



Acts That Matter



2021

Catherine Hope Foundation

S E R V E W I T H L O V E T O E M P O W E R

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01.

**Our Vision,
Mission & Values**



Catherine Hope Foundation

Our Vision, Mission & Values

As Emily Dickinson says, “Hope is the thing with feathers that perches in the soul. And sings the tune without the words, and never stops at all.” We at Catherine Hope Foundation encourage every individual to align the power, passion and purpose inside of them, so that they can live their lives to the fullest, just like Catherine did. The mission of CHF is ‘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’. The core principle of our work is based on the three-pronged approach - Serve, Love and Empower.

02.

**From The
Founders' Desk**



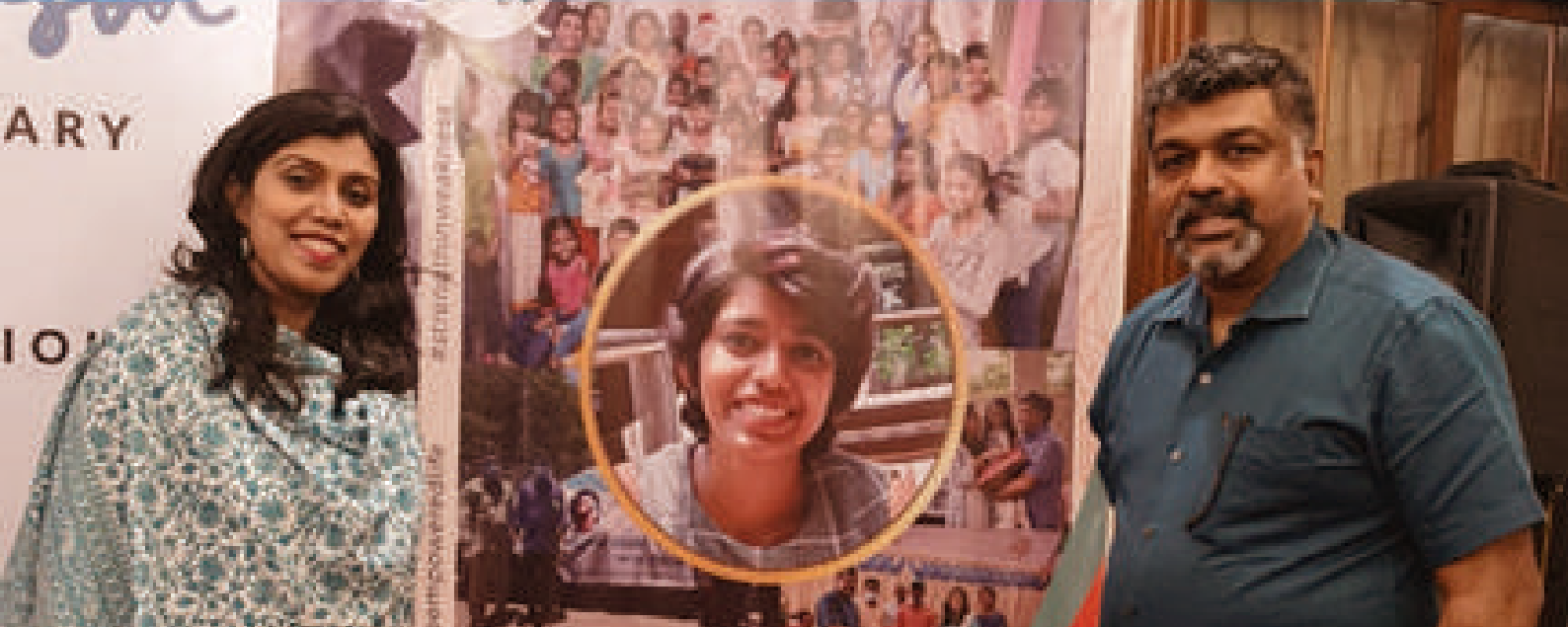


Catherine Hope Foundation

From The Founders' Desk

Dear friends,

We bring greetings from CHF to all who have supported, encouraged, motivated, helped and stood by us. We are truly grateful for your sacrificial contributions to facilitate the betterment of the poor, needy and the sick. It gives us immense joy and excitement to write to you and convey the extent of our outreach, only made possible through your valuable contributions.



A Glimpse of our Manifold Mission

Let us walk you through the various areas in which we offer our extended support :

Our journey began last year when our precious Catherine was ruthlessly seized from our lives, as she bravely fought but unfortunately succumbed to the inevitable clutches of cancer, at the tender age of seventeen. To honour the memory of our loving daughter, Catherine Hope Foundation was established. Through this organization, we channelise our efforts and time to give hope to the hopeless and offer help to the helpless.

Over the course of the past year, our Covid Relief work began to progressively gain momentum. Initially in Dindigul, 120 differently-abled people received basic supplies from us. And we ascertained that people who were differently-abled, daily wage earners and those suffering, were provided with culinary essentials, which was our perennial routine amidst the pandemic of 2021. These individuals were first identified from different communities and slums, after which various prerequisites for meals were distributed. Our reach is not just limited to Chennai, but stretches to Delhi, Mumbai, Andhra Pradesh, and the rural parts of Tamil Nadu.

During the penultimate month of last year, there had been unpredictable floods in Chennai that devastated the lives of poor people and wrecked havoc on their livelihood; we extended our arms as far as possible to put them back on their feet.

During the month of October, Catherine's birthday month, we hosted Anti-Depression rallies, fun-filled evenings, and other programs to inspire and encourage the people.

