



MORE LIFE

FOR LIFE
4Life
THAILAND

Issue 11
Winter 2013

Welcome to MORE LIFE Winter 2013

Another year has flown by and we have been amazed at how much has happened both here in London and in Thailand.

I was part of a team from Ichthus which visited CCD at Easter and we also went on an exploratory trip with Wasan to a neighbouring Asian nation.

Having been a runner up in previous years, CCD went one better this year and won a prestigious award for their CBR work. It was presented to them by the Prime Minister! We are grateful to COFRA for the grant they awarded through For Life in 2013, and for their advice and help.

Here in London we moved office in June and are now situated in Borough right next to the tube. We are also delighted to welcome our new voluntary staff member, Zennie Amlak, as our Donor Support Administrator one day per week.

We also won an ebay competition to be one of their selected charities during 'Small Charities Week' in June this year and raised £2700 in one week!

We are, as ever, grateful for your support, generosity and prayers.

With affection,

Lydia George

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 of Nonthaburi, a district 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.

Most 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 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.

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

Community-Based Rehabilitation - We work in the poorer provinces of Thailand with families of disabled children. We provide educational support, daycare and empower parents through training workshops.



Jurn's Story



Jurn was just 6 years old when CCD first made contact with his family. Jurn's parents are farmers and heavily rely on their agricultural work to sustain their household income. Jurn has cerebral palsy, which makes his participation in the family's farming business particularly difficult.

When Jurn was young his mother and father felt they needed the support of CCD's daycare staff so they could go out to work during the day.

CCD bought Jurn his first wheelchair and installed a walking bar in his house so that he could practice leg strengthening exercises whilst at home. CCD staff delivered physiotherapy, specifically focusing on increasing dexterity to allow Jurn to feed himself, pick things up, paint and, later, to write.

Before CCD lent their support to Jurn's family, Jurn could not hold an object, could not feed himself, nor use shower facilities unaided.

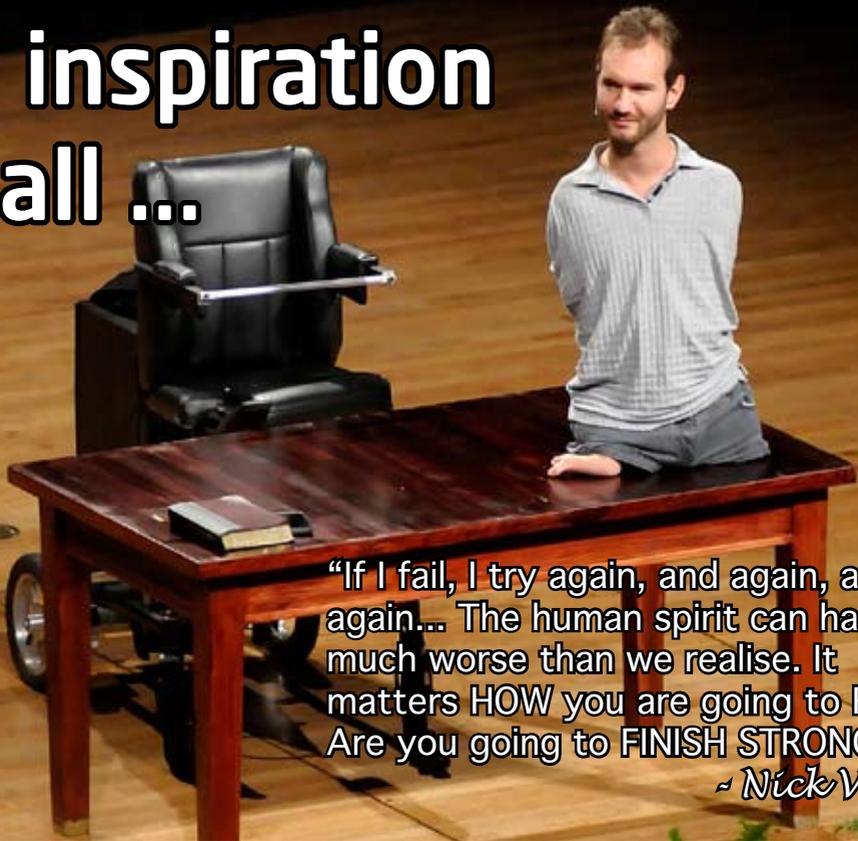
Jurn is now 23, and owing to CCD's intervention, has developed mobility and has learnt a number of skills which have proved life-changing. Jurn is now an independent young man, who runs his own small business!

Jurn loves the land, and decided he would use his passion and his family's expertise to set up a flower business. Jurn runs the nursery from his home, and tends to and cultivates all his blooms alone. He trades in local markets and people travel from other provinces to buy his plants. Jurn specialises in growing bonsai trees and has an impressive collection of these magnificent plants.

Once a boy who could not hold a pencil, Jurn is now a self-sufficient businessman with advanced computer skills. CCD still make regular visits to his home to offer their advice and support if needed, and to buy his plants!

