



# Keeping in touch

*Daughters of Our Lady of the Sacred Heart*

**OVERSEAS AID INCORPORATED**

May 2013

## What's Happening in our OLSH Missions

**Ametur Program in Tzaneen, South Africa**



This group of young women has just gone through an intensive dressmaking programme with Srs Christine and Helen in the Skills' Centre at Tzaneen. The fabric and thread were all supplied by benefactors. These women are being equipped to make their own clothes and hopefully begin an industry at home to support themselves and their families by sewing for others – *Sr Christine Martin*.



**ACFID  
MEMBER**

The Daughters of Our Lady of the Sacred Heart Incorporated is a member of the Australian Council of International Development (ACFID). Their Code of Conduct requires members to meet high standards of corporate governance, public accountability and financial management.  
[www.acfid.asn.au](http://www.acfid.asn.au)

**Gifts of \$2 or more  
are tax deductible**



Natalia and Sr Christine Martin

Twelve years ago when Natalia was just a teenager Srs Sally and Christine began to help her upgrade her skills. She had dropped out of school to nurse her dying parents and to raise her four younger siblings. Over the years she has studied English, completed a security training course, learnt to sew and use a computer, gone back to do her matriculation and is completing Early Childhood studies. Natalia has now opened a Day Care Centre and has three ladies employed to help with the forty -six children enrolled there – *Sr Christine Martin*.



# Recent Projects

## PNG

### St Gerard's School of Nursing Health Worker Program

The photograph shows the makeshift classroom at St Gerard's School of Nursing at Veifa'a. The shade made the heat more bearable.



Makeshift Classroom at the School of Nursing

This photo shows the portable shower buckets some health worker students made. The villages don't have running water so to have a shower bucket is a luxury.  
— Sr Marlene Dewar



Health worker Students making bucket showers for the use of people in the villages they visit.

## South Sudan

### Clean Water Projects

Currently with only 25% of the population having ready access to clean water, many women must walk 5 kms or more to collect water. The clean water projects make a huge difference to their lives. Often there are conflicts around water pumps as there are so few of them that at any one day over 50 people can be waiting to fill their jerry cans. With more pumps, strategically placed, it means less pressure to get water from one place — Sr Philippa Murphy



Philippa at the water pump



Local Sudanese holding Thank you banners



## Fiji

### Rabi Women's Centre

This project involved the construction of a Women's Centre to provide opportunities for women to gather for meetings, to learn new skills, and practise art and craft. It is hoped these new skills will allow them to go on and earn money to support their families – *Sr Teitirua Tongata*



Rabi Women's Centre



Women sewing at the Rabi Women's Centre

## Burkina Faso

### Training Centre for Girls at Fada N'Gourma

These buildings are under construction at the same site in Outendeni in Burkina Faso, near the capital Ouagadougou. One is for disadvantaged girls to stay, with a dormitory, a dining room, a classroom, a small office and three bathrooms. The other building is a convent for the sisters. When it is complete, girls aged from 9 to 15 who are not currently in school



Girls' Training Centre Burkina Faso



Sisters at site of the convent in Burkina Faso

will be able to stay and be taught life skills such as nutrition, health, hygiene as well as a trade such as sewing, hairdressing or childcare. The aim is to allow the girls to be independent, and prevent them from having to be servants in the family home or taking a path of crime to support themselves.

– *Sr Marie Lompo*

# News from our Volunteers

## Holy Family Care Centre South Africa

### Carmel Lawry

I am a past student of OLSH Bentleigh and recently had the privilege of volunteering in South Africa with a very dedicated team of OLSH sisters. I was there for 6 months in 2010 and have just returned from a 12 month placement at Holy Family Care Centre.

My background is in aged care nursing so arriving at Holy Family was exciting and completely out of my comfort zone. I was responsible for 70 children's health care needs. Most days were taken up with administering the anti retroviral treatment to the children, escorting them to hospital clinics, Aids clinic, TB clinics and immunisation clinics as well as general care for everyday illnesses. The days could be very busy but never boring.

Opportunities were also available to teach skills to the local people. Volunteers play an important role in the exchange of skills - focussing on community development not just providing aid. By the time I left a local woman was able to begin working in the clinic and looking after the children.

The children's greatest need is for compassionate love and care. Holy Family is a blessed place where every child

is loved in life, protected and freely experiencing their childhood with lots of singing, dancing, laughing, playing and learning. The experience has certainly enriched my life and I hope I have made a small contribution to the children's lives. *Carmel*



Carmel and Children from Holy Family.

## Mapuordit Hospital – South Sudan

### Pauline Carr

Another Basic Nursing Course began in February and will run over six months, as a deeper understanding of Basic Nursing requires a lot more time for supervision and consolidation in the ward area. We expect to have another big group- possibly around eighteen again. There is a big need for auxiliary nurses to be trained to help bridge the gap in Hospitals and Health Centres which have to function with staff without any training at all, as there are still so few qualified nurses who have completed their training.

Meanwhile the Students of the Rumbek Nursing School continue to spend the first year of training here in Mapuordit before moving on to Rumbek to complete the next year and a half. We also have accepted students from the Registered Nursing Course in Wau to come here for clinical experience and they have to be supervised and guided as well.

In the Hospital there have been continual building projects going on.....some involving repairs and maintenance, while others are new projects including a new Central Sterilising Room attached to the Operating Theatre and an X-Ray Department(not yet completed). Both these projects will be of great benefit to the Hospital. Two of our recent graduates (from the original group who graduated in 2011)

have spent 6 months of inservice training in Uganda- one studying Anaesthetic Nursing and the other studying Radiography. They are both back and ready to work in these new departments.

Though I am living now in the expatriate compound, I still have support and social contact with the OLSH Sisters, who are very caring and kind. I usually go once a week for a meal and occasional events like Birthdays, Movie nights etc. Just now we are having a visit from two former volunteers, both Doctors, both Italian, who actually met each other here.....and are now with us for their Honeymoon!!!!!!!!!!!!!!

I have really missed the "annual visit" of my good friends Anne and Ian [Jackson] this year. They were unable to come due to various health issues, but continue to support our work with their incredible fund raising initiatives, their endless enthusiasm and their ever-ready availability to help me in whatever way they can. Like so many good friends and family, the support they give is so precious to me and to us.

To all who have been so good to me and to our Hospital, who have kept in touch with encouraging words, with good deeds.....I am grateful beyond words.

All my love and so many thanks, *Pauline*

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

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. Alternately, 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 in lieu of flowers? Both these things can make a significant difference to the way we can help the people in need.

**The OLSH Overseas Aid Incorporated Annual General Meeting was held 15 April 2013 and copies of the 2012 Annual Report are available on the website. If you would like a hard copy please contact the office. See details below.**