

Hands & Heart

EDITION 1 | NOVEMBER 2020



Cabrini
OUTREACH



Welcome

to the first edition of Hands and Heart – our brand new newsletter. Each quarter,

we'll be delivering the latest Cabrini Outreach news and stories to you, our cherished partners, collaborators and supporters. We can't wait to share them with you.

While our newsletter is new, Cabrini Outreach is not. We've been supporting vulnerable and disadvantaged people in Australia and around the world for more than 25 years.

Cabrini Outreach is a community development organisation and member of an international family of services inspired by the spirit and vision of Mother Cabrini and the Missionary Sisters of the Sacred Heart of Jesus.

Addressing the social determinants of health is at the heart of our mandate to seek social justice, alleviate social inequality and enable better health care for people seeking asylum and those experiencing entrenched disadvantage in Australia and overseas.

Importantly, we know we can't do this work alone. It is you – our partners, collaborators, supporters and recipients of our services – who bring wisdom, experience, insight and resources so that together we can improve health care in Australia and around the globe.

Thank you for being part of our journey.

Cath Garner
Chief of Operations



Intervening early can set life's trajectory on a new course.

Child malnutrition is common in Ethiopia but as this account demonstrates, the right support and resources coupled with collaborative service delivery and compassionate care can change how the story ends.

Cabrini Outreach partners with our sister-organisation, St Mary's Hospital in Dubbo, to improve health and wellbeing outcomes for women and children in rural Ethiopia.

St Mary's Hospital sees many cases of child malnutrition, like little Ayana*, who was admitted to the hospital at 18 months of age, weighing only 5.1kg. On arrival, Ayana was showing signs of dehydration and severe body wasting, and was not meeting any of her developmental milestones.

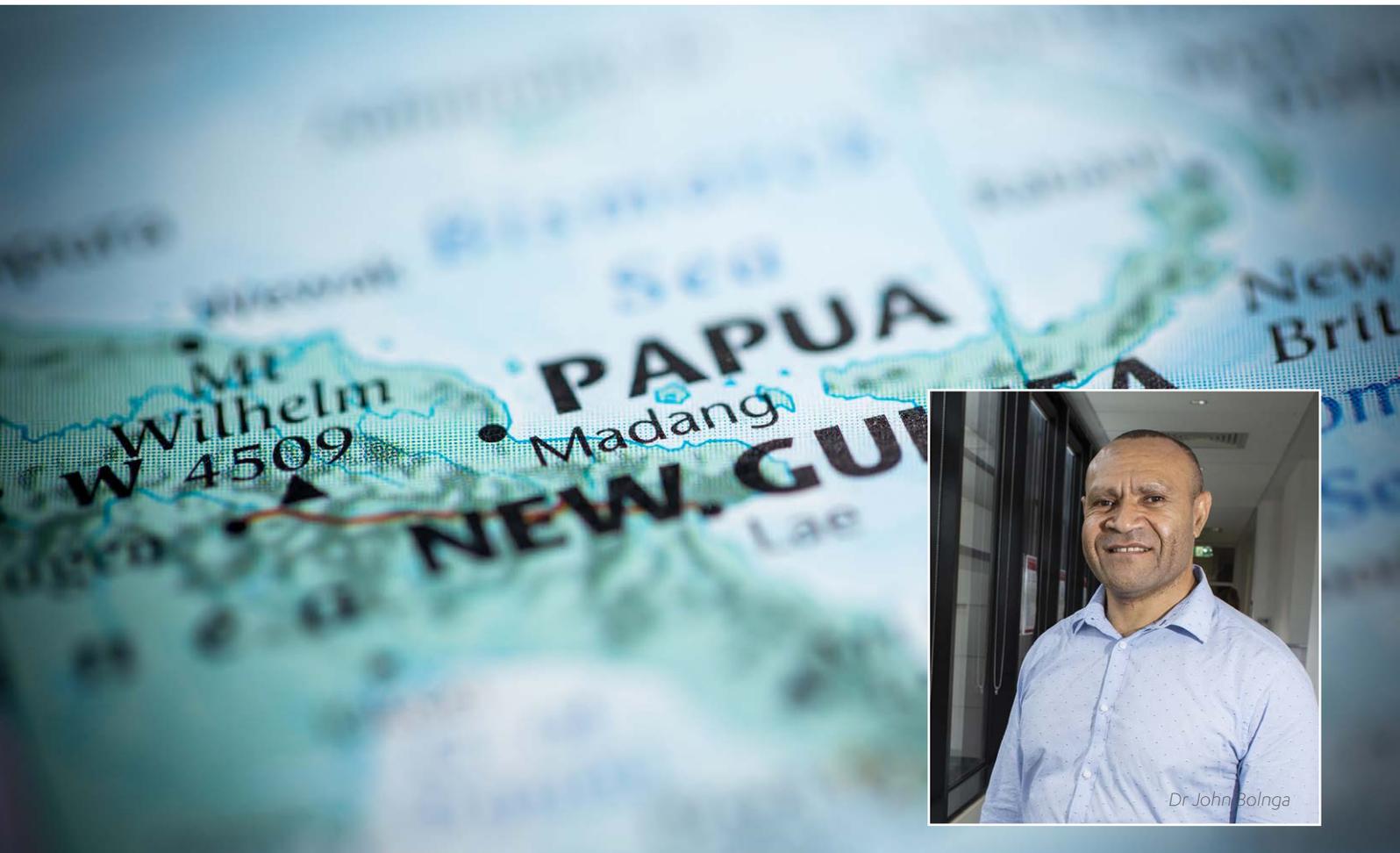
With grant funding from Cabrini Outreach, St Mary's began treatment for malnutrition. After two weeks, Ayana was transferred to the Baby Jesus Center of Life, run by Cabrini

