-law and together they talked. Pinky was 8 months pregnant but feeling very unwell with pain in her abdomen. He encouraged her to go to the Duncan outpost clinic for further tests and antenatal care.

When he returned a few weeks later, he found Pinky breast-feeding her baby. Her mother-in-law was with her. She greeted him with a smiling face. "If you had not told us about the check-ups and investigations, my daughter would not have a baby in her arms." The entire family is grateful that both mother and baby are safe and healthy.

Your support is providing more healthcare staff and volunteers, specialist facilities and rural clinics so mothers like Pinky get the care they need before it's too late.

Why I support EMMS International

Dr Ishbel Dorward is EMMS International's volunteer prayer secretary. She tells us a little about her involvement with healthcare mission, EMMS International and her passion for prayer.



How did you get involved with EMMS International?

In 1974 I was awarded a Student Elective bursary to go to Chogoria Hospital in Kenya. My eyes were opened and I saw the value and effectiveness of holistic healthcare as offered by this church-run hospital where high quality spiritual care was as important as high quality physical healthcare.

Have you had further experience of healthcare mission?

In 1986 my husband and I, with our two young children, were privileged to go to spend 5 years in Malawi working at Ekwendeni Hospital. We frequently faced challenges that humanly could not be overcome. Yet, by trusting in God's provision and bringing our needs to Him, again and again we saw incredible answers - patients survived against the odds; essential medicines that we were told were unavailable miraculously appeared.

How does prayer support healthcare?

After retiring, I had the opportunity of joining a prayer team to India that visited both Duncan Hospital and

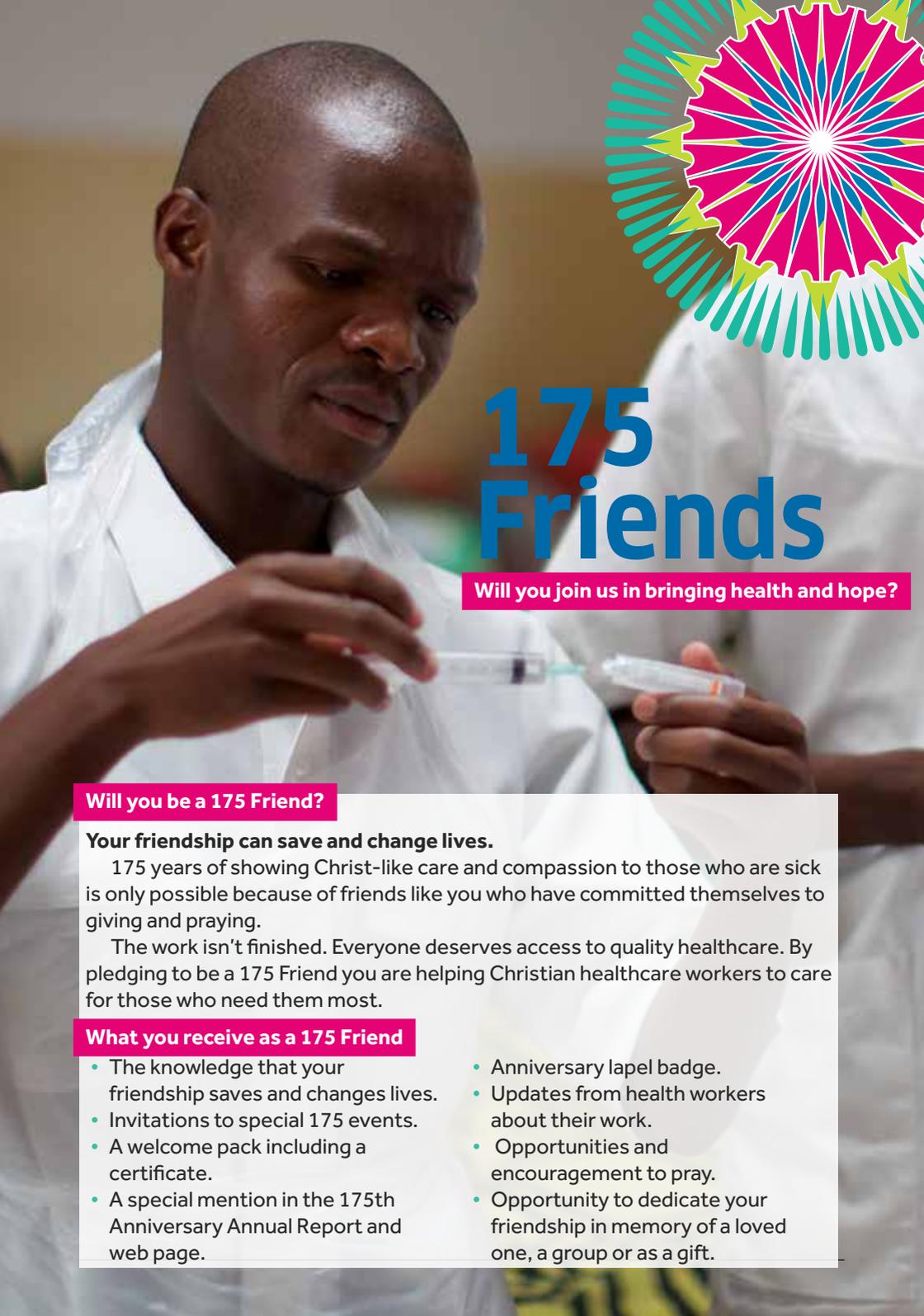
Madhiphura. In both places the staff were so encouraged that we had come to pray with them. They kept telling us it was by the grace of God that they were able to keep going, and that in their own strength they wouldn't be able to and their work would be much less effective.

