

# MEND NEWS Summer 2007



....promoting self-help, not sympathy

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## Dear Supporters,

Our project in Nepal, making very tough, light, low-cost, waterproof and easy- to- fit artificial limbs using simple tools and locally- sourced waste materials such as aluminium cans, was entered in the **BBC World** ( [www.thewordchallenge.co.uk](http://www.thewordchallenge.co.uk)) global competition for innovative projects in developing countries.

There were **940 entries from 120 countries** and our "Limbs for Life from Leftovers" project was selected in the final 12 which was shown on BBC World on October 14-15, with awards given on December 8, 2007. But we did not win a place!

But now, CloseUp on TV1 in NZ is following up on MEND's BBC story and that will screen 18<sup>th</sup>-21<sup>st</sup> December, 2007!

## Stories from the field in Nepal



1.



2.



3.

....the metal molds are made from smelted-down aluminium drink cans and their tabs. (2)  
....the limbs can even be "cooked" over a wood fire or gas flame by rotating the mold.(3)  
....the cost to make each complete above-knee plastic prosthesis is as little as \$20 NZ in materials including stainless axle pin and nylon bush at the knee joint. (1)  
...the polyethylene powder used to make the limbs is recyclable and can be reused from other similar plastic products after regrinding it.



Fitting special shoes to boy with burnt feet



This girl with double eye cataracts awaits lens in Nepal

## Hope Disability Centre NEPAL



Ganga Rayamajhi, Chairwoman of our Nepal project, Hope Disability Centre, here (2) assesses a child with rickets ( Vitamin A deficiency). This child will have corrective surgery when her bones are fully grown and then should walk normally, unlike her father!

Ganga is a double amputee herself, losing both legs in the kitchen fire as a baby.

It is more comfortable working in her clinic (4) without her artificial legs which get too hot.



Ganga is now trained as a physiotherapist and here is freeing up the frozen limbs of a neglected cerebral palsy member of her organisation.

## Ears

Deepak, a young boy from an isolated Nepali village had pain and pus weeping from his ears for 2 years before we took him to see an audiologist 150kms away.

What was found on syringing his ears were...

***a dead fly and cockroach and a live maggot!***



Early intervention and surgery saved Sita's hearing !



Deepak

## BURNS

Wood and kerosene kitchen fires continue to cause much preventable disability in Nepal. Thanks to a great team of caring doctors and followup by Model Hospital from Kathmandu 65 of Asha's members have had corrective surgery recently.



It took 23 years for this Nepali man to seek help to have his hand burn contracture released. He now has almost normal hand function and is training to be a tailor. Surgery costs can be prohibitive in most developing countries unless sponsored.



1.

Before surgery



2.

Sewing training after surgery

## Cleft-lip



BEFORE



AFTER



BEFORE



AFTER

For just \$300 and a few hours' corrective surgery, a dedicated plastic surgical team in Nepal has removed a lifetime of discrimination and disadvantage for these two children. They can now face a life without disability, though poverty, caste and lack of opportunity still await him.

## Tongue-tied

**Sami had never spoken any words to his mother as he was "tongue-tied"! A common occurrence, his tongue is completely attached to his lower mouth and is not free to move. The small surgery, costing \$10, released his tongue from lower mouth.**



## KASHMIR

*This Kashmiri girl lost both legs in a car accident only a month earlier. Seeing and using a MEND fun, tricycle design has helped her out of her trauma and frustration from pain, lack of mobility and missing school. Artificial limbs will be fitted once her stumps heal.*

*Her supportive parents have made rehabilitation far easier....*



MEND tricycle



Special school in Kashmir



Rotary donated wheelchair

## *FREEDOM through MUSIC*

*Kamala is finishing her first CD album at one of Nepal's best recording studios. She was electrocuted as a 10 year old while flying her kite when it flew into high power lines and she tried to rescue the kite with a metal stake losing both arms and one leg and weeks in a coma.*



