

Inspire

Issue 41. July 2010



encouraging development
... inspiring hope

www.hada.org.au

**Health And
Development Aid Abroad
— Australia Fund Inc.**

ABN 43 739 862 351

HADA'S VISION

To see medical, educational,
agricultural and sanitation
programs established in
countries as needed.

All projects listed in *Inspire*
are tax deductible. All monies
for these projects and person-
nel involved in them are sent
in their entirety except for
bank charges. HADA does not
use these funds for admin-
istration.

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Help Follows Tragedy

TIBET

In July 2009, a severe thunder and lightning storm struck the tent of a nomad family living on the Tibetan plateau. Sadly, a husband and wife, and their two young daughters died. Miraculously, an uncle to the children survived, although he has been left with limited vision and some brain damage.

When the lightning struck, 'T.D.', the 10-year-old brother of the two girls, together with his widowed grandmother, was living away from the camp in the winter house in the village. This tragedy has left the family with no male adults able to herd their yak or earn income, and a heavy responsibility now rests with the grandmother who is not in good health.

When Kham Health Associates (KHA) first visited, young T.D. had never had the opportunity to go to school and his job around the house was to collect the water each day. On visiting, it was observed that they were a poor family owning approximately 20 yaks and two horses. Prior to the tragic event, they had more yaks but sold them to pay for monks and lamas for an extended prayer ritual that is an obligation after someone has died.



The village where they reside in the winter is small with about 50 dwellings and their own monastery. The closest town is also not that large but is dominated by a famous temple, and another 40 monasteries are scattered around the district. There is an atmosphere of darkness that is very discernible.

Several months after the first visit, KHA was able to make a return visit and pass on a monetary gift from HADA to the family survivors. They were overjoyed and extremely grateful for this assistance. At that time the grandmother was the only one home, as she was unwell and the uncle had gone into town to get medical help. T.D. had been admitted to a school for orphans close to the town. Starting school at 10 years old isn't easy for him, but it is good that he can receive an education that will, hopefully, bring benefits to the remaining members of his family as he grows up.

Help for Alcoholics and their families

KAZAKHSTAN

The need

Rates of alcoholism are much higher in Kazakhstan and the former Soviet Union than what is found in Australia or other western countries. Vodka and beer are cheap and abundant, almost as if they flowed for free. It is common to see people on the streets drinking their morning beer at 10:00 a.m. or to see someone either passed-out drunk on a sidewalk or stumbling home inebriated with friends trying to keep him from tumbling over. This problem is not exclusive to men. Many women also struggle with alcohol problems, often going on long drinking binges.

Many families are suffering, being ravaged by the problem of alcoholism. Abuse, poverty, and the passing down of dysfunction from generation to generation are sadly evident. It seems difficult to find someone who in some way has not been affected directly or indirectly from this problem.

The local government runs a detoxification hospital for alcoholics and drug addicts, but far too often patients are discharged and return to their negative lifestyles within a small matter of time. HADA-Astana has been endeavoring to provide help to see real change in the lives of alcoholics and their family members. The core of our approach is to see alcoholics change on the inside: to find healing of past wounds which led the person to alcohol as an escape and to find courage and understanding of how to change the foundational parts of their character, which have held them captive to the addiction and disease of alcoholism. We believe the best tool to see this happen is through support groups running a 12-step program.



We desire to see the chains of alcoholism and its effects broken off people and their family members.



Education, literature, and support groups

This past year we have held some seminars about alcoholism, its affects on family members, and what can be done to help them. Every participant had some family member or relatives who are alcoholics. A few were wives of alcoholic husbands. Hearing their stories and seeing how their families have been affected just breaks our hearts. They really would like to see a quick-fix to this problem, but there is none. Real change is normally a long, uneasy process which often begins with the spouse of an alcoholic making changes in his or her own life.

We have also worked very hard in the past year on translating and printing several helpful books in the Kazak language and in a Russian translation that is more suited to Central Asians. We have been able to distribute these materials to people in at least four major cities who are involved with helping alcoholics. Here in Astana, the books were gladly received by the local detoxification hospital. We know of two men who go in regularly to work with the men, and these materials have been very helpful to them in encouraging addicts towards real transformation.

What is ahead?

- We still have some more books that we need to translate and print in Kazak. Obtaining good solid translations is a difficult and long task.
- We are planning to hold a couple more seminars on alcoholism, especially since we keep receiving calls from interested people.
- We would love to see some support groups actually started and functioning well. If we can get key volunteers who are able to lead, we would like to see a group started for alcoholics and another for wives of alcoholics.

We desire to see the chains of alcoholism and its effects broken off people and their family members.

PLEASE NOTE . . .

HADA is charged a fee for each donation made via a credit card or through our website.

THANK YOU . . . We are encouraged by the response to the need for solar panels at the INF hospital in Ghorahi, Nepal. The panels will now be installed.

Bridgewater Care

CHINA

Our **TASK** at Hand

The time is right for Bridgewater Care (BWC) to be involved in several areas of rehabilitation training in China. Now that our previous rehab-trained workers have launched their own registered rehab center and are managing the client load for both resident stroke survivors as well as home clients, we at BWC are taking a good look at several avenues for training more rehab workers. These workers are employed by other organizations or offices doing community development but without the ability to do the actual training.