Why did you take up the role of volunteer prayer secretary?

Knowing the necessity of prayer to effectively deliver the projects EMMS International was supporting, when I saw the request for a volunteer prayer secretary, I felt this was something of value that I could offer to help with. I have found it immensely rewarding learning more about the different projects that are being supported. I wait with excitement to hear of what God has done with the giving and prayers of EMMS International, staff, supporters and all those delivering the projects in India, Malawi and Nepal.

Thank you, Ishbel.

You can get the latest prayer updates at www.emms.org/prayer and sign-up for regular prayer emails.



175 Friends

Will you join us in bringing health and hope?

Will you be a 175 Friend?

Your friendship can save and change lives.

175 years of showing Christ-like care and compassion to those who are sick is only possible because of friends like you who have committed themselves to giving and praying.

The work isn't finished. Everyone deserves access to quality healthcare. By pledging to be a 175 Friend you are helping Christian healthcare workers to care for those who need them most.

What you receive as a 175 Friend

- The knowledge that your friendship saves and changes lives.
- Invitations to special 175 events.
- A welcome pack including a certificate.
- A special mention in the 175th Anniversary Annual Report and web page.
- Anniversary lapel badge.
- Updates from health workers about their work.
- Opportunities and encouragement to pray.
- Opportunity to dedicate your friendship in memory of a loved one, a group or as a gift.

Your friendship would mean the world to...



Manju in Nepal

Many lives were devastated by the earthquakes in Nepal. It's crucial that those who were injured and those who were sick, even before, are not left behind as Nepal rebuilds.

Nurse Manju brings health and hope to people in Nepal. She is training to be the first palliative care Nurse specialist in Nepal.

She says, "For me, serving God and serving the poor are one and the same thing. If I can relieve the suffering of others, then I do this with a glad heart."

Being a friend helps Manju to bring pain relief and care to people who have lost almost everything.

£1750 pays a specialist nurse like Manju's salary for five months.

£17.50 helps Manju to visit vulnerable and isolated patients.



Mphatso in Malawi

Children born with HIV face a life of daily medications and frequent hospital visits. A life where routine infections can be life-threatening.

HIV and AIDS has destroyed a generation across Africa, but Mphatso has the ability to protect the next generation. Her team can ensure that babies are born HIV negative, even when born to mothers who have HIV or AIDS.

Mphatso is one determined lady, determined that the next generation of Malawi will be HIV free.

Being a friend supports Mphatso and her team to give an HIV-free future to the people of Malawi.

£1750 funds a field officer for six months to protect babies from HIV.

£17.50 helps Mphatso's team to support mothers with HIV.

Become a 175 Friend



Please complete and return this form to become a 175 Friend.

About you

My name is _____

My address is _____

My Email address is _____

To allow EMMS International to contact you and show you how your support is making an impact, you need to tick below. We will never give your details to anyone else.

