

Summer  
2020

# Valerie Taylor Trust

Supporting the work of Valerie Taylor in Bangladesh

## Celebrating 40 Incredible Years



December at CRP was filled with colour, cultural programmes and friendly competition, all in celebration of CRP turning 40 years old. Valerie always had big ambitions for CRP and it is incredible what she and all the dedicated staff at CRP have achieved over the years.

CRP is truly a national organisation, changing lives throughout the country and continuing to innovate and develop to further meet the

needs of the Bangladeshi people. This has resulted in international recognition and, rightly so, many accolades and awards. Recently Valerie was featured on a Top 25 list of "History's Greatest Physios" compiled by The International Physiotherapy History Association (IPHA). This reinforces the amazing impact she has made in Bangladesh and in the wider community.

## From the Chairman

After the scare we all had last year over Valerie's health, following a fall she had in Seattle, I'm delighted that she has made a good recovery and was able to play a full part in the celebrations last December of the 40th anniversary of the founding of CRP. Also we have recently heard from the American Friends of CRP that all Valerie's hospital bills have been waived, and that the ambulance bill and the cost of a few days in a nursing home have now been met, with some help from money already raised in Australia.

CRP's central site at Savar has become very crowded due to the increasing number of students being trained at BHPI, so it is good

to hear that the pressure will be somewhat relieved by the transfer of the Vocational Training Institute to a recently completed centre in Manikgonj in the course of this year. But as CRP continues to grow, the challenge is to maintain its high quality of care and treatment. VTT has now given more than £2.2 million to CRP since it was formed nearly 12 years ago. We should all feel proud of that. Thank you for all you do to enable CRP to give hope to so many people with disabilities who do not have the means to meet the full cost of their treatment.

**Ben Clackson Chairman, Valerie Taylor Trust**

# Happy 40th Birthday CRP

Volunteers who were lucky enough to visit CRP for the birthday celebrations report on all the wonderful festivities.



*Hanneke and Janet at the celebrations*

## **Glen McGhee:**

Who can believe that CRP is 40 years old, from a humble beginning to a world famous Rehabilitation centre? I was so lucky to be there for the celebrations.

Buildings were painted up and the entrance, drive way, gardens, administration block and Reddaway Hall was transformed into a beautiful wonderland of lights and floodlit water fountains, made by Arham from left over scrap metal from the production of CRP wheelchairs.

The 3 days of celebrations started on the Friday 6th December, with as many CRP staff and members as possible invited to the Reddaway Hall. There were about 1000 people, which was amazing to see. There was a cultural program and then the 40 longest serving employees were brought up on to stage, presented with a gift and asked

to talk about their own CRP experience and what CRP has meant to them. Each employee was given a cloth bag, mug and T-shirt with the logo "I am CRP" written on it. Speeches were made by the CRP trustees and also by Valerie Taylor.

Late morning was the final of the wheelchair basketball tournament, which was sponsored by International Red Cross.

The following day the celebrations were all about the CRP students, ex-students, ex-staff and ex-patients. It started with a cultural program with the children from the William and Marie Taylor School putting on Bangladesh dance routines, which are always so colourful and entertaining.

A beautiful speech was given by the Minister of Education about CRP, followed again by the Chair of the Trustees and Valerie Taylor. In the evening a music concert was staged with local and national well known musical groups and everyone seemed to enjoy it, going by the amount of noise that there was!

The main day of celebration was on 11th December, the official anniversary. This day was for major fundraisers, diplomats, government officials, heads of staff and patients. It started with a cultural program from the CRP school pupils, then many speeches from dignitaries and I too gave a small speech on behalf of VTT trustees, supporters and looking back over 30 years of my involvement with CRP. Valerie gave another speech as did the CRP trustees and some of the dignitaries.

At night a very well-known Bangladesh singer gave an amazing concert on a stage built next to the wheelchair basketball court. A great end to the 40 years celebration.

The amount of work from all the staff to bring together these three days was immense. A huge thank you to everyone from kitchen, security, administration, volunteers, nursing, drivers, rehabilitation departments, social work and many more of the staff. A lot of hard work and effort went into the celebrations, whilst the usual day to day CRP routine of seeing patients and rehabilitation went on



*I am CRP*

around us. As if it was just another normal day!

