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RAMADAN 2019



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Fragile Lives

love
Palestine

ROHINGYA
EMERGENCY

Progress Update – March 2020

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A Message From Us

Thank you for choosing Penny Appeal as your charity of choice.

Together we are making a BIG Difference to the poor and needy communities around the world. 2019 marked 10 amazing years at Penny Appeal and we are honoured that you have been a part of this remarkable journey. Not only are we thankful for your initiative to help others, the communities you will support are grateful for your intention to donate. We are really looking forward to having your continued support and working with you in the near future.

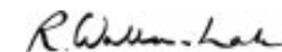


Umran Amin

Community Fundraising Manager (Scotland)

Penny Appeal continues to deliver sustainable aid solutions to over thirty countries around the world, supporting and empowering millions. Community cohesion is at the heart of what we do and we remain committed to providing comprehensive humanitarian support to people globally as well as here in the UK, from all faiths and none.

We work with individuals, families and entire communities through a range of initiatives that have been holistically designed to provide accessible, practical and effective support.



Ridwana Wallace-Laher

Head of Fundraising

Fragile Lives

Project Overview

Thank you for your generous donation of **£15,085.59.**

The Fragile Lives campaign ran from March – June 2019, raising funds for maternal and child health projects in Kenya and Pakistan as part of a commitment of a match-funding grant from the UK government. The project in Kenya has not yet started, and we are working closely with the Department for International Developments to make progress.

The project in Pakistan has been finalised and is in the early stages of implementation. It is an 18-month project due to finish in Autumn 2021.

We are currently in the early stages of the project but will update you with case studies a little further along the way to demonstrate the huge impact and success of the project, with detailed feedback reports being shared in December 2020 and again in August 2021.

In the meantime, we are delighted to share with you the plans that are underway, made possible by the kind donations from you, our valued donors.

Background

In Pakistan, for every 1,000 babies that are born alive, 42 die as new-borns, and 62 as infants. This means that every year, over 400,000 die before their first birthday, 300,000 of whom die within the first 28 days of life.

Every year, more than 139,000 pregnancies are lost, most as stillbirths. 75% of new-born deaths result from three preventable and treatable complications: complications due to premature birth; complications during labour and delivery; and infections such as sepsis, meningitis and pneumonia.

14,000 Pakistani women die every year due to pregnancy related causes. A lot of women, especially in District Tharparkar, Sindh, are unable to access good medical facilities or skilled birth attendants. In these situations, they give birth at home often with the support of a family member or a local, unskilled birth attendant. There are huge risks with this, as the spread of disease and illness is much higher, and unskilled birth attendants are not equipped to deal with excessive bleeding or severe complications.

In Pakistan, malnutrition is widespread among all ages, and is one of the leading causes of death of children. Malnutrition is also high in women of reproductive age especially pregnant and lactating women. In most cases, malnutrition is a cycle – malnourished women give birth to malnourished children, both because the baby does not receive enough nutrients during the pregnancy, and also because the mother is not strong enough to carry the baby full term, so babies are born prematurely and under-weight. One of the worst-affected regions of Pakistan in relation to malnutrition is District Tharparkar in Sindh, where there has been a drought since 2012.



The Project

Penny Appeal is working in close collaboration with a local partner organisation and the Government of Sindh to deliver a project helping over 500,000 people in district Sindh, Pakistan. The project is based in two Union Councils in the district of Tharparkar and has the following components:

Establishment of Four Mother & Baby Health Centres

We are renovating four government health dispensaries that are non-functional into health facilities for mothers and babies. These centres will be equipped with equipment, birthing facilities and midwives to provide women with excellent healthcare during pregnancy, as well as during childbirth. These centres are based in remote locations, providing the local community with a health facility that is easily accessible and with medical expertise available 24 hours a day, 7 days a week. Women will be able to use the facility for pre-natal and postnatal care, receive support around nutrition and breastfeeding, and babies will be provided with the utmost care.

Provision of 5,000 Safe Delivery Kits

We will be delivering 5,000 delivery kits to pregnant women through local, traditional birth attendants. This will help reduce infection and disease, as the use of kits will promote a clean and safe delivery and prevent the use of dirty towels, unclean utensils and contaminated water. The safe delivery kits will include clean towels, forceps, baby wraps and female sanitation items.

Training 300 Local Traditional Birth Attendants on Safe Delivery

We will be training 300 local Traditional Birth Attendants (TBAs) who are currently working in local communities to assist women with pregnancy and childbirth. The training of TBAs is vital, as without knowledge and education, these women are conducting deliveries that are unsafe and premature. Often traditional birth attendants induce labour to speed up the delivery process when neither the mother or baby are ready, and this leads to a whole host of problems and leaves both mother and baby at high risk. As TBAs do not have medical knowledge or training, when complications arise during childbirth, they do not know how to address the problem, and this puts the life of mother and baby at risk.

