



Keeping in touch

Daughters of Our Lady of the Sacred Heart
OVERSEAS AID INCORPORATED

NOVEMBER 2019

ANGOLA

Cazombo

Our mission in Cazombo, a remote township in the east of Angola, began in 2005. At the moment, there are three Sisters in the community: Sr Susan from the Philippines, Sr Mary from Papua New Guinea and Sr Maria Jose from Brazil. Both Sr Susan and Sr Mary are founding members of the community and have now lived and worked in Cazombo for 14 years.

Over the years, we have been involved in a number of different areas within the local community, including nursing, teaching and parish involvement. One important need which we identified was the provision of accommodation for young girls who do not have access to education in the isolated areas in which they live. We therefore established a small hostel where girls can live under our care while they attend primary school. At the moment, there are 31 girls in the hostel.



Helping with homework

Our project allows young, disadvantaged girls to have access to education. Besides the formal education that they receive at the local school, we also provide skills-training and short courses such as baking, cooking, sewing, health and sanitation, and training about how to start a small business to prepare them for the future.

We would like to express our sincere thanks to the donors of the Overseas Aid Fund for your support which has helped us undertake various projects in this isolated mission. It gives us much encouragement.

Sr Susan Ilustrisimo



Learning how to make bread

Gifts of \$2 or more
are tax deductible

PHILIPPINES

Badjao People

The Badjao tribe is one of a number of indigenous tribes in the Philippines and, like many such tribes, they are a neglected people. This tribe lives along coastal areas, often in houses built over the sea. In Surigao, in the south-east of the Philippines, the Badjao live in this way. They live in extreme poverty, are uneducated and illiterate, and the children and adults are malnourished. Traditionally their livelihood came from fishing. Nowadays any diving they do is for coins thrown by passengers on boats sailing into the port of Surigao. The only other "income" received is through begging in the local streets and markets.

The OLSH Sisters have been working with the Badjao since 2013. We provide a nutrition and feeding program for their children and tutorials for the parents. These were held in a centre in one of the buildings but two years ago it collapsed. Most of our instruction materials and kitchen utensils fell into the sea.

Last year, we received funds from the OLSH Overseas Aid Fund to construct a new centre, on dry land! This is now nearing completion. We will continue the nutrition and feeding program and the tutorials and will also offer skills-training which will help the adults to earn a living.

Sr Betty Baroro



Dwellings of the Badjao people



Tutorials in the previous centre



The new centre under construction a few months ago

SOUTH AFRICA

Nzhelele

Orphans and vulnerable children in our support programme at Nzhelele Valley are learning to crochet. Being winter time, you can see these youngsters are rugged up and concentrating carefully on the hat they are making. Such activities are important life-skills that we are passing on. Every Friday the children gather to share and learn, play and build friendships. It is the responsibility of the local carers to plan activities and provide the equipment – in this case crochet hooks and wool – so that every child has the opportunity to learn and achieve. We appreciate the support given to us through the Overseas Aid Fund so that this type of practical help can be given to over 150 young people registered in our Orphans & Vulnerable Children project.

Sr Christine Martin



Holy Family Care Centre

Last year we had three children who were home schooled at Holy Family Care Centre. All three were too unwell to attend school and had spent many months in hospital before coming to the Centre. Children with chronic illnesses can miss months or even a year of schooling which disadvantages their cognitive and social growth.

With the assistance of much needed donations, we were able to ensure these children were able to continue their education at home. Several staff tutored the children at times suitable to the children's daily needs. During the day they needed time to rest. Some days they did not feel well enough to participate and other days they had to attend medical and hospital appointments. A sense of balance was required to ensure they were learning at their optimal times. Staying at home and seeing the other children happily go off to school or play makes the children very aware they were missing out. Fortunately, as the home caters for 70+ children, they were able to maintain friendships with children their own age but were often limited in their ability to play, particularly physical games and sports.



Gradually all three improved and we had celebrations when they showed us they were strong enough to ride a bike or play on the swings. And now all three have returned to school full time. There were smiles all around the day they stepped up onto the school bus to return to school again.

