

THE HEALING HAND/ **SPECIAL UPDATE**

/ Winter 2020



Your donations doubled to show that
Every Girl Matters

Inside this update



3 Every Girl Matters Appeal



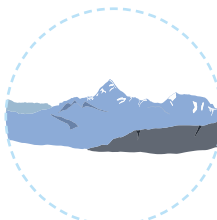
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Join us online

20th November 2020

Marking the dedication of the Palliative Care Centre for Excellence and launch of Every Girl Matters. Featuring Baroness Sugg and Prof. Jason Leitch.

Live at 2pm or catch-up at www.emms.org/launch



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Every Girl Matters

Special Appeal Report

Cathy Ratcliff, CEO & Director of International Programmes

Behind the headlines and new reality brought about by coronavirus, countries like Nepal are continuing to respond to the growing healthcare needs of their poorest communities.

As we all consider how we can 'build back better', I'm thrilled to announce that the UK government is matching donations, pound for pound, until 19th February 2021 as we launch the 'Every Girl Matters' appeal for Nepal.

Matching your donations with





COVID-19 has kept school doors closed and classrooms empty since March of this year. However, before lockdown closed schools there were other obstacles keeping children from the classroom, especially girls. One such obstacle is the burden of care left to girls when sickness and poverty are met without access to quality healthcare and essential medicines.

Sunita is one such girl. The opportunity of education and hope for a brighter future were all but extinguished as she took up the mantle of care for both her mother and father. Thankfully, with support from EMMS International's partner, Green Pastures Hospital, they received the care they needed at home and in the hospital.

With this support and some further encouragement, Sunita was able to return to school. She's determined to get the qualifications she needs to go on to college and fulfil her own dreams for the future.

Your support of the Every Girl Matters appeal will mean girls like Sunita are surrounded by a community of care. Trained healthcare workers, special support from schools, dedicated welfare officers, community health volunteers and improved hospital services will provide quality care close to home for those who need it. As a result, girls like Sunita can return to school knowing their loved ones are getting the care they deserve.

In Nepal:

120,000
people per
year in need of
palliative care

Education of
22% of youth at
risk because of
burden of care

Girls most
likely to
sacrifice school
and work as
unpaid carers

Sources: Swarbrick et al, 2019 and Oxfam

From Malawi to Nepal

On two previous occasions, you've rallied behind the opportunity of match-funding from the UK government. Through the Sunday's Child and Every Life Matters appeals, your matched donations have improved care for people in Malawi. This means quality care, nutritional support and essential medications are available to those who need them most.

The latest edition of the Global Atlas of Palliative Care ranks Malawi at the highest level for the integration of palliative care within national health systems. While there is much to be done to build the capacity and reach of Malawi's health system, care for those with a life-limiting illness is now a part of the fabric of the country's healthcare. Nepal has only isolated palliative care provision and that's why we're asking for your support.

Act now. Your donation doubled.

Give today to help lift the burden of care and show that every girl matters. Until 19th February 2021, your donation will be matched, pound for pound, by the UK government to show more girls that their lives matter. Visit www.emms.org/everygirl for more information to help you get your family, church and groups involved. There are ideas and resources for activities suitable for current coronavirus restrictions.

Matching your
donations with



How your support adds up

506
healthcare
workers

3,116
school &
community
group members

50
welfare
officers

Specialist training



**Improved access to
medication**



**Providing quality
clinical services**



Influencing policy



Your donations, doubled by the
UK government, will mean:



1,646
young carers
in school



20,000
families
receive care

CORONAVIRUS

Frontline Update

Mary Robertson,
Director of Fundraising



On 11th March 2020, the World Health Organisation declared COVID-19 a pandemic. At that stage, there were over 118,000 cases, but now the number of deaths has passed 1million. It has also shown examples of tremendous community and global cooperation to protect the poorest and most vulnerable.

In the countries where EMMS International's partners work, this was an emergency on top of many other healthcare crises.

