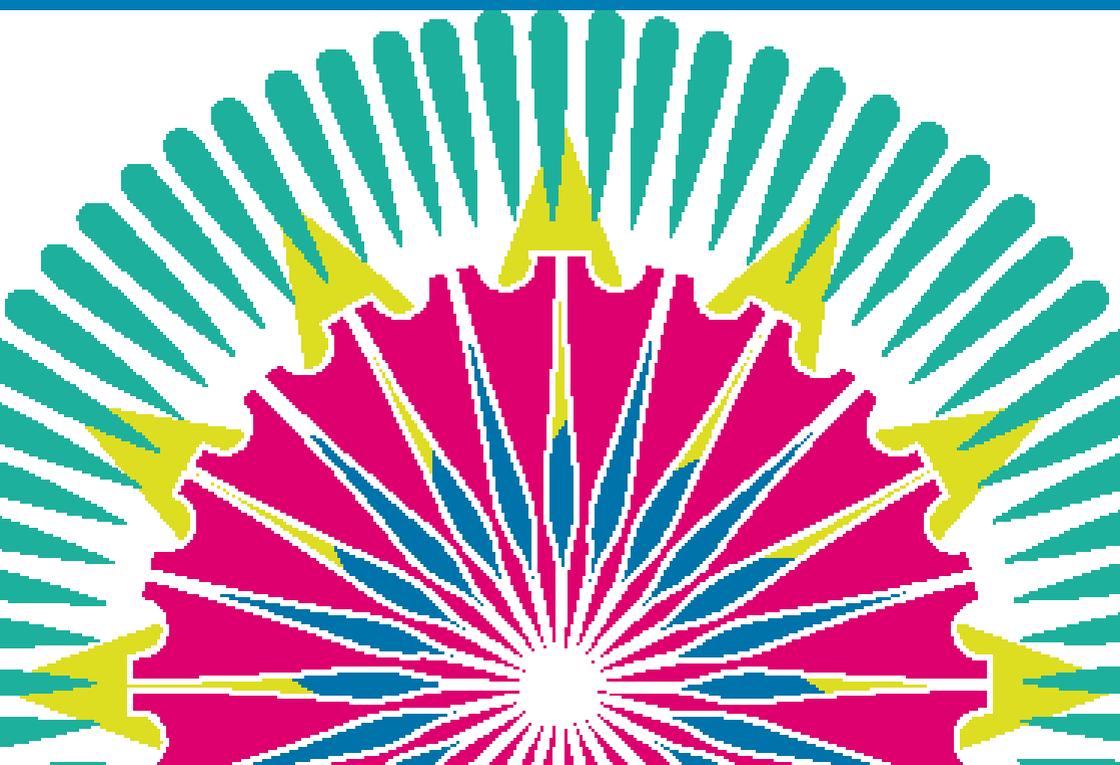


THE HEALING HAND/

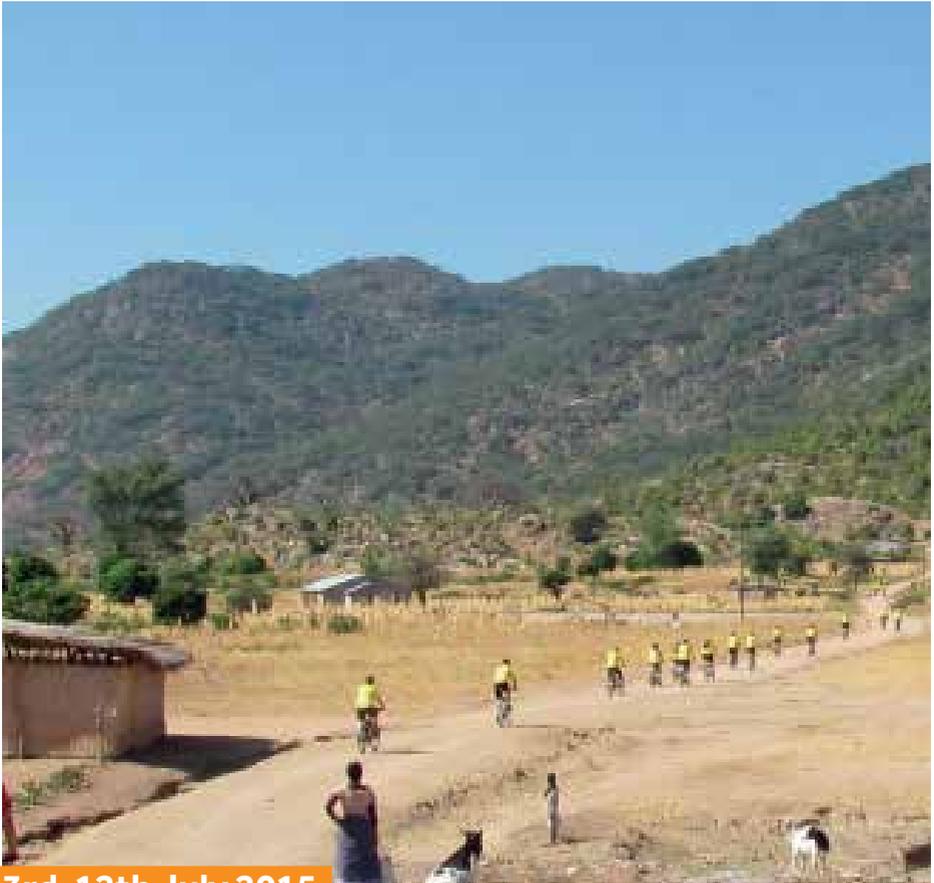
The Newsletter
of EMMS
International

Health for Today, Hope for Tomorrow

WINTER 2014



CYCLE MALAWI 2015



3rd-12th July 2015

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.

Start fundraising today and gifts given before 31st January will be matched by UK Government. All funds will support essential palliative care in Malawi.

Contact Louise for more information 0131 313 3828 or events@emms.org.

www.emms.org/cyclemalawi

