

# MORE LIFE

**Issue 4**  
**Summer 2010**

FOR LIFE  
*4*Life  
THAILAND

# Welcome to MORE LIFE Summer 2010!

Having just returned from a visit to CCD in April, what struck me most is how much the children at Rainbow House are growing up and CCD is growing with them. A genuine challenge for Wasan is how to build independence for the older Rainbow House children who are now in their early 20s and need to get jobs and plan their futures.

At the other end of the scale we have brand new arrivals like Baitoey (p5) who is one year old and settling into Rainbow House nicely, and Mint (p9) who has just come into CCD care

through CBR2.

For me personally this year has brought much joy as I have had a baby called Barney (pictured with me below) who is now seven months old and enjoyed his visit to Rainbow House enormously.

I want to thank you, as ever, for your support of CCD through For Life - please consider if you could get more involved or raise money,

With affection,

*Lydia*



## For Life Vision

Our vision is to bring LIFE to the thousands of abandoned disabled children who lie neglected and unloved in the Government institutions of Nonthaburi, a district just outside Bangkok. We want to see lives transformed and hope restored to the children and teenagers who have been deserted because of their disabilities.

**We are a purely voluntary charity. None of our staff receive a wage so that more of your money goes straight to the children in Thailand.**

We also keep our costs to a bare minimum, with stamps and stationary often being donated.

We work with CCD to reach disabled children in the following ways:

**Daycare centres** - CCD run four daycare centres inside the Government institutions where the children come for the day to be stimulated, educated, looked after and loved.

**Rainbow House** - A specialist residential home for up to 50 children with disabilities. We seek to reunite them with their families and, where this is not possible, to help them get adopted so that they can have a second chance to live a happy life.

**Community-Based Rehabilitation** - we work in the poorer provinces of Thailand with families with disabled children. We provide help for parents financially, educationally, and by creating support groups with other parents in a similar situation.

# In this edition...

## Highlights



### Mint's Story, p7

Mint is two years old and has severe cerebral palsy. Her 82-year-old grandmother had been struggling to look after her until CCD came along...

### New Soft Play Area, p8

We take a look at the highlights of 2009 for the four CCD daycare centres including the opening of a new soft play area which can be used by all CCD children.



### Meet the Heroes... p10

For Life could not survive without the tireless efforts of dedicated fundraisers who continue to amaze us with their running, cooking and creativity...

## Quick Newsflash....

Congratulations to For Life supporters Mark and Stephanie Chillingworth who got married on 16th April. They are planning a visit to CCD soon.



Vivien Scott from Northern Ireland wins an M&S Award for raising tens of thousands of pounds for CCD.

# Big Thank Yous

Linda Mitchell for hosting a Jewellery party in aid of For Life.

Laura Blatherwick for giving a talk about For Life on her return from CCD and raising money for the work of CCD.

Beth Curtis for the hours she has spent helping out in the For Life office doing administration and other tasks in her free time.

Odd and Marie from Norway who organised lots of fundraising events and raised a whopping £2676!

Timsbury Church, and Rev Chris Hare, for donating a Christmas collection from local churches. A parishioner also organised and performed a concert to raise money also - thank you!

CBC Missionary fund, Christchurch, and Robin Wood for their continued generosity and support.

Debbie Cousins and Clanmil Housing Association, Belfast, for donating money through our alternative gift catalogue instead of doing a Christmas 'secret santa' in the office.

Hilary Ramsay for inspiring her sixth form tutor group to donate money at Christmas for two daytrips for the Rainbow House children.

Steve Amor for selling his weights on ebay and then donating the money to For Life.

Sarah Reeve for completing another sponsored event in aid of For Life. This time she ran a half marathon and raised over £500. Sarah ran the London marathon in 2008 and then the Paris marathon in 2009, and she has raised close to £5000 over these past three years!

Lamorna Bonner-Oakey for asking her friend to donate to For Life instead of paying her for doing a portrait of her cat.

Aiah Smith for donating her pocket money to the children in Rainbow House, and for sending in such a beautiful drawing. Every penny of that money will go a long way in Thailand Aiah, thank you!

Mary Rattigan for her generous gift which will make a big difference in Thailand.

Sue Boddy for her generous decision to ask her friends to donate to For Life instead of having birthday presents.

**AND FINALLY; to all our wonderful and generous supporters, we are so grateful for your sacrificial giving, however big or small.**

# Baitoey

## A CCD Rescue Story

Baitoey is one year old, and the youngest child at Rainbow House. She has Down's syndrome, and when she arrived at CCD's residential home on 11 August 2009, she had very weak muscles and few social skills. Baitoey's mother has six children and lives in Klong Toey, one of the poorest slums in Bangkok.

She simply could not take care of Baitoey and give her the special attention and care that she needs for her disability. When Baitoey arrived at Baan Fuang Fah, a government home for disabled children, a social worker at the home contacted CCD immediately and Baitoey went straight to Rainbow House and hasn't looked back since.