Our partners have responded quickly to stop the spread of coronavirus in their communities, to care for those affected and to meet the many health needs that people still face on a daily basis. Thanks to your generous support of our Emergency Response Appeal, our partners have had practical and prayerful support in their efforts.

In Malawi

The UK government supported changes in the Chifundo palliative care project, allowing it to adapt to the current crisis. Along with your donations, this has allowed Mulanje Mission Hospital to manufacture

personal protective equipment for their staff and those in a nearby government hospital. The mission hospitals, government hospitals and healthcare facilities from every district in Malawi have had support in preventing the spread of the virus and limiting its impact on communities.

In India

Duncan Hospital is now a dedicated Covid Health Centre with 50 beds on a separate floor for use by Covid patients only. However, because of lockdown restrictions and fears among other non-COVID patients of contracting the virus, the hospital hasn't had the usual fee-paying patients to support the hospital's services. With very generous gifts to the hospital and the emergency appeal, the hospital has been able to continue to pay staff salaries, buy essential commodities and care for the poorest patients.

In Nepal

Construction of the Palliative Care Centre of Excellence at Green Pastures Hospital stayed on track thanks to the commitment of local partners, INF Nepal. As a result, they've been able to use the facility to provide additional space to house separate quarantine facilities. The palliative care team have also had to be creative in their work, including setting up a telephone service for patients so they could continue to offer care and support throughout the lockdown restrictions.

Your support of our Emergency Appeal has provided:

5,260

face
masks



8,560



pairs of
surgical
gloves

20

Mobile
phones

to continue rural
palliative care services



72

village chiefs
& health
committees

trained in prevention measures

500

home
hygiene kits





PORTRAIT of a pandemic

Doorstep portraits, artistic tributes to frontline workers and even an online exhibition of the National Portrait Gallery have captured life in lockdown and the impact coronavirus has had on every day lives.

However, the face of the pandemic and its effects upon communities differ the world over. Here is a snapshot of life in lockdown and the frontline response in Bihar, India, from our partner Duncan Hospital

For a greater insight into the impact of COVID-19 through the voices and perspectives of our partners, visit www.emms.org/blog.



Mr Mukesh (main image) has cerebral palsy and the local school was unable to accommodate him. Without an education, he turned to casual labour. However, this work disappeared during the pandemic. The Duncan Hospital team supported his family with food aid, for which they are really grateful.

Mrs Mina (top) is the principal carer for her son **Rakesh** who has cerebral palsy following a difficult delivery. Her husband lost his job during the lockdown.

It became very difficult to feed the family of five. Thankfully, the family came to the attention of the Duncan Hospital care team and receive food aid to tide them through this challenging time.



Mrs Salma (middle) is a widowed 55-year-old Muslim lady. She lives with her son, **Amir** (below), a tailor by profession, who was diagnosed with schizophrenia a few years back.

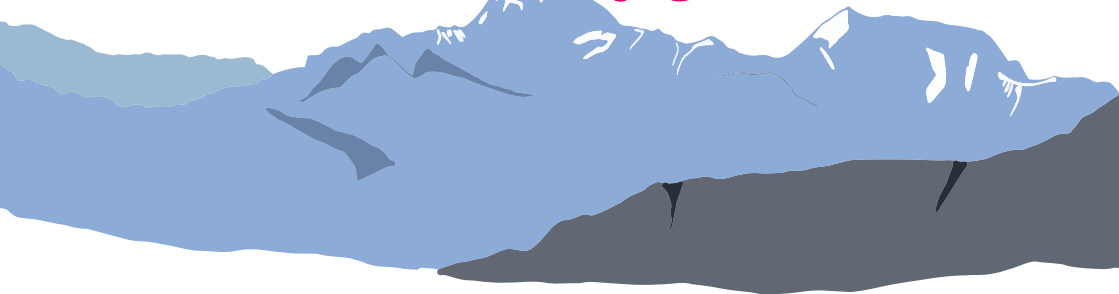
Salma joined the hospital's income generation project selling glass bangles. During Covid-19 women from other faiths stopped buying bangles from her because of misplaced fear of catching coronavirus through her.