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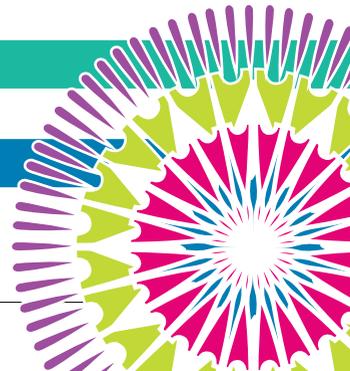
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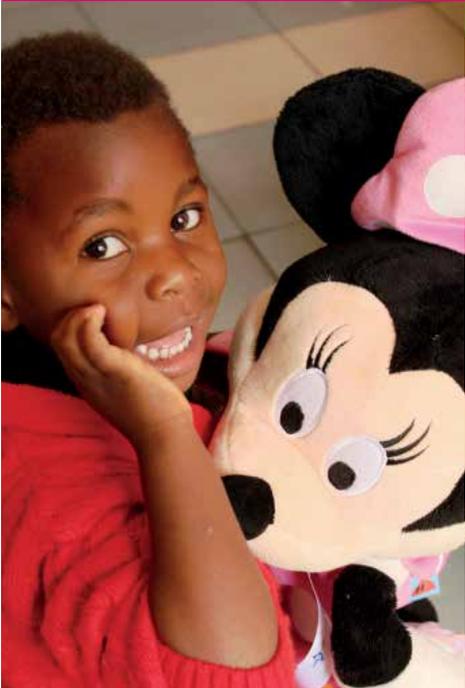
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SUNDAY'S CHILD:

Because care cannot stop when there isn't a cure





80% of children who die, do so without seeing a medical practitioner and without any form of pain relief

Supporting people at the end of life has never been so vital or achievable in Malawi. We all have a role to play.

