

THE HEALING HAND/

The Newsletter
of EMMS
International

Health for Today, Hope for Tomorrow

SUMMER 2014



CYCLE MALAWI 2015



3rd-12th July 2015 (Provisional)

From Lilongwe to Nkhoma via the beach at Salima, and taking in some beautiful lakeside vistas, Cycle Malawi 2015 is set to be an amazing experience. We're inviting challengers new and old to register interest for next year's big event.

Funds raised will support essential palliative care in Malawi.

Visit the website or contact Louise for more information 0131 313 3828 or events@emms.org.

www.emms.org/cyclemalawi

CONTENTS

4 Madhipura: Stop the rot

8 Maternal & Child Health

10 Reflection: What prayer means

12 Leaving a Legacy of Hope

13 Why I support EMMS International

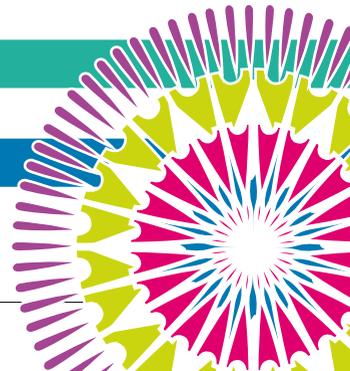
14 Cycle Nepal

16 Student's Perspective

18 Appeal Update: Mziche

20 Dates For Your Diary

22 Supporter Update



MADHIPURA: Stop the rot



Tony Gaston of EMMS International writes:

Madhipura Hospital doesn't have enough staff to cope with the amount of patients needing good quality healthcare.

My recent trip to Madhipura was exciting for a variety of reasons. I was new to the EMMS International team and I'd heard so much about the changes at Chinchpada, Mulanje and so many others, I had been told about the big impact small changes can make, but I wanted to see it for myself. The trip did not disappoint.

“Much of the hospital staff accommodation is uninhabitable, due to rot and decay”

I knew that Madhipura Christian Hospital served some of the poorest people in all of India, but seeing it in context helped me to truly understand this. On the six hour drive from the small airport of Bagdora I passed tea plantations and farms. The further we drove, the less developed the area became, until there were more shanty-style mud constructions than concrete or brick. As electricity also became scarce, it felt as if I was traveling back in time.

Madhipura itself was decimated by flooding in 2008 and the effects are still widely seen today. The monsoons bring further destruction each year. Although the hospital itself is in reasonable condition, most of the staff accommodation is uninhabitable due to rot and decay. As a result, trained staff do not want to stay there, and those that do stay, live in the most basic and unhealthy conditions.

The poor and the sick that the hospital serves have lost lifesaving services as a result, and the neonatal unit has closed. Staff tell me, with great concern and sadness, that the intensive care unit and operating theatre will close if something does not happen soon.

Images: Madhipura hospital. Bottom left rot and damp in condemned accommodation. Bottom right, local monsoon flooding.



Michael's Story

Michael is the hospital administrator. Rewind 3 years and Michael was a leading hospital administrator in a prosperous hospital in South India, climbing the job ladder and growing in his career. It was at this stage that Michael felt a 'nudge' to go and serve in a poorer hospital in North India. Although Michael had a wife who was 8 months pregnant, and a 2 year old daughter, Michael took the decision to take a 23 hour train journey to Madhipura, to dedicate his life to serving a poor community.

Michael laughs when he admits to me that, if he or his wife had seen the hospital beforehand, he would not have taken up the post. 'I have a young family to think about', he says, 'I hadn't realised just how big a sacrifice God was asking of me!'

Michael himself now struggles to perform his job when trained staff are so few. He and the other amazing

staff and patients I met are full of hope that our 'Stop the Rot' appeal will bring about lasting and significant change for them.

The appeal was launched last month and significant donations have been received already. I give thanks for everyone who makes a contribution to this appeal. Now that I've been and seen it for myself – I get it!



Gift for Life

Care for a patient

£39 could pay for one more patient to be cared for at Madhipura hospital.