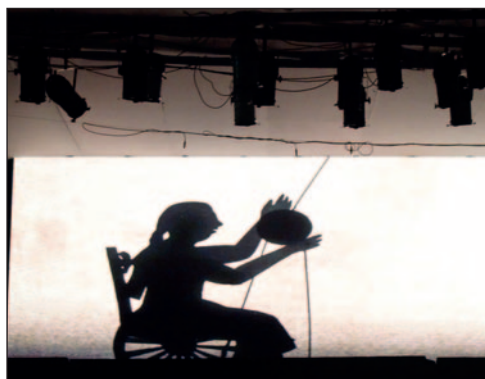
I was so glad to have been there to see it all. Here's to the next forty years.

### **Hanneke Cusell:**

I arrived in the middle of the celebrations of CRP's 40th anniversary and was just in time to enjoy a wonderful puppet show. It was performed by the CRP puppeteers and it looked very professional. The show was about the life of Ratna, a young woman with a tragic history of being maltreated by her husband and mother-in-law. She was pushed off the roof and suffered from a spinal cord injury. She was treated at CRP but was feeling very depressed. Then she discovered wheelchair basketball and that changed her life. She became very good at it and went with the women's team to the world championship games. A moving story and everybody enjoyed the show thoroughly.

Puppet shows are a good way of spreading messages, for example about how important it is to prevent pressure sores, or about road safety. Mukta, Parveen and a number of other staff perform regularly as puppeteers. At CRP they have a set of puppets with very characteristic faces but they are too small to

perform for a large audience and also rather heavy. The puppet show at the celebrations was different. It had evolved from a workshop at the British Council after which Nawsheba, a well known actress in Bangladesh had, in collaboration with CRP, written the play. She and her team designed the puppets and everything else required. These puppets were very large but still light as they are made out of foam. This is what Mukta and the other puppeteers would like to have themselves at CRP. So together we sat down to figure out a design and how to make them. When I left we had achieved some results, but not yet the final design. Watch this space!



*Puppet Show*





*Scrap Metal Fountain*

#### **Janet Reed:**

Having received an invitation from Valerie to CRP's 40 year anniversary celebrations in December 2019, my husband Bob and I made a last minute plan to get there. Our association with Bangladesh also goes back more than 40 years - we both volunteered there in the mid 70's. I was an Occupational Therapist involved in training the first trio of OT students at the Shaheed Shurawaddy Hospital during the time when Valerie was setting up a unit with a small number of beds dedicated to caring for spinal injury patients. Bob was installing sanitation units in displaced persons camps around Dhaka for Oxfam.

We have followed CRP's amazing development over the decades and visited when possible. The celebrations in December were a huge success and we congratulate the organising committee for creating such a memorable event: we felt honoured to share your day. We particularly enjoyed the 'Patient Journeys'. Told so

passionately they demonstrated the holistic approach to care and therapy at CRP today, from which so many disabled people have benefited. We were also pleased to see a performance by a group of clients from the Mental Health Day Unit at Ganakbari. They practiced long and hard and were thrilled to perform onstage as part of the cultural program. This gave a great boost to their confidence.

## **Information on the Response to COVID-19**

### **Annual General Meeting 2020**

Because of the coronavirus outbreak, we have decided that the Annual Supporters Meeting, which was due to be held on Saturday 30th May, will be provisionally rescheduled to Saturday 12th September 2020, at St. Paul's Church Centre, 5, Rossmore Road, Marylebone, London.

But of course the duration of the outbreak remains uncertain, and any further changes of plan will be posted at [www.valerietaylortrust.org](http://www.valerietaylortrust.org) under "Latest News".

### **Restricted Services at CPR**

CRP is working hard to protect staff and patients during these uncertain times and ensure the dissemination of accurate advice and information. At the time of

going to press, all education activities were suspended according to Government instructions. This includes the courses run by the Bangladesh Health Professions Institute and the Nursing College, the William and Marie Taylor Inclusive School, and the Vocational Training Institute

In addition, in the face of travel difficulties and anxiety amongst both outpatients and staff, treatment of outpatients was suspended and many staff have been given leave to stay at home in line with Government instructions to avoid unnecessary travel. Inpatients, including the Spinal Cord Injury patients in the hospital at Savar, continued to be cared for as normal.