You may have read our recent letter about two year old Tadala and her fight with cancer. The cancer in her abdomen has now spread through her body, despite an operation and chemotherapy, there is no hope of survival.

However, thanks to the Umodzi team at Queen Elizabeth Central Hospital, all is not lost. Unlike most other children with cancer in Malawi, Tadala and her family have received a diagnosis, treatment, pain relief and practical support. They have been taught to dress her wounds and minimise her pain. Her mother knows that her daughter's cancer is not her fault and it is not contagious. Their many emotional needs have been met with compassion, understanding and the trained, experienced professionalism that is needed.

The reality is that, in Malawi, one of the 10 poorest countries on earth, care and pain relief for the dying simply isn't often an option. That's why 80% of children who die, do so without seeing a medical practitioner and without any form of pain relief.

Care cannot stop when there is no cure. As Christians, we do not fear death, but we all fear dying in a painful and traumatic way. Death, in particular a traumatic death, affects everyone.

Wandida, a palliative care nurse at Queen Elizabeth Central Hospital, told me that her motivation for her work was the death of her sister.

Images: Children's ward at Queen Elizabeth Central Hospital. Tadala and her mother (right)



She had breast cancer and received no pain relief. Her death was traumatic and painful. Not only did Wandida lose her sister, but the experience scarred the lives of all the family members who had to live through it.

Wandida is hopeful that 'Sunday's Child' project will bring relief to children and adults across Malawi. That no one will suffer unnecessary pain like her sister had to. That care for the dying in Malawi becomes an option for all.

'Sunday's Child' is an ambitious and bold project. Providing end of life care on a large scale is possible, but only with generous support. The UK government recognises the impact it can make and has promised to match

Images: EMMS International staff Claire Baggle spends time with patients at Queen Elizabeth Central Hospital, Blantyre, Malawi.

every gift that you give to this project before 31st January, pound for pound. This means your gift will go further and help even more people.

Your role is critical in bringing about this solution.

Gifts given between 1st November and 31st January will be doubled. All gifts given by individuals, be it through events, sponsorship or donation, will be matched.



Care for a patient

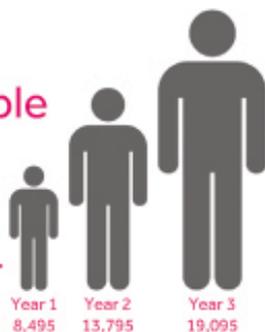
£15 can free someone in Malawi from pain and provide care at the end of their life. To order a gift for a loved one, please see the form on the inside back cover or call 0131 313 3828.



Why your gift counts...

3 hospitals providing excellent care and training 500+ workers

5,400 more people cared for each and every year



40 doctors will train for a degree in palliative care during the first 3 years, then

20 more every year after that

41,385 people cared for at home

£15 gives someone like Tada the pain relief and care they need.

THE FRONT LINE

Dr Ruth Shakespeare is a woman with a job to do, or rather, many jobs to do.



I suspect that doctor Ruth Shakespeare's 'to-do' list is quite unlike that of other medical professionals. She describes her role at Mulanje Mission Hospital as Medical Director, Engineer and Accountant, among others. With low educational opportunities across the country and a dire shortage of medical professionals in Malawi, the demands on Ruth's time and expertise are many.

Malawi is the sixth poorest country in the world. As Ruth eloquently puts it, sustainability, that is the ability for the country to provide for itself, needs to be viewed in time frames of decades, not years. Short-term development 'would be like telling people in Victorian Britain that women need to stay at school, electricity can be relied on and we should all be able to access a doctor for free'.

Despite Ruth's concerns about the pace of development within

Malawi, she is not downhearted. She is visibly excited about the up and coming possibilities of the EMMS International 'Sunday's Child' project.

