

Spring
2012

Valerie Taylor Trust

Supporting the work of Valerie Taylor in Bangladesh

APT @ CRP

Over the last ten years John and I have made several visits to CRP where we have led Appropriate Paper-based Technology (APT) training courses for students and staff, and last year we trained a group of young women from CRP-Gonakbari.

We have also worked on a project to make therapy equipment for the Paediatric Unit.

We have been greatly encouraged that there is now an APT unit firmly established at CRP, which is entering its third year, providing paid employment for three young women.

The photo shows John and I with the students and staff at the course Closing Ceremony in 2011.

**Janet Ivins and
John Carter**



Janet and John with teachers and students.

Valerie Taylor to visit UK

Valerie will be in UK in May/June 2012. She plans to visit the South and West of England, Northern Ireland, Scotland, York, the Midlands, Kent & Surrey.

She will be in London for the Supporters Annual Meeting on 19th May when she will be accompanied by CRP's Executive Director, Major General Md Shafiqul Islam. Contact our administrator if you would like more details.

Chairman's Notes

Despite the rather gloomy financial situation, we expect to send out over £100,000 to CRP for the year 2011/2012 - over 7% of CRP's annual running costs. Well done. Also on financial matters, the Japanese Government has recently agreed to fund a new CRP centre at Rajshahi - a further welcome step in realising Valerie's vision of having treatment centres throughout Bangladesh. In the UK, the excellent links between Leeds Teaching Hospital and York St John University and CRP continue to flourish - do read about their work in Bangladesh in this newsletter. Lastly - a request. Significant savings on postage costs can be made if we can contact you by email - please do fill in and return the form on the back page.

Thank you for your continuing support

Bertie Woolnough CBE
Chairman

From Corinna Klentschi, York St John University:

In May we have a new project running for the first time; one student from counselling, psychology and sport studies will be joining a tutor from each of the subject areas (that is 6 people in total) and going to CRP for four weeks as a funded curriculum development project.

In short we want all students to benefit from placements at CRP and want CRP to benefit from our diverse student populations. They will be

going with a multi professional approach to address stress within the staff, students, patients and carers – identified by Valerie as an area of concern. The long term aim is to gather 'lived experience' stories to promote CRP as a placement opportunity to future students from the three subjects who have no history of engaging in international placements. Hence the staff are going with the students so that they can look at learning

opportunities and service development opportunities and act as informants for future students.

In early March an Occupational Therapy student, Harriet Rathmel, and two Physiotherapy students, Jana Beth and Anna Engels started their 12 week placements at CRP. In May they will be joined by another OT student, Sam Fuller, when she begins her 12 week placement.

The man with a bucket of water

On my last day at CRP I met a man carrying a bucket of water with which he was going to water two trees. Curious, I went with him. He then told me the story of the trees. He lives in a village a long way from Dhaka. The eldest of his three sons had been paralysed in a fall from a palm tree. Following treatment his son has now progressed to the half way hostel where his father is staying with him. The father told me that they are destitute and could not afford to pay for treatment. Without CRP, people like his

son would be condemned to a life without hope.

Nevertheless, this man wanted to do something to thank CRP, so he had brought two small saplings from his village to plant at CRP. As we were leaving his trees he said to me 'You know, we will all be gone, but the trees will still be here'.

A very philosophical statement from this devoted father from a simple village far from Dhaka; another moving moment in life at CRP.

MH



The man with the bucket of water and his son

Getting to know you

Major General Md Shafiqul Islam, ndc, psc (Retd) is the Executive Director of CRP, Bangladesh having served for thirty four years in the Bangladesh Army. He was the Vice Chancellor of Bangladesh University of Professionals and also served as the Military Secretary of the Bangladesh Army. During that time he worked as the Chief Coordinator of the biometric National ID and Voter Registration Project for which he was awarded the prestigious International People's ID World award in 2008 at Milan, Italy.

