

Issue 16

Autumn/Summer 2013

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We have probably seen the last of long summer days. We hope that you had a wonderful summer.

Your unending support has helped us to brighten the lives of many a Child and Family in 2012. Please accept our sincere gratitude

Welcome!

on behalf of the membership and the families and children whom you've helped.

In this edition we bring to your attention the achievements of 2012, highlights of the present programme and our new initiatives.

We aim to continue to keep you updated on our work to improve the quality of life of the rural disadvantaged children by assisting

their education and bring security and happiness to the lives of other families by targeted interventions.

The months continue to roll by and autumn is already upon us. Thank you once again for your on-going support and contribution and best wishes for a great time ahead.

Spread The Word

A silent killer in the form of Chronic Kidney Disease of Unknown origin (CKDUe) has begun to decimate the population of North Central, North western and Ova provinces of SRI LANKA and is spreading to other areas too. The number of affected people is unknown (up to 15-18% in each district) but 400,000 people are currently undergoing treatment at present and 10000 recorded deaths have been attributed to CKDUe. The majority of the affected are young working age farmers and agriculture workers.

The progressive debilitation of the health or deaths of the breadwinners have led to grave socio economic consequences for the dependent families and the community as a whole. Since the probable underlying cause of this massive public health disaster is a combination of the cumulative effect of exposure to heavy metals, pesticide and hard water, Hela Sarana took a pragmatic approach to provide safe purified drinking water through **Project Clean Water** as its **First initiative to minimise the exposure to the above.** The more purification units we provide higher the chance of reduction of the disease burden. Please join us to raise funds for this extremely essential initiative.

Our Charity has always considered the welfare of the children and



their families. Raising awareness about this major public health disaster is paramount to reducing the number of people developing the disease and improving early recognition of the exposed. Your support in kind and mind is vital to the success of this endeavour.

We aim to launch our public awareness campaign by providing information on the hazards of the overuse of agro chemicals and how to prevent or minimise exposure by adopting tried and tested health and safety measures.

Spred

This targeted health education programme will initially commence on areas of high disease prevalence. We aim to have "Q and A" sessions with the farming community and vendors of the farm produce to begin with and extend to the schools and children of the area. The format of the presentation will depend on the audience and modified to suite the local needs.

Please join us to support this important undertaking.

Spread the Word. Make a donation to our charity.

HELAVISION Lenses for Cataracts.

Sri Lanka has a large number of senior citizens with cataracts and most of them live in the rural areas where there aren't enough medical services available to treat such a condition. Patients are simply unable to afford the cost of lenses and the Surgery.

Since 1968, **Hela Sarana** have provided financial support to build operation theatres, obtain medical equipment and medical surgical beds for provision of cataract surgery.

Funds specifically for the purpose of cataract surgery and provision of replacement Lenses were first provided in the year 2010. one hundred (100)

cataract operations at Anuradhapura hospital was funded in the first instance.

In 2011 following a second instalment of funds 102 patients had cataract surgery in Galle, Ratnapura, Horana and Kandana Hospitals and in the 'Help the Aged' medical facility in Colombo.

2012 it was the turn of People of Polonnaruwa. We supported 20 cataract operations.

Hela Vision campaign for restoration of vision has made a significant impact on improving the



quality of life of the recipients and their families. We hope to continue this programme many years to come.

We need your support to give back the sight and independence to hundreds of disadvantaged young and old people blighted by cataracts.

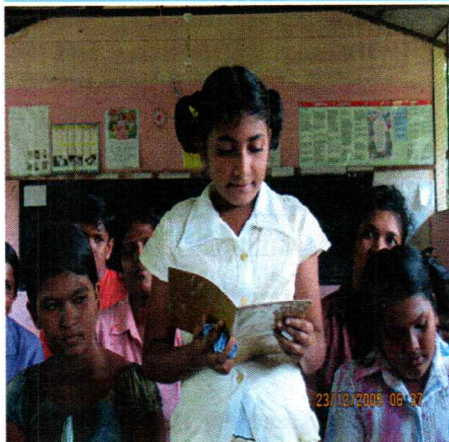


Achieving Their Sporting Dreams

Hundreds of disabled sportsman and women who have the talent and potential to compete at all levels of sport receive either very little or no funding at all to achieve their life long dreams.

