



FOR LIFE  
4life  
THAILAND

**Issue 10**  
**Summer 2013**

**MORE LIFE**

# Welcome to *More Life* Summer 2013

Welcome to More Life Summer News 2013. It seems the summer has finally arrived and with temperatures in the UK reaching 35°C it feels as though we are in Bangkok rather than London!

So far 2013 has been a busy year at For Life. We have moved to a new office in London (pg 10) and have been busy with lots of fundraising activities to raise money for CCD.

For Life has been involved in Small Charity Week this year, and we won a competition to be featured as the Give at the Checkout charity on Ebay for a whole week in June.

We are also delighted to announce that our affiliated Leeds RAG fundraising and volunteering project won Project of the Year 2013 at the RAG awards this year. Congratulations!

In this issue, read about our journey up mountains and our appeal to renovate the play area at Feung Fah orphanage. Plus, we look at the important role of the physiotherapist in caring for young people with disabilities and the life-changing and inspiring work they do at CCD.

With gratitude,

*Charlie Drury*

## For Life Vision

Our vision is to bring life and lasting change to the thousands of abandoned disabled children who live in the government institutions just outside Bangkok.

We are working against a tide of cultural discrimination and poverty to see lives transformed and hope restored to the children and teenagers who have been deserted because of their disabilities.

Many of our staff are voluntary so that more of your money goes straight to the children in Thailand.

We also do our utmost to keep our costs to a bare minimum, with stamps, equipment and stationery often being donated.

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

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

**Day care Centres** - CCD run four day care centres inside the government orphanages where the children come to be stimulated, educated and loved.

**Community-Based Rehabilitation** - We work in the poorer provinces of Thailand providing support and services to children with disabilities and their families. Our goal is to empower children and families in areas of education and social welfare.



# Aek's Story

Aek is 18 years old and comes from a disadvantaged family in Nonthaburi province. His father is a taxi driver and his mother has been unable to work as she has acted as a full-time carer for Aek. Sadly, in 2011, Aek's sister passed away, putting even more strain on his family's income and their ability to care for Aek.

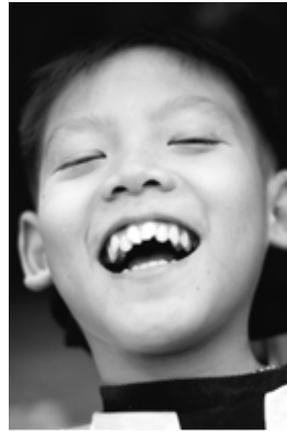
Aek has Cerebral Palsy and severe physical and mobility impairments. He finds carrying out day-to-day tasks independently difficult and needs full-time care and support.

Aek first came to CCD day care at Rainbow House 3 years ago. He attends day care for 4 days per week and attends classes run by Ruth Martin (pictured below) once a week. Aek is unable to talk, but it is believed that his mental development is appropriate for his age.

Day care can sometimes be challenging for Aek, as the other children are all much younger than him. Aek is a strong minded young man and is eager to learn and to communicate with others his own



age. His limited ability to communicate is understandably frustrating for Aek and, for this reason, he prefers to work one-to-one with volunteers willing to help develop his communication skills, rather than to participate in group activities.



Since starting at CCD, Aek has learnt to use a soundboard called GoTalk, donated to CCD by a large Thai company. This device enables Aek to communicate by pressing symbol buttons, which are then read aloud by the machine. This alleviates a lot of the frustration Aek feels about not being able to express his thoughts verbally and give him the opportunity to show his preferences and make choices.

When Aek communicates using the GoTalk whilst out on trips, members of the public have been amazed to see how able he is. This is what CCD is all about - challenging Thai society to see that these children and young people have the potential to learn and progress into independent adults if they are given the right opportunities.

CCD hope to move Aek out of day care and into full time vocational training so that he can learn more key living and independence skills. CCD's additional support has also had a positive impact on Aek's mother, who now has attends classes at her local church.

