



On the MEND... NEWS AUGUST 2009



...promoting self-help, not sympathy

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Dear Supporters,

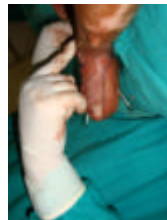
NEPAL: Corrective surgery

As a builder I am amazed at the wonders of "plastic" surgeons ...no doubt some of you have already been "under the knife"! Here I would like you to see the stages of releasing a 12 year old boy's foot from burns he received as a baby here in a kitchen fire.

This surgery was carried out by a team of caring doctors from Model Hospital from Kathmandu who travel around Nepal specialising in correcting cleft lip & palates and burns.

And they do this at no cost to patients with donors in the US supporting this programme!

For this boy extra costs were paid by ALTSO which is helping Hope Centre members with surgery and limb-fitting costs.



Before surgery

During surgery to release his burn contracture

The next vital task after surgery is regular followup to make sure that the wounds and grafts heal and no infection creeps in by changing the dressings every few days.

The new Hope Centre will be such a place for this post operation aftercare!

OPENING of Hope Centre soon in Nepal!



In just 3 months, thanks to funds from the Lights & Lodhias in NZ and the Crossleys in UK and all MEND donors this new Centre is emerging in a maize field....."amaizing!"

Costing just \$25,000 NZ to build it opens next month to serve disabled people this remote community for a long time!

KATHMANDU Community-based rehabilitation:



So valuable are home visits to check disabled kids



KASHMIR: Hope Centre



Rob at new Hope shop



Standing frames train bodies to stand tall



Local man shows us his hand tricycle



First time on his feet...
Manager Sami uses a walkers to teach movement



Mobena sat in a corner of her house for 17 years with ..
contractures of knees. After a few months physiotherapy
she is now walking with a walker and each day busy.
strengthening her leg muscles at Hope Centre.

UPCOMING PROJECT: *Handicap International*

The Hope Centre is soon starting its new project with **Handicap International** to expand the rehabilitation services to some very neglected areas of Kashmir Valley to disabled persons who have suffered long and hard from 17 years of militancy. We look forward to being good partners with HI!

FOR SALE:

L eather laptop and cellphone bags from K ashmir for sale

Made by disabled women and using quality suede sheep leather we offer a range of leather bags which we can personalise with your own name, design, logo or flowers of NZ, Australia or the US.



Laptop bags cost about \$25 NZ

... and cellphone /glasses/camera cases cost \$10

So please contact us for any other Kashmiri items you would like to order, such as exquisite Pashmina shawls and paper mache boxes or any leather products made to your design!

MEND LIMBS & OTHER DESIGNS



...accidents



...kitchen burns



...electrocution

- ?? 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 get field testing in Nepal.

Interchangeable tools for daily living skills with ball joint cast from smelted from recycled alloy cans.

CASTING



Stump cast



Arm cast

ROTOLIMBS



Fitting is simple, fast and clean. No toxic resins are used in making rotolimbs. Nuts cast into plastic so that rubber soles can be fastened by bolts. Limb colours should be fun for children which makes them feel special!



Earlier prototype of tools for daily living skills

...ON A WHEELCHAIR BUILT FOR TWO!



This pedal car can be propelled by hand or foot, solar -powered electric or hydrogen motor or both. It enables two disabled persons to travel together or with their family or caregiver.

In effect, a glorified wheelchair, for two! Luggage and goods can be transported as well as passengers. This design protects the cyclists from both sun and rain, and from other vehicles.

It is constructed of steel or aluminium tubing and standard bicycle parts and 20" diameter rickshaw wheels. Cost to make is about US\$150 in steel in a developing country.

MEND designed and makes plastic wheelchairs with same technology e.g the Sealander. See other innovative designs of mobility aids at: <http://www.zartaj.co.nz/mend/design.htm>

The "WATERLOO"...a bush toilet



Made from ultra-violet-resistant polyethylene plastic, this toilet can be used without water and bowl, as a "long drop", or with the waterseal bowl which is flushed with water by hand.

The water seal keeps odours locked below.

Lightweight for easy transport (at 7 kgs) it is easy to clean and install, and low cost: approximately \$180NZ or \$90US.

The toilet is flushed with a litre scoop of water. A range of colours are available.

To install: simply dig a hole about 2 feet (0.6 m) in diameter and 2-3 m deep and stake the Waterloo to wooden bearers or to the earth using metal stakes.

NOTE: this toilet can be combined with a holding tank for making biogas and is light, clean and suitable for the elderly and disabled

THANKYOU ROTARY CLUB of BANGALORE SOUTH for supporting a MEND partner in Andra Pradesh with 6 computers that were donated by HP.

FUNDRAISING:

SLEEPING BAGS *Made in Nepal to support disabled Nepalis*

MEND has good quality subzero rated down feather (85% down,15% feather) sleeping bags that weigh 1.6 kgs (with 770 gms of down) and cost \$210 each.

The zipper goes right round the bottom of the bags so they open out to a quilt..

We also have lighter down / feather bags weighing 1.2 kgs (with 550 gms down) that cost \$170. Vests cost \$140



\$210



\$170



\$140

Buying a bag from us really can help our projects!

OTHER LINKS

Check www.mendnz.com and on homepage "Hot off the Press" and "Hope Centre Nepal" for links to newsletters and BBC World Challenge 2008 story of Kashmir.

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.

<http://www.webbytalents.com/play.php?vid=528>

NEW MEND TREASURER: We have a new Treasurer, Brian Clarke, from Lower Hutt to guard MEND's resources so they are SSSSTTTTTRRRREEETTCCCHHEDDDD as far as possible.

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

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