



On the MEND... NEWS December 09



...promoting self-help, not sympathy

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Dear Supporters,

We are pleased to be able to show you what we have achieved in 2009...with your help!
Here are some updates from our projects

NEPAL : Tamghas, Gulmi District: After 5 months building, all by hand, and much

by women, Hope Disability Centre (Asha Apanga Kendra in Nepali) was opened! It is already busy following radio announcements on local FM station which reaches out to remote mountain areas.

All with a disability were invited to register so that appropriate treatment can be started.

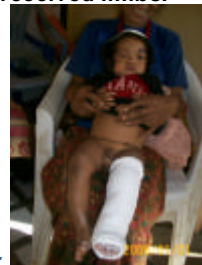
As most village people have incomes of only \$40-\$70 per month little or no fees are being charged for services. **Hope Centre is modern, solid, and colourful ..to be a healing place that is friendly and uplifting!**



A qualified physiotherapist assesses each patient...while Ganga, as manager, knows all about disability having lost both legs as a baby of 6 months from burns while her mother was sleeping round the kitchen fire. Crawling to school until age 17 Ganga then finally received limbs.



Before



After

One of Hope's younger patients just had his foot corrected with plaster which was easy to do being so young! If left until the child was 18, which is often the case due to lack of awareness and poverty, it becomes much harder to release joints or make corrections..

Sumitra has been at Hope Centre Nepal for 4 months as she had major burns as a baby that needed 3 surgeries and care with wound dressings as infection plagued her.

Thanks again to ALTSO for her funding!



First arrival at Hope



Before surgery



After 3 surgeries

GRANTS to MEND partners in 2009! THANKS TO:

AusAid (Australian Govt) a grant is now enabling Hope Centre Nepal to buy \$7000(US) worth of physiotherapy equipment to have quality tools to exercise and mobilise its patients.!

ALTSO (A Leg To Stand On) a \$5000 (US) grant has enabled 20 disabled kids and youth in both Nepal and Kashmir to have corrective surgery, artificial limbs and physiotherapy to get up on their feet and take some first steps!

Lights of Easiyo (NZ) for two grants of \$5000 (NZ) enabling Hope Centre Nepal to be built and also a new health centre to be started in the Mt Everest region.

Lodhias & Charlie's Runners for \$5000 each to build Hope Centre in Nepal.

Handicap International & the European Commission for \$300,000 US for expanding our Kashmir Hope Centre to have a prosthetics workshop and outreach programme to rehabilitate and mobilise 200 disabled kids.

Rotary International for grants totalling \$2000 for physiotherapy equipment in Nepal, and for 6 computers from Rotary Bangalore South for a partner in India.

ABILIS (Finland) for grants of 10,000 euros each to :

Krushna Sevi Samithi (Andra Pradesh) to buy computers and give training to disabled youth, Hope Centre Nepal for skills' training and micro-loan support to start small businesses. and in 2008, Hope Centre Kashmir for rehabilitating 65 disabled kids and youth

Dorothea Haus Ross Foundation for a grant of \$25,000 (US) to build anew rehabilitation center on the border of Kashmir with Pakistan

All MEND supporters, such as the Rodwells, De Raads and Sheila's Group and several hundred others who keep helping MEND "go and grow", including our great regular bunch who sponsor each month!



Rickets

Give a Christmas present that changes a life!

...and what can we get for what price in Nepal, Kashmir or Ghana!

Corrective surgery to release a knee or elbow from contracture	\$100- \$200
Physiotherapy for 1 month to exercise a limb after surgery	\$50
An artificial limb fitted for leg or arm	\$250
A wheelchair or walker supplied or made	\$100-\$200
Travel costs to get to hospital for patient and caregiver	\$20-\$50

Sponsored fun..fundraising in NZ



Julie with MEND Director Rob

Julie Stapleton and coach Marcus from the UK make an annual pilgrimage to NZ and run with 1600 runners over the 21kms in a half-marathon to Keri Keri to raise money for MEND.