I would like to receive updates by post email

About your friendship

I'd like to receive future updates from health workers like

- Manju, bringing care and pain relief in Nepal.
- Sharon, saving mums and babies in rural India.
- Mphatso, stopping the spread of HIV.
- Cornelius, caring for people at the end of their life, in Malawi.

Dedicate your friendship

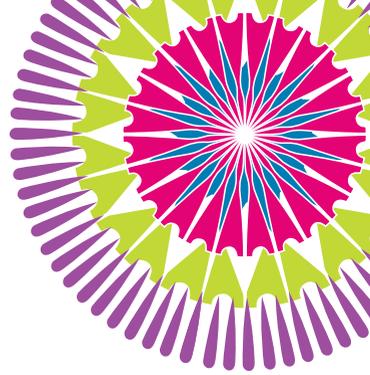
I'd like to dedicate my friendship to:

eg. The memory of my father Stephen, a good doctor and a kind man.
On behalf of St. Stephen's Comely Bank Church.

This will be displayed in the annual report and 175 Friends web page.

I am purchasing this friendship as a gift.

Continued...



Making your friendship gift

I would like to give

- A single gift of £1750 £1750 as 12 monthly gifts of £146
- A monthly gift of £17.50 Other £ _____

Regular Gift

My details to set up a direct debit:

Sort Code Account No

Account holder(s) _____

Date within month for payment 1st 15th

First payment date / /

Single gift Complete the card details below or send a cheque/charity voucher payable to EMMS International.

Card Number

Expiry date

/

Start date

/

Security code

Boost your donation 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 taxpayer.

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

Date / /

Please return using the reply envelope provided or by sending to:
EMMS International, 7 Washington Lane, Edinburgh, EH11 2HA

Duncan Dinner

A glamorous success



The 'Duncan Dinner', held at the prestigious Royal College of Physicians Edinburgh last November, was a fantastic success. The 130 guests, many of whom were clothed in Indian-style dress, enjoyed a traditional Indian meal and dance performance.

Dr. Philip Finny of the Duncan Hospital and Prof. Gordon Mackay, a surgeon and passionate supporter of the hospital, gave moving presentations on the plight of child-mothers who are looked after by staff of the hospital.

The highlight of the evening for many was the purchase of 11 life-saving phototherapy machines during the auction. Others enjoyed bidding for luxury holiday cottages, shirts signed by Jamie and Andy Murray and a trip to St. Kilda.

The Duncan Dinner raised over £30,000 to improve healthcare for mothers and babies in Bihar, as part of the Send a Light appeal.



Student Electives

Measuring the impact

Alison Steele, Development Officer at EMMS International, reviews the student elective symposium.

A student elective symposium was a fitting start to our 175th Anniversary year. Ever since the late 19th Century, EMMS has had a heart for training healthcare professionals, equipping them to work in far flung mission hospitals around the world. Today,

EMMS International's commitment to fostering interaction and mutual learning with our partner hospitals remains strong. Thanks to the support of the St Lazarus Trust, we are able to continue to fund student electives. This was celebrated in Glasgow on Saturday 23 January.

An enthusiastic group of medical, nursing and dentistry students were welcomed by James Wells, CEO of EMMS International. They heard about the elective experiences of three alumni recently returned from sub-Saharan Africa; Kirsty McCance, Jocelyn Amer and Rachel Hammond.

Sessions addressing the value and impact of overseas work experience and partnership were led by Professor David Galloway, President of the Royal College of Physicians and Surgeons of Glasgow, Dr Tim Lavy of the Royal Hospital for Sick Children and Christian Medical Fellowship, Dr Joan McDowell, senior lecturer in nursing



and healthcare at the University of Glasgow and Tony Gaston, Relationships Manager at EMMS International.

Some main points highlighted by the event were:

- Electives are a chance to build real partnership between the student and the host hospital and host country.
- Going to hospitals lacking in resources provides students with invaluable opportunities to greatly hone their skills and make a significant impact.
- Each speaker touched on how unforgettable their experience was.
- Students are able to gain a huge sense of perspective whilst on elective; going to a resource-poor setting means being presented with illnesses unseen in the northern hemisphere.

- A holistic approach to healthcare matters; the compassion and comfort brought to patients by hospital staff members is awe-inspiring.