Baitoey's progress at Rainbow House has been amazing. In just eight months she has gained enough strength and confidence to stand up and start to walk.



As for her social development, she now responds to greetings with a wai (the Thai greeting) and a beautiful smile.

**If you would like to help CCD in their work with Baitoey and others like her, please use the response slip (p13) to donate to For Life.**

# CCD Daycare Ce

## Rainbow House Daycare

**Key Facts:** Rainbow House provides daily care for up to 50 children under the age of seven, most of whom are bussed in from the nearby government wards for disabled children. Facilities include a sensory room, classrooms and a hydrotherapy pool. Physiotherapy is provided according to each child's disabilities and individual requirements. Every child has a bespoke learning plan, which includes traditional teaching and structured play.

**2009 Highlights:** Two children made enough **educational progress** to be admitted into nearby mainstream schools.

Outings to nearby restaurants and supermarkets gave all daycare students **experiences of integration into the local community.**

A **new soft-play area was opened** towards the end of the year which has aided intellectual and physical development. The facility provides a safe place for children to develop their muscle strength, co-ordination and confidence, and has proved to be very popular!



## Baan Fuang Fah Daycare

**Key Facts:** Baan Fung Fah Daycare Centre is located within the Pakkred government home site which accommodates children up to the age of seven. CCD have four teachers, two physiotherapists and one teaching assistant, and the equipment includes a sensory room and resources to train children in personal care such as washing, cleaning teeth and brushing hair.

**2009 Highlights:** The **outside play area was refurbished** to a high standard and is being used enthusiastically.

**Two children moved on from Baan Fung Fah to Rainbow Daycare** to enable more one-to-one caregiving.

Three children developed competence in walking and **riding a bicycle.**

# ntres



## Rachawadee Girls Daycare

**Key Facts:** Rachawadee Girls Daycare works with 32 girls and young women from the ages of seven to 36 and is situated within the government site. The CCD staff consists of three full-time female employees who aim to stimulate the physical, emotional, social, spiritual and language development of the girls who attend, as well as providing vocational training where appropriate.

**2009 Highlights:** One girl has developed the ability to use her **mouth to draw**, and one girl has made great improvement in English.

Two of the more disabled young people that CCD staff worked with in 2009 have slowly developed in their ability to **sit unaided**, with better posture.

## Rachawadee Boys Daycare

**Key Facts:** Rachawadee Boys Daycare works with a core group of about 25 boys and young men from the ages of seven to 35. It is also located within the Thai government site, and the time spent in the CCD centres is often the sole opportunity for residents on the government site to receive stimulation.

**2009 Highlights:** The boys have been **learning to swim** and developing water confidence.

**Innovative craft activities** have been enthusiastically embraced, such as making flowerpots from coconuts.

**Life skills and vocational training** continued in 2009. Four young people were taught simple agricultural techniques such as how to grow beans and vegetables.

# Community Based



## **CBR3 (Manorom) is now open and fully functional**

In October 2009 CCD opened its third CBR project in Chainat province in a wing of Manorom Hospital. The work began in earnest in July after extensive planning, recruitment and staff training during the first half of the year. The facilities in Manorom were in good condition when CCD took them over, but aesthetic improvements were made through cleaning and decorating including the addition of some cheerful and colourful murals on the wall.

Having appointed a team of four full-time staff, including manager Winijchai Jaimawong, the first few months have been successful, with nearly 50 families being reached already. There are now over 25 families receiving regular home visits for physiotherapy and advice on disabled people's rights. Four families are now receiving government benefits which will greatly help them greatly in coping with the added expense of having a disabled child and ensure they are eating a better diet and have more specialist equipment for the child's needs.



# Rehabilitation News

## Relationships with local agencies established

Links with local authorities and schools have been built from scratch over the past year. Australian volunteers at CBR3 identified a particular need in the case of a wheelchair-user named Picnic during a home visit. Although she is educationally able, she was physically unable to get into her local school because of the access route. The volunteers raised money for a wheelchair ramp and project managed the construction of the ramp. Picnic and her family are delighted that CCD has been able to help them in such a practical way.

## What does the future hold...?

CCD aim to make CBR3 daycare centre into a hub of resources for disabled children in the area. Plans include creating some vocational training facilities in the upstairs rooms of the daycare centre, and holding training sessions for local authorities, parents and other health professionals. At present CBR3 daycare centre is only open 3 days a week with 2 days allocated for staff to carry out home visits. Across the next year CCD aim to employ more staff to enable the centre to be open 5 days a week. **Please donate (p13) so that our work can expand and we can help more children like Picnic and Mint.**

## This is Mint...

She is 2 years old and has cerebral palsy. Her mum is single, and only 18 years old herself and her grandmother is the sole breadwinner of the family. The family all live in one very basic room, with a broken roof that has been repaired with cardboard. For much of her life, Mint has been confined to a small hammock. Lack of understanding about her disability means that she has been 'hidden away' from the community and rarely sees the light of day. She hasn't learnt to crawl and her speech has not yet developed through lack of stimulation.