To order a gift for a loved one, please see the form at the rear or call 0131 313 3828.



£255,000
total project cost

6,400
more patients

£39
per person

MATERNAL AND CHILD HEALTH

A global health challenge

Cathy Ratcliff

Director of International Programmes, EMMS International



In India, Malawi and Nepal, infant mortality is unacceptably high. Within each country, our partners work with the poorest and most vulnerable people in the poorest parts of the country, where the mortality rates are highest.

Our maternal and child health projects are all in rural areas where, too often, women have their babies too young, do not use antenatal services, deliver their baby at home, and are referred too late to a hospital if there are complications. As a result, our partners often find themselves dealing with acute cases of eclampsia, obstructed labour and other complications, such as malaria.

Community knowledge about how to look after infants is also often lacking, and if taking a sick infant to hospital involves paying for transport, then often the child is taken too late.

EMMS International is about to scale up its maternal and child health projects significantly, with about £1.6 million of new, 3-year MCH projects in India, Malawi and Nepal.

India

61 of every 1,000 children die before age five, compared to 5 in the UK

Malawi

460 mothers die for every 100,000 live births, compared to 12 in the UK.

Nepal

The lifetime risk of maternal death is **1 in 150** compared with 1 in 4,600 in the UK.

In India...

EMMS supports 4 hospitals (Prem Jyoti, Duncan, Chhatarpur and Madhipura Hospitals) to improve maternal and child health by:

- Working to improve antenatal services, increase deliveries in hospitals and clinics, and improve child nutrition.
- Providing maternity services for complicated births.
- Increasing the number of doctors and nurses to provide more services.
- Networking to raise standards of care at other hospitals and improve referral process for difficult cases.

In Malawi...

EMMS supports 3 projects (Ekwendeni College of Health Sciences, and Nkhoma and Mulanje Mission Hospitals) aimed at significantly reducing maternal and infant mortality rates through:

- Launching brand new Clinical Officer training, funded by the Scottish Government, and training more Registered Nurses and Midwives.
- Improving its outreach to families through clinics.
- Increasing clinic services to pregnant women and infants .

In Nepal...

EMMS partner, INF Nepal, is working in the Dang District to:

- Improve community support networks, helping more women get to the help that they need.
- Ensure that the clinics serving them are better equipped and the staff better trained.

PRAYER FOCUS

Prayer Focus is the quarterly prayer diary of EMMS International. Many of you will know it well and use it regularly, and for that we are very grateful.

We want to do all that we can to keep you informed of how you can pray for the work of EMMS International and its partners.

To that end, we are making some changes to our prayer resources later this year.

Prayer Focus will become an annual publication covering all of our active projects. You will find within it inspiration to pray as frequently as you wish. We need you to tell us if you want to receive this.

For those who are more committed to praying on a more regular basis, we are looking for Prayer Champions who will receive more regular updates by email or online. These will empower you to pray for the urgent and developing needs of our partners.

We need you to opt-in to receive Prayer Focus or sign up as a Prayer Champion. You can do so using the form at the back of this edition of Healing Hand or by emailing prayer@emms.org.

Gary Brough

Communications Officer,
EMMS International

Reflection

What prayer means to EMMS Inte

For many Christians, I imagine that prayer is something that we struggle with. How should we pray, do we pray often enough, are our prayers selfish, when should we pray? For a Christian organisation, we face the same challenges, just multiplied a little bit!

For me, however, it's pretty simple. We consciously consider prayer as an essential part of our organisational routine. When we start something we seek God's guidance, and continue to do so as we move forward. We thank and praise Him for all the amazing things that He does for us, and trust Him when we are struggling. It's also hugely encouraging for us to know that many supporters and colleagues across the world are praying for us and the work that we do every day.

It's a great encouragement to us and our partners to know that so many of you are joining us in prayer.

er ernational

“Depend on the Lord and his strength; always go to him for help.”