**Read more about how CCD changes lives at [www.4lifethailand.org](http://www.4lifethailand.org)**



# Physiotherapy at CCD

***We look at how physiotherapists bring greater comfort and independence to the lives of the children we work with in Thailand.***

## **Physiotherapy at CCD Day care**

Many of the children who attend CCD day care require physiotherapy to strengthen their muscles and develop certain skills, which require mobility and dexterity. Physiotherapy is most commonly used to help children with Cerebral Palsy; to loosen joints and muscles which become tight due to involuntary spasms.

At CCD, physiotherapy in the form of muscle strengthening, through play in younger children and through exercises in older children, can make a big difference to the mobility and independence they can achieve.

Many of the children have made remarkable achievements after working with CCD physiotherapists. Ton Nam (picture below right) is 9, and lives at Feung Fah orphanage. He has severely delayed development and could not

walk unaided when he started attending CCD day care. The staff at Feung Fah orphanage push Ton Nam around in a pushchair, but when he arrives at CCD in the morning the CCD day care staff make a real effort to take him out of the chair and encourage him to walk. Volunteers are asked to help Ton Nam walk whenever possible and to put him in trainers instead of flipflops to help with this.

From September 2012- January 2013 Becky, a volunteer physiotherapist, worked one-to-one with Ton Nam, exercising his leg muscles and using Pedro weighted boots for walking. At first Ton Nam was wary of the exercises, but after a few weeks he would grab his boots and giggle when Becky arrived.

A year later and Ton Nam is walking independently, and can walk up and down stairs confidently. The staff and volunteers at CCD continue to encourage Ton Nam to build up his strength in walking and running. With his increased mobility there are more opportunities to





explore, and staff and volunteers are having to be very vigilant in keeping up with him and his mischievousness!

Ton Nam's progress has been remarkable and demonstrates how regular sessions with a trained physiotherapist can make a real difference to the children's lives.

CCD understand the importance of having skilled physiotherapist working at the day care centre. CCD have led numerous training workshops and seminars for Thai physiotherapists in the community and at local colleges.

### **Physiotherapy in the Community**

As well as providing physiotherapy to the children who attend day care, CCD also deliver physiotherapy services to individuals with disabilities who live in local towns and villages.

CCD frequently fund adjustments to houses, which result in increased accessibility and safety for the child. In these cases a physiotherapist can provide CCD staff with insight into how certain areas of the home can be adapted to suit individual physical needs, like installing a handrail or ramp.

Bee is one of the CCD physios who works in Nakhon Pathom province. She makes regular home visits to children and adults with disabilities. Orn (pictured below) is 24 years old. CCD have been supporting her and her family for the past 11 years. Orn has Cerebral Palsy, and her muscles get very tight, which limits her movement and mobility. Orn's family live in a traditional Thai house, elevated off the ground and built on farmland. As a result it is difficult for Orn to move around the home and her father has to lift her up and down the stairs and her mother helps her to bathe and dress.

Bee visits Orn twice a month to give her a physiotherapy session and to assess her progress. Bee designs an exercise plan for Orn to practice daily between visits. Orn's parents are advised by Bee on how to safely help Orn with these exercises. Orn and her parents are very happy with the sessions she receives as she has become stronger and more mobile over the years. She is able to sit up, pull herself along the floor to get around and one day hopes to be able to climb the steps to her house. Without regular physiotherapy Orn may have spent her life in a wheelchair.

***Read more children's stories at [www.4lifethailand.org](http://www.4lifethailand.org)***



Are you a physiotherapist? We always need skilled professionals to help with the physio programme in Thailand. Please email us at [info@4lifethailand.org](mailto:info@4lifethailand.org) for information.

# Three Peaks For Life



***In May 2013, For Life's Fundraising Coordinator, Charlie Drury, and Regional Representative, Billy Lee, decided to organise a 3 Peak Challenge fundraiser. Charlie tells us how it went...***

"We woke up at 5am feeling bright-eyed, bushy-tailed and ready to take on the Three Peak Challenge: climbing Mt. Snowdon, Scafell Pike and Ben Nevis in just 24 hours. We'd loaded up with carbs the night before, packed a healthy supply of flapjacks, energy drinks and bananas and filled a 2-litre tupperware with pasta. We had thermals, waterproofs, walking boots, ski gloves, head torches, dry undergarments, thermals and one of us even had a cow suit to make for a fun photo at the top of Ben Nevis.