On hearing this, the hospital staff not only counselled the community but also bought some bangles from her. Her son was given work sewing protective face masks.



Go the Distance

to show that every girl matters



While our local landscapes don't match the scale of Everest and the Annapurna mountain range in Nepal, they are nonetheless full of beauty and adventure.

While we can't board a plane for our big fundraising challenge this year, we can still get out there and raise money to show that every girl matters while ensuring we comply with current local COVID-19 restrictions. Remember, donations from your fundraising will be matched, pound for pound, by the UK government until 19th February 2021.

So we're asking you to:

CHOOSE YOUR CHALLENGE

3,450m Everest challenge - explore the hills and Munros of your local area, climb the stairs, or mix the two.

260 km Annapurna challenge - walk, hike, run or cycle

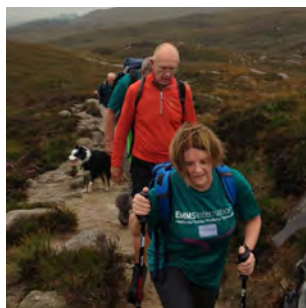
CHOOSE YOUR TEAM OR GO IT ALONE

You may want to go it alone or with friends and family; you decide. You can divide the distance between you in a way that works best for you.

GO THE DISTANCE

We've information packs to help you through your challenge and fundraising. We're also with you in spirit (and on social media!) to offer encouragement and celebrate with you.

Find out more and register your challenge participation at www.emms.org/GTD.





The Go the Distance challenge is a brilliant reason to get outdoors this winter. This challenge is also good for girls in Nepal - it's a fantastic opportunity for you to make a difference by taking on a virtual Everest or Annapurna challenge.

Mollie Hughes
Mountaineer & Adventurer



Advent Kindness Trail

Given the experience of the past year, we will no doubt approach Christmas very differently this year. For those of you who wish to join with us in prayer and thinking of others, here is a simple tracker to mark our way through this special season.

Why not place it somewhere you'll see it each day and commit to marking each day with a small act of kindness? Plan ahead by marking an activity on each day. A prayer, a phone call, a card or a small donation

saved up each day for our match-funded Every Girl Matters appeal. You can also join Advent Prayers: Waiting in Hope, our Advent online prayers (see page 17).

You can find an Advent Prayer Focus on our website at www.emms.org/pray or get

in touch with the office and we'll be happy to send one to you.

Give to
foodbank

Week 1

7
Advent
Prayers

Week 2



Week 3

*Happy
Christmas*

Week 4



PROJECT & PARTNER MILESTONES



Nepal Pokhara Palliative Care Centre Complete

Building work is now complete and palliative care services have begun at the brand new Centre for Excellence at Green Pastures Hospital, Pokhara.

Despite strict lockdown rules in Nepal, INF Nepal have managed to complete the centre on time and it will also form part of their coronavirus response.

We're marking the dedication of the centre in an online event on Friday 20th November at 2pm. You can join or catch-up afterwards at www.emms.org/launch. Full details of the new centre in the next edition.



Malawi Continuing to stop pain and hunger

Chifundo project partners continue to care for patients. Flora has been cared for by Nkhoma Mission Hospital. She'd been losing weight and growing weaker as a result of advanced cancer.

Nkhoma Mission Hospital provided care, food and help to set up a kitchen garden. Relish, which is freshly prepared vegetables to accompany the staple maize, is an important part of Flora's diet.

Flora explains: "Now, if I don't have relish at my house I can just go in my garden and have relish for that day."



India College of Nursing

Plans are drawn up and land has been identified for a new college of nursing at Duncan Hospital in Bihar. The current facilities are in poor repair with nurses' accommodation providing little more than mattresses on the floor of cramped rooms.