(1 Chronicles 16:11)

Prayer Focus is a useful resource to help you with this, and we look forward to future improvements to our prayer resources so that the prayers which underpin all of our work can be strengthened.

We consciously try to make prayer a core part of our activities through regular prayer times. It's always an encouragement to see how everyone engages with this positively, regardless of their faith background. At other times, we may feel that we need to pray about something, and we just pause and pray. I'm sure that many of us pray about EMMS in our personal prayers, and through many arrow prayers during the day.

Prayer is what sustains us. It fuels our thinking, renews our spirit and encourages us in difficulties. We need to trust and rely on God in

WE'LL PRAY BIG AND BOLD, WITH CONFIDENCE AND EXPECTATION, AND WITH HONESTY AND SIMPLICITY.

every situation, and prayer offers us a direct hotline to do this. It's not about being seen to do the right thing, it is a genuine need for God in our daily life. Group prayer can encourage one another, and personal prayer can multiply this beyond our imagination.

It's my prayer that, as we move forward, our reliance in prayer will always be at the centre of who we are and what we do. We'll pray big and bold, with confidence and expectation, and with honesty and simplicity. God knows what we need and He has plans for us. But He wants us to talk to Him about it, so let's keep praying!

James M Wells

Chief Executive,
EMMS International



LEAVING A LEGACY OF HOPE

Many people choose to remember charities such as EMMS International when writing their will.

Some have had involvement with the charity at some point in their life, whereas others have just heard of the work we do and want to donate part of their legacy to us.

Gifts from legacies are gratefully received and make a huge difference to the work delivered in India, Malawi and Nepal, helping the poorest communities receive the medical care they deserve.

We would like to recognise and pay tribute to *Ron Pearce* and *Janet Stirling*, who both chose to leave a gift in their will to EMMS International, which we received in 2013.

We would be most grateful if you would consider adding EMMS International to your will, leaving a gift which will have a huge impact on the work we support overseas.

If you would like to find out more on how to leave a gift in your will to EMMS International, please contact us on 0131 313 3828 or email us at info@emms.org.

Why I support EMMS International

Gary Brough

Communications Officer, EMMS International



HH: Tell me a bit about yourself.

GB: I'm a husband, recently a dad, and I'm part of Kirkintilloch Baptist Church. I've worked at EMMS for about a year and a half.

HH: What is your role at EMMS?

GB: I'm the Communications Officer. It's my job to keep you up-to-date on the work of our partners through Healing Hand, Prayer Focus, the Impact Report, and online. Among other things!

HH: Why do you support EMMS?

GB: I don't think it's possible to work for EMMS and not support the work yourself. Once you've met partners, and heard stories of their dedication, you can't help but do your best as an employee and make a personal commitment.

HH: What is your favourite EMMS story?

GB: It was so exciting to meet mother buddies in Mzenga - who, despite living with HIV and working hard to care for their families, are committed to helping

other mums to protect their babies from HIV.

HH: Have you visited partners overseas?

GB: I've visited a number of projects in India, and the Mziche project in Malawi. It was a real privilege. It's important to go and offer encouragement, as well as gather information to help you keep a strong relationship with the work you support.

HH: What is it like in the office?

GB: Busy! I know you'd expect me to say so, but there is a lot of dedication and determination to do the best we can. It's also very friendly and the kettle is on often, so do stop by!

HH: What does the future hold for EMMS?

GB: A new website! At least that's what I'm working on at the moment. As an organisation, we're working to help our partners show love and compassion to more people.

HH: Thank you Gary.

CYCLE NEPAL

Supporting Mothers and babies in Nepal.

So far, 23 participants are signed up to support mothers and babies in the Dang District of Nepal as part of Cycle Nepal 2014. One of the participants is Janet Wilson, a chartered physiotherapist for 34 years, who retired at the end of April 2014. She lives in Belfast and enjoys golf, gardening and cycling.

Janet first heard about EMMS' cycles from Frances Wright, a retired deaconess in her church. She took up cycling and went on the David Livingstone Bicentenary Cycle in Malawi last year. 'It was a fantastic experience, both mentally and physically, and just wonderful to see the difference a team of people can make in a small part of Africa. It was humbling and a true privilege'.

