

Heart To Hand Building Projects October 2014.

Details and photographs of all projects carried out by Heart To Hand volunteers in Albania + updates on food distribution around Ireland.



This year, 20 Volunteers travelled at their own expense to Albania to build houses along with several small jobs carried out on existing buildings and repairs to family homes to make them more habitable.

We travelled out on the 27th September which seemed fine the day I booked it back in June! For Tipperary hurling fans this was a special day as it was the All Ireland replay and after being in Croke Park for the 1st game I could understand peoples request to change the dates but we could not. We caught some of the game in Istanbul on an I Phone and we got the result when we landed in Tirana. Not the result we wanted but at lease we knew there was no one celebrating at home without us!

We arrived at our various sites late on Saturday night and began work on Sunday morning after mass. Roofs, fascia & soffit and getting the building weather tight occupied the first half of the week, while windows, doors, fitted kitchens, toilets, showers were just some of the items for the second half. The days are long and the work is hard but everyone gets stuck in and somehow we always manage to finish whatever amount of work is laid out for us. Our thanks to Siobhan Ryan, Mary B Ryan and Josie Hayes for doing the cooking and preparing the fabulous food every day.

The people who receive houses are chosen by the Missionaries of Charity and are extremely poor usually with large families. They are so humble and so generous with anything they have including their time, always stopping to say hello and offering to help. There is a unique bond between volunteers and those who are benefiting, its something that keeps our volunteers returning year after year.

For every volunteer that travels out, there is someone at home who is taking care of business and to those people we really want to say thank you for taking on the extra workload. Without your help we would not have so many volunteers.

Thanks to everyone who was involved in fundraising for these building projects and to all who fundraise continually for Heart to Hand. Outside of the building projects we have several other activities which I will share with you in this document. Feeding the poor in Ireland has become almost a daily job for some of our volunteers in Limerick & Dublin.

Thanks to all who helped with the loading of the lorries and to the drivers for their patience with customs in Albania.

Thanks to the Missionaries of Charity for providing transport, accommodation and anything that was required during our visit to Albania.

Finally, thanks to the people of Albania for their kind hospitality during our stay.

Pat Whelan Heart To Hand.



HEART TO HAND VOLUNTEERS 2014



Missing from the group photos are Siobhan Ryan and Martin Campion.

Puke, Northern Albania- Replace a roof and canopy.



Above are pictures of existing roofs being removed and new double insulated roofing being installed. The existing roof was leaking almost all over due to rust. The canopy to the side was also damaged in bad weather so we replaced this also.

The photos on the left are the official opening of a school just past Puke in northern Albania which was constructed last year and finished in darkness so there was no time for the opening ceremony. It was great to return here this year and see the school in such excellent condition. The parents and students were extremely grateful to the Irish volunteers. Timmy Corcoran was presented with a plaque which he accepted on behalf of his fellow volunteers.

New house in Shkoder 2014



BEFORE



AFTER



The top pictures are from our survey after which it was decided to knock the house as living conditions were very bad for the family. We constructed a new house with a fitted kitchen, cooker, washing machine, electrics, plumbing, toilet and shower. The bottom right photos are the children entering their new rooms.

New Houses in Tirana 2014



Photos show work on houses in Tirana where we constructed new houses and replaced a roof which had almost collapsed. The house has a family of 7 and were living in 2 rooms, with the new high pitch roof they have space for two rooms so not only did they receive a new roof they have now 2 extra rooms which will be a huge benefit to the family. All houses by Heart To Hand are complete with electrics, plumbing, and fitted kitchens as you can see below in the house in Iseura. The roofs are constructed from insulated panels which retains the heat and makes it an excellent product for the environment there. The panels, windows & doors are sourced locally to provide employment.



Various pictures from Albania 2014



New Church Roof
Erected
In Memory Of
St. Teresa Molloy
R.I.P.



OUR BUILDING PROJECT SPONSORS 2014

A sincere thank you to all our building project sponsors who supplied materials, tools & equipment. Your continued support means so much to all those who benefit from the building projects.

- OMC Group . Tom & Margaret Comerford
- Gleeson Steel & Engineering . PJ & Martin Gleeson
- Campion Mechanical & Electrical . Martin & Catherine Campion
- Grafton Group ROI
- O'Dwyer Refrigeration. Denis & Marie O Dwyer
- Glasheens coaches. Frances Glasheen.
- Dwan Carpentry Services. Stephen & Majella Dwan
- Delta Valves Cork. Peter Harrington.
- Tipperary Spring Water. Michael Ferncombe
- CM Signs. Brian Maher & Graham Cullen
- Joannes Fashion House
- Stakelums Hardware. Pat Stakelum
- Bayview Carpentry.
- Toolfast Blessington. Peter Byrne
- Mick Toohig, Cork.
- Duggan Steel & Profiles Kilkenny
- Healy's Two Mile Borris.
- Urlingford Chemist.
- Ned Bourke, Holycross.
- Paddy Ryan, Thurles.
- Paul Dempsey Transport.

Thanks also to the following:

All personnel and companies, to many to mention who supported our projects through donations.

