



Foundation • Catherine Hope Foundation

20
22

Acts That Matter

Catherine
Hope
Foundation

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01

**Our Vision, Mission
and Values**

Our Vision, Mission and Values

Catherine Hope Foundation (CHF) is the outcome of the life that our eldest daughter Catherine led, having been diagnosed with osteosarcoma at the age of 14, and passed away when she was 17 years old.

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”. Our work is based on the values of - “Serve with Love to Empower”.



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02

From The
Founders' Desk

A walk through

2022



Over the course of the past year, CHF started its work in Mumbai, with the commencement of the [Cancer Warriors' Care Programme](#). We identified the needs of the cancer patients who were left with no choice but to stay on the pavements outside [Tata Memorial Hospital, Parel, Mumbai](#) for their treatment.

In April, we began the [Beat The Heat campaign](#) and provided them with seasonal refreshments to survive the sultry weather. We also personally addressed the concerns of many individuals by providing them with room accommodation, financial and medical help.

The Catherine Hope Center has been consistent with every day evening tuition hours, alongside the [Change Ambassadors Programme](#) which has enabled the children to become responsible and helpful to the community around. We have also started conducting music classes and a skill-based computer course which has aroused interest in many students. We are expecting many more of them to join this coming year.

The Healthy Grains Programme, as a part of the Differently-Abled Empowerment Programme, and Widows Welfare Programme initiatives in Chennai, Dindigul and Tirunelveli have all been going on consistently by aiding the people with provisions, medical help, and even spending time getting to know them personally. We also had our Anti-Depression campaign and brought in awareness for our Center students on how to challenge and deal with the symptoms of depression. Conversations on mental health have created the space for the staff at the Center to regularly interact with the children to find out and help with their problems.

A huge thank you to each and every one of you for constantly supporting us through your time and contributions this past year. We were able to touch the lives of many people only because of your encouragement. We hope that you continue to help us widen our impact by being instrumental to our progress this coming year as well.



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03

**Our Future Goals
and Endeavours**

Our Future Goals and Endeavours

We hope and intend to expand our work further more in [Chennai, Dindigul and Mumbai](#). The Catherine Hope Center at Ennore, Chennai has been functioning regularly, but the building is in a deteriorating condition. [In the coming year, buying our own land in Ennore will be of great help for the children attending the Center.](#)

In Mumbai, during one of our visits outside the Tata Memorial Hospital, we came across Ranjitha, who was undergoing treatment for oral cancer. She shared her struggles of not only going through the physical pain, but also being abused regularly by her alcoholic husband. We decided that we should soon work towards starting a [CHF Cancer Center](#), exclusively for women, in Mumbai as they are often left helpless and tortured by family.

Apart from continuing our Healthy Grains Programme at Dindigul, we also hope to establish a [CHF Dindigul Care Home for children with special needs](#).

To be able to do all of this, your contribution and support is crucial to us. We encourage you to spread the word about CHF, as we join hands to reform the lives of those at stake.

We once again thank and appreciate all your efforts.

Serve With Love To Empower

Regards,

Selvinson and Graciana



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04

Acts That Matter,
2022

Acts That Matter, 2022



CHF works among cancer patients, differently-abled individuals, and is helping those who struggle with depression. This year, we started the ‘[Cancer Warriors’ Care Programme](#)’ at Mumbai, which also consisted of the Beat the Heat campaign.

Through the ‘[Differently-Abled Empowerment Programme](#)’ we helped many individuals. We also conducted medical camps at Dindigul and continued the ‘[Healthy Grains Programme](#)’. Catherine Hope Center, expanded its work by starting computer and music classes for the children, alongside other interesting activities. We personally interacted with many women through our ‘[Widows’ Welfare Programme](#)’ and gave them required provisions. Take a look at the detailed account of our work.

Cancer Warriors' Care Programme



CHF has now extensively expanded its fieldwork in Mumbai. People travel from across India to Tata Memorial Hospital, Parel in Mumbai for cancer treatment. Little children and elderly people barely survive on the dirty footpath with their feeding tubes,

urine bags and bandages, lying down in the scorching heat and eating food near overflowing garbage cans due to the high cost of living. We started the Cancer Warriors' Care Programme in February 2022 and spoke with many patients and began helping them. In April 2022, we launched the 'Beat The Heat Campaign' during the summer heat, where we regularly distributed fresh fruits, buttermilk packets, food, and pre-used clothes. During the monsoon season when it pours for 4 months continuously in Mumbai, we distributed tarpaulin sheets to hundreds of patients. We also gave protein powder boxes to oral and stomach cancer patients who cannot eat regular food. Apart from this, we also donated a wheelchair for the cancer patients and caretakers to have easy access to the hospital.



In August, we spent a joyous time singing and spreading cheer on Friendship Day with the cancer patients on the streets. It was so wonderful to see the beautiful smiles on the faces of cancer patients as they joined us in these activities. They even stated that no one had ever done anything like this before for them. We are so happy to report that we were able to distribute almost 1920 food packets to our beneficiaries last year.