We have a Community Development Center at Ennore, where we cater to holistic development of more than 40 pupils, whose number is increasing gradually. Children going to local Government schools and part of the fishermen community around Ennore attend this Daily Program. The children are being trained in various disciplines including spoken English, subject-wise tuitions, music, and moral science; the center is equipped with capable and faithful staff. The fruit of our labour comes to light when the result of our guidance directly creates a colossal change in the behaviour and character of the kids, to which their parents and teachers are testaments. Under the purview of this Center, many widows and cancer patients are also being sustained and benefited, as we reach out to them on a personal level.

Our Future Goals and Endeavours

To further our reach and continue in the work that we do, your contributions, support, donations and motivation are important for us. We encourage you to spread the word of CHF, as we join hands to reform the lives of those at stake.

Catherine is not in oblivion; through her life, we give hope to the world as we transform the lives of those around us.

We intend to grow and expand our foundation by establishing the Catherine Hope Foundation in Mumbai soon. Many people in this city have been struggling, and they are in need of our assistance. We need your contribution and support to attain this goal and nurture the lives of countless people.

We once again thank and appreciate all your efforts.

Serve With Love To Empower

Regards,

Selvinson and Graciana

03.

**2021 Programme
Highlights**

2021 Programme Highlights

The key focus of our Foundation is to empower the differently-abled, support cancer patients and help people in fighting their battle against depression. We have been able to change people's lives and support them to make a better living. We were able to help some of them with mobility assistive devices and supply groceries to differently-abled people, who reside in Chennai, Andhra Pradesh, Delhi and in rural areas of Tamil Nadu like Tirunelveli and Dindigul.

In October, we were able to conduct "Jolly Evenings" for the differently-abled community in Dindigul district, Tamil Nadu and Prakasam District, Andhra Pradesh. CHF values life and aims at giving underprivileged cancer patients a better life by providing assistance in the form of medication, financial aid and counseling. On October 19th, in memory of Catherine's birthday, we conducted an Anti-Depression Rally in Chennai, in which our children from the Center enthusiastically participated.

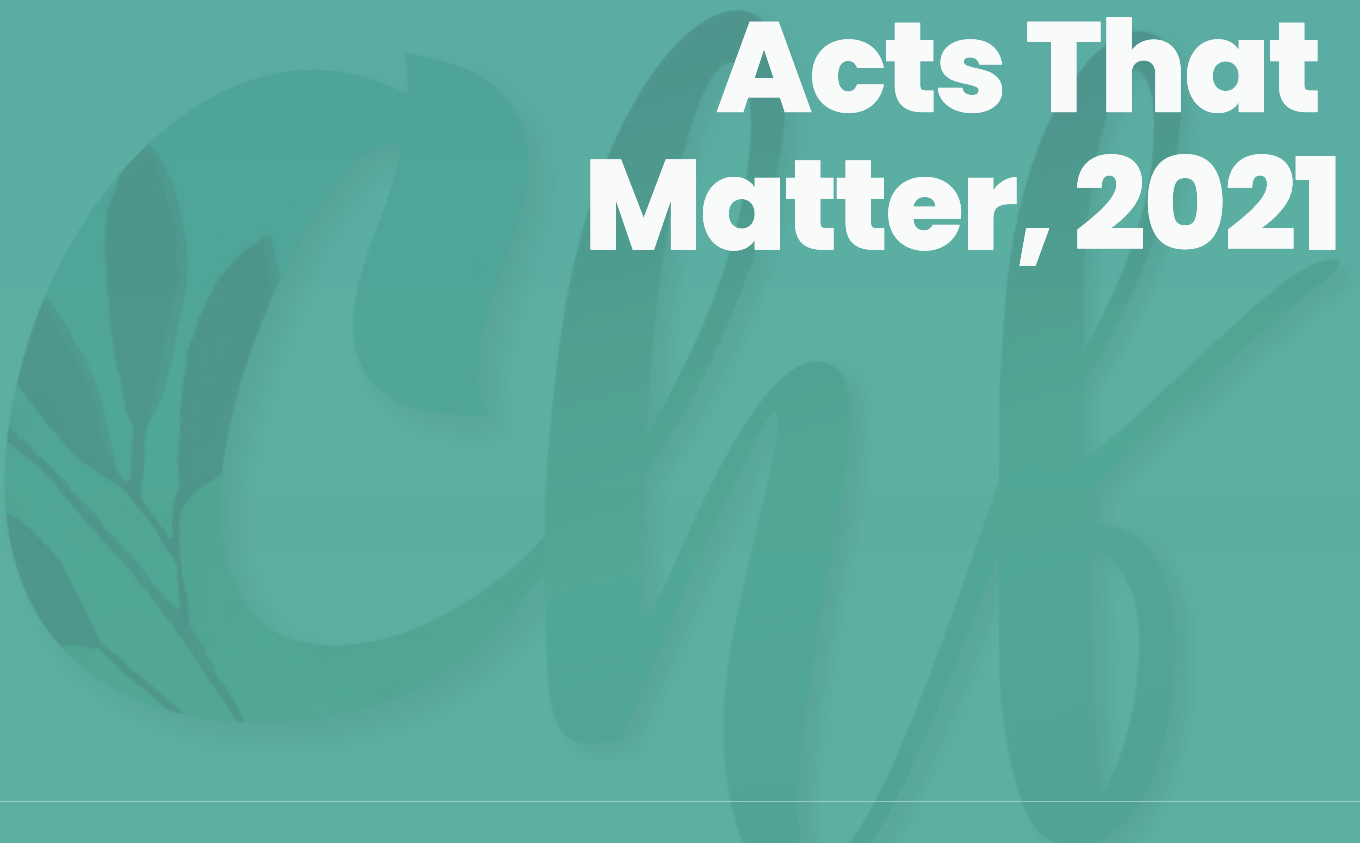
Catherine Hope Foundation was established on 19th October, 2020. This is an end to one year of helping people with pure joy in our hearts. More than 2.1% of the population of India is differently-abled. While the Indian government has done its share of work by providing free education and 4% reservation in government jobs, we still have a long way to go. Here in CHF, we try to identify an individual's requirements and help them accordingly.

