

Inspire

Issue 71. August 2018



*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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2018-2019:

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ACN Health Promotion

**Overcoming challenges, moving forward —
New hope for the future**

POKHARA, NEPAL

Stigma, rejection, poor health, job loss, poor nutrition, hopelessness — these were just some of the challenges faced by people living with HIV when we began our HIV Care and Support project several years ago. At that time some people had advanced AIDS. Stigma was high; several had been rejected by their families. Most people living with HIV did not know about anti-retroviral medicine (ART), and were often unwell, needing hospital stays. Many lost their jobs due to weakness and frequent illness. Money was an issue as clients were not earning regular wages, and health care was expensive. Nutrition was lacking in homes and half of the clients' children were not attending school.



Eggs provide protein for the family, and income is generated when eggs and chickens are sold.

Our project built relationships with the clients and community. We raised awareness about HIV and AIDS, helped clients access the free ART, taught about good nutrition and encouraged clients to grow their own vegetables and keep chickens or goats. As health improved, we worked with clients to improve their skills and find employment. Children accessed scholarships to attend government schools.

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We also provided counselling, health advice, a self-help group, income generation support and encouraged clients to look ahead and plan for their future.

Now, several years later, all the clients who had advanced AIDS have died. Some clients have been reconciled with their families and left Pokhara to go



Growing tomatoes.

to stay with them. The remaining clients are taking ART medication, and health has markedly improved. All the men are in paid employment and we are working with several of the women on various income generation possibilities. Children are now attending school, and most families are growing vegetables which

Nepal: Roma's Story

“How can I care for my grandson when I am too sick to work?” Roma asked. “I want him to have a better life than mine.” As a young woman, Roma was happily married to a respected man in her village, loved their little daughter, and enjoyed working in their fields and small shop. She was looking forward to a bright future. Then her husband started spending a lot of their money on alcohol. The drink made him abusive to both her and their daughter. It was a relief for Roma each year when he went to India for six months to work. But while in India, he contracted HIV and on return, transmitted it to Roma.

After hearing about Roma, our staff visited her. She was living with Pradip, her seven-year-old grandson in a small hut in the village. Roma's husband had left her and married a second wife. Her daughter was struggling with depression, and had left Pradip with Roma to raise. Roma had

they cook for themselves and sell any extras. Nutrition has generally improved.

We are thrilled with the positive changes that have occurred over the last several years. These people have overcome many challenges and are moving forward into their future with hope.

Chronic disease

Health care has improved and people are living longer. With increased lifespan, lifestyle and dietary changes, chronic diseases such as diabetes, blood pressure problems, heart disease, and lung disease are becoming more common. Many Nepalis are not used to dealing with chronic disease. Having to manage disease by taking long-term medications or making long-term lifestyle changes is not well understood. Most are used to acute infectious diseases where a short course of medicine cures the problem – or by sacrificing chickens or goats to a local healer to fix something immediately. There is a big need for better awareness, understanding and management of chronic conditions, and support for people who are caring for chronically ill or frail elderly family members.

We are now talking with the local community about expanding the current HIV Care and Support service to include people with other chronic diseases.

~ Dr Julie Lincoln



no idea where her daughter was. She was doing her best to care for her grandson, but was often too weak and sick to work and was struggling to survive. Both Roma and her grandson were very weak and malnourished.

After we took Roma for a checkup, she started taking free anti-retroviral medicine (ART). She learned about good nutrition and hygiene. Practicing good hygiene, eating nutritious food and taking ART, her health improved; she grew stronger and was able to work again. A local church provided a scholarship for her grandson to attend school. Roma went to income generation training and began market gardening and keeping chickens. She has reconciled with her parents who had rejected her.

There have been challenges along the way. Roma still doesn't know where her daughter is, and worries about her. But for now, she and her grandson are doing well; Roma has the support of her family and village and she has hope for the future.

HADA Astana's Community Centre

KAZAKHSTAN

HADA Astana's Community Centre provides a free, safe place for people to learn new skills and develop a sense of community with others. As the city around us keeps growing with people pour-



ing in from other cities and from small villages scattered across this vast landmass, there is desperate need for places where people can make connections and build some community. Our Community Centre strives to provide such a haven.

English Club

Our English Club has seen well over a thousand people join us through the years to practice English speaking. With English becoming more and more necessary, our Club is genuinely one of the few places where people can practice speaking with a native English speaker. The variety of participants is always interesting. Some are wealthy, some are poor. Some are "returnee" Kazaks, from neighboring countries. They often face discrimination and are considered outsiders. A few of our participants are al-

coholics who have come from our alcoholism support groups. For them, it's a good opportunity to spend their time to develop in areas that can benefit their future and to be distracted from the struggle to avoid drink. Regardless of their backgrounds, most members come because they have found the sense of community and belonging they need.

