



Health And
Development Aid
Abroad –
Australia Fund Inc.

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NEWSLETTER

Issue 26 – September 2006

Kazakstan

The view from here . . .

Neil and Jeanie Young's Visit to Central Asia - May 2006
(Refer to page 3 of our last newsletter)

The purpose for our trip into Central Asia in May was to look at HADA's work in Kazakstan as well as seek out other possible projects in the region.

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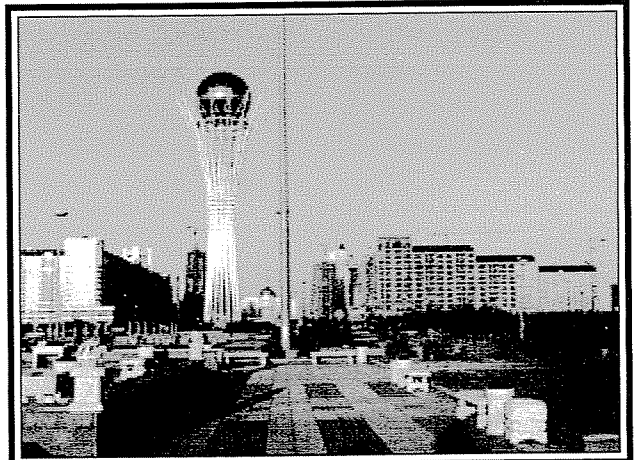
OUR previous visit to Baku in Azerbaijan was in 1998 and since then the oil magnates have been extremely busy arranging for the oil from the Caspian Sea to be piped through the country to the Mediterranean Sea. We were told they were in the process of 'filling the pipeline' in preparation for pumping. There are huge numbers of new apartment blocks being constructed on the outskirts of the city and those we talked with spoke of the rise in the cost of living and rental accommodation. We met with a number of people who were working with the poor and teaching them skills to increase their income.

Amazing as it was to us, there are no flights from Baku to Bishkek in Kyrgyzstan and we were required to fly via Moscow. This was an eight-hour round trip, instead of 1.5 hours.

We had discussions with about 15 different people who were involved with education, drug rehabilitation, village work and several other projects which were run with the help of local Non-Government Organisations (NGOs).

After a four-hour bus ride we arrived in Almaty, the largest city in Kazakstan. Almaty is very much a Russian-built city, featuring row upon row of large six-seven story apartment blocks along beautiful tree-lined streets. We were able to hear from a group who have set up a local NGO operating a 'Community Centre'.

Sleeping on the overnight train to Astana was easy and we arrived relatively fresh and were met by Hubert, the HADA Astana office manager. Again at first glance the city seemed unchanged, but later we were taken to the new city, which is amazing – beyond belief. The 'oil money' is being splashed extravagantly, with all new buildings, fountains, brass statues, the President's palace, court buildings and prob-



Grand Astana

ably the biggest and grandest building construction projects we have ever seen.

There has been a complete staff change since the HADA office was originally set up and we appreciated the opportunity to meet face to face with staff. The office personnel are from the Netherlands, UK, USA and Korea.

The sound of children squealing, playing and laughing, and the mothers talking over cups of *chai* with homemade cakes greeted us as we visited the *Mothers and Toddlers Club* who meet in a room adjoining the HADA office. Some of the mothers travel long distances to join with other mums for this one afternoon a week get together. Initially it was hoped they could have structured talks on health



care, parenting, and other related subjects but it seems that more is achieved by 'seeing' rather than 'hearing'.

At the present time the computer room is silent with no activity as the staff have been busy

preparing material for a marriage enrichment course. This has taken a good deal of their time and they are excited about the opportunities there will be to help families.

Also being prepared is material for teaching health issues in the high schools. Course books with colour pictures will be given to the teachers so that they will be able to use them as teaching manuals and reinforce the lectures at various times during the year. Funding is required for the printing and we have asked them to write a proposal for us so that the HADA Board in Australia can look at assisting.

The HADA Astana board met while we were there and they were able to share some of their plans and dreams for the future.

We were warmly welcomed by the entire staff of "Source of Hope", the local NGO which was birthed by the Pregnancy Crisis Centre within HADA. Nadezhda, the Director, had prepared a long report telling of their work, the numbers of ladies they had helped, pregnant ladies provided with accommodation, courses run for those experiencing trauma from abortions, and of course their dreams for expansion. They would like to be able to have their own apartment to house pregnant ladies and asked for funds for this project. We have asked that they write us a proposal so that it can be looked at. It was good to meet Natasha who is the main counsellor at the centre and to hear first hand how help is given.