Here are the powerful and life-changing stories of **some of our cancer warriors.**

Shubham, a 20-year-old college student from Jharkhand, was battling through testicular cancer, his four-cycle chemotherapy treatment began in March and ended in June. People around him would terrify him that his body would burn and that his hands and legs would shorten during the extremely painful chemo treatments.



He suffered through a lot of physical and mental trauma and experienced severe weakness during the treatment. The doctors concluded that the cancer may return if it is not surgically removed. His surgery was delayed as he acquired malaria and was sick for a long time. Thankfully the following week after recovering, the surgery took place and it was a huge success.



We supported Shubham by providing him with protein powder kits and also helped him to pay the accommodation expenses.

Gauri Shankar, a beneficiary of CWCP is a 32-year-old cancer patient and a father of three children from Jharkhand. In 2021, he was diagnosed with a tumour on his left shoulder, and he travelled to Banaras to have it surgically removed. Everything went on smoothly until January 2022, when the tumour in his shoulder started growing again. Many advised him to seek treatment at Tata Cancer Hospital in Mumbai.



Before



After

In May 2022, he came to Mumbai to undergo the required procedure. Due to the scarcity of rooms at Tata Hospital, he stayed on the streets amidst heavy rains and sweltering heat for many months. Several patients were being treated at the hospital; hence, his procedure was finally completed in September 2022 after a lengthy delay. Gauri Shankar received financial assistance from CHF for the cost of his surgery which was a great success. We also provided him with room accommodation so that he could stay out of the footpath till his wounds healed, and all bandages were removed.

Sadly Gauri Shankar has returned to Mumbai to seek treatment again, as the cancer has returned. We continue to assist Gauri Shankar with our regular distribution of basic necessities among cancer patients.

Reetu, a 22-year-old cancer patient from Uttar Pradesh from UP was diagnosed with Osteosarcoma and underwent treatment at Tata Memorial Hospital, Mumbai. She got married on 7th May 2021, during the lockdown. Within a month of their marriage, she started experiencing swelling and pain in her leg. Locally in the village, they tied her leg with a rope and twisted it which broke the lump. They conducted an emergency surgery in Allahabad, in which she was diagnosed with cancer.



March 2022 onwards, she experienced severe pain and was unable to walk. From Chitrakoot to Mumbai, they travelled by bus and train, and her husband Suresh carried her everywhere. Suresh works as a painter and they come from a low-income background. They came for her treatment at Tata Hospital in May and stayed on the footpath outside the hospital. As she was unable to walk, Suresh helped her by carrying her in his arms whenever she needed to go to the bathroom. Since the time she received a cancer diagnosis, he never left her side or abandoned her.

During the rainy season it was difficult for her to stay on the pavements, especially as she was unable to walk.



Reetu was our first cancer patient for whom we provided accommodation and covered the cost of rent. One morning her husband called up saying that Reetu had unfortunately passed away in her sleep. **We simply found it impossible to accept her passing away.**

CHF provided all arrangements for **Suresh to take her body home to Chitrakoot in UP.** We also gave him all the financial support he needed for the journey. Suresh was really supportive towards her all through their journey and he never gave up on her. We admire Suresh for lovingly taking care of his wife during the difficult moments in her life. Even though she has passed away from the face of the Earth, she will always remain in our hearts.



Kunta, who is from Maharashtra was studying in 10th grade when she was diagnosed with bone cancer in her knee. Due to the tumour near her knee, they had to amputate the middle part of her leg and her ankle has substituted for her knee in a surgery that is called rotationplasty. We identified Kunta while she was staying on the footpath with her parents for a month after her surgery. She needed to use a wheelchair since she was immobile even to use the public washroom at all times. So, we provided Kunta with complete room accommodation and covered the rent expenses.



We have now developed a very close relationship with her, and consider her as our family. She opened up to us and talked to us whenever she felt low, which made her feel better. We occasionally prepared food that she really liked. Kunta often reminds Graciana and Selvinson of their daughter Catherine. She found hope in every route of her sorrow, and she was always confident that she would recover quickly, and would reunite with her family and achieve her goals. We have always enjoyed conversing with Kunta and spending time with her.

She was always cheerful and graceful even though she was in pain she chose to remain happy and hopeful. After all her chemo cycles, she is now back in her village reunited with her family.

Wheelchair donation for the public use of immobile cancer patients.



On Sunday, 28th August 2022, CHF paid a visit to the cancer patients staying outside on the pavements of Tata Cancer hospital, Mumbai and donated a wheelchair for public use for cancer patients. Caretakers of cancer patients who are unable to walk have to deposit their Aadhar card in the hospital in order to rent a wheelchair. They have to follow this procedure every day, even when the patients have to take a bath or use the washroom.



Now, after our wheelchair donation, any immobile cancer patient who is in genuine need of a wheelchair to get to the hospital or any other reason can do so without any difficulty. All the patients and their caretakers were really grateful and overjoyed to receive the wheelchair. They personally thanked us for being so thoughtful and appreciated our effort.

