

A Sporting Chance

UK Sport have agreed to support the development of sports at CRP (Centre for the Rehabilitation of the Paralysed) for this next year with a grant of £10,000. This coincides with the return of Pappu, a young physiotherapy assistant staff member who has recently done various courses on sports in the UK. Valerie says: 'When he returns in March we look forward to planning with him the year's programme for sports development and how this funding might best be spent'.

Chairman's Notes

This Newsletter contains some very impressive details about the scale and variety of both medical services and academic activities undertaken by CRP (Centre for the Rehabilitation of the Paralysed). But Valerie's vision is not only focussed on quality treatment and rehabilitation for the disabled. Increasingly important are three other strands of work. First making CRP's medical and rehabilitation services available throughout the country; second is helping to improve public awareness and acceptance of disability; third, through publicity and training, to help reduce accidents in the home and the workplace. The enormity of the needs in Bangladesh present a major challenge but any progress in these areas brings significant benefits. Our support of CRP through funding, encouraging active links with UK medical institutions and supporting skilled volunteers to work at CRP will all help to realise that vision.

Finally thank you for your continuing support which helps to give a better future to some of the most disadvantaged poor in the world.

Bertie Woolnough CBE
Chairman

It is Cricket

In February two Indian sportsmen from the Disabled Sporting Society of Agra, India, came to visit CRP with the sole intention of setting up a cricket match for a team of about 15 disabled persons from India. The match was arranged for mid March with 3 friendly 20:20 matches.

Valerie writes after the first days play: 'Our team won by 26 runs which is great because the teams are so close in their ability to play well. The bowling, batting and fielding were of fantastic quality. The disabilities include spinal injuries, club foot, amputees, post polio and abnormalities of the limbs from birth'.

Final score: Indian team won by two games to one and a total of six runs – a close run thing!

First School

Coombe Bissett Primary School is to forge a study exchange link with the William and Marie Taylor Inclusive Primary School at CRP-Savar. Is this the first UK school to make such a link?

Going up?

In 1985 Mr Mohiuddin Babul, after completing his diploma in electronic engineering from Dhaka Polytechnic Institute, went on a visit to his home district of Barisal. While there he fell from a mango tree and injured his spine (paraplegic). After treatment and rehabilitation at CRP he started his professional career in the field of electronic repairing and manufacturing.

Years later while surfing the internet he got the idea for a manually operated lift that can be used by people in wheelchairs. He built one at CRP-Savar and another in his own home in Dhaka. Now in his fifties, with the help of a real estate company he is currently constructing an eight story building with manually operated lifts that will allow wheelchair users to rent and live on any of the floors.



Babul operating his manual lift

The Troubadours

A group of talented musicians who enjoy making music together to raise funds for CRP. Expect to be touched by lute songs and madrigals, Elizabethan ditties on life and love, and close harmonies of barber-shop.

Saturday, 17th August, 2013 at 7.30 pm

**In the 15th Century Crowcombe Church House
Crowcombe, Somerset**

INTERVAL BUFFET SUPPER

Further details from

Joyce Halliday t.01984 656578 or Wendy Best t.01460 52347

Money Matters from the Treasurer

Legacy reminder: leaving a gift in your Will makes a difference for the work of Valerie in Bangladesh beyond your lifetime. This is true regardless of the sum and is free of Inheritance Tax. Some basic information is needed from the Trust; please contact the Administrator for assistance.

We would encourage the collection of small change (coppers?) from all supporters using our home collecting boxes. Please ask the Administrator for a box, but start collecting without delay. Remember Valerie started by collecting donations from the 'mile of pennies' at schools.

Against All Odds

Tania Sultana Munni had it all: she was a Social Science and English school teacher married to an established businessman with a three year old son. Then on 10 January 2012, while riding in an auto rickshaw, Tania's scarf got caught in one of the wheels, throwing her out of the vehicle and breaking her neck. After trying three different hospitals, she was told there was little hope she would walk again. On 18

January 2012, Tania was transferred to CRP and underwent surgery. Against all the odds, Tania started to make progress; four months of continuous therapy found her able to walk, communicate effectively, work, and perform most tasks on her own. Tania enrolled in the Computer Training Course at the Vocational Training Institute of CRP. After completing the course and fully recovering from her



Ms. Tania Sultana

treatment, Tania was reunited with her son and parents and landed a job at CRP. She is currently in training for her new job and her future is looking brighter and brighter.

