

Inspire

Issue 65. March 2017



*encouraging development
... inspiring hope*

www.hada.org.au

**Health And
Development Aid
Abroad — Australia
Fund Inc.
ABN 43 739 862 351**

HADA's Vision

To see medical, educational, agricultural and sanitation programs established in countries as needed.

All projects listed in *Inspire* are tax deductible. All monies for these projects and personnel involved in them are sent in their entirety except for bank charges. HADA does not use these funds for administration.

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Alcoholics Helping Alcoholics

KAZAKHSTAN

Many people can drink a little bit of alcohol without much problem, but a certain group of people cannot. For a variety of reasons, these people become addicted to alcohol and become known as alcoholics. Sadly, many of these live in so much denial that they are unable to admit to themselves that they have an alcohol problem and need help. This problem of alcoholism is a worldwide problem found in every country, but in countries of the former Soviet Union, vodka is cheap, consumption is high, social pressure to drink is great, and rates of alcoholism are higher than in most other countries of the world. Here in Kazakhstan alcohol addiction ravages so many individuals and their families.



A recent photo of part of the group. Because of the group's principle of anonymity, we do not usually have any photos and therefore have blurred the faces.

Support groups

Our support groups are for those who have finally come to the point of admitting that they do need help. It has been exciting as the groups have grown in numbers over the last couple of months. A

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typical meeting had around five to seven people, but now there are 12-22 people! Encouragingly, the participants are stepping up more to take responsibilities in the group, which equates to more ownership.

Reaching out to others

As part of this, several of the group members are reaching out to other alcoholics through personal contacts, visits to the local rehab hospital (narcologia), interactions with those who contact them via the internet, and by receiving desperate

phone calls seeking help. This principle of outreach is one of the key steps in the program and also helps the program to continue growing as people who are being helped now help others.

A call for help

While Kazakhstan was still celebrating its largest holiday, New Year's Day, I received a call from someone who was desperate for help. I contacted 'Bob' from the group to see if he could help. He gladly came to pick me up, and we drove to visit this alcoholic in distress. Mind you, it was already 10:30 pm. Bob very skillfully asked this guy questions and shared his own story with him as we sat in his very dirty, unkempt flat. Bob was helping him see that he is not alone, that he needs help, and some practical steps he can take. After a couple

of hours, Bob invited him to go visit his father's flat, which was nearby. Bob wanted him to realise he could be grateful for what he does have through seeing other people who have even worse situations.

Bob's father has been a 'dry drunk' for many, many years and now lives a lonely life in rather bad conditions. Also, Bob wanted to spend even more time together so that this guy could see that despite his earlier feelings he could last the night without the need to take a drink. We stayed until the guy was dozing off and did not get home until after 3:30 am. It was good to see an alcoholic willing to help another. Bob told me it was really a good visit for him because it reminded him of his own condition just a couple of years before and how much he has changed. It was an encouragement for him to go and support someone else.

~ David Pichotta

My Father's House Worcester

SOUTH AFRICA

Micro-Business Startup Course

With unemployment ranging from 60% in winter down to 25% in fruit-growing season, jobs are scarce in the disadvantaged districts of Worcester, South Africa. As farms become more mechanised, employment prospects in agriculture are diminishing. Although some school leavers have done courses in welding, carpentry and other skills, most lack the knowledge and start-up capital to turn their skills into a viable business.



Business skills taught

My Father's House has pioneered a micro-business start-up course designed to teach people with entrepreneurial aptitude how to start up small businesses from 100 Rand (about \$10) and grow them to provide a sustainable income.

Our first course ran from September to December 2016. Students attended classroom lessons two mornings a week, for 12 weeks, while the other days were devoted to starting and running their businesses.



Jan (second from left) with three of the students

They were taught to examine their environment to notice business possibilities they had never realised before. Then they researched local small businesses in trading, service and manufacturing sectors, examining what made them successful or not.

Old skills put to better use

Gang activity and drug addiction are major problems in our suburb. We were delighted to include three former addicts and gang members among our students, and were encouraged to see their entrepreneurial abilities, formerly used in selling drugs, now being developed in expanding legal businesses. Each week, students examined their businesses to see how well they had applied the knowledge they had learned. They developed personal budgeting skills, seeing the necessity for investing in their businesses in order to make them grow.

