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## Chairperson's Message

The last 6 months have been very eventful, as the whole world grapples with the COVID-19 pandemic.

HELP has been very active in this regard. With support of our donors, especially Penny-Appeal, we have been succeeded in contributing towards dealing with the Pandemic. We were able to collect and distribute ration of food and hygiene items to families on our site in Gadap. In addition, PPE was distributed to 4 major hospitals. We have raised awareness regarding precautions from COVID-19 infection by distributing pamphlets, through text and social media message.

Torrential rain in the country created havoc. It affected all areas of Karachi tremendously. In this situation, HELP was active again distributing food in Rehri goth a fishing village at the coastal area of Karachi and providing them with permanent shelter.

This newsletter highlights some of the major activities that HELP has been involved in.

Wishing all our friends a successful New Year!

**D.S Akram**

### Inside this issue

- Installation of 105 Hand pumps
- HELP COVID Emergency Response
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- Our best workers of the year
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## **HELP installs Hand pumps in District Naushahro Feroz**

With support from Packages foundation HELP installed 105 hand pumps in Taluka Naushahro Feroz. The pumps have been installed in Schools, Masjids and residences of extended families in the villages.

Five more pumps have been installed in Taluka Bhiria, district Naushahro Feroz.

In 2018 too, HELP had installed 7 hand pumps at various public places in Naushahro Feroz including DHO office.



## **Best workers of the year**

**Shaheen Sohail Rizvi  
Community Health Supervisor**



**Ms. Fehmida Mushtaq  
Community Health Supervisor**



## Our project

# 'SHELTER FOR HOMELESS'

Alhamdulillah! Construction of the houses under HELP's project 'Shelter for homeless' in Rehri Goth is continuing. Two more houses have been handed over to the beneficiaries. Construction of more houses is in progress.



# HELP COVID 19 EMERGENCY RESPONSE

**Provision of Personal Protective equipment** Health personnel fighting on the front line against COVID 19 have suffered due to an acute shortage of Personal Equipment (PPE). HELP with support from Penny Appeal UK delivered a huge quantity of PPE worth PKR 4 million. The PPE included, covid Suits, surgical masks, KN 95 Masks, face shield, shoe covers and gloves.

Care



## JINNAH POST GRADUTE MEDICAL CENTRE

Dr. Seemin Jamali, Director JPMC receiving the goods.



## NATIONAL INSTITUTE OF CHILD HEALTH (NICH), KARACHI

Director NICH, Prof. Jamal Raza, expressing his gratitude to HELP team for the donation.



## OJHA CAMPUS DOW UNIVERSITY OF HEALTH SCIENCES

Dr Samia Kamal, Head of Covid Unit, Ojha Campus Dow University of Health Sciences, thanking HELP for the donation



## DR. RUTH K.M PFAU CIVIL HOSPITAL KARACHI

Assistant Prof. Dr Abdul Aziz, Ruth K.M Pfau, Civil Hospital Karachi, thanked HELP for the donation of much needed PPE for the HCP and appealed for more such donation.



***Door to Door  
Ration Distribution to 1100 families  
in Khuda Ki Basti, and its adjacent  
villages and  
Neelum Colony***





## OUR WORK IN THARPARKAR

Pakistan's health indicators are among the worst in the world particularly those of Sindh and Balochistan. Eighty-four percent of all deaths among children under 5 years in Pakistan take place before a child's first birthday, with 57 percent occurring during the first month of life. The Maternal Mortality Ratio is 276 per 100,000 live births. Thirty-eight percent of children in Pakistan are stunted, 23 percent are underweight and 8 percent are wasted. The situation is worst in hard to reach rural areas. Tharparkar is one of them.

There is a lack of basic health facilities in the district particularly the birthing facilities. Only 67% of the population is covered by Lady Health Workers. Moreover, the distances to the facilities and lack of availability of public transport, makes it difficult for people to access health services. This compounded by a limited number of CMWs, leaves them with the only choice to utilize the services of Traditional Birth Attendants (TBAs) and deliver at home. The result is the high MMR, NMR and NMR in the district.

To address these problems HELP in coordination with the district health department is implementing a project titled 'Health and Nutrition Emergency Response for Disaster Affected Population in District Tharparkar, Sindh.' The project is being supported by Penny Appeal.

Project includes up gradation of four Government health centres to make them functional and provide birthing facilities. Provision of 5000 clean delivery kits to District government to ensure hygienic and safe deliveries and provision of nutrition supplementation to malnourished pregnant women and adolescent girls. As part of the project activities HELP conducted training on adolescent nutrition of almost 100% LHWs and LHS in Taluka Chachro.



HELP is working on village transformation in Charnore, Chachro, Tharparkar. As part of this project HELP has provided solar powered water supply to 50 households in the community. HELP has also provided solar powered sets to each household. Each set consists of a fan, 2 bulb and a mobile charger.

HELP with support of Community Development Program, P&D Unit, Government of Sindh, has renovated, refurbished and equipped the Government school in the village. Uniforms, school bags and computers have also been provided. Currently 135 students with 75 female students are enrolled in the primary section.



Two female teachers and a male computer teacher have joined the work force. HELP plans to further train the teachers and commence video based training sessions for teachers and children.



# World Breast Feeding Week Activities





## **Health, Education and Literacy Programme (HELP)**

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