

...on the MEND NEWS October 2009



...promoting self-help, not sympathy

P.O Box 94 Keri Keri, New Zealand

www.mendnz.com

mend@xtra.co.nz

ANZ Bank Kerikeri Acc: 01 03820043240 00

Ph: 09 4078395

Dear Supporters,

TIP TOES!

I was walking back yesterday from a mountain village that takes 5 hard hours of jeep driving to cover the 27 kms from our office at Hope Centre in Nepal, when I met a small boy walking ... and on tip toes!



And realised this was **Goddess**, who has a cerebral palsy, and was NOT walking alone a year ago when he first came to our Centre for physiotherapy. But he still needs more stretching of muscles and so will be the first visitor when we open new Centre soon.

Hope Centre opens this month in Gulmi, Nepal



Taking just 5 months to build the first floor that cost MEND \$20,000 Hope Centre will be able to provide intensive physiotherapy and other disability services that are not available in this remote district of Nepal. A hearing test and hearing aid clinic will be set up along with a school for up to 40 deaf kids from remote areas who currently have no school.

Thanks to all MEND donors and especially the Lights & Lodhias in NZ and the Crossleys in UK!

Corrective surgery

Sunita is from poor family (where income is less than \$30 per month) and was born with a leg deformity. After a poor attempt at plastering and a botched surgery in India she then had a fall which compounded her disability.

She is our most recent kid we will now get corrected and walking better!

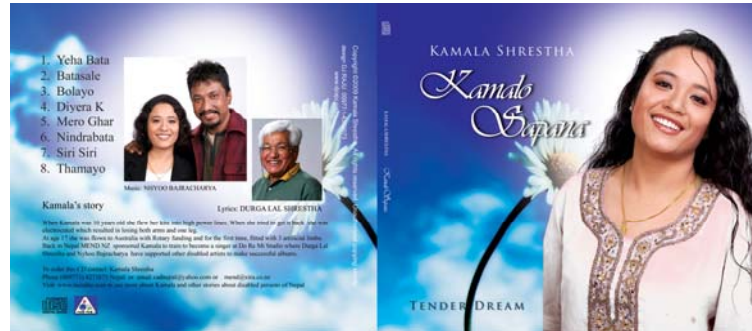


HEARING AIDS

Thanks to Hearing NZ, and also Phonak NZ who have sent us 40 quality digital hearing aids that they kindly programmed to suit various hearing loss levels and we have started fitting them in Kashmir and Nepal. They sent great easy-to-fit ear plugs too!

MUSIC

KAMALA SHRESTHA launches her new album **"KAMALOSADANA" Tender Dream**



Music written by top Nepali composer Nhyoo Bajracharya and lyrics by Durga Lal Shrestha

Price is \$15 per CD in New Zealand and Australia

..and to make it sustainable 33% of all profits from Kamala's album will be used to help another disabled musician in Nepal to record their own album!

see Kamala's own website at www.mero-ghar.blogspot.com



Kamala lost both arms and a leg from electrocution as a 10 year old and was fitted with quality donated limbs in Australia at age 18.

KASHMIR Hope Centre



cutting off foot and leg casts



MEND LIMBS & TOOLS



...accidents



...kitchen burns



- 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 and tools for daily living get field testing in Nepal.

BACKGROUND to PROJECTS

- MEND was set up as a non-profit organisation in New Zealand in 1991 to assist disabled people become mobile and independent.
- In 2006 a small, isolated Nepali disability-support organisation, Hope Disability Centre requested MEND's technical help to develop a range of tough, low-cost artificial limbs, tools and mobility devices that would enable the poorest of amputees to become independent and employable.



We were inspired by Hope's Chairwoman, Ganga Rayamajhi who lost both legs as a baby from a kitchen fire (severe burns are common in rural Nepal) coupled with poverty and lack of awareness of her parents. With determination she crawled to school for the first 16 years of her life until at age 17, she was fitted with first prostheses. MEND sponsored her training as a community nurse and later as physioaide.

In 2006, having experienced the neglect and uplift to her own life, Ganga then decided to set up her own organisation to help other disabled persons in that remote, mountainous and militant-affected region.

In Nepal, as in Ghana, Kashmir and Uganda, developing countries where MEND is helping small organisations implement projects, affordable, comfortable and robust artificial limbs and other practical mobility aids are often beyond the financial and logistical reach of many disabled people. Government social welfare funding support is often not available while health workers are without the resources and skills to change the status quo of disabled persons.

MEND has learnt that self-help projects, managed by and for disabled people, such as Hope Centre and its Chairwoman can inspire life-changes that successfully empower their disabled members' own lives.



Summary

1. We have developed a system to smelt down waste aluminium cans in a fire to make the molds for artificial limbs.
2. These molds are filled with powdered plastic (up to 80% recycled waste mixed with 20% virgin powder) and rotated in an oven or over a fire to create a range of artificial limbs, wheelchairs or village toilets.
3. This can become an income-generating business and employment for disabled persons in any country..
4. These plastic artificial limbs are possibly the lowest cost in the world yet very durable and easy to fit.
5. They completely transform the lives of amputees who previously had to crawl everywhere.

LINKS

1. Check www.mendnz.com and “Hot off the Press” and “Hope Centre Nepal” for links to newsletters and BBC World Challenge 2008 story of Kashmir.
2. Check www.mend.org.nz for other designs and information.
3. 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. Click on.. <http://www.webbytalents.com/play.php?vid=528>



Traditional grain storage

&



wood-fired kitchen in Nepal

FUNDRAISING:

SLEEPING BAGS *Made in Nepal to support disabled Nepalis*

MEND is selling good quality subzero rated **down** (85% down, 15% feather) sleeping bags that weigh **1.6 kgs** (with 770 gms of down) and cost **\$230** each. The zipper runs right round the bottom to make a quilt.

We also have lighter down / feather bags weighing **1.2 kgs** (with 550 gms down) that cost **\$180** that also zip round the bottom to open to a quilt.. Vests cost **\$140**



\$230



\$180



\$150

Buying a bag from us helps us run our projects!

THANKS

to all MEND supporters!
ABILIS Finland, ALTSO US (A Leg To Stand On)
and HRDC & Model Hospital, Kathmandu

REGARDS

Peter Baker, Secretary, Brian Clarke, Treasurer
Rob Buchanan, Director

Skype: *rob.buchanan1 (Dir) peter.baker57 (Sec)*