End of life care, or palliative care as it is otherwise known, is a massive unmet need in Malawi. Poor health education, disease prevention and testing, compounded with the enormous burden of HIV, means that the majority of people die young.

These frustratingly preventable deaths are all the more tragic in that people die in unnecessary pain, without any medical intervention or pain relief. Diagnosis for most cancers, if diagnosed, is for the final stages of the disease. 80% of people die without diagnoses, pain relief or practical support. Ruth and the team at EMMS International wholeheartedly believe that care cannot stop when there isn't a cure.

What excites Ruth, and the team here at EMMS, is the long term reach of this project. **For 3 months the UK government will match every gift to this project, pound for pound.**

We have from November 2014 to January 2015 to raise as much money as possible. By the end of January 2015, depending upon whether enough people have caught

the bug and given a gift, there is the possibility of bringing serious long term change to end-of-life care in Malawi.

Capacity building, or long term change, isn't an easy concept to get across in one tag line or one tweet. However, it is the capacity building, the long term impact of this project, which will not just pull people in Malawi out of their anguish and pain today, but tomorrow, the following year, and every year after that.

Increasing the training and skills of students, professionals and volunteers in Malawi, will be the long lasting legacy of all gifts given to this life-changing project.

Ruth and people serving in similar roles across Malawi (Mulanje Mission Hospital, Nkhoma Mission Hospital and the PCST team at Queen Elizabeth Central Hospital, are all critical elements of this project) are united in their cry for help with end-of-life care in their country.

When prevention and cure are no longer options, the basic human need for care must continue.

Please make a donation. Your gift will be doubled. The number of people it helps will be doubled. Your impact will live on and grow year after year. For more information, go to www.emms.org/sundayschild

PRAYER FOCUS

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.

Prayer Focus will become an annual publication. 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 pray on a more regular basis, we are looking for Prayer Champions who will receive regular updates. 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.

Our advent prayer diary is available now, please get in touch or download from www.emms.org/

If you have time for one prayer, please pray that the work of EMMS International honours and finds favour with God, that the people involved are inspired, protected and have the energy and resources they need.

Could you volunteer?

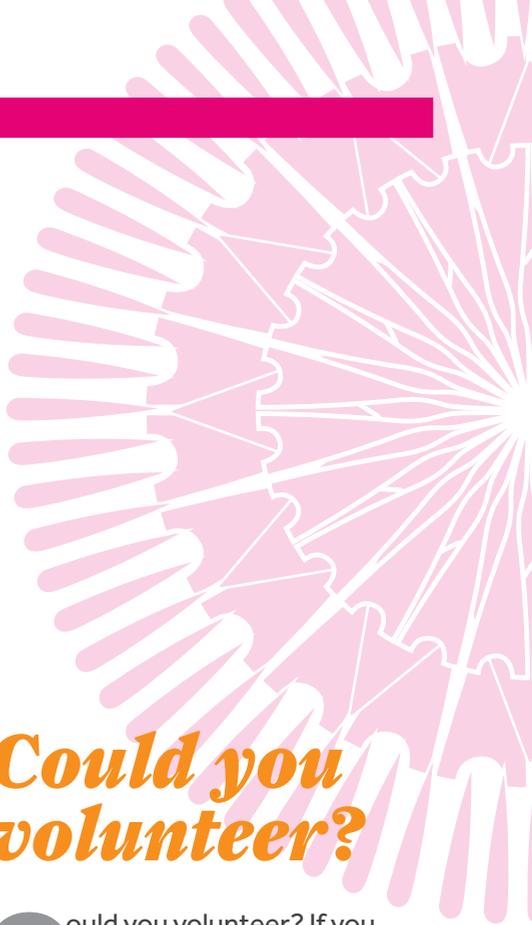
Could you volunteer? If you have any time or talents that you could share, please think of EMMS International. There are only a few members of the team and a lot of work to get through.

