

Acts That Matter

Catherine Hope Foundation

www.catherinehopefoundation.org / @cathyforj / @catherinehopefoundation



Contents

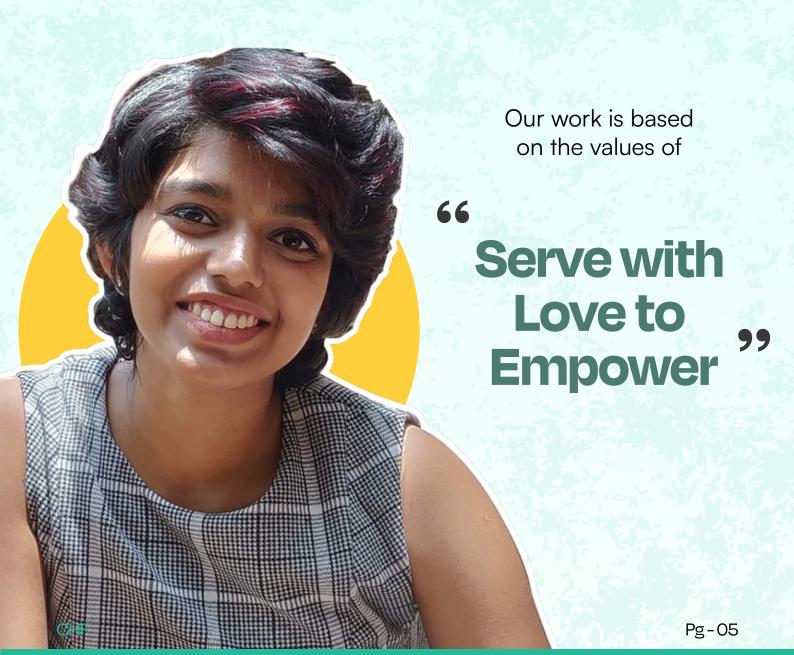
01	Our Vision, Mission and Values	4.5	Women Empowerment Programme
02	From the Founders' Desk	4.6	Flood Relief Support
03	Our Future Goals and Endeavours	05	No. of Beneficiaries
04	Acts That Matter	06	Note from Staff
4.1	Cancer Warriors' Care Programme	07	Note from Intern
4.2	Differently-Abled Empowerment Programme	08	Note from Benefactor
4.3	Catherine Hope Center, Ennore	09	Thank you to Donors
4.4	Widows Welfare Programme	10	Bank Details
		11	2023 in Pictures

Our Vision, Mission and Values



Our Vision, Mission and Values

Catherine Hope Foundation (CHF) was established in honour of our beloved daughter Catherine, who bravely fought osteosarcoma from age 14 until her passing away at 17, leaving a lasting legacy of hope and inspiration. Through all her pain and suffering, she never let the obstacles of life deter her, but radiated love, joy, and hope. Carrying forward Catherine's vision to help and uplift others, CHF encourages every individual to align the power, passion and purpose inside of them, so that they can live their lives to the fullest. Our mission is to "To serve with a gentle and compassionate heart, to lift up the downtrodden and bring true transformation in individuals, leading to depression-free and healthy communities".



From The Founders' Desk

From The Founders' Desk





As we start another new year, we look back at 2023 and remember with gratitude the marvellous works, through the Catherine Hope Foundation.

We began by sharing our daughter Catherine's inspiring story at youth conferences, events, and in one-on-one conversations, igniting hope in the hearts of many and opening doors to new opportunities.









Catherine Hope Center at Ennore faced a significant challenge with the old building, which had several cracks on the roof, causing severe water leakages every monsoon season. The staff and students' lives were at risk each day, and a beam even collapsed with staff still inside. This made it imperative to find a new location. Soon, we found a plot of land near the Center and could proceed towards buying it. At that time, when we had very little funds, all provisions for Rs.75 lacs were arranged through many benevolent minds from various known and unknown quarters to be able to buy it. We are grateful to all our brothers and sisters who have sacrificially lent a hand amidst their very tough circumstances. It is indeed, a huge surprise to think and remember how all processes smoothly underwent in just three months' time.

Our staff at Ennore have found a big change and impact in the lives of all the children who attend the tuitions arranged for them on a regular basis. These children not only learn their subjects but are also attending computer, spoken english and music classes, thereby getting an all-round development. They have been studying really well. and are truly blessed. In the Change Ambassadors Programme also, we have found several children showing remarkable changes in their character. This has been very impactful in their lives.

The Cancer Warriors' Care Programme has seen many life-changing experiences where CHF met young cancer patients, understood their needs, and eased their pain with small acts of help. This is one of our most challenging programmes, as we lost many wonderful people to cancer, including Gaurishankar and Sunny. We especially remember Sunny with a heavy heart, having shared pleasant experiences with him, like taking him to the mall and buying him new clothes and food. Moving from fond memories with Sunny to the seasonal downpour during the monsoon, CHF proactively distributed umbrellas and tarpaulin sheets to shelter our cancer patients living on the streets. Every time we visit, we spend ample time talking to patients individually, listening to their pain and sorrows. We distributed dry fruits and protein powders and also helped with accommodation. Despite losing many beautiful people, we still hopefully grab every opportunity to reach them through various activities like the "Beat the Heat" campaign, monsoon relief distribution, and covering chemo, radiation, and surgery expenses for many patients.

During our interactions with children at the Catherine Hope Center, Ennore, we observed that many were unable to have proper food due to alcoholic fathers who don't provide for their families. The mothers and children are physically and emotionally abused, leaving them with little means to have a proper meal. We desired that no one should go to bed hungry. We also felt the need to empower women with skills, strength, and confidence to handle tough circumstances. After thoughtful discussions, we launched the Women Empowerment Programme on International Women's Day 2023, training women in jewellery making with semi-precious stones like Agate, Turquoise, and Lapis Lazuli.

Our Differently-Abled Empowerment Programme deepened our understanding and relationship with our differently-abled beneficiaries, who are often unnoticed in this busy world. As we got closer to them, we realized how lonely they were. Many had never ventured outside their homes for years and never visited places like the beach. So, we decided to take them on a picnic to experience the beach. CHF planned a wonderful Marina Joy-Outing for our differently-abled beneficiaries in Chennai.









It was a joyous day with our beneficiaries, staff, and volunteers, who joined hands to spread awareness against depression and distributed pamphlets. The most touching sight was our young Regina, who distributed pamphlets on her own, sitting in her wheelchair. Fun was boundless with games and the excitement of dipping their feet in the waters at the seashore. It was a first-time experience for many, with hearts filled with hope and joy. Silormani was overjoyed, as after 25 years, she had finally ventured out of her house. The Healthy Grains Programme has been fruitful, as we have been able to provide a kit of healthy grains and nuts monthly to children with special needs and very poor differently-abled beneficiaries in Ennore and Dindigul.

There is no doubt that this year was phenomenal for everyone. We are immensely grateful to all of you for your continuous support, which has been instrumental in reaching out deeply to all those in need. We wish the same for you in the year ahead and hope to have your continued support and contributions to meet all the needs and keep our work going for all the needy and sorrowful.