## Sad loss of Wendy Best

The Trustees of the Valerie Taylor Trust are very sad to announce the death of Wendy Best, a long time supporter of CRP and dedicated previous trustee. Daphne Woolnough shares some of her memories:

I first met Wendy when she was writing the Newsletter for FCRP/CRP and she was Administrator when I joined FCRP as a Trustee. John Morell was still Chairman. I never got round to asking her how she got involved but know her first visit to CRP was in 1987. She made a total of seven visits (on one trip breaking her wrist) which fitted her well to be Volunteer Advisor. She undertook this role after being appointed Development Officer in 1994 and then Administrator in 2002. Even after her supposed retirement she continued to distribute the 4000 copies of FCRP News.

We had long chats on the phone talking over all sorts of FCRP matters and Bertie and I joined her at the meeting when she masterminded the forming of the Valerie Taylor Trust.

I remember how in spite of travelling by train from deepest Somerset to London for meetings and AGMs she always managed to have cloths on the tables and flowers which just added that extra touch of style. Use of the internet to contact CRP directly meant that Wendy's role as volunteer advisor became less critical but she was often still consulted by many of the volunteers who wanted to speak to someone with actual person experience.



*Wendy Best*

Wendy saw the huge development from those days in Farmgate, Dhaka to the main hospital and centre at Savar, the Dhaka centre at Mirpur, Gonokbari Centre and Chittagong. On her trips out to Bangladesh she visited many of the ex-patients in their homes in many parts of rural Bangladesh. Then back to Ilminster to continue the work of spreading the word about CRP and raising funds for its remarkable and critical work.

## Technology advances at CRP

As smartphone use and internet access becomes more commonplace in Bangladesh, CRP is working to use this technology to benefit staff and patients.

This includes the use of online patient appointment booking systems and mobile apps that help support patients after their discharge.

# Everyone Hard at Work at William And Marie Taylor School

The William and Marie Taylor Inclusive School is special and unique in that children of all abilities learn together. It does amazing work but there is always more to do to ensure all the children reach their greatest potential. 2 volunteers with different backgrounds tell of their recent experiences there.



*Pasta Necklace Making*

## **Meagan Smith:**

I am a Psychologist in Vancouver, Canada. My work is focused on child educational psychology. Through Carolyn Scott, a very active CRP volunteer and fundraiser for over 25 years, I've met with Valerie Taylor twice, on her visits to Vancouver.

So when I was looking for a unique challenge, this was an obvious choice. I spent a fascinating and memorable month at CRP Savar in November 2019. I was welcomed into the William and Marie Taylor Inclusive School to help out with English classes. While I am not an ESL teacher, I do have a strong background in language and literacy intervention. A British volunteer, Andrew Rochford, who currently lives and works in Dhaka, was already well-installed in trying to support the (mostly non-English-speaking) teachers in trying to teach basic English to their students (a curricular requirement). Andrew and I commiserated on the Bangladeshi education system's

emphasis on exams and on written language. Many of the students at WMTS have physical limitations, mostly Cerebral Palsy (CP). We tried to tread the fine line of respecting the system's expectations, while also trying to emphasize to teachers how their students could make great strides in language learning without the need to write.

The School is a happy, busy place with dynamic teachers, loving ayahs (carers), and a strong emphasis on cultural learning, including art, dance and music. The typically-developing children learn alongside their friends who have physical and/or intellectual disabilities. The teachers have an enormous task, trying to effectively teach to this diverse group. The smiling faces make it easier, I'm sure.

That said, there is a long wish list I have for the school. The building needs a great deal of freshening up, new furniture and equipment etc. Technology would be an enormous asset. Assistive technology like voice-to-text, text-to-voice, audiobooks, oversized keyboards, etc. all are extremely helpful in managing obstacles caused by various disabilities.

