



# QUARTERLY NEWSLETTER

## Jul-Sep 2023

### Issue: 34 ! Vol: 10

## == BREASTFEEDING AWARENESS WEEK 2023 ==

observe by team HHF. During the week message regarding Breastfeeding was delivered to 1360 participants through door to door campaign, Community awareness groups & individual counseling.

#breastfeedingweek2023 #HelpingHandsFoundation



One of our dedicating Community Health Worker Mrs. Sakina Rafiq is talking about the importance of breastfeeding at Chah Bananwala Shershah road Multan. on 3-08-2023

Breast Feeding Week 2023  
Ms. Safia Gulnar (Community Health Worker-HHF) conducted a session on Breastfeeding and guided the mothers of infants, Mother in Laws about the misconceptions about Breastfeeding present in our society. Dated: 1-08-2023

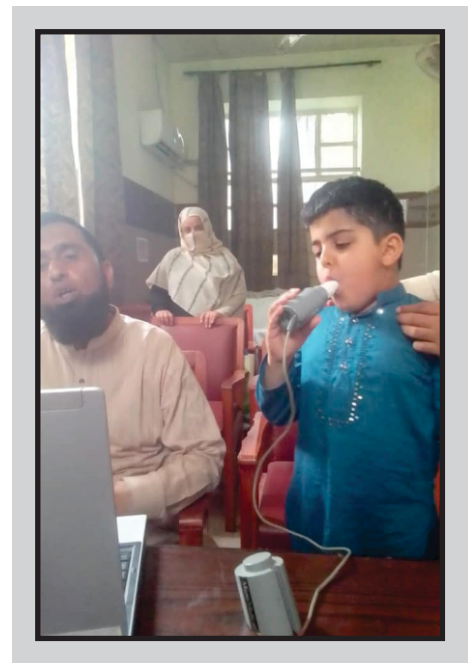




# INSTITUTE OF CHILDREN LUNG DISEASES



Free Spirometry Test Camp was organized at Children Complex Hospital Multan under the Umbrella of Helping Hands Foundation. The lungs condition of about 150 children suffering with Thalassemia were tested by Spiro Technician Mr. Mohammad Raees. Dated 18 & 20 July 2023  
Supervised by: Dr. Sobia



*HHF Served the 241,330 Patients with Medicine Cost of Rs. 29,909,792  
and Lab Test Cost Rs. 10,854,574.*

## HHF Starts New Programme Ibrahim Welfare Eye Trust

1. Free OPD
2. Free Operation
3. Free Surgery

# STAFF TRAINING SESSION

Staff refresher training session on Meningitis was held at Helping Hands Foundation Head Office Multan Pakistan.

Participants: Community Health Workers and Head Office paramedic staff



# STAFF MONITORING VISIT



Progress Monitoring Indicators were monitored on the occasion





# INTEGRATED COORDINATED ACCESS TO CHILD HEALTH



## COMMUNITY AWARENESS SESSIONS

to sensitize local fellows about the use of Iodine Salt



## STAFF COMMUNITY BASED MONTHLY

Meeting 11 July 2023

Venue; Chah Banan Wala  
AI QURIESH-II

## CATCH MANAGER ATTEND TRAINING

1 day training organised by  
Dr. Izhar Hashmi from Punjab Welfare  
Trust for Disable (PWTD) on digital  
skills on 25th JULY 2023.

Mr. Ijaz Shah sb (Director) honoring  
certificate of participation to her.





# WORLD MENINGITIS DAY



## ANOTHER PERUSAL ON MENINGITIS



### Hamas Ahmad

(14 years old)

"Hamas Ahmad" belongs to a middle-class family. He is about 14 years old. He has six siblings. He is older than all of them. His father Abdul Waheed has a small welding shop.

When Hamas was born, he was a normal child, completely healthy. When he was eight years old, he suddenly developed a fever, and his mother took medicines from the nearest doctor. Medicines did not have any effect and due to continuous fever, he became weaker and weaker.

The parents were distraught. Suddenly, the health of Hamas became worse. His family took him to the Nishtar Hospital Multan Pakistan. After the check-up, it was found that Hamas had an attack of meningitis, The doctor did some tests and the diagnosis of the disease was made. The doctor told Hamas's mother that there would be a test by taking water from his Spinal cord, which made his mother worried. Doctors said that it is necessary for his health. Hamas's father told the doctor to do what they think is best. Thus, after the test, the treatment of Hamas Ahmed started. After the fever subsided, Hamas returned home.