Hela Sarana donated £1000 to the Sri Lanka Tennis Association wheel chair tennis team to obtain 5 purpose built wheel chairs for the disabled tennis players. This has given them the opportunity to show case their talent in international tennis. Let us support these disabled sporting heroes and make their dream a reality.

Making Sure That They Go To School



Star Performer

Our proudest achievement to date is the success of the Hela Sarana Grant Scheme for Education and its very visible results. The need to transform the quality of life of many rural underprivileged children through education, to enable them to fulfil their potential as citizens and the opportunity to build a successful future from these foundations is an ambition we all cherish

More than 250 grants per month

Since it was first introduced in 1996, the number of children receiving the grant per month has increased almost tenfold from 30 to 250 today. This is real progress.

Operating in 18 regions throughout Sri Lanka

In 1996, Helena Sarana's scheme was started in the rural village of Thanthirimalaya in Anuradhapura and today it is in operation in 18 rural regions.

70% are on track to a higher education More than 70 % of the children in the scheme are on track to attain an advanced level education.

The First Milestone

In the year 2000 the very first child from Thanthirimalaya, where we inaugurated the education project, started his studies at university. It was truly historic achievement for the community of Thanthirimalaya. **No-one** from this peasant farming community had ever embarked on a course of further education before.

35+ Undergraduates in Higher Education or Technical Training Courses.

We are immensely proud and extremely grateful for your on going commitment to the Education Grants

scheme. 35 students have entered university, 15 have gained technical higher education and 40 are in secondary 'A' level education. through funding for Education and Training in the year 2012.

These are the **Star Performers** of your educational investments.

The 2013 Grant Scheme We hope to provide cash (Rs 1000) to 200 households with children enduring perennial hardships, provided that the children are sent to school.

Unemployment and ensuing poverty is prevalent in many rural communities. Lack of finance is the main reason for children not attending school on a regular basis and those who do make it to further education, dropping out before the completion of their courses.

The most straight-forward way you can help is to give financial support to fund scholarships which will provide a decent and, just as importantly, a **continuous education**

Just £5 per month.

We have established the need to increase the education grant from Rs 500 to Rs 1000 per month. As a result of worsening economic conditions, many are looking for our help. The numbers needing our help and support are increasing.

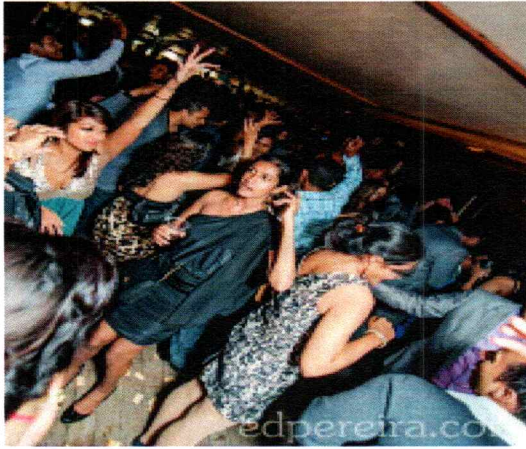
Your donation will mainly help to provide students with a uniform and basic education materials and in some cases, tuition and a midday meal.

It is well known that nutrition plays an important and a vital role in maintaining effective concentration in students throughout the day. That is why we felt it was essential, where necessary, to provide our students with all the tools, including food, to maximise their potential.

We are looking for more support from existing donors and, if possible, more donors. We know that times are tough everywhere these days, but for some it's tougher.

Help us to help them.





£ 2500 To The Children's Welfare Fund Thanks To A Superb Presentation By Helena Sarana's Youth Team.

