



Helping Hands Foundation-Pakistan

QUARTERLY NEWSLETTER

Jan-Mar 2024

Issue: 36 ! Vol: 11

►► PROJECTS/PROGRAMS:

Institute of Children Lung Disease Hospital (I-CLDH)

Community Access to Child Health (CATCH)

Initiative for Mother Milk Awareness for Newborns – (IMMAN)

Pediatric Lung Association – (PLA)

Health Management And Awareness Program For Schools (Health-Maps)

Community Based Rehabilitation (CBR)



Results as on June 2023:

121939 children has been treaded by Peads Consultant.

1695 Spirometry tests were performed.

250 children and 112 adults with disabilities are enrolled and twice a months visits of Clinical Psychologist to improve their livings.

11163 houses visited by 22 Community Health Workers,16241 families were guided regarding MNCH issues i.e. Breastfeeding, vaccination, hand hygiene etc..

Under Supervision of: Honorable Prof. Dr. Ghulam Mustafa (CEO-HHF)

Quarterly Progress Review Staff meeting chaired by Saima Ashiq (CATCH Manager) conducted at Farooq Pura Old Shujabad Road Multan on 27-01-2024
 Projects Reviewed:
 1. Integrated Access to Child Health.
 2. Community Based Rehabilitation Program.



DOWN SYNDROME AWARENESS MONTH.

It is time to celebrate the accomplishments of people with Down syndrome and to show support for their families and caregivers. There are many ways to participate in Down Syndrome Awareness Month but Attia Malik (Clinical Psychologist), Azra Khatoon and Ghulam Sakina, our dedicating Community Health Workers chose the way to meet the miserable families at their door step, trying to lessen their worries by their soothing words. In a country like Pakistan, where the basic needs of daily life are far away from the masses, persons with multiple disabilities and their families are suffering alot. Let's support them physically, emotionally, and financially to meet their basics with HHF!

#worlddownsyndromeday #societyforspecialperson
 #punjabwelfaretrustfordisabled #CBM #HHF



#meningitisawareness
 #como
 #HHF

Community Awareness session observed on the importance of breastfeeding to avoid meningitis.





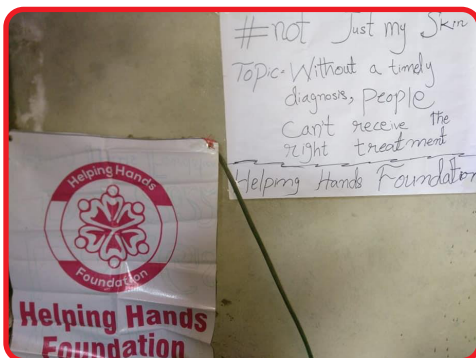
Team **Helping Hands Foundation** observed the **#WorldSleepDay 2024** with community women of Al-Qurish Phase II. The session was arranged by Ms Ayesha Kanwal (Community Health Worker- HHF) on Mar' 15 2024. The theme for 2024 is 'Sleep Equity for Global Health,' highlighting disparities in sleep quality worldwide and their impact on health. World Sleep Day aims to emphasize the benefits of adequate sleep and raise awareness about the negative impact of sleep disorders on health, education, and social life. Saima Ashiq (CATCH Manager) addressed on the occasion to sensitize the community regarding better sleep habits, impacts of less and proper sleep on routine life and types of disorders they can face.



#worldskinhealthcoalition
#NotJustMySkin

Team HHF arranged a community awareness session to address skin problems. Basic diagnosis, and ways to receive proper treatment were discussed, highlighting the nearest health facilities having dermatology departments.

We believe, one day we'll be able to get the attention of Policy makers to take skin as a issue to discuss
Dated: 13.3.2024
Focal Person: Saima Ashiq (CATCH Manager)
Sher Shah Road, Multan, Punjab, Pakistan





World Meningitis Day 2023

Helping Hands Foundation is pioneer in Pakistan to launch the Meningitis awareness at the door step of the community with the concept of '**Knock to end meningitis**'. Team HHF reached **1761** beneficiaries on their door step and spread the word to fight meningitis. (From 4th Sep to 5th Oct 2023)

This is how we implemented our plan to join the race to defeat Meningitis:

Speak up to save a life:

1. Planning meeting

To observe the Meningitis Day and perform the activities as per plan, Staff meeting on Action plan for Meningitis awareness was held on 18 Sep 2023 at Italiano Pizza House Multan

2. Refresher Training of field & facility staff

Staff refresher training session on Meningitis was held at HHF Head Office Multan. Participants were sensitized regarding disease. Agenda of the training was to refresh the previous knowledge and convey of accurate knowledge of the disease to the targeted community.

Participants: Community Health Workers and Head Office staff

3. Door to door awareness campaign (From 4th Sep to 5th Oct 2023)

Message was delivered to 1761 household women. Introduction of the disease with basic signs and symptoms were shared on the spot.

4. Community Awareness Session (School)

Community awareness session on Meningitis was held at FAMS School System at Mill Phatak, Mozafferabad Multan, Punjab, Pakistan. 120 students and 7 faculty staff attended the session.

Helping Hands Foundation (HHF strive to serve humanity as a not-for-profit organization dedicated to providing sustainable healthcare, education and community empowerment programs, through culturally sensitive adventures.)

Location: Multan Pakistan

Contact: chairman@hhf.org.pk

Prof. Dr. Ghulam Mustafa 0300-8635452 (Whatsapp)

Objective: To be a leading model against meningitis



#DefeatMeningitis | #WorldMeningitisDay | 5th October 2023 United in the race to defeat meningitis
Helping Hands Foundation



Dated: 4-10-2023

5. Community Awareness Walk ((16th August 2023)

A street walk was organized by Community Health Workers of HHF with the collaboration of Community activists.

