

S~H~A~R~E

SAHARASINHE HEALTHCARE ASSISTANCE AND REHABILITATION FOR THE ELDERLY
FOUNDATION

United Kingdom Registered Charity No. 1092836. Approved Charity by Gazette No1460 in Sri Lanka.

Newsletter June 2015

Message from the Founder



Dear Friends,

Nursing the sick and caring for the underprivileged and poor is precisely what the multidisciplinary staff and the volunteers of SHARE Foundation have committed and devoted themselves to do. SHARE helps the poor to rediscover their human worth and sense of dignity.

While many challenges remain, I am encouraged and proud that SHARE has delivered a dedicated humanitarian service for 15 years now. My motivation comes from my belief in God's divine intervention.

It gives me great pleasure to welcome you and share and update you on all our events and news from 2015. We have delivered another strong performance as a small charity for the past year. We have continued to place our beneficiaries' interests and needs first and to give quality care with efficiency and dedication. You will also be pleased to know that we have done exceptionally well this year in terms of fundraising and have welcomed a number of new and supportive donors.

It has been our privilege to extend a helping hand and support to so many unfortunate and forgotten people. I wish to express my sincere gratitude to all of you who assist us and continue to show your support and generosity by helping us to accomplish our mission.

Thank you

Celine Saharasinhe

Committed Giving

Setting up a monthly, quarterly or yearly standing order is the easiest way to make a donation to the Foundation. A regular gift makes it easier for the Foundation to predict its income and therefore direct its resources more effectively.

Gift aid it

PLEASE note - we can claim an extra 25 pence on each pound donated.

Forms can be requested from SHARE on 020 8906 1227 or downloading from website www.sharesrilanka.org

Please help us to help the poor.

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Tsunami – 10 years on

On the 26th December 2004, Indonesia was hit by a 9.2 Magnitude earthquake which also triggered the South East Asia tsunami causing devastation in its wake. That day, over 230,000 people lost their lives. For some, life changed in an instant. In Sri Lanka there are very few families who were not affected in some way by the tragedy. Those who perished may be gone, but they are certainly not forgotten.... Least of all on this 10th anniversary.

SHARE Foundation was to launch its second project in Paiyagala, a small coastal town, when I was en route from Colombo to attend a committee meeting, when the Tsunami struck. We have never seen anything like this in our lifetimes. The opening of the Paiyagala project was delayed while we, SHARE team set to work on emergency relief operations, caring for sick and injured victims. There was so much devastation. No one really knew where to begin. The relief effort was vast, but the



generosity of mankind came through in the immediate aftermath. For those who may have been 'lucky' to survive and have lost everything, everyday became a battle for survival. SHARE relief efforts came as an emergency medical assistance and a rehabilitation project. Provision of food and drinking water, collaboration with other local initiatives meant housing projects, fisherman were provided with bright yellow SHARE boats and fishing nets, local grocery shops were rebuilt, three wheelers, bicycles and sewing machines were some of the many donations from SHARE. All this meant that I also had a task that was immense, to evaluate who was really most in need among these desperate cases. Now ten years on, it is reassuring to see the development, confidence and positivity in the region as well as in the people. They have gradually returned to the water, after fear left them paralysed for so long and the smiles have returned to the faces.

Community Nursing Service

We give holistic care to the poor, elderly, terminally ill, and the physically and mentally disabled. We support and assist the individuals in their needs. We are committed to ensuring each individual's right to dignity and respect.

Sri Lanka experience – by a retired practice nurse from London



In May, I was privileged to spend a month with Celine, her staff, the volunteers and all the people who are involved with the SHARE Foundation project.

On our first day, we visited Kotahena, where there were slums and a desolate

area partly bulldozed for new social housing – litter, goats, stray dogs, chickens, homes are shacks with asbestos roofs and no doors, a canal, little more than an open sewer runs alongside these slums. We attended a medical Clinic in the same area. It was in a small room with no running water. We were all crowded in there; 3 nurses, myself, Celine, two volunteer Australian doctors, two healthcare assistants and the Manager, who translated for the patients, one fan.

The temperature was around 34 degrees and very humid. Thankfully, we had some bottled water to drink. During the clinic session, all the members of the team were assisting patients, around a hundred in total, checking blood pressure, blood glucose and the assessments prior to being seen by the doctors. Patients were a mixture of Tamil Muslims and Sinhalese. All managed to squeeze in slowly through the clinic. Diabetes, hypertension, chest infections and kidney disease were some problems in the elderly and infirm and I also met with patients who suffered with tuberculosis and leprosy.

There were unforgettable moments when we visited the other two projects as well, one has been the day centre attended by children and adults with physical and learning difficulties. I also observed a polluted water hole where people still have to obtain water after a long walk in the heat.

One of SHARE's projects is at Anuradhapura General Hospital in the Northern Central Province where patients visit for Renal dialysis, where they lay in the corridor on pieces of cardboard awaiting their treatment. As prevention for this Chronic Kidney Disease, SHARE is building sky water tanks for chosen families for drinking purposes. I feel the donations received to build these tanks are well utilized and a step in the right direction.

The dedication of Celine and her staff to the enormous task have is impressive and they all keep smiling!

Jane Golding

Future Events

26th September 2015

Annual Fundraising Dinner, Mill Hill

A Huge Thank You

1. Rangoonwala Foundation for their commitment for funding for the Kotahena Project for 2015 and continuing for 2016.
2. The Philip King Charitable Trust for their continuous funding for 2015.
3. Swiss Ladies Charity Charity Circle for their continuous financial assistance for meals-on-wheels service for Kalutara for year 2015.
4. Sukitha Child Trust for giving a helping hand for the Kalutara Project and part funding our Community Day Centre.
5. Beatrice Laing Trust for Funding a Mobile Clinic expenses for 2015.

To those donors who set up standing orders, giving us the assurance of regular income, thus enabling us to plan the future.

And many others for their generous regular donations and continuous support to maintain our Nursing Service in Sri Lanka.

Thank you and God bless you.

A Big Thank You to everyone who came to support the **Sri Lankan Fundraiser for SHARE Foundation at BRASSERIE LE BEC, Verbier, Switzerland in February 2015**. Special thanks to Melody, Rowena and the donors of the amazing raffle prizes.



SHARE Annual Sponsored walk on Sunday the 17th May

It was a bright and clear morning and the Provincial House in Mill Hill was full of activity, as all folk gathered there to start off the Fundraising walk.



Although the people gathered to walk were not many, they did not lack any zeal and set off with strong hearts and strong wills.

We have raised £1,183. Thank you all.

Please find and "Like" our Facebook page
<https://www.facebook.com/pages/SHARE-Foundation/570892443030066?fref=ts>