

Chairman's Notes

CRP has already celebrated its 35th Anniversary – what an achievement and transformation since those early years in Dhaka. The huge range of treatment, rehabilitation and training facilities is remarkable and CRP rightly enjoys its worldwide reputation as a centre of excellence.

The treatment of Spinal Cord Injuries (SCI) remains the core task of CRP. As I mentioned in the 2014 Autumn Newsletter, our policy is for unrestricted donations to be used to subsidise treatment costs for the poorest SCI patients.

As well as financial support, the endless stream of volunteers from the UK to CRP is an important element of VTT's support. Whatever an individual's profession and skill, there is always a worthwhile contribution to be made to some aspect of CRP's work. Please do consider visiting Bangladesh and giving your time and talents to helping the staff at CRP.

Thank you for your support. Please do come to our AGM in London on 16th May to hear the latest news from CRP and also meet up with fellow supporters.

Bertie Woolnough CBE
Chairman, Valerie Taylor Trust

Happy 35th Birthday CRP

On 11th December 1979 CRP started its remarkable journey and exactly 35 years later CRP celebrated its birthday with a 35 pound cake!



CRP's Executive Director Mr. Md. Shafiqul Islam opened the day of celebration by releasing 35 balloons in the air followed by cutting the cake which was distributed to the in-patients on the wards. Staff, volunteers, patients and students all participated in the day which included a cultural programme and opportunities to discuss and reflect on the incredible achievements CRP has made over the years.

Read on to hear more about just some of those achievements...

CRP: Much more than just a spinal injuries centre

From humble beginnings in 1979 with space for just 4 patients, CRP has grown into a dynamic, wide reaching and, most importantly, life changing organisation.

Set up by Valerie Taylor, initially just treating those with spinal cord injuries, CRP now treats patients with strokes, musculoskeletal problems, cerebral palsy, cleft palate, club foot and many other conditions. Last year 388 in-patients and over 50,000 out-patients received medical or therapy input from CRP. This treatment, always has been and remains subsidised or free for those who cannot afford to pay.



CRP is not just about providing treatment for those with illness or injury, it works tirelessly to improve workplace and road safety in Bangladesh, as well as advocating for the rights of disabled people. CRP has developed links with a number of partner organisations all over the world, for example the International Committee of the Red Cross (ICRC), Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) and the UK Department for International Development. Recent successful projects include installing ramps to improve disabled access to government buildings and the creation of local Disabled Peoples Organisations in different districts, which allow those with spinal injuries to have a greater voice in their local communities.



Telemedicine improves follow up for CRP patients

CRP has developed a telemedicine service at Savar, allowing staff and patients to access expert medical opinions from all over the world. Kind support from the United Nations Development

Programme is allowing further development of the Access to Information project (a2i). Small IT equipped offices have been set up in locations around Bangladesh. These offices allow patients to make phone, email or live video contact with CRP staff without travelling to one of the main centres, providing quick access to expert medical and therapeutic advice and support.

CRP therapists provide vital rehabilitation for burns victims

Unfortunately a spate of petrol bomb attacks in recent months has resulted in an increased number of patients requiring rehabilitation following serious burns. The Occupational Therapy service at CRP has developed links with the Institute of Burns and Plastic Surgery, Dhaka Medical College Hospital, and commenced a therapy service there on the 12th February 2015. The therapists are well placed to provide high quality treatment including positioning and splinting using local materials, oedema management and access to hand therapy which remains rare in Bangladesh.



New Treasurer for the Valerie Taylor Trust



Michael Woodley, a long standing supporter of CRP has stepped down from the role of Valerie Taylor Trust Treasurer. Michael has held this role since the creation of VTT in 2007 and played an essential part in the development of the charity.

After an extensive handover period, Michael passes responsibility to Stuart Jefferys, a chartered accountant who runs his own business. Michael remains a Trustee and active in the work of VTT. Michael's contribution over the last 8 years (and more) cannot be downplayed and all the Trustees extend our deepest gratitude to Michael for all his time and hard work.

School of Prosthetics and Orthotics opens at CRP

CRP has initiated the establishment of a School of Prosthetics and Orthotics; the need for which has been long felt. This is due to the fact that there was previously no such facility available in Bangladesh. The demand for well trained staff in this area has only increased following the recent Rana Plaza tragedy.

