

H.E.L.P

NEWS LETTER

HEALTH
EDUCATION &
LITERACY
PROGRAMME



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MESSAGE FROM EXECUTIVE DIRECTOR

In the present atmosphere of crisis, the attitude of the new American President is what we all need to hear.

Which is: "At this time when the country is faced with multiple problems, it is a challenge to be the President". Even for individuals in other walks of life, this should be our attitude.

Instead of complaining and feeling depressed, we should take the present as a challenge in our individual

fields of work. HELP is also passing through a milestone. We are on the verge of stepping out of our urban areas to face new challenges in peri urban and rural populations.

Our General Body Meeting was a pleasant mix of professionals and ages. Not surprisingly 90% were females. So are we experiencing the power of the female gender? Is the right hemisphere of our brain starting to engage more and more for

social justice, equity and balance? I certainly hope so. The name of survival for non-profit NGOs such as ours is projects! With the Government and with other donors, this is our mode of spreading benefits of knowledge, free thinking and empowerment, for those who are the silent majority, giants with huge potential. Our challenge-waking up this giant of opportunity.

CERTIFICATION BY PCP:

HELP applied for certification by PCP in October 2008. PCP's team visited the Project office and sites in Dec2008. It thoroughly

evaluated HELP in internal governance, programme delivery and financial management and finally issued it the certificate in Feb 2009.

HELP'S PROJECT OF MICROFINANCING:

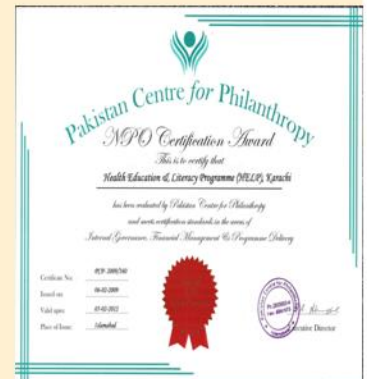
Continuing with its tradition of helping the underprivileged in its communities, HELP through its micro-financing project arranged for basic household items for three couples on their

marriage. Additionally many of the jobless community members were helped to generate their own income by providing them with sewing machines and setting up small grocery shops etc.

HELP, STEPS INTO RURAL AREA

As part of its endeavor to propagate education, HELP has opened another school in Feb, 09. this time, it is in a rural area, Taluka Sangharo of

District Sanghar. The present school strength is 60. The students are not charged any fees and have been provided stationary free of cost.



CRASH TT CAMPIGNS

A crash programme of tetanus vaccination was carried.

Out in our communities in February 2009, especially to cover the newly migrated women.



GB Meeting

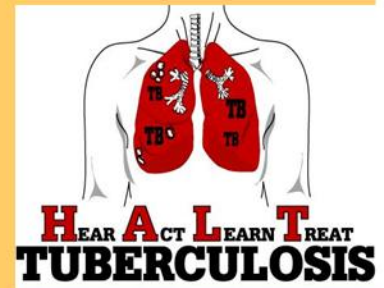


GB Meeting

T.B PROJECT

HELP has started a project on T.B in its community in Lower Gizri in collaboration with MALC. The objective of the project is the screening of and treatment of tuberculosis patients using dot's methodology in the katchi abadis of Lower Gizri. A workshop was held in

this regard the Neelam colony Health Centre of HELP on 19.02.09. The facilitators from MALC highlighted the importance of screening and timely treatment of TB. HELP's medical and paramedical staff attended the workshop.



NATIONAL IMMUNIZATION DAYS

National immunization days are observed each year for supplementary mass immunization, of the children under five. These are meant to complement the routine immunization.

The aim of mass immunization is to reinforce the body's immune system and prevent the body from being invaded by lethal bacteria and viruses. The higher the percentage of individuals vaccinated in a community, the lower will be the incidence of disease.

Help has always endeavored to

assist the Health dept. of Govt. of Sindh, in ensuring that all the children in Neelam Colony and Lower Gizri and Khuda ki Basti are vaccinated during Polio campaigns conducted on national vaccination days. In this regard, our CHV's and other staff played a pivotal role to ensure that children <five years of age are vaccinated in the impoverished localities where HELP is working. HELP has vaccinated 98.5% of the children in Neelam

Colony and 97% in Lower Gizri. Moreover, no case of polio has been reported from these communities.



GENERAL BODY MEETING

The Annual General Body Meeting of HELP was held on Saturday 21st February 2009 at its Neelam Colony Centre. It began with the recitation of the Holy Quran by Mr. Abdul

Majid. This was followed by the presentation of Annual Progress report 2008 and plans for 2009 by Dr. Yasmeen Suleman.

The Annual Budget was also

presented and approved by the General body.

Various issues related to Help's activities came under discussion.

SUCCESS STORY

Surraya, one of the underprivileged of Lower Gizri was deserted by her husband. To make both ends meet she would teach Quran to children in the neighborhood.

Her 12 years old son Ali had to leave school and work as a helper mechanic in one of the workshop earning a meagre amount of Rs 30/day. The amount was not sufficient to even bear the day to day household requirements.

Then one day, HELP's CHW visited Surraya's house and came to know about her plight. She informed Surraya about HELP's activities and invited her to come and visit its centre Surraya showed interest in joining the organization and was hired as a CHW. In a very short time Surraya was trained and began a comparatively better phase of life. But her son's issue was still not resolved, who wanted to go back to school.

HELP through its project of

micro-financing, set up a grocery shop in a corner of her house.

Ali now left the job and started to sit at the shop in the morning, when her mother would go for work. In the evening he is enrolled in the tuition centre and his mother takes over the shop running errands from him.

Ali has now applied for admission in grade VI in a near by school.

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