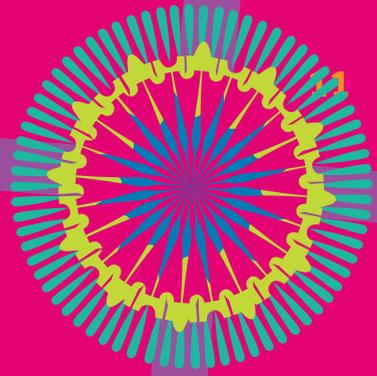
Church volunteer

Could you help out half a day a week? We need someone to coordinate our speaking engagements at churches.

Thank you volunteer

Could you pick up the phone and have a natter with supporters for a few days in February? We want to phone people to say 'thank you', could you help?





**Your Gift for Life
will make Christmas
extra special for so
many people.**



Leaving a *legacy of hope*

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

Some people who leave legacy gifts have had involvement with the work of EMMS International, 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 Helen Pool and Margaret Boyd, who both chose to leave a gift in their will to EMMS International, which we received in 2014.

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

John & Tina Bruce



John and Tina are regulars in Cycle Malawi and organise fundraising and awareness-raising events throughout the year. Their church, Inverness East, is a Mziche Mission Partner

HH: How long have you been involved with EMMS International? John: I have been involved since 1999, when I took part in my first Nazareth Hospital Bike Ride. Tina did her first EMMS Bike Ride in 2001.

HH: How did you first decide to get involved? John: At the tender age of 40, I wanted to take on a challenge. On seeing an advert for the Bike Ride, I began to make enquiries.

HH: Why did your church become a Mziche Mission partner? John & Tina: We invited Mphatso Nguluwe from LISAP to speak at our church. After a little persuasion, we agreed to support this initiative for three years.

HH: What types of activities have you done? J&T: Earlier this year about 70 people attended our High Tea in the church hall. The Black Isle Bike Ride was a 25 mile ride with a shorter one for the children. Tina and I talk to various groups to raise awareness. We have taken part in various Malawi Bike Rides. Donnie and

Ann, our fellow Black Isle organisers, have taken part in the Nazareth Hospital Bike Rides.

HH: What benefits does your church experience? J&T: It is always helpful for the church community to become involved in an overseas project. Receiving regular updates, they feel a real part of what is going on. When there is a close link to a specific project, people are keener to become involved.

HH: Thank you John. Thank you Tina. Keep up the good work.





A MOTHER'S JOURNEY SUPPORTING MOTHERS AND BABIES IN NEPAL

As generous people were moved to give to the recent appeal for health work in Nepal, and 23 brave and energetic supporters head off to cycle there, we ask; why?

Up until 1951 it was illegal to be a Christian in Nepal. In the last sixty years, the national Church has grown from five known believers to an estimated one million. Christians in Nepal are now bringing the message of hope, health and love to some of the poorest and most remote areas in the world.

For 15 years, supporters of EMMS International have partnered with International Nepal Fellowship to reach the most poor and disadvantaged communities;

bringing sustainable improvements to healthcare and demonstrating the love of Christ.

A MOTHER'S JOURNEY' IS BEING DELIVERED WHERE THERE ARE SOME OF THE WORST MATERNAL AND NEONATAL MORTALITY RATES IN NEPAL.

Our latest goal is to help the women of Nepal to have safe pregnancies, deliver healthy babies and know the strength of the Lord wherever they go.

The death rates for pregnant women and babies are a lot higher than we experience in the UK. The drastic difference in health care provision means women are 14



times more likely to die in childbirth in Nepal than if they delivered in the UK. A newborn baby is 9 times more likely to die.

Most deaths occur due to complications that go undetected through pregnancy and result in tragic problems when women give birth unattended and uninformed.

