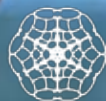


MORE LIFE



Issue 5
Winter 2010

FOR LIFE
*4*life
THAILAND

Welcome to MORE LIFE Winter 2010!

As we reach the end of 2010 I have been reflecting on both the highlights of the year and the challenges. Our income is down by around 20% on last year but most charities are experiencing a similar thing at present.

Despite the current financial climate we want to grow so that we can support CCD as they begin new projects.

In this edition of More Life we take a close look at how much it takes to run CCD projects on a daily basis and the fundraising challenges ahead.

It has been a busy year for the Rainbow House residents, particularly those who are growing up and planning for their futures. We look at Joy, Kai and Yutthana's progress with their computer course (p6), and celebrate Than and Chit's graduation from college (p5).

As always we are incredibly grateful for your generosity and to our volunteers who raise inspiring amounts of money.

With affection,

Lydia George

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 stationery 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 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 of disabled children. We provide help for parents financially, with education and by creating support groups with other parents in a similar situation.

Muang

A Heart-Warming Story

Two years ago, Muang was a bright and active child. Although his father died when he was young, he had a happy family life and enjoyed attending the local school in Sainoi, Nonthaburi province.

Whilst fishing one day, he fell into a canal and swallowed some of the dirty water. He developed a high fever and his mum rushed him to the nearest health centre. As a result, Muang suffered brain damage resulting in partial paralysis. He was unable to walk and lost control over much of the right-hand side of his body. His speech was also affected and he was unable to go to school because of his disability.

Muang's family heard about CCD's community-based rehabilitation project (CBR2) which serves rural communities such as theirs. Shortly after arriving at CCD, Muang began a programme of physiotherapy, with CCD's staff building on what he could already do. Using a variety of techniques, CBR2 helped Muang to develop proficiency in using his left hand for tasks such as writing. At the same time, through a daily regime of stimulation, Muang slowly regained strength in his right-hand side.



Two years on the change in Muang is dramatic. He can walk unaided and is looking forward to starting school again in the next academic year. He goes to the CCD daycare centre three days a week and through the encouragement and support that he has received during those times, he has rebuilt his life and can look to the future.

If you would like to help CCD in their work with Muang and others like him, please use the response slip to donate to For Life.

A Big Thank You to...

Jerome Jeyarajah who has given his time sacrificially to help us do our For Life accounts even though he works really hard and is a very busy man!

Hannah Smith for acting as our Independent Financial Examiner for free, again!

Janet Killeen for her generous donation in honour of her father Jim. The money will be used to fund a sensory room in CBR which will be called the Jim Room.

John from North London for his generous donation which will make a massive difference to the children in Thailand.

Danielle Smith from Sittingbourne who did a sponsored fast and raised an impressive amount of money whilst going hungry!

Charlotte Spelman for raising £750 to buy a new playground for CBR (p7).

The Rodgers family for raising over £520 through the Belfast marathon; almost more impressive was that they all took part as a family!

Ann and Eric Brignall for their generous donation and for giving CCD and For Life profile on Hope.fm

Timsbury Church for holding a supper in aid of For Life.

Sam Morton who won a £1000 from Spire Fm and gave it to For Life, as well as his church in Downton who worked hard to raise over £10,000 in aid of For Life last year.

Libby Willis for bequeathing money to For Life in her will.

Debra Ritchie and Tina Marland for donating money to For Life instead of receiving presents on their 50th birthdays - thank you ladies!

Rhian and Rachel for running a half marathon in aid of For Life.

Hazel Crabtree for donating the winnings of her bowling competition to For Life. How unusual!

All our generous standing order and regular givers who give faithfully and enable us to strategically plan projects.

Hannah Sutton for giving some time to helping in the For Life office.

Mrs E Boyle who kindly donated to For Life instead of enjoying a meal at a posh hotel. What a sacrifice!

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

Making the Grade

Former Rainbow House residents Chit, aged 18, and 20-year-old Than have recently graduated from Nakornluang Polytechnic College, specialising in marketing.

Having been abandoned because of his cerebral palsy, **Chit** (pictured right) came to Rainbow House from the government wards in 2001 and thrived in his new environment.

Although he still has difficulty walking, he has developed sufficient mobility to get around on his own. Intellectually he is very able and has thrived at school, and now college. What an achievement!

Than (pictured above left) arrived in 1996, almost completely blind in one eye.

