

Maria and her team know exactly what will transform their community



It all starts with Manuel

Very early in the morning, Manuel prepares Napacala's health centre for the day ahead. He goes above and beyond to support his colleagues and their patients. But he knows a lack of clean water is a big problem and he'd like to see change in the future.

"I arrive here at 4:30am. I start by fetching water from the well. I clean the floor and then I sterilise all equipment used by the nurses. I also do all the laundry."

If you bring water here, we will be very, very grateful. We will prevent diseases. Everything will be clean. We will have safe water to drink."

Maria is on call 24/7

Maria knows the life-changing impact clean water will have at the health centre she's so incredibly dedicated to. As well as preventing infection and saving lives, it will allow health workers to spend more time with their patients and expand the clinic.

"When our well dries, we're unable to wash our hands and the patients' laundry. We have to get water from the water pumps, which are quite far away."

Water in the health centre would help it to grow. We will be able to provide clean water to our patients without having to walk long distances. We need water in Napacala."

Water means life to Napacala

At Posto de Saúde de Napacala, Maria and her expert team work tirelessly, every day, to provide the best possible care to their community.

But they know their every effort to protect and heal risks bringing harm. Dirty water puts babies, mothers and other patients at high risk of contracting preventable diseases such as sepsis, meningitis and tetanus.

Maria and her team know exactly what's needed to change this situation – and we're sure you do too. Clean water means life for the health workers at Napacala and the thousands of people they support. This Christmas, please help bring clean water, decent toilets and good hygiene to communities like Napacala around the world.



"Having water here will impact very well."

Manuel works as a cleaner at the health centre in Napacala.



"Water, for me, is life, and without it, there's no life." Maria



The future we want for Cuamba

Mecanhelas is a neighbouring district of Cuamba in northern Mozambique. Last year, a similar project to the one we're proposing for Cuamba brought clean water, decent toilets and good hygiene to schools and health centres in Mecanhelas. This new normal is preventing diseases caused by dirty water and poor hygiene.

The project in Mecanhelas has also led to many more people understanding their human right to clean water and good sanitation services; and communities and local government in the district are discussing water, sanitation and hygiene issues on a regular basis.

In Mecanhelas, Valeria and mothers like her are benefiting from their health centre's new water supply and toilets.

"My baby was born at the health centre. It was wonderful. I was very well looked after. Before delivery I used hot water, and after delivery I used it to wash myself."



Valeria with her daughter at the Mecanhelas health centre. Niassa Province, Mozambique



Let's change normal in Cuamba and around the world

Here's how your group's support helps to improve the health and wellbeing of communities forever.

- We work with the communities throughout planning, construction and beyond – making sure every voice is heard.
- We build new water supplies and renovate existing boreholes to bring clean water. We install new handwashing stations and build new toilets blocks or renovate existing ones.
- Our local teams deliver training on water, sanitation and hygiene issues for health workers, local groups and the wider community.
- With local partners, we help members of the community form water management committees to maintain the new water supplies and sanitation services.
- We support women and girls to understand and claim their right to clean water, decent toilets and good hygiene.



By giving a gift this Christmas, your group will help create a new normal for communities around the world.