All those who supplied clothes, shoes and medical equipment and school chairs.

To everyone who helped to load the lorries and provide tea and refreshments for the volunteers.

To the drivers and transport company for their help with loading.

To Stephen Dwan for cutting and preparing all the roof trusses prior to loading.

Mary Lynders and all her volunteers for the Molls Marquee auction fundraiser.



"GIVING FROM THE HEART TO
THE HAND THAT NEEDS"

Heart To Hand food distribution in Ireland

This past year has been extremely busy for food distributions in Ireland. In Limerick we have over 30 organisations who receive aid from Heart To Hand and over 12 locations across Dublin and several others across the country. The poor are really struggling in Ireland at present.

We continue to distributed potatoes, rice, pasta, bread, yogurt, carrots, nutrition drinks, sausages, ham, bacon and fruit & vegetables.

Limerick food distributions

Over the past 12 months there have been food distributions twice weekly in Limerick, and there is no sign of us slowing down. The recipients vary from homeless centres, soup kitchens to day care centres for the elderly. We have been lucky enough to receive from companies & farmers around Ireland, bread, potatoes, carrots, cheese, rice, butter, eggs, soup, naan bread, tortilla wraps,, ice cream, milk drinks, yogurt and recently we have been approved by the department to collect and deliver meat products, this is a huge bonus to us coming into winter. The groups that collect food from us (numbering 30) come from all over Limerick city and county, but also from as far away as Tralee and Charleville, and our operation is constantly growing. At every collection there are familiar faces for these groups to see, namely our hardworking and dedicated volunteers, Leonora, Rose, Collette, Joan, Ron, Frances, Paul and Geraldine. And of course none of this would be possible if it were not for Munster Logistics, who have opened their warehouse to us. We have to thank Shane, Darren, Bronagh and Danielle. Our thanks also to Geraldine O Sullivan Heart To Hand food distribution, who is working tirelessly every week to ensure all food received is sent out to those most in need.

Heart To Hand are helping the poor for the past 23 years and are recognised by most companies when it comes to donating food, they make Heart To Hand their preferred charity for any food items they may be disposing of. We have a proven track record for collection and delivery of food items. If you can help please contact us. Kieran 087 2745570 Geraldine 087 4146467 Pat 086 8240978

Dublin & Wexford food distributions

- Focus Ireland, Dublin
- Little flower, Meath St, Dublin
- Capuchin Order Merchants Quay Dublin
- Crosscare, Dublin
- The Haven, Dublin
- Legion Of Mary, Dublin
- Nicholas Myra centre, Francis St Dublin
- Brother Kevin, Church St, Dublin
- Tiglinn Centre, Ashford
- Loaves centre, Bray Co Wicklow
- Killcannon Centre, Enniscorthy Co Wexford
- St Vincent de Paul, Wexford.

Heart To Hand pay no fees, no administration, no advertising costs, all our volunteers pay their own way so every cent that comes in goes directly to feeding the poor. This is why we are being chosen by so many companies when it comes to disposing of food items.





Heart To Hand Volunteers in Limerick led by Geraldine O Sullivan are busy at work separating and packing the food items for delivery to several organisations in Limerick. We are so grateful to the volunteers for their hard work and commitment to helping those in need. Our thanks to Munster Logistics for the warehouse, forklifts, collections & deliveries. Thanks to all who donate food.



HEART TO HAND ALBANIA 2014

On behalf of Heart To Hand we would like to thank the following:

- **Our Volunteers:** For raising funds and using their holidays to travel to Albania at their own expense to participate in the building projects. Your hard work and commitment means so much to the people whose lives have been changed by your generosity.
- **Our Fundraisers:** To all who organised events around the country we would like to say a massive thank you. Your hard work in raising money makes all these projects possible. As there were so many events and there are so many to thank, it would not be possible to list them all here. We really appreciate your efforts and we hope you continue to support these very worthy projects. Fundraising has already started for next year.
- **Our Friends & Supporters:** To all our friends around the country who donate, collect clothes, religious goods, school furniture, toys, and food we would like to say thank you so much. There are two lorries being loaded at present with food and clothes for families in Albania. If you would like to send items on these lorries please contact us. Christmas Shoe boxes will also be sent on these lorries.

To all who contribute to Heart To Hand in any way, big or small, your gifts are all received with the same thanks, as without everyone's help we could not continue to do this wonderful work.

There are many projects in line for next year and we look forward to your continued support.

When it comes to volunteering most people assume it's construction work only and rule themselves out as they don't have a trade or feel they could not contribute. I would like to reassure that all volunteers are welcome and there is a place for everybody, whether it be construction, volunteering in the orphanages, hospitals, prisons, delivering food, mechanics, caring for the elderly, working in the soup kitchens, there is always work to be done and all are welcome. The missionaries of charity will welcome all volunteers with open arms and you will only be asked to do what you can, so please do not let construction work prevent you from volunteering.

For further information please see our web site www.heartohand.net or contact 086 8240978.



Kind Regards,

Pat Whelan

Heart To Hand.