We were certainly prepared and nothing could stop us....or could it?

The weather forecast predicted rain and cold temperatures, but what's new? We hardy Brits are use to a bit of wind and drizzle. As we boarded our 6am train to Crewe, where we would be met by our guides and minibus driver, nothing could dampen our spirits. Adrenaline pulsed through us as we piled into the minibus and set off to Snowdon base camp.

We were informed that to complete the challenge in the 24 hour time limit we would have to take the quickest (but toughest) route up each of the mountains. The hire van was capped at 60mph so the drives between mountains slowed us down forcing us to revise our schedule and quicken our walking pace. I am told that Snowdon's Pyg trail has stunning views over Snowdonia and a breathtaking lagoon. Unfortunately for us the fog was so thick it was hard to see anything more than 100m in front. It rained the whole way up and as we ascended the rain turned to hail. Hailstones the size of ball-bearings bore down on us but we soldiered on. After reaching the



summit and nearly being blown away into the Welsh mountains, we quickly turned around to descend. Back in the safety of the minibus we peeled layers of wet clothing off. Sodden to the core. Billy joked 'that was the easy one out the way'. We laughed nervously. Oh well, onwards and upwards - literally. Our drive to Scafell Pike was lightened by a mountain themed quiz, which I had prepared for the team. Spirits soon lifted when I began to give out confectionery prizes.

As we approached Scafell Pike many of us began to feel travel sick. The endless winding roads after eating too many Fruit Pastilles took its toll. After a few 'emergency stops' we arrived at Scafell Pike at dusk: a night climb. We pulled on wet socks and walking boots and our headtorches.



Want to be part of For Life's next fundraising challenge? Email Charlie for more details - [charlie@4lifethailand.org](mailto:charlie@4lifethailand.org)

After walking 500m from the bus I knew I wouldn't be able to continue this peak. My ankle was purple, swollen and rubbed painfully against my boot with every step I took. I knew I would slow the team down and endanger them if I limped the whole way in the dark - so I retreated very disappointed. When the team returned they were exhausted, and, if possible, even wetter than when we finished Snowdon. 'That was the toughest thing I've ever', done said James, who ran the London Marathon the year before.

Ben Nevis was next and we all felt better after a sleep on the bus. The fresh Scottish air gave us a second wind and we set off on our final climb. This peak was more gentle than the previous two and the views were stunning. This was definitely my favourite climb and I'm glad we ended on a high note. The final ascent was snow covered and snow was falling - climbers call this a 'whiteout'.

After making our way back down (the descent is tougher on the legs than the ascent!), we headed to the nearest cafe and devoured the best fry-up on earth!

Despite the treacherous weather conditions we all came away buzzing with a sense of achievement, especially knowing the money we had raised would go to such a good cause and help so many children. It was a very tough 24 hours, but worth every step. We raised £3,320 for For Life.

**THANK YOU  
to our Guides:  
Billy Lee, Stuart  
Lee, Steve Prescott  
& John Matthews  
And our fundraisers:  
Claire Drury, Vicki Pugh,  
Elizabeth Metcalfe, Rebecca  
Maynard, Nick West, James  
Hannaford & Charlie Drury**

# Feung Fah Playground Appeal

*Earlier this year former volunteer Ben Graystone's fundraising vision became a reality thanks to our fantastic supporters. Ben tells us about the appeal and the difference it will make to the children at Baan Feung Fah orphanage.*



"I visited CCD for the first time in early 2012 and I have kept up-to-date as much as possible with the progress of the children. It is incredible to see them learn to feed themselves, paint pictures, communicate and develop. One child even learned to walk independently whilst I was volunteering.

I'm sure everyone that has volunteered at the Feung Fah day care centre shares the same love for the wonderful children there, and volunteers share a special bond that is very hard to explain to friends and family back home.

The Feung Fah appeal was initiated to restore the garden area in front of the day care center and to create a fun, safe and sustainable area for the children to use every day. I had noticed that the equipment was old, rotten and hazardous to play on, thus, the space was neglected which is a real shame.