Ministries Ethiopia, for close monitoring and follow-up. At the same time, Ayana's mother received education on how to use locally available food to ensure Ayana receives a well-balanced diet.

By 22 months of age, Ayana had gained 8kgs, and started smiling and interacting with the other children in the centre. She could move her legs, roll over, reach for toys and lift her head without assistance. At 24 months, Ayana could sit up unassisted and had started crawling.

Ayana's mother is now looking forward to watching her take her first steps.

**Name changed to protect identity*



Dr John Bolnga

PREVENTABLE [PRI-VENT-ABLE]: ABLE TO BE PREVENTED

Up to 93% of cervical cancers are preventable. A combination of vaccination and screening has halved the rate of diagnoses and deaths for Australian women since 1991 and increased 5 year survival rates to 74%. For the women of Papua New Guinea however, the story is vastly different.

Papua New Guinea (PNG) has among the highest estimated burden of cervical cancer cases and deaths globally. Cervical cancer is the most common cancer diagnosis for females in PNG, and more than 1000 women die each year from the disease.

Fortunately, a doctor in PNG has taken up the fight against this insidious disease and, together with the PNG Institute of Medical Research (PNGIMR) and the Kirby Institute at UNSW Sydney, we're doing all we can to back him.

Dr John Bolnga sees the best and the worst of life for women in PNG. As the Head of Obstetrics and Gynaecology Services at the provincial referral hospital in Madang Province, Dr Bolnga has chosen to dedicate his life to improving outcomes for women and girls in PNG and this includes tackling cervical cancer – a cancer that the World Health Organisation is seeking to eliminate globally by 2030.

In 2012, a partnership was formed between Dr Bolnga, Dr Andrew Vallely from PNGIMR and the Kirby Institute, and Professor Glen Mola from the University of PNG, to carry out research on cervical cancer in PNG.

The research program was designed to determine whether a new method of screening could identify and treat women with cervical pre-cancer to reduce the high rates of mortality from cervical cancer.

