

GHANA: REHABILITATION PROJECT UPDATE

For the last 3 years, with matching funds from NZ's funding agency, NZAID, MEND has been supporting a group of disabled persons in the Volta Region to set up and run a community based rehabilitation service that is now helping about 650 members to achieve dignity through self-help initiatives.

Referral for corrective surgery, distribution of mobility aids, small business skills' training and supporting loan scheme, human rights' action and overcoming access problems are all activities of VOLPHIG (Volta Physically Challenged Independent Group).

VOLPHIG is now developing its own income-generating businesses so that it operate sustainably in future and expand its services to more members, with particular attention to disabled women.



► After 27 years Jane no longer has to crawl. Surgery and callipers now enable her to walk!

NEPAL: ROTARY DISABILITY CENTRE

For the last year MEND has supported a pilot prosthetics and orthotics unit run by the Rotary Club of Dhulikhel, set up in an ancient trading town near 30kms from Kathmandu.

Several artificial limbs including arms have been fitted, several children referred for corrective surgery and skills' training provided to disabled members along with loans so that they can buy tools and materials to start small businesses. Plans are underway to relocate this centre to the leading hospital nearby and expand the services.

We would like to thank NZ Rotary Clubs of Westhaven, Gisborne, Bay of Islands and Maungatoroto for raising the matching fund to access a \$12000 Rotary Foundation grant.

NEPAL: ASHA DISABILITY CENTRE

In another district Gulmi, 200 kms from Kathmandu, MEND has helped a group of young social workers set up an assessment centre that is already referring many disabled kids and adults to health services.



► Deaf students in Gulmi teaching sign language to Ganga and Asha staff

The involvement of young people in projects cultivates their sense of local responsibility and lays the foundation for quality community service in future.

A good office has been opened with help from the local council who provided all the furniture. Asha's request was approved in just 1 hour which must be a record for any Nepalese government body!

The Chairwoman, Ganga, lost both lower legs as a baby when she rolled into the kitchen fire in the middle of their earth house. With support from MEND she passed her nursing degree and is now probably the youngest CEO in Nepal!



► Asha staff designing a handsplint to correct a deformity

Following a short story about MEND's work on NZTV at Xmas 2005, we have been greatly supported this year by 250



► Being thanked for donation of a Rotary computer to a Nepali school

generous Kiwis and others. A follow-up TV story this year should expand MEND's profile.

All supporters are welcome to ask for a DVD film about MEND's work, audited accounts and information about the people they have helped through the projects.

THANK YOU also

...Gael Boon at SydneyWater for donating two audiometers to Kashmir

...Earl Trass for auditing our accounts

...Barbara Godding and Sian for your help in Kashmir

...Barbara Smurthwaite in Australia for fundraising and support

...Adrienne Ardern as MEND Treasurer in 2005-06

...Nancy & John Wood in NZ

...Comvita NZ for medicinal honey bandages for treating bedsores

MEND STAFF

Director : Rob Buchanan
Secretary : Angela Bowey
Coordinator : Philippa Wilson

Bank A/c: ANZ Keri Keri Branch
A/c No.: 01-0382-0043240050



► Developing a low-cost CP walker in Leh, Ladakh



"...on the mend" ...promoting self-help, not sympathy

NEWS

MOBILITY EQUIPMENT FOR NEEDS OF DISABLED

SUMMER 2006

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OUR FOCUS

To empower people with disabilities to live independently, with dignity and purpose in their communities through self-help programmes that involve health, mobility needs, corrective surgery, physiotherapy & rehabilitation, counselling, skills' training and business development, access and human rights.

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NEPAL: WALKING AT LAST WITH MEND'S ROTOLIMB!

The first prototypes of our new plastic artificial limbs have been successfully fitted to two young boys who lost their legs after accidents.

Developed over the last 2 years to be lightweight, waterproof, easy to fit, wear and maintain, and affordable to even the poorest of families the RotoLimb can be made in any

country with little training, few workshop tools and minimum costs.

In fact, the material cost for a complete RotoLimb, including the adjustable foot, is about \$50.

MEND can supply the set of aluminium molds, the licence and technician to train local staff to manufacture the RotoLimbs in any developing country.



▶ Shiva is on the road to independence... on both feet now!

KASHMIR: HOPE CENTRE IS OPEN!

In a rural village 35kms from the summer capital, Srinagar, MEND has helped our partner organisation in 2006 to build and run a modern rehabilitation centre that is quickly establishing itself as a very effective place for disabled children to regain their mobility and independence.



▶ Hot waxing Fatima's ankle broken by her irate teacher..



▶ The manager, Sami Wani, unlocking a frozen limb

Combining special needs schooling with intensive physiotherapy Hope Centre has 20 day students who are collected each morning in a van that was donated by the Indian Army. Hope Centre has 250 registered

members of all ages and disabilities including deaf, blind, cerebral palsy, post-polio, birth defects, war injuries, accidents and mentally challenged.