On the 15th of September 2012, *SL Connect* in association with *Hela Sarana's Youth Project* successfully embarked the vessel 'Royal Princess' to make a presentation to the 230 guests who were enjoying themselves at the 'Pearl Boat Party'.

With the beautiful London night skyline as the back drop, all 230 guests enjoyed a night filled with great cuisine, great music and a great atmosphere. As the night drew to a close, guests were already asking when the next event would take place. This kind of success is rarely enjoyed at a first-time event but with the support of sponsors, friends, family and guests alike, these proved to be the perfect ingredients to augment a very worthy cause.

The Hela Sarana Youth Project Initiative aims to educate and provide welfare facilities for young children. The donations raised from the 'Pearl Boat Party' have been assigned to three projects located in Nikawewa , Kurunagala and Padukka.

Physical improvement at Deepthi Montessori School HALMILLAWATIYA - NIKAWEWA

The people who are living in this area are farmers and under go with many hardships. Due to poverty most of the children are subject to a low level of education and Halmillawatiya pre-school is the main pre-school in this area. The school



functions with the minimum of facilities with two teachers supervising between 25 and 30 children. Due to a lack of resources the level of education is at a bare minimum. After the establishment of the Army Special Forces Jungle Warfare Training School in the area, the army launched many programmes to facilitate the education of these children. Therefore our new program is planned to improve the facilities of Halmillawatiya pre-school.

Funds have been allocated for children's health, sanitation and clean water to the Buddha Jayanthi Children's' Development Centre in Kegalle and Sanhinda Children's' Home, Padukka.

At the Children's' Development Centre at Kegalle is a multi-service child care and family support agency. Established in 1959, as a non-profit, charitable organization, it promotes the optimal development of children in partnership with their families, communities, the Ceylon Buddhist Congress and the National Child Protection Agency. The centre cares for 43 girls under the age of 18.

There is no free flowing clean water to bathe, to flush toilets or to provide for the kitchen. **In the first phase, Rs 50,000 was donated for the installation of the necessary plumbing work. A further Rs 25,000 has been allocated to provide and fit a water tank and a complete water supply system.**

Sanhinda Children Home houses around 70 babies, children and young adults. They are all orphans who live there as a family. The *Hela Sarana Youth Project* is helping to construct and repair the drinking water and sanitation system that was considered beyond repair. **Details of the work programme is under review and a present is estimated will cost £600.**

How can you ignore these little charmers?

Hela Sarana would like to thank the youth Project

Most sincerely for their generosity and support.

Meth Sevana Care For The Physically and Mentally Disabled.

In Sri Lanka there is an acute lack of support for people with disabilities and there are so few centres that house and care for them. Many such centres are underfunded and understaffed and struggle to survive.

Our Participation With Meth Sevana.

Meth Sevana is a non profit organisation that cares for physically and mentally disabled children and adults and was established in May 2008. It is a day centre for currently caring for nine disabled children and adults. It is situated in Kobbewela in Kandy housed in a temporary accommodation provided by Priyadarshana Ramaya Buddhist temple. The centre is run and managed by a board of eight voluntary committee members and child support is provided by two experienced and paid carers.

In 2009, **Hela Sarana** made a donation of £ 3,000 to **Meth Sevana**. Thanks to the noble actions of eleven primary schools in Bourne-

Our Present Commitment We do as much we can to improve the lives of these children and youths in need. Once again this year we extended our support to **Meth Sevana** and we are committed to making monthly contributions of Rs 2000 to provide local transport to ferry the children to and from the centre.

The Meth Sevana is seeking to improve their facilities and also to increase capacity at its centre in Gampola by constructing a new building. They are currently petitioning support from the government and from other similar establishments.

As part of our strong commitment to welfare for children, **Hela Sarana** will help to raise necessary funds to help **Meth Sevana** to maintain and improve the level of their services to disabled and impoverished children and their families.