As per the latest Central Government records, there are 10,83,678 government schools in India. While there are many schools that provide basic education to the children, there is a reasonable number of students from government schools who lack extra aids for learning. Particularly, during the crisis situation that Covid had brought on, there were students who couldn't afford to buy laptops or didn't own a smartphone or even had a stable internet connection.

CHF helped students from underprivileged backgrounds to learn things better through the tuition classes held at CHF Center, Ennore, which did not just provide academic learning, but also concentrated on the children's wider development and life skills.

04.

**Acts That
Matter, 2021**



Covid Relief Measures

The COVID-19 pandemic had a profound impact on lives and livelihoods around the world, especially in vulnerable groups such as low-income households, people who were differently-abled, women, and the self-employed.



It had brought us the harshest situation ever. We, as volunteers from Catherine Hope Foundation, did everything we could to help them during this desperate situation.

We conducted several grocery distribution drives in different parts of our country. We were able to identify and help more than 400 daily wagers including the people living under the flyovers and on the streets, by providing them with provisions worth Rs.1000 each. Each beneficiary came from very difficult situations and struggled to meet their basic needs. This whole exercise started in December 2020 and is now an ongoing program at CHF whenever people come to us with needs or when any new differently-abled beneficiary is added.

We were able to provide food packets and water bottles to hundreds of people outside Tamil Nadu Government Multi Super Speciality Hospital, Omandurar in Chennai and outside Tata Hospital and King Edward Memorial Hospital (KEM) in Mumbai. The distribution of food packets did not just halt there. When the second wave of covid hit, we continued the food distribution during the lockdown months.



We, as a team from CHF, also decided to distribute food packets to differently-abled people in and around Moore market, Chennai. The people were elated but requested us to consider providing them groceries, because the food packets they received were sufficient only for a single meal for a day. We took the suggestion happily and started distributing groceries thereafter.

As another part of our Covid Relief programme, we provided 250 Anti-Covid Kits to differently-abled people in Tamil Nadu from Dindigul, Theni, Tirunelveli and in Andhra Pradesh from Prakasam district. We distributed the kits to people from rural and backward communities who were not able to afford basic facilities and could not even buy health supplements or masks.



Vijaylakshmi

"I lost my husband due to Covid. I have two children, one of them is in grade 10 and the other in grade 5. I could not afford to buy grocery items; the thought of leaving my children hungry made me sad. CHF delivered the grocery items which were necessary for me the next morning."

Differently-abled Empowerment Programme

One of the key focus areas at Catherine Hope Foundation is to assist and help the differently-abled people in living the lives that they deserve. CHF has assisted differently-abled people by providing them with prosthetic legs, hands, mobility assistive devices, groceries, and other necessities. The following are stories of how we have made a difference in the lives of our beneficiaries.

PRAISELYN MARIBAH

Praiselyn Maribah is a 13-year old girl studying in class 9 from Tirunelveli, who was born with leg abnormalities. Her mother is a social worker and her father is no more. During her childhood days, she went through an amputation due to her leg deformity. Her family approached CHF and we were touched by her story and decided to help her. Recently, CHF sponsored her new prosthetic leg in replacement of the old one. She can now complete all of her tasks independently and support herself much better.



MADHU



Madhu is one of our beneficiaries who had lost both his hands due to electric shock while he was working as an electrician. We were deeply moved by his story and decided to help him. We began approaching companies that make prosthetic hands and Madhu finally received a perfect pair in September 2021. He is now able to perform all his activities by himself! Life has changed miraculously for Madhu, as he is now able to sustain himself independently by drinking water, writing, carrying a bucket of water and other heavy loads.

Surendar

Surendar is a teenager who has both hearing and speaking disabilities. He completed his education until 12th Std. His father passed away while he was young and he was raised by his grandmother. He was fired by his boss because of his inability to hear effectively. Though he had a hearing aid, it was not functioning properly. When his grandmother requested us to assist Surendar, we helped him by repairing his hearing aid. Now, he has regained his hearing ability as well as his job.



Mottayandi



“I work as a farmer. I had lost my right leg many years ago due to a non-healing ulcer. Since then, I have been earning a meagre income by working in the fields in order to support my family. For many years I was using an old prosthetic leg, which was causing me severe discomfort and pain. CHF has helped me by providing a new suitable prosthetic leg. I am thankful for their generous support.”

Catherine Hope Center, Ennore

We were able to expand our activities by opening a Community Welfare Center, “Catherine Hope Center” at Ennore, Chennai on August 1, 2021. It was established for the welfare of the children living in the surroundings of Ennore and to support the underprivileged, especially the people from differently-abled communities.

We provide tuition classes for the children from underprivileged communities, children of differently-abled people, children who are struggling to afford extra aid for their studies besides attending the local government schools. We aim to aid in the holistic development of children. Hence, apart from handling tuition for mainstream subjects, we have compulsory reading time, spoken English lessons, interactive educational games, sports, counselling, music classes, extracurricular activities and other interesting tasks such as the Change Ambassadors Program that instill a sense of responsibility to help their community.