Read more stories: www.4lifethailand.org/

An inspiration to all ...



“If I fail, I try again, and again, and again... The human spirit can handle much worse than we realise. It matters HOW you are going to FINISH. Are you going to FINISH STRONG?”

- Nick Vujicic

This year CCD staff and children got the incredible opportunity to attend an exclusive event led by Christian Evangelist and disability advocate, Nick Vujicic. CCD was an official sponsor to the event and CCD staff and children even got to meet Nick in person.

Nick Vujicic has inspired thousands of people across the globe with his incredible story. Nick, 31, was born with tetra-amelia syndrome, a rare disorder characterised by the absence of all four limbs. Australian-born Nick struggled both physical and emotional difficulties during his childhood and often felt his life was limited by disability. During secondary school, Nick became an active fundraiser and worked with the student council to campaign for disability rights.

prayer groups and the positive response of his audience led him to establish a non-profit organisation called Life Without Limbs. After graduating with a degree in Commerce, Nick began travelling the world, speaking at colleges, churches, corporate conferences and charitable events. Nick's words left both disabled and non-disabled audiences captivated and inspired to grab life by the reigns and live life without limits. Nick is especially passionate about working with teenagers, as he struggled to come to terms with his disability most during

Nick's motivational speeches and his devotion to inspiring and supporting others has led to him being nominated for the Australian of the Year Award, amongst other accolades.

To date Nick has addressed over 3 million people, in 24 different countries spanning 5 continents. In September 2013, Nick Vujicic's World Tour "No Limits" arrived in Bangkok. CCD was able to secure a position as an official sponsor of the event which was held at the Huamark, Ramkamhaeng stadium.

A group of CCD staff and volunteers accompanied Rainbow House residents to the event, where they were able to participate as part of the audience, hold a CCD stall during the interval and even meet Nick in person.

Nick spoke with Tommy, a CCD staff member who lost the use of his legs in a road accident when he was a teenager. The opportunity to meet someone with a physical disability who had achieved



Wasan Saenwian, CCD Director and official sponsor of the event in Bangkok, meets with Nick Vujicic

so much and touched so many lives was a unique and inspiring experience for all of the children at CCD. People like Nick remind us why our work in Thailand is so important. We can help children reach their fullest potential and live their lives "without limits".



Tommy meets with Nick Vujicic after the show, which took place in Bangkok in September 2013

Join For Life as we celebrate our 10th ANNIVERSARY



For Life has been transforming the lives of abandoned disabled children in Thailand for ten years. To celebrate this, we have launched The Big Ten - ten exciting and engaging fundraising events taking place throughout the UK in 2014. You can generate awareness and raise vital funds to reach more children and change more lives.





Midnight Bridge Walk

An amazing opportunity to walk a 10-mile stretch of the Thames by moonlight, crossing ten of London's most iconic bridges.



Edinburgh Marathon



Silent Challenge



The Henley Mile



Cycle Challenge

Join a team of cyclists and embark upon an epic journey on two wheels.



BIG Tea Parties



Family Hike



Live Below the Line



Three Peak Challenge

Ben Nevis, Mt Snowden and Scafell Pike all scaled in just 24 hours! Have you got the stamina for the UK's greatest mountaineering challenge?



Parachute Jump

Changing Lives

A family livelihood

This year CCD have focused on improving the livelihoods and financial opportunities for families with disabled children in poor rural communities.

In Nonthaburi CCD volunteers helped a family to build a convenience store on the land next to their home. Now the family, including their disabled child, can work in the shop to produce a steady income.



A safe home

In Chai Nat Province (central Thailand) one of CCD's families was living in a shack made of corrugated iron (photo top left). This is not uncommon in the communities that CCD work with. The shack was not suitable for their child who has severe disabilities, and was unsafe and inaccessible.

Early this year CCD sent a team of staff to build a new accessible home for the family to live in (bottom left). The new building has secure stone walls and step free access, allowing more independence for the family's daughter.



Before



After

Be part of the change by donating to our CBR fund.
www.4lifethailand.org

Award Winning Projects



CCB Director P'Bu (centre) and CCD Directors and staff collecting the award for Best Community Project 2013

This year CCD's Community-Based Rehabilitation (CBR1) project in Nakthon Pathom Province won the award for Best Community Project from the Thai Government.

CBR1 is CCD's pioneering community which began in 2001. The project and has reached hundreds of local Thai people affected by disability. CBR1's achievements have been officially recognised as outstanding and ground-breaking. Their activities include home-visits to people with disabilities, the establishment of special education classes in local schools, the opening of a purpose-built daycare centre for children with disabilities and established physiotherapy programmes. Furthermore, CCD provide empowerment seminars and training workshops for parents, helping them to realise their rights, campaign for social inclusion and access the services that are available to them. These groups also provide support and friendship to parents.