Our Future Goals and Endeavours

Our Future Goals and Endeavours



Following the success of our medical camp and Healthy Grains Programme, which have yielded significant improvements in the lives of our differently-abled beneficiaries, we aim to organize a physiotherapy camp to further support their well-being. This initiative is in response to numerous requests from individuals who have personally approached us with their needs. We are thrilled to see our beneficiary, Shantakumar, experiencing notable health improvements through the Healthy Grains Programme, and we are confident that the physiotherapy camp will provide additional benefits.

Additionally, we are eager to progress with the construction of our Center at Ennore, for which the design is now complete. Our goal is to commence construction this year, enabling us to relocate our children's activities from rented premises to our own facility.

Our Women Empowerment Programme is gaining momentum, and we plan to expand and enhance it with innovative ideas, aiming to train more women and showcase their products to a wider audience, ultimately benefiting a larger community of women.

Acts That Matter 2023

Cancer Warriors' Care Programme

CHF was able to meticulously expand its fieldwork in Mumbai this year. We started the Cancer Warriors' Care Programme with our Beat the Heat Campaign in the month of April, 2022. It was a refreshing start for our cancer warriors during the sweltering summer heat in Mumbai. Likewise, this year we also continued with our Beat The Heat campaign in the summer months. We distributed hundreds of tarpaulin sheets and umbrellas to our patients as rainfall in Mumbai flooded the streets and washed away the tents and mats of the patients living on the footpath. During the winter, we distributed plenty of sweaters at the beginning of the year as Mumbai was facing a cold wave.





Focus was also placed on providing accommodation post-surgery, financial and medical aid for surgery and chemotherapy to our cancer patients residing on the pavements outside Tata Memorial Hospital. Additionally, we successfully conducted our second wheelchair donation and celebrated Friendship Day with our beloved patients. Here are some highlights of our Cancer Warriors' Care Programme in Parel, Mumbai.

Accommodation Support



Rion was just five years old when a serious eye infection forced him to make regular visits to local doctors, receiving medication to alleviate the symptoms. However, as time passed, the infection worsened, and an MRI CT scan at Tata Memorial Hospital in Mumbai revealed the devastating truth: Rion had cancer, and his eye had to be removed to prevent the disease from spreading. His father, who had travelled from West Bengal to seek treatment, was heartbroken.

Rion's father, a daily wage earner, worked tirelessly to support his family and fund his son's surgery and chemotherapy. After the eye removal surgery, it was crucial for Rion to recover in a clean and safe environment to prevent further infections.

That's when CHF stepped in, providing Rion with accommodation until he made a full recovery. The doctors fitted him with an artificial eye, and the little boy has finally returned home, feeling much better. Through his journey, Rion's courage and resilience have inspired us all.



Saniya, a young girl from rural Bihar, was diagnosed with a tumour in her leg after an MRI scan. Her family initially took her to Patna for a biopsy, then to Tata Memorial Hospital in Mumbai for further treatment, where she underwent surgery.

Saniya was supposed to start class 11, but the treatments and surgeries forced her to put her education on hold. Her father, a security guard, and occasional village labourer, struggled to make ends meet, and her mother described their financial situation as dire. CHF stepped in, providing Saniya with safe and clean accommodation post-surgery, enabling her to recover comfortably. Thankfully, Saniya has returned home feeling much better.

Roki, a 12-year-old boy from Jharkhand, was diagnosed with a solid paediatric abdominal tumour. His doctor at Tata Memorial Hospital in Mumbai delivered devastating news: would require him to use a urine bag. However, Roki's family remained hopeful, and his surgery was a resounding success - no urine bag was needed. Unfortunately, his family couldn't afford post-surgery accommodation, so they returned to the footpath outside the hospital. We found Roki with wounds and provided stitches and him accommodation for a month to aid his speedy recovery. We continued to support him through chemotherapy and radiation treatment.





Surgery Support

Kunta, from Maharashtra, was diagnosed with osteosarcoma in her left leg, just like Catherine. We have been supporting her since last year, when she first came to Tata Memorial Hospital in Mumbai for treatment. We found her on the footpath, and her cheerful smile drew us to her. It was heartbreaking to see her using the public bathroom in her condition, so we immediately shifted her to nearby accommodation. This year, we had a bittersweet experience meeting her again. She came to Mumbai for a routine checkup, but to our dismay and shock, the doctors discovered two nodes in her lungs that required surgery.



Meeting her after such a long time was both heartwarming and difficult. CHF tried to ease her pain by providing her with surgery and accommodation expenses, which was much needed.



"Whenever you come to meet us, there is so much happiness in our hearts.

We forget that
we are cancer patients
and
forget our worries and
sickness."







Hailing from Jharkhand, Anil was pursuing a degree in commerce when fate dealt him a cruel blow, and he was diagnosed with blood cancer. His entire family relocated to Mumbai for his initial chemotherapy at Tata Memorial Hospital, where we had the privilege of meeting him. Anil shared that his father, a humble utensil seller who peddles his wares on a bicycle, has been shouldering the burden of his treatment expenses, even resorting to loans from friends and neighbours. With a tinge of sadness,

Anil revealed that the mounting loans have cast a shadow over his future, forcing him to consider abandoning his studies to work and repay the debts. Despite the numerous challenges and hardships, Anil's indomitable spirit and positivity continue to inspire. His story is a poignant reminder of the resilience of the human spirit. CHF extended a helping hand by supporting Anil with accommodation, chemotherapy, and surgery expenses. His heartfelt request - to visit him every Sunday - is a testament to the impact of human connection on his journey. As he prepares to return to Jharkhand, he confessed that he will miss our company dearly.

Chemotherapy Support

Ujjal Rauth, a 53-year-old farmer from West Bengal, has been facing a daunting battle with cancer. This devoted husband and father to an 11-year-old son was first diagnosed with colon cancer in 2015 and underwent treatment. Tragically, the cancer recurred in his rectum and spread to his gallbladder. Forced to abandon his livelihood as a farmer due to his illness, Ujjal's world was turned upside down. In 2022, he began chemotherapy at Tata Memorial Hospital in Mumbai, a grueling journey that has lasted for 10 long months. With no choice but to stay on the city's footpaths, he has been separated from his son, who remains in their hometown, cared for neighbours. Despite the overwhelming challenges, Ujjal's courage and resilience have been an inspiration. His plea for help with chemotherapy expenses touched our hearts, and we were humbled to be able to support him in his time of need.

Obituary

With profound sorrow and tears, we share the devastating news of Gaurishankar's passing in August 2023. This courageous cancer warrior left behind a grief-stricken wife and three young children. We first met him on the footpaths of Tata Memorial Hospital, where he had come seeking treatment for a massive tumour on his left shoulder. CHF was humbled to support him with surgery expenses and accommodation. Gaurishankar's kindness, gentleness, and compassion inspired us all. He selflessly helped fellow cancer patients, offering hope and comfort in their darkest moments.





4.1.4





Tragically, his cancer recurred, and the doctors advised palliative care, leaving no further treatment options. He returned to his hometown, surrounded by loved ones, and peacefully slipped away. May his soul rest in eternal peace. We offer our deepest, most heartfelt condolences to his bereaved wife and children, who face an unimaginable loss. Their pain and grief are ours to share, and we pray that cherished memories of Gaurishankar's love, courage, and resilience bring them solace in the days ahead.

Sunny



We are devastated to announce the heartbreaking loss of our beloved beneficiary, Sunny, who passed away in July 2023 at the tender age of 23.