Our coaching is not just limited to academics; we also help the children improve themselves and concentrate on every aspect of their development. The racks on the book shelf are filled with wonderful books and the children love going through the pages and are always excited to read more. There are various genres of books present in the library from children's storybooks to educational books - we have it all. The children read the books on a rotational basis, and they return the book after reading. Our library at CHC is the only library in the whole of Ennore for children.



At Catherine Hope Foundation, we take health very seriously. The children return from school to our Center very exhausted, so we provide them with healthy snacks for their nourishment and wellbeing everyday. Our healthy snacks include fruits, black and white peas/chana, healthy drinks, etc. This initiative has benefited our children in living a healthy and fruitful life. All these activities have made them enjoy coming to the Center and concentrate on academics even better.



Change Ambassadors Programme



At Catherine Hope Center, we have begun a new initiative, “The CHF Change Ambassadors Program”. The objective of this program is to make the children who are coming to the Center ‘agents of change’ in their community. They are taught qualities such as Cleanliness, Motivation, Gratitude, Kindness and Service. Each week five children are selected and handed a badge with the quality assigned to them. For instance, Kindness Ambassador, Gratitude Ambassador and so on. Throughout the week, they are taught to implement what they have learnt at the Center in their communities.

By the end of the week, they have to report to their teachers and peers about their experiences.

After this, five other children will be chosen and given badges to continue the Program. We received positive feedback from parents who were very happy to witness change in their children’s lives. The kids were also equally thrilled and excited to be ‘The Change Ambassadors’ in their community. We also encourage our children with small tokens of appreciation to continue their duty.





Anti-depression Rally

On Catherine's 19th birthday, Catherine Hope Foundation conducted a rally in Chennai raising awareness about depression and the importance of mental health. We hired a 24 seater bus to take the kids around for the rally. We were extremely happy to share this journey with many differently-abled beneficiaries from Perambur who joined us for the rally.

We started by showing a documentary to the kids on Catherine's life. It was about her journey, right from birth, her achievements, her battle with cancer, and all the struggles that she went through. Following that, we conducted a session discussing the causes and effects of depression and how to overcome it.

Towards the end of the rally, the children were taken for dinner at Nungambakkam McDonald's party hall. They were super excited and awestruck to see the restaurant as this was the first time they visited McDonald's. They also went around exploring the venue and speaking to customers.

The McDonald's employees were kind enough to even show them around the kitchen. A cake was cut by the CHF team and kids, celebrating Catherine's birthday. All these amazing experiences fascinated the children and made their day memorable, as well as ours.



Jolly Evening

On 23rd October 2021, CHF conducted a Jolly Evening for the differently-abled in Kandukur, Andhra Pradesh. Almost 40 differently-abled people along with their caretakers attended the event. The event was inaugurated by Kandhukur Town President, Mr S.K. Rafi. It was followed by a wonderful talent show by the beneficiaries. They enthusiastically rendered some folk songs and gave memorable speeches on our freedom struggle. The top three performances of the day were awarded cash prizes of Rs 3000, 2000 and 1000 each. It was indeed very moving to witness the talents displayed in the event.



Madhu, one of our beneficiaries who lost both of his hands due to an electric shock while he was working as an electrician, was also present. After listening to his story, we began approaching companies that make prosthetic hands and Madhu finally received a perfect pair in September, 2021. We met Madhu after a month and he shared his story with the people. We could hardly hold back our tears to witness Madhu confidently holding the mike with his prosthetic hands. The people were encouraged to hear from Madhu that he was now able to do all his activities by himself. This was one of the stories which stands as a witness to show how a small help can tremendously change a person's life.



Healthy Grains Programme

In May 2021, we launched the Healthy Grains Program. As part of the Programme, we concentrated on providing the children with special needs from economically weaker sections of the society, with healthy grain supplements worth Rs.500 for each child. Our package contains a variety of pulses, health supplements like Manna health mix, channa, healthy nuts, fruits, honey and dates.

This helps the children have a balanced and healthy diet. We are supporting six children from our fields and would like to extend a helping hand to more than 25 children with various levels of physical and mental disabilities, from underprivileged backgrounds, who are eligible for the program.

We also helped differently-abled people from Dindigul, Tirunelveli and Chennai. It was so heartwarming to receive comments from beneficiaries' parents telling how convenient and helpful it was for them because they could not entirely take on the expenses themselves. We cannot end this without remembering all these beautiful memories.

Every month, our CHF coordinators visit these special children to give the healthy grain kit. When the children see our staff having this bag of goodies in their hand, they get very excited and happy as they know that this is for them.



For instance, Arockiyam is one of our beneficiaries, a young boy with cognitive disabilities from Tirunelveli whose parents are deceased. He stays with his grandfather. It is a joy to see him so excited every month as he receives his package.

Bhuvana



"I am a visually challenged recipient of CHF's Healthy Grains program. I am grateful to CHF for continuously supporting me during my most difficult period of the last one and a half years and also for providing me educational support for the past few months."

Flood Relief



In the month of November, Chennai experienced severe rainfall which affected the people in ways one cannot imagine. Many of their homes were waterlogged due to the heavy rains. The waters had entered their homes and ruined all of their belongings. The daily wage earners suffered immensely as they were not able to go to work due to this sudden downpour. Most individuals were unable to meet their basic needs or even have a proper meal. The police evacuated them, and they stayed in the nearby schools until the situation was stabilized. The condition worsened over time, becoming a challenge for daily wage labourers, differently-abled people and others.