In 2014, GIZ, together with Bangladesh Garments Manufacturers and Exporters Association, ICRC and CRP, financially supported the establishment of the initial infrastructure. ICRC continues to give equipment and technical support to the school. The laboratories, stores, machines, and modification rooms are now completed and all equipment, materials and machines have been installed. A training laboratory, library facilities and textbooks and a fully furnished class room with multimedia are now available for all students.

One Coordinator, two teachers: one from Cambodia and another from Zambia, and a technician have been appointed. Government approval has been received for the Diploma in P&O.

The first cohort of ten P&O students are waiting to sit their first professional examinations under the State Medical Faculty (SMF) while the second intake, also of ten students started their classes 11th of January 2015.



New workshop improving wheelchair provision

In 1991 a wheelchair charity, Motivation, first became involved in working with CRP. Back then, CRP was only producing one wheelchair a month. Motivation worked to implement a new design of wheelchair suitable for use by people with spinal cord injuries and for the harsh physical environment that Bangladesh presents for a wheelchair user. In addition, Motivation set up a seating workshop and clinic and began to produce seating products suitable for children with disabilities such as cerebral palsy, especially those in rural areas. In November 2015, David Constantine, President and Co-founder of Motivation re-visited CRP, his first visit since 2000. David commented on the huge amount of change that has happened in that time. “The centre has gone from a small spinal injuries rehabilitation unit with workshop facilities to a fully functioning centre for spinal cord injury; children with cerebral palsy; a physio and occupational therapy school; speech and language centre; half-way hostel; research programmes with major worldwide universities and many other partnerships and activities. Offsite activities such as Mirpur and Gonakbari are excellent examples of diversification and income generation.”



Wheelchair workshop © David Constantine – Motivation

David visited the new wheelchair production workshop at Gonakbari, which moved there from Savar earlier in 2014. The new workshop is much larger, allowing the area to be well laid out with space between the activities. The new workshop co-ordinator, Firoz, has been working on a new design for a rough terrain wheelchair which has the potential to lower costs and production time. He has also redesigned some equipment

to allow it to be used in the seated position and David commented how encouraging it was to see two female wheelchair users engaged in the highly skilled job of spoking the wheels. It is Firoz's goal to have more wheelchair users than able bodied people employed in the workshop, a laudable aim.

David also met with Valerie Taylor and Md. Shafiq-ul Islam to discuss the design of an electric assisted manual wheelchair. David explained that although this was not Motivation's area of expertise, they may be able help CRP source components needed for the electronics, which are difficult to obtain locally in Bangladesh.

David concluded his report by sharing a special experience “It was quite an emotional moment for me to witness the wheelchair basketball game demonstration during the ASCoN Conference with cheering spectators surrounding the basketball court intermingled with wheelchair users using all eras of Motivation's designs in one place.”

Whole family uses their skills to support CRP

Neurological Physiotherapist Jill Fisher writes:

On a cold January day, after two years in the planning, I set off from Leeds with Linzi Meadows to a much warmer Bangladesh. Linzi is an advanced Bobath Tutor, a technique for the assessment and treatment of those with neurological conditions such as strokes or cerebral palsy. The primary aim of Linzi's visit was to teach a five and a half day internationally recognised course for



Jill Fisher teaching

physiotherapists for which she kindly waived all tutor fees. The course was available not just for CRP staff but to wider members of the Bangladeshi physiotherapy community. Unfortunately despite 30 external applicants many dropped out. Factors limiting full attendance included, I believe, the other organisations not releasing the staff for the training and national problems of political unrest leading to strikes and blockades causing difficulties with travelling.

All who took part in the course enthusiastically received it and the practical details were very well organised by Rumana Farjana and other staff. Senior staff including Mr Md. Shafiq-ul Islam showed their understanding of the importance of the course and continuing professional development by attending a special ceremony with the presentation of certificates.

After completion of the course, Linzi returned home and I continued to work alongside staff, giving clinical support and teaching at a number of workshops for all levels of staff. Each session was tailored to what I felt would be most beneficial, having worked alongside the staff.



Paul giving dental health advice

My husband Paul and daughter and son-in-law Lana and Crispin Northey joined me at CRP for the first two weeks of February. Lana and Crispin spent their time advising and working within the fundraising department, sharing skills and knowledge in bid writing, donor management, communication and presentation skills.

Paul was quickly being greeted around the grounds of CRP with people asking "Mr. Paul" to check inside their mouths. This was following his dental health education sessions. Paul gave several one and a half hour sessions, teaching about the importance of regular tooth brushing for children and adults and checking children's mouths to give individual

advice to their parents or carers. He also gave warnings to staff and patients regarding the dangers of Betel Nut chewing and smoking – both causes mouth cancers.