'I didn't think I would do another so soon, but I couldn't say no to Cycle Nepal!' Janet felt the Malawi Cycle was extremely well organised with great support and she realised she could do more than she previously thought she could.

Seeing first-hand the difference that the money raised makes on the ground and being able to help



“ I DIDN'T THINK I WOULD DO ANOTHER SO SOON, BUT I COULDN'T SAY NO TO CYCLE NEPAL! ”

people that aren't asking for it, particularly in rural areas, are her biggest motivators. 'It is amazing to be able to continue healthcare projects already started and support the training of local people to enable them to help themselves'.

There is still plenty of time for Janet to train: gym sessions, spin classes and short rides when weather allows are the plan. She admits she'll definitely need more practice on hills and off road. Janet's friend Nancy has signed up with her, so they can motivate each other!

Each rider pledges to raise £2850 to improve the support of mothers



and babies in Nepal. Janet held a physio reunion 'Fork supper' raising £1100, which was great fun. She is planning more events, including a bride lunch and several car boot trips as well as continuing her Tai Chi classes. She feels that people are very generous, especially when they understand what you are going to do and who it is for.

She's really looking forward to being part of a team, improving her cycling skills and fitness but, most of all, helping those in need in this remote part of Nepal. Janet encourages everyone to accept this challenge!

There's still time to sign up for Cycle Nepal at www.emms.org/cyclenepal.

Louise Stuart

Head of Events & Community Fundraising, EMMS International

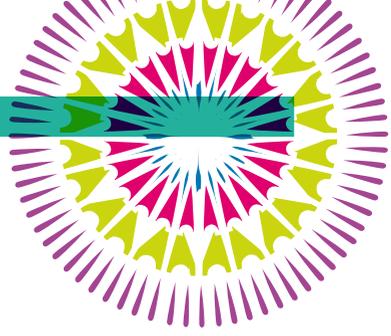
HOW WILL IT HELP?

The Deukhuri area in Nepal's Dang District has one of the worst maternal and infant mortality rates in Nepal. In partnership with INF Nepal, with whom EMMS international has been working for over a decade, we plan to launch a new health project in the district, which will help transform the lives of Nepal's poor and marginalised.

The three-year project will focus on improving the health of pregnant women, postnatal mothers and infants. About 50,000 people, in the six most disadvantaged village development areas in the Dang district, will benefit from the project.

Vital training will be provided to female community health volunteers, women will be encouraged to participate in mothers' groups and the local district office will be supported in improving the delivery of maternal and child health services.





THE STUDENT'S PERSPECTIVE

EMMS International helps its partners through supporting medical students to participate in overseas electives. **Joanna Carson** tells The Healing Hand about her placement in the Solomon Islands.

In November 2013, I completed four weeks of general medicine at Helena Goldie Hospital in Munda in the Solomon Islands. Helena Goldie is a rural hospital that provides care for approximately 26,000 people, mainly from the island of New Georgia as well as various neighbouring islands.



Image: Joanna Carson and the doctors from Helena Goldie Hospital



TO GET TO A SPECIALIST DOCTOR... WOULD COST ROUGHLY ONE WEEK'S WAGES. HER FAMILY WOULD HAVE TO SAVE UP FOR THIS TRIP... FOR WEEKS OR EVEN MONTHS."

There are four wards, making a total of approximately 80 beds. An operating theatre is available for procedures under spinal anaesthetic, and there is an outpatient clinic building, laboratory and radiology room on site. There are usually four doctors working in the hospital, but during my elective there were two. Trained nurses, as well as nurse aids, make up the bulk of the healthcare team, and worked hard to provide adequate healthcare with the limited resources.

The Solomon Islands has limited resources for healthcare. Patients often have to travel a long way to get to Munda, which can be expensive and time consuming. In addition, the lack of availability of tests and medicines makes diagnosis and treatment difficult.

