

Kashmir Aid (AJK) Charity

Maternity and Child Healthcare Centre



Current Appeal for the Life Saving Project

The Need

Every woman has a right to conceive with dignity and in a safe place. Tragedy has stuck time and time again in the region where the mother and child have perished without a fighting chance. It is truly shameful that we as human beings have little regard for innocent lives being lost though our ignorance, greed and turning a blind eye to matters of this magnitude. Why should you help? **"Whoever saved a life, it would be as if he saved the life of all mankind" Qur'an 5:32**

Kashmir Aid (AJK) charity is in the process of planning the construction and development of a state of the art Maternity and Child Healthcare Centre. This first of its kind centre will attract not only those in the immediate vicinity (population estimated around 40000), but also those that see much benefit from the centres first class services from surrounding regions. This project will be able to reduce both maternal and child mortality rates and will begin to establish a new era of safer childbirth and child health in the region.

The Maternity Centre will help by providing antenatal care throughout-reach clinics to provide high standard healthcare for the pregnant women who are currently without any hope. It will help with all the deliveries, and enable to help with complicated deliveries; where in some unfortunate cases it is too late to help, or the mother and baby are left with severe complications. There will be a service to help with advice and immunisation after the baby is born at the children's health centre within the unit.

At the Children Healthcare Centre, every child's health will be important to us. We will offer a comprehensive array of health services to promote healthy growth and development as well as medical management of acute and chronic conditions.

With both the centres in one location, the Project will establish sustainable, coherent and accessible maternity and child services for the whole region.

About the Services

Maternity Services

- Anti-natal screening and support for mothers (especially those at greatest risk)



- Ultrasound services



- C-section surgery for emergency cases
- Our neo-natal ward will provide 24-hour monitoring and incubators for babies at risk



- Prenatal Care - This will be provided by Family Physicians, Midwives, Nurse practitioner, Obstetricians



- Prenatal Classes - Prenatal education will be available to women and their support person to help prepare for the last months of pregnancy, labour, birth and the months to follow.



- Breastfeeding Classes - Support and Prenatal, Monthly Prenatal breastfeeding preparation classes.
- Support Services -The Social Worker will help with:
 - Relationship difficulties, worries, concerns or depression during pregnancy, preparing to be a parent.
- Dietician - To help maintain a healthy pregnancy, the Dietician will help with:



- Meeting increased needs for vitamins/minerals
- Relieving nausea, vomiting, heartburn or constipation
- Maintaining a healthy weight range

- Exercise Therapist



- Individualized home exercise plans to match patient's fitness level
- FREE group prenatal exercise classes
- Strategies to reduce aches and pains during pregnancy

Child Healthcare Services



- Complete physical examinations
- Vision and hearing screening
- Immunisations
- Growth and developmental assessment and referral of children with developmental delays
- Nutritional evaluation and promotion of healthy eating habits
- Parenting education on effective child rearing
- Injury prevention counselling
- Healthy lifestyles education
- Diagnosis and treatment of common childhood ailments, including upper respiratory infections,



ear infections, bronchiolitis, gastrointestinal infections, urinary tract infections and more

- On-going care of children with acute or chronic conditions, such as asthma, diabetes, genetic disorders, neurological conditions, behavioural issues and more

Specialty Care

The Children Healthcare Centre, will offers a wide range of specialized services for



children with specific medical conditions. Should specialty care be required, your child will be referred to a specialist by his or her primary care paediatrician. Highly trained specialists will evaluate and treat your child based on his or her health needs.

The Facilities

- Maternity Facility with built in Child Healthcare



- The centre will consist of several labour rooms, theatre rooms, specialist Paediatric rooms; children play areas, several wards, a health visiting centre and reception areas.



- Car Park for Medical Facility
 - With a couple of emergency bays

- A Disabled Car parking space



- Apartments



- Apartment Car Park for residents



- Landscaping around the entire site



- External Refuse area with shelter



Useful Links and Latest Information

General Project Information

<http://www.kashmiraid.org/upcoming-projects/maternity-unit/>

Project Discussion Blog

Please join the discussion on our project blog:

<http://www.kashmiraid.org/upcoming-projects/maternity-unit/discussion/>

Make a Pledge (Please!!)

If you would like to make a contribution Pledge please visit:

<http://www.kashmiraid.org/upcoming-projects/maternity-unit/makeapledge/>

Join Us

Please join our design team:

<http://www.kashmiraid.org/join-us/experts-register/>

<http://www.kashmiraid.org/join-us/graduates/>

Useful Contact Numbers

Please contact any of the following people for more information:

Mr. S. Hussain 07883617510
 Mr. M. Fareed 07817164799
 Mr. W. Hussain 07810134433
 Mr. M Zahoor 07737007948



Please help Kashmir Aid to make this centre for a population that has absolutely nothing and help to save lives, educate mothers and protect the future generations.