It was Paul's first visit to CRP but the warm welcome he received, coupled with the high level of need he recognised, after having looked into so many young mouths, means it is unlikely to be his last.

Living Life to the Full: CRP hosts international spinal cord injury conference

The 13th Asian Spinal Cord Network (ASCoN) international conference took place at CRP in November 2014. ASCoN was initiated in 2001 following a meeting of regional experts (which also took place at CRP) and aims to ensure sharing of good practice, and skills and knowledge across the region. The theme of this important conference was 'Living Life to the Full' and the focus was on professional development and driving improvements throughout all areas of spinal cord injury management from pre-hospital care to rehabilitation and lifelong services. The conference, which included workshops, presentations and networking opportunities, was attended by 350 participants from 20 different countries, including 50 service users from Bangladesh.

CRP plays a pivotal role in spinal cord research and development and a number of CRP staff were awarded for their research during the conference, with many more submitting papers or completing poster presentations.

The ASCoN fellowship award for best paper went to Md Akhlasur Rahman, Clinical Physiotherapist for his paper about the CIVIC project. He reported "CIVIC means Community-based InterVention to prevent serious Complications following spinal cord injury. It is a five year project, currently in the pilot stage. Patients are followed up after discharge with a home visit 2-3 times a year and regular phone calls. The effect of this intervention on reducing the incidents of complications will be studied." Akhlasur wins an observership at an ASCoN centre. He is considering choosing Malaysia and is looking forward to learning more about the management of spinal cord injuries and bringing that knowledge back to CRP.



Bristy accepting the Prize



Md Akhlasur Rahman receiving his fellowship award

The ASCoN Best Assistive Device Award had joint winners – for two very different types of wheelchair. A trial version of a solar powered wheelchair has been developed at CRP's metal workshop by a joint team of Jahangir Nagar University and CRP staff members. It is hoped that this will be developed further with support from Bath University.

A tilt-in-space wheelchair, essential for those with high spinal injuries who have no ability to sit unsupported, was designed by a team from CRP and the Centre for Disability in

Development, and presented by Iffat Rahaman (Bristy), In-charge, Special Seating and Paper Technology. Bristy has kindly donated her prize winnings to CRP.



Dancers © Maggie Muldoon

During the conference there was also an opportunity to demonstrate the skills and abilities of those with spinal cord injuries with a cultural programme and a number of sporting events including weight lifting and table tennis.



Basketball © David Constantine – Motivation

A tri-national wheelchair basketball competition in which Nepal, India and Bangladesh completed attracted thousands of spectators – once again supporting the mantra ‘Ability, not disability’.

Restricted Fund Supports School Leavers to Achieve Independence

Valerie Taylor Trust's primary aim is to provide financial support to CRP which they can use in the way they most require to support their work with the poor disabled in Bangladesh. However, on occasion a particular need is identified and then a restricted fund is created.

Carol Bennett writes:

Over the past eight years, I have visited CRP five times, and have had the pleasure of working in the William and Marie Taylor Inclusive School. The children there have a wide range of disabilities and even greater abilities. Many come from very poor families and some have no family. On completing their studies some of the students require ongoing assistance to integrate into society and find employment. I have set up a fund (Restricted Fund 62) to help CRP support these young people with disabilities when leaving school. The fund allowed wheelchair user Porimol Rajbangshi (left) to build and stock a shop which he now runs with the help of his family. His best friend Prodip Alam Chowdhury (right) was supported to buy a computer, allowing him to start his first job.



If you would like to support the futures of other young people in similar situations you can contact the VTT Administrator quoting RF62.

CRP therapists develop skills in the assessment of cognition

Occupational Therapist Cath Neilson reports

I visited CRP early this year with my husband, Matthew and fellow Occupational Therapist (OT), Eleisha. Eleisha and I were involved in running a series of workshops for the OTs at the Savar and Mirpur centres, sharing practice in the assessment of cognition and the importance of holistic care. It was interesting to take the initial steps in encouraging the therapists to develop a language and culture-specific tool for the comprehensive assessment of cognition, a very complex subject. The OTs participated enthusiastically in these sessions, and we all learned a lot from each other. The importance of cognition in various aspects of Occupational Therapy is being increasingly recognised worldwide, and with this we are gaining fresh insights into its assessment and management. I was pleased to see that some of

the OTs at CRP were keen to take this work forward in Bangladesh, and are even looking at introducing a new assessment tool, called the MoCA®, into their practice.