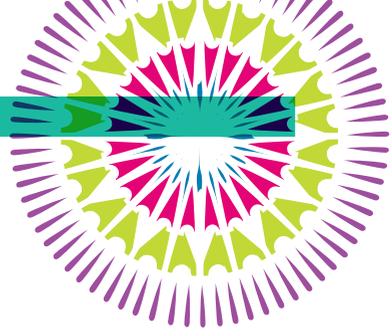
These deaths are preventable. Treatable conditions such as high blood pressure, obstructed labour, infections and haemorrhaging account for many deaths. Due to the mountainous landscape, journeys to hospitals, and even to local health clinics, can take an extremely long time, putting women in labour at risk.

The isolation of these communities also means many

women do not even know what health care could be available to them and their babies. Most women deliver at home without any professional medical assistance. If women do reach one of the few hospitals, there may not be the technical equipment available that is needed to support a newborn.

We are working to change this. Your generous gifts and every penny of sponsorship given to our amazing bike riders, will provide much needed health education and healthcare services.

The lives of mothers and babies are being saved and changed. You are increasing access to information and providing the necessary resources to help save and transform lives.



THANK YOU

James Wells , CEO:
 "My recent visit to Chinchpada to open and rededicate the new buildings and meet the new leadership team, was a genuine time of blessing and awe at God's amazing faithfulness.

Back in 2011, when I first visited, Chinchpada was a run down place with appalling facilities, and a staff team worn down by years of struggle. Thanks to the vision of the, then, local leadership (Drs Gahukamble), a plan was developed for the hospital to make it once more the centre of health care in the district. This has been fulfilled through your incredible prayers, generosity and support.

I well remember the early conversations about whether we should embark on such an ambitious project. Much prayer, surveying, planning and hard work followed.

The new buildings at Chinchpada are a wonderful testimony to your generosity and God's grace. Your gifts have delivered three high quality wards, two new operating theatres, a new laundry and a sterilising area integrated within the theatre suite, a new maternity suite with delivery rooms and new housing for doctors and nurses.

The design and materials used have been innovative. The buildings are clean and spacious, and the project engineer, Tom Lal, has put much thought into the design, ensuring



Images: New doctor team at Chinchpada, Deepak and Ashita Singh

“THE PUBLIC AREAS HAVE BEEN LANDSCAPED TO CREATE A COMMUNAL AREA FOR PATIENTS AND STAFF. CAREFUL AND CONSIDERED PLANNING HAS RESULTED IN A FULLY FUNCTIONING AND AESTHETICALLY PLEASING CLINICAL ENVIRONMENT.”

buildings are naturally cool in summer and warm in winter.

I arrived at the hospital only two weeks after the new leadership team, Deepak and Ashita Singh, had arrived. Deepak is a surgeon and had recently completed further specialist training in paediatric surgery, specifically to meet the needs of the community at Chinchpada. His wife Ashita is trained in medicine, so they are the perfect team to provide a wide range of care to the community.

The family are very happy to be where they feel God wants them to be. They are already seeing a wide range of local people, including mum's coming to deliver their babies, people with different types of cancer, people with injuries and a range of minor and more complicated medical and surgical cases.

Deepak's vision is for Chinchpada Hospital to be a high quality centre serving the local community, focusing on community health, family medicine, surgery and medical care.

As I was leaving, Ashita said to me, "Please thank everyone so much for their prayers and generous support, they have made such an amazing difference." Thank you.



For more info about Chinchpada and Madhipura, go to www.emms.org

Follow James on twitter at [CEO4EMMS](https://twitter.com/CEO4EMMS)

Save a
hospital

£39 would help renovate Madhipura Christian Hospital, just like Chinchpada

To order a gift for a loved one, please see the form on the inside back cover or call 0131 313 3828.



THE STUDENT'S PERSPECTIVE



“ I wanted to undertake my elective in a mission hospital in order to gain experience from Christian doctors working within a low-resource setting to share the love of Christ. My wife accompanied me and taught in a school within the hospital compound. Together, we wanted to learn from the lives of the Christians there and think through how they used their skills to reach out to people in the name of Jesus.