NEXT TROUPE OF ELECTIVE STUDENTS

The SEB programme continues at strength with 10 bursaries already awarded this year. Two £1,000 bursaries have been awarded to Samuel Steen, at Glasgow University, who is heading to Tanzania; and Jodie Barnes, at Sheffield University, who is going to Nepal.

Eight £500 bursaries were awarded to the following students: Sarah Taylor, Jennifer Gotchkane, Ruth Bunting, Emma Stewart, Rachel McGaillard, Katherine Cruickshank, Kazim Ghafoor, and Lydia Henwood.

These students represent a fantastic mix of medicine, nursing, and dentistry, and are heading to countries as diverse as Malawi, Nepal, Tanzania, and Peru.

HEALTHCARE MISSION AND THE SUSTAINABLE DEVELOPMENT



This anniversary year is not just about looking back but also about looking at what we do today, and what we should be doing in the future. What should a modern healthcare mission be doing?

Gary Brough

Communications Manager, EMMS International

The face of global healthcare mission has changed extensively over the last 175 years. The most notable change is a move away from the traditional role of organisations such as the Edinburgh Medical Missionary Society in sending doctors and nurses. Today, more organisations lean towards working in partnership with local healthcare professionals, encouraging and equipping them to help their own communities. Programmes like the Student Elective

SSION

MENT GOALS

Bursary scheme, provide an excellent opportunity for mutual learning and building partnerships.

We recognise that EMMS International is not alone in the work that it does. There are many governments and NGOs (faith-based or otherwise) committed to improving the health of the world's poorest people. So, what makes Christian healthcare mission distinctive?

Last year, governments, institutions and development agencies took stock to see if they met the ambitious targets set for the Millennium Development Goals.

Even with many collective successes to celebrate, including halving the rate of under-5 deaths worldwide, we still can't rest on our laurels. To that end, the United Nations have agreed to the next phase of targets, the Sustainable Development Goals.

Once again, these goals are ambitious, and so they should be to tackle the inequalities of our world.

How then, as a Christian healthcare mission, should these goals guide and encourage us?

A move from sending doctors towards equipping and encouraging

local healthcare workers is a move towards sustainability. But our goal is bigger than that.

All of our partners are working to achieve Goal 3: Ensure healthy lives and promote well-being for all at all ages. But our goal is bigger than that.

The Duncan Hospital is empowering girls and women by protecting mothers and teaching that every child is a gift, regardless of their gender. A move towards meeting Goal 5: Achieve gender equality and empower all women and girls. But our goal is bigger than that.

Effective, holistic palliative care stops families pushing themselves further into poverty and contributes to Goal 1: End poverty in all its forms. But our goal is bigger than that.

The Sustainable Goals are ambitious but the goal we are called toward is higher still: "Love one another. As I have loved you, so you must love one another". Jesus gave everything in love, even his life.

Ultimately, our work is only truly sustainable when it is done in service of God and not another goal. So we continue to make our focus loving God and loving one another as Christ loved us.



Your Voice

Susan Williams

Supporter Care Manager, EMMS International

We can't say it enough. Your support is life-changing and your generosity does not go unnoticed. Thank you.

Last year we sent a survey to all supporters asking for your feedback. More than 300 of you took the time to tell us a little more about yourselves, why you support EMMS, and how we can best keep you informed about the impact your support is having.

We're listening and we're learning. You can see opposite what you told us and what we have done in response to your survey answers.

Please don't feel you have to wait for a survey, we're always happy to hear from you and we're just an email, phone call, or letter away.





84% of responses said the amount of information received from EMMS International was **just right**.

That's great to hear, we've also made it easier to either opt-in or opt-out of certain communications, so you always get what you want.



87% of you told us that you pray or would like to pray for the work of EMMS International.

Prayer is fuel to the work of our partners and they value your commitment. We've introduced more prayer tools by email, on the website and in our mailings.
www.emms.org/pray.



You said you are most interested in **Fighting diseases which add to the burden of poor communities, giving mothers and babies a fighting chance at life, and relieving pain and suffering through improving end of life care.**

That's the core of EMMS International's work and we'll do all we can to show how your support is achieving this.



Which country do you feel an affinity towards?

28% Malawi

26% India

19% Nepal

27% No focus

It's encouraging to see an even spread of support and we'll continue to keep you updated on the things that you care about.