Hela Sarana Continues

Rebuilding The Lives Of Tsunami Victims

Everyone's focus eventually moved away from the biggest disaster ever recorded, the Asian Tsunami of December 26th 2004 but Hela Sarana continued to stand by the hundreds of families who survived and helped to transform many lives.

It was a big challenge for the charity to take on such a mammoth task. We are proud that we were able to provide a sizable emergency relief package of food, drinking water and medical needs immediately and then focused on the long term aim of getting children back to school, building houses and rebuilding lives.

A crisis of this nature has never been seen before and the handling of relief and rehabilitation work was a unique management challenge for Hela Sarana. We sprung into action immediately and have been working tirelessly ever since, from cleaning up the mess left by the ensuing chaos to the execution of a vast amount of planned activities with a substantial coordinated effort. We are grateful to the many thousands who helped our relief effort.

The following will provide a snapshot of our involvement in the tsunami relief.

- The completion of 103 houses.
- Health and hygiene education programme and the erection of 32 Toilets in Baddegama District and the support of Ven Samitha.
- Erection of the School Library in Galle which had been destroyed
- Medical aid to Galle (Karapitiya) Hospital, Matara general hospital and Hambantota hospital.
- Computer Learning Centre at Suriyawewa (3 year project supported by a well known private school in the UK).
- Provided kitchen facilities for an orphanage for girls.
- Restoration of dilapidated non-functioning toilets and the erection of new toilets at a girls school.
- Emergency Relief following a major flood (second worst natural disaster after the Tsunami).
- Model garden with medicinal plants at Peraliya.
- Child sponsorship of over 100 in the southern province ongoing.
- Supported an orphaned children rehabilitation project in Hambantota in conjunction with a leading Sri Lankan Charity, "SILPA", which provides funding for 100 children over a period of 3 years

The need is felt Following a request from a committee member, Hela Sarana agreed to undertake to build a house for Mr. Fernando. The tsunami destroyed his entire livelihood and he is struggling to make a living. He has not yet recovered from this tragic event. He is living in a tin shack with his wife and three girls, one of whom is disabled.

We have allocated £2,500 to build a permanent house for Mr. Fernando. We will build a section of the proposed 2 bed roomed house and this, we hope, will give him the impetus to complete the work. We believe this is a more sustainable and suitable option than a donor driven approach.

Drinking Water

For More Than 400 Families



NEWSLANKA

31 MAY - 2012

Another Hela Sarana funded Project in Sri Lanka

reduction of Fluoride used for drinking water in Sri Lanka is a major concern. As a result, the fluoride levels in the drinking water are a cause for concern.

formed by the community of the village who will be benefited from the processing plant. They will help in the construction of the building and will operate, maintain and be responsible for the security of the plant. The land on which the plant is built is government land or land donated to the GBO as a donation.

Benefits:

The benefits to the country as a whole in providing safe drinking water to these communities are many. Some of them are:

The individual productivity increases because the persons can work for longer hours. The burden on the free health service is reduced.

The family economics improve as the money spent on medical consultations and medicine is reduced. The family health improves, as more funds are available for nutrition.

Cost:

The construction cost of the building (480 sq ft) is Rs 700,000 and the plant, including installation costs Rs 850,000 making a total cost of the project Rs 1.55 million (Pounds 7800.00 @ current exchange rate). Already eleven plants are completed to date, eight with government funding and one with the building funded by the government and the plant by a donation and two plants by donations only. Several plants of the

supporting part of the plant is further enhanced.

Listed below are relevant:

1. Fluoride
2. Excess
3. Skeletal
4. Kidney



A typical building.

water. This plant uses a regulation, where metal coagulation in the of chemicals contaminants removing the water in all

the standard. These plants are constructed in areas where the pipe borne water and water from any other source is not up to standard as regards fluoride and hardness.