We first met Sunny in January 2023 outside Tata Memorial Hospital, where he had been declared palliative due to the aggressive spread of cancer. The doctors had advised him to return home, leaving us with a sense of urgency to make the most of the time he had left. Sunny was an endearing and gentle soul, whose quiet nature belied a deep resilience and courage. We are deeply saddened by his loss, as he had etched a special place in our hearts. We cherish the memories we created with him - taking him to the mall, giving him experiences he never thought possible, and showering him with love and care.

Though his time with us was fleeting, Sunny's spirit will continue to live on in our hearts. We offer our most sincere and heartfelt condolences to his grieving family. May they find strength in their darkest hour.

Beat The Heat











This year, we were able to distribute summer refreshments as part of the "Beat the Heat" campaign, numerous times throughout April, May, and June when Mumbai was experiencing a heatwave. It was a source of relief for many patients from the scorching heat. We distributed fresh churned buttermilk bought from a local dairy, fresh watermelon, apples, and even dried fruits on some days.

Through
our campaign,
we were able to serve
more than 400
people
and their relatives.

In one such occurrence in May, we distributed mosquito nets for the first time, and CHF was the first to take such an initiative. They were very well received by the patients as mosquito nets were the need of the hour. After interacting with them through our previous visit, we realised that many people on the streets were affected with malaria. Therefore, to reduce the number of malaria cases among patients, this was our small way of addressing the issue.

We distributed the summer refreshments street by street around the hospital. The patients and their family members were overjoyed to receive them in the midst of the summer heat. They brought bottles and utensils to take the buttermilk away, which made us very happy. We also paid a visit to the local police station to hand out refreshments. The act of kindness not only helped people beat the heat, but it also refreshed the souls of many individuals by providing them with the much-needed relief from the heat.

Monsoon Relief

4.1.6







As the monsoon arrives in Mumbai in June, CHF took proactive measures in response to the weather forecast of cyclone Biparjoy. We distributed 120 plastic sheets to the cancer patients residing on the footpaths of Tata Memorial Hospital, anticipating the upcoming rain. Surprisingly, the rain started just 30 minutes after the distribution, providing much-needed relief to the patients and their families. Living on the footpaths, these patients are often exposed to extreme heat and heavy rains, making them vulnerable. In many cases, they are forced to return to the footpaths before their stitches and wounds have fully healed. and their families The patients expressed their heartfelt gratitude for the timely assistance provided by CHF. In addition to the distribution of plastic sheets during the monsoon, we also handed out a total of 100 umbrellas to the patients and their relatives outside Tata Memorial Hospital in Mumbai.

Friendship Day









CHF celebrated Friendship Day with our dear cancer warriors outside Tata Memorial Hospital.

The evening began with us singing few songs dedicated friendship. We went from tent to tent, engaging the patients and their caretakers, and exchanging colourful friendship bands. At first, they were hesitant, but as time went by, they became more comfortable and opened up about their own friends. The atmosphere was filled with smiles as they also tied the bands for us. The highlight of the day was when the children gathered together and invited us to take group pictures. They were delighted to share how they had formed new friendships despite their struggles with the disease. It was heart-warming to listen to each and every one of their stories.

We also took back with us valuable lessons that we will cherish for a lifetime.



Jitendra, our newest beneficiary of the CWCP, is a farmer from Kurulia, West Bengal.

He also works as a part-time photographer and videographer for weddings. Unfortunately, his youngest son was diagnosed with blood cancer and they sought treatment at Vellore and Kolkata Cancer Center & Research Institute. After completing his chemotherapy cycles, his son was declared cancer-free.

However, tragedy struck again when Jitendra developed acute pain in his right knee. His doctors recommended an MRI CT scan, which revealed a tumour in his knee. This was devastating news for the family, as two members had been diagnosed with cancer within six months. Determined to receive the best treatment, Jitendra researched and discovered the specialization of Tata Memorial Hospital in Mumbai.

After examination, the doctors confirmed that the tumour was not spreading but that his leg would need to be amputated and replaced with a knee replacement. The excruciating pain made it difficult for him to walk, and he had to rely on crutches to move around. During this challenging time, CHF generously donated a wheelchair to Jitendra. This made it much easier for him to move independently, and the family was deeply touched and grateful for this kind gesture. They had not expected such support and were truly moved by this act of kindness.

Differently-Abled 4.2 Empowerment Programme





The Differently-Abled Empowerment Programme (DAEP) is one of the first and most purposeful programmes at CHF. We cherish our DAEP beneficiaries and it gives us extreme joy to see them face life with boundless hope. The year 2023 was an incredible one to us and also our DAEP beneficiaries, since we had many fruitful occasions with all of them. We celebrated on 3rd December with them at Ennore and Dindigul as well. As a loving tribute to our beloved Catherine Selvinson on her 21st birthday, we specially organized a Joy Outing to Marina beach on 21st October for our differently-abled people in Ennore. We had a wonderful New Year celebration with our very first DAEP beneficiaries at Dindigul on 29th December. We got to interact with them on a one-on-one basis and cater to their specific needs during all these events. This is the core vision of CHF to help them in their point of need apart from our regular groceries distribution.

Marina Joy-Outing

21st October, 2023 marked a wonderful morning for us at Catherine Hope Foundation as the most eagerly awaited Marina Joy-Outing was finally there. All our staff and the differently-abled beneficiaries were eagerly waiting for this trip. It was especially exciting for our differently-abled beneficiaries who had never been to any beach or experienced the wonders of nature by the seashore.







The event began at noon as the staff and beneficiaries gathered at our Center. A sumptuous lunch was shared among all. It was like a family trip where all our beneficiaries had a joyful time interacting with each other sharing their experiences. We encouraged them to hope for a better life giving examples from Catherine's life explaining how she had to face cancer and yet moved on with courage and hope. After this, one month's worth of groceries was distributed to all of them.

With this we all gathered together in our van and there was lots of singing and dancing along the ride. We specially thanked our loving volunteers who had to physically carry the people multiple times to and fro from the van to the picnic mat. Then again carrying them to the sea so they could experience the waves touching their feet.



By the goodwill of several well wishers we had the required number of wheelchairs for our beneficiaries to comfortably move on the ramp to the beach.

Everyone carried Anti-depression placards and raised slogans for more awareness. Caretakers and volunteers also distributed pamphlets with Catherine's story and a strong message of hope as our effort to fight against depression.

It was a touching sight to see Regina distributing the pamphlets sitting on her wheelchair.

It was an awesome sight to see those sweet smiles and wonder-struck eyes who had never been to a beach or stepped out of their houses. After spending some time enjoying the serene sight of the seashore and the blue sky, we had some more fun with games and some snacks.

Before we ended the day, all our beneficiaries appreciated their caretakers and mothers who have sacrificed so much for them. They gave their caretakers a towel and a rose as a token of appreciation for all they have been doing.

On reaching Ennore, we distributed dinner packets to everyone so that they didn't have to worry about dinner. It was a never to be forgotten memorable day with our beloved beneficiaries.



Mariyamma and Regina repeatedly told us that they were very happy to finally experience the sea. Regina was very reluctant to leave, requesting for a few more minutes to enjoy the evening. Silormani told us that she was stepping out of her house after 25 years. As an icing on the cake, our joy outing. event was covered by the media; They interviewed our founders and beneficiaries and it was telecasted on Sun News and Sathiyam Tv channels on the very same day.