In your words...



I am not a Christian and do not have any connection to a religious group but think your charity is doing an amazing and worthwhile role.



Having done 20 events I have seen what the money raised has done in the many hospitals I have had the privilege of visiting.



I am 81 years old and I am happy to hear news of EMMS and support as long as I can.

Supporter Update

Burns Night Ceilidh

The EMMS Burns Supper and Ceilidh in January drew a keen crowd of revellers. With music provided by Glasgow band, The Brogues, it was an enjoyable evening; good food, slightly unconventional, thought provoking speeches and great dancing! Thanks to all for attending and joining in, especially to our 21 guests from Virginia who danced the Virginia Reel so enthusiastically and to Edward Brash for his rendition of Slave's Lament by Burns.

Send a Light Roadshow

Dr. Philip Finny of the Duncan Hospital and EHA, spoke at churches around the country as part of the 'Send a Light' Roadshow from November to January 2016. Dr. Finny spoke passionately about his experience of being a doctor in Bihar, India's poorest state, why he was called to serve the poor and the plight of child-mothers. (Bihar state has the highest incidence of child marriage in India).

He was warmly welcomed by supporters in N. Ireland at All Saint's Church, Belfast and Scrabo Hall Church, Newtownards; in the south east at St George's Church in Middlesex and Markyate Baptist Church in Hertfordshire as well as at St. Stephen's Comely Bank in Edinburgh.

Sunday Herald

The Scottish national newspaper, Sunday Herald, featured the work of Duncan Hospital and Shalom Delhi in a series of articles about gender in India.

The articles by Vicky Allan are available via the newspaper's website.

Will Relief Scotland

Thank you to all those who took the opportunity to have your will written in September, in exchange for a donation to Will Relief.

EMMS International has been part of Will Relief for a number of years now and this year you helped raise £9,228.78 for vital healthcare work.

Church Talks

We've been happy to meet supporters at the following church talks: St Michael's Parish Church Guild, Gorgie Dalry Church, Morningside United Church, and Juniper Green Guild of Friendship in Edinburgh. In East Lothian we visited Chalmers Memorial Church Guild and Athelstaneford and Whitekirk churches.

If you would like to arrange a speaker for your church or group, please contact James Petticrew.

james.petticrew@emms.org
0131 313 3828



Your Event

To see your fundraiser featured here, send a short update and picture to events@emms.org. Thank you.

DATES FOR YOUR DIARY

HEART AND SOUL

22nd May

Come and visit us at the EMMS International stand in Princes Street Gardens, Edinburgh.

FORTH RAIL BRIDGE ABSEIL

12th June

Join us in an exhilarating challenge for our 175th anniversary.

KESWICK CONVENTION

16th - 29th July

EMMS International is participating in the Earthworks Exhibition at the Keswick Convention.

175TH ANNIVERSARY EXHIBITION

1st - 31st August

Visit the exhibition at Edinburgh Central Library and explore our history with our anniversary exhibition.

'BIG BIRTHDAY CYCLE'

3rd September

Join us for cycle around the beautiful Isle of Arran to celebrate our 175th Anniversary.

ZIP SLIDE THE CLYDE

10th September

Join us in Glasgow for an adrenaline-charged challenge.

ANNIVERSARY BALL AND THANKSGIVING SERVICE

26th-27th November

See inside cover.

More info on all of our events can be found at www.emms.org/events



GIVING PAGE

Name

Address

I wish to receive the annual Prayer Focus

I wish to become an EMMS International Prayer Champion

email

I wish to make a single gift for the sum of £_____ to the work of EMMS International

I enclose a cheque/postal order/charity voucher (payable to EMMS International) or please debit my VISA/Mastercard/Maestro/Delta/CAF Card using the details below.

Name of card holder

Card number

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

Expiry Date / Start Date / Issue No (Maestro)

I wish to make a regular gift of £_____ monthly/quarterly/semi-annually/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

giftaid it

Boost your donation 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:

I no longer wish to receive The Healing Hand by post.

In future, please send me The Healing Hand electronically (please give email above).



EMMS International
is transforming
lives through
compassionate,
effective and
sustainable
healthcare.

Palliative Care | Fighting Diseases | Maternal and Child Health

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Email: info@emms.org

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