Training Invitations. As training requests increase we would like to be able to hire more rehab training staff to work out of our office. Aiding the training effort for rehabilitation is a front-line work that is so important in China as many, after strokes or orthopedic surgeries, are left without hope of knowing how to regain function and decrease the severity of their physical limitations.

Applied Training for Government-run Cerebral Palsy Center. A local government office in our city has asked for our assistance to train six of their new rehab workers who have had no previous experience as therapists. The new center will occupy an entire floor at the government building and we have recommended quite a few structural changes. Several walls have been removed creating a couple of larger therapy rooms. Smaller rooms will be used for sensory stimulation, occupational ADL (activities

of daily living) training and speech therapy. They are purchasing all new equipment and furniture. The students already have five children to practise their skills with as this transitional time gives kids a chance to receive free therapy sessions. Our previous rehab therapist is working with them daily to apply what they are learning.

Stroke Rehab Centre. The new six-bed rehab center

is coming along well. We have now assisted them in creating a brochure that explains what services are available and this method will provide a good way to get the word out. The centre is still being subsidised for another year from funds for the project designated to BWC through HADA. With this money they are able to see some patients who otherwise would not be able to afford the help.



Cerebral palsy training

Kangfushi.com Internet Online Training. Our online training site is up and running. New software is being developed to make it an even easier site to use. Our BWC office has been contacted by other foreign workers in China in the last month asking for stroke and caregiver training where they live so this site should be a great asset to rehab endeavors happening all around the country. This site will be managed and updated as we receive funds to cover the costs. It is presently accessible without charge to all our users.

Our hope is that as overseas supporters and local workers join hands, this present TASK will be the foundation for more good things to come.

Current HADA Projects

*All projects listed here are approved
for tax deductibility*



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Registered HADA offices

HADA, Yunnan, China

Managers: Kai and Estella Ho

Kunming Project Manager: Linda Congdon

- Water supply for Yong Ren County.
- Micro credit.

HADA, Astana, Kazakstan

Manager: David Pichotta

- Alcoholism: Education, literature, and support groups for alcoholics and their families in order to break the cycle of this devastating problem.
- Open Doors Community Centre: a place to gain employable skills and life skills for young adults, couples and parents.
- Valueology teaching: assisting schools by providing teaching materials, and teaching values to teenagers and students.

Associate organisations' projects

Literacy Project, Côte d'Ivoire, West Africa

Manager: Alfred Koussi

- Literacy for adults.

Phnom Penh, Cambodia

Manager: Martin Aerne

- Vocational Training Program: Tailoring Workshop, Metal Workshop and I.T. Support / Customer Service.

Siem Reap, Cambodia

Manager: Valéria Pires

- Bridge of Hope: Working with families and communities to prevent children at risk becoming street children.

Kham Health Associates, Sichuan Province, China

Managers: Keith and Barbara Richardson

- Screen and treat people with Hydatids; educate the whole community in Hydatids prevention.
- Disaster Relief: help in the form of food, blankets, shoes and shelter, and provision of yaks in the summer.

Bridgewater Care, Guiyang, China

Manager: Karen Kirkland

- Hospital and community-based physiotherapy/rehabilitation training for recently disabled individuals from stroke, head injury, spinal cord injury and neuromuscular disease.

Entreaide Globale, Hohhot, Inner Mongolia, China

Manager: Kate Lee

- A Cup of Water Community Centre Project: provide finances for poor children to attend school; teach English, and English teacher training.
- Community Centre.

Good Neighbor Society, Ulaanbaatar, Mongolia

Manager: Mark Jennings

- Feeding poor children; Mobile Library; Hearing Aid Projects; Reading Glasses Project; Kindergarten Project; Character Training; Micro Loans.

International Nepal Fellowship, Dang Province, Nepal

Manager: Dr Julie Lincoln

- CATS: Community development; environmental health; TB patient hostel; youth awareness program and scholarships for poor children.
- Leprosy/rehab project: care of leprosy, general disability and burns patients; footwear provision; training government health workers; income generation.
- Solar panels for the hospital.

Maxton Strong School, Banbassa, India

Manager: Rick Shipway

- School buildings for orphans and local children.

Vocational and Career Development, Orissa, India

Manager: Bill Watson

- Construction of Shepherd International School for very poor children.
- Construction of Jeevan Jyoti Ashram home for orphaned children.

Oasis Care Project, Ndola, Zambia

Manager: Margaret Parry.

- Oasis Care Project - market garden for orphanage.

**Please make your cheque payable to
*HADA Relief Fund.***

**Do not include the name of the
person or project on the cheque.**



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Australia Fund Inc.
PO Box 733
Ashmore Qld 4214
ABN 43 739 862 351**

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Make a Tax Deductible gift of \$ for general project distribution

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Credit card transactions will show as **Strata Pay** on your statement.

***We reserve the right to use designated gifts for another project if the
one identified is sufficiently funded or closed.***