



On the MEND... NEWS January 2009



...promoting self-help, not sympathy

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Dear Supporters, Welcome, namaste, to 2009!

(1) Kashmir, India:

BBC World: Our Kashmir project screened on BBC World Challenge 2008 in early November. Though we did not win, both in 2007 and 2008 MEND's projects have been selected as a finalists from 1000 entries from 120 developing countries around the world!

See it at www.theworldchallenge.co.uk click on our story "She Hope Society" ("Independence Day") or we can send you a copy!



Loss of legs can be the start of new life!



If physiotherapy is fun for Kashmiri kids we get results!

From 2007 to late 2008 an outreach project, sponsored by Abilis Foundation with \$15000, began rehabilitating 65 neglected disabled kids and youth in Kupwara District, a remote farming district near the Indo-Pakistan border that has had 17 years of militancy and also damage from the 2005 earthquake



Physiotherapy



Audiometer at work



Special school



Corrective surgery

Progress so far includes: *Assessed 500 disabled persons. Rehabilitated 75 kids and youth. . Provided wheelchairs, crutches, callipers & prostheses to 60 beneficiaries.. Organised 17 cases for corrective surgery. Provided special schooling and regular physiotherapy. Set up skills' training of members, supported by a micro-loan scheme*

Our rehabilitation projects involve *village awareness-raising, identification, medical assessment, referral to surgery, physiotherapy, fitting of mobility aids, skills' training, micro-loan support, advocacy for access & human rights action....and hopefully some fun!*



Fitting handsplint

Thankyou Fr Alex and Manmeet of Liliane Foundation(India/Holland) for a recent grant to continue this work!

(2) SISTER SCHOOL PROGRAMME ...linking schools in NZ with schools in poorer countries

AIMS: 1. To create awareness of the different lives school children(especially disabled kids) have in developed and developing countries

2. For schools in NZ to share resources with schools in poorer countries.
3. To promote better school conditions, learning environment and quality of education in developing countries...and for disabled kids especially.
4. To support those who cannot afford to go to school in poorer countries.
5. To make longterm links between schools through networking and fundraising that will uplift the poorer schools.

HOW: 1. Schools interested in joining the programme will register with MEND.

2. A website will be set up where all networking links between schools are maintained and accessible to all participants.

3. Each school will be invited to form their own SISTER CLUB and appoint their Chairperson, Treasurer, Secretary who will look after development of ideas, banking and administration and to liaise with their partner schools !

(3) The \$5000 SCHOOL ! HOPE n LIGHT COMMUNITY SCHOOL/ NEPAL

WHERE: In the remote mountains behind Arjai, Gulmi District, Nepal where 150 children have had no school and who live on self-sustaining farms.

DONORS: Thankyou Kathy & Len Light of Easiyo Yoghurt!

AGREEMENT: That MEND will ensure that Hope Centre in Tamghas, Gulmi, Nepal

1. will manage the building of a 30'X 40' quality stone, slate roof and cement floored school in 2009 on suitable donated trust-deeded land.
2. will provide the donors with an accurate account of expenditure and income quarterly.
3. will link with local community to provide free construction labour in return for waiving of school fees
4. will seek district council support & any government education grants
5. will utilise the Sister School programme to ensure the longterm sustainability and expansion of this community school.
6. will name the school "Hope n' Light"

PARTNERS: 1. Special needs' schools for disabled children

2. Integrated schools where disabled mixed with able-bodied kids

3. Clubs can choose partners from villages in Nepal, Kashmir, Uganda, Ghana, India and other countries as the programme develops.

(4) STORIES from the FIELD : Nepal



The manager of Hope Centre , a double amputee herself, checks if 14 year old Maya Rana can walk better with a support shoe donated from NZ.

Ganga Ghimire is 11 yrs old and lives 35 km from Hope Centre, which takes 4 hours along rivers by jeeps that carry more than 20 people on the roof and inside. She has been **cataract blind** in both eyes since birth yet always seems to be able to smile beautifully at any small attention!



Off to surgery 2008



Lumbini Eye Hospital team



In village in 2007

Though diagnosed 5 years old ago and referred for operation, nothing was done for her until last month as she has no parents and her relatives are poor. Lack of even the **bus fares** to get to hospital can derail needed surgery!

So at last Hope Centre paid those bus fares and sent her for operation and fitting of **intraocular lens** which cost **\$200 NZ** each using the best vacuum suction system and a Fred Hollows lens made in Nepal. A simpler surgery was offered her for free, but the doctors found that Ganga had some heart irregularities which meant she could not have full anesthesia which is normal for children.

Her vision is now 100 % in one eye and 80% in the other, which means she can count three fingers at a distance of 1 metre. And she can now walk independently without a guide. The total operation cost was **\$400** and **\$200** travel cost for the 250 kms from her village by jeep and bus to Lumbini Eye Hospital, a great caring place which was set up and funded from Canada.

Ganga has had little formal education, being left most days at home idle and of little interest to anybody. Soon she starts boarding school which will cost about \$1000 per year which includes bed & food & books. We will follow her life story and help her along!