The research found that the new 'test and treat' method was able to appropriately treat at least 95% of all women with high-grade disease, which was a substantially better result than other screening methods currently used in countries with low medical resources.

We have worked with Madang Hospital, PNG since 2005 to strengthen health services in the Province, and so we have been thrilled to see the results of this cervical cancer research. We are hopeful as the research transitions into an ongoing screening program that we will soon start to see declining cervical cancer mortality rates in PNG, consistent with our aim to improve the health of women and children in low resource countries.

WHEN THE WORLD WAS GETTING US DOWN, OUR VOLUNTEERS STEPPED UP

When the Victorian Government announced that the wearing of face masks would be mandatory outside of the home for all Victorians, there was a rush to secure boxes of disposable masks, material and elastic.



But what happens when you can barely afford to pay for food and rent? What do you forego in order to purchase the masks that are going to prevent you from getting sick, or from getting a fine you can't afford?

When it was announced that masks were to be mandated, Cabrini Outreach organised a 48 hour emergency appeal to raise funds for the supply of face masks to all clients and their families of Cabrini Outreach asylum seeker health programs. There was just one problem; most fabric mask suppliers were out of stock due to the overwhelming community demand.

The support of Pamela Wood, Cabrini's Volunteer Services Manager, was enlisted. She reached out to Cabrini volunteers and used a community page to enlist support from others in the south-eastern suburbs. All up, more than 30 people took up the sewing challenge.

This response, at a time when so many were already dealing with immense challenges, was particularly touching. The generosity of our volunteer sewing champions has had a huge impact on the lives of our clients, many of whom do not have access to government income support and are relying on material aid from welfare agencies to survive. Now, our clients can safely leave their homes to seek out food, health care and other emergency supplies. We and our clients are immensely grateful for the care and compassion shown by others.

I WOULD LIKE TO
support CABRINI
OUTREACH

Here is my donation of:

\$ _____

My donation is:

Once off Monthly

My payment details are:

Please debit my:

Visa Mastercard AMEX

Card number: _____

Expires: / _____

Card holder name: _____

Signature: _____

- OR, Enclosed cheque/money order payable to Cabrini Outreach
- Please contact me about leaving a Bequest to Cabrini Outreach.

Phone: _____

Please direct my donation to:

My details are:

Title: _____ First name: _____

Surname: _____

Address: _____

Suburb/Town: _____

Phone: _____

Email: _____

SEND WARM WISHES...
AND MAKE A DIFFERENCE



Purchase your Christmas cards and gift tags for the 2020 festive season through Cabrini Outreach and you'll be helping us support some of the most vulnerable and disadvantaged people in Australia and overseas.

Your purchase of Christmas cards and gift tags will help us break the cycle of intergenerational disadvantage. Funds raised enable us to invest in health-focused community development projects across Australia, Papua New Guinea, Eswatini (Swaziland) and Ethiopia. These programs include providing comprehensive primary health care, specialist mental health care and pharmaceutical subsidies for people seeking asylum, establishing research and clinical practices to reduce high infant and maternal mortality rates in our developing partner countries, and providing clinical education and training for international healthcare workers to build developing country capacity.

Your gift for others is a gift for us!

To purchase Christmas cards and gift tags, please visit www.cabrinioutreach.com.au or phone +61 3 9508 3532.



Thank you FOR YOUR SUPPORT

A big thank you to our incredible supporters who donated over \$6,000 to our COVID-19 emergency appeal.

Your donations went directly to supporting the health care of people seeking asylum in the Victorian community. Many people seeking asylum who are living in our communities have lost their jobs as a result of the pandemic, and they are not eligible for government income

support. As a result, they are facing destitution and homelessness.

Thank you for your compassion and generosity during this challenging time. Your donations have enabled us to provide much-needed primary care and specialist mental health care.



www.cabrinioutreach.com.au