International Day of Persons with Disabilities

422

On 3rd December 2023, we celebrated International Day of Persons with Disabilities with our beneficiaries at Ennore. Even though it was a rainy day, our dear beneficiaries came to the Center and it turned out to be one of the best events of all. Little Santhosh and sweet Farjana Begum who were part of the team were cheerful and expressed their happiness in their own way.

Our Center Head Deepa spoke about the positivity that Catherine had even though her leg had to be amputated and she still remains as a source of motivation to millions to achieve something in life. Our DAEP beneficiary Lordson spoke about how confident he has become now and how he is able to perform in his job and at home.



Games like bowling, throwing balls into the bucket, aiming rings on a pole, etc. were conducted for all the differently-abled beneficiaries. Everyone participated enthusiastically and were exuberant with joy.

The staff sang a song based on hope and faith to encourage the beneficiaries. Dhanam, our field staff, who visits them regularly spoke a few encouraging words to the gathering.

Brand new clothes for each of them and beautiful jewellery made by women at the Center were given. Hot biryani with chicken 65 and egg were served. Everyone went back with hearts filled with joy, hope, and good memories.

We celebrated International Day of Persons with disabilities with our DAEP beneficiaries at Dindigul as well.



We had invited around 10 differently-abled beneficiaries for the event. They were all super excited to be a part of this programme. Our staff at Dindigul had a great time with each one of them, listening to their stories, encouraging them and giving them their undivided attention. Our beneficiaries cherished this time since love and attention was all that they needed.





We gifted them brand new bed sheets which would be very helpful during the winter season. They were moved by our thoughtfulness and thanked us from the bottom of their hearts. Indeed it was a gratifying day for all of us as they went back home with overwhelming happiness.

Celebrating New Year with our DAEP Beneficiaries at Dindigul

Another DAEP meet was organized at Dindigul on the 29th of December 2023.

It was a grand but emotional moment because Mr. Selvinson, Mrs. Graciana and Mr.Milton met all our beneficiaries after two long years. Brand new clothes were given to all our dear beneficiaries and steaming chicken biryani was served for lunch.

We met Mottaiyandi, our first DAEP beneficiary, to whom we gave a prosthetic leg. He was very emotional to see us and he requested us to meet him whenever possible. For him, our presence was of more importance than the help that we rendered.

We spent time with Anitha and Jeyakumari, two young widows, who are part of our Widows Welfare Programme. It was distressing to see them struggling to make both ends meet. We are supporting them with monetary help every month.



The programme came to an end with the birthday celebration of Mr. Selvinson. Even though the ride was rough and it was difficult traveling to the interior parts of Dindigul where our dear beneficiaries reside, overall it was the most fulfilling event.



Bhuvaneshwari, one of our beneficiaries who is visually challenged, also attended the meet. It was a pleasant surprise to see her all grown up! She was very thankful for the groceries which we distributed during COVID-19 lockdown. We also supported her for her education.

We met little Manoj, a young boy with special needs. He has been a part of our monthly Healthy Grains Programme for the past one year. It was a joy to meet him for the first time in person along with his parents.



Regina Sahayamary



This young lady is a part of our Differently-Abled Empowerment Programme (DAEP) at Ennore, Chennai. Her father is an auto driver by profession. She was born normal and she was fine like any other kid, running about happily. When she was in class 5, she was affected by polio and her limbs became inactive. Her parents tried to give her medical treatments which unfortunately had no effect on her limbs. They carried her to school but Regina was heartbroken that she would not be able to walk to the classrooms upstairs like other normal children.

After she lost her ability to walk, she went into a cocoon and was not willing to move out of her shell. She discontinued her education and now stays at home, helping her parents within her ability and capacity.

Initially when we invited her to come to the Center, she was very reluctant. Our staff visited her relentlessly and encouraged her to come. She was brought to the Catherine Hope Center for the International Day of Persons with Disability on 3rd December and she was in tears telling that she wants to walk independently like she used to before polio affected her. Every month our staff visit her, taking little gifts with them just to encourage her. Regina attends all our events and she is now very much a part of CHF.



Mariyamma

Mariyamma, our DAEP beneficiary from Ennore, is the first among three children. Both her siblings are married and settled. Being differently-abled, she lives with her mother, who works very hard as a domestic help in order to bring food on the table. Her mother and Mariyamma support each other and her siblings rarely visit them. Mariyamma's life grew harder when her father, who was the only financial support for their family, passed away following a brief period of illness.



As we got to know her more, we discovered her fear of being left alone with no one to take care of her in-case her mother passed away. Our arrival in her life was a boon as she found comfort with us. She is a part of our monthly Healthy Grains Programme.

Since Mariyamma had never ventured out of her house, it was a huge challenge for us while arranging to take her out for our Marina Joy-Outing. Her main concern was for the usage of washrooms whenever required. We helped her to use Adult Diapers to make her comfortable for the trip. Now, she is bold enough to go out any time she wants. Marina Joy Outing was a dream come true for Mariyamma as she had never ever visited or even seen a beach. She cherishes every moment of the day with the photo that we had gifted her.

Today, Mariyamma is a close family member of Catherine Hope Foundation. She greets our staff with boundless love and delicious tea, each time they visit her. Her innocent love spreads warmth and encouragement for our staff as she sits beside them leaning on their shoulders. Our staff have also come to know much more about her as she mingles with them on a close and personal level. She never fails to enquire about all our staff and her genuine love is truly commendable.

Silormani





Silormani, is a differently-abled person who uses a small low stool to move around her home. She lives by herself with nobody to assist her. The staff at CHF identified Silormani and went to give her groceries. On that particular day, she had soaked a little extra rice for her meal, but on second thought, she decided to reduce the amount of rice, removed it from the water, and dried it on a cloth to save it for another meal. She was surprised and overjoyed when our staff gave her a new bag of rice! She stated that she would make rice porridge from the rice provided and that she would not experience hunger for the next ten months. We are grateful that we were able to assist so many people in the Center, and they are grateful for our help during their difficult times. We wholeheartedly thank the donors for making a huge difference in the lives of people like Silormani.

Karuthapandi

Karuthapandi is one of our DAEP beneficiaries belonging to the village of Genguvarpatti in Dindigul district. He is a brick cutter by profession. His wife is Dhanalakshmi and sons are Dhanakabilan and Karthikraja. They study in Classes 9 and 6 respectively. Karuthapandi had a valve block in his heart and an angiogram was done in 2010. He also had an open-heart surgery done costing Rs. 4 Lakhs. They had to pledge their house to undergo this surgery.



Owing to his high blood pressure levels, he had a fall and became paralytic. He is forced to use crutches to move even for a few steps due to which he remains at home. His wife Dhanalakshmi works as a daily labourer which fetches a very meagre amount and they are unable to the household manage expenses. Hearing their story, our CHF co-ordinator at Dindigul has included him in our monthly Healthy Grains Programme to ease his financial strain a little bit as a support to the family every month.

Healthy Grains Programme

Healthy Grains Programme is a part of our Differently-Abled Empowerment Programme, through which we support our differently-abled people and children with special needs by giving healthy supplements like green gram, ragi, chickpeas, dry fruits, health drinks, honey, ghee, etc., every month. Our staff personally visit them regularly and provide them with the health kits.