Through the generosity of donors, CCD was able to ensure that he received an operation that saved his sight. He tells his story:

“When I was very small, I was taken to Baan Fuang Fah - a government home for disabled children. At the age of 3 my life changed completely when CCD brought me to Rainbow House which became my home. It was very different from the government home. There were staff that I could trust. One of the CCD staff kept telling me that I could do whatever I put my mind

to. When I started school, I loved it, although the teachers told me that my development was slow. I was given a lot of extra homework. Other students were unkind to me and teased me for being blind and not having any parents. It made me angry - why would they be like that? But it also made me determined to



show them what I was made of. It was when I started to learn English that I thought “I can do this”. When I wore my graduation outfit and received my award, I thought “I did it!”

“I’m thankful to CCD for supporting me in so many ways. The staff, volunteers and the other children I’ve grown up with mean so much to me - they are my family. Ultimately, I would love to work in England and learn more about the language and the culture. One day, I’d like to be a copywriter.”

Surfing for the



Above: Yutthana at his books before his course

Three of Rainbow House's older residents have recently participated in an eight-week internet training workshop. Organised by BBC World Service, the course included techniques such as sending email, using search engines and online shopping. The project was part of the BBC-wide SuperPower season,

marking the twenty-first anniversary of the worldwide web by exploring how the technology is transforming lives. CCD was the BBC's case study in Asia. The three students - Yutthana, Joy and Kai - were selected because they had little prior exposure to the internet.

UK volunteer David Giles led daily workshops for three months, drawing on his previous experience as website manager for The Salvation Army. All the students responded well. Kai, 21, is a wheelchair user living at CCD's Baan Piam Rak (House of Love). 'It has been really good to learn skills that will help me find employment,' he said. 'I've already learnt enough to help out in the CCD office with some data entry.'

Yutthana was an early resident of CCD's Rainbow House back in 1991. He's now 24 and had always dreamed of working with computers, but he never had the opportunity. His motivation was to re-establish email contact with childhood friends who have since been adopted by families overseas.

first time

Joy, aged 26, also grew up in Rainbow House and has cerebral palsy. But this has not stopped her making the most dramatic progress of the three. Before the project began, she had not even touched a computer. Now she is watching music videos on YouTube and contacting friends on Facebook. 'It has been hard work,' she says, 'but it's exciting to be able to contact friends all around the world, and to find information online.'

As well as learning about the internet, the young people produced and presented their own video about CCD, which is now on YouTube. The BBC charted their progress online and on radio programmes such as Health Check which was broadcast on BBC World Service and BBC Radio 4 in the UK.

BBC project manager Anna Vissens was pleased to work with CCD and said: 'I'm delighted to be responsible for enabling disabled people - who have never used the web - to learn about the technology that increasingly we all take for granted.'

CCD are training many young adults like Joy and Kai in life skills to prepare them for the workplace. To support CCD as they do this please use the response slip to donate.



Thanks to the fundraising efforts of For Life volunteer Charlotte Spelman, the CBR project in Nonthaburi has enjoyed a huge upgrade with the delivery of some colourful new play equipment.

This CBR project is soon to open a second day centre. A painting team consisting of staff and volunteers went to freshen the place up last month and it will open in early December. CBR in Manorom has also been given a former school building in which to extend their work amongst rural families living with disability. It is wonderful to see this essential work reaching so many families to provide support for their disabled children.

Fundraising Focus

With almost 70 staff and up to 25 international volunteers caring for nearly 500 children, CCD is a big-and-growing-organisation.

In the midst of the economic uncertainty around the world, CCD had an operating deficit of 415,000 baht (around £8,800) in 2009, as income did not reach the projected levels. Budget areas such as staff development had to be cut back in order to make sure that the level of care for our children was not affected. Here is a look at how much it costs to run CCD's projects on a daily basis:

It costs only 5000 baht (£105) a day to run all three CCD daycare centres situated inside the government homes in Pakkred. That includes teacher salaries, educational resources, children's activities and maintenance of our buildings and equipment.

The 23 staff at Rainbow House, our residential home, provide three meals a day, clothing, schooling, physiotherapy, medicines, social work and other rehabilitation for forty children. **This averages out at 950 baht (£20) a day for each resident at Rainbow House.**

Baan Piam Rak ('House of Love'), our group home for independent living which houses eight of our older residents, has **running costs of just under 6300 baht (£130) a week.**



This includes a salary for the house parent, food, educational equipment, medicines and travel to hospitals and clinics.

Our **three community-based rehabilitation projects** serve hundreds of families with disabled children in four of Thailand's provinces with 13 full-time staff. The main costs are training, resourcing and equipping parents as well as providing transport in rural areas for families living in difficult circumstances, unable to afford travel to clinics or physiotherapy appointments.

It costs CCD an average of 2600 baht (£55) a day to provide these services at each CBR centre.