As time went by, it became clear that Hamas was no longer a normal baby. He started sitting at the age of about one and a half years and started walking almost at the age of two and a half. He could not even speak properly. At the age of 3, he began to talk. Now Hamas is a C.P. patient. Meningitis has affected his brain. Due to this, he is not a normal child anymore.

Today, Hamas is 14 years old. He seems to be expected but his brain works like a little child. He can't change his clothes, he doesn't recognize colors. Neither he can get an education nor can he learn any skill. He has no concern about his future. His parents are worried about him. They want their child to live a normal life. But doctors are not hopeful about this.

"Meningitis" is a deadly disease, if it is not diagnosed in time, the patient can die. This disease affects the brain. Due to this, the patient may suffer from many problems. Just what happened to Hamas Ahmed and now he cannot live his life to the fullest.

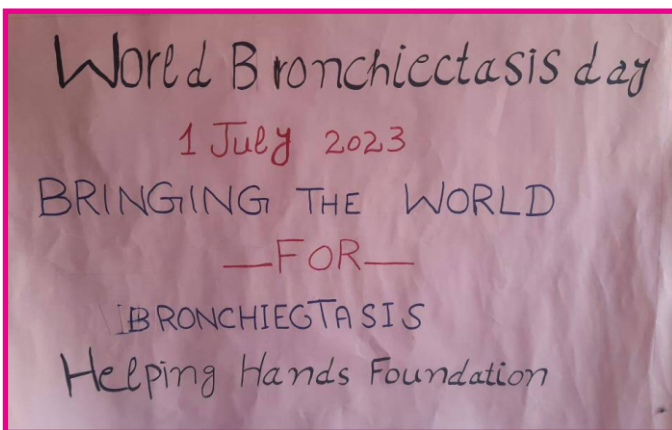


# WORLD BRONCHIECTASIS DAY



On July 1, 2023, as we celebrate the second World Bronchiectasis Day, it is time to reflect upon the need to increase awareness of bronchiectasis and to promote global collaboration so as to reduce its high burden for patients, their families and the health system.

So the day was observe by the team HHF on 1st July 2023, keeping in mind to aware the local community about the basics of the disease



## COMMUNITY BASE REHABILITATION FOR DISABLE CHILDREN

Community Resource Person visited the children with special needs. Parents were guided regarded free physiotherapist services offered by HHF





## WE ENCOURAGE YOU TO FIND OUT MORE ABOUT US:

The Mission, Vision and Values that guide us;  
The services and programs we offer;  
The metrics that ensure our continued accountability and transparency;  
The news and events that matter most to you;  
Information on career opportunities with I-CLDH and;  
Access to general healthcare information to keep you well informed.

If you do not find what you are looking for during your visit to the website, please don't hesitate to visit us at [www.hhf.org.pk](http://www.hhf.org.pk) or call us to let us know how we can help you.

### Where we reach as on 30<sup>th</sup> Sep 2023 Progress Indicators

Gynea Patients	90,291
Peads Patients	122,078
Spiro Beneficiaries	1818
CATCH Beneficiaries (quarter)	27143
Total Beneficiaries	241,330
Medicine Cost	29,909,792
Lab Test Cost	10,854,574
Total Cost	40,764,366

## Our Core Values

- ▶ PATIENT CENTERED
- ▶ RESPECT
- ▶ PERSONAL GROOMING
- ▶ ACCOUNTABILITY
- ▶ TEAM WORK
- ▶ EMPOWERING & INNOVATION
- ▶ AIMING EXCELLANCE
- ▶ INTEGRITY
- ▶ FRIENDLY ENVIRONMENT

## VISION & MISSION HHF

1. To be the leader in filed of Health, research & education.
2. To lead in excellent, holistic and compassionate care for Women and Children.
3. To be a regional healthcare system providing exceptional quality services, through a competent, compassionate and dedicated professional work force, with a commitment to education and research, accessible to all, that ensures patient safety and satisfaction.



## 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:

Phone: (+92) 61-4500606  
Cell: (+92) 341-8006600  
Email: [info@hhf.org.pk](mailto:info@hhf.org.pk)  
URL: [www.hhf.org.pk](http://www.hhf.org.pk)

Helping Hands Foundation  
Khan Medical City  
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