A small seed fund has been established, and two short-term loans given for start-up equipment. One loan provided professional hair clippers to enable the expansion of a hairdressing business. The second equipped a man named Lukie to expand from selling children's sweets into dealing in frozen chicken. He and his mentor, Marco, learned the importance of turning over their investment not only in expensive items at the end of the month when people are paid. Their offering of chicken livers and giblets when money is scarce yields a worthwhile return. As students repay loans, the money is invested in further equipment loans. Teacher, Jan Buchanan, follows up regularly with all our students, helping to solve problems and motivating them to continue keeping the necessary records.

Personal growth

The personal growth of our students is heartening. The development of the men's self-esteem and self-reliance is encouraging them to step fully into their roles of father and provider for their families. Teenagers we work with are also seeing them as successful role models. We are aiming to offer our next micro-business start-up course in April 2017, using our first students as mentors.

~ Jan Buchanan



Jan teaching one of her classes

Medical Training in Africa and Asia

In 2011 HADA approved the project Medical Training in Africa with the aim of upskilling health professionals in obstetric fistula and the field of gynaecology. However, we were also invited to visit low income countries in Asia to upskill the health professionals there. Hence, in 2015, the project name was altered to “Medical Training in Africa and Asia” to reflect the increased scope of the project. Initially, the team was small with only Drs Hannah Krause and Judith Goh. We now have a larger team to perform the hands-on work that is required to support the growing sites that we have been requested to assist.

Drs Hannah Krause, Barbara Hall, Jackie Smalldridge, John Taylor and Judith Goh have been visiting various countries to upskill the local practitioners, and in many instances, revisiting the sites for continuing education. These places included Uganda, Bangladesh, Cambodia, Myanmar and Nepal. Our most recent addition was Myanmar. We were invited to support the main teaching women’s hospital in their effort to update the local doctors. A workshop was held at the Yangon Central Women’s Hospital in late September 2016.

Thirty-eight gynaecologists from around the country attended the lectures, hands-on experience with outpatients and surgical training. Medical Training in Africa and Asia also donated funds for the women (patients) to enable their operations.



Instruments were donated to the hospital and this allows the local doctors to perform the operations following the workshop. We have been invited back and plan a more focused ‘train the trainers’ workshop at the end of April 2017. We envisage that we will need to run these more focused workshops in a number of key training hospitals in Myanmar over the next year or two to assist the local gynaecologists around the country.

Doctors subsidised

Medical Training in Africa and Asia has also subsidised the training of two Ugandan doctors in their specialty training. Dr Abraham will be completing his obstetrics and gynaecology training in August 2017 and will be ‘bonded’ to Kagando Hospital in remote western Uganda. Dr Marvin has just commenced his urology specialty training.

In 2017, Medical Training in Africa and Asia plan to continue to undertake workshops/training in Bangladesh, Cambodia, Myanmar, Nepal and Uganda. Money raised through HADA will be used to provide financial assistance to the women with obstetric fistula who would otherwise not present for treatment due to financial constraints. Women with obstetric fistulas usually deliver a stillborn baby, leak urine and/or faeces continuously through the fistula and often face significant social stigma and abandonment.

~ Dr Judith Goh



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Current HADA Projects

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All projects listed are approved
for tax deductibility

Please visit the HADA Website
www.hada.org.au

AFGHANISTAN

NOOR-Ophthalmic Technician Training Program

Manager: Liz Green

- Providing training for the treatment of eye conditions [AFG-010]

AFRICA and ASIA

Medical Training in Africa and Asia

Manager: Dr Judith Goh

- Training African and Asian doctors in treating women with genital tract fistula [AFR-010]

Library Aid International Inc

Manager: Peter Cunningham

- Providing books for schools. [AFR-011]

BANGLADESH

New Hope Ministry Bangladesh Trust

Manager: Warwick Lloyd

- Rural project to help orphanage self-sufficiency [BGD-010]
- Multi-Purpose Educational Buildings in Bangladesh [BGD-012]