The turmoil in Bangkok in 2010 has had a devastating effect on Thailand's economy, which makes it more difficult for CCD to secure funds from within the country. **Can you help CCD and For Life to help the children, young people and families who rely on our projects? Could you give a small amount per month as a standing order?**



In Memory of Tee

CCD work with vulnerable children and young adults, many of whom have medical conditions which drastically reduce their life expectancy. Over the years many children who CCD work with in the government homes have passed away. However, this is not the typical story for a full time Rainbow House child and until this year CCD had never suffered the death of one of its own residents. On 2nd Sept 2010 Yothin Sararrat, or Tee as he was more well known, passed away to the immense grief of Wasan, Chariya, and his friends at Rainbow House.



Tee was born on 14th January 2001 in Ubon-Rachathani, northeast Thailand and was orphaned at a young age. After his young aunt decided she could not look after him as well as her own children, he found his way to the government home for children with disabilities, Baan Feung Fah, in May 2003. In February 2006 Tee became a resident at Rainbow House where he really flourished. He was always the life and soul of the party, seizing every opportunity to grab a microphone and treat everyone to his rendition of 'Que Sera Sera'.



Tee's death came as a total shock to everyone. He complained of a stomach ache and was taken to hospital. Tests were done and the problem was seemingly identified. He stayed overnight and the next morning was awake and talking. Suddenly however he lost consciousness and his heart stopped beating. The doctors attempted to resuscitate him for a long time but without success. The staff at the hospital were unable to fully explain what caused his death, making the shock and grief of those who knew him worse still.



Two memorial services were held for Tee, one at Rainbow House and one at a local church, before the family funeral. The fact that there were so many to grieve for him - past and present staff and volunteers, both here in Thailand and around the world - is testament to the impact he was able to make in so many lives in less than ten years of life. Tee will be greatly missed, but not forgotten.

GIG FOR LIFE



A packed noisy pub, thai snacks and a line up of bands was the recipe for a buzzing

fundraising gig held at the Honor Oak pub on the 29th October. Henry George, one of the For Life trustees, organised the event which was a huge success. The highlight of the evening was an auction of 'promises' with supporters donating lots such as instrumental lessons, a hamper of baked goods or babysitting. The most expensive item was two sessions with a personal trainer which was donated by Giles Hall and fetched £150! The whole evening raised £1000. A big thank you to everyone who played and contributed, and to the Honor Oak pub for being such wonderful hosts.

Fundr

CHILLI FOR CHARITY



A big thank you to Hayley Clarke from Cheshire who put on a Chilli for Charity evening and raised a whopping £1000! Hayley organised the evening in a barn where she cooked for 60 happy guests. She recruited an army of her friends and family to help and persuaded them to wear some Chilli for Charity T shirts that she designed herself.

As well as live musical entertainment she also showed the For Life DVD and held a quiz about Thailand. Hayley was part of the Leeds Raise and Give team which went out to Thailand in July 2010. Speaking about her time in Thailand, Hayley said, "The volunteering that I did for CCD was a life changing experience. I had such an amazing time and it was so rewarding, although very emotional at times".

Could you host a Chilli for Charity night? Or give some time to volunteer in Thailand?

raising Heroes

Marathon Time!

The increase in number of runners out for early morning training sessions in the wind, rain or even snow (!) can only mean one thing - marathon season is approaching!

This year Lydia George, the For Life Director is finally taking on the London marathon! After 5 unsuccessful attempts at getting in through the ballot, she has finally got her place and can run it in aid of For Life. Training has begun in earnest, and Charis George, who did the marathon last year in aid of For Life, has caught the bug and will be doing it again this year. Race day is 17th April 2011.

The George ladies are aiming to raise £5000 to make up for some of the short-fall in this year's income. Please consider sponsoring their run - every single £1 makes a difference! Please visit www.justgiving.com/Lydia-Caz.

For Life are able to get places for the Edinburgh marathon on 22nd May 2011. If you would like to have a New Year's resolution for 2011, why not take up running and go for the achievement of a life-time? Please email info@4lifethailand.org for more information or to express interest.



Running not your thing?

There are plenty of other ways you can raise money in aid of For Life! Why not hold a bric-a-brac sale, a cake sale, or consider giving up smoking or chocolate? See our website for more ideas...

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



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

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.

New! T Shirts and Bags



We are excited about our new range of T shirts and bags this year. As part of our 'Do something different for CCD' campaign we have produced these stylish T shirts and eco-friendly jute bags which are great for shopping! The T shirts come in three colours and M - XL sizes. To order bags or T shirts please visit our website or phone the office.



For Life

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