Our training will help TBAs identify early signs of labour; be able to form a safe delivery plan; identify signs of major issues; learn how to deal with a range of complications that may occur, antenatal care, postnatal care, care of the new-born, and in supporting mothers in early initiation of breastfeeding an exclusive breastfeeding for 6 months.

Training of 230 Female Health Workers on Adolescent Nutrition

We are providing Lady Health Workers with training around adolescent nutrition as a way of breaking the cycle of malnutrition. The age of marriage in the district of Sindh is quite young, between 14 and 21, and prior to manage a lot of women are malnourished, which is one of the main causes of such a devastating cycle. Therefore, the training we are providing is around understanding the nutrition needs of adolescents; providing counselling and guidance to adolescents and their caretakers around nutrition, and training in providing screening services.

Screening of Malnourished Pregnant Women & Adolescent Girls

We are deploying mobile screening services deep into communities in rural Sindh for the screening of malnourished pregnant women and adolescent girls. Qualified lady health workers, doctors and nutrition experts will be conducting these screenings, visiting households directly in order to assess the situation regarding malnutrition. A series of tests will be done to determine whether and how malnourished adolescent girls are, and they will be provided with guidance, vitamins and minerals, and also a nutrition programme.

Provision of 12-Week Nutrition Programme

Once women are identified as being malnourished, they will be enrolled onto a 12-week nutrition programme from home. This includes the provision of nutrient-dense food and supplements in the form of vital minerals and vitamins. Each programme will be tailored to the individual taking into account their age, marital status, number of children and current weight. Monthly household visits will be carried out by our team to monitor progress and adjust the programme accordingly.

Summary

Penny Appeal's Fragile Lives project **will help over 500,000 people in rural areas of district Sindh**, a community that is battling with severe poverty and drought. This project will achieve long-lasting change, positively impacting generations to come.



love
Palestine

Project Overview - Al Makassed Hospital

Thank you for your generous donation of
£22,744.26.

This large-scale project will be carried out in phases, with the objective of developing and expanding two departments: the Medical Imaging/Radiology X-ray Department and the Neo-natal Unit in the Al Makassed Hospital.

Currently in its early stages, we are able to share with you in this report our plans for the upcoming months. We will continue to fundraise for this wonderful project in 2020 and further updates will be shared in due course as we continue to make progress.

Hospital Development

Development and Access to Resources: Medical Imaging/Radiology and Neonatal Unit

As a result of continued and sustained violence and conflict, Palestine is in dire need of immediate life-saving health support, particularly for children, pregnant women, and individuals with enhanced vulnerability. The most significant issue requiring urgent attention is the overburdened health system. It is compounded by the rise in attacks on health facilities, which have caused widespread damage to buildings and reduced the number of facilities available to civilians. This is contributing to an already critical lack of resources.

What is left of the healthcare system is completely overburdened, with medical staff working long shifts without the sufficient tools or equipment to treat their patients. People are dying from preventable causes, with simple medical issues escalating quickly and disease spreading rapidly. In the midst of such chaos, any additional medical items or facilities that can be provided have the potential to be lifesaving.

The Makassed Islamic Charity Hospital in East Jerusalem is the largest non-profit, non-governmental organisation in Palestine. It provides a varied range of medical care and health services to patients, regardless of faith or background. It provides primary, secondary and tertiary care to patients referred by the Ministry of Health.

The Medical Imaging Department is one of the most developed units in Palestine. It has an expert medical team, who perform diagnostic services using its range of imaging equipment. However, the number of patients who require these services have been increasing. Already in the tens of thousands, the number of patients in need of medical imaging rose by over 25% in 2017 and has continued to rise since then. This increase of patients means there is a desperate need to renovate the existing facilities and improve the resources within the unit to accommodate the needs of the department.

Makassed is the only hospital in Palestine that has a neo-natal unit. It takes in premature and new-born babies from all over the territory, taking care of up to 35 babies a month. Approximately 15–20 of these cases need 24-hour intensive care. Fortunately, the unit has recently acquired the most advanced modern equipment available. However, with an increase in the number of pregnancies, the department is in great need of additional medical resources.

It is not only the Medical Imaging department that is lacking in vital resources, the Neo-natal unit is also much in need of monitors, incubators and ventilators. Refurbishment of some of the wards is also necessary.

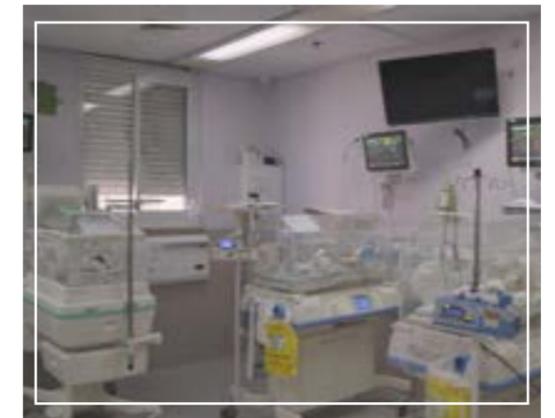
With your generosity, we will renovate these departments, enhancing them so that they can better serve the patients in desperate need of the services they provide. Medical staff will be able to treat the women and babies in their care with a greater confidence, safe in the knowledge that they have access to vital and life-saving medical aids.