In light of the above situation, we distributed groceries and dry rations to the people affected due to the floods in the areas of Ennore and Ernavur. The daily wage employees, who were unable to access their places of employment thus affecting their livelihood, were delighted by our initiative. We also distributed groceries to the differently-abled people who were in despair due to this sudden calamity. Many of our children and their families from CHC who were affected by the flood were also greatly benefitted by this relief program.

All the beneficiaries were overjoyed that, during a time when they could not leave their homes to go for their jobs or feed their families, our timely help had brought food to their tables and had filled their hearts with gratitude.

Jeyapriya



"My name is Jeyapriya, and I am the mother of two girls. My family's financial situation is unstable and we do not even have adequate clothing to wear. My spouse is an alcoholic who does not financially support us. I was unable to feed my family during the Chennai floods, but the CHF team became our ray of light and they helped us by distributing the groceries during these difficult times"

Janaki

"My name is Janaki, I had an accident that resulted in a fracture of my leg. My mom had passed away in that accident. After the accident I underwent surgery for my leg, even if I take a short stroll my leg would swell up. I cannot move much or help myself. During the Chennai floods, the CHF team reached out to me and offered me groceries. I am grateful to the team for their kind gesture"



Stories Of Children From The Center

Chandru

Chandru is a student from a Tamil medium school. He has improved in English so well that he could deliver a speech at the Center. His parents are overjoyed at his progress.



JEYANT KUMAR

Jeyant Kumar's parents work in the Municipality. Once when they came back home, they noticed that Jeyant had maintained the house well and cleaned the house before their arrival. Jeyant has been influenced by the Change Ambassador Program of which he is an active member, which is clearly visible in the way he is working and treating his parents and his surroundings.



LIVINESH

Livinesh is a student studying in 5th std. He did not perform well in academics at first and would not even carry his books to the Center. He was adamant in the beginning but as the staff members started teaching the children moral education and behavioral etiquette, he improved in his academics as well as in behaviour. He has now improved significantly in his studies. Livinesh's parents proudly said that now he has started teaching them English at home because they both are daily-wage workers and do not speak the language.



LAURENCE



One fine day, a boy hit Laurence, but Laurence did not strike him back. He was questioned by the teachers at the Center as to why he did not hit him back. He stated that, "Catherine Akka had been really loving to everyone, therefore I want to be more like her".

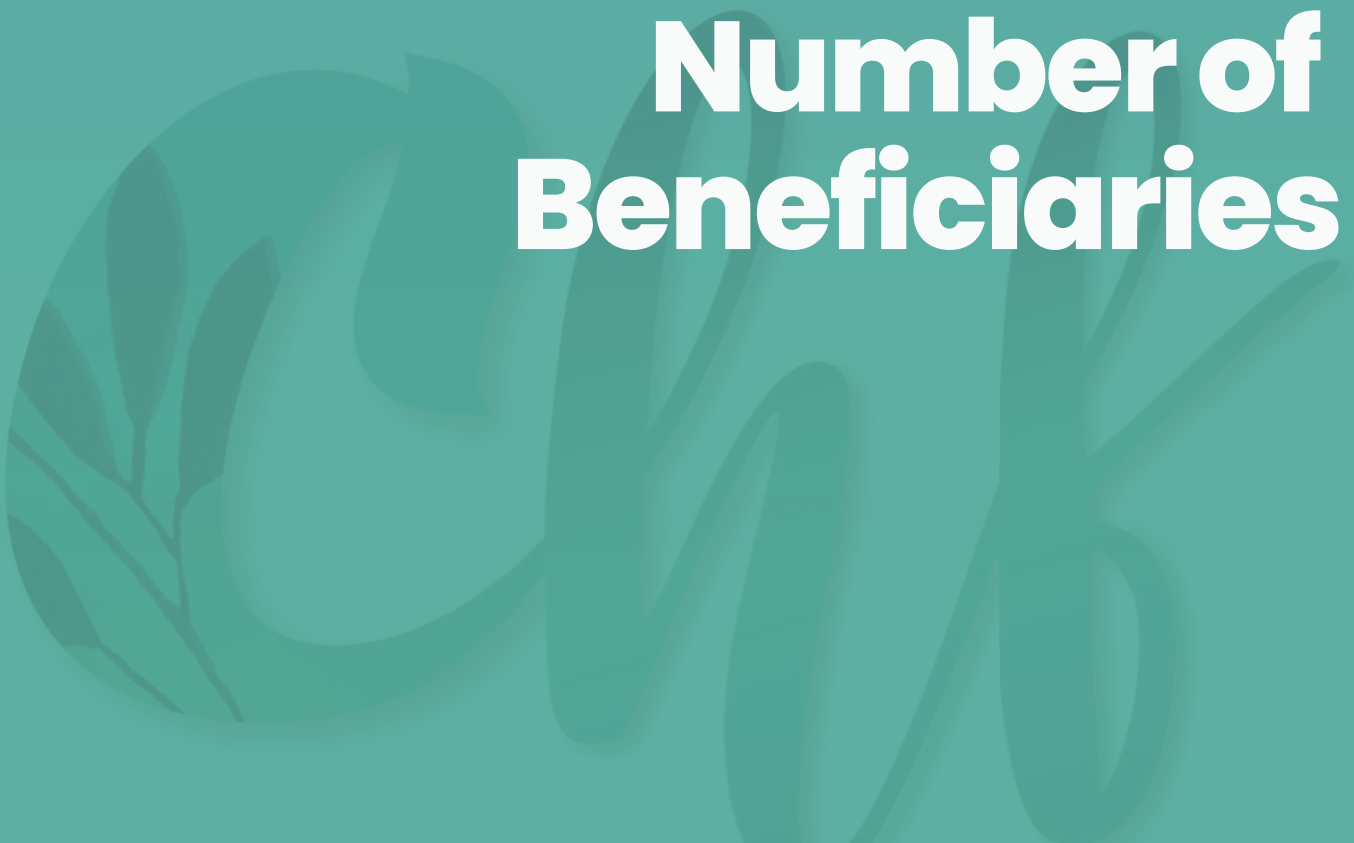
DIVYA

"I am Divya's mother and every time I dropped Divya at school, the teachers would constantly complain about her. As a result, I dreaded going to my daughter's school. However, I have observed a significant change in her activities, as Divya's teacher at Catherine Hope Center said that she is improving and is doing well in her studies since she started coming to the Center. The teacher at school has also given her positive feedback on her classwork." - Ponni