6. Light Up the road ahead:

To be a part of global chain of light this World Meningitis Day, we planned to light up our community places to light up at 20.30 (8.30pm). We lighted up 10 different places at exact 20:30 pm. Activity was posted on social media at the same time.

7. Stories from meningitis affected families

Stories from meningitis affected families were listened and recorded during the month.

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9. Social Media Campaign to defeat Meningitis:

Events announced on Face Book Page on regular basis.

Activities posts regarding Meningitis activities were uploaded on the Social media page.

10. Use of IEC material

We got help from our IEC material to raise our voice against meningitis.

IMPACT

In result of our last 5 years humble efforts during world meningitis days, Community now knows the name of the disease in their local language 'Gardan Tour Bukhar' very well. But this year we focused to convey the message on their door steps, at market places, Schools and far away hard to access areas. We were able to reach 2500 audience this year. Still we need to raise more awareness.

Wants to know more about us please visit:

www.hhf.org.pk

<https://www.facebook.com/photo/?fbid=627437682880633&set=pcb.627440169547051>

<https://www.facebook.com/profile.php?id=100068432191101>



#DefeatMeningitis | #WorldMeningitisDay | 5th October 2023 United in the race to defeat meningitis
Helping Hands Foundation



Pediatric Lung Association – (PLA)

Striving for healthy lungs of Children

The Pediatric Lung Association is erected to have a wider and specific focus on the pediatric lung diseases. This plans to foster links between professionals, patients and communities to have a broad base appeal and effectiveness. This forum is open for all walks of society agree with our objectives of lung health



Prof. Dr. Ghulam Mustafa is representing Pakistan Helping Hands Foundation at ERS annual conference and ELF meeting.

Inst. Of Children Lung Diseases



Dr. Irfan (Peads Consultant) is Examining the Patient

Ibrahim Welfare Eye Trust



Dr. Munir (Eyes Consultant) while Examining the Patient

Where we reach as on 31st December 2023 Progress Indicators

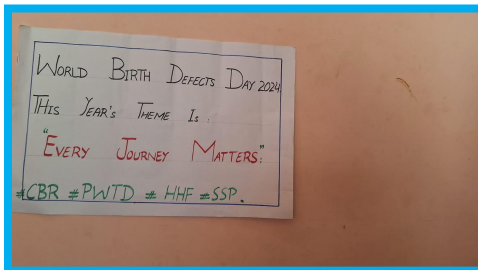
Gynea Patients	90,291
Peads Patients	122,485
Spiro Beneficiaries	2,316
CATCH Beneficiaries (quarter)	38,402
Total Beneficiaries	253,494
Medicine Cost	30,163,378
Lab Test Cost	10,894,454
Total Cost	41,057,832

HHF Served the 253,494 Patients with Medicine Cost of Rs. 30,163,378 and Lab Test Cost Rs. 10,894,454

11-17 March 2024 has been observed as World brain awareness week by team Helping Hands Foundation Multan. The theme of the year is 'Advancing Brain Health and prevention.'
The purpose of celebrating the day is 'to increase awareness and reduce barriers to health care for people with neurological disabilities'



On World Birth Defects Day 2024, WHO reaffirms its commitment to accelerate actions to prevent, detect and manage these conditions - aligned with the "survive, thrive and transform" agenda of the Global Strategy for Women's, Children's and Adolescents' Health (2016–2030). Keeping in view the theme of the year "every journey matters", team **Helping Hands Foundation** observed the day at Al Quraish II muzaffarabad Sher shah road Multan. It was guided by the team that proper antenatal and postnatal visits can save the newborn from the birth defects and damage may reduce by adopting the preventive strategies. Session was arranged by Ghulam Sakina Community Health Worker on 3rd March 2024



World hearing loss day 2024 has been observed here in Al Quraish I. The day has been observed by the team HHF is gearing up to embrace the theme of "Changing mindsets: Let's make ear and hearing care a reality for all!"

Following key messages on the occasion were shared:

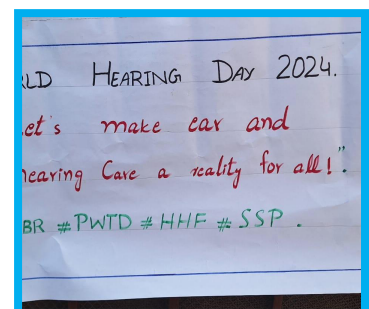
Globally, over 80% of ear and hearing care needs remain unmet.

Unaddressed hearing loss poses an annual cost of nearly US\$1 trillion globally.

Deeply ingrained societal misperceptions and stigmatizing mindsets are key factors that limit efforts for preventing and addressing hearing loss.

Changing mindsets related to ear and hearing care is crucial to improving access and mitigating the cost of unaddressed hearing loss.

According to the World Health Organization, 5% of every country's population has some sort of hearing impairment. Today, the estimated total population of Pakistan is 200.81 million, which means that there are approximately 10 million hearing impaired citizens in Pakistan.





Share Your Responsibility

The Messenger of Allah (SAW) has said: "The earth on the Day of Resurrection will be scorching, except for the shadow of a believer, for verily his charity will serve him as shade."

Giving charity is a generous and a helpful act. It is an easy way of pleasing our creator and earning unending rewards in this life as well as hereafter. As members of a well-to-do class of the society, it is our vital responsibility to help those belonging to a lower social class.

At HHF we are working to help the society's most vulnerable by providing the quality healthcare at no cost at all. We are taking small steps to create a caring and compassionate society that cares for the less fortunate.

Your donations will help us to be there for every deprived soul, spread awareness and save lives. Please visit our website or contact:

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