General Shafiq has his Masters degree in Defence Studies and MPhil in

National Security Studies from Bangladesh National University and a Post Graduate Diploma in Management from Bangladesh Open University. He has attended various courses in USA, UK, Indonesia and Thailand. He is a graduate of Army Command and Staff College, Camberley, UK and Defence Services Command and Staff College, Mirpur and one of the pioneer pilots of Bangladesh Army Aviation. During his service General Shafiq has travelled to various countries including the former Yugoslavia as United Nations Military Observer for one year.



He is married and father of two daughters. He enjoys reading, traveling and occasionally playing golf.

Go to the mattresses

Roger Varney writes...

Jan and I are currently moving house but earlier we had an amazing two and a half weeks at CRP and have a project to supply 100 special mattresses for prevention of pressure sores. They will cost £5,500 in total!

From the Editor

I hope you like our new format for the newsletter which we have adopted in common with many other charities. I am grateful to all the contributors but particularly VTT Trustee Margaret Hakim who visited CRP in January and supplied a lot of the material in this issue. Also thanks to Sam Morley of De Puy Medical Instruments for his assistance.

DAW

Our website

Over recent months we have been working on re-vamping the VTT website – www.valerietaylortrust.org.

We hope you will find it is now informative and easy to navigate. Thank you to Teresa Keefe, Chris Hall and Ben Clackson for all their efforts.

Or you can contact us by post: The Administrator, Valerie Taylor Trust, 4 Wilberforce Road, Coxheath, Maidstone, Kent ME17 4AH

Telephone: 01622 743011

Email: admin@valerietaylortrust.org

Patient Database to aid treatment

A project worth 5 Lakh Taka is about to be set up: a database of all patients. This will ensure that when a patient is treated in more than one department their records will be readily accessible thus improving efficiency.

Grateful Thanks

Joining the Occupational Therapy staff from the Half Way Hostel for their tea break one morning, we were enjoying the freshly made shingharas when an elderly man on crutches came up. The staff were unsure why he was there as he was supposed to have been discharged that day. With tears in his eyes he told them that he didn't want to leave without coming to thank them personally for all their help. He had made a huge effort to come and find them. It was another measure of how much CRP means to all those people they help.

Profile of Andy:

Andy is especially cheerful given the hardships he has had to endure.

Nine year-old Andy (not his real name) is an optimistic boy for whom life has been difficult; he was born with congenital birth defects resulting in a shortened arm and leg.

The son of a poor rickshaw-puller, Andy has been attending the William & Marie Taylor Inclusive School at CRP since June 2009. His teachers have a high regard for him. They find he is intelligent and interacts well with everyone at the school. Eventually he plans to take the National exams and hopes to get a good result.

As part of his treatment CRP's Occupational Therapists (OT's) have provided him with

some devices which include equipment to help him putting on his shoes and socks and a specialized holder for his tooth brush. The OT's plan for Andy is to integrate him into a normal life with the help of lower limb prostheses. At present, he uses his stumps to move around and Physiotherapists are teaching him stump strengthening exercises in preparation for when he gets his prostheses.

He will then be able to lead a more active life.



An enormous smile

While visiting the Prosthetics & Orthotics department I observed the ingenious ways the staff make artificial limbs and many kinds of body supports using locally produced materials.

Out on to the nearby verandah a patient was trying out his new prosthesis, a lower leg and foot made to look as natural as possible. A man in his forties, he was being watched by his family. The patient continued to walk up and down but then he turned towards us and looked up. He had an enormous smile on his face and his eyes were alight. He was obviously overjoyed that he could walk again and had been given back his mobility. It was a heart warming moment.

CRP January 2012 - MUNA

At the weekly Patients' Meetings any patients who have completed their treatment are invited to tell their story. During my visit a quiet, reserved young man in his early twenties told us what had happened to him.

Muna was working in a bicycle and motor scooter repair shop in Chittagong when some armed dacoits (thieves) robbed the shop. During the robbery Muna was shot in the back. The bullet was removed in hospital but his legs were paralysed. After a month in Chittagong hospital he was sent home. He thought that his life was ended but two months after his injury he was taken to CRP.

Arriving at CRP he was deeply depressed and very nervous. During the next four months he was given

physiotherapy, occupational therapy and took part in leisure activities – wheelchair basketball & table tennis. He slowly regained confidence and hope for the future.

