

AFRICAN PROGRAMS PARTNERSHIP



THE CHILD RESCUE CENTRE



MERCY HOSPITAL



HELPING CHILDREN WORLDWIDE

FEBRUARY 2011
WWW.HELPINGCHILDRENWORLDWIDE.ORG

Providing HOPE to impoverished children, their families, and their communities.

Mercy Hospital & the Miracle Food That Treats Malnutrition

Since launching the nutrition program in August 2010, the staff of Mercy has found 30% of children under five to be malnourished. Chronic malnutrition increases children's risk of contracting infectious disease, lowers their energy, impairs their mental function and results in a downward spiral from which it is difficult to recover, and often results in death. Sierra Leone has one of the highest under-five mortality rates in the world, with more than 25% of children dying before their fifth birthday. This heartbreaking situation doesn't have to continue, and Mercy has launched a very effective nutrition program to rescue children at risk from malnutrition.

In the past, childhood malnutrition was treated by administering a powdered milk formula fortified with vitamins. The formula required clean water and refrigeration, both rare commodities in the developing world. Enter a nutritional miracle called Plumpy'nut, a "ready to use therapeutic food" (RUTF) that is shelf stable, easy to produce, packed with nutrition, and easy for children to eat since they can feed themselves the soft paste. The main ingredient, peanuts, are high in mono-unsaturated fats, easy to digest and very high in calories, delivering lots of energy from small amounts, important because malnutrition shrinks the stomach. Peanuts are rich in zinc and protein which boost the immune system and aid long bone growth and muscle development. Mercy Hospital

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Leadership Skills Honed as CRC College Student Trains Children and Staff in Computer Safety

Several CRC youth returned to the CRC to help with the residential children during the Christmas break. In addition to CRC youth, six college students from the U.S. were part of a visiting team that also enjoyed many activities with the children. One of the CRC college students, Abdulai Swaray, showed some of his growing leadership skills by developing a training presentation to teach CRC residents and staff the basics of computer and Internet operation and safety. He worked collaboratively with the U.S. students to include significant topics on Internet safety.

The CRC children and the staff joined the U.S. team in the Great

Abdulai, pictured below with volunteer Anna, taught the CRC kids a computer safety class in December.



Hall to hear Abdulai's presentation. Abdulai is a student at Fourabay College, studying information technology. With some very concise explanations, he was able to share his knowledge of computers and the Internet. Abdulai is a wonderful example of a

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administers Plumpy'nut along with Benemix, another nutritional supplement that combines locally grown beans and rice with sugar, salt and vitamins. The nutrition program gives mothers of enrolled children a 2-week supply, which is enough to keep the children growing while discouraging families from selling the supplements.

Plumpy'nut therapy averages 6-7 weeks with an evaluation every two weeks. Mothers can easily feed their children at home, so there is no need for a hospital stay. Studies show that 80% of children treated reach their "weight for height" goal after just 12 weeks.



Right: Plumpy'nut factory in Freetown, Sierra Leone.

Spotlight on our new Child Rescue Centre Program Chair

Lara Brittain, the new chair of CRC Programs, is a high school choir director and church musician. She earned a Bachelor of Music Education from James Madison University in Harrisonburg, Virginia, and a Master of Music Education from Ithaca College in New York.

Lara has spent her career using her organizational, leadership, and musical skills to create quality music with people of all ages. She began her career as a choral director at C.D. Hylton High School in Woodbridge, VA in 1993. In September of 2000, she became the founding choral director and Music Department Chair for Forest Park High School, also in Woodbridge. As a resident of Stafford, VA, Ms. Brittain finds great joy as a leader of the four choirs at Ebenezer United Methodist Church. Following God's call on January 1, 2011 Lara took on the role as the new Chairperson of CRC Programs.



Lara, pictured at right with Aruna, during the July 2010 mission trip to the CRC

2011 Summer Mission Trips to the CRC:

Teachers and Teachers-at-Heart who are feeling the call: The application deadline has been extended to March 20th for the 2011 UMVIM teams to the CRC in Bo, Sierra Leone. Two teams travel for approximately 2 weeks each, mid-July to mid-August 2011 delivering learning enrichment programs as well as other projects such as IT, finance, and light construction. Please online at: <http://tiny.cc/CRCMercyApplication>.

Employment Opportunity at Helping Children Worldwide Helping Children Worldwide is seeking qualified applicants for the position of African Programs Director to oversee the programmatic and financial aspects of the African Programs Division of Helping Children Worldwide, including the Child Rescue Centre and Mercy Hospital in Bo, Sierra Leone. For the full job description, please go to: www.helpingchildrenworldwide.org/contact-us/employment/

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CRC student who has gained education through the Post-Secondary Education program, and is giving back to the CRC. He not only is learning a marketable skill, but he is setting an example for the younger children at the CRC.

Right: December UMVIM team with CRC kids



TWO GREAT RACES IN VA & TEXAS, ONE GREAT CAUSE

Galilee UMC and Colleyville UMC are each holding their **Annual Run/Walk events to benefit the Child Rescue Centre on Saturday April 9th, 2011**, starting at 8 am.

For those of you in Northern Virginia, we hope you will join Galilee UMC's event. The run starts and finishes at the church, which is located at 45425 Winding Road in Sterling. The 5K run starts at 8 am, with the 1 mile walk starting at 8:05 am. You can register online at www.active.com (search for crc benefit.)



Please join one of these great events Sat, April 9th!

If you live in the Dallas/Fort-Worth area you can participate in Colleyville UMC's event. The 1 mile event begins at 8:00 am, with the 5k event starting at 8:30 am. For more information, please visit their website at www.fumccolleyville.org/event.

The proceeds of both of these fun, family-friendly events benefit the Child Rescue Centre. For more details on these runs please visit us online at www.helpingchildrenworldwide.org and click on "Events."

UPCOMING EVENTS

- HCW African Programs Partnership will hold the **Annual CRC & Mercy Celebration Dinner** on May 14th at Floris UMC. More details available soon at www.helpingchildrenworldwide.org, click on "Events."
- **AP Quarterly Partnership Meetings will be held** on May 15th, September 25th and December 4th from 2:00pm-4:00pm.
- **CRC Benefit Golf Tournament** will be on Monday, September 26th at 1757 Golf Club in Ashburn, VA.