BURUNDI

Mustard Seeds Projects

Manager: Des Willmott

- Meat chickens, fish farming and biogas projects [BDI-010]

CAMBODIA

Siem Reap

Manager: Jonathan and Heleen Wolters

- **Bridge of Hope:** Working with families and communities to prevent children at risk becoming street children (or sold/ending up in prostitution). [KHM-010]
- Family Sponsorship [KHM-018]

Good Neighbours Pre-School

Manager: HyangSuk Lee

- A pre-school for disadvantaged children. [KHM-013]

CHINA

Hope Of Tomorrow

Managers: Daniel and Irene Kim [CHN-014]

- Giving hope to the blind [CHN-013]

INDIA

Maxton Strong Orphanage School, Banbassa

Manager: Rick Shipway [IND-014]

Manager: Clifton Shipway [IND-015]

- Kindergarten Construction: to provide suitable education facilities for early learners [IND-017]

IRAQ

Sulaymaniyah, Kurdistan

Optician Training Centre [IRQ-010]

- Apprenticeship program for opticians

KAZAKHSTAN

HADA, Astana

Manager: David Pichotta [KAZ-013]

- Alcoholism: Education, literature, and support groups for alcoholics and their families. [KAZ-010]
- Open Doors Community Centre: a place to gain employable skills and life skills for young adults, couples and parents. [KAZ-011]
- Valueology: assisting schools by providing materials, and teaching values to teenagers. [KAZ-012]

MONGOLIA

Good Neighbor Society, Ulaanbaatar

Manager: WooYoung Kim

- Family Development Program [MNG-010]

Good Neighbour Society — Mobile Drop-in Centre

Manager: Corrie van der Esch [MNG-019]

- Assist homeless people in Ulaanbaatar [MNG-018]

NEPAL

ACN Health Promotion [NPL-012]

Manager: Dr Julie Lincoln [NPL-011]

- Providing access to safe drinking water and toilets, improve knowledge of hygiene/sanitation, nutrition and preventable diseases.

SIERRA LEONE

Syke Street School

Manager: Dr Themis Adamopoulo

- Providing school canteen, medical clinic, and toilets [SLE-013]

Waterloo School

- Teacher Training and Placement, and Amputee Clinic [SLE-011]

PK4A Orphanages Development [SLE-012]

- Building orphanages to create a positive, loving environment for abandoned and neglected children.

SOUTH AFRICA

My Father's House Worcester

Manager: Jan Buchanan [ZAF-011]

- A Community Centre for vulnerable teenagers [ZAF-010]

UGANDA

100% Hope

Manager: Trishelle Sayuuni

[UGA-014]

- 100% Hope Educate: building a school. [UGA-011]
- 100% Hope Medical Clinic: providing healthcare for children and pregnant women. [UGA-013]
- 100% Hope Homes: giving children from remote areas access to education [UGA-015]

Grace Care Child Program

Manager: Emmanuel Kanuli

- To build classrooms for orphaned/disadvantaged children [UGA-020]

ZAMBIA

Oasis Care Project, Ndola

Manager: Lainah Phiri [ZMB-013]

- Market garden for orphanage [ZMB-010]
- Gardeners: Benson and Alison [ZMB-012]

DISASTER RELIEF

- Bangladesh floods [DIS-000]

WHERE MOST NEEDED

[WMN-010]

The board will allocate these funds to projects in most need.



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for Project name or Person

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..... Postcode Email

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Payment can be made directly to HADA Relief Fund at Westpac BSB 034-215 Account No. 28-3787.

In the bank reference section, enter your surname and the project code.

It is important to email the HADA treasurer < treasurer.hada@gmail.com > with your address details so we can send you your tax deductible receipt.

Cheque (Payable to HADA Relief Fund) Attach to this form and post to HADA
Do not include the name of the person or the project on your cheque.

Credit Card Bank fees reduce your gift with this method of payment.

Signature

Visa MasterCard Expiry date/.....

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Name on card (Please print) Signature

Credit card transactions will show as **EZIDEBIT** on your statement.

Post this form to HADA, PO Box 733, Ashmore City Qld 4214

*We reserve the right to use designated gifts for another project
if the one identified is sufficiently funded or closed.*