He now feels he will be able to work again in the workshop because, although wheelchair bound, he is mobile and can use his hands. CRP has provided him with a wheelchair, a walking frame and leg supports. He can walk very slowly using the supports and the walking frame but mostly he uses the wheelchair.

CRP has given this young man his life back, not the life that he had but a useful life nevertheless and so much more than he had thought possible just after the shooting. **MH**

The Highland Fling

Iain Whitty is running in the Highland Fling Multi-Terrain Ultra run for VTT/CRP in April. This grueling run is 53 miles (85k), the climb (total ascent) is 6500 ft. Sponsor him at www.justgiving.com.

Building

At Savar additional patient accommodation will be created when the Admin and IT Centre move to their new first floor offices which are currently under construction.

And renting

A Canadian Aid/Research organisation is renting two apartments at Savar for two years. The apartments will be completely renovated, putting in air conditioning, hot water, completely redecorating and furnishing. The apartments revert to CRP at the end of the lease.

Ibrahim's paintings go to China

Bangladesh's Foreign Minister, Dr Dipu Moni, on an official visit to China in June 2011, took with her five of Ibrahim's painting to be presented to senior officials. The sale of his greeting cards has enabled him to open a fixed deposit bank

account. His earnings help him to support his family especially in the treatment of his sick mother. He plans to enrol with the Open University and is also receiving computer training using a mouth stick to operate the keyboard.

Surgical Team from Leeds Teaching Hospital visits CRP

The Team, who all took a week's annual leave to go to Savar, was put together by consultant neurosurgeon, Jake Timothy, who had been to CRP ten years earlier. The rest of the Team were orthopaedic spinal Fellow, Andrew Frost and theatre nurses, Emma Binns, Laura Cook and Rachel Stearn and Sam Morley of De Puy Medical Instruments. Sam had worked very hard to persuade his company (De Puy) to pay the Team's air fares and to provide some surgical instruments for the operations to be performed. Sam paid his own fare so that he could make a photographic record of the trip.

The Team worked with Dr Razzak, Head of the CRP Medical Team, looking at the possibility of using more surgery to treat spinal injury patients rather than traction as is now done in the UK. The benefit would be shorter hospital stays with the possibility of treating more patients.

The team also gave a lecture and performed operations at NITOR (National Institute of Traumatology and Orthopaedic Rehabilitation), a well equipped fee paying hospital in Dhaka. A positive spin off for CRP was that some of the surgeons from

NITOR came to operate alongside the team at CRP and said that they would continue to help at CRP in future.



Surgeons at CRP from Left Jake Timothy, Andrew Frost, Dr Razzak

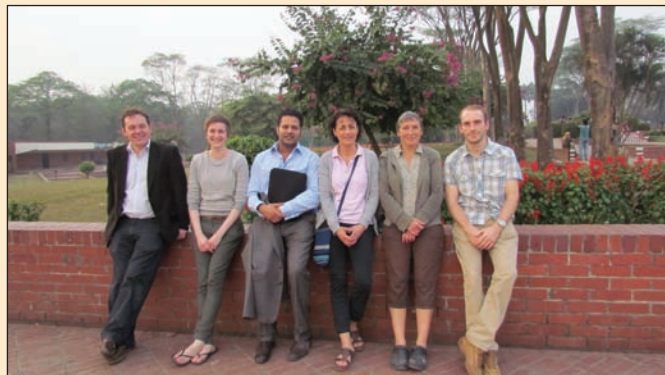
The Team praised the quality of the theatre staff at CRP but pointed out that the drawback to increasing the numbers of operations was a lack of some specialised equipment. This is especially true when needing a quick indication as to which patients would be suitable for immediate

surgery rather than traction. Currently x-rays at CRP use plates which take time to develop. In UK the Team normally use an instant x-ray machine (C – Arm), as do NITOR.

Out of interest I asked one of the theatre nurses what equipment would be helpful for CRP. Top of her list was (you guessed it) - C- Arm (cost about £30,000). She also mentioned: X –Ray gowns; a decent suction unit (electric); Cervical Retractor (Anterior); Norfolk and Norwich Retractors ; Cervical cages; and Cervical plates and screws

The team worked very long hours the whole time they were at CRP, even operating on the morning of the day they were leaving. Dr. Razzak was with them and learning from them the whole time.