One such case was that of a little girl who was in hospital at 2 months of age with a heart murmur. In the UK the problem would have been picked up within the first few weeks of life, where she would have had access to a specialist clinic with the option of surgery to correct it. In the Solomon Islands, the heart murmur was not identified until she was quite ill, and unable to oxygenate properly.

To get to a specialist doctor, her mother would have to take her on a day long boat trip to the capital, Honiara, which would cost roughly one week's wages. Her family would have to save up for this trip. It is unlikely that this would be possible for weeks, or even months. I found this case shocking and was thankful for the efficient access to healthcare that we have in the UK.

Cases such as this were difficult to deal with, but the nurses and patients made the most of the resources they had.

In Munda, the local language was Roviana. This language barrier was an added challenge, but I enjoyed learning new phrases. Everyone I met, in and out of the hospital, was incredibly friendly, and so welcoming.

There is a strong emphasis on family, especially caring for elderly relatives, which is something we could learn from in the UK. In addition, it was interesting to see religion play such an important part in healthcare. I gained so much from this experience, and hope that I made a helpful contribution to the hospital in return. I would also like to thank EMMS for the bursary given for my elective.

If you want to find out more about the Student Elective Bursary programme, please contact Joe Cooney, by emailing joe.cooney@emms.org, or calling 0131 313 3828.

MZICHE MOTHER BUDDIES ARE READY TO GO



The Mziche project has started. Mother buddies are being trained and are going out into the Mzenga community of Northern Malawi to stop the spread of HIV. This is all thanks to your support of our Christmas Appeal.

Over £47,000 has been given so far, a further £200,000 is needed to make the lasting change the people of Mzenga need.

Mphatso Nguluwe, Director of Livingstonia Synod Aids Programme, has already been sharing some amazing stories of lives being transformed.

Susan Williams

Head of Individual Giving, EMMS International

ESTHER'S AMAZING STORY



Esther is HIV positive. She wanted to help other women protect their babies from the disease but didn't think she could become a mother buddy. Her husband showed no interest in her pregnancies, and refused to use a condom - putting her at risk of additional infections. "My intervention will be unfruitful if I don't lead by example", she thought.

Esther knew she had to try, and signed up for Mother Buddy training. After dinner, she would share with her husband what she learned, with little or no response.

She was amazed by what happened next. "One day, when I was preparing for my antenatal visit, he told me that

he was going with me. I almost collapsed with disbelief. But, from this time until I gave birth, my husband gave me the best support ever.

"He never allowed me to do hard work, our bond became stronger, he agreed to using condoms, he reminded me to take my medication and escorted me to the hospital when labour started.

"We have now agreed not to bear children any more, considering our HIV status. Life is so different and it feels as if I have married a different man. The skills I got from the Mother Buddy training are great", adds Esther with joy.



Gift for Life
HIV tests
for babies

£25 could pay for six mothers to take their babies to be tested for HIV, putting their minds at rest and ensuring they get the care they need.

To order a gift for a loved one, please see the form at the rear or call 0131 313 3828.

DATES FOR YOUR DIARY

Evelyn's Methlick Cycle

7 June

Join Evelyn Cook, "the intrepid granny's" cycle in her home town of Methlick, near Ellon. Try the 10 mile or 25 mile route and stick around for the bbq in the garden after. All are welcome!

Edinburgh Night Ride

21/22 June

50 miles – one night – see the city in a new light! Taking in the iconic sights of the Royal Mile, the Castle, Arthur's Seat, with stunning night views of the city from the Royal Observatory and past Holyrood Palace and many more attractions.



Trek Fest the Peaks

6/7 September

Take on the ultimate charity challenge in the stunning Peak District National Park in TrekFest! The challenge begins and ends in the beautiful Hope Valley. Take on the 27 or 54 mile challenge. It'll be an emotional, fun and life-changing experience.