I contacted For life and asked how we might go about setting up an appeal to restore the Feung Fah playground.

We launched an appeal using a fundraising website and we were entered into a 'one month fundraising challenge' with a chance to win a bonus prize at the end. I could never have imagined what would happen in that one month. Each time I logged on to our page more and more people had donated and our fundraising total kept going up and up - it was like a thrilling eBay bidding-war! By the end of just one month we managed to raise over £6000 and we won a £1000 bonus.

It has been very heart-warming to see the huge support for the Feung Fah project this summer. With this money we can transform the playground into a wonderful, safe place for the children to play. Thank you to all who donated and helped us to promote the appeal."



 You can still donate to this project at [www.globalgiving.co.uk](http://www.globalgiving.co.uk) (search for Feung Fah)

# Fantastic Fundraising

## Rachel & Joe cycle across Australia

This year Rachel McClenaghan and Joe Martin set off on an epic 4 month journey from Adelaide to Cairns - and they are cycling the whole way! To make the journey more of an adventure, and to raise even more funds, the pair asked donors to set them challenges along the way. These have included eating spoonfuls of Vegemite, exchanging undergarments, hugging a koala and dancing in public! You can read more about their escapades on their blog: <http://twobluebicycles.tumblr.com/>



## Dave Sri's 200m cycle ride

In June this year For Life supporter David, cycled an incredible 200m (322km) in an impressive 12 hours and 40 minutes. David raised a fantastic £934.50 for For Life.

## Kathryn's 1/2 marathon swim

This summer 16 year old Kathryn Lennon is swimming a half marathon - that's 780 lengths - all in a day. Kathryn has been a dedicated fundraiser for For Life, since she volunteered in Thailand last year. Thank you Kathryn.

## Mr and Mrs Hill's Wedding

On April 6 2013 Chris and Christina Hill asked guests at their wedding ceremony to donate to Rainbow House in lieu of gifts. Thank you for your sacrifice and generosity.

## Mary Erskine School, Edinburgh

This year Mary Erskine School held a series of fundraisers to support For Life. The school have donated a fantastic £3,615.18 this year, which will go towards buying a CCD minibus in Thailand. Many thanks to all the staff and students and to Kathryn Lennon who facilitated the fundraising initiative.



## Leeds RAG 2013

Each summer a team of students from Leeds University's Raising and Giving (RAG) society go to Thailand to work with the children. Prior to leaving the RAG team do what they do best: fundraising! This year the 30 strong team raised over £18,000 and won the 2013 RAG Project of the Year Award.

Tell us about your fundraising on Twitter @4life\_thailand



**Fundraising Packs** Want to raise funds to support the children in Thailand? Get your **FREE** fundraising pack today: [charlie@4lifethailand.org](mailto:charlie@4lifethailand.org).



# A big THANK YOU to...

Gayle Vance who organised a book sale in her office and raised over £300 towards the building of Vision House.

The Flamin' Wok in Hamilton, Scotland for kindly allowing us to have collection boxes in their restaurant, raising £236.45 so far this year.

Tracey Martin who gave a talk at the Muswell Hill Quaker Meeting and raised £150. Thank you to the congregation for your donations.

Diego Lopez - who collected donations to For Life in lieu of birthday gifts.

The 44th Belfast Scout Group whose Snow White Pantomime raised £100.

Brian & Liz Critchley who kindly donated towards the development of CCD's community projects.

Louise Hopton who celebrated her 50th birthday and asked for donations instead of gifts.

Jess Rowland from Leeds RAG who held a tea party and raised over £100.

Everyone who donated whilst buying/selling on Ebay during Small Charity Week 2013. We raised £2,700.

Anna Raisey for holding a Burns Night fundraiser in January.

Mark Erskine School's Former Pupils' Guild who donated half their proceeds from their Christmas fair to For Life.

Sarah Eves and the High Street Presbyterian Church for collecting donations of £100 in January.

Megan Kirby and ASK restaurant in Headingley for holding a fundraiser.

