

## KNITTED BLANKETS

The Hamlin Fistula Hospitals are aiming to treat 4000 women this year at no charge. When a woman is admitted she is given a hand knitted blanket to wear over her hospital gown. If you can knit or crochet, the women would be very grateful if you are able to share your talents and wool. Addis Ababa is at a high altitude and has cold winters, so your warm woolly blankets will be much loved. Acrylic wool works best for quick washes and quick drying.

**Knit or crochet 32 squares 25 x 25 cm** and sew/crochet them together to make a 2 x 1 metre blanket, which is ideal. The brighter the better! Alternatively, we have found that 40 stitches knitted in garter stitch with double knitting acrylic wool on size 8 or 4 mm needles over a one metre length then 10 such strips joined together, make a blanket 2 x 1 metres.



**Once completed please phone Errold or Ellen Paynter on 03 3588774 or email: [hamlinht@xtra.co.nz](mailto:hamlinht@xtra.co.nz) for information regarding freighting the blankets.**

## PANTYHOSE

# STOP PRESS!

*(No further pantyhose are needed thanks to your generous donations. The current stock exceeds the demand)*

When a woman is admitted she needs to wear underwear to hold the pads in place. Many women do not wear underwear as they do not have access to it; therefore pantyhose are always a valuable contribution to the hospital, as they wash quickly and are easy disposed of.

**Pantyhose can be footless, any colour and size.**



### New Zealand Contact Details:

Hamlin Charitable  
Fistula Hospitals Trust  
P.O. Box 6395  
Upper Ricarton  
Christchurch 8442

Phone enquiries to:  
**03 358 8774** or  
**03 349 4498** or  
**03 388 0151**

Email: [hamlinht@xtra.co.nz](mailto:hamlinht@xtra.co.nz)



[www.hamlinfistula.org.nz](http://www.hamlinfistula.org.nz)

## BABY CLOTHES

When a woman is admitted she often brings her breast-feeding baby with her. In the villages there is little access to baby clothes and often the fistula hospital has to provide clothing for these babies as Addis Ababa is at a high altitude and has cold winters. Baby clothes and blankets should be for up to 2 year olds. Singlets, stretch and grows, any easy care for garments that would survive being washed in a river.



Freighting can be a costly exercise for the Hamlin Fistula Trust so please send the **baby clothes directly** to the hospital, including a letter stating that the items are a free gift and give approximate value. Label parcel:

**A Free Gift  
Addis Ababa  
Fistula Hospital  
P.O. Box 3609  
Addis Ababa  
Ethiopia**