MH



Relaxing at the National Monument, Savar, Bangladesh. From left Andrew Frost, Laura Cook, Jake Timothy, Rachel Stern, Emma Binns & Sam Morley.

Fall from a rickshaw

A young woman of 28 was involved in a rickshaw accident. She was taken to a hospital in Dhaka but, because she could not pay, she was turned away. Somehow she was brought to CRP. Fortunately for her the surgical team from Leeds Teaching Hospital was at CRP. She was x-rayed and they decided to operate. When she arrived

at CRP she could not move her legs and one of her arms. The surgeons operated on her the same day she arrived.

In the evening the team told me about her and showed me a normal x-ray of a spine and then the x-ray of her spine. Even to my unpractised eye the difference was immediately

obvious – there was a huge gap in the bones in her neck and the spinal cord was completely exposed.

However because of the prompt action taken at CRP she was able to sit up by the next morning and had movement in both legs and arms.

MH

Al-Amin at the Computer



16 year old Al-Amin Hossain was admitted to CRP in January 2009. Tetraplegic following a fall from a tree, he is a vocational trainee as a mouth painter. This year he has also enrolled for the Secondary School Certificate (SSC) programme through the Open University To help him with this he is learning to operate a computer by using a 'Mouth Stick Typing

Splint' and a 'Head Based Typing Splint'(see photo), two special devices supplied by CRP's Occupational Therapy Department.

Hens increase output for CRP

Elsbeth Fisher's free range hens down in Plymouth have been extra busy since last spring increasing their output from £450 to £600! Thank you, Elsbeth and please thank your hens.

Shohagh's Dream

Every dream has a beginning. Shohagh's dream began when he left Bangladesh for Saudi Arabia in 2006 for a better future.

24-year old Shohagh comes from a middle class family from Brahmanbaria where he enjoyed a happy childhood. A young football star in his locality he cherished the dream of becoming a great national footballer. Since 2003 his father lived in Damam, Saudi Arabia where he was a construction worker. However, he could hardly support his wife and three children back in Bangladesh. Shohagh, as the eldest child, felt he had to also be a working member of the family and without finishing his schooling left Bangladesh for Damam to be a construction worker.

Shohagh's dreams were shattered on 8th May, 2010 when he fell from the first floor of a building under construction. He sustained a spinal cord injury and was rushed to hospital. Later he was moved to another hospital but in spite of treatment had not regained any movement below the waist. In the meantime the family was being overwhelmed by the medical costs. Finally

Shohagh returned to Bangladesh. On 5th April, 2011 he was admitted at CRP as a paraplegic patient. His condition is slowly improving and he has started dreaming again. He has chosen to enroll on the vocational training course in Electronics Repair so that one day he can realize his new dream running a business of his own in his home village.

A lot of accidents can be prevented by taking proper safety measures in all places of work and Shohagh has vowed to lead the campaign in his community.