Consumer perception:

The first plant was set up in August 2010 at Asokamalagama in the Mahanachchiya irrigation scheme in



A section of the plant

Many people living in the dry zone (a water-stressed area) have been experiencing erratic seasonal water availability. Due to the high rates of land degradation coupled with chronic poverty, these people are facing a fresh-water crisis. Many are also suffering from several diseases due to water hardness and the presence of fluorides and other minerals in the drinking water.

As a result of research work carried out by Mr W.M. Jayawardane, a civil engineer with the Institute of Research and Development in Sri Lanka, a solution has been found in a water processing system which produces clean drinking water without the use of chemicals. The Hela Sarana charity funded such a water purification plant and this was built in the village of Ulukkulama in the District of Vavunia for a total cost of £7,550. Four people are employed to operate and maintain the plant and 1500 litres of water are issued each day to the people. This plant has been extremely beneficial for the improvement of the health of the people living in the village.

In Honour of the Memory Of Loved Ones



We fondly remember Mrs Maglin Silva who passed away on 26th February 2011 and Mr. Wimal Perera who passed away on 09th October 2011.

Their families have sent a donation to their favourite charity, Hela Sarana, asking us to support Maharagama Cancer hospital in Sri Lanka. Hela Sarana received the sum of £ 750.00 with gratitude and we wish to honour their memory.

Maharagama hospital is a treatment centre exclusively for cancer patients. We will use this fund in a meaningful way to support both people living with cancer and their families who are also affected by their condition.

Funding To UKSLTG

The UK – Sri Lanka Trauma Group is a non political charity (Reg. Charity 10747460) whose aim is to support people with traumatic stress disorders. They provide trauma recovery programmes in collaboration with their expertise centre 'SAMUTHHANA' based in Sri Lanka. Hela Sarana donated £1000 to UKSLT for their proposed programme to empower and upgrade the lives of disabled soldiers.

Flood Relief Programme 2012 .

This was the most devastating floods in the history of Sri Lanka.

More than a million people had lost everything. 15 districts of the North, North Central and East of Sri Lanka had been affected. Even today, many people continue to suffer. Sadly, children are the most affected.

Despite all these difficult circumstances the parents' main concern was the welfare of their children and to get those children attending schools back into the classroom. The children had lost everything, including all the educational materials they had ever possessed.

In view of the helpless condition of the victims in relief camps, Hela Sarana decided to provide them with the most essential items. The charity responded immediately and released £5000 for the relief operation.

Parents valued the gift of 2000 exercise books they received from Hela Sarana.

No matter how small this may seem, it helped to get the children motivated. Their education may have been rudely interrupted but this gift helped to get them started again.

The most essential items needed to bring the victims a minimum of comfort were deemed to be sleeping mats, pillows, towels, soap, pain relief balm, candles, plastic buckets and drinking water.

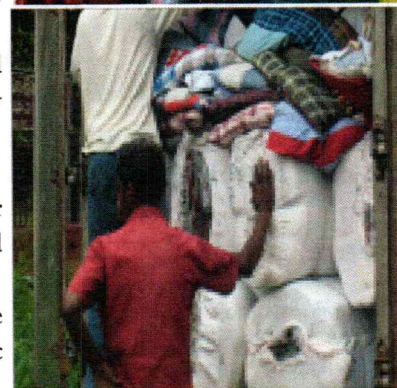
Our sincere gratitude to three Hela Sarana officers and local voluntary groups who shouldered the immense task of distributing items to more than 1050 victims' families.

The relief goods were trucked from Colombo to three main relief camps in Anuradhapura, Polonnaruwa and Batticaloa. From there, onward distribution to 9 relief camps via a jeep, two 3-wheelers and various other means including carrying by hand.

Transportation of goods over 1000 km to isolated relief camps, was one of the key challenges faced by the volunteers. Torrential rain and poor infrastructure made the transport and distribution more difficult.