In studio



Using tools to eat for first time

### *The future for Kamala:*

*Now, with a little fame and fortune Kamala will be able to support herself financially and pay for the extra special needs she has such as taxis to travel in busy Kathmandu. Buses are very hard to access as Kamala has no arm power to pull herself up....and driver impatience is a way of life. But disabled people have learnt not to expect any special attention or any financial help from the Nepal government or community ...and are surprisingly tolerant and accepting which may be partly due to their Buddhist/Hindu belief.*

## Osteomyelitis



Uma



Dil

*From small scratches 6 years ago and with no medical treatment since, Uma and Dil developed severe osteomyelitis which infected their femur bones. Surgery has been done successfully and bone grafts made. Cheuma's father carried her 36 kms to our office because he could not afford the \$4 jeep fare from that very remote village where he works as a labourer in the fields.*

*We will now support Cheuma's education so she can break her family's cycle of poverty and discrimination due to "low caste" which is still a reality...and social problem in Nepal.*

*Also we are offering her father a micro-credit loan to buy several goats whose offspring will start some reliable income-generation for his family of 6 children.*

*Dil has finished her sewing training now!*

## SKILLS' TRAINING & LOAN SCHEME supported by ABILIS FOUNDATION ([www.abilis.fi](http://www.abilis.fi))

A grant was approved from Abilis Finland to provide skills' training and then repayable loans to 20 disabled people or their caregivers in Nepal to start small businesses that will uplift and provide them better living standards. Sewing and tailoring are good income generators in remote areas and also suit people who have limited mobility.



*Hope sewing training centre*



**KASHMIR:** Thanks to the generous support of Abilis Foundation in Finland has already helped MEND's project in Ghana in 2005-6 with funds for setting up and managing small businesses for disabled members of VOLPHIG ( Volta Physically Challenged Independent Group) Now Abilis is supporting both of the Hope Disability Centres in Nepal and Kashmir. And in Kashmir the Abilis grant is for an outreach rehabilitation programme for 60 needy disabled persons in a remote district near the Pakistan border where the 2005 earthquake struck and few social services have been available during the previous 14 years of militancy.



Hope Disability Centre in Kashmir ...getting kids walking for first time! Corrective surgery and devices

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## CHARLOTTE from Waiheke Island, New Zealand

*With tools and plastic arm socket made by a local tinkerer, Neil and Rob from MEND, Charlotte is brushing her teeth for first time.*

*Charlotte lost both hands and both feet from meningitis.*

*With advice from mother Pam we have been developing these tools to fit a ball joint on the arm socket so Charlotte can better adjust them for her own use.*



*Another design we developed for Kamala in Nepal, costing only \$20 for a set of tools made from stainless steel drinking cups and cutlery, make it possible for those without both hands to remove and change tools themselves. In fact parents often over-assist disabled persons and discourage their path to independence.*

**MEND's SHOP:                      FOR SALE:**

**85% goose down / 15% feather sleeping bags , vests and jackets for sale...all supporting MEND projects**



-5 degree bags \$170  
-10 degree bags \$215



Vests \$140



Jackets \$150



Nepali village umbrellas also for sale!



**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, casting and physiotherapy! They weigh from 2 kgs to 1 kg and are waterproof and adjustable.

**GIFT-of-AID**

***MEND will deliver to a needy disabled person, your gift 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.***

**G I F T - O F - I D E A S** include:

- |   |             |
|---|-------------|
| 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      |

**H E A R I N G A I D S W A N T E D ! !**

***If you have an old hearing aid, particularly the type that fits behind the ear, we need them for our deaf children in Kashmir.***

***Thanks to your support MEND is able to reach and uplift so many more people with disabilities this past year.***

***I also want you to know that MEND implements its projects with the minimum of administration costs...so that at least 90% of your funds reaches the targeted disabled beneficiaries in our projects.***

***Can we send you a DVD of the BBC World story and other TVNZ stories?***

***Please note that all donations up to \$1890 to MEND can receive \$630 rebate claimed back from IRD (as MEND as Tax Donee Status)***

***Thanking you all,***

***Angela Bowey*** Secretary 09 4028416

***Rob Buchanan*** Director 09 4078395 0273298368



Goat herders at 4000 m in Ladakh



Collecting buffalo food in Nepal



.....the old and the new in Laos