Duncan Hospital is a Christian mission hospital run by the Emmanuel Hospital Association (EHA), situated on the Indian side of the Indian-Nepal border in the state of Bihar. Patients who come to the hospital are mostly from rural areas on either side of the border.

On the Monday of my last week, I accompanied one of the doctors up to the medical ward for a party. A large group of nurses, doctors and family members encircled a beautiful woman sitting cross-legged in one of the beds. There were cakes eaten, songs sung and prayers of thanksgiving prayed.



EMMS International helps its partners through supporting medical students to participate in electives in resource poor communities. Here, Ben Shepherd tells us about his time at Duncan Hospital, India.

The reason behind this scene of joy was that this beautiful lady was leaving the hospital today.

One month earlier she had arrived following the ingestion of an 'Organophosphate' (OP) with the intention of ending her life. OP is a common fertiliser that is readily available in the rural communities surrounding Duncan and poisoning by OP is, tragically, one of the most common reasons for admission to Duncan Hospital. The woman had spent 3 weeks requiring mechanical ventilation in the ICU. This was followed by many days of apparent psychosis and persisting weakness.

Throughout this time, the staff in the intensive care unit had been regularly praying for her recovery and encouraging other people to pray for her. They had formed a good relationship with her son, who had been very faithful in visiting.

At around 1 week into admission, her family wanted to take her home to die. They are very poor and couldn't afford any more ICU care. The doctors in charge of her care convinced the family of the

need for more time to recover and informed them that the hospital would pay for all future costs. The hospital cannot afford to provide charity care regularly but seeks to intervene in situations where the staff are convinced both of the family's inability to afford care and that the patient has a good chance of a positive outcome if care could be given.

This woman's story encapsulates so much of what I found at Duncan Hospital. A committed team of people working hard to bring hope and a greater sense of human dignity to people in the midst of terrible circumstances and a culture where human life (especially female life) is not valued as highly as staff think it should be. In doing this, they are imitating the self-sacrificial love of their Lord, Jesus Christ."

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

Supporter Update

A round-up of news from EMMS International and supporters

Your Fundraising

It really has been a fantastic summer of events for EMMS. From 'Zip Sliding', to paddling, cycling through the night and 10k runs. You, the EMMS supporters, have excelled in trying out new activities and raising funds. Thank you to all.

Zip Slide the Clyde

10 daredevil participants raced across the river Clyde in Glasgow at over 130ft. They were hoisted up in a basket before whizzing across to the other side. Together, the group raised over £2150.

Evelyn Cook, 76, was taking on her first Zip Slide. 'It was a terrifying, yet exhilarating experience. I'm always game, and daft enough, to try something new and different, AND to raise more money for those less fortunate than myself.' Well done to all and we'll see you again next year!

Linda Radcliffe and Ishbel Murdoch

held a garden fete, raising over £800 in Glasgow's West End.

Ian Ewart and friends

held a Victorian Cream Tea at John Knox church. Volunteers were dressed in Victorian clothing and raised an amazing £1030. The aim was for the ladies to beat the 'Men Can't Cook' event held last year.

Cousins Caroline, Louise Stuart and Linsey McCabe's

bag packing weekend was a great success! Working hard on their feet for 14 hours, at the B&M Store at the Forge, Glasgow they raised £882.25.

