

Health for All



Working with the poor for a better future

Annual Report 2015

Registered Charity No.1076913

Health for All has continued to support the health and social care work in the villages of Bihar. The health team, led by nurse Neelam, has carried on its work in the villages, providing care and education, supporting immunisation programmes and women's self-help groups and, particularly, identifying the most ill children and ensuring they have access to life saving health care.

On the front cover of this report is Pinki and her mother. Pinki was suffering from malaria but with the support of the health team was able to receive treatment and make a full recovery.

This year's report also includes the story of Khirya Devi whose life was changed by joining the self-help group in her village.

Also included is Emma Ray's story. Emma is the practice manager at Canterbury Medical Practice and she joined Dr Peter Sykes on her first visit to the health team. She was able to see at first hand the excellent work that they do.

As always, the work of the health team is supported entirely by people like yourself. Although raising funds remains a challenge, we have, thanks to your support, been able to ensure the work continues in all the villages in Bihar.

One of those people is Alison Fitz who works here in Kent and ran the London Marathon this year on behalf of Health for All.

For all your support, thank you.

Dr Mark Jones



Our Trip 2015

In February 2015 I travelled to Bihar. I've worked as Practice Manager at Canterbury Medical Practice for the last four years, and during that time have become impressed and interested in the Health for All work which the practice supports.

Since this was my first visit to the Health for All project and indeed India, I was fortunate to be travelling with Dr Peter Sykes who 'knew the ropes'. From the moment we were greeted at Gaya and taken to Bodhgaya I wanted time to slow down so I could more fully take in everything going on around me. Bodhgaya, and indeed Bihar, is full of life and activity. There was so much happening around me, all the time. From the cacophony of car horns as we wove between the rickshaws or overtook the hay-laden bullock carts, past the busy market stalls and pilgrims visiting the Mahabodhi Temple, to the boys

playing cricket on the dry river bed whilst a funeral pyre smoked gently in the background.

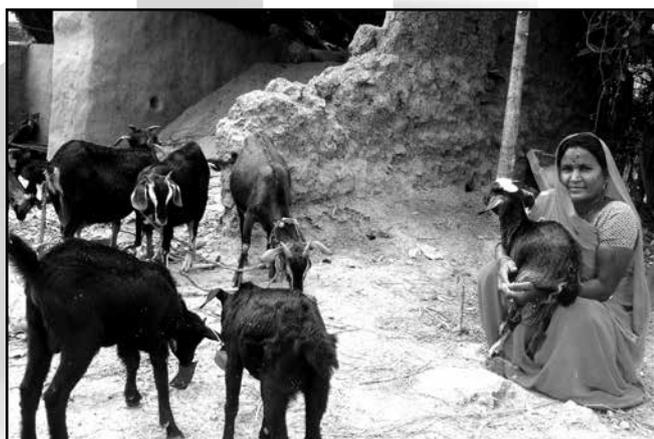
We had a full programme planned and spent most days travelling out with Neelam and the Health Team to the villages. Naresh let me sit up front so I could see as much as possible on my first trip. In the villages we were made to feel extremely welcome, as the women gathered to pay into their microcredit schemes. As Madhu recorded the payments and chatted with the women, the Health Clinic started to take shape. Sunil set out his medications and Neelam and Sangeeta set up the table, chairs and equipment where they would see everyone who needed to be seen that morning, from pregnant women needing their vaccinations and BP checking, to baby checks and older villagers with musculoskeletal complaints. What struck me particularly was how much was being achieved to improve the health of those in the villages with so few resources. Unlike some charities where we feel that our small contribution will get swallowed up, with Health for All even a standing order of a few pounds a month can make such a difference to so many people. It can mean a baby with suspected pneumonia can receive treatment, the young mother-to-be can be given vaccinations such as tetanus or an older man can be prescribed some medication to help ease his knee injury which is stopping him working his land.

I was very impressed by the dedication and skills of the Health Team who I got to know better as the week went on. As the clinics started to wind down, we would often be taken to some of the small businesses funded by the microcredit schemes and

felt very privileged to be welcomed into the homes of women who were now running small businesses, such as making incense sticks to sell, running a small village shop, tending chickens or goats or becoming a seamstress for the village with the aid of a treadle sewing machine. Everywhere we went we were welcomed and given small gifts such as bindis and incense sticks. It was very humbling.

All too soon our week came to a close. We had been very well looked after when we weren't out with the Health Team. As I stood on the veranda on our last evening, looking over the river bed towards the sun setting behind the Mahabodhi Temple, I felt very sorry I had to leave, but felt certain this would be my first, not my only trip to this wonderful part of India.

Emma Ray



Khirya Devi – from the health team

Success Stories

“Khirya Devi has 5 children and she was very poor. She worked as a labourer in the field but facing a lot of problem. Then she joined Self Help Group in Tarma village and received the loan for buying a goat and she worked very hard and increase the number of goat and now she is able to sell the goat and she has started to earn. Now she became earning member in her family.”

Khiya Devi is 45 years old and lives in the village of Tarma. The details above are from the health team that support the self-help group in her village. Khirya Devi borrowed about £20 from the group and has now repaid most of it. It was £20 that has changed her life.

Allison Fitz Ran

The London Marathon for Health For All

I work as an administrator for Canterbury Medical Practice based at Bridge Health Centre.

I have been a keen runner for many years and this year was fortunate to be asked if I would like to take a place in the London Marathon with a view to raise funds and awareness of our own charity, Health For All.

I was delighted to accept this place and after four months of my marathon training the big day came around. It was predicted to be a very wet day but the only rain was early in the morning for the first few miles, and the rest of the day proved to be perfect conditions for marathon running.

The crowds on the route were just amazing, especially as I approached Tower Bridge which was the most exciting part of the course.

I crossed the finish line in 4hrs 39 minutes, which was not too bad for a woman of my age I suppose!

I have managed to raise over £1,700 for this fantastic charity.

I would like to thank everyone who sponsored me and gave me so much support.

Allison Fitz

How You Can Help

We are most grateful for all donations - our work would not be possible without them. Donations can be made by cash or cheque made payable to 'Health for All' or online at mydonate.bt.com. Many of our supporters give regularly by Standing Order arrangement and this is particularly helpful with the on-going running costs of our projects. We are able to re-claim tax on all personal donations made by UK taxpayers and we try to take full advantage of this worthwhile facility. A simple declaration enables us to add a further 25p to each £1 donated.

A full copy of our most recent audited accounts can be viewed at www.charity-commission.gov.uk.

Further details from Sue Blacker or Sharon Ashmore at:

Health for All

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