(5) THANKYOU : all hearing aid donors!
And keep sending them to us...



A Nepali man, who had persistent tinnitus for 5 years, has had great relief since his in-ear canal hearing aid was fitted at Hope Centre this week. And this was affordable for him due to the recycled hearing aids from NZ and Australia. So thanks to all donors at Hearing Associations of NZ and others!

(6) THANKYOU from Ganga for Scooter !



Manager of Hope Centre, a double amputee, Ganga Rayamajhi on her new scooter sponsored by BBC producer Rob, Rotary NZ and MEND! She can now get to bank, to work without a struggle!

(7) SEWING TRAINING :



One of our sewing trainees, Numa, is pleased to see her first shirt and school dress fitted to another disabled girl from a poor family of a remote part of Gulmi. Hope Centre is paying her school fees and helping her mother with goat business through a micro-loan so that she can pay for her daughter's education in future!

Thanks again Abilis in Finland for project funds to run this loan scheme.



Ganga in her village home with her 100 year old grandfather whom we have fitted with a hearing aid at age 99! ... and her other grandfather !



Ganga's sisters collecting food for buffalo

(8) Building Hope Centre

Thanks to Harish and Jyoti Lodhia for kindly giving a large funding boost to start the work on this new rehabilitation center in Nepal!

Some great news is that Ganga's cousin and uncle have **donated** some good land close to Tamghas for the permanent premises for Hope Centre. This land is valued at \$8,000- \$10,000 and a building that is accessible and **circular** at 40 feet (12 meters) in diameter is designed.



Ganga and cousin Prem and uncle Thapa who have donated the land for new Centre

We are now building the foundations of **the first floor** with 16 concrete pillars and with locally-made bricks and stone. The cost of first floor completed with slab floor will total about **\$20000**, and with furniture, paint and carpet an extra **\$10,000**.

See www.hopegulmi.tk

Best wishes from Hope staff:

Ganga Rayamajhi (Chairwoman) Shobha Rani Gharti (Secretary) Tara Bhusal (Treasurer)
Janardhan Ghimire (Coordinator) Santosh Chhetri (Office)

(9) DONATIONS:

Inland Revenue (IRD) NZ is now allowing unlimited donations to registered charities and all of that is now entitled to a rebate! **Thankyou all new, old & young donors!**

Please let us know if you have NOT received your receipt or, if you want a printed, regular emailed newsletter or DVD with all the TV1 stories and BBC story?

(10) NEW MEND WEBSITE: www.mendshop.webs.com

This website we can now update and change easily such as showing **felt bags** we are selling, latest **newsletters** from projects and a powerpoint **slideshow** from Nepal.

(11) FUNDRAISING: **Funky felt bags \$45 each Made in Nepal from NZ wool**



Sleeping bags Made in Nepal to support disabled Nepalis

We market good quality warm **down feather** sleeping bags, vests and jackets which are 85% down, 15% feather and weigh **1.6 kgs** with 770 gms of down for -10 rated (**\$210**) and **1.2 kgs** with 550 gms down for -5 degree rated (**\$170**).
 Vests cost **\$140**



-10



-5



vest

Pit Latrine Toilets:

Available for camping with water flush or dry longdrop. Sold by MEND for \$210



Tools and arms for Charlotte at Waiheke Island, NZ...made by MEND

AND THANKS TO ALL MEND DONORS for making our work possible!



SPONSOR- a - LIMB?

We can fit a needy person with an artificial limb, made of tough plastic using MEND's roto-molding system in Nepal, for about \$150, which includes transport of amputee from village and accommodation for 2 weeks, casting and physiotherapy! The limbs weigh from 1 kg to 2 kgs and are waterproof and adjustable.

GIFT-of-AID

MEND will deliver your gift to a needy disabled person, which may be a wheelchair, a walker, an artificial limb, a months' physiotherapy, a special needs' chair, corrective surgery cost, hospital travel cost, skills' training for a month or set up cost of a small business.

We will send you a photo of your sponsored recipient to verify your help was received and funds used wisely.

COST of some gifts:

- | | |
|--|-------------|
| 1. Corrective surgery to release contracture | \$100-\$200 |
| 2. Physiotherapy for 1 month for better walking | \$50 |
| 3. Wheelchair/ walker/ standing frame | \$100 |
| 4. Hospital travel cost | \$20 |
| 5. Skills' training for 3 months | \$75 |
| 6. Small business loan for disabled member | \$150 |
| 7. Calipers / artificial arm or limb | \$100-\$150 |
| 8. Set-up cost for skills' training workshop | \$1000 |
| 9. Sponsor building a whole village community school | \$5000 |

(6) THANKS from MEND Team:

Peter Baker, MEND's Secretary, sells and installs hydrogen units for increasing vehicle mileage, lower emissions, and other applications. We have actually seen a "car running on water"!

**Regards, Peter Baker, Secretary, Diane Emerson, Treasurer
Rob Buchanan, Director**

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