Sangeetha



Sangeetha is a 13-year-old beneficiary of our Differently-abled Empowerment Programme. She is a child with special needs who is mentally and physically challenged. Her story is a very heart-wrenching one because soon after her father passed away, her mother found that she was pregnant and tried to abort the child by taking some inappropriate medicines. Sangeetha attends the school for children with special needs in the neighbourhood. She lives in V.O.C. Nagar near our Center in a rented house. Her mother is a daily labourer earning her wages to make the ends meet for her family. She is a cheerful person inspite of the fact that she needs help to move around. She regularly attends all our DAEP Programmes and also enjoys our monthly healthy grains kit which has nutritious foodstuffs like almonds, honey, ghee specially for her. It is always a joy for us to have her.

Shanthakumar

Shanthakumar has been our dear Differently-Abled Empowerment Programme (DAEP) beneficiary since 2020. His hands and legs became deformed because of a sudden fever when he was 8 years old, studying in class 3. He was taken for treatment to Madurai Government Hospital and then to Theni Government Hospital followed by Dindigul Government Hospital and many other places but it was to no avail and his deformity remained unchanged. He was fully dependent on his mother for his daily activities including being fed by her.



From the time we met him in 2020, we have been constantly helping him with healthy grains for the past three years. Our co-ordinator has faithfully visited him every month and supplied him with almonds, ghee, Manna Health Mix and other nutritious eatables. When we met him again in December 2023, our joy knew no bounds and our eyes were filled with tears to see him improve tremendously in his health. He has been brought up with kanji and basic food from his childhood in the rural interiors of Dindigul. Now since the last three years, his food has been supplemented with CHF's superfood which has resulted in a significant improvement in his health.

We were overjoyed to personally witness him eating food on his own with the help of a spoon. He was so happy and hopeful with his improvement that he requested more help from CHF in the form of a Physiotherapy Camp at Dindigul.



Bhuvaneshwari





Bhuvaneshwari is one of our beneficiaries of the Differently-Abled Empowerment Programme from Genguvarpatti village of Dindigul district in Tamilnadu. She is a visually challenged young girl who studied in an English medium school in Madurai. When she was in class 8, she suddenly got a high fever so they came back to Genguvarpatti village. Her fever never came down and she was admitted to a private hospital in Batlagundu town on the 27th of April 2014. On the same day, at about 11am in the morning, she wanted to relieve herself but on the way to the restroom she staggered and had a massive fall, injuring her head very badly. She was administered sedative injection immediately and her injury was addressed by sutures. On the same day, around 7 in the evening, she began losing her vision. It was the greatest shock of her life.

She wanted to continue her education and was put in an institution for her 10th class but could not fair well. She returned back to her village and joined a tutorial to study. When CHF got to know about her story, we extended our support towards her education. CHF continued to help her family with groceries and healthy grains during the COVID. Finally she was able to complete her 10th board exams. Though the doctors assured her that she would regain her sight back, Bhuvaneshwari has been longing and yearning for her eyesight for the past 10 years, for it to be restored. Inspite of all the challenges, she is still a cheerful and a bright child waiting to see the colourful world again.

Catherine Hope Center

The Catherine Hope Center was inaugurated on August 1, 2021, in Ennore, Chennai. Since Ennore is near the Kamarajar Port, most of the children, women, and differently-abled beneficiaries come from a family of fishermen. The aim of the Center is to uplift the lives of the underprivileged people in and around Ennore and Ernavur. CHC works to improve the lives of children, women, widows, cancer warriors, and the differently-abled. We provide holistic development for the children by conducting daily tuitions, music class, computer class, spoken English, one-on-one counselling, and yummy healthy snacks. CHF plays an active role in this crucial journey of upliftment, and we are proud to present to you the excellent results our Center has produced so far.

Daily Tuitions



CHC conducts daily tuitions for children of classes 1 to 10. The children come to the Center at 5:00 pm and take part in various classes hosted at the Center itself. The children come and study whatever is taught to them at school. Our staff helps them with their studies and gives each student personalised attention. All our children have a strong and healthy relationship with the staff and with each other, and are a big happy family. People who had visited our Center had nothing but praise for the children and the staff!

Healthy Snacks



Along with the daily tuitions and other activities. our staff meticulously prepares yummy and healthy snacks for our children. Some of the varieties include moong dal payasam, rice puttu, semiya, etc. Along with that the children are given different varieties of fruits. These snacks are not only very rich in delicious but also nutrients. Some children come from poor families due to which they do not get to have proper meals everyday. A parent of one of our children told us that she sends her children to the Center just so they can have their daily meals. Hence, our staff now packs the remaining snacks and gives it to these children who then take it home.

Music Class



Since the past year, the children have been learning music for free of charge at the Center. A music teacher visits Ennore to teach the children once their daily tuition gets over. At present, we have two guitars and two keyboards. Some of our children are also preparing for the exam conducted by Trinity College, London. We are happy to announce that three of our students, Shyamvel, Saranya, and Rebecca, have passed the Grade 1 exam with flying colours and have received certificates for the same.

Spoken English Class

2023 marked the launch of a new batch under CHC - the Spoken English Class. Here, the students are taught conversational grammar, new words, and synonyms. The students connect with their teachers via Zoom every week as per their batch. Since the children study in Tamil-medium schools, they are usually restricted to speaking in English only within their classrooms. The children have shown tremendous improvement, and the same is reflected in their grades as well. We currently have three teachers, and our students range from third to tenth grade.



Change Ambassadors Programme

The Change Ambassadors Programme is one of our most successful programmes at CHC. These are counselling sessions that take place every Tuesday. The staff has a personal, one-on-one interaction with the children and provides a safe space for them, where the children can share their problems in their personal or family life. CAP focuses on making our children into better individuals. Many children had bad habits which they picked up from their surroundings, but slowly and gradually, they stopped their bad habits. For example, some children were forced to take tobacco and got addicted to it. The staff at CHC gave them a sound counselling and talked them out of the habit. The parents were very surprised and proud to see their children overcome those habits and become better people. CAP undertook various programmes in 2023, such as Kindness week, a cleanliness session where the staff taught the importance of personal and social hygiene, etc. The parents who first hesitated to send their children to the Center have now testified that their children are helping them at home, and are more kind and compassionate towards others.





During World Kindness Week, our staff made the children perform a roleplay activity of 'traveling in a bus'. Our children were taught the importance of giving their seats to the elderly and pregnant women. While celebrating International Day for Older Persons, as a token of love for the grandparents and elders, our children went, visited and interacted with those living in and around Ennore. They carried chocolates that they had bought with their own savings. The elderly people were very thrilled to see the children greet them! As they were speaking, memories from their childhood. They later blessed the children and wished them the their future. best for lt was heartwarming especially for those who lived alone.

Stories of our children



Kaviya is a new student who always used to stay aloof from other children and kept to herself both at school and at the Center. During the Friendship Day celebration at the Center, the children were asked to speak about the speciality of their friends. Each child had something to say, but Kaviya said that she had no friends.

It was shocking to the staff, so they counselled her about the importance of having friends. She was taught that she must not be alone and must try to speak with the other children and make friends so that she can share with her friends anything she wishes to speak about. Now she has started to become friendly with her classmates, and she seems to enjoy it better. Her handwriting has improved and she has started to excel in her studies.