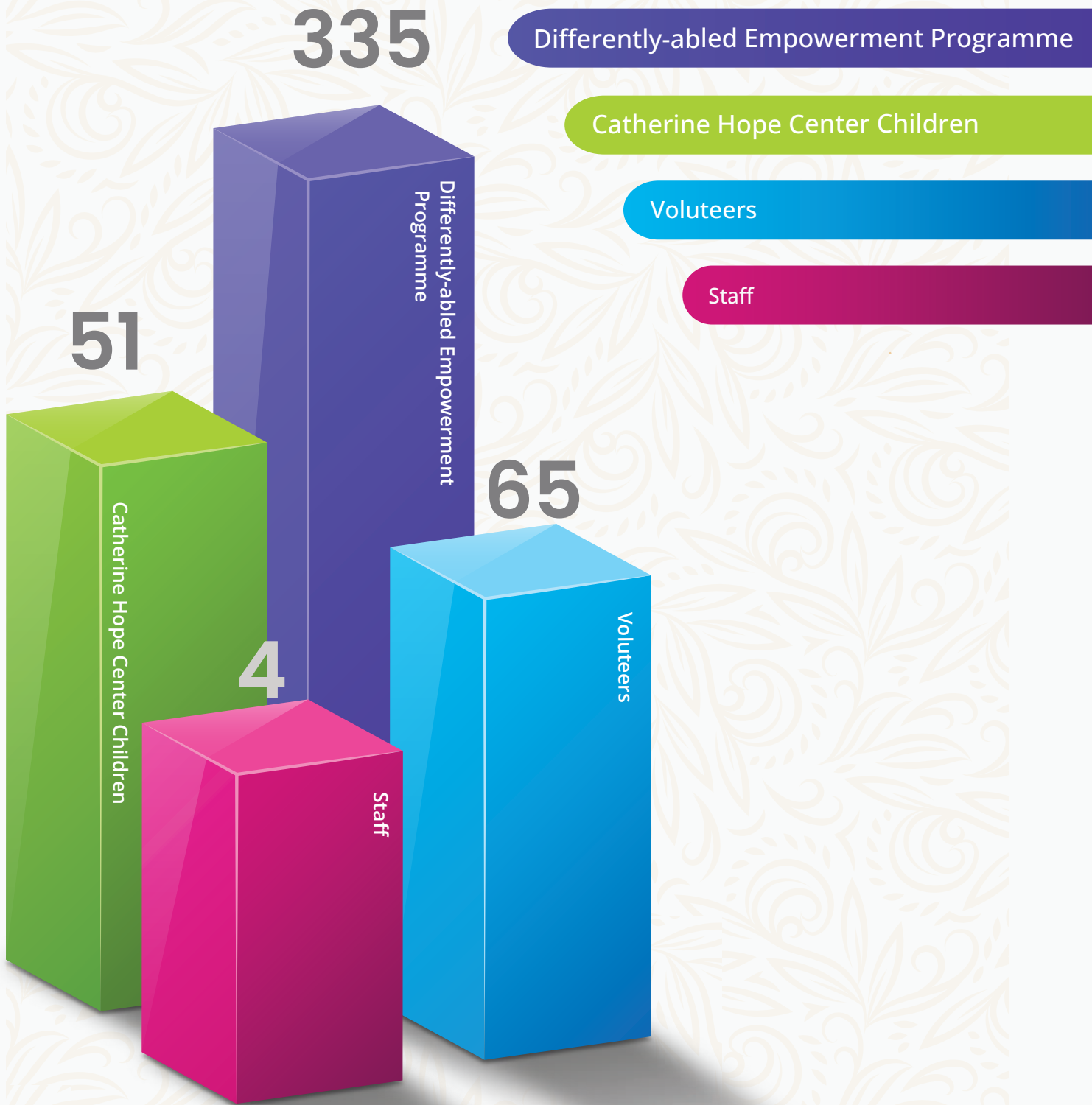


05.

