

Newsletter Heart for Humane



Heart for Humane Investment

Newsletter 5 - March 2026

Welcome to the fifth newsletter of the Heart for Humane Foundation.

H4HI is a young foundation, yet it builds on more than 15 years of experience in cardiac surgery and cardiology in Egypt.

We are committed to providing care to those who have limited access to high-complex cardiac care. We also emphasize the importance of training young doctors and nurses. We do this in collaboration with our Egyptian colleagues to exchange knowledge and support one another.

In 2026, our foundation continues to support patients who have little or no access to healthcare, thanks to your support.

In this newsletter, we share our plans for the upcoming mission to Ismailia, as well as an overview of our activities over the past months.

Enjoy reading!

Looking back and forward to our trip to Mansoura 2025

The impact of the trip we made in November 2025 to Mansoura is still clearly visible.

We remain in close contact with our colleagues and are currently exploring the possibility of a renewed visit to the CardioVascular and Thoracic Center in Mansoura at the end of 2026.

In addition, H4HI is involved in research on rheumatic heart disease. We have already had our first Zoom meeting with our Egyptian colleagues and hope to attend the [Africa Health Excon 2026 in Cairo](#) this June.

We look forward to further developing this scientific collaboration.

We will, of course, keep you informed!



Trip to Ismailia

Outlook on our upcoming mission to Ismailia, April 17 to 26, 2026

Preparations for our next mission to Suez Canal University in Ismailia are well underway. The dates have been confirmed and, despite the current political situation, we are very much looking forward to our visit.

At present, we are exploring the practical possibilities, such as the number of operating rooms available and how many patients we will be able to treat. It currently appears that we will have access to two operating rooms.

The main focus of this mission will be cardiac surgery, possibly complemented by thoracic (lung) surgery.

The team is now complete and we expect to start the patient selection process shortly.

Naturally, we are closely monitoring the political situation, as the safety of our team members is our top priority.

If, for any reason, the mission cannot go ahead, we will look for an alternative way to support our colleagues on site as effectively as possible.

>>> IMPORTANT UPDATE:

As board of H4HI, we are entrusted with the responsibility that every team member and their families feel comfortable. Due to the situation in the Middle East, we have therefore decided, much to our grievance, that it is wiser to postpone this visit to a later date.

[SUPPORT US AND DONATE HERE!](#)

Fundraising and activities

Wine fundraising campaign

The wine fundraising campaign organised by H4HI in December 2025 was once again a great success. We raised a fantastic amount for our foundation.

Many thanks to everyone who supported us by ordering our wines. We hope you enjoyed them during the Christmas holidays.

Christmas fair Landstede MBO Zwolle

This year, H4HI was selected as the good cause for the Christmas fair at Landstede MBO School in Zwolle.

Visitors were able to put together their own Christmas gift packages by exchanging their tokens for gifts. One of the options was to donate to H4HI.

This resulted in a wonderful amount being raised, and we would like to thank everyone who took part!

Truly wonderful!



[Guest Lecture Landstede](#)

[Love is in the air!](#)

MBO Zwolle

During the same period as the Christmas fair, Nicoline, together with a group of third-year MBO nursing students, delivered an engaging guest lecture on topics including the role of a Physician Assistant in thoracic surgery.

The students also learned more about different heart conditions, possible treatments and were introduced in an interactive way to reading and interpreting ECGs.

It was a very valuable afternoon, and we were grateful for the opportunity to give something back, even in a small way, in return for the many donations we received during the Christmas fair.



As our work is centred around cardiac care, what better day than Valentine's Day to raise awareness for our foundation?

For the first time, you could take part in our Valentine's campaign via our social media and send a Valentine's card to your loved one, friend, family member or someone special through us.

And what a response it had! So many cards were sent, spreading a lot of love while helping us raise funds to support our cardiac patients. Thank you so much!

With full hearts, we warmly invite you to join us again next year and support our missions.

Spring fair De Ambelt

Soon, De Twijn, a school for special education in Zwolle, will be organising a spring fair for its students, parents and teachers. We are very grateful that the proceedings of this event will go to our foundation.

The fair will take place on April 2, 2026, and we are of course hoping for a great turnout. We have also been given the opportunity to share more about H4HI. If our schedule allows, we will gladly take part.

We hope to share more updates in our next newsletter.

What do we do with your donations?

Organising a mission to Egypt requires a great deal of planning and coordination. We need to arrange various documents, visas, flights and accommodation for the entire team.

In addition, we always carry extra medical supplies for use during cardiac surgeries and heart-catheterization procedures, as well as essential items for the ICU and hospital wards, such as gauzes, drains and sutures.

Sometimes, additional equipment is needed, such as ultrasound machines. Our aim is to be able to fund and carry these with us, so we can provide even better care.

We also ensure that we bring sufficient educational materials to support and train our Egyptian colleagues on site.

All of this is made possible through your generous donations.

But we cannot do this without your support!



If you have an idea, a suggestion, or would like to organize something yourself or contribute in any way, you are more than welcome!

Please feel free to get in touch with us via Ghada or email us at info@heartforhumane.com and help us fund our missions.

Friends of H4HI

Did you know you can support us on a monthly basis?

With a (small) monthly contribution, you support H4HI and help us provide our patients with the care they so urgently need.

SUPPORT US AND DONATE HERE!

Hope for Ukraine

This year, we arranged for part of the medical supplies we had initially planned to take to Egypt to be donated to [stichting Hope for Ukraine](#).

We are grateful that we were able to do this, and that these supplies have gone to where they are needed.

Did you know that...

... our newsletter is now also available in English?

This allows our colleagues in Egypt and around the world to stay informed as well.

Do you know someone who wants to support our foundation? Please feel free to share our newsletter or read more via our website.

You can also subscribe to the newsletter using the link below.

[Sign up for our newsletter here](#)



Thank you very much for your support!

We will continue to build towards accessible cardiac care.

Kind regards,
The H4HI team

Ganiye Arpaci, Steffi Geerts, Nienke van Loon, Rianne
Rijdsdijk, Ghada Shahin, Noor Smit en Nicoline Wesseling.



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Als u geen nieuwsbrief meer wilt ontvangen, kunt u zich [hier afmelden](#).

U kunt ook uw [gegevens inzien en wijzigen](#).

Voor een goede ontvangst voegt u info@heartforhumane.com toe aan uw adresboek.