Differently-Abled Empowerment Programme

One of the key focus areas of CHF is the ‘Differently-Abled Empowerment Programme’ for the people from the rural and urban slum areas of our country.

We were able to provide hundreds of grocery packages to differently-abled people in Chennai, and rural areas of Tamil Nadu like Tirunelveli and Dindigul. We have continued to provide children with special needs from economically weaker sections of the society, healthy grain supplements worth Rs.500 as a part of the ‘Healthy Grains Programme’. We have also supported the differently-abled beneficiaries with financial help for medicines.



Apart from that, CHF provides educational assistance to differently-abled students. Another major work under the DAEP is the prosthetic limb donation.

Lordson - an accident left him a double amputee, but now his confidence is restored and his spirit remains undefeated. This is an exciting story about one of our young and most cherished 'Differently-Abled Empowerment Programme' beneficiaries from Chennai.



He is a 24-year-old who lost both his hands last year due to an unfortunate electrocution accident. Lordson's father works as a mason, and is an alcoholic. His mother passed away during his childhood. **Lordson completed his degree in Hotel Management, and was working with the Lemon Tree chain of hotels, but lost his job during COVID-19.**

During the pandemic, he started working as a daily wage painter at a restaurant. On 14th April 2021, when he and his friend were working, there was an electrical accident and both got electrocuted. His friend died on the spot but Lordson miraculously survived. The doctors said that since both his hands were severely damaged, they had to amputate them. He was admitted in the hospital for three and a half months after the accident. Lordson lost both his hands and a few toes in this unfortunate incident.

He has little to no familial support from anyone except his cousin brother, who is taking care of his everyday needs. This accident altered the path of his life to being completely dependent on others for support. Deeply moved by his story, we decided to assist him in getting prosthetic hands. In April, CHF made all arrangements for Lordson and his brother to travel to Hyderabad to get two prosthetic hands fitted for him.



Lordson is currently feeling quite empowered while wearing his prosthetic hands. He says that now the people he meets are quite oblivious to his prosthetics; they don't even notice that he is a double amputee. He always says that he too should have died in the accident, along with his friend, but surely his life has a greater purpose now. He says that a year ago he had a lot of doubts, questions, and worries, but now everything seems alright. He wants to use the gift of life to be an instrument of hope and inspiration to others.

Lordson is a brilliant young man who dreams to achieve great things. He aspires to be an ambassador of change for society, and he intends to do it to the best of his abilities. We are doing everything we can to assist him in achieving his goals.

Praiselyn Maribah

Praiselyn is from Tirunelveli, and she recently completed class 10 with flying colours. She was born with a leg deformity and in her childhood, she went through an amputation for the same. Her mother, a single mom, is a social worker. In 2022, her family approached CHF, and we were touched by her story and decided to help her. CHF sponsored a new prosthetic leg to replace the old one. Praiselyn now has a new prosthetic leg that has helped her tremendously. She can now complete all of her tasks independently and support herself much better.



Lingadurai, a father of two young daughters is tormented by his pain and suffering, being paralyzed and bedridden. Yet, he chooses to remain hopeful amidst his adversities, and his life just gets better. He is 41 and lives near Cheranmahadevi, Tirunelveli district, with his wife and two daughters aged 11 and 8. Lingadurai was working as a peon in Mercantile Bank till 2017, when he met with a motor cycle accident in which his spine was severely damaged. Because of his injury, he became paralysed waist down, and was bedridden. He has to wear a diaper and urinary catheters all the time. Immediately after the accident, he lost his job because he was physically unfit. He spent all of his money on treatment in the hopes of a full recovery, but he couldn't afford to do it anymore.



Thus his treatment was discontinued. He had to spend Rs.500 for physiotherapy everyday which was beyond him. During the COVID-19 pandemic, he struggled a lot to feed his family. Since he didn't have a regular source of income to support his family, good-hearted people in his community have helped him out to fulfil his medical expenses and family needs. His wife could not go to work, since she is required to be with him all day to take care of him. At our very first meeting with Lingadurai, we gave him callipers so he could practice walking. This has helped him strengthen his leg; he now exercises every day with the support of his wife and others. Despite his physical and medical conditions, he has not lost hope.



Not even once has he ever complained about his condition or his present circumstances. In April 2022, we transported a hospital bed with an excellent mattress all the way from Mumbai to Tirunelveli just for him. His old coir mattress was torn in different places, which would poke him if he tried to change positions while sleeping. Day in and day out, he was extremely uncomfortable and in pain. Now, with the new bed, he says he is very comfortable and can sleep peacefully. He can even sit up on the bed using the incline position. A small gift all the way from Mumbai has changed his life, and he is beyond joyful and grateful. CHF continues to support Lingadurai and his family on a monthly basis for their basic necessities.