Big Weekend

12-14 September

Our annual big fundraising weekend returns! Come together and do something in your home, work place or church to improve overseas healthcare. Think BIG with a garden party or coffee morning or small with a cake or craft sale. Alternatively, go without,, give up something you would really miss and donate the sponsorship. Ask us for a fundraising pack.

Big 2014
EMMS
Weekend

London to Paris Bike Ride

17 - 21 September 2014

Cycling from London to Paris is by far one of the best fundraising events in Europe! This long weekend challenge covers around 300km in just 3 days. Cycle along wide Parisian boulevards to the finishing line at the city's most famous landmark, the Eiffel Tower. Don't miss out.

Minimum sponsorship pledge of £1250



For more info on any of our events, please visit www.emms.org/events.

To find out more about any of these events, or to sign-up, please contact Louise Stuart, by email to events@emms.org or by telephone 0131 313 3828.



You can read about all of our upcoming events in the 2014/15 Event Guide. If you'd like to receive a copy, just let us know or you can see it at www.emms.org/events.



Supporter Update

A round-up of news from EMMS International and supporters

Your Fundraising

Katie McNeill and Rosemary King held a ceilidh in Edinburgh in aid of the Mulanje Mission Hospital in Malawi, which they had previously visited, raising over £2200.

Joanne and Scott (above right) raised over £250 from face painting in Tesco's Murrayfield during the 6 Nations campaign. The French fans were very keen to have their faces painted!

Moyra Lawson has been busy knitting jackets for babies, which she sells at the Wool Shed in Alford and donates the profits to support our work in Malawi. So far, £846 has been raised.

Church Talks

We are very grateful to have been given the opportunity to speak at the following churches over the past few months and to get to know our supporters: Balfron Church Guild; Polwarth and St. Stephen's churches, Edinburgh; Broomhill Church, Glasgow; Erskine United Reformed Church Association, Fife; and Inverness Inner Wheel. We would love to do a talk at your church or guild in the coming months. Please contact us to arrange it.



Conferences

EMMS International has been represented at the recent Palliative Care conference in Harrogate, the Maternal & Infant Health conference at Edinburgh University in March, and the Clan Gathering in Edinburgh.

Farewell, Nell

Nell Taylor (below), our Events intern, has worked at EMMS International for the past 5 months. From gathering data to designing promotional flyers, Nell explains the joys of working with EMMS International, "I have greatly enjoyed my time at EMMS. It has been an inspiration to see all the hard work and dedication exhibited by the staff to support international healthcare projects. I'll cherish my time here and am thankful to the Lord for this opportunity." We wish Nell well.



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 wish to purchase a Gift for Life

Qty

Gift

Total

HIV Tests for Babies (Mziche)

(£25 each)

Care for a Patient (Madhipura)

(£39 each)

Total value of Gifts for Life

We will send you a gift card for each gift you purchase to give to your intended recipient.

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 only)

I would like information on making a regular gift to EMMS International.

giftaid it

If you are a UK tax payer, EMMS International can claim an extra 25p for every £1 you donate at no extra cost to you. Please select one of the options below.

Yes, I am a UK taxpayer and I would like EMMS International to treat this and all gifts of money I have made in the past four years and all future gifts of money that I make from the date of this declaration as Gift Aid donations*

No, do not treat my donations as Gift Aid donations.

* You must pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that you donate to will reclaim on your gifts for that tax year. Please note that other taxes such as VAT and Council Tax do not qualify. Please inform us if you change your name or home address, want to cancel your declaration or if your donations cease to qualify for Gift Aid tax relief. If you pay tax at the higher rate you can claim further tax relief in your Self-Assessment tax return.

Signed

Date:



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

Palliative Care | Fighting Disease and Disability | Maternal and Child Health

7 Washington Lane
Edinburgh
EH11 2HA

Tel: 0131 313 3828
Email: info@emms.org
Twitter: @emmsintl
Facebook: EMMSInternational

EMMSInternational
Health for Today, Hope for Tomorrow

EMMS International is a charity registered in
Scotland No SC032327.
A company limited by guarantee. Registered in
Scotland No SC224402.