EMMS is fundraising for this brand new facility, which will provide teaching facilities and a nurses' hostel for the next generation of healthcare workers, equipping them to serve the needs of rural communities.

Online Advent Prayers: Waiting in hope

Join us **each Monday of Advent** from **9.30-10.00am** for a series of special prayer events. The events are a chance to come together online, to hear from our partners in Nepal, to receive updates about the Every Girl Matters appeal and to bring it all before God in prayer.

Our Christmas appeal gives us all an amazing opportunity to bring health and hope to many in Nepal, and we want to ensure all of our efforts are fuelled by prayer.

Register your interest at www.emms.org/advent.

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."

- 1 John 5:14



HOPE FOR GIRLS

the case for health & education



Cathy Ratcliff, CEO & Director
of International Programmes

When EMMS International began the Nyanja Project in northern Malawi, which offered healthcare scholarships to girls, I was told that we should open it up to males as we would never find enough females with good enough school results to get college places. Even when it became clear that there were plenty of qualified girls, I was told that these girls wouldn't want the scholarship because they would rather get married and stay at

home. In the end, we got many more applications from young women than we had places. Of the 21 selected, five are now working as pharmacists near their home villages. The other 16 are studying to be Clinical Officers, Medical Assistants or Nurse Midwife Technicians. Most such jobs are filled by men, favoured by their families and communities to receive an education, and secure from early "marriage" which so plagues girls.



This story is a positive example of dispelling myths about gender, but it remains the fact that girls and women are so often dissuaded from pursuing an education. We know that the higher level of education a woman has, the more likely she is to choose to have fewer children. In turn, as her household's earning power increases, the more likely her children are to thrive and survive childhood. But more than that, education is a human right, a joy, a means to understand the world; and it leads to better opportunities, increased independence and improved self-esteem.

In my work at EMMS, I have met many girls whose lives pivot around whether or not they get a secondary education. I shall never forget the 17-year-old in India, hospitalised with psychosomatic illnesses ever since her parents stopped her progressing through education as it would have meant going to school in the next village. Or the primary schoolgirls in Malawi who told me they wanted to be a lawyer, nurse, teacher – and then

I have also come across women who, because of the education they have received, are confident and thriving in life, love and happiness.

learning that only four children from the school had got secondary places. Or the young women, some of them still children, pregnant and “married” with no prospect of an education. In contrast, I have also come across women who, because of the education they have received, are confident and thriving in life, love and happiness.

They are the fortunate ones.

In the 19th century, EMMS International was active in the campaign to allow women to study to become doctors. In recent years we have returned to these roots. As well as the

21 scholarships in Malawi, EMMS is helping 24 women in India get into healthcare college and has trained the first palliative care nurse specialist in Nepal. With your support of this year's Christmas appeal, we also hope to provide relief to children in Nepal – particularly girls – burdened by excessive home-caring duties, allowing them to turn their full attention to their schooling.

MEET THE TEAM

The EMMS International staff continue to work from home through what has been a very busy period. If you're in touch using our regular contact details, this is the team responding to you and managing our overseas projects.



Cathy Ratcliff

CEO & Director of International Programmes

Cathy has worked in international development for nearly 30 years, including senior management positions at Mercy Corps and SCIAF. She has studied in Leningrad and worked in China and Ethiopia. Cathy leads on policy and strategy at EMMS International, as well as managing all EMMS programmes. She is motivated by her desire to reduce global inequalities through professionalism in the development sector.

Cathy and her husband have one daughter and live in Edinburgh with their collie dog. They love climbing Munros, ski-mountaineering, cycling, canoeing and micro-forestry.



Douglas Clarke

Director of Finance

Douglas previously worked at RBS and then a Scottish health charity, before joining EMMS International in 2015. His role includes bookkeeping, audit, strategic planning and the financial assessment of EMMS' overseas partners.