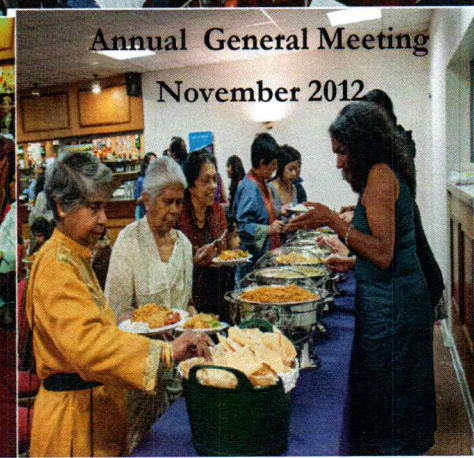
We would like to express our gratitude for your support and trust in us.

Your contributions have enabled Hela Sarana to provide care and comfort to 1050 flood victims and their families.



Flavour of the Events In 2012/13.

More than 1000 attended Over £7000 raised



Hela Sarana - The Small Charity With The Big Heart

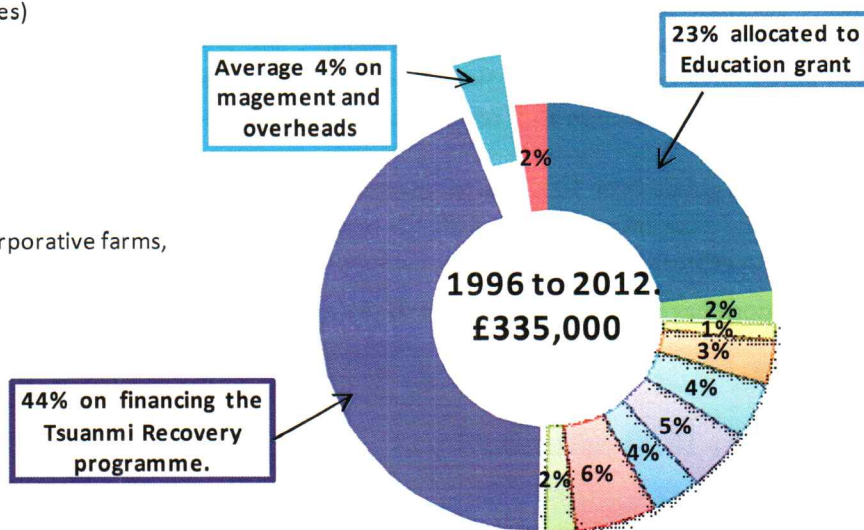


For over 16 years the charity has been improving the quality of life for thousands of children and families in Sri Lanka. **Working for children is our main goal.** At the end of the 2012 academic year our charity has **provided over 28,800 education grants.** In addition, programme **funding for the care and welfare projects** also remains an important part of the charity's work. **40 such programmes** ranging from immediate relief to long term support through educational, technical, livelihood development, health and public health sanitary programmes had been successfully completed by the end of August 2012. (the charity's financial year).

To date, your contribution has exceeded over £ 335,000. Tsunami recovery programme concluded in 2010 (see page 5) which also provided similar services to more than thousands of families and children.

- Education (grants)
- Building Projects (Shelter)
- Building Projects (School and Libraies)
- Building Projects(Children Orphanages)
- Clean Water
- Sanitary and Public Health
- Health
- Livelyhood Projects (iirigation , coorporative farms, microfinance)
- Emergency Relief
- Tsunami Recovery
- Mangement and overheads
- Welfare

100% of your contribution used wisely and effectively.



We are absolutely committed for best use of your contribution and maintain high standard and only spend an **average 4% on overheads.**

The executive committee, consisting of 17 volunteers in the UK and 3 volunteers in Sri Lanka are responsible for management and organising the activities of the charity. The funds are being raised mainly in the UK to carry out the activities. The charity employs **two part time workers** to oversee the field work.

We are transparent and accountable by being following the guide lines of the charity commission and presenting the annual reports regularly.

**Thank you for your continued support over the years.
We rely on you to aid our huge commitment for 2013 and beyond.**

We are on face book

Visit our new look web site: helasarana.org

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