Mums and Toddlers' Club

As it nears 4:00 pm, the door opens and children up to age five, along with their mums, begin to enter the room. The children head straight to the toys and start playing with Lego or racing cars or putting on dress-ups. The mums catch up with each other about what has happened in the last

lost in the world of creativity. Many mothers join them to "help" their child. As exciting as crafts and toys are, small children have tummies that growl and need to be filled, so things are cleaned up and a table is spread with fruit, snacks and juice. Once the children are finished and head back to the toys, the mums quickly come to the table to have tea together and swap stories and advice.

Relationships have been built and deepened over time and now they each look forward to this time when they can unwind with other mums and discuss the joys and struggles of motherhood in a safe, fun environment. One mum smiles and says, "My daughter looks forward to coming every week and is upset when she is sick



week. As soon as the children see the table being prepared for craft time with paints and art supplies, they come running over. For the next 30-45 minutes they become

and can't make it. What she doesn't realise is that I come for myself and not because she likes it!"

~ David and Tirzah Pichotta

THE ASHA BHAWAN HEADQUARTERS Community Building Project

'BETEL' INDIA

Betel is a ministry committed to rescuing men and women from drug and alcohol addiction, and seeing them transformed into responsible citizens who have a valuable contribution to make in their communities.

The work of Betel in Asia began in the city of Gurugram, on the outskirts of Delhi, in December



1999. From that time, we have seen the project established in 23 cities throughout India, Nepal and Mongolia.

More than 650 men, women and children are now in full-time residential care in these cities.

As evidence of the effectiveness of this ministry, the work of Betel in each of these 23 cities is now overseen by directors who themselves were at one time slaves of addiction. In the photo above most of them were gathered together at a leadership retreat in the north of India in March 2018. Half of them come from Islamic, Hindu or Buddhist backgrounds.

Our headquarters remain in the Gurugram/Delhi region, where we have also established children's shelter homes. These predominantly care for those who have been victims of their parents' addictive lifestyle.

Some years ago, we were gifted a five-acre plot of land in the Gurgaon district. In November 2013 we began construction of the above project. As well as serving as our Head Office, this facility will give residential housing to some 150 men, women and children, as well as serving as our Asian training and conference centre.

Below is a bird's-eye view of the plan, with the total cost of construction being estimated at \$2,200,000.

To date, the construction is well advanced on several buildings, with approximately \$1,200,000 having been spent.

With the provision of a further \$300,000, these buildings could be finished, and occupied by all the residents in this community. This would take another six months.

To complete the remainder of the buildings, and see the complex fully functional, we require a further \$700,000. This could all be done within the next 12 - 18 months.



Each year we continue to reach more Asian cities with this outreach. The completion of this project will greatly extend our capacity to do so.

~ Keith Bergmeier

Current HADA Projects

All projects listed are approved for tax deductibility



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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 to improve educational outcomes and life opportunities. [AFR-011]

BANGLADESH

New Hope Ministry Bangladesh Trust

Manager: Warwick Lloyd

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

BURUNDI

Mustard Seed 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: Julie and Will Fowles

- 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

Asha Bhawan Community Building Project

Manager: Keith Bergmeier

- Rescuing men and women from drug and alcohol addiction and seeing them transformed into responsible citizens [IND-050]

Maxton Strong School Kindergarten Upgrade

Manager: Rick Shipway [IND-014]

Manager: Clifton Shipway [IND-015]

- Kindergarten Upgrade: to provide suitable education facilities for early learners [IND-019]

Maxton Strong School Staff Accommodation

- Building accommodation for school staff [IND-018].

IRAQ

Sulaymaniyah, Kurdistan Optician Training Centre

- Apprenticeship program for opticians [IRQ-010]

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: Tsegmid Delgermaa

- Family Development Program [MNG-010]

Good Neighbour Society — Mobile Drop-In Centre

Manager: Corrie van der Esch [MNG 019]

- Assist homeless people in Ulaan-Baatar [MNG-018]

Elio Day Care Centre

- A preschool for children in a poverty stricken area [MNG-020]

NEPAL

ACN Health Promotion

Manager: Dr Julie Lincoln [NPL-011]

- Providing access to safe drinking water and toilets, improve knowledge of hygiene/ sanitation, nutrition and preventable diseases [NPL-012]

PAPUA NEW GUINEA

PK4 Haus Pikinini Orphanages Development

Manager: Donna Harvey-Hall

- Building orphanages to create a positive, loving environment for abandoned and neglected children [PNG-010]

SIERRA LEONE

Syke Street School

Manager: Dr Themis Adamopoulou

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

PK4A Orphanages Development

- Building orphanages to create a positive, loving environment for abandoned and neglected children. [SLE-012]

SOUTH AFRICA

My Father's House Worcester

Manager: Jan Buchanan [ZAF-011]

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

UGANDA

Grace Care Child Program

Manager: Emmanuel Kanuli

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

VANUATU

Victory School of Hope

- To build new classrooms for school in Blacksands community [VUT-010]

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]
- Help for Syrian refugees [DIS-010]

WHERE MOST NEEDED

The board will allocate these funds to projects in most need [WMN-010]



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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.

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Name on card (please print) Signature

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