**Number of
Beneficiaries**



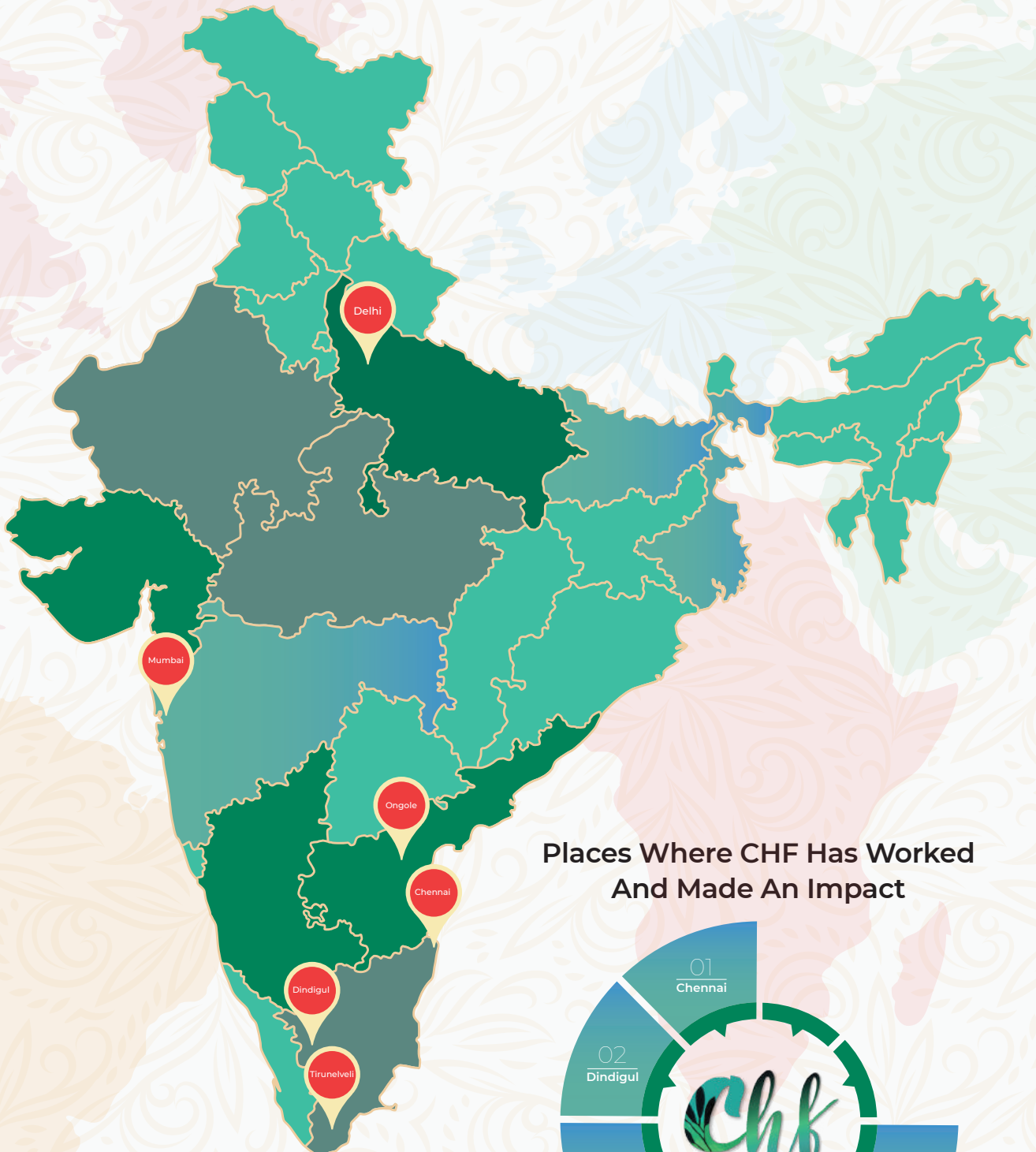
Total Number of Beneficiaries



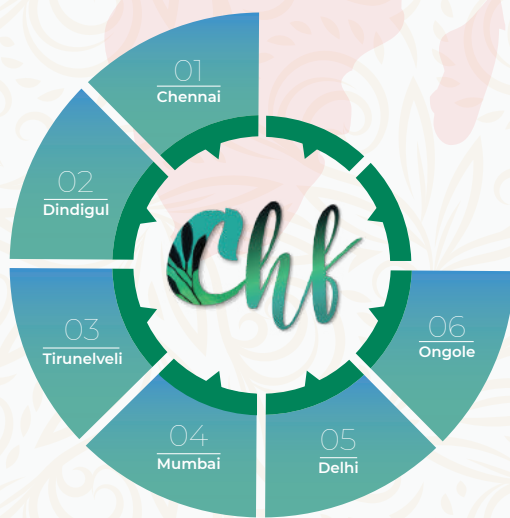
06.

Impact





**Places Where CHF Has Worked
And Made An Impact**



07.

**Note
from Staff**





Catherine Hope Foundation

Note From Staff - Deepa

“Whenever I think about Catherine Hope Foundation, I’m reminded of its mission - ‘Serve with Love to Empower’. I’m not sure how many organisations hear the needs of people from the underprivileged, rural and differently-abled communities. But, CHF hears them out and I’m proud to be a part of it.

One of the things I cherish the most here is when CHF shows interest in identifying the talent of each individual. For example some children from our Center were interested in learning music; for them now we are teaching music every week.

I feel extremely gratified to play a small role in every child’s life, and to have the privilege of identifying their areas of excellence, to push them forward to achieve their dreams and develop their talents.

I’m very happy to witness all the help that CHF provides to the children, especially in fulfilling their need for love. They set up a library because Ennore had no libraries in its surrounding. Right from my childhood, I’ve wanted to volunteer and help people. Now, being part of CHF makes me happy and content, as I know I’m helping children from underprivileged communities, and my role is fulfilled as a teacher too. I’m so proud to be a part of this family!”

08.

**Note
from Intern**





Catherine Hope Foundation

Note From Intern - Sagina

"I had a wonderful time interning at Catherine Hope Foundation. I was a part of the content team headed by Graciana ma'am, who guided me at every step. Social media posts, emails, reports, translation works and bulletins were some of the content that I handled during my time at CHF. Graciana ma'am gave me the freedom to explore different ideas and be creative.