Carmel Lawry, volunteer



Kurisanani "we help each other to grow"

The first good news story I would like to share is about a little girl "Amelia" (pictured). She is a child of a single mother who is herself a teenager and who has returned to school. Amelia was undernourished and extremely small for her age. She had been left in the care of her aunty, also a young mother with a baby of her own. It was clear that the aunty was not giving any attention to Amelia. Discovering this, our carer from Kurisanani was able to intervene so that, with food and close monitoring through registration in our Family Care Programme, there was a marked improvement in Amelia's health and overall well-being. Today she is a happier, healthier and more energetic little person.

July 18 each year is designated as Mandela Day and is a time when all are encouraged to be good citizens by spending 67 minutes (67 being the number of years Mandela



fought for social justice) contributing something to their community. So when the children from one of our village projects decided that they

wanted to plant some trees on the dusty field where they gather for after school activities, it was most encouraging. There is no running water at the field so that water has to be collected in a container and carried to the field. Some children (pictured) have committed themselves to doing this. There is only one tree that provides a little shade. All look forward to the time when this newly planted white jacaranda tree is able to spread its branches wide.

We are SO GRATEFUL to donors of the Overseas Aid Fund for making it possible for us to reach out to so many poor children within our impoverished locality.

Sr Helen Armstrong



SOUTH SUDAN

Mary Immaculate DOR (Diocese of Rumbek) Hospital in Mapuordit, South Sudan, is strongly connected to OLSH Overseas Aid, with health care in Mapuordit having been pioneered in 1994 by two OLSH Sisters, Sr Moira Lynch and Sr Josephine Kenny. They were invited to come to set up a small Dispensary for the school children and the surrounding community of this newly established village during the time of the war between present day Sudan (then North Sudan) and South Sudan. The Hospital, founded in 2002, now has 112 inpatient beds and sees approximately 4,500 inpatients and more than 40,000 outpatients per year. Most staff are South Sudanese, supported by a small number of expatriates. Our local community is very poor and so financial sustainability of the Hospital is not possible, forcing us to rely heavily on donor support to carry most of the financial burden. Some staff (almost half) receive a partial salary support from the Government and are therefore considered as Ministry of Health employees. The remaining staff are under private contract.



Susan (student) carries out nutritional assessment

Many of our qualified staff have been supported during their training through funds from the Overseas Aid Fund. Also the teaching facilities, including the Medical Reference Library, furnishings, etc, have all been provided through funds from the Overseas Aid Fund. We are very mindful of this generous support and we thank our faithful donors.

Whenever there is a need, we do try to gather in new staff for a Basic Nursing Training of 6 months, which we have been doing during this year, having just completed training 18 bright young South Sudanese to the level of Hospital Auxiliary Nurse. The 2019 group comprised 13 female and 5 male staff. It is particularly heartening to see young women having an opportunity to become independent, strong women in a country which so undervalues the role and potential of women. We are so proud of their achievements.

Pauline Carr (Volunteer Nurse)

Wishing all our donors and your loved ones a Christmas richly blessed with the gifts of love, peace and joy.

Christmas Cards

Get your Christmas cards out early this year!

You can purchase a pack of 6 cards from us for \$5 per pack, plus \$2 postage. If you wish to purchase some, please contact the office on (02) 9663 3599, or send an email to overseasaid@olshaustralia.org.au.



Would you like to make a bequest in your will to OLSH Overseas Aid Fund?

Regularly we receive project applications that far exceed the money we have available; therefore, we cannot fund the full amount requested. A bequest is a chance for you to do great things. Although you will not be here personally you will still be able to make a real difference.

If you would like to include the work of our Mission in your will, we will gladly advise your solicitor of the specific terms of the bequest. Alternatively, Michael O'Dea AM of Carroll and O'Dea Lawyers would be happy to advise you at no cost. He may be contacted directly at 02 9291 7104.

Or would you like to request mourners at your loved one's funeral to donate to OLSH Overseas Aid Fund in lieu of flowers? Both these things can make a significant difference to the way we can help the people in need.

If you wish, donations can also be made online through the OLSH Australia website www.olshaustralia.org.au/overseasaid