Need a card?

*The new contact is: **Carol Bennett***

*Telephone: **07952 958699** or **carolasdf3@hotmail.com***

Carol is a keen and talented photographer who has donated a range of her photos on a variety of subjects including some taken in Bangladesh. Lovely's cards and those of the other CRP artists are still available. Call Carol for details.



Thinking of Volunteering?

Have a look at the CRP website and read the eight pages of Guidelines. Still keen?... fill in the application form and see if CRP have a place for you.

You will probably still have questions so it can be reassuring to email or speak to a 'live person' such as a returned volunteer, fully qualified in your speciality – physiotherapy, occupational therapy, nursing, teaching, etc. I can usually answer general queries – How much cash to take? What is the accommodation like? I'm a vegan – will that be a problem? What can I take as small gifts? Bangladesh visa delays? What to wear in winter?

Also available: 10 minute DVD on CRP (free on loan or £5 if you keep it); back numbers of VTT Newsletters; a leaflet about how VTT helps the poorest of the poor; a photo display as an aid with fundraising; a short History of Bangladesh (three pages); 'Common words in Bangla' and a recommended book 'Triumph of the Challenged' (£5 inc postage)

You are welcome to get in touch with me. I have been to CRP seven times over the past 25 years and have spoken with scores of volunteers before and after their visits to Bangladesh and can put you in touch if appropriate. I am here to help.

Wendy Best, VTT Trustee and Volunteer Advisor

t. 01460 52347; wendy@wendybest.co.uk; 27 East Street, Ilminster, TA19 0AN

Heather Oliver

Heather Oliver was inspired to travel to Bangladesh after meeting Valerie and hearing her talk in Coombe Bissett during last year's fundraising tour. Talking of her arrival in Dhaka she says: "Arrived in the dark, 6 am, to all sorts of interesting sounds and heat – reminiscent of India. I was one of two foreigners at the enormous international arrivals desk. When asked why I was coming to Bangladesh I mentioned CRP. Immediately the arrival clerk said how wonderful Valerie's work was and that she was a Bangladeshi citizen (very unusual for a foreigner) so it was a warm welcome in more ways than one. Volunteers, like me, are looked after in a wonderful house with showers, and come from all around the world including Canada, Australia, Europe and America."

Although only there for a short time, Heather managed to visit both Savar and AK Khan – CRP Chittagong. While at Savar she 'saw horse riding for autistic pupils which they



seemed to be greatly enjoying'. Heather also visited the William and Marie School where a 'revision' of the pupils was in progress i.e. each pupil was saying their name, age, parent's occupation etc including the details of their grandparents. Whilst in Chittagong after an 'unforgettable' train journey from Dhaka, she followed the progress of a patient being measured for a prosthetic and saw a cast formed for his new leg.

All in all an extremely varied, exciting and memorable trip.

Meet the co-ordinator

30 year old Md Mizanur Rahman – Mizan – is the co-ordinator and contact point for volunteers hoping to go to CRP. He is also a lecturer in CRP's Speech and Language Therapy department.

His lower limbs were paralysed by polio when he was a year old but in spite of this he completed his graduation and took a masters degree in Linguistics at the University of Dhaka. After volunteer work with National Forum of Organizations Working with the Disabled (NFOWD), he went on to work as a Programme Coordinator with Bangladesh Disabled Development before joining CRP in November 2008.