This was my third visit to CRP and we were only able to be there for 2 weeks. However by focusing on workshops, rather than clinical work, we were able to help facilitate some creative thinking about how the Bangladeshi therapists can develop their practice.

I would like to encourage anyone, no matter how much or little time they have to spare, to come to CRP and get involved in the great work that this organisation is doing. Every time we have been we have been really well looked after, and have met some truly inspirational people. I only wish we could have stayed longer. As my friend Eleisha pointed out on the ride back to the airport: we'll just have to start planning our next trip!

Rana Plaza rehabilitation on-going

Nearly two years on, work helping the victims of the Rana Plaza disaster is ongoing. 509 people have received treatment from CRP either as an in-patient or out-patient including medical intervention, rehabilitation and the provision of prosthetic limbs. 389 people have completed vocational training, an essential service for those unable to return to their previous jobs. Following this training, the students have received support to settle back into their communities and establish meaningful and sustainable roles. CRP has been able to assist with this, for example providing support to open grocery or tailoring shops. The generous donations from supporters of the VTT in response to the tragedy have helped make this support and assistance possible.

A special thank you

Daphne Woolnough has stepped down as editor of the Valerie Taylor Trust newsletter. A supporter of Valerie's work since 1987, Daphne has visited CRP many times. She has edited the newsletter since the creation of VTT in 2007.

All of the Trustees would like to offer our heartfelt thanks to Daphne for all her hard work and dedication over the years.

Swedish Students help renovate the half-way hostel

In November 2014 eight students studying construction, together with their teachers left Gothenburg, Sweden for Savar. The students, with support from local workers, renovated the kitchen in the half-way hostel installing a chimney and building and installing a cooker hood. They also casted benches and working shelves in concrete and completed various other building jobs. The students gained competence in a variety of skills related to their vocations and expertise in solving construction problems in an environment with scarcity of resources. They also developed a valuable understanding about the living conditions and working life for injured children and adults in a foreign country.

Two awards for Valerie Taylor

Valerie received a 'Lifetime Award' at the Bangladesh Association of Glasgow XX Commonwealth Games Event in August 2014, at which the Bangladesh Commonwealth athletes were present. The award was presented to her by the Association President Sarwar Hassan, who is a member of VTT and a long time supporter. Sarwar visited CRP not long after the Rana Plaza disaster.



During an International Conference on Inclusive Education, held by the Asian Centre for Inclusive Education (ACIE) in Dhaka this January, Valerie received the Nirafat Anam Memorial Inclusion (NAMI) Award. NAMI's are given to those who have made significant contributions towards making Bangladeshi society more inclusive.

The Essential Gift



It was encouraging and exciting to receive requests from friends and supporters over the Christmas Period. Those who contributed to the scheme found it very helpful as an 'alternative gift'. The Essential gift scheme is now available throughout the country and Essential Gifts can be given for any occasion – birthdays, Eid, anniversary or to mark a special occasion. Are you trying to think of a gift for someone who has everything? Help is at hand.

You can give an **Essential Gift** to someone who really **needs** it instead.

- Would you like to make someone who is paralysed mobile by the gift of a wheelchair?
- Or replace a limb with a personally made and fitted prosthetic?
- Or give a child an educational toy to help their dexterity and cognitive powers?
(Just some of the gifts available)

Then the **Essential Gift** scheme is for you.

Donate the appropriate amount and the chosen gift will be made available to a poor person who needs it to give them a better life. You and the person 'receiving' your **Essential Gift** will have the pleasure and satisfaction of knowing a life has been changed and improved by your generosity.

For full details, including other **Essential Gifts** available, please contact:

Elizabeth Arthur, 51 Burlington Avenue,
GLASGOW G12 0LJ
Telephone (evenings only) 0141 339 4273

Leaving a Legacy in your will

Valerie Taylor will leave an amazing legacy. She founded CRP in 1979 and led it to become the force it is today – serving over 400 inpatients and 40,000 outpatients in a year. In reality, it remains the only option for poor people with disabilities or spinal injuries in Bangladesh. Her achievements are truly inspirational. But she couldn't have done it on her own. Without your help and support, CRP wouldn't be what it is today.

Leaving a legacy to the Valerie Taylor Trust is the simplest and most effective way to make sure that we continue to support the cause we passionately care about even after we die.

What can I do?

Any gift, no matter how large or small will be welcome, and will make a difference to those that need it most.