Shyamvel is a kind, responsible and a sensitive boy. Recently at the Center, World Kindness Day was observed. The staff taught them about the importance of being kind and loving especially towards the destitute. So he and his friends had saved some pocket money collectively. They bought biscuits and bread and distributed it to the homeless people who were on the platforms and on the roadside in their area. We are glad that the children have learnt to share and love others who are in need. Shyamvel was also one of the first people to clear the Grade 1 keyboard exam conducted by Trinity College, London.

Events at CHC 2023

"We must love, safeguard, and respect the girls and women of the country. National Girl Child Day is a reminder to do the same and make this world a better place for them."

-Wion news

On 24th January, the staff celebrated **National Girl Child Day** among the students at the Center. The girls and boys were taught about the importance of respecting and honoring girls not only in their families but also in societies.



The staff gave a rose to girl students and chocolates for all students. The staff taught them the importance of being a girl, and how girls are emotionally strong. The girls were so happy saying no one has shown them this kind of love and appreciation. The staff reminded the girls that it is a blessing to have a girl child in every family. Girls have achieved so much in the past years and have set a high standard in various fields. Now we have so many facilities so girls must utilize them and accomplish much more.



The girls gave us wonderful feedback when asked about how they felt, they said they never knew a day like this existed especially for them. This made them feel loved and appreciated. When asked what they learned today Sanjay from the junior class said that we must learn to respect girls. The staff taught the boys how a girl should be perceived with dignity. When we educate girls it greatly benefits their family as well as the society.



The staff and the students celebrated the 74th Republic Day at the Center in Ennore. The students were taught about the importance of this day. The staff also conducted competitions among the students and gave out prizes to the winners. The children and staff had pinned on the national flag on their dresses and it gave a festive feel. The programme ended with singing of the National Anthem.







26th of February marked the **third anniversary of Catherine's homegoing.** As we remembered her and her tremendously impactful life, We had a small programme at the Center. Catherine's grandparents Mr. Milton, Mr. Sukumaran and Mrs. Pamela Sukumaran came to Center on this day. The students and the staff at Ennore spoke about how they have been encouraged and inspired by her life. They also watched the YouTube documentary on Catherine's life together. Mrs Sukumaran spoke on Catherine's life and how she always had faith and hope and never gave up.

As a part of the celebration of her life and legacy, we distributed packages of groceries and essentials that included rice, wheat, sugar, pulses, a beautiful refrigerator magnet and lots of toiletries for each student. We also served them tasty snacks. Catherine has and will always remains in our hearts.

We continue to cherish her memories.



On March 22nd the students and staff celebrated **World Water Day**, at the Center, Ennore. The staff taught the children of the importance of water conservation, as it is an essential element that sustains life on earth. They were introduced to different ways of saving water like reducing the use of plastic and planting trees. They were taught of the toxic impact of industries and how polluted water affects the life cycle of many animals and plants. It was an insightful learning experience for the students.



On the very first day of the academic session, we gifted new school bags to all our tuition students who came to the Center. The children were ecstatic and were surprised to recieve these gifts on their first day. We want to thank all our donors for their support and generosity towards CHF.

Widows Welfare Programme

CHF continues to help the widows in all possible ways to make their life better.

As a part of the programme, the staff regularly meets them and inquires about them. Several of these women live alone and some cannot even afford to pay the rent for proper houses and hence live on the streets. There are a few who live with their family and children but their condition is also not good. Those that are old have to work for meager salaries to take care of themselves and even support their children.

These widows continuously face discriminations and superstitions beyond the struggle for basic needs. It is unbelievable to see even in this modern age, people in Ennore believes in ill omens and do not want them to come to their houses for important functions and events. So they face loneliness as there is no one to talk to them or listen to their pains and sorrows. Our staff at CHF meets them on a regular basis and spend quality time with them listening to their stories and problems. They are supported according to their needs with groceries and money.









On October 9th every year, we conduct a special programme to honour our widows.

All widows were invited to attend. Anticipation filled in the air as several women both young and old arrived way early before time with their bags and wearing the same saree gifted to them last year by CHF.

It was a joyous moment to see the hall full of widows living in tough financial and social circumstances who had come to mingle with each other and were excited to be with us. The joy in their heart brimmed in their eyes. Many said that they were initially hesitant but after hearing everyone's life story, they could relate to one another and were highly encouraged. This was a platform where they could openly share their feelings, loneliness, and pain. The staff listened to them individually and conducted a meaningful activity in which they were told to write down all their troubles on a piece of paper and just throw it away, signifying to move forward. Catherine's story of courage and faith even in the amid of amputation when she lost her leg also gave them hope not to give up in life. The gathering was meaningful to the few young widows as well who were really encouraged to meet and mingle with several other women living in the same situation. They also felt motivated now to grow in life with a new purpose and not feel discouraged looking at the troubles ahead.

The day ended with warm memories and yummy chicken biryani. The atmosphere was not of strangers but that of family members united in hope, joy, and peace. They were also given a month's worth of groceries and a new saree each. It was indeed a blessed day for all.

Anitha



Anitha is one of our new beneficiaries of the Widows' Welfare Programme at Dindigul. Her husband Sathyamoorthy was working as a driver in a private company. Last year he was affected by fever and was admitted to a hospital in Dindigul. There he had an attack of COVID and was treated for 5 days. Since he was not responding well to the medication hospital administered. the management him Madurai suggested moving to Government Hospital. He was in the critical care division and best efforts were put in but his state was precarious and he passed away leaving behind his wife and 2 children.

Their children Yadesh and Kaniha are studying in classes 9 and 6 respectively in a government school in Dindigul. Anitha was dependent on her husband so far to run the family. Now she has to shoulder the responsibilities of her family. She works as a daily laborer and earns a meager amount which is insufficient to run their family. They get their provisions from the ration shop and some others also render help from time to time. She explained that whatever she earns is not enough to make ends meet for the food and education expenses which are beyond her capacity. She tearfully explained her sad plight and requested help. At CHF, on hearing her story, we are now helping her with cash as a monthly support.

Kalaiselvi Seenivasan

Kalaiselvi Seenivasan is also one of our new beneficiaries of the Widows' Welfare Programme at Ennore, Chennai. Her husband was an alcoholic and succumbing to his habits passed away around one and a half years earlier. Now she has a son and a daughter.



The daughter who was married also faced problems with her husband who was an alcoholic. Kalaiselvi regularly faced demands for money from her son-in-law who also abused her daughter by beating her occasionally. During the pandemic, her son-in-law passed away. Now, her son is the sole breadwinner of the family, who has studied only until his 10th class. He doesn't earn much, due to which the family is forced to survive within what he is able to bring home.

Her sorrow is masked by hope, which pushes her to overcome these problems and move forward. It was a day of hope and joy when she met so many like her fighting with life's challenges thrown at them at the Widows' Welfare Programme in our Center.

She confessed how she was hesitant to talk at first but after noticing all her fellow women who come from similar battlefields of life, she was encouraged that she too can ride the storm. Our staff too motivated her with engaging activities and words of hope. Delicious food and a month's worth of groceries were also provided.

