



St John

International



.....
Improving Health
and Wellbeing
around the World

St John around the world

St John started providing first aid in 1877 in England. For generations we have helped people around the world to help themselves and their neighbours in times of need.

Today St John is a modern organisation delivering first aid, healthcare and support services around the world. Our programmes are community-based and volunteer led. They provide high impact at low cost.

From mobile clinics in Malawi to eye clinics in the Palestinian Territories, ambulance services in Australia and New Zealand, kidney dialysis in Malaysia, hospice care in Antigua and first aid worldwide, St John provides thousands of people with essential medical care every day.


At our core are the 250,000 St John volunteers who give their own time and effort to help others. In England and Uganda, in Jamaica and Canada, in South Africa and Wales, and in over 30 more countries, volunteers are wearing the eight pointed cross on their uniforms, proud to be part of our worldwide charitable movement.



OVER
250,000
DEDICATED VOLUNTEERS WORLDWIDE
where 55% are below the age of 25



OVER **2.3** MILLION people are trained by St John in First Aid and other health care activities each year



OVER **2 MILLION** people are reached by St John




over **800,000** are treated worldwide



OVER **21,000** THE ORDER OF ST JOHN MEMBERS



A TOTAL OF **8 million hours** OF SERVICE FROM ST JOHN VOLUNTEERS




Improving Maternal and Newborn Health and Survival in Africa



The challenge

Each year, 2.6 million children die before they are one month old. A further 200,000 women die during pregnancy or childbirth. Most of these deaths can be easily prevented if the women know how to minimise their risks, and if infants and mothers get the right healthcare at the right time.

No woman should die while giving life

St John is meeting the urgent health needs of pregnant women, new mothers and infants in Malawi, Uganda, Zambia and Zimbabwe through its Mother and Baby Programme. We encourage women to be active in getting the healthcare they need and to safely start their journey into motherhood. At the same

time we extend the reach and effectiveness of the public health services.



What we do



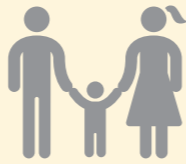
1. Training and collaboration

Volunteers are recruited from their local communities. They are trained in first aid and mother and child health. Because they are community-based, local people learn skills to help themselves and their neighbours.



2. Household visits

Volunteers make door-to-door visits to help families develop a birth plan, teach them about danger signs and provide advice on what to do in an emergency. Pregnant women and new mothers learn to adopt healthy behaviours, make healthier choices around safe motherhood and infancy by taking charge of their own health. Volunteers encourage women to use antenatal and postnatal services early and regularly, and make health referrals for individuals. Their partners learn to support their spouses and children, e.g. jointly planning a safe birth and saving enough money for transportation to the clinic.



3. Community health education

St John volunteers reach large numbers of community members with health education sessions to promote wider support for pregnant women and new mothers.



4. Support for local clinics

St John supplies a basic package of support based on local needs, such as scales to weigh pregnant women and newborns or blood pressure monitors.



5. Mobile outreach clinics

St John supports outreach clinics that travel to remote villages where services are not available. These makeshift clinics provide HIV testing, family planning, and checks for pregnant women, new mothers and babies.



How our volunteers support Stella in Malawi

Stella is living in Mbayani, one of the many suburbs of Malawi's second biggest city Blantyre. At 32, she is already expecting her fourth child, which will be born next month. Her parents help her with any questions related to her pregnancy, and Stella's husband provides whatever she needs for herself and their unborn baby.

cold, experienced headaches and strong back pain. The same night, fluids started coming out, and Stella delivered a dead baby.

Bena and Edith are two St John volunteers in Mbayani, who go from door to door to visit pregnant women and new mothers. One day, a few months ago, they saw Stella selling nuts on the road.

During their first visit, Bena and Edith taught Stella the importance of going early to antenatal care checks. Sometimes, Stella has a headache and feels pain in her legs, and because the baby is too high up, she feels like there is not enough space in her chest. But during the checks in the nearby clinic, the nurse told her that this is nothing to worry about. On one of their other visits, the volunteers also met with Stella's husband and encouraged him to prepare in advance for the delivery in the clinic.