Hearing the stories of the beneficiaries, students at Catherine Hope Center and other volunteers from the organization really touched me and encouraged me to impact their lives through my writing. Every caption written about the events woven with real-life stories of everyday champions widened my horizon to be even more empathetic and understanding of the needs of people from various walks of life. I am thankful to ma'am and the entire team for giving me this beautiful and memorable opportunity to learn and grow in different aspects. It was indeed a life-changing experience that tuned my soft skills and made me more aware. Thank you so much!"

09.

**Note from
Benefactor**





John & Ruby Martin

“As we approach the second year home-going anniversary of Catherine, we remember her in a special way. In her lifetime, she had been a source of blessing to many, revealing her deeply rooted faith in God and love for fellowmen.

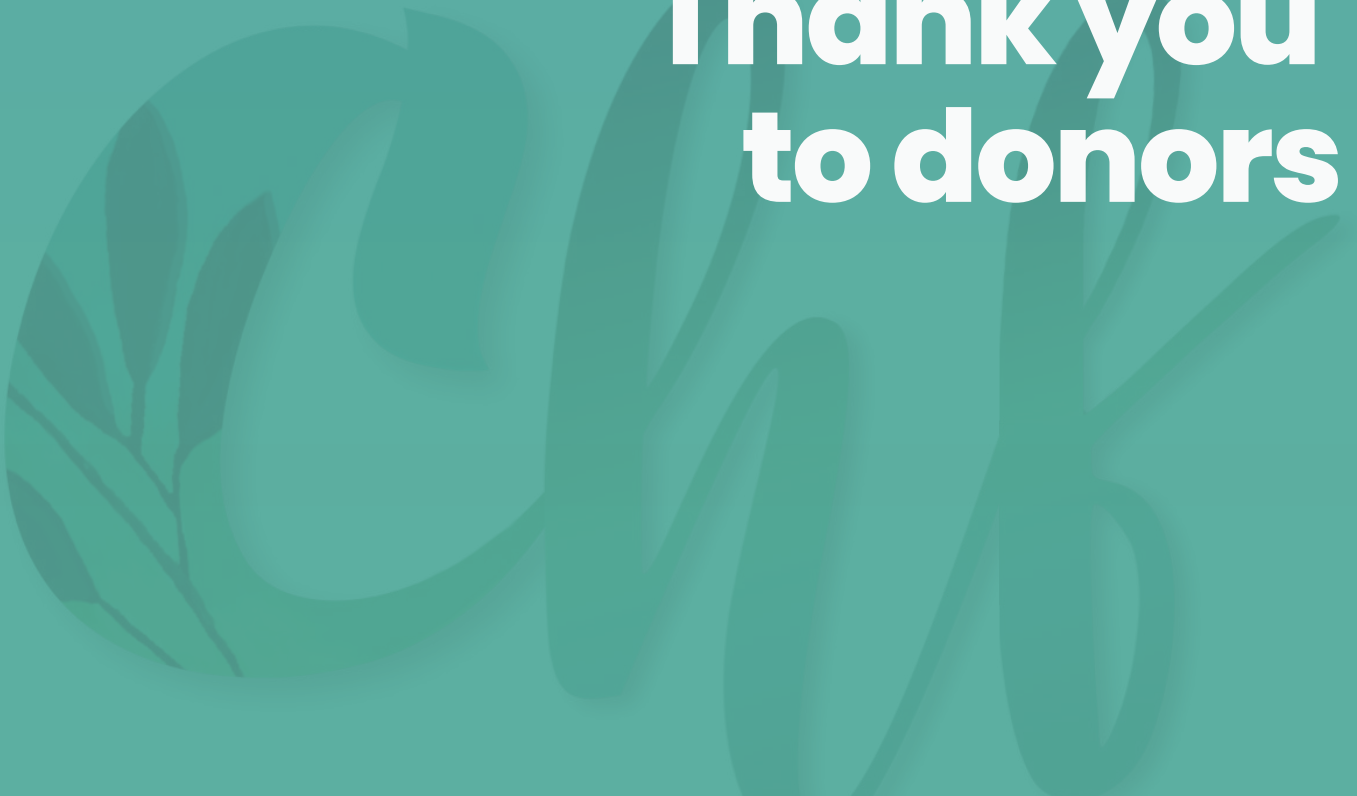
Catherine Hope Foundation was established a year back to carry on her legacy.

We find it a privilege and great joy to support this wonderful ministry(CHF) which addresses the needs of the sick, lifts up the downtrodden, empowers the differently abled, widows and vulnerable women, feeds the hungry and clothes the poor.

If you are looking for opportunities to serve the community around you, CHF is a very genuine organization which provides many effective ways to fulfill your passion”.

10.

**Thank you
to donors**



We Are Deeply Grateful



Even as Jean-Baptiste Massieu said, 'Gratitude is the memory of the heart', we certainly recognise all our donors.

Your great contribution aided us in our efforts to touch and change the lives of many individuals.

Many lives have been transformed by your donations, and as we witness the same, we offer our gratitude for your role in enabling us to touch humanity.

If we have trod this far, it is through your financial contributions that we have been able to do so. We appreciate your support in this regard; and we thank you from the bottom of our hearts.

We eagerly anticipate our future collaborations with you, as we continue to liaise in conjunction to our vision.

Thank You!

God Bless You!!

11.

**2021 In
Pictures**



Anti - Depression Rally



Catherine Hope Center





Covid Relief Program





Differently-abled Beneficiaries





Flood Relief



Healthy Grains Program



Jolly Evening



Parent Teacher Meeting





Partner With Us & Change Lives

CHF Bank Details

Name : CATHERINE HOPE FOUNDATION

Account no: 218405001814

Bank: ICICI

Branch: Kolathur

IFSC Code: ICIC0002184

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Merchant Name : CHF



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