Women Empowerment Programme

The objective of the Women Empowerment Programme (WEP) at CHF is to enhance self-esteem and confidence, skills training and capacity building, and economic empowerment for sustenance. Since fishing is the predominant occupation in Ennore, the men are out in the sea for extended days, leaving behind the women to take care of the children, sometimes with no money to even buy food for their family. Men seldom support their families, being overly suspicious, alcohol-addicted, and subject the women to physical and emotional abuse. We have seen these struggles in many families of our children who attend the tuitions in our Center.





Through this new programme, we are equipping women in the art of making exquisite jewellery catering to all ages. They craft beautiful necklaces using semi-precious stones like Agate, Onyx, Quartz Aura, Lapis Lazulli, Turquoise, Pearls, etc. These hand-made necklaces from CHF are elegant pieces of jewellery, and also a symbol of empowerment and positive change. Crafted by talented and determined women as part of our Women Empowerment Programme, they represent the resilience and strength of individuals seeking to create a better future for themselves and their families.

Most of these gemstone necklaces feature agate, the chalcedony stone known for its stunning colours, ranging from vibrant blues and greens to warm reds, browns, and earthy tones. Agate is renowned for its distinctive banding patterns, formed as layers of mineral deposits accumulate over time, making each piece of jewellery truly unique. People are drawn to agate necklaces for their natural, organic look that complements both casual and formal attire and serves as great conversation starters.

The uniqueness, vibrant colours, and patterns within the stones mirror the diverse backgrounds, aspirations, and strengths of the women who come together to create these pieces. Each purchase of these agate necklaces becomes a symbol of solidarity and support for these women, providing them with opportunities for growth, education, financial stability, and confidence.

In adorning ourselves with one of these necklaces, a stunning piece of artistry, we carry the inspiring story of a woman who has overcome challenges and embraced her potential. It's a meaningful way to make a difference and contribute to the empowerment and financial stability of these deserving women. We also had an opportunity to display our CHF jewellery at St. Xavier's College in Mumbai. It was very encouraging to see young people interested not only in buying the jewellery but also in learning about Catherine's life and CHF.





A Life Blessed through WEP

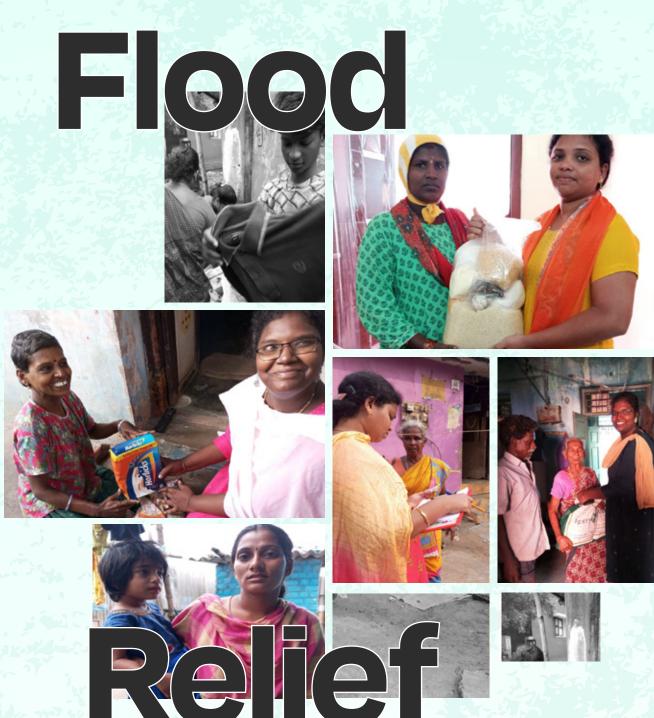
Divya is a young mother of two girls who were part of our tuitions for the students at the Center. She joined the Women Empowerment Programme at CHC in March 2023 out of her need to be financially stable. She showed a lot of interest in working on the jewellery pieces, sorting out the colours, and creatively designing the jewellery.



Earlier, she had to depend on her husband or mother-in-law for small expenses. Now that she has started earning, she is happy that she can support herself and her children in a better way. She says looking at the vibrant colours of the stones, brings a positive vibe and she immensely enjoys what she does. She feels better and different from the monotony of life when she comes to the Center.

Flood Relief

During the rainy season of 2023, Chennai was affected by Michaung Cyclone. Rain and wind lashed out in full force. Almost all of Chennai struggled during this phase of the cyclone. People struggled a lot to drain water from their homes. Even before the flooding began, foreseeing this state, CHF staff at Ennore went about identifying such places and gave them one month's worth of groceries as a timely, pro-active measure during these low moments.



We even distributed clothes to the people who needed them as most of the people had lost all their belongings. In the surrounding areas of Ennore and Ernavur, crude petroleum oil from the nearby Petroleum Refinery plant got mixed up in the Ennore Creek, and people living near the Buckingham Canal were facing a difficult situation. They tried to clean their things to use again, but unfortunately, the oil stain made it impossible.

Ravichandran

had a deformed hand and was unable to find consistent work due to the rainy season. He could only get a job occasionally. His house was waterlogged, and a mixture of oil and water had to be drained from his home with the help of a motor pump. He had to lead his family through neck-deep water because he could not get a rescue boat to safely reach the relief camp. It was very hard for him to support his family with such a low income. We hoped that the groceries we provided for a month would be of great help to his family.

Sarita

was a domestic helper whose house was near a large water-filled pit, causing water to seep into her home. They had to mop the floors all day and dry them with fans until bedtime. We gave them groceries to help them sustain themselves during this time.

Raniyammal

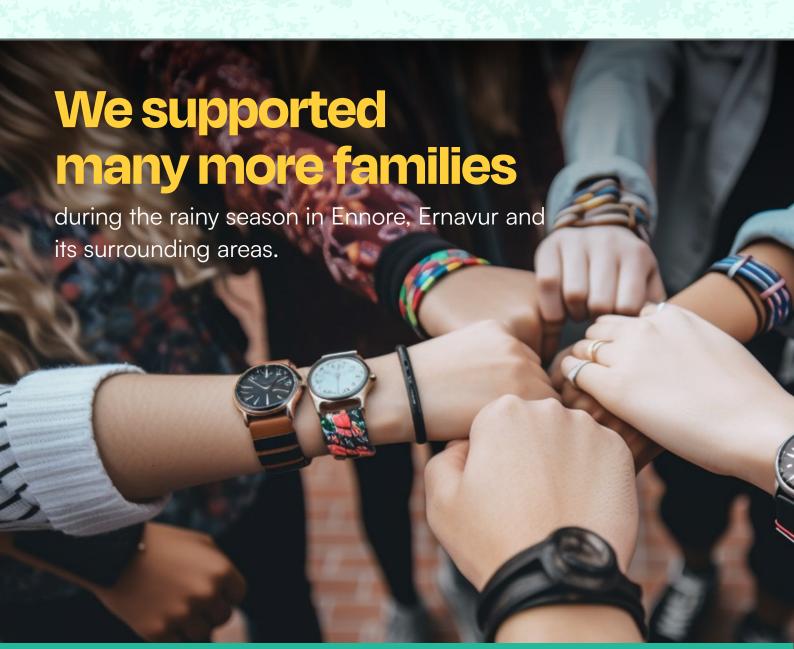
a 70-year-old grandmother from Kerala, lived alone with no one to care for her. When her house became waterlogged, she stayed on a church premises. Running out of groceries, she was wondering what to do next when, as if sent by God, our staff visited her with groceries. She was overwhelmed with joy as she received them.