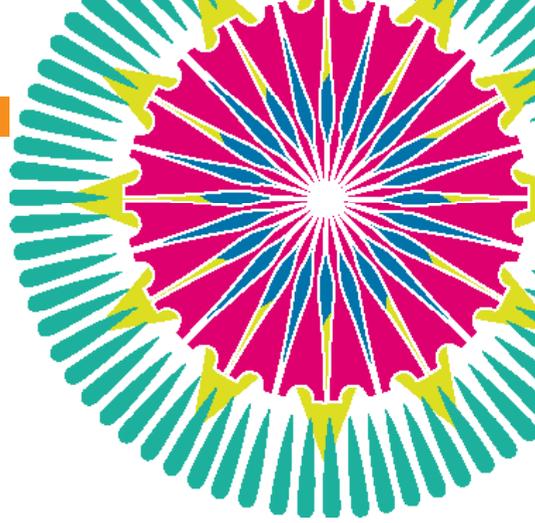
Scott Macleod and Ian Stuart

hosted a charity quiz, with 55 people attending. Specialist rounds on Nepal and the Commonwealth games were included. The evening raised £736.



The Leith Dragon Boat Race

in June was another great success. The team, including a large delegation from St. Stephen's Comely Bank church, put in a great team effort, won all of the heats and raised £1039.



The Black Rock '5' runners

of Fife raised £3,466 for mothers and babies in the Mzenga community of Malawi by running over the sand to rocks in the Firth of Forth. Thanks so much to Debbie White and the team at Kinghorn church for all your hard work!

The Fife Coastal Challenge

took place in September with 11 churches taking part and over £700 raised so far.

Images: Leith Dragon Boat Team. Victorian Cream Tea at John Knox Church.

Conferences

Team EMMS spent the summer meeting people at the Greenbelt Festival, Keswick Convention, Argyll Convention, Glasgow University Volunteer Fair and the Malawi 'Pop-up House', Strathclyde University, for the Commonwealth Games.

A huge thank you to all.

If you would like to get involved in any events or arrange a talk at your church or group, contact Louise Stuart on events@emms.org.

To get a mention in Supporter Update, just let us know.

DATES FOR YOUR DIARY

Your Gift Doubled

1 Nov - 31 Jan

We need you to pray for and promote the Sunday's Child Appeal. Thanks to UK Aid Match, gifts given between November and January will be doubled. Can you help us to help children with cancer in Malawi? Please request a talk in your church or community group - help and materials will be provided.

Live Music Church Road Show

Nov - Dec

Live music events featuring Christian musicians and Dr Cornelius Huwa
 Fri 28 Nov, John Knox church, Stewarton. With Scott Nicol.
 Sat 29 Nov, Newcraigs Church, Kirkcaldy, Fife. With Lins Honeyman.
 Fri 5 Dec, Langside Parish Church, Glasgow. With Michael McMillan.
 Sat 6 Dec, Aberdeen Christian Fellowship. Gospel music by Eloho Efemuai.
 Fri 12 Dec, St. Andrew's and St. George's Church, Edinburgh. Gospel music by Eloho Efemuai.
 All concerts 7:30pm- 9pm.

Advent prayer calendar

1-25 December

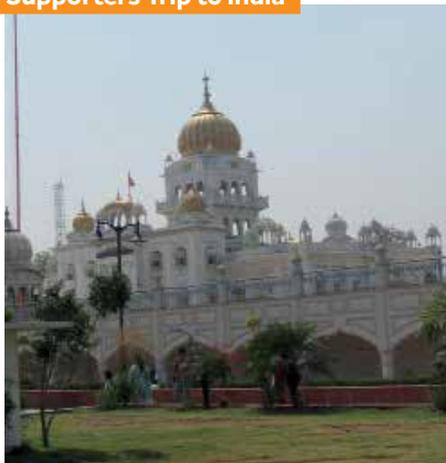
If you would like to pray for the sick and bereaved in Malawi, please download or request your Advent Prayer Diary.

Cycle Malawi

3-12 July 2015

Cycle Malawi 2015 looks like a cracker, taking in 400 km in 6 days, the sandy shores of Salima and a visit to see the result of the Sunday's Child appeal in action.

Supporters Trip to India



February 2015

If you have a desire to see some heart-warming health projects in India and meet the people behind the stories, this is the trip for you.

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

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

Pain Relief & Care (Sunday's Child)

(£15 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.

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

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