

HOPE DISABILITY CENTRE ASHA APANGA KENDRA

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...*uplifting disabled people of Nepal*

ANNUAL REPORT 2009- 2010

CONTENTS:

1. Introduction
2. Aims & documentation
3. Election of board members and staff
4. Progress / achievements
5. Case studies of rehabilitation
6. Outreach camps
7. Thankyou donors



No pain ..no gain!
Plastering to correct feet deformities



Fitting donated hearing aids to deaf persons

Aims of Hope:

To rehabilitate disabled people of Gulmi and other districts of Nepal so they can become mobile, productive and achieve dignity in their communities.

Introduction:

Namaste from Nepal!

As **Chairwoman** of Asha Apanga Kendra (Nepalese for Hope Disability Centre) and a double amputee myself, I am happy to see a growing list of people with disabilities we have been able to help this year with the generous support of many donors around the world.



Nepal is sandwiched between India and China! Dr Shiela and myself at assessment camp

Support: This past year saw many **life-changing** interventions performed by skilled surgeons for our members to correct the effects of burns and birth defects.

Thanks to the team at Model Hospital and HRDC in Kathmandu.

We had good local support from VADNepal, Nepal Disabled Fund and Nepal Orthotics and Prosthetics Centre to get artificial limbs and special shoes fitted.

A special thanks to ALTSO in the US for the funds for rehabilitating 20 kids and youth in 2009 and 135 kids and youth in 2010! **A Leg To Stand On** sponsors the surgery costs and fitting of mobility devices such as limbs, shoes or calipers.



Burns, rickets and cleft lip will all be corrected with surgery, quality followup care and physiotherapy

In May of this year we have the first birthday party since laying the foundations of our new **Hope Centre** on land above the town of Tamghas in Gulmi District which was kindly donated by the **Thapa Family**. The basic building funds came from 3 major MEND donors, **the Lodhias** and **Lights** of NZ, and **Charlies' "Runners"** of the UK, a group that are supporting Charlie Crossley through his marathon runs to raise funds for worthy projects.

The Centre was opened in November 2009 and is a modern, colourful building that already has seen 100 kids and youth enter the doors to being rehabilitated! Come and visit us!



HOPE CENTRE



Donors: Thanks for all your help with donated wheelchairs, walkers, hearing aids from Hearing Associations of NZ and Phonak Company, and donors in Australia, and project grants from ALTSO (US), ABILIS (Finland), MEND NZ & Rotary Clubs of Dhulikhel, Warkworth NZ.

The local District Council also gave us a funds towards our programmes.,

Special thanks to the Lights, the Lodhias, and Charlies' Runners!

Staff : Along with a trained physiotherapist, Kedar Bhusal, the only one in this district, we now have a nurse, Mira, and housekeeper, Kamala.

Team: Ms Ganga Rayamajhi Chairwoman
Mr Tara Bhusal Treasurer
Mr Bishnu Pandey Secretary

Mr Kedar Bhusal Physiotherapist



Documents:

- 1. Copy of Government Registration certificate



- 2. Copy of certificate of affiliation with the Social Welfare Council

Case studies:



Hari Before

After



Sumitra Before

After



Laxmi, age 52, has left side hemiparesis and comes for physiotherapy from her village every day. In 3 months we are hoping that she walks better and can eat by herself.

Parabisha is 11 years old and can't talk because she has had no hearing from birth. When we checked her ears at Hope Disability Centre we found one big black fly in her left ear. Her family don't care for her...the external auditory canal was blocked.



Keeping ears clean is hard in village conditions ! Deepa is a cerebral palsy girl we want walking better

THANKYOU! AusAID gives grant to ASHA!

With a grant of \$ 7500 US we were able to buy quality physiotherapy equipment including



Short wave diathermy



Cardiac checkup
Ultrasound Therapy



CPM (Continuous Passive Motion)

Hope Centre is the only physiotherapy centre in Gulmi district that has 300000 people.
This grant was a great help from Australia!



This woman has cervical spondylosis and is using our cervical traction machine.



Physiotherapy unlocks the joints of this girl.

THANKYOU Julie & Marcus for our motor cycle taxi which is in constant use up and down the hill from Tamghas to Hope Centre!



So we welcome your support in 2010 and hope you can visit us!

Ganga Rayamajhi, Chairwoman