Maybe you would like to run & fundraise for MEND?



Building another Hope Centre in Solukumbu, Everest Region:



Rob with local man Lakpa Rai who makes the sleeping bags that MEND sells to earn funds for this project.

AIM: To construct a modern health centre to provide quality medical and rehabilitation services to that remote community.

BACKGROUND: Solukumbu is a mountainous region, altitude from 2000-5000 metres, situated just south of the Sagarmatha (Everest) National Park, with no roads or vehicles and little machinery. It is a coffee, maize, millet and rice growing district rice terraced and carved out of the terrain by hand and cow with plough over many centuries. There are two airports in Solukumbu that provide a direct link to the capital of Kathmandu taking 35 minutes, weather-permitting, with airfare about \$70US return for Nepalis and \$220 US for foreigners. The alternative walking track to Jiri and highway to Kathmandu takes 4-8 days depending on fitness.

Currently in Deusa is a two building government health post with one of the buildings damaged by Maoists during its 10 year militancy that saw the overthrow of the monarchy. The main building offers little comfort for waiting patients and the three rooms used by staff are small and crowded.

There are no maternity beds for overnight care, or emergency equipment and only a small pharmacy with varying, limited quantities of drugs that are donated from the UK or supplied by the government.

A single community nurse, whose small salary is sponsored by a UK visitor to Nepal, provides the only medical service in Deusa distributing medicines, offering advice and referrals to larger hospitals in Phaplu (8-9 hours walk away).

Sometimes, in summer, volunteer medical students from overseas visit and offer help.

All patients who cannot walk to the health post must be carried by porter or donkey.

The population consists of Tamang, Chettri and Rai castes and the health post serves about 25000 in that surrounding district.

BUILDING: To avoid complications and conflict by using government land and old buildings, suitable land about 17 metres by 15 metres will be donated by the local VDC (Village Development Committee) to construct a new accessible, 9 room, single floor, 11 metre x 11 metre stone and wood building using local construction methods. Most wood will be donated as will much labour with the idea that all contributors are later compensated by free medical services for their donation of time and energy.

Prithivi gets help for first time..



Prithivi was carried by porters for 14 hours from her very remote village in Solukumbu so we could assess her condition. She has not walked for past 5 years and her legs have contracted. So she is now in hospital in Kathmandu with first operation completed. We will try to get her walking in the coming months.

The next KASHMIR PROJECT goes ahead!

The Hope Centre we built 4 years ago is now being expanded by a new prosthetics workshop on the second floor with funds from the EU and with help from **Handicap International**. This project will also fund rehabilitation services to some very neglected areas of Kashmir Valley to disabled persons who have suffered long and hard from 17 years of militancy. We look forward to being good partners with HI!

PATIENTS' SUCCESS STORIES:

REHANIA has her foot corrected in Kashmir



Before



Fixators correcting leg



Home visit and followup



SANIYA

After surgery



In standing frame



Physiotherapy



PAREMEENA

After surgery



With pins removed



2 months later



Now walking



Rob at new Hope shop



Standing frames train bodies to stand tall



Local man shows us his hand tricycle



*First time on his feet...
Manager Sami uses a walkers to teach movement*



*Mobena sat in a corner of her house for 17 years with ..
contractures of knees. Now walking for first time!*

ANOTHER PROJECT in Kashmir GOES AHEAD TOO!

With a grant of \$25,000 US from the **Dorothea Haus Ross Foundation** in the US another rehabilitation center is also being built soon on the border of Kashmir and Pakistan which was badly affected by the 2005 earthquake and also militancy for 17 years. Thanks Dr Cook and his sponsors .and also thanks to Gaby and Vincent at **ALTSO** for doing so much work with the application process!

Christmas Prezzies...