The team from Icthus Asia Mission volunteered at CCD in April.



## **Office Relocation**

***For Life have moved to a new office in London. Our new contact details are as follows:***

***For Life  
Langdale House  
11 Marshalsea Road  
London  
SE1 1EN  
Tel: 020 3176 5254***

***Please update your records accordingly. Thank you.***

# Quilt Raffle 2013

In association with For Life, CCD, CCD-USA and Friends of Ziba

This beautiful quilt has been uniquely created to raise funds for food, medicine & education for disabled children in Thailand.

Suggested donations for Raffle tickets:

£1 per ticket or 15 for £10

To buy tickets please send a cheque to For Life or donate on our website [www.4lifethailand.org](http://www.4lifethailand.org) and select option Q - Quilt Raffle. Raffle tickets will be mailed. Raffle Draw October 31 2013

PLUS: Postage cost has kindly been donated by a CCD-USA board member

Size: 103" x 84" Large Queen Size

Created by master quilter and painter Nancy Winchester, USA : Photography by James Ferry Photography, USA

Would  
make a  
great gift!





**Make a difference**

# RESPONSE SLIP

There are many ways that you can get involved with our work. Please complete this response slip by ticking the appropriate boxes below and returning it to our London office.

**For Life**, Langdale House, 11 Marshalsea Road, London SE1 1EN

**Sign up for newsletters** Please fill out your contact details below:  
Name .....  
Address .....  
.....Post code .....Telephone.....  
Email ..... Tick here if you'd like E-Newsletters

**Make a donation today** Even the smallest donation goes a long way in Thailand and will make a big difference to these children's lives.  
I enclose a donation of £ \_\_\_\_\_ (Please make cheques payable to For Life)

*giftaid it* **Is your donation Gift Aid eligible?** If you are a taxpayer, For Life receives an additional 25p for every pound you donate.

I am a UK taxpayer and I would like For Life to treat this and any future gifts as a Gift Aid Donation. I understand that I must pay enough Income Tax and/or Capital Gains Tax to cover what this, and all other charities I donate to, will claim in Gift Aid this year. I understand that payments of VAT or Council Tax do not qualify. Please notify For Life if your tax status changes.

SIGNED..... DATE.....

- Give regularly** Could you give regularly by standing order? If so tick here for a form. All new donors will receive a **free** awareness bracelet.
- Order a Fundraising pack** Receive a FREE For Life fundraising pack
- Quilt Raffle Tickets** I enclose £\_\_\_\_\_. I would like \_\_\_\_ raffle tickets.
- Greetings Cards** I enclose £\_\_\_\_\_. I would like \_\_ pack/s of design/s\_\_\_\_
- Awareness Bracelets** Enclose £2 for an I AM FOR LIFE bracelet.
- Sign up to Volunteer** Fancy taking on something new and rewarding? tick here and we will send you information about volunteering in Thailand.
- Order a Gift List** Our catalogue features a range of items for children in Thailand, which can be purchased as 'gifts' for your friends and family.

# Greetings Cards designed by children in Thailand

These bright and beautiful greetings cards have been designed by the children we support in Thailand. The cards are blank inside for your own message. The cards are in packs of 4 and come with white envelopes.

You can order cards by completing the Greetings Cards section of the response slip inside this newsletter and returning it with a cheque to the For Life office. Please indicate which design you would prefer to receive and we will send your cards by post.



**£3 per pack or  
4 packs for £10**

## Get a Awareness Bracelet

Show your support by getting an "I am For Life" awareness bracelet. These silicone bracelets are great for raising awareness and generating interest in our cause. Bracelets are only £2 each. Order by writing to us and enclosing a cheque.



## Give whilst shopping at [amazon.co.uk](https://www.amazon.co.uk)

For Life have a scheme with Amazon.co.uk, which helps us to generate more funds for our projects in Thailand. Each time an Amazon customer is redirected to Amazon.co.uk through the link on our website ([www.4lifethailand.org](http://www.4lifethailand.org)), Amazon donate a percentage of the customers purchase to For Life - at absolutely no extra cost to the customer.

## For Life

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