



We are here to help!

As a charity, we aim to provide solutions and provision which will enable better Health and Wellbeing.

Why do we care about Health?

1 John 4:19 We love because he first loved us. We want to express the love of God through all we do. Therefore we care about every aspect and detail of those who come to us for aid. Health is extremely important. Health contributes to the happiness and wellbeing of an individual. We would like to improve the quality of life for others, health being one of those areas, which you will find out more about in this presentation.

Plan of action for these areas

- Poverty
- Physical
- Mental
- Spiritual
- Family

Poverty



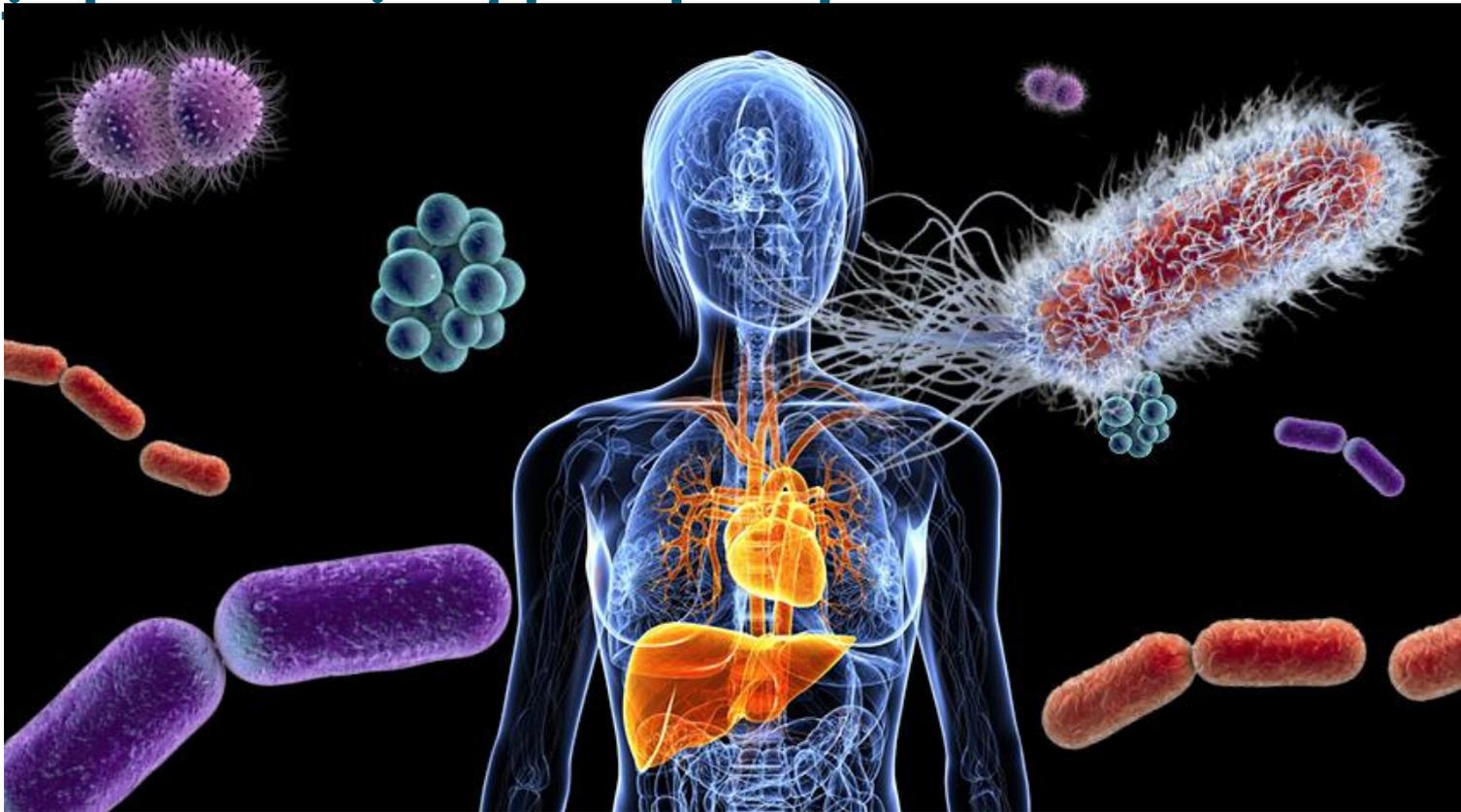
<http://www.goeringo.com/wp-content/uploads/Shoeless-in-ET.jpg>

Poverty has such a huge impact on health. Many diseases come about because of poor living accommodations, poor hygiene and not having access to health care. Poor living conditions attract parasites, viruses and bacteria which bring about sickness. Poor hygiene and inadequate sanitation opens the door to diseases. No access to health care and medication means there is no way of battling or overcoming sickness. People who therefore struggle with ill health, in poverty also have financial burdens, as they may not be able to go to work, which then puts further strain on the family unit. This can result in orphaned children, not being able to attend school then makes it harder for them to get a good paying job and better themselves.

