

# peacemail

VOLUME 7 • ISSUE 7

ESSENTIAL HEALTH CARE PAKISTAN

POSTAGE PAID  
OFF PEAK  
AUSTRALIA

**act for peace**  
reduce poverty | protect refugees  
prevent conflicts | empower communities

The international aid agency of the National Council of Churches in Australia (NCCA)

Feel gently to open

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Act for Peace supports Church World Service – Pakistan/Afghanistan (CWS-P/A)'s rural health centres in Kohistan, Pakistan, one of the most remote and culturally conservative regions in the world. CWS-P/A is finding it increasingly difficult to find doctors, particularly female doctors, to work in the region because of the extreme oppression of women, lack of community education and dangerously steep terrain.

Political corruption is a huge issue in Pakistan, particularly in the health sector, so more and more non-government organisations are picking up the slack to ensure that the people receive the health care they need and deserve.

Thanks to your ongoing generosity, we are able to support CWS-P/A to provide well qualified doctors and health workers, and are seeing a significant shift in cultural awareness about why health care and hygiene are important. More families are coming to the health centres and are vaccinating their children. Women are finally receiving the pre- and post-natal health care they need.

Women's rights in this region have a long way to go, but with education and demonstration of care, we are seeing improvement in women's health throughout the communities.



can provide a safe delivery kit for a pregnant woman.



can provide a baby kit to help keep a new born baby safe and warm.



can support a women's health worker for a month.

All gifts of \$2 or more are tax deductible.



act for peace  
**actalliance**

**THANK YOU Partners** for your commitment to Act for Peace through your prayers and regular gifts. Through your generosity, we are making a real and lasting difference to the lives of many people affected by conflict or extreme poverty.

If you would like to upgrade your regular gift, simply free call Howard or Emma, **1800 025 101** or email [hgraham@ncca.org.au](mailto:hgraham@ncca.org.au). Also, all feedback and suggestions are welcome, as we love to hear from you and to pass on comments to project partners.

On the other hand, if you are not yet an Act for Peace Partner and would like to be, or would just like to help this project, your call or email will be welcomed!

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VOLUME 7 • ISSUE 8

## Positive Change through Health care in Pakistan

*Dear Partner,*

Friends, my name is Dr. Zia, and I have been working at this Rural Health Centre in Kohistan, Pakistan for over a year. Kohistan is one of the poorest and most remote areas in the world. Prior to Church World Service – Pakistan/Afghanistan (CWS-P/A) supporting this Rural Health Centre, there were absolutely no health facilities in this area.

In Kohistan, the women suffer the most. Their fathers arrange their marriages when they are children, so that as soon as they go through puberty they can be married.

After they marry, their husbands will not even allow them to leave their homes. Women spend all of their adult lives serving their families behind closed doors.

Most women suffer from severe depression. Everything they do is dictated by their fathers or husbands and they have no free will. A woman's job is to make more and more babies and take care of the family. Most women in Kohistan have at least 10 children. If a woman or her children get sick, the paternal grandmother is allowed to take them to the health centre.

Today, one woman, Zameena\*, brought in her daughter in law to the clinic. She said, "My daughter in law is having problems with the family and is sad all the time, so I brought her here to speak with the lady health worker and to get help."

Women have no voice in this community. They are not even allowed to socialise with one another. If they try to leave their homes, their husbands will kill them.

Here in the clinic, we are slowly trying to educate the people about health care and women's needs. After a year, we are now seeing more women coming in and the men are finally realising how important health care is for their families. We are seeing positive change.

CWS- P/A is the only aid organisation still working in this area. Because of the terrain and cultural sensitivities, few are willing to come here.

Without your ongoing support, we would not be able to help these people, particularly the women, who need us so much. Thank you for your kindness.

*Dr. Zia*

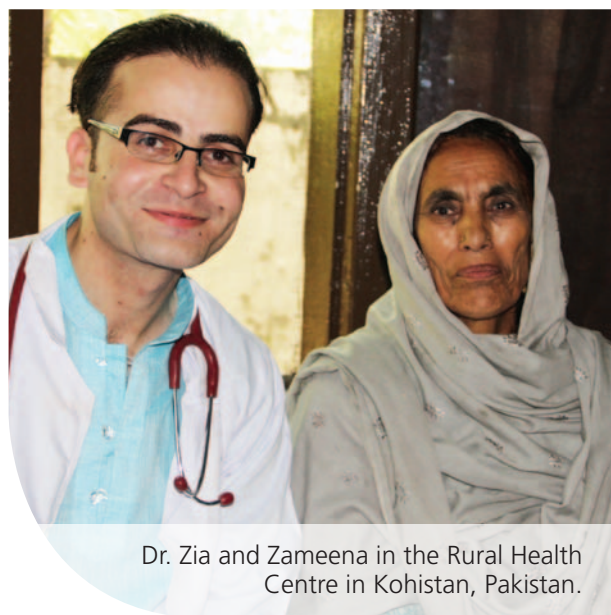
\* Zameena's name has been changed for security reasons.

### Partners Prayer Points:

- Give thanks for the devotion of doctors and health workers, who travel to remote and dangerous areas of Pakistan to deliver effective health care.
- Pray for the people as they struggle to live and raise healthy families.
- Pray also for the women of Kohistan who face oppression and the threat of domestic violence on a daily basis.



Kohistan's rugged terrain



Dr. Zia and Zameena in the Rural Health Centre in Kohistan, Pakistan.