



Keeping in touch

Daughters of Our Lady of the Sacred Heart
OVERSEAS AID INCORPORATED

MAY 2026

PHILIPPINES

Badjao Community - Tutorial, Feeding and Livelihood Program

This project addresses malnutrition, literacy, and the need for sustainable livelihood opportunities within the Badjao community.

A feeding program, conducted three times a week for 80 children, provides food supplements such as milk to help manage malnutrition. This regular nutritional support contributes to the children's health, well being, and ability to focus on learning.

The tutorial and values-formation program organised by the Sisters focuses on developing basic reading, writing, and arithmetic skills for both children and adults, particularly young mothers and fathers. The program also encourages school attendance, promotes appreciation of Badjao culture and traditions, raises environmental awareness, and develops leadership within the community.



To address poverty and lack of income, one of the main reasons for begging, the project offers livelihood trainings such as weaving and sewing. These programs not only develop practical skills for sustainable livelihoods but also strengthen cultural pride, family values, and dignity.



The response to the livelihood trainings has been very positive, especially the sewing training, which has significantly benefited the community. Seminars for mothers have helped deepen their love for their culture and family while enhancing their skills and talents to help secure sustainable income.

The Daughters of Our Lady of the Sacred Heart (DOLSH) Centre of Hope is fully operational. Groups of young mothers regularly use the centre three to four times a week to sew bags, wallets, and other products, often bringing their children with them. The OLSH OAF continues to support part of the food expenses, ensuring that both livelihood and family needs are addressed.

Sr Catherine Biyo FDNCS

Gifts of \$2 or more
are tax deductible

SOUTH AFRICA

Ametur Project

The Ametur project enables us to provide financial support and a compassionate response to people in great need in the areas of Education, Skills Training, Capacity Building, Community Development, Poverty Relief and support to Orphaned and Vulnerable Children.

In education, the project provides opportunities for young people to continue their studies so they may become employable and self supporting in the future. We are currently assisting several young adults to complete Grade 12, as well as supporting others to attend courses for further education and skills training.

Through skills training and capacity building, young people who seek financial assistance are encouraged and supported to undertake traineeships or apprenticeships. We assist with course enrolments that help strengthen their skills and improve their future employment prospects.

In the areas of community development, poverty relief, and support for orphaned and vulnerable children, we assist people in dire need whenever possible. Young single mothers receive financial assistance and food parcels when required. Where possible, we support individuals and families according to their immediate needs, including assistance with rent, water costs, and the establishment of small income generating activities.

There are times when we are unable to meet all requests for assistance; however, we strive to help in whatever way we can. For example, one young trainee who is currently pregnant was distressed about her situation. She was reassured that we will continue to support her as much as possible, including assistance with transport to clinic visits and ensuring she has food and clothing for her baby when the time comes.

Two young adult orphans, who have long been associated with our program, requested assistance again to produce archa (similar to chutney). On this occasion, they were asked to provide proof that they were actively seeking employment. Another young orphan, who previously resided at Holy Family, continues to request help with food. We are now exploring the possibility of arranging a traineeship in the province where she currently lives. She had previously completed some woodwork training but discontinued the course. Each individual who seeks help is considered carefully, with the aim of identifying a pathway toward independence.



At times, we feel overwhelmed with requests made through the Ametur project. We take time to meet with each person, listen to their story, and work together to determine the most appropriate form of support. Where possible, we visit their homes to better understand their realities. Our experience continues to show that education and skills development are among the most effective ways to help people move forward and build sustainable futures.

Those currently supported through the project are very happy. They are not only gaining valuable new skills but also receiving financial support, which eases the burden on their families. It is hoped that these skills will provide better employment opportunities in the future.

Our sincere thanks go to the generous donors of the OLSH Overseas Fund. It is a great privilege to be able to assist the poor and the needy through the Ametur Project.

Sr Sally Duigan

SOUTH SUDAN

Fresh Water Point for the Mading Community



When the funds for this project were approved, the driller was notified and conducted an inspection of the site and the surrounding community. Drilling commenced shortly thereafter and was completed smoothly, with no issues encountered.

The Mading community now has access to a reliable source of fresh water and has demonstrated strong ownership of the project by maintaining the water point through

regular water tax contributions. The benefits have been significant. Young school aged girls now have more time to attend school rather than walking long distances to collect water, and mothers express great relief at having a safe and accessible water supply close to their homes.