Email: volunteers@crp-bangladesh.org



*Mr. Mizanur Rahman,
Lecturer, CRP*

IGA (Income Generating Activities)

CRP continues to look for new ways to create income:

- Twelve shops have been constructed at CRP-Gonokbari all of which are rented out on a commercial basis.
- The handmade recycled paper production has progressed to commercial production for other organizations while also meeting CRP's own requirements.
- Handmade candles and restarting various handicraft products are almost ready for production.
- Outlets for these products include two retail shops, **Jatra** and **Folk International** who will be selling wooden products, toys and the Balans Stools made in CRP's workshop
- **World Vision Bangladesh** will also be selling CRP's goods.



Tending the growbag

Also in the planning stage is a new and innovative project named “**Growbags project**”. It has reached the trial stage as you can see from the photo. With a vertical approach to growing plants in a bag, it will be easy for the wheelchair user to take care of the plants. The idea came from two volunteers from UK.

Still mushrooming...

Due to demand the mushroom growing activities have had to move to larger premises at Gonokbari so we are looking for a large increase in income in the next financial year.

The A.K. Khan-CRP Chittagong Centre

Valerie's vision of expanding CRP into the regions of Bangladesh allowing easier access for all patients, especially the poor, has made a good start with the opening of Centres in Chittagong and Moulvibazar; land has been donated in Barisal and Rajshahi and in both areas new centres are planned. Thanks to a donation from the Japanese Embassy work on the construction of Afsar Hossain-CRP Rajshahi is well advanced with the completion of construction due in April this year.

Thanks to a very generous legacy the A.K. Khan-CRP Chittagong Centre was formally inaugurated at the beginning of October 2012. The Centre offers therapy treatment in Physiotherapy, Occupational Therapy, Speech and Language and Prosthetics & Orthotics under the direction of Clinical Physio, Md Khalilur Rahman. Plans for development include an accommodation facility for outpatients; vocational training in general electronics; industrial sewing machine operating and the establishment of a Disabled People Organisation.

CRP-Moulvibazar has expanded its rented premises making the services more accessible to the patients living in remote areas. For the year to June 2012, a total of 169 patients received treatment. Physiotherapy services were also given to the community health complexes where a further 388 patients received treatment.



Mr Lokman of the Prosthetic Orthotics department at work in Chittagong



Inauguration of the AKKhan-CRP Chittagong Centre took place on 2nd October 2012 when Alhaj M Manjur Alam, Honourable Mayor of Chittagong City Corporation cut the tape

*A patient receiving treatment from
Clinical Physiotherapist, Mr Ziaur Rahman*



*ABOVE:
Clinical Occupational
Therapist, Ms Sifat,
helping a young patient*



*LEFT:
Front view of
A.K. Khan-CRP
Chittagong Centre*

*BELOW:
Final fitting for this
patient's new prosthesis*

*Speech and Language session with
Mr Sharif al Mamun and his patient*



Successful placements at CRP



Miriam Currie at CRP-Savar

Corinna Klaentschi reports that three students from York St John University will be completing their placements at CRP this year. Miriam Currie is already there working with the occupational therapy team for 10 weeks and Alice Hodgkinson and Buv Khular, who are both psychology students, will be going in May for a month. Amy Roy and her husband are unable to commit to a 10 week placement, but will help for a month in July in the OT department and the office.

The feedback from students continues to be excellent, the stories inspiring and we now have growing evidence that the students are the first to be employed on graduation – confirmation that this placement scheme is win-win for all.

New Masters course opens at Savar

15 students began the new Master in Physiotherapy in February at CRP. Among them are several staff members. Philomena Commons, Senior Lecturer in Physiotherapy at Leeds Metropolitan University, who visited Savar in January, says their expertise will be vital: 'The patient load has been remarkable – clearly people are seeking the place out, looking for help.' She adds that the growing reputation of CRP as a centre of excellence meant that in one day 'I saw more severe cases than I have seen in the last two years in the UK.'

Despite the pressure, Phil reports the Centre is buzzing, with full wards and classrooms. Her own visit was primarily to run an update in rehabilitation. She was relieved there is now a bigger conference room, since there were 80 eager students waiting for her. She came away impressed and aware of the need to equip these young physios with the advanced skills to meet the challenges that CRP's success has generated.