How do we tackle poverty from a health perspective?

One of the ways we plan to tackle poverty is by providing health care and access to medication to those who cannot get it or afford it due to debilitating health reasons or financial reasons. As a charity we want to be an advocate to help even the poorest get access to the things they need. Not only do we plan to provide the practical things but we aim to educate those who live in poorer community so they can adapt better lifestyle changes which promotes better health. There will also be food banks to ensure that people get access to food.

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Sickness in the body

Having an illness which affects the body physically can be heart breaking and miserable for some. An illness in the body can affect the normal day to day lives of people. It can inhibit someone from going work, walking and even the ability to care for themselves or their loved ones. Sickness in the body can also affect people on a mental level for e.g not being able to do “normal” things or a deformity in the body can affect self esteem and bring about a sense of hopelessness. Some illnesses also come with great pain, not only causing discomfort but, it can also cause financial strain due to medical bills etc.

How do we plan to tackle sickness in the body?

As a charity we plan to provide healthcare and medication to those who are battling with sickness in the physical. This would be done by opening pharmacies, health centres and having a team who would be available for looking after and treating those who need care.

Mental Health



Mental health

Mental health is such a huge issue at the moment.

People spent years being oppressed and not being able to speak about it. We now live in a decade where we are now ready to talk about it and deal with the stigma attached. Being mentally sick can bring about a strain on the individual and those around them.

Those who struggle with a mental illness struggle to carry out everyday activities and tasks, the most simple thing becomes a mountain. These individuals can feel so trapped in their mind, with no idea how to escape. On very extreme occasions the person may be reduced to thinking that suicide is the only escape, or their thoughts take over leaving them with no control which can become a threat to themselves (self harm) or to even loved ones.

How do we plan to tackle mental health?

As a charity we plan to tackle mental health by providing counsel, a safe place, friendship, mentoring, and workshops which guide people to better and healthier ways of thinking and being. We would even like to be an advocate to help the person get medication or make the steps necessary in order to receive the help they need. We want to provide a light to those who are in the dark and let those we come into contact know that they are not alone or trapped.

Spiritual



Spiritual health is very important. Spiritual health has direct impact on the mind and the body. Beliefs are extremely important in who a person is and what they place their identity in. If a person has extremely negative spiritual beliefs or open themselves to certain rituals, or way of being it can have direct access to how they feel mentally and physically. What a person allows in affects them on a whole, if a person is doing well spiritually, they are more likely to achieve and have a positive outlook on life.

How do we plan to improve spiritual health?

As a charity who is grounded and committed to our belief of “in the world not of it”. We take spiritual health seriously. There will be workshops on with the aim to offer teachings, guidance, deliverance, inner healing and prayer for those who need it. There will also be services that people can attend if they wish. We aim to help others find freedom and purpose in a world that is broken and full of darkness. We believe that Jesus is the way, the truth and the life (John 14:6). We believe that God so loved the world that he sent his only begotten son, that whosoever believeth in him will not perish but have eternal life (John 3:16). Our wish is that every individual will come to know that they are loved, therefore healing all aspects of the soul as they find identity in God.

Family promotes better wellbeing



“Stress process theory suggests that the positive and negative aspects of relationships can have a large impact on the well-being of individuals. Family relationships provide resources that can help an individual cope with stress, engage in healthier behaviours, and enhance self-esteem, leading to higher well-being. ”

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Why is family important to us?

As a charity we believe that relationships are key. We can never replace family members but we aim to provide a safe place for the lonely, broken, and the lost regardless of age. We aim to do our best to aid the wellbeing of those that are in our care. We plan to do this by providing care for the elderly, by having volunteers who would be willing to look after the elderly, or provide help to those who may be orphaned or even homeless.

Those are the main areas we aim to provide aid and shine a light to those in the darkness when it comes to health and wellbeing. Our principles and views are from a biblical and practical approach with the person of care in mind.