Medical camp

2022

CHF took the initiative to conduct its very first medical camp in Kattakamanpatti on 21st May, 2022. It is a remote village near Ghat road on the way to Kodaikanal in Tamilnadu. The medical camp commenced at 10:30 in the morning. Around 100 people were gathered in the open space near the Taluk office. Two doctors, four nurses, CHF coordinators, staff members and a few volunteers were present. At first, Mr. James addressed the crowd and explained that this medical camp was exclusively organised for them. Then he welcomed everyone who had gathered there. After that, CHF Dindigul coordinator Mrs. Selvarani honoured the Taluk head Mrs. Maheswari, Dr. Kingsley, Dr. Jasmine, Mr. Milton and Mr. Pravinth with a shawl.



Then, Dr. Jasmine educated the people about the importance of women's health in our society. She explained that healthy women form healthy families, healthy families form healthy villages and healthy villages form a healthy nation. Later, the medical consultation began with the registration of individuals.

CHF staff members and volunteers helped the crowd in filling forms, guiding them to each step. After getting their vitals checked, each one went to consult with the doctors regarding their health issues. **Dr. Jasmine consulted many women who came with health complaints.** She gave guidance to them on how to remain healthy and fit. **Dr. Kingsley took care of the patients who came with issues in their blood sugar level and blood pressure.** We treated a mixed crowd consisting of children, aged people, sanitary workers, cattle rearers and a couple of them with cognitive disorders. A woman brought her husband to the camp who became mute after an accidental fall. In addition to this, CHF also provided basic medicines for all the patients who came for the consultation according to the prescription given by our doctors. **Women who came for consultation received iron and calcium supplements from CHF.** The villagers were extremely happy and thankful towards CHF for organising the medical camp.

Healthy Grains Programme

Manoj, a 12-year-old boy, who is part of our Healthy Grains Programme, is a special child. His parents are Pappathi and Suresh Kumar and he has a younger



sister Lakshaya who is 11 years old. Both the siblings are studying in Class 6. Manoj abstained from going to school till recently. As a 1-year old child, his parents noticed that he was different from the other children. His brain development was slow, especially his speech.

So they took utmost care in raising Manoj because he used to get seizures suddenly. Sometimes while walking he would get a seizure causing him to swoon and fall. He can only say Appa and Athai and all that he can verbalise is gibberish. Since he is growing, he is becoming increasingly uncontrollable. He pushes cycles and two-wheelers which are parked in the neighbourhood. The neighbours voice out a lot of complaints about his behaviour. He can't sense and tell anyone when he needs to use the washroom. He always soils himself. Sometimes he even runs on the road stark naked.

His parents are really worried about his behavioural pattern. When he is at school he harasses his classmates by hitting them or pulling them up by their hair or snatching their food and throwing it down. Every once in a while, when he is not monitored he tends to eat bricks, chipped off roof tiles and mud. Even in this difficult scenario, the parents are raising him without giving up on him.

Manoj is in a very bad medical condition. His medical expenses alone are massive and his parents are struggling to make ends meet. CHF saw the dire need for healthy grains for little Manoj and has consistently provided him with healthy grains for over six months.

Angel, is an 18-year-old person with special needs from Ennore, Chennai. She is living with her parents and two elder sisters in a rented house. Her older brother is married and settled. Her father is working as a carpenter and her sisters are working in a grocery store.



They are earning a meagre salary for their livelihood. She is studying in a special school and can read and write. Our CHF staff met her and got to know her story. Understanding her situation, we started to help her on a monthly basis.

She is part of our **'Healthy Grains Programme'** through which she receives health supplements every month. She eagerly waits for our staff to visit her and it is always gratifying to see her joy while receiving her healthy grains package.

Catherine Hope Center

2022

The children in the [Catherine Hope Center](#) at Ennore have been regular and we can see much growth in how they behave, speak, and involve themselves in other activities.



We have [daily tuition, spoken English and music classes](#) for the [children](#). The teachers from their school have said that they are able to see tremendous improvement in their studies. They have also inculcated many good traits which reflect in their behaviour. Apart from this, we provide delicious healthy snacks for the children every day.

The [Change Ambassadors Programme](#) is one of our very successful initiatives in the Center. We also started conducting a [6-month Computer Course](#) in [partnership with Ryde Foundation](#). Mahalakshmi, a graduate student, joined this and after the completion of the course from batch one, based on her computer skills, she has secured a job as a Data Specialist in Anna Salai, Chennai.

Center Stories

2022

Lawrence

Initially, when Lawrence joined the Catherine Hope Welfare Center, he was an average student in his studies; his handwriting was illegible as he did not leave space between words. The teachers at the Center taught him and trained him on how to write properly and neatly. They constantly motivated him to perform well in academics. **He ranked first in the entire sixth grade, and during Independence Day, his school appreciated and awarded him for academic excellence with a bag and stationery.** He said that he started studying well after joining the Center. His mother also told us about his improvement.