CBR1 is constantly expanding its reach, and in 2013 their projects reached more local Thais than in previous years. This is partly owing to a significant grant from the COFRA Foundation, which has allowed CBR1 to develop its services and improve educational opportunities in local schools. This includes classroom support and on-site training for teachers. The staff of CBR1 are thrilled to have won this award - congratulations!

You can help to us reach even more children in Thai communities! Consider setting up a regular gift to help us reach CCD more families who need our help.

Fantastic Fundraising



Run to the Beat, which took place in London on the 8th September 2013, is a half marathon with a difference. The route is lined with live bands and DJs providing a live soundtrack for the 19,000 participants. This year Jess and Kasey took part to raise funds in aid of For Life.

"Not being experienced runners, training for the half-marathon took lots of hard work and determination, but it was all worthwhile to know the money raised through doing it would go towards helping the children of CCD!"

Jess Michael

Need a New Year Resolution? Could you do a sponsored event in aid of For Life? As part of our 10th birthday fundraising drive for 2014 we have marathon places, cycling, walking and outdoor swimming.



Lydia (left) collecting a £1000 cheque from Shortlands Golf Club who chose For Life to be one of their charities for a whole year. Christine Bryan (centre) was lady-captain of the club from 2012 to 2013 and visited Rainbow House last year.

Could you get For life nominated as charity of the year in your club, work of school?

Fundraising Packs

Fancy raising funds to support the children in Thailand? To get your FREE fundraising pack please get in touch by emailing info@4lifethailand.org.

With special thanks to...

Members of the Shortland Golf Club for their fundraising activities carried out throughout the year, raising £1,000 for the children in Thailand.

Mr and Mrs Spelman for holding a fundraising event to raise money for CCD as part of their 40th wedding anniversary celebrations.

Anna (8) and Lucy (11) from Northern Ireland, who set up a Beauty Spa to raise money for the children in Thailand. The girls gave foot and hand massages, facials and did nail painting to raise the funds. Thank you both!

The Abbey School in Reading for their generous contribution to our work.

Jennifer Allen who selflessly sacrificed birthday presents for her 9th birthday, asking for donation for Rainbow House instead. Thank you for your kindness.

Mr and Mrs Emerson for your generosity and valued support.

Staff and students of Mary Erskine School and members of the Former Pupils Guild, for their continued fundraising activities including their recent cake sale!

Everyone who bought tickets for the 2013 Quilt Raffle - the international raffle raised more than \$10,000 for CCD. Thanks to all who took part.

The Steele family, for volunteering their time and giving generously to our work.

The Flamin' Wok restaurant in Glasgow for displaying a CCD collection box.

Mrs Yvonne Stanford for her continued support of our work.

The congregation of Kings Church for donating their tithe to For Life and a special thanks to Merrie Reynolds for speaking to the church about our work.

Hope Asia, for supporting volunteers and donating funds to support CCD.

In memory

It is heavy hearts that we said goodbye to Aek, a young man who attended CCD daycare for a number of years, and whose story we shared in our last newsletter. Aek was full of joy and determination and had an infectious smile, which warmed the hearts of everyone who worked with him.

Sadly, on his 18th birthday, Aek passed away peacefully in his sleep, whilst at home with his family. CCD staff, volunteers and children held a memorial service for Aek and have been supporting his family since his untimely passing. His loss reminds us of the desperate need for CCD's work and spurs us on in our goal to change the lives of these children.





Make a difference

RESPONSE SLIP

There are many ways 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

.....PostcodeTelephone.....

Email Tick here if you'd like E-Newsletters

Make a donation today! Even the smallest donation goes a long way in Thailand and makes a big difference to these children's lives.

I enclose a donation of £ _____ (Please make cheques payable to For Life)

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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 regular donors will receive a **free** awareness bracelet!

THE BIG TEN Get more information. Please include phone number above.

Order a Fundraising pack Receive a FREE fun filled pack full of fundraising ideas and materials - including our Chilli 4 Charity pack!

Sign up to Volunteer Got some free time? Fancy taking on something new and rewarding? Why not Volunteer?! Whether it's in Thailand or in our London office, tick here and we will send you more information.

Get an Awareness Bracelet Enclose £2 for an I AM FOR LIFE bracelet.

Order a Gift List The catalogue features a range of items for children in Thailand, which can be purchased as 'gifts' to your friends and family.

Even more ways to support For Life!

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 and we will send you one (postage and packaging is FREE!).



Give to charity whilst shopping at 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), Amazon donate a percentage of the customers purchase to For Life - at absolutely no extra cost to the customer. So if you shop at Amazon.co.uk please visit our website, find the Amazon icon on the homepage and click it to access Amazon.co.uk.

Find us online

For Life is now on Facebook and Twitter!



These days social networking sites are the best way to reach more people and raise awareness. Please find us on these sites and share your stories, experiences and ideas with us. We only ask that you use our sites responsibly and with respect to others.

Find our Facebook (For Life Thailand) and follow us on Twitter @4life_thailand

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