Unemployment is high all over the country, so men enjoy the opportunity to meet together to play table tennis in the downstairs office, or in the hot summer months, football in the dirt park among the trees. Alcoholism is a very big problem and efforts are being made to run programs to keep people occupied and to help fill in their long days.

We believe that HADA Astana is serving the community well and that there is great potential for even further growth in teaching job skills and training in business management.

Greetings from Karachi in Pakistan

Paul Bown
11 June 2006

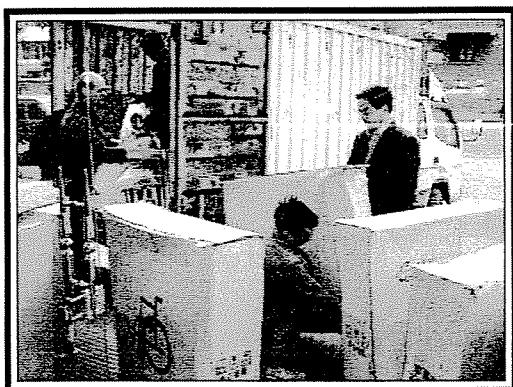
Today I changed the AU\$200 and sent it with other money through the bank to one of our team members who is at present in the north. He has been in the earthquake-affected area for several days, assessing what is the best way to use funds that have come in for the earthquake relief.

His conclusion was that he should spend the money on constructing the village school in such a way that if there is another earthquake, it will not fall down and kill hundreds of children inside, as happened with many of the schools in the area on 8 October last year. He telephoned me last night saying that he needed money to purchase the construction materials this morning, so I made arrangements for your money and other money we had received to be transferred to his bank account from which he could make a withdrawal in Rawalpindi.

Your AU\$200 was exchanged for Rs9,000/-. TEAM Pakistan are also helping with the construction of school buildings at this time. Very many thanks to all at HADA.

Bridgewater Care — Wheelchair Donation

Update from Karen



THE wheelchair donation project has gone very well! We have so far found appropriate recipients for 18 chairs. After interviewing 30 people we selected those who would benefit from being given a chair. The chairs were ordered from a factory in Tian Jin, China, and were shipped to us directly. The Disabled Person's Federation was extremely helpful in introducing us to people in need, taking us around personally to meet each one, and then donating space for us to store the chairs for the few days we spent distributing them.

Each recipient received a chair that was measured to his or her size. When we took the chair to each home we taught them and their family how to use the chair. All but two had never had a wheelchair before. We showed them how to remove the arm-rests and leg-rests, how to transfer in and out of the chair, and how to propel the chair.

We also showed the family how to safely take the chair up and down stairs. Though not a technique recommended for flights of stairs, sometimes the family may encounter a few steps. They must know how to get the person and the chair up and down the stairs safely. Each recipient also was shown a few exercises that would benefit him or her. Nine of these people have been receiving continued visits by our rehab aides.

We are offering these people a month or two of free visits by our rehab aides. One of these home visits is for

a brain-injured 40-year-old man who did not receive a chair due to the size and location of his home because he lives up a very high hill.

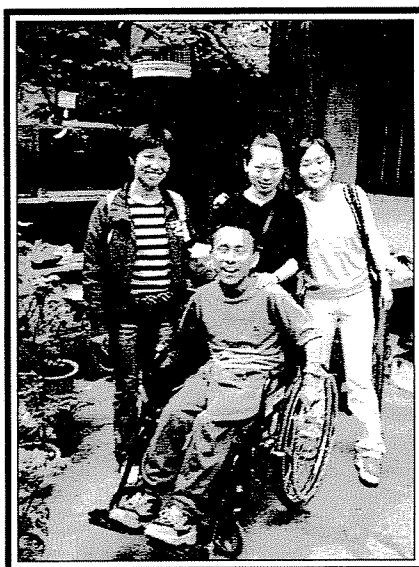
We met a 12-year-old boy with a muscle-wasting disease. He is being raised by his mum and is no longer allowed to go to school. We send a rehab aide into their home twice a week for both rehab and school lessons.

A man with Parkinson's and a stroke was helped to stand for the first time in years. His wife now is able to help him with his exercises.

Another man whose arms and legs are very weak received a chair. His brother will now be better able to help him and he can do more for himself.

We want to thank HADA Australia for providing the funds necessary for this project.