Hearing tests are carried out using two audiometers, kindly donated from Australia, along with the fitting of quality hearing aids. Hope Centre will open a

deaf school soon for about 40 members who will learn Indian sign language, speech therapy and lip reading.

Hope Centre is a breath of fresh air in this beautiful but wartorn region of 4 million people that is finally seeing some stability and peace after 14 years of militancy!

For just \$20,000 Hope Disability Centre is now serving the local disabled community well!



▶ Hope Centre, serving the disabled community of wild and wartorn Kashmir

STORIES OF COURAGE

disabled-musicians

MAN BAHADUR RAI

Born in SoluKhumbu, the mountainous region neighbouring Mt Everest, Man Bahadur caught polio as a baby due to lack of immunisation facilities there and awareness of his parents.

For 16 years Man Bahadur was forced to crawl on knee pads to get around his village with his legs contracted. Deciding to seek help he was carried for 5 days to the main road where the track to Everest Base Camp starts, and he took a bus to Kathmandu to a rehabilitation hospital for a checkup.

Man Bahadur then had corrective surgery and traction to straighten his legs along with intensive physiotherapy and then moved to Danielle Children's Home in Kathmandu where he lives with 15 other disabled youth on the slow, but rewarding path of rehabilitation.

Man Bahadur has been walking now for only two years of his life... with callipers and elbow crutches. He is completing high school and he has a gift for playing the flute. With some more training could develop into an accomplished musician and earn his living.



KAMALA SHRESTHA

Kamala, 24, is now producing her first solo CD/album after a year's singing tuition funded by MEND. Her composer is one of Nepal's best songwriters. Success at the box office will enable Kamala to be on her way to financial independence.



When 12 years old her kite became stuck in high voltage power lines ..and while trying to retrieve it was electrocuted which result in the loss of both arms and one leg. Because her artificial arms are more cosmetic than practical, MEND designed her a set of low-cost tools that make simple daily tasks such as eating and brushing her teeth, possible for the first time in 12 years!

Thanks to the Auckland Philharmonia Orchestra Kamala is recording her second song which is boosting her confidence, her voice ..and her choices and options in future.



PARANGWA LAMA

Born in Langtang, a mountainous area 250 kms north of Kathmandu, Nepal that borders Tibet, Parangwa caught polio as a baby which left him with walking difficulties in one leg.

Due to lack of rehabilitation services in that area and little awareness by his parents of immunisation in that remote region baby Parangwa missed out on his polio vaccination. As with many disabled persons with limited ability to move, Parangwa began composing music and writing song lyrics.

Leaving his remote mountainous village so he could study Parangwa completed high schooling with quiet determination and little funding. In 2005, with some



travel costs from MEND 18 year old Parangwa travelled to a rehabilitation hospital near Kathmandu to be fitted with a plastic leg brace that fits snugly inside his shoe and which provides support to his weakened leg.

Using a computer Parangwa's songs are now being recorded onto a demonstration CD which will be used to show studios his potential. With some extra training and support this young composer should be able to write popular and traditional songs that can generate him income to make him self-supporting.

MEND'S SHOP



-5°C (\$165 NZ) & -10°C (\$195 NZ) quality sleeping bags are 85% feather and 15% down. With extra leg room & full-length zipper the -5°C bag opens to a bed quilt.

-10°C down vests (\$130) and jackets (\$150) are light but super-warm and come in a range of colours



Gore-Tex wet weather gear with flannel lining (\$140)

As for MEND's own "self-help" we have started several new fundraisers in 2006 that help fund our projects in developing countries.

1. Sale of quality down sleeping bags, jackets and vests, that are made in Nepal to colours and designs requested by customers.
2. Sale of "PostDiscs", which are mini-CDs in a post card envelope containing 200-300 photos of the project locations such as Nepal, Kashmir and Ghana. These PostDiscs can be used as screen savers or for school learning tools or for travel planning.
3. Setting up an outsourcing scheme from NZ and Australia to Nepal of website and graphic design skills to employ trained IT youth, and those disabled, who are unemployed. Service charges are attractive.
4. Sale of MEND's video on DVD which shows many aspects and problems of rehabilitation in developing countries.
5. Sale of calendars and cards with artwork designed by disabled artists selected from project locations. Some are painted by mouth and feet. Profits are returned to those artists and others.



GIFT-of-AID

A caring scheme whereby supporters can give a valuable life-enhancing gift to a disabled person selected in our projects. MEND will deliver that gift and send a photo of the recipient to the donor to verify that the gift changed their life.

GIFT of AID IDEAS include:

a. Corrective surgery to release polio-contracted foot	\$150
b. Physiotherapy for 1 month for better walking	\$50
c. Wheelchair / walker / special needs' chair / standing frame	\$100
d. Hospital travel cost	\$20
e. Skills' training for 3 months	\$75
f. Small business loan for disabled member	\$150
g. Calipers / artificial arm or limb	\$100
h. Set cost for training workshop	\$1000