I've already made a will

Your solicitor should be able to make a simple adjustment to include the Valerie Taylor Trust. Don't forget to check that your Will still reflects your wishes and the value of your estate. Circumstances change; children and grandchildren are born, people get married or indeed divorced and all of these can result in the need for amendments to be made.

I haven't made a will

We strongly recommend that you do.

Many people are put off making a Will, because they feel they are not at 'that' stage in their lives yet. However, no matter what age you are or what your personal circumstances may be – making a Will really is a vital part of planning for the future of your loved ones. It is also the only real way of



guaranteeing your wishes are respected after your death. There are important questions such as: Who cares for your children? How should any money be split between family, friends and favourite causes? If you don't leave a will, the state decides these matters for you.

Writing or amending a Will can seem like a daunting task, but it can be quite straight forward. Please make sure you use a solicitor to get the right personal advice and make sure the Will is valid. The solicitor will need the charity name, address and registered number (*see the back page of this newsletter*).

What kind of legacy can I leave?

Residuary legacy – A percentage or fraction of the remainder of your estate, after all other payments have been met. A residuary legacy has an advantage over other types of legacies as it keeps pace with inflation.

Pecuniary legacy – a fixed amount of money that has been specified in your Will.

You could also consider a **Donation in memory** – where you request that friends and family make a donation to the Valerie Taylor Trust in your memory, perhaps instead of buying flowers.

What about Inheritance Tax?

A gift to the Valerie Taylor Trust will either:

- 1) be taken off the value of your estate before Inheritance Tax is calculated (so it could avoid creating an inheritance tax liability of up to 40%), or
- 2) reduce your Inheritance Tax rate if more than 10% of your estate is left to charity.

A Lasting Legacy

Legacies are special gifts from one generation to the next. By remembering the Valerie Taylor Trust in your Will, you will be making a lasting difference far beyond your lifetime.

Please contact us with any questions and please feel free to inform us if you've included the Valerie Taylor Trust in your Will.



WAYS YOU CAN HELP

The disabled poor in Bangladesh continue to need help. The Valerie Taylor Trust supports the Centre for the Rehabilitation of the Paralysed. This is the only place in the country where the paralysed are given specialist treatment – free of charge for the very poorest.

Support our work by:

- Regular donations by completing the back page of this newsletter – our preferred method.
- Donate on-line to our bank, details overleaf, or via www.valerietaylortrust.org, www.paypal.co.uk or www.justgiving.com.
- Donate by Text to TXTVTT12 £+ the amount (£1 to £10) from any UK mobile phone to 70070. You will receive confirmation of your donation which is deducted from your mobile phone without charge for the text message.
- Please register your donations for Gift Aid if this is applicable.
- Use a VTT Collection Box in the home and outdoors – obtained from the Administrator.
- Make a legacy. All sizes of donations are valuable and are tax-free. Please ask for our leaflet.

Administration

We keep administration costs to a low 2-3% of income. However, as postage costs increase, we want to make maximum use of email. Please tick the following boxes as appropriate:

- I am happy to receive routine correspondence by email ☐
- I am happy to VTT Newsletters by email ☐
- Please unsubscribe me from the VTT mailing list ☐

My email address is

Name and Address

.....

..... Post Code

Telephone

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 **Web:** 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 **Valerie Taylor Trust**
- ☐ I would like to join the **Valerie Taylor Trust** (please tick as applicable)

In order to become a member, at least £25 per year, or £2 per month, must be given as a donation. You do not need to be a member to donate to the Valerie Taylor Trust, but being a member entitles you to regular updates on news and information, voting rights at the Annual General Meeting and ensures VTT continuity.

PERSONAL DETAILS

Name (Mr/Mrs/Miss/Ms)

Address

Postcode Contact Tel No

Email

STANDING ORDER DETAILS

Your Bank/Building Society

Address of Bank/Building Society

Account Name (usually your own name)

Account No Bank Sort Code - -

To the Manager: Please pay to HSBC for the credit of **Valerie Taylor Trust**, Account Number 3122 5227, Sort Code 40-28-29. IBAN (International Banking Account Number) GB59MIDL40282931225227 the sum of

£..... starting on (date) and on the same date each **month / year**

Signature Date

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

GIFT AID DECLARATION

- ☐ I confirm 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 wish all future donations to VTT to be under the Gift Aid Scheme until I notify you otherwise.

Signature Date

THANK YOU FOR YOUR SUPPORT

Please send **all of this form** to: **The Administrator**

Helping the Disabled Poor and their Families

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

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