Shohagh

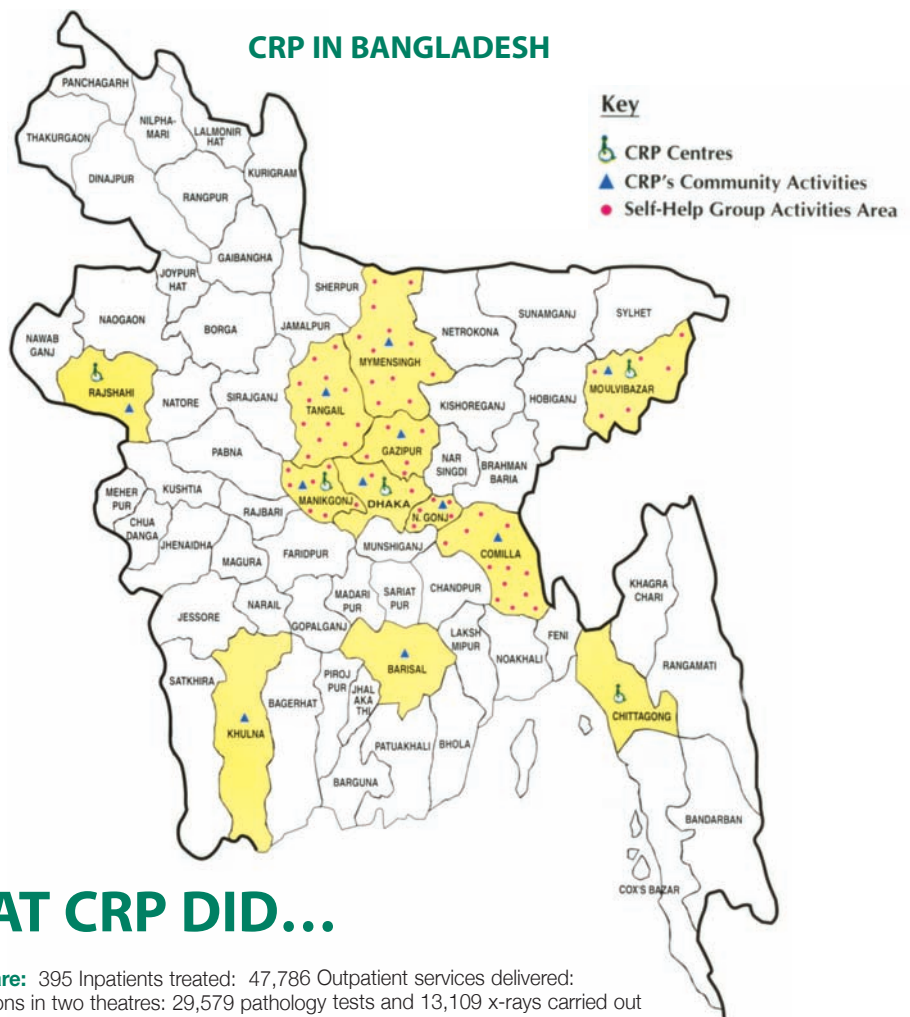
News from Kent

Fundraising events for VTT/CRP include a Charity Meal at the Taj of Kent Restaurant, Marden on 24th **May** at which Valerie Taylor will be present.

and

In **June** St Michael & All Angels Church Golf Day in aid of VTT/CRP is to be held at the Weald of Kent Golf Club with entry open to all. Details of both events from our Administrator, Brian Woodgate.

CRP IN BANGLADESH



WHAT CRP DID...

Medical Care: 395 Inpatients treated: 47,786 Outpatient services delivered: 304 operations in two theatres: 29,579 pathology tests and 13,109 x-rays carried out

Paediatric: 512 Inpatients and 1,451 Outpatients

Physiotherapy: 10,989 Outpatients (38,113 appointments)

Occupational Therapy: 1901 Outpatients (20,051 appointments)

Speech and Language Therapy: 1,177 Outpatients

Social Welfare: 467 mobility aids provided

Prosthetics and Orthotics: 4,285 new patients and 2,091 follow-up patients

Bangladesh Health Professions Institute: 11 courses are offered at B.S.c, Diploma and Certificate level. Last year 135 students appeared before examining boards.

Nursing Institute: 90 students receiving training to Diploma level in Nursing Science and Midwifery

William and Marie Inclusive Primary School: A total of 302 able and special needs children study together.

Community Based Rehabilitation CRP works with Upazilas (roughly equivalent to our local councils) to help disabled persons access services such as health, mobility and employment; exchange information; raise awareness of social and legal issues.

Staff: CRP employs 637 staff including 33 disabled

Mr. Faizul Haque

Since 2003, ICRC has donated polypropylene sheets for making prosthetics as well as funding the cost of training 4 CRP staff in prosthetics technology in India. Further donations in 2010 enabled needy patients to be treated at subsidized rates. Using 5 mobile clinics, CRP identifies and assesses the most severe poverty-stricken cases throughout the country. The cost of a prosthetic limb ranges from 15,000tk - 25,000tk (approx. £150 - £250), a monumental expense for most families like Mr. Faizul Haque's.