Regina

was one of our young and cheerful differently-abled beneficiaries whose house was also waterlogged. Her father, an auto driver, could not get any rides because of the rain. During the cold and wet weather, she and her family relied on the Healthy Grains kit they received this month to sustain themselves.

Silormani

was one of our differently-abled beneficiaries who could only squat and could not raise herself. When water entered her house, she could not climb onto the bed and had to stay on the wet ground. She shivered from the cold as she slept on the wet floor. She was very happy to receive the groceries, which helped sustain her.



Number of Beneficiaries

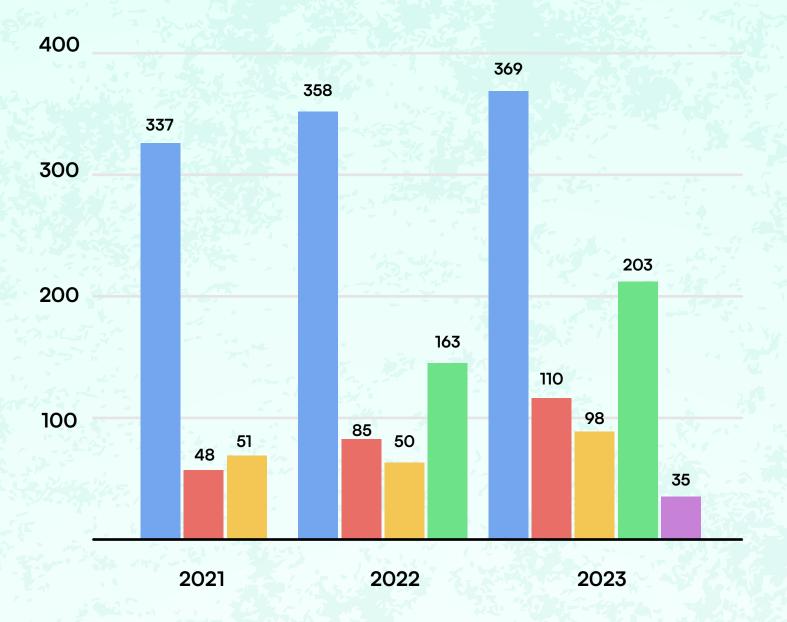
Differently-Abled Empowerment Programme

Widows Welfare Programme

Catherine Hope Center Students

Cancer Warriors' Care Programme

General Beneficiaries



CHF

Note from Staff



Nizy Wilfred



Catherine Hope Foundation is very close to my heart as this is the first NGO where I have had an opportunity to serve the community. I have been a part of the content writing team for the past one and a half years. My journey with CHF has been incredible so far as I have seen tremendous growth in my career and character after being a part of it.

CHF values every staff and motivates each one to grow immensely. We have an excellent team who selflessly work for the upliftment of the underprivileged. As I write the stories of our beneficiaries, it inspires me to become more thoughtful, compassionate, and loving.

CHF is unique in the way it reaches out to the poor. We support our beneficiaries by spending time with them, listening to their specific needs, and catering to them. I admire the authenticity, dedication, and passion of CHF. It gives me boundless joy and satisfaction when I witness lives being transformed with a small act of kindness.

I am very privileged and grateful to be a part of this great organisation which values every single person.

Note from Intern



Sherly Christina



I joined CHF in November 2022. My first task was to take a count of the number of distribution posts uploaded on Facebook that were undertaken that year. Since then every little task has helped in shaping and moulding my personality and my being.

My conversations with the cancer patients, documenting the lives of the DAEP beneficiaries and the children at the Center have left a profound impact on the way I think and the values that I uphold. Graciana maam's passion for serving the community and the compassion in her eyes when she speaks to the people, never fails to move me. The dedication and commitment displayed by the working committee and the field staff are incredibly inspiring.

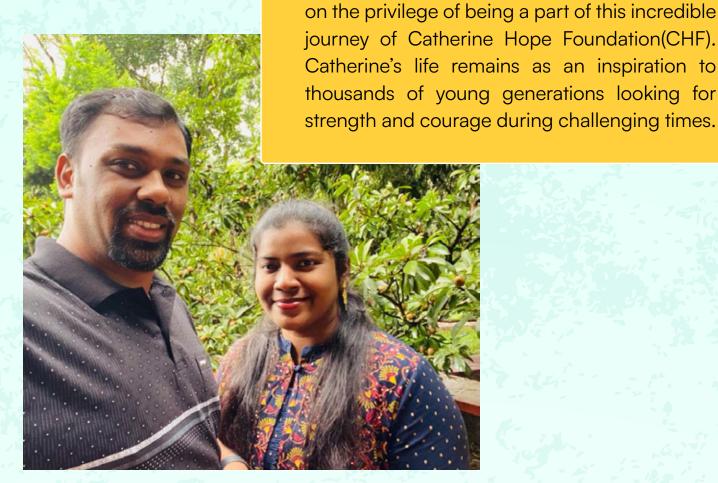


My experience in CHF has been nothing less than extraordinary. I am grateful for the experience and proud to have been part of an organisation that is genuinely making a difference in the community.

Note from Benefactor



Alfred & Nisha



The unwavering commitment of the founders is truly encouraging and serves as the biggest inspiration to us. While most of us always have an excuse not to engage in charitable work, the founders have prioritized dedicating their time, even amid their demanding schedules.

It is with immense joy and gratitude that I reflect

It is exciting to see the life-transforming activities taken up by Ennore Community Welfare Center like free tuition, music classes, computer classes, environmental programs, etc So many kids and parents are blessed through this initiative. Kudos to the CHF staff and volunteers.

I am honored to be a part of your mission, and I believe in the power of collective efforts to bring about positive change. The transparency and commitment with which you handle your initiatives are commendable, and it reinforces my confidence in supporting your cause.

Wishing you continued success in all your endeavors.

Thank you, Donors



With heartfelt gratitude to our generous supporters

A sense of satisfaction and humility fills our hearts as we reflect on the challenging yet rewarding journey we've had. Whether in Mumbai, Ennore, or Dindigul, this year we encountered many people in pain and suffering and were able to offer them a helping hand.

None of this would have been possible without your unwavering support and care, which continually inspires us to work harder every day. With your encouragement, we believe we can soon help make our nation a better place for everyone to live in unity and peace. We sincerely hope you will continue to support our efforts to reach out to those in need.

We wish a very Happy and Bright New Year 2024.



Graciana Vinola Selvinson

Executive Director

+91 7021622812
Catherine Hope Foundation
www.catherinehopefoundation.org

Serve with Love to Empower

Bank Details

Bank Details

CATHERINE HOPE CENTER

Bank Details

Name: CATHERINE HOPE FOUNDATION

Account no: 218405001814

Bank: ICICI

Branch: Kolathur

IFSC Code: ICIC0002184



Eazypay solution powered by ICICI Bank

Contact Us

- +91 70216 22812
- catherinehopefoundation.org
- 290, 4th Street, Baba Nagar, Villivakkam, Chennai- 600049



2023 in Pictures

CATHERINE HOPE CENTER



CANCER WARRIORS' CARE PROGRAMME



WOMEN EMPOWERMENT PROGRAMME



DIFFERENTLY-ABLED EMPOWERMENT PROGRAMME