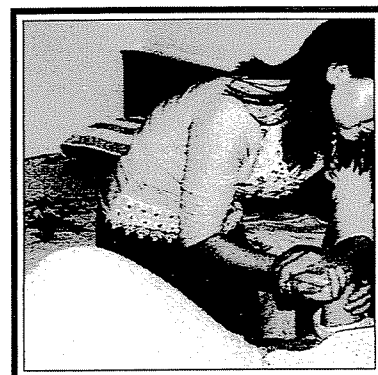
To continue with our overall rehab goals for this city, we are want to train two to four local men to be able to fit people with assistive devices and wheelchairs in conjunction with our home-based rehab aide work. We would like these men to also learn how to make simple home renovations for patients seen by our rehab aides.



We anticipate needing a bigger place in one-two years which would include room for our training, an office, and also rooms to house up to six disabled people for one-three months of rehab. We believe this would make a good model for the city to see more clearly our definition of rehabilitation, which is more community based not hospital based. Patients would have rehab all day long and take part in group activities and group meals as well as specific exercise programs in both physical and occupational therapy. We have already done this on a small scale in our present location

for four disabled people in 2005. It was a great asset to our rehab aide training.

There is a very supportive neurosurgeon in this city at the hospital where I used to work. This man sees the benefit of rehabilitation and would himself like to start a rehab centre here once he retires in ten or more years.



HADA's Vision: *To see medical, educational, agricultural and sanitation programs established in countries as needed.*

Current HADA Projects

☑ *These projects have been approved by HADA.*

HADA, Yunnan, China

Managers: Dale and Jackie Bragg

Project Officer: Gary and Ailin Leong

- Ninglang: Micro Enterprise Development; clothing for school children; sponsoring school children; training English teachers.
- Wenquan: teaching English; training English teachers; sponsoring school children; water purification and heating.
- Longchuan: Micro Credit loans to poor families in pig and cattle farming to improve the community's standard of living.

HADA, Astana, Kazakstan

Manager: Hubrecht (Hubert) de Vos

- Step: training to achieve skills to ensure that people can find gainful employment or go into business themselves.
- Pregnancy Crisis Centre: helping people make sensible family planning decisions; helping women deal with the distress caused by sexual abuse. Training counsellors.
- Open Doors Community Centre.

☑ *Associate organisations' projects.*

STICHTING ASSISTANCE INTERNATIONAL, Sichuan Province, China

Manager: Keith and Barbara Richardson

- Shiqu: Screen and treat people with Hydatids.
- Educate the whole community in Hydatids prevention.

PHNOM PENH, CAMBODIA

General Manager: Sharon Lim

Manager: Martin Aeme

- Vocational Training Centre: training young people to gain saleable skills in computers, sewing and metal work.

Manager: Tim Paton

- Bridge of Hope Street.
- Village school projects.

ENTREADE GLOBAL, Hohhot, Inner Mongolia, China

Manager: Philip Lam

- A Cup of Water: Provide finances for poor children to attend school; 89 beneficiaries. Teach English and English Teacher Training; 300 beneficiaries.

BRIDGEWATER CARE, Guiyang, China

Manager: Karen Malone

- Community based home rehabilitation and physiotherapy for recently disabled and trauma patients.

INTERNATIONAL ASSISTANCE MISSION, Herat, Afghanistan

Manager: Iris Jordi

- Primary Mental Health: Improve mental health care of local people, through training and equipping of medical personnel, community leaders and through the provision of mental health services.

LITERACY PROJECT, Côte d'Ivoire, West Africa

Manager: Denise Rhodes

- Literacy for teachers and children.

GRACE FARM, Brazil

Manager: Ian Wood

- Care for underprivileged children.
- Building project.

All projects in the Newsletter are approved for tax deductibility.

From the Secretary . . .

We want to add our thanks, as Board Members, to those expressed by those in the articles, to you all for your continued donations to this work. Money is a very useful tool when applied wisely and the multiplying effects are well known.

I slightly misquote an old proverb: "Give a man a fish and he has food for the day. Teach and equip a man to enable him to fish and he has food for the rest of his life". The work we are involved in is one of equipping people.

Remember to let us know your email address for sending out this newsletter. The more we send electronically the further your dollars go towards equipping those receiving the teaching. If you have any comments or questions regarding the news we give you, you can write to the secretary, HADA, at the address shown below or email me at cmoolens@bigpond.net.au

Till next time,

Kees Moolenschot

Please advise where you prefer your gift to be sent:

1. HADA general fund and not tax deductible.
2. Tax deductible for the following:
 - distribution where it is most needed
 - a particular project
 - a particular person working in the project.



HADA: hada@pobox.com

All gifts are forwarded in their entirety, less bank charges, to the projects designated.