SNIPPETS

- After a visit to CRP, **Kate Hollands**, a student from Stagsden, organised a Curry Night at the New Bombay Restaurant, Bedford. The well-attended event raised £1,615 with an extra donation of £100 from a supporter unable to attend.
- 'Presence not Presents' and fingers crossed, donations to VTT will mark **Brian Woodgate's 70th birthday celebrations** in April which include a lunch for family and friends at a local Bangladeshi restaurant and later a tea for other friends in the Vestry Hall.

Energy Savings for CRP

The brilliant work that CRP does is hampered by a daily occurrence: frequent failures and fluctuations in the electricity supply.

As you can imagine this has serious consequences for patients, staff and equipment – fancy being on the operating table when the lights go out! The forecast is that supply will continue to worsen as Bangladesh's GDP grows at the giddy rate of 7%, much faster than the electricity grid infrastructure.

Although CRP has generators which kick in with only a short delay, the nub of the problem is that the generators supply 30% of the electricity used but cost over 60% of the total cost of electricity supplied.

Fixing this problem would free funds for use by CRP to help extend its core work of helping the paralysed.

An additional green, sustainable source of energy might be the answer. Our first thoughts were to use solar energy: Bangladesh has lots of sunshine and CRP Savar has lots of roof space.

So that we could decide what the best solar PV system for CRP would be, a pilot plant was installed in September 2012. The plant was donated by Dulas of Wales and installed, cost free by their Bangladesh associate, Trade Vision.

We shall monitor its performance over a series of months to determine whether solar PV is the right system, and if so what size plant is appropriate, and what savings we might expect it to yield.

We'll keep you posted.



Cath Peasley, Head of Solar for Life cuts the tape to inaugurate the solar trial at Savar

For those of you who like the technical bits... Two solar panel systems of different types have been set up – one is a battery backup mode funded by CRP to fulfil the requirement of the Bangladesh Rural Electrification Board; the other is Dulas UK's online mode (Greed Tie). The capacity of the Battery Backup Panel is about 1.4kwp while the Greed Type panel is about 1.632kwp. Both panels are running well and are monitored regularly.

- **Christmas collections** for 2012 in Hamilton, Scotland at St. John's Church, St John's Primary School, and Hamilton Grammar School raised over £980. Well done.
- **The United Reform Church in Daventry** continues to raise money for CRP at their Tuesday mornings sales which, including a donation from a member, has just raised £2,893.
- Looking ahead in June, **St. Michael & All Angels, Marden** has designated CRP/VTT as their charity of the month. Let's hope they have a very good attendance both at church and at the Curry Night being organised by Brian Woodgate.

Metal on the move

Plans are afoot to move CRP's metal workshop from CRP-Savar to CRP-Gonokbari but are awaiting funding which may come from the Kadoorie Charitable Foundation (KCF) who are currently reviewing the detailed budget and plans.

In the meantime the workshop has not been idle, increasing its monthly wheel chair production capacity from 30 to 60 and special seating wheel chairs from 20 to 30 alongside other products.

Another exciting piece of news is that a prototype powered wheelchair has been assembled for trial and development. It is currently being tested by various CRP patients who have different levels of need/use so that they can assess it and give feedback. Hopefully the final version of these low cost power wheelchairs can be made in the metal workshop. Also on trial is the powered tricycle.



Driving a powered tricycle

CRP has also developed a tilting seat wheelchair in collaboration with a local NGO and a UK volunteer rehabilitation engineer from Motivation UK. This tilting seat wheelchair helps with the early stages of wheelchair use when the patient is returning to a vertical sitting position after considerable time lying down.



During early physical rehabilitation, patients with higher tetraplegia struggle to raise their heads because of an inadequate blood supply to the brain – postural hypotension – which can limit rehabilitation. Using the tilting seat wheelchair enables the patient to tilt backwards to a more comfortable angle. This creates better postural stability and gives a greater degree of independence of movement.

Four year old Maria in the tilting seat wheelchair

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 supports 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
– available from the Administrator
- 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
- Making a legacy to VTT in your will

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 ☐

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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)

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.....

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 confirm that I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I want 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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