In October 2009, Mint became ill and had to be taken to the doctor in a nearby health station. CCD has a community-based rehabilitation project in the area which has developed a good relationship with this clinic. Two CCD staff have since been visiting Mint twice a week. They offer advice on how to cope with Mint's disability and provide practical help in strengthening Mint's muscles through appropriate exercise and massage. The CCD physical therapists are working to enable Mint to sit by herself and to crawl.





# Fund

## RUNNING

**Caz George**, from London (pictured left) completed the London Marathon on 25th

April this year and raised £2000 in aid of For Life! It was her first ever marathon and she completed all 26.2 miles of it with pure determination. When asked how it made her feel, Caz said "Finishing the marathon was a fantastic feeling... thinking of the kids and the money raised for For Life is definitely what kept me going". Meanwhile Clare Mulllaly (pictured below right) completed the women's Hyde Park 5k Challenge and raised an impressive amount of money in doing so. Thank you Clare and Charis! Clare and Charis have both spent time volunteering in Thailand.

## CYCLING

**Sally Ide** (bottom left) amazed us with her determination by doing a sponsored bike ride around Buckingham Palace to raise money for Rainbow House and **James McNeill** (bottom right) did a sponsored bike ride from Mizen to Malin, Northern Ireland. He raised over £1000 and said "as the father of three girls myself, I know that parents must be in extreme circumstances if they choose to abandon their kids". He was happy to do his bit to help and is even considering doing another sponsored cycle in the future!



A church youth group from Ichthos Charity night and invited their p... service, drinks, and three course... positive and they left everyone... organising the event, and to San... **Would you consider hosting a C...** your close family and friends t... meal at a restaurant. Please se

# raising Heroes

## RICH MAN POOR MAN...

The Way Christian Fellowship in Hunstanton organised an ingenious meal to raise money. They invited members of the congregation to come for a 'Rich Man Poor Man' dinner and on arrival they were given a slip of paper which said what type of meal they would be getting. Some guests were served a three-course meal and some were given a plain bowl of rice according to the distribution of wealth around the world. Around 40 dishes of rice were given out and six three-course meals as a demonstration of the proportion of 'rich' or 'poor' people in the world. They raised £280 and also gave lots of food for thought...



**Would you cycle or run to raise money? Would you take up the challenge of running a marathon?**

us Christian Fellowship, Forest Hill congregation, held a Chilli for parents and other church members. They provided a table waiting s, and raised over £500!! The feedback from the guests was really feeling inspired. Thank you so much to Jennie and Heather for ni and Jessica for cooking.

**Chilli for Charity night to raise money? Even if you just invited to a small gathering and ask them to each donate the cost of a ee p13 to request a chilli for charity pack.**



**Make a difference**

# RESPONSE SLIP

We know that many of you are already giving regularly and sacrificially, but if you would like to make a special one off donation, or get involved in another way please fill in your details clearly, and choose from the options below:

**Give a one-off gift today**

Please note: do not send cash in the post, please only give cash if you are handing this slip to a member of the For Life team in person. Thank you.

**PLEASE WRITE CLEARLY IN CAPITAL LETTERS, SIGNING AND TICKING ONLY IF YOU WANT US TO CLAIM GIFTAID.**

Title    First Name           This gift is:  Cash  Cheque

Surname                Amount £

Address

Post Code

(Please tick) I am a **UK tax payer** and I would like For Life to treat this gift and all donations I make from the date of this declaration, as a **Gift Aid** Donation, until I notify you otherwise. To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year.

Signed..... Date.....

**Sign up to be a regular giver**

Regular givers are a real blessing because they enable us to plan for the future. You can give regularly whether it is yearly or monthly, whether it is £2 per month or £200 per month!

**Get your *Chilli for Charity* Pack**

You can order your FREE fundraising pack which includes a recipe booklet, posters, invites and even napkins.

**Request a copy of our Alternative Gift List *Make a Wish!***

Please tick here if you would prefer to receive our newsletters by email. Print your email address clearly below. Alternatively, you can email [lydia@4lifethailand.org](mailto:lydia@4lifethailand.org)

**For Life**

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# GET INVOLVED!

## Everyone has something to give

- Do a sponsored event such as a cycle ride, a marathon, a sponsored silence or even a fast! Everyone has something they can do!
- Hold a *Chilli for Charity* meal in aid of For Life.
- Give regularly by standing order.
- Volunteer to work with the children in Thailand.
- Nominate For Life as a charity in your school, church or work place.
- Give some time to help with admin at the For Life London office.
- Visit CCD in Thailand.
- Consider adopting a child.
- Sponsor CCD as they attempt to break a WORLD RECORD for the biggest dance EVER. For more details please see our website.
- Get involved with "DO SOMETHING DIFFERENT FOR CCD" month during October 2010. For more details please contact the For Life office.

### FREE INSIDE



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