Leather laptop and cellphone bags from Kashmir for sale

Made by disabled women and using quality suede sheep leather we offer a range of leather bags which we can personalise with your own name, design, logo or flowers of NZ, Australia or the US.



Laptop bags cost about \$45 NZ other bags \$25 ... and cellphone /glasses/camera cases cost \$15
So please contact us for any other Kashmiri items you would like to order, such as exquisite Pashmina shawls and paper mache boxes or any leather products made to your design!

MEND LIMBS & OTHER DESIGNS



...accidents



...kitchen burns



...electrocution

- ?? All people who have lost arms and legs are challenged, each and every day, to live independently, with dignity and without disadvantage.
- ?? In 2006 MEND NZ set out to produce very tough, comfortable and lightweight artificial limbs that can be made locally in any developing country and be affordable to the poorest of amputees.
- ?? That goal has now been almost achieved with a low-cost system developed for mass production of plastic components that reduces the wastage of technicians' time, speeds up the fitting of limbs and so reduces the costs to the amputee in need.
- ?? Aluminium drink cans are recycled and smelted down to cast the molds and up to 80% scrap plastic can be used to manufacture the limbs.



MEND's plastic limbs get field testing in Nepal.

Interchangeable tools for daily living skills with ball joint cast from smelted from recycled alloy cans.

CASTING



Stump cast



Arm cast

ROTOLIMBS



Fitting is simple, fast and clean.

No toxic resins are used in making rotolimbs. Nuts cast into plastic so that rubber soles can be fastened by bolts. Limb colours should be fun for children which makes them feel special!



Earlier prototype of tools for daily living skills

...ON A WHEELCHAIR BUILT FOR TWO!



This pedal car can be propelled by hand or foot, solar-powered electric or hydrogen motor or both. It enables two disabled persons to travel together or with their family or caregiver.

In effect, a glorified wheelchair, for two! Luggage and goods can be transported as well as passengers. This design protects the cyclists from both sun and rain, and from other vehicles. It is constructed of steel or aluminium tubing and standard bicycle parts and 20" diameter rickshaw wheels. Cost to make is about US\$150

MEND designed and makes plastic wheelchairs with same technology e.g the Sealand. See other innovative designs of mobility aids at: [_http://www.zartaj.co.nz/mend/design.htm](http://www.zartaj.co.nz/mend/design.htm)

The "WATERLOO"...a bush toilet



Made from ultra-violet-resistant polyethylene plastic, this toilet can be used without water and bowl, as a "long drop", or with the waterseal bowl which is flushed with water by hand.

The water seal keeps odours locked below.

Lightweight for easy transport (at 7 kgs) it is easy to clean and install, and low cost: approximately \$180NZ or \$90US.

The toilet is flushed with a litre scoop of water. A range of colours are available.

To install: simply dig a hole about 2 feet (0.6 m) in diameter and 2-3 m deep and stake the Waterloo to wooden bearers or to the earth using metal stakes.

FUNDRAISING:
SLEEPING BAGS *Made in Nepal to support disabled Nepalis*

MEND has good quality subzero rated down feather (85% down,15% feather) sleeping bags that weigh 1.6 kgs (with 770 gms of down) and cost \$210 each.

The zipper goes right round the bottom of the bags so they open out to a quilt..

We also have lighter down / feather bags weighing 1.2 kgs (with 550 gms down) that cost \$170. Vests cost \$140



\$220 NZ



\$175 NZ



\$140 NZ



Buying a bag from us really can help our projects!

OTHER LINKS

Check www.mendnz.com and on homepage "Hot off the Press" and "Hope Centre Nepal" for links to newsletters and BBC World Challenge 2008 story of Kashmir.

View the BBC World Challenge 2007 story about our Nepal project (and technology) which was selected from 1000 entries from 152 countries as a finalist of 12.

<http://www.webbytalents.com/play.php?vid=528>

Thanks to you all from

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Brian Clarke, Treasurer

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Pashima herders Kashmir



Rob on the road to Ladakh