Hopefully, everything will go well – but Stella has already experienced the pain of losing a child through a miscarriage: Whilst Stella was pregnant with a child in her 6th month, she suddenly started feeling

Because her baby was already showing, they approached her and talked to her about how St John's Mother and Baby programme can help her and her unborn baby to stay healthy.

Still, Stella and her husband don't know if their next child will be a girl or a boy. But with the support of St John, they know what measures to take and what to avoid to become parents of a healthy baby.

Our impact

What we have achieved in the first three years:

- 22,500** pregnant women, new mothers and their partners learnt how to minimise health risks for themselves and their babies
- 64,700** community members are aware of how they can better support pregnant women and new mothers in their neighbourhood
- 92%** of new mothers sought postnatal care in the first week after giving birth
- 7,800** men now know how crucial their support is for safe pregnancy & motherhood
- 90%** of women in our project in Zambia gave birth in a health facility
- 56%** of mothers exclusively breastfed their child for more than 6 months.

Our plans

To meet the challenge, we need to expand our activities to reach more families in Zambia, Malawi, Uganda and Zimbabwe.

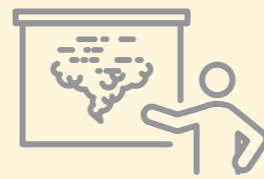


Learning from our current programme, we want to expand the programme with new activities, such as HIV testing and counselling, working more with expectant and new fathers, and targeting adolescents before their first pregnancy.

Household Disaster Preparedness in the Caribbean



What we do



1. **First aid training**
St John teaches specially designed first aid courses to people in the local communities, developing skills which can be used when disaster strikes. This locally informed guidance also includes information about health priorities in a post disaster situation, such as treating contaminated water.



The challenge

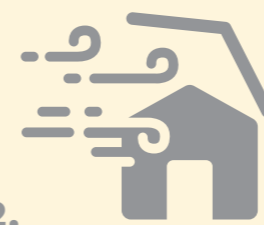
The hurricane season between June and November brings storms and torrential rainfall to the Caribbean, devastating families and businesses and seriously affecting tourism-dependent economies.

The best defence against such disasters is to be prepared, and educate people how to take the necessary actions before the next hurricane hits. This will minimise risks and improve their chances of survival.

Preparing for the worst case

Knowledge of first aid and what to do when disaster strikes is vital for Caribbean communities. Following a disaster, local rescue units are often overwhelmed with huge numbers of injured people while ambulances are unable to reach remote victims due to the devastation. Rural inhabitants will frequently have to provide for themselves for several days or weeks. Therefore it is crucial that they have the knowledge and skills to do so.

St John works with local people by training them how to prepare and protect their families and how to help their friends, neighbours and the community at large after a hurricane. Based on their own needs we are building more resilient communities and reducing the demands placed upon the emergency services.



2. **Household preparedness measures**
St John helps communities to prepare for a disaster at the household level. People learn how to inspect their buildings and repair vulnerable parts, how to tape windows, leave doors ajar to prevent pressure build ups, and to place emergency bags next to household exits.

Our impact

Post disaster feedback from people trained by St John report that they were more prepared for storms and were able to stay focused in an emergency. They feel more capable of protecting themselves, their families and communities.



Our plans

Our disaster preparedness programme started in 2010. Recognising the increasing trend for destructive hurricanes in the Caribbean, we aim to expand our efforts to Barbados, Bermuda, Dominica, Grenada, Guyana, Jamaica, St Lucia and Trinidad and Tobago, allowing us to reach more households in high risk areas.

We also want to increase the work we do in schools, because children readily understand the issues and are eager to transfer their knowledge to family, friends and neighbours.