Your commitment to this wonderful project will reach much further than the increased number of patients that will be able to benefit from its services. We will employ local workers to assist with developments who will be able to earn an income from providing their services. This means that this project has the potential to alleviate poverty for many people in Palestine, while saving the lives of thousands of patients.

**Please do keep in mind that with the current global pandemic we are experiencing, it is essential that we remain adaptable in the face of any challenges which may arise, and steer the project accordingly in response to the changing situation, and the needs of those it serves to help.*



Scan to Play Video of Al-Makassed Hospital







ROHINGYA EMERGENCY

Comprehensive Health Response For The People of Rohingya

Thank you for your generous donation of £4,060.00.

It has now been more than two years since one of the largest influxes of Rohingya refugees arrived in Bangladesh. Nearly 1 million people fled death and persecution, arriving in Cox's Bazar, which quickly became home to a large-scale humanitarian emergency. The refugees arrived injured, traumatised, hungry, and frightened and many remain dependent on humanitarian support for basic survival. The scale of the influx completely overwhelmed the country's infrastructure, services, and local response capacities, meaning that resources in the area are extremely scarce.

The refugees live in congested sites with limited WASH facilities. Access to health services remain limited, while basic and emergency health care needs are still not being met and a lack of basic medical supplies leaves injured and sick people to die of preventable causes. The issue is compounded by the fact that the camps are overcrowded, and people live in very close proximity with one another, meaning that disease spreads rapidly. This can be life-threatening, particularly to people with existing vulnerabilities. There is also a huge lack of maternal health services, meaning that women are giving birth without any support or medical care. Complications that arise during pregnancy and birth therefore often prove fatal.

Penny Appeal have been the driving force behind many of the medical and health advancements in Cox's Bazar. Your generous commitment has enabled us to provide life-saving medical support to thousands of Rohingya refugees. Thanks to your support, we were able to launch a project to give the refugees access to primary health care services and reproductive and child health care services, with a particular focus on those who did not previously have access to this type of support.

Penny Appeal identified people in need of health care interventions within the camp and thanks to you were able to provide primary health care consultations to 6,433 patients, providing 5,750 with the medication they needed. We further provided 339 antenatal and postnatal services to pregnant and lactating mothers and their infants. A total of 1,006 consultations were also made with referrals given for family planning and immunisation.

To raise awareness of the importance of practicing good hygiene, we ran awareness on personal hygiene, signs of pregnancy and periods, and general hygiene habits. These sessions were conducted via door to door visits, reaching 2,172 households in total. This means that in addition to having access to much needed health services, the refugees are now also able to protect themselves from infection, which will help to reduce sickness within the camps.

Thanks to your incredible generosity, thousands of Rohingya refugees have benefitted from our Primary Health Care Clinic, which has provided them with a health service that can diagnose and treat illnesses, take care of minor injuries, look after pregnant women and their infants, and refer patients to specialist services. Your kindness has actively saved lives. You have cared for a community that have suffered unimaginable horrors, bringing them hope and giving them the medicine and care that they need to stay safe and healthy.



Donation Breakdown

Project	Donation
Fragile Lives Your donation will reach over 500,000 beneficiaries in rural areas of District Sindh, providing medical aid for babies and pregnant women.	£15,085.59
Love Palestine – Al Makassed Hospital Your generous donation will ensure: the provision of monitors, incubators and ventilators for the neo-natal unit, vital equipment for the Medical Imaging department, renovation of wards, employment for locals and an enhanced service for patients.	£22,744.26
Rohingya Emergency – Comprehensive Health Response Your donation provided primary health care consultations to 6,433 patients, providing 5,750 with the medication they needed. It also provided 339 antenatal and postnatal services to pregnant and lactating mothers and their infants. A total of 1,006 consultations were made with referrals given for family planning and immunisation.	£4,060.00
Total	£41,889.85



Safeguarding Policy

At an organisational and individual level, Penny Appeal will always have the best interests, welfare and safety of the communities we serve at our heart at all stages from programme design and delivery to completion. This extends to sharing exact locations of any of our projects, be they mosques, wells, orphan complex or any other areas in which we are providing assistance to vulnerable communities. This decision has been taken to ensure that such remote villages and people are not overrun with visitors from overseas who may wish to travel to visit the locations of the sites they have sponsored and which Penny Appeal has no control over from a safety, safeguarding and protection perspective.

In all of these cases Penny Appeal will provide details of region or district (depending on the project) with donors as we respect and welcome the interest and scrutiny you as a donor has in ensuring that your money is being used correctly and is delivering the change needed, but, and I am sure you will agree, our first priority must always be to those people that your donation is providing essential assistance to.

If you have any further questions about the safeguarding and/or protection of our communities please do let us know.



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