Divya, being a little girl, used to be a very dull child and was scared of everyone. She had no interest in studies, and naturally, the teachers started pouring out complaints whenever her mother went to pick her up from school. She was doing very badly in all her subjects. Eventually, the complaints were so numerous that her mother was very hesitant to pick her up from school. Once the child started coming to the CHF Center, she blossomed under the right guidance of the staff there.



Quarterly	
Engl	47
English	46
Maths	50
Science	40
S. Science	47
E. Arts	43
G. K	47
	<hr/>
	320
Grade	A ₁
TOTAL	<hr/>
	320
	350

She displayed amazing improvement not only in academics but became a confident little girl. She was the class topper in the Quarterly Examination which went by, and the teachers were very happy about her tremendous results. It was a special achievement for the CHF staff as well.

Change Ambassadors Programme



November 13 is known as World Kindness Day. At CHF, our Change Ambassadors were reminded that a little kindness goes a long way. The entire week, the children were taught the value of kindness and simple, practical ways to practice kindness both inside and outside their homes. The children, out of their goodwill, pooled money, showed kindness, and helped the people on the streets. They bought food and water bottles for the hungry and thirsty and gave them to the people. Some did it in groups, and others did it independently.

The kids learned a valuable lesson and applied it practically in their lives, and it is ecstatic for us to see them blossoming as humans with good values.



The Change Ambassadors Programme is one of our very successful and effective programmes at Catherine Hope Center. These sessions take place every Tuesday, and they focus on different topics each week. Our objective is to educate our children and nurture them for their overall development.

The latest series that we conducted as a part of the Change Ambassadors Programme was the “[Cleanliness Series](#)”, which is an effort to improve the lives of our children and teach them the value of cleanliness. The teachers started by educating them about personal hygiene and the cleanliness of the body.

The teachers continued the second part of the series by introducing them to a new subject: Maintaining cleanliness in their home. The teachers explained to them in detail how to maintain their house by teaching them how to make their beds, sweep the floors, help their parents wash dishes, dry and fold clothes, etc.

The teachers also trained the children to assist their parents in simple ways since, in many households, both parents work as daily wage labourers.



Following these sessions, there were discussions about the cleanliness of the community and surroundings. The teachers taught them the basic necessity and importance of keeping their surroundings clean at all times. In order to practice these methods, they started by decluttering the plastic waste, coconut shells, etc. lying around. They made room for new plants to grow by clearing the area and sowing seeds there. During the last sessions of the cleanliness series, the teachers focused on the aspect of inner cleanliness, which means cleanliness of the mind and soul.



Children's Day at CHF

2022

The evening of 14th November was filled with laughter and joy as the children of CHF celebrated Children's Day along with their teachers. Our children had an amazing time playing games and had a lot of fun. The teachers conducted games with balloons and paper cups which the kids thoroughly enjoyed. Even the teachers had a great time watching the kids play.



The teachers and kids cut a beautiful cake to mark the celebration with the kids. Owing to the rains the teachers prepared sukku coffee, and served onion pakoda and cake for the children. The teachers made personalised appreciation cards for the children. The kids were very happy, and felt loved, the next day they all showed their cards in school very proudly. Teachers had written special, loving and encouraging words for each child.

The children will surely treasure these cards for life!!

Anti-depression day

October 19th

October 19th is the birthday of our beloved daughter Catherine and we honour her memory by commemorating this day as Anti-depression day every year.

We wanted to educate and empower our children at the Center about the fight against depression.



Many of our children come from lower middle-class families wherein they face challenges like lack of money, lack of basic needs, lack of love and care, and lack of guidance. Adding to that, addiction to alcohol and drugs, gambling, fights between parents, and physical and mental abuse are common in some of their families.

So, our staff took the initiative and taught them for a week about various scenarios which can lead to depression and how they can handle it wisely. Additionally on October 19th, we invited two prominent student counsellors from 'The Counsellor's Consortium', Chennai to guide our children about how to identify the signs of depression, how to seek help when they go through it, and how to face the challenges in life without giving up. It was an interactive session and the children enjoyed it so much. Also, the staff did a skit on what are the things that can make our life difficult to go forward.



Later, we distributed prizes to the winners of the speech competition, poem competition, drawing competition, and debate which happened on 18th Oct at our Center. Then the children cut a cake with much excitement remembering Catherine on her birthday. It was indeed a fun-filled learning and a most memorable day for all of us.

Computer classes at CHF

We introduced our children and staff to the ever-evolving world of technology.

In May 2022, we launched computer classes at our Center in Ennore. In April, we received four second-hand computers, which has helped us make this initiative a great success. As we were setting up the program at our Center, we came across veterans from the IT who have joyfully stepped up to educate our children.

Teenagers and senior children attend the classes. Many fresh applicants for the computer class are teens. We are conducting a six-month certified typing and MS Office training course as well. We conduct the classes twice a week. The rest of the week, children can come to practice these concepts. The course is actually designed both for the staff and the students of CHF.



