

but one also needs the knowledge in order to do things correctly and to manage expectations, behaviour & a range of situations. We give our all but we continue to learn every day too and hence the reason why we are so successful at doing what we do.

As part of our team, we have Nicola (Team Lead for food-bank 3) & Gene Austin Joseph (Team Lead for food-bank 1) & I manage food-bank 2. These three food-banks are situated in three different locations.

Thoughts from Nicole Joseph

What motivated you to join Remedia and to help people in need?

Ans: I basically love to spend my time with the needy. It lightens my heart to see these people with a smile on their faces. They need people like Jillian Haslam by their side. I had this in mind since my school days to do some social work for the Aged and my dream has come true.



What (in your opinion) do aged people need and how do you help to fulfill this need?

Ans: Firstly the Aged need company, love and a sense of belonging. We help them in many ways but the key is to provide them with love, care and above all understanding. Many are literally broken souls due to poverty, being abandoned, discarded really and that is where people like you & me need to make a difference and can make a difference.

What does it feel like to be part of a team who has been so highly recognised and awarded for their work in the humanitarian & social sectors?

Ans: I feel honoured to be part of Remedia Trust and I feel on top of the world. I couldn't feel better than this. It's a blessing to be part of a highly recognised organisation (one whose mission is to love unconditionally whether its children, the aged, the disabled, women in need and so on but to be passionate about wanting to reach out to so many, is something extraordinary)! To be working with my very best school friend is also a dream come true!!

Thoughts from Gene Austin Joseph

What motivated you to join Remedia and help people in need?

Ans: I went to The Assembly of God School and finished my schooling from there. It is a huge opening for me to be given the opportunity to be a part of Remedia Trust. I give my 100 % to any work assigned to me. I have an immense feeling for the elderly and I am very proud to have been recently appointed to be head of food-ban 1. It will give me the opportunity to work closely with these very vulnerable people and to help them even more.

A word from Jillian Haslam, Trustee

To serve the needs of other people

In my opinion, these people have extraordinary endurance skills. It isn't easy to do this kind of work year-in-and-year-out. I am well aware of what they are passionate about but equally, I am also aware of what they have to face and what they have to endure day-in-and-day-out but never do they complain or get upset. They are human after-all and do hurt from time-to-time but to be able to put ones own needs & emotions aside in order to serve another, especially those who are in many ways literally fighting for survival, takes a person of a very different kind. As Mother Teresa once said, it isn't a job for the faint hearted. Most do not stay the course and the few that do, demonstrate extraordinary skills when it comes to empathy, emotion, responsibility, endurance and much more. My love and sincere gratitude to each one of them. These are people of extraordinary courage, tolerance & compassion. To review all their work and to watch the team in action, please visit www.remediatrust.org

Helping hundreds - One team, One goal, One mission

An in-depth interview with the Aged Team of Remedia Trust!!

The measure of how civilized and caring a society is, is found in how they treat their women, children and the aged. The elderly are supposed to occupy the most respectable position in society, but does that really happen? In such a fast paced world and a growing economy, these people are "nobody's people", their presence hardly registers on people's consciousness. Lonely, neglected, often sick and sometimes abandoned they need even more care and attention given their vulnerability. Remedia Trust has made it one of its goals to help these people to know that someone, somewhere cares. They have set-up an Aged Team who is dedicated to helping this neglected section of society by engaging with them and getting to know what really matters and being there when the world has pretty much turned its back on these extremely vulnerable individuals.



Kathleen O'Brien
Team Lead - Remedia Trust

What motivated you to join Remedia and to help people in need?

I have always done charity work in different ways but when I was asked to donate blood for the first time by Jillian for Thalassaemia children, I was terrified of needles but I thought to myself, if I'm going to be afraid, it isn't going to help anyone, so I braved it, donated the blood and came out bigger & better. Then we started to work together for Remedia Trust as a team (supporting the Aged).

What (in your opinion) do aged people need and how do you help to fulfill this need?

Aged people need us and more people like us. Most families are either working or too busy to find time for these elderly people. This applies mainly to those who are poorer and those who are forced live alone. We have started working with them to do small things like stitching, knitting, making handicrafts etc. to help them to get the help they need but to also earn a little themselves. We supply them with rations once a month, free eye & health check-up camps, some entertainment, networking and much more. It makes them feel wanted and involved.

What does it feel like to be part of a team who has been so highly recognized and awarded for their work in the humanitarian & social sectors of society?

When we have an exemplary leader like Jillian Haslam, the task is that much easier. We work as a team and as individuals too, she leads from the front, we work differently from other organisations or else we would have ended up failures. It is important to understand the needs of the elderly, their mindsets and their broken hearts too. It isn't simple to sustain such an initiative without there being good Leadership and guidance. I would like to thank Jillian for giving me this opportunity for being part of Remedia Trust. It has changed my life. God Bless her always.

Who are the other members on your team and what can you tell us about them?

Doreen, Maureen and Rachel. Doreen is a Wonderful person. She is always there to help and is very capable of taking over any situation. Maureen is very hard working and always gives her best. Rachel is still young and has a lot to learn. She is passionate and she will learn. These girls are special and do everything they can to lessen the load for others. We discuss things as a team, plan and distribute the work accordingly. In such an environment, one needs to be passionate & patient