Support to Abandoned Widows



HIV and AIDS continue to have a devastating impact on the community, with the number of affected families steadily increasing. Many women, particularly abandoned widows, face serious emotional and economic challenges while raising primary school aged children on their own. Some

children who have lost one or both parents are now living with grandparents who often struggle to meet their basic needs. Some orphaned children who live far from school still make great efforts to attend. Through this project, vulnerable children are given the opportunity to access education alongside their peers.

The project currently provides monthly food and cash allowances to eleven highly vulnerable women, selected from among many who sought assistance. To ensure that educational support directly benefits children, as intended, the project pays school fees directly for selected students and provides school bags and essential learning materials. This approach helps ensure that funds intended for education are not diverted to meet other urgent household needs.



Children supported through this project are clothed, fed, and able to attend school—basic needs that remain a daily struggle in a community affected by widespread poverty and economic crisis. Receiving school bags and exercise books has boosted their confidence and sense of dignity, enabling them to feel equal among their classmates.

This support is already producing positive results. Three children whose secondary school fees were fully supported have completed their studies, and one has registered to begin teacher training, with the hope of returning to teach at Comboni Primary School.

Sr Jeviana de Araujo

Would you like to make a Bequest in your Will to the OLSH Overseas Aid Fund?



There are two meaningful ways you can make a lasting difference in the lives of people in need in the communities where the Sisters serve:

- Include the work of the OLSH Overseas Aid Fund in your Will. We would gladly advise your solicitor of the specific terms of the bequest. Alternatively, Michael O'Dea AM of Carroll & O'Dea Lawyers would be happy to advise you. He can be contacted directly on (02) 9291 7104.
- Request donations in lieu of flowers. You may also choose to ask mourners, at the funeral of a loved one, to make a donation to the OLSH Overseas Aid Fund instead of sending flowers.

ANGOLA

Pineapple Planation Project to Support Tutorial Classes



The Tutorial Classes Program was established to support the many children in Angola, as the Sisters firmly believe that education can change lives. To help sustain this program, funding was approved to establish a one hectare pineapple plantation.

Preparation of the land took three weeks. Then, fifteen workers planted 5,000 pineapple seedlings, followed by the first round of weeding three months later. Despite heavy rains, the initial expectation was to harvest the pineapples by December 2025 or January 2026. Unfortunately, only one quarter of the

plantation developed as expected. Excess water accumulated in the lower areas of the farm, resulting in poor plant growth. Pineapples planted on higher ground thrived and produced large, good quality fruit, while those in low lying areas remained underdeveloped and not ready for harvest. To address this challenge, workers relocated the immature plants to a more suitable area and dug drainage channels to prevent water from stagnating around the remaining plants. Following these improvements, plant growth began to recover and fruit development improved significantly. We are hopeful that the remaining pineapples will be ready for harvest by July this year.

Part of the crop that was harvested were sold at the market, while others were processed into jam, adding value and generating additional income to support the Tutorial Classes Program.

Income Generating Project for Women

Following the completion of the Education of Women Refugees Project, the women took important steps to apply the practical skills and knowledge they gained by starting small income generating activities. Using the profits earned, they purchased a 50 x 50 metre plot of land, where they began cultivating cassava.

The women later approached OLSH OAF for support to expand their activities. Their request included additional capital to grow their businesses, materials to build a small permanent store, and support to cultivate a larger farming area for corn and cassava. As manual farming was not feasible at this scale, they also sought assistance to rent a tractor for land preparation.

In June 2025, land preparation began to clear two hectares of land. The women received formal permission from the local traditional leader, who granted cultivation rights for five to seven years in line with local customs. Corn and cassava were planted soon after. While the cassava is thriving, the corn has shown some yellowing, highlighting the everyday challenges faced by small scale farmers.

The women work three days a week on the community farm and three days on their individual plots, balancing shared goals with household responsibilities. They have since established a small permanent store, stocked with essential items such as cooking oil, salt, and soap. The store opens in the afternoons after farm work is completed and has become an important source of income for the group.

To ensure transparency and shared decision making, the group meets every fourth Saturday of the month. As only three members are able to write, these meetings are essential in ensuring that all women are informed, heard, and actively involved. Through agriculture and small business development, these women are building a more secure future for themselves and their families while contributing positively to their wider community.



Sr Mary Kanatabu

ONLINE DONATIONS can be made through the OLSH Australia website www.olshaustralia.org.au/overseasaid

BANK TRANSFER to DOLSH Overseas Aid Fund

BSB number: 062239

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