At the age of 23, Mr. Haque was already married with a baby boy. He commuted by train to his work in a Dhaka garments factory from Kaligonj village. One morning he was injured in a train collision, severing one leg and mangling another. He awoke in hospital, inconsolable.

Unable to afford a wheelchair, he invented a way to move using 2 footstools. He would put one stool in front of the other and shift to sitting on the next stool.

Mr. Haque received compensation from the government with which he bought some land for a small poultry farm but couldn't manage the work



so eventually sold it at a loss. He was forced to sell slivers of his land to keep his family alive. He knew he had to find a solution.

Finally he sold his remaining land and opened a road-side shop which soon became a success as the story of the footstool propelled shop owner spread on the wings of village gossip. Now, at the age of 48 he is a popular icon of prosperity, and currently paying for two of his children's college education. Finally he can afford prosthetic legs which he hopes will allow him to carry loads to the shop so that his sons will be able to

go to work and stay at school. Mr Haque is a walking miracle to all the people of Kaligonj and beyond.



WAYS YOU CAN HELP

The disabled poor in Bangladesh continue to need help – the Asian Development Bank estimates that the poorest fifth of the population are now worse off than a decade ago. The Valerie Taylor Trust provides nearly over 7% of the annual running costs of the Centre for the Rehabilitation of the Paralysed, the only place in that country where the paralysed are given specialist treatment - free of charge for the very poorest.

Support our work by:

- Fundraising events - Our Administrator can provide display material and collecting boxes
- Having VTT Collection Boxes for use in the home and outdoors
- Making regular donations by completing the back page of this newsletter
- Donating online at www.valerietaylortrust.org, www.paypal.co.uk or www.justgiving.com

Administration

We keep our administrative costs as low as possible (currently 2% of income). However postage costs continue to rise so we want to make maximum use of email. Please tick the boxes below as appropriate:

- I am happy to receive routine correspondence by email ☐
- I am happy to receive VTT Newsletters by email ☐

My email address is

Name and Address

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Telephone

You may no longer wish to be on our mailing list. If that is the case please tick this box ☐

PLEASE RETURN THIS FORM TO THE VTT ADMINISTRATOR



Helping the Disabled Poor and their Families

Administration Address: 4 Wilberforce Road, Coxheath, Maidstone, Kent ME17 4HA

Tel: 01622 743011 **Email:** admin@valerietaylortrust.org **www.valerietaylortrust.org**

Valerie Taylor Trust is a charity registered in England and Wales (number 1122245)

DONATE TO THE VALERIE TAYLOR TRUST

- ☐ I enclose a cheque for £..... made payable to the Valerie Taylor Trust
- ☐ I want to become a Member *(please tick as applicable)*

In order to become a member, at least £25 per year or £2 month must be given as a donation. You do not need to be a member to donate to the Valerie Taylor Trust. However, membership will give you regular up-dates on the work of the Trust and voting rights at the annual general meeting.

PERSONAL DETAILS

Name (Mr/Mrs/Ms)

Address

.....

Postcode Tel No

Email

STANDING ORDER DETAILS

Bank/Building Society.....

Address Postcode

Account Name

Account Number..... Sort Code - -

To the Manager: Please pay to HSBC Liphook Branch, Hampshire GU30 7AW
for the credit of **Valerie Taylor Trust**, Account Number 3122 5227, Sort Code 40-28-29 the sum of
£..... starting on (date)
and on the same date each **month / year** *(delete as appropriate)* after that until I ask you to stop.

Signature Date

(Bank PLEASE QUOTE _____) (A number will be added by the Valerie Taylor Trust)

GIFT AID DECLARATION

- ☐ I pay enough UK Income Tax or Capital Gains Tax for the Valerie Taylor Trust to claim tax I have already paid at no extra cost to me. I want all donations from the last 6 years and all future donations to be treated under gift aid until I notify you otherwise.
- Signature Date

Thank you for your support

Please send **all of this form** to: The Administrator, Valerie Taylor Trust, 4 Wilberforce Road, Coxheath, Maidstone, Kent ME17 4HA
Tel: 01622 743011 **Email:** admin@valerietaylortrust.org **www.valerietaylortrust.org**
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