



QUARTERLY NEWSLETTER

Oct-Dec 2023

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COMMUNITY BASED REHABILITATION PROGRAM UNDER PUNJAB WELFARE TRUST FOR DISABLED.

Cerebral palsy (CP) is a group of disorders that affect a person's ability to move and maintain balance and posture. CP is the most common motor disability in childhood. Cerebral means having to do with the brain. Palsy means weakness or problems with using the muscles. Helping Hands Foundation is working with CP suffering children too.

HHF is struggling to make the life easier for 25 CP suffered enrolled children and their attendants.

The Day was observed under the #cbr Program on 6th October 2023.





Making the difference in Communities Community Access To Child Health An initiative of Helping Hands Foundation

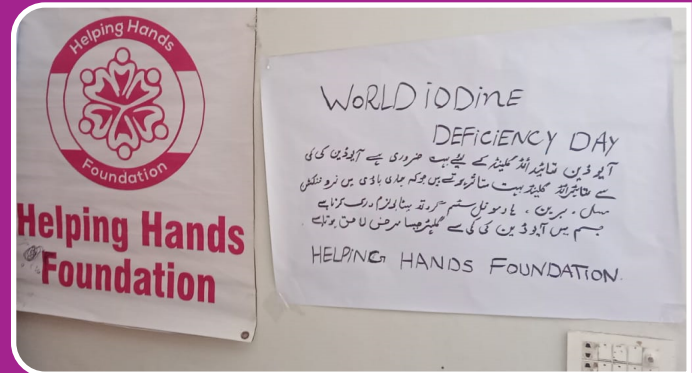
PREVENTIVE STRATEGY BY HELPING HANDS FOUNDATION

World Iodine Deficiency Day

World Iodine Deficiency Day has been observed by team Helping Hands Foundation in our local community at Al Quriesh II, Multan, Punjab, Pakistan.

On the occasion it was briefed to the audience that the body needs iodine to make thyroid hormones. These hormones control the body's metabolism and many other important functions. Answering a question Community Health Worker defined 'The body also needs thyroid hormones for proper bone and brain development during pregnancy and infancy'.

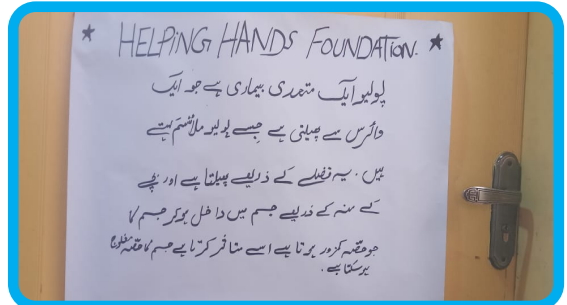
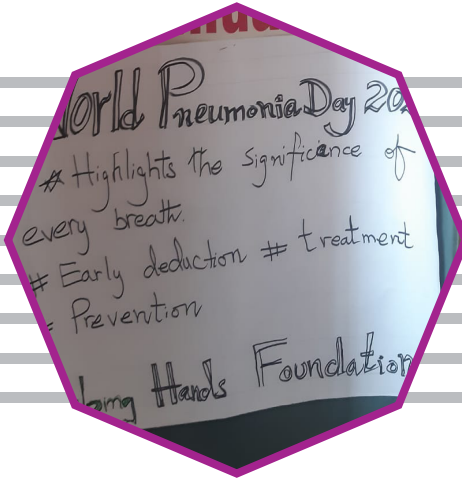
Highlighting the importance of the Iodized salt team further elaborated that it helps create the hormones that regulate heart rate and blood pressure. It also helps to burn extra fat deposits that could lead to heart disease. Salt promotes healthy hydration levels and creates a balance of electrolytes. At the end participants thanked the organizers to arrange such an informative session for them.





According to the [#worldhealthorganization](#) Pneumonia is the single largest infectious cause of death in children worldwide. Pneumonia killed 740 180 children under the age of 5 in 2019, accounting for 14% of all deaths of children under 5 years old but 22% of all deaths in children aged 1 to 5 years. In Pakistan Pneumonia killed more than 58,000 children under-five in 2018.

Team [Helping Hands Foundation](#) observed the day on [#WorldPneumoniaDay](#) November 12th was established to draw awareness to the disease under the theme of Highlights the significance of every breath, and underscores the urgency of stopping pneumonia through early detection, treatment, and prevention. The event was held at Chief Colony, Karachi Hotel, Muzafferabad, Multan, Pakistan.





Making the difference in Communities Community Access To Child Health An initiative of Helping Hands Foundation

This is one of the Community Empowerment programs of the Helping Hands Foundation. It initiates the Primary Preventive Strategies to make the communities healthier, wealthier and prosperous.

Having worked with I-CATCH (International-Community Access to Child Health) program of the Section on International Child Health (SOICH) of the American Academy of Pediatrics, to bring about a positive behavioral change in the community, we launched native program as Community Access to Child Health (CATCH) to focus on the indigenous health problems with indigenous solutions

Breast Cancer Awareness Month

October 2023 was observed as #BreastCancerAwarenessMonth by team Helping Hands Foundation. During the month message was conveyed to more than 500 ladies through door to door visits, Focus group discussions, community awareness sessions, individual & group counseling. As we are working on mother health, so we are very much conscious about the sensitive issue of breast cancer.





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



Health Management And Awareness Program for Schools - (Health-MAPS)

School Health Services

The schools typically are only concerned with books, studies, scores and awards. They are least bothered about the short-term or long-term health of the students. The Schools do not consider play grounds, well-lit rooms, clean toilets, healthy foods, nutritious stuff at canteens and healthy sitting arrangements their priority.

Healthy Children-Healthy Nation is a dream of Helping Hands Foundation. And one such initiative to make it happen is Health-MAPS (Health Management & Awareness Program for Schools).

Lung Cancer Awareness Month

Lung Cancer Awareness Month is observed by team Helping Hands Foundation with the students and faculty members of Alpha Educators School Al Qureish II branch Multan, Pakistan.

Introduction of disease, Common signs and Symptoms, where to contact after signs, causes, effect, prevention and brief management was shared with the participants.

FAQs about lungs cancer from students were responded promptly.

School management thanked the team HHF to contribute their efforts towards #HealthyPakistan





Inst. Of Children Lung Diseases



Dr. Irfan Shabir Examine the Patient

Pediatric Lung Association



Mr. M. Raees Performing the Spirometry test

Ibrahim Welfare Eye Trust



Dr. Munir Examine the Patient

Where we reach as on 31st December 2023 Progress Indicators

Gynea Patients	90,291
Peads Patients	122,293
Spiro Beneficiaries	2,067
CATCH Beneficiaries (quarter)	32,587
Total Beneficiaries	247,238
Medicine Cost	30,048,915
Lab Test Cost	10,881,144
Total Cost	40,930,059

HHF Served the 247,238 Patients with Medicine Cost of Rs. 30,048,915 and Lab Test Cost Rs. 10,881,144



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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