From my lens as an educational psychologist, I would advocate that all students be properly assessed as to their cognitive and learning abilities to identify barriers to learning that need to be managed or reduced. The children with CP concerned me the most, as it is easy to miss their cognitive potential. Statistically, only 25% of individuals with CP have an intellectual disability. Yet their physical limitations (including reduced speech capacity) make it very difficult to detect their "hidden" abilities and to nurture them. I can't imagine how frustrating this is for these children (and later, as adults).



*Dance Class*

Also, ongoing support for teachers would be wonderful for all involved. Andrew's tenure there has been much appreciated and extremely helpful in making positive shifts in how English is taught. Keeping up the support for teachers, especially with longer-term volunteers, would be of great benefit to all; teaching the teachers will have lasting effects for their students.

I encourage any readers who are interested, to strongly consider a volunteer trip to CRP. International volunteers are well taken care of, with excellent accommodation and food, and endless opportunities to make new friends. You will be welcomed into the CRP community with open arms. You will leave there enriched by the experience.

### **Izzi Egan-Carter:**

My month spent at CRP during October 2019 was quite truly the highlight of my year. After spending 2 weeks volunteering there previously (2018), I caught the CRP bug and knew that I had to return. At the age of 18, this was the first trip I had taken alone and it is safe to say that the prospect was daunting. However, this is where CRP worked their magic. The combination of spending time with the children and the love and support from those around me help me to settle in. As a general volunteer, I spent the majority of my time at the William and Marie Taylor School. Sometimes it was challenging to not come with the pre-existing skillset of a Physio or OT but there was always something to be done if

you took the time to look. My favourite activity was running art classes for some of the younger students and those with the most severe disabilities. With the help of the school teachers and therapists, we ran pasta necklace making, drawing and painting. This was fun for all and there were many giggles and painted noses. I also ran storytelling sessions where I would read one of the children's books that I had brought with me. I engaged the children through actions and questions about the pictures on the pages, with the help of a translator. The children I worked with are the most inspiring people I've ever met as, despite all the challenges they face, they help each other and almost never stop smiling. I did struggle with the language barrier and at times this was tricky...I am proud to say I can now count from 1- 10 in Bangla! Being very tall I was a constant source of fascination and caused a fair few curious stares amongst those who had never seen a woman my height, which I found amusing. One of the highlights of my trip was being involved in the World Cerebral Palsy Day celebrations. There was a rally to promote the awareness of the condition and reduce the stigma as well as an amazing dance piece from the children, amongst other festivities. The time I have spent at CRP has changed my life in so many ways and I will definitely be back!



*Smiling Faces*



# Aquaponics at CRP



*The Aquaponics System up and running*

## **Hanneke Cusell reports on an interesting new system which could provide food and income for those with disabilities:**

As well as participating in the 40th birthday celebrations in December I also came to CRP to assist Babul again with the manufacturing of an aquaponics system on the roof of CRP. Babul is an engineer and his mind always bubbles with new ideas. When he was a student, he fell when he climbed a mango tree and sustained a spinal cord injury. Since his rehabilitation he has been coming to CRP from time to time as a volunteer himself. Last year he designed and constructed a lift to allow wheelchair users to access the roof of CRP. When he told Valerie about the aquaponics system he had made in his home village, his enthusiasm also spilled over to her. It could be something that people in a wheelchair, if they are interested, can build at their own home.

An aquaponics system is a system in

which one can grow vegetables and fish together: the waste water of the fish serves as nutrients for the vegetables, and the medium with the vegetables filters the water again before it returns to the fish. It can be just a small system, but it is also possible to enlarge it. When Valerie asked me if I would be happy to work with Babul, I had never heard of such a system, but it made me curious. Work initially started in January 2019 but unfortunately Babul fell seriously ill, so the work stopped. Babul luckily recovered and could restart work last December. When I left, the system was near its completion. So on my next visit I will be looking forward to see how vegetables and fish are doing and moreover to see if the idea has caught on to other people as well. Meanwhile Babul has already new ideas, such as expanding the system and other new, very profitable ways of growing fish!



# New Book about Amputee Patients at CRP

Following on from the publication of *Journeys and Reaching Higher*, Liz Timms, a long-standing supporter of CRP and VTT, has compiled another book about CRP, *Journeys 2*, based on the anecdotes, experiences and stories of those patients and staff who are amputees and have benefitted from Prosthetics and Orthotics.