Douglas finds the role highly rewarding, particularly when he sees the difference EMMS' support makes to the work of its partners. Douglas is married with two sons. He is an elder and Treasurer in his church and also plays baritone saxophone in the Church of Scotland's Heart & Soul Swing Band.



Mary Robertson

Director of Fundraising

Mary grew up in Kenya before moving to the UK. She has worked at The Scotsman, McCann Erickson Advertising, and most recently at the University of Edinburgh.

Mary joined the fundraising team at EMMS International in 2015. The call to love God and neighbour motivates Mary to give voice to the challenges faced by people living in poverty. Mary is married with three daughters. She is very involved with her local church and enjoys family gatherings, long walks and a good book.



Eleanor Forbes

Database Manager

Eleanor joined EMMS International as an administrator in 2002, having previously studied for a Masters in Christian Studies in Vancouver. In 2009 she assumed the management of the supporter database.

Eleanor is constantly humbled by the generosity of EMMS' supporters and amazed by how much can be achieved when staff and supporters get on board with what God is doing through the work of EMMS' overseas partners. Eleanor is an elder at Priestfield Church of Scotland in Edinburgh.



Amy Westendarp

Trusts & Digital Support Care Manager

Amy joined EMMS International in October this year. Recently, she has been involved in fundraising for a Kenyan children's charity and has led a child rights campaign with Children in Scotland, where she has worked for 12 years. Amy's role at EMMS is to manage partnerships with trusts and foundations and to develop digital fundraising. She is passionate about inspiring others to bring hope to people in poverty.

Amy is married with three sons and attends Ps and Gs church in Edinburgh. She enjoys quilting, card making, and is a trustee for the Refugee Survival Trust.

COMMUNITY UPDATE



TINA'S CLOSE SHAVE

After two years of growing her hair in preparation for being mother-of-the-bride last year, dedicated supporter Tina Bruce bid farewell to her locks to raise money for EMMS' coronavirus response. The hair went to The Little Princess Trust to make a wig for someone undergoing cancer treatment.

Tina raised an amazing £533.75 and had these words to share about her fundraising this year: "My husband, John and I have been supporting various projects run by EMMS International over the last 15 years. Amazing and awe inspiring! Thank you all for your kind donations "



DR DAN'S SMALL-WHEELED ADVENTURE

Dr Dan Munday took part in the Brompton World Challenge, completing 35 miles through Somerset countryside on his folding bike. With tyres measuring 16", that makes for some extra pedalling.

"Maybe I'll use the bike with bigger wheels next time!" said Dan after completing his challenge and raising £807.79 for EMMS's coronavirus appeal. Dan is a palliative care specialist and works with EMMS International's partner INF Nepal.

My special gift matched by the UK government

Name

Address

I wish to make a single gift for the sum of £_____ to the work of
EMMS International

☐ I enclose a cheque/postal order/charity voucher (payable to EMMS International)

☐ Please charge my credit/debit card

☐

VISA

☐

Mastercard

☐

CAF Card

☐

Maestro

☐

Delta

☐

Amex

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 wish to make a regular gift of £_____ monthly/quarterly/semi-annually/an-
nually (please select) to the work of EMMS International

Name of Account Holder:

Account Number:

Sort Code:

Bank Name:

Date within month

1st

15th

Month to start

giftaid it

Boost your donation by 25p of Gift Aid for every £1 you donate. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK tax payer.

☐

Yes, I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to EMMS International.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Date:

Go the Distance Challenge



Part of EMMS International's
Every Girl Matters Appeal

"This is a brilliant reason to get outdoors this winter. This challenge is also good for girls in Nepal - it's a fantastic opportunity for you to make a difference."
- Mollie Hughes, Mountaineer & Adventurer

Tackle your virtual Everest or Annapurna Challenge and raise vital funds to help young girl carers in Nepal to return to school.

Complete your challenge by 19th February 2021 and your fundraising will be doubled by the UK government.

**Details on page 12 and at
www.emms.org/GTD**

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