Expanding Community First Aid Services



What we do



1. Charitable first aid training

St John trains community members in first aid, so that more people can give basic and urgent help to people who fall ill and to victims of accidents in traffic, at school, at home or elsewhere in the community. This contributes to the public health goal of improving community response to medical emergencies.



2. Private sector first aid

St John International helps St John Associations in poorer countries like Jamaica, Sri Lanka and Zambia to expand their first aid training and services at public events as a social enterprise. An initial investment will help them to develop their first aid and technical capabilities, marketing and sales, as well as back office operations.

St John International is helping the Sri Lanka, Zambia and Jamaica St John Associations to strengthen first aid training to meet the increasing demand in local communities. At the same time, the Associations offer quality first aid training and services to the private sector as a social enterprise.

The challenge

Accidents and emergencies happen every day. Without rapid response by trained people lives are lost when they could have been saved.

This is especially true in poorer countries, where health services are stretched. Road traffic fatalities disproportionately affect low and middle-income countries, where 90% of global road deaths occur. Workplace injuries are increasingly common due to poor safety standards.

The difference between a life lost and a life saved

Deaths and injuries affect economic growth by removing adults from the work force, but also bring families to the edge of survival, when household income suddenly ceases.

The ability of community members to deliver first aid can lessen the impact of an injury and reduce the number of working days that are lost. This can also make the difference between an accident causing catastrophic spending on health needs to something that can be managed within the household budget.



Our impact

Through the social enterprise model St John Associations are expanding first aid training, at the same time as building their own organisational resilience.

This will increase the sustainability of St John Associations with new income that can be used for ongoing charitable activities in the community, for example first aid training in church groups, community groups and schools.

How you can support the people in our programmes

We know what to do. But we need your help

Every pound you donate supports our programmes and enables St John volunteers to help improve health and wellbeing around the world.

With your donation:



St John can expand the Mother and Baby programme into new locations and increase our activities to reach more pregnant women and new mothers with infants;



People in the Caribbean can learn how to best prepare for the next Hurricane season, and how to help their family and neighbours if anyone gets injured during the storm;



We can train school children in Sri Lanka and Jamaica in life-saving first aid skills which will benefit them for a lifetime;



We can support volunteers in Africa in our Mother and Baby Programme to form savings and loans groups. These groups have been shown to increase financial stability when seasonal income is less available and help volunteers to deal with unplanned expenses e.g. for funerals. This helps them to continue their activities even in times of hardship;



St John can provide local clinics in Malawi with benches so pregnant women do not have to stand whilst waiting for their check-ups.

Ways to donate



You can send a cheque to:

The Order of St John
3 Charterhouse Mews
London EC1M 6BB
United Kingdom

Make a secure payment with your credit card:

Use our online form at www.stjohninternational.org

Or make a gift by bank transfer to:

The Most Venerable Order of the Hospital of St John of Jerusalem
IBAN: GB86 BARC 2071 6460 8471 78
BIC: BARCGB22
Barclays Bank
Reference: St John's Day

Thank you to the many private individuals, trusts, foundations and institutions who give small or large donations in support of the people in our projects.

What remains: Leaving a legacy to St John

Every legacy is important to our international work and makes a real difference to the people in our projects. It helps to sustain St John as a charitable organisation and will support long term programmes.

You can leave a specific sum of money as a pecuniary legacy or a percentage of what is left of your estate as residual legacy. The gift can be as small or large as you like.

Your legacy will support the Order's mission, values and long term objectives, such as:

- Promote and improve the health and wellbeing of people across the world;
- Encourage the spiritual and moral strengthening of mankind.

Every gift will go directly towards our charitable work. If you are interested in leaving a donation in your will and you want to discuss this with us, please contact St John International.



"St John's focus on health care, especially amongst the poorest of the poor, and its capacity to tap the most generous and caring human impulses, gives it a special place in our hearts."

Nelson Mandela
Knight of the Order of St John



Do you want to know more about our international programmes?

Please visit:
www.stjohninternational.org

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