



...promoting self-help, not sympathy

P.O Box 94 Keri Keri, New Zealand

www.mendnz.com

mend@xtra.co.nz

Our bank: ANZ Kerikeri Acc. No: 01 0382 0043240 00

Phone: 027 3298368

Dear Supporters,

NEPAL: Besides the Hope Centre in 2010 we have now started building two more rehabilitation centres ...one high up near Mt Everest and the other on the plains close to the eastern Indian border. Each centre will become a focal point for reaching out to all disabled persons within its radius...and changing lives such as...

Kausila: Thanks to ALTSO (our US donor) for funding Kausila's rehabilitation and 135 other kids and youth!



For 16 years walking was hard for Kausila from foot deformity Then she had her correcting operation



For just \$600 NZ in hospital costs she is walking well and ready to make her life rich! Kausila's self-image and confidence have grown too as she finishes school!

The **Ideal Health Centre** is being built 50 kms from Mt Everest ...as the crow flies!
 Its first mission is to promote maternity care in that mountainous region where it is a 12 hour walk to the nearest hospital and airport. So many women have died in childbirth.
 With \$8000 NZ of building funds from the Light family of Auckland the walls are going up and roof will be on soon!



. Built without cement or steel due to high cost of porter freight there, the Ideal Health Centre is 40' x 25' and made of stone and wood ,all handcut from local trees and rock!
 The 3 month monsoon season slowed down progress..but now is over..!

Chatara Rehabilitation Centre : in eastern Nepal



VADNepal staff setting up new office Rob from MEND helping too Bamboo parallel bars
 .. support a cerebral palsy child



This new centre is now operating in eastern Nepal and has two NZ volunteers there, Mark, and Pauline, who is an occupational therapist. Soon a permanent rehabilitation centre is being built on donated land! Community-based rehabilitation (CBR) reaches the kids at home!

BBC World Challenge 2010 is currently screening an update story on our project in Nepal that was selected as a finalist in 2007 ..see it on these links!

Thanks Nina Wells from Russell,NZ for shooting that footage for this story!

<http://oneplanetpictures.co.uk> http://miradormedia.com/ganga_update.mov.zip

(You may need to download QuickTime Viewer to see last clip being Mac)

NIGERIA: Last month we sent 50 kgs of limbs and parts to northern Nigeria to help start a limb centre, not far from the Sudanese border, where there was lots of trouble

To see more about this part of Nigeria and learn about our partner Deformity Empowerment Foundation click on: <http://www.def-ng.org>

The manager there is Dr Habila Umaru who is the Head of Orthopaedic surgery at the hospital in Maidugiri.

Thanks to David Rothwell at Amputee Association of Sydney, and Alan and Meg Petersen and APC Prosthetics in Sydney for donating the transport costs and limbs!



Dr Umaru assessing patient.



After amputation



Plaster correction of feet deformities

THANKS to all donors of hearing aids from New Zealand, Australia and Germany . These are giving quality hearing to many poor Nepali kids , youth and adults .

Ironically, one profoundly deaf boy, when fitted with a hearing aid for the first time, did not want it! He preferred the quiet world he had lived in for 17 years!



A double amputee herself, Ganga Rayamajhi fits hearing aids at Hope Centre, Nepal, which MEND sponsored in 2009!

THANKS also to all MEND 's longtime donors ...and the Australian government for supporting Hope Centre with physiotherapy equipment this year!

FOR SALE FUNDRAISING FOR MEND



Rated -20C temperature pure 100% goose down sleeping bags that zip together to make doubles and also open out to be used as bed quilts! Weight is 1.6 kgs!

Cost is \$350 NZ each plus GST. Super light, super warm!

We also have -10C rated bags too at \$240 NZ and -5C rated bags at \$180 NZ and vests at \$140 NZ!

Thanks to **MIUSA (Mobility International USA)** for sponsoring Ganga Rayamajhi , Chairwoman at Hope Centre, to go to Oregon USA in August to attend a workshop about empowering disabled women to become leaders in development! And they did all sorts of team-building activities while there!



Flying fox!



River rafting



A disabled man sharpens scissors and knives for his living in Nepal! Using bicycle parts!



SPONSORS WANTED:

- For \$8 (NZ) per month a disabled child can have school fees paid
- For \$50 per month a disabled child can go to a boarding school and be educated
- For \$100 a calliper or limb can be fitted
- For \$200 surgery can correct a child 's arm or leg or foot
- For \$250 per month a physiotherapist can be employed at one of our centres
- For \$5000 about 25% of new centre can be built that will last forever!



Mark and Pauline ..NZ volunteers at Chatara!

Namaste & thanks so much,

Brian Clarke Treasurer

Rob Buchanan Director