The CHF staff is also very eager to learn from our facilitators. All the kids are ecstatic to be a part of this programme, and to learn more about what the future holds for them in the field of technology. On September 24th, 2022, a team from Infosys composed of senior staff visited our children as part of their CSR at our Community Welfare Center in Ennore. Our staff and children were extremely thrilled and happy to have them come all the way from South Chennai to spend quality time with them.

First graduate - Mahalakshmi

We are thrilled to announce that Mahalakshmi, who completed the 6-month computer course offered by Catherine Hope Center in Ennore, has now secured her first job. Her father was initially an auto driver, while her mother does housekeeping and she has three other siblings. She completed her education through tough financial situations.

Her elder brother drives the auto now since her father is ill and cannot go to work. Her mother and her brother are the only breadwinners for a family of seven



When we asked her about her course experience she said, "When I was studying in college, I was interested in going for computer classes and I asked in some places, but the fees were too high. After going to college I could not go to computer classes. Near my place, we have a CHF Center, but I was unaware of the Center until recently when I was told about it. I inquired about the computer classes at CHF and joined six months ago.

People who want to learn but have difficulties, I think should join here, because I could learn very easily. Usually at other places when we have doubts they will teach us once or twice and the teachers are not usually amiable. But the teachers at CHF were very nice, if I did not understand a concept they were ready to teach me again.

Other places would teach us for one hour, but here at CHF, they would spend extra time teaching me concepts that were difficult for me. We were taught shortcuts as well. I am very happy to say that I got a job immediately after my computer training."

With a happy heart we celebrated the completion of the very first 3 month-Certificate course of computer training organised by CHF for the senior kids. [The computer course was in partnership with Ryde Foundation](#), who provided us with the best mentors to teach the children computers. At this course the kids were provided with the application knowledge of softwares like Microsoft Word, Excel, PowerPoint, etc.

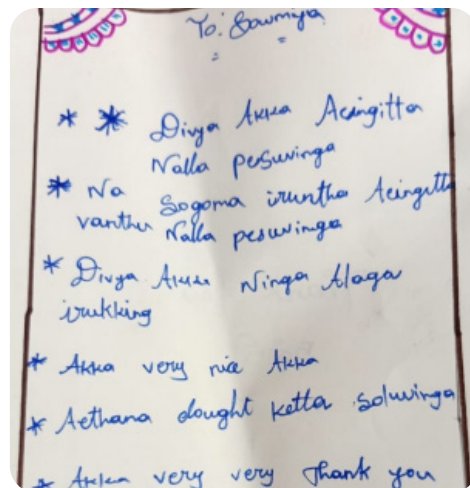
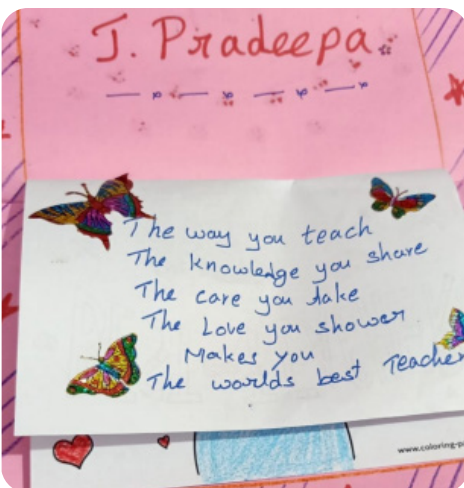
They learnt the fundamentals of computers, typing, basic use and implementation of websites and browsers, handling file manager, etc. It was an experience for the kids to take their baby steps in the technical world and to explore the technology that can help them build a better tomorrow. Now they're confident enough to work on the computers and work with the basic functionalities such as writing an email, creating presentations, documents, and so much more.



Teachers Day Celebration at the Center



September 5th, 2022 was an exciting day at our Community Welfare Center, Ennore. To celebrate their teachers on the occasion of Teachers Day, the children pooled money and bought a cake. They also gifted them pens, chocolates, and flowers. Some even went the extra mile to give them hand-made greeting cards with words of love and respect for them. The teachers were extremely surprised when they saw the cake and gifts and were totally blown away by the love their students showered on them that day.



For a whole year, the teachers have taught them meticulously with so much love and care. They have invested in them and have inspired them to dream big. It was now the childrens' turn to show love and gratitude towards their teachers for all that they have received from them.

The students also thanked their teachers from the bottom of their hearts for loving, caring and encouraging them and not only for teaching them the subjects but also good manners, and disciplining them whenever required.

Even the parents when they came to pick them up, wished the teachers and appreciated them for their hard work and dedication. They expressed their regard for them and also encouraged their children to honour their teachers. It was a very emotional day for everyone as the children expressed their love and affection for their teachers.

Widows Welfare Programme



There are many widows in the areas of Ennore and Ernavur who are neglected by their families or lead poor, lonely lives, often pushed to the streets. Some are looked after by their families, but they are still mistreated.

Our CHF staff invites them to the Center and personally interacts with them. They listen to their struggles and create a safe space for them to share their feelings. Apart from this, we provide them with groceries and sarees from time to time.

On October 7, 2022, as part of the 'Widows Welfare Programme', we invited twenty-two widows from the surrounding areas to our Center in Ennore. It was the most fulfilling and fruitful day for us to serve the widows of that community. It was such a joy for us to welcome them and interact with them. We played a small icebreaker game to make them feel comfortable, and all of them were very happy and excited. The entire room was filled with fun and laughter. Then we served them hot chicken biryani with eggs, and they thoroughly enjoyed the meal. After that, we spent quality time with each of them to get to know them individually. They slowly opened up and shared their stories with us. It was very heartbreaking to hear about the difficulties they have gone through. We appreciated them for staying strong and encouraged them to go forward. Later, we gave each one of them basic groceries like rice, wheat flour, sugar, oil, toor dal, a casserole, and a brand new saree. They were all delighted to receive the gifts and were filled with gratitude. They thanked us so much for organizing a program specifically for them, listening to their stories, caring for them, spending quality time with them, loving them, and also meeting their needs. Some of them even said that there was no one to talk to and that they often felt lonely. But at our Center, they felt special and loved.



They all went back home with big smiles on their faces, joy in their hearts, and sparkles in their eyes. We really cherished the time spent with each of them. It was truly a memorable day for all of us.



Rani is staying alone on the streets after the death of her husband Mani. He suffered from asthma and without proper medical care, he passed away. She does not have any income and couldn't afford a rented house. She is staying on the streets and begging for food. She was in tears while she received the groceries and the brand-new saree. She was overwhelmed when we served her the hot chicken biryani. She felt so loved and cared for at our Center.

Nagendramma is staying on the streets and begs for food for her survival. She has one daughter who is married. But, her son-in-law is not willing to take care of her. So, she didn't want to stay with them and chose to take care of herself. She is very old and can't work to make a living. She is part of our 'Widows Welfare Programme' and when we met her and listened to her story, she was literally in tears.



She is always so happy when we visit her, and she enjoys spending time with us. We supported Nagendramma by providing her one month worth of groceries and other items during the 'Widows Welfare Programme'. She expressed her gratitude to us from the bottom of her heart for loving her and meeting her basic needs.

Jeyakumari who is part of our 'Widows Welfare Programme', is from Genguvarpatti of Theni district. Three years back her husband passed away due to a cardiac arrest leaving behind her two children and her elderly parents-in-law into her care. Totally crumbled down, devastated and hopeless, she had to pull herself up for the family. She started bearing the family responsibility by working as a daily labourer.

But right now she does not have a job and is struggling financially. She gets her basic provisions from the ration shop every month for a bare minimal price. She has admitted her children to the government school to continue their education. After hearing her tragic story, we started giving her monthly support as part of our 'Widows Welfare Programme'.



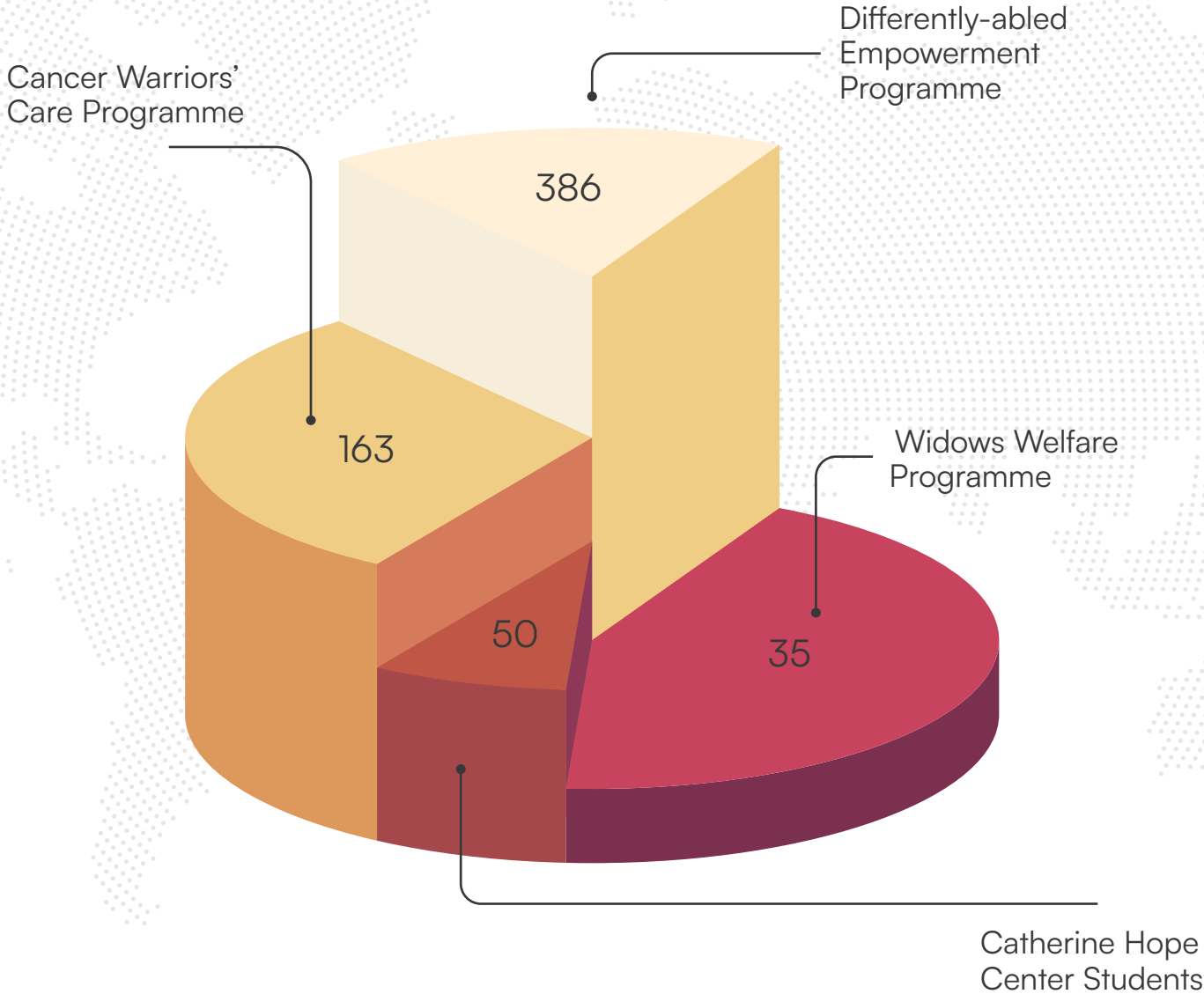


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Number of Beneficiaries

Number of Beneficiaries at CHF



- Differently-abled Empowerment Programme
- Cancer Warriors' Care Programme
- Catherine Hope Center Students
- Widows Welfare Programme





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Note from Staff

Divya



I am working as a 'Communications Officer' at Catherine Hope Center and it has been an amazing journey so far. Before I joined CHF, I was struggling with anxiety and loneliness. But, once I started teaching our children at the Center, it helped me to become more grateful and happy. All my coworkers are very supportive and friendly. Every beneficiary I met here has inspired and encouraged me.

I have grown in my career as well as in my character in the past two years at CHF. Initially, I began taking tuitions, then I also started teaching computers to the students. Now, I am taking care of the accounts and communications department as well. There is lots of room to grow at CHF. I have come across many differently-abled beneficiaries, widows, children with special needs, and cancer warriors. I have become more loving towards them and whatever I do here is more gratifying to me.

This is my first NGO job and I am humbled to be part of this great organisation. Thank you Catherine Hope Foundation for giving me this wonderful opportunity to serve.



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Note from Intern

Treesa



It has been a year since I joined Catherine Hope Foundation, and I'm so grateful to have been a part of it.

It was a tremendous opportunity for me, as it was my first internship as a Content Writer and Social Media Editor.

My experience was phenomenal and I have loved every part of my journey at CHF. The inspiring stories of the beneficiaries and cancer patients always motivated and encouraged me.

I have known many beneficiaries who, despite their difficulties, are achieving their goals above and beyond.

Over the following months, I was able to see my perspective evolve towards people who struggled and battled with various hardships in life. I learnt to be more compassionate, caring, and helpful to the community. I have witnessed CHF flourish despite all the difficulties, and the journey always made me hopeful.

The knowledge that I have gained working here has been very beneficial for my growth, alongside making many wonderful memories at CHF. It was always a joy to work with everyone else.

Thank you Catherine Hope Foundation for helping me be the change.



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Note from Benefactor

Kiruba and Esther



We live in an era of extremely challenging times that demands more profound love, hope, and joy.

Catherine Hope Foundation is truly a beacon reflecting the unique qualities of Catherine, who passed away at the age of 17 after her battle against osteosarcoma. We carry forward her vision and mission of fulfilling the gap by exhibiting love and bringing great joy, hope and peace. We are able to witness its inception in such a short span, especially at Ennore Community Welfare Center. where the lives of people are transformed.

There are many others who are still in need and waiting to be served. CHF can and will continue to serve out of the box, and walk the extra mile to empower society; building a sound and strong rewarding community with all your sacrificial, dedicated and regular support.



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Thank you to Donors

Thank you

to Donors

“No act of kindness, no matter how small,
is ever wasted.” - Aesop

We have been able to reach out and help many people in 2022, only because of your generous contribution and constant support. Donors like you play a huge role in this progress and we are so thankful to each and every one of you for everything you do.

Every contribution has created a ripple effect and touched the lives of people in Mumbai, Chennai, Tirunelveli and Dindigul. You truly make a difference and we thank you again. We are encouraged to do more in the coming years. We anticipate significant growth in our outreach efforts in the future as well and we hope you will continue to be a part of this journey.

Thank you



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Bank Details

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Account no : 218405001814

Bank : ICICI

Branch : Kolathur

IFSC Code : ICIC0002184



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