The book gives an excellent overview of the work of CRP through their eyes. Books are available for a donation of £10.00, plus £5.00 postage and packing. The £10.00 donation element will go to CRP to help pay for surgery when this is needed before an artificial limb can be fitted, and the patient cannot afford it.

Copies of the previous books are still available, at the above cost. Books may be obtained at the next Annual General Meeting by contacting the Administrator on 01622



*Liz hard at work*

743011 or email: [admin@valerietaylortrust.org](mailto:admin@valerietaylortrust.org) or by writing to: The Administrator, Valerie Taylor Trust, 4 Wilberforce Road, Coxheath, Maidstone, ME17 4HA. Books will be dispatched upon receipt of a cheque for the appropriate amount, made payable to Valerie Taylor Trust.

## Pretty but Polluting

Decorative balloons will no longer be used in events at CRP premises as part of their commitment to help improve the environment.

Valerie Taylor's request was announced at February's staff meeting in Savar.

In future she hopes we will all think carefully about how to use different ideas and materials for decorations to celebrate important events and parties.

Campaigners trying to improve our planet with cleaner air and water quality, in addition to reducing waste, have been highlighting the damage discarded balloons can do. Wildlife can be strangled by the strings or become caught up in the plastic debris and choked.

So we are all being encouraged to play our part.

## Progress made in electric wheelchair design

CRP has been working with Brac University for a number of years on the development of an electric wheelchair. Progress is continuously being made and in September 2019 Brac University demonstrated an updated prototype with a solar charging kit. This brings CRP one step closer to being able to provide this valuable resource to those most at need.



*The Wheelchair Prototype*

# Operating Theatre Project Reaches Completion



*Roger and Jan*

Rotary Club members from Dhaka and the UK including Roger and Jan Varney met at CRP Savar in February to celebrate the official opening of the newly equipped operating theatre.

Their combined fund raising efforts over three years have resulted in state-of-the-art facilities for the patients undergoing surgery. This equipment includes a special operating light to perform spinal surgery, an operating table with spinal and orthopaedic attachments, a steriliser and an anaesthetic machine with a ventilator and patient monitor. Additionally they were able to install an online oxygen air system for the operating theatres and post-operative ward.

Neuro Surgeon Dr Sayeed Uddin Helal (Senior Consultant and Head of the Medical Services Wing at CRP Savar) praised the generosity of the Rotary members from Gulshan and St Austell Bay in Cornwall and all their supporters. He said "We thank the Rotary clubs for their

kindness, it is a gift which will enable us to change and improve the lives of so many people, we are very very grateful."

Two plaques were unveiled by special guest Judith Herbertson, DFID's representative in Bangladesh. The first to acknowledge the Rotary project, and the second in memory of Zoe Varney, the daughter of long-term British volunteers Jan and Roger Varney who have spearheaded this project from the start. Zoe died suddenly in 1990 when she was just 16. Her mum Jan, said: "We thought it would be wonderful to have Zoe's picture on the plaque. Many years we have spent without her but she is always in our hearts."

This was an amazing finale to all the fundraising efforts - thanks go to the two Rotary clubs from all the patients and staff of CRP with special thanks from the staff working within the operating theatre.

# Are you proficient in using Social Media?

## Facebook, Instagram, Twitter etc.

If the answer to the above question is 'YES', would you kindly consider offering some time to assist the Administrator in promoting Valerie Taylor Trust and the work of CRP via Social Media?

We are looking for a volunteer who is able to set up and manage pages on

one or more of the above sites in order for information, events, meetings, etc. to be displayed to a wider audience.

If you are interested in helping in this task, please contact Brian Woodgate, VTT Administrator by telephone on 01622 743011 or by email: [admin@valerietaylortrust.org](mailto:admin@valerietaylortrust.org) with your contact details and experience.

## "Stop The Pressure" Training



*Teaching in Progress*

Jan Varney is continuing her important work focused on reducing the incidence of pressure sores in Bangladesh.

Last year, after her previous research highlighted the high incidence of severe pressure sores in patients being admitted to CRP, she ran a conference entitled STOP THE PRESSURE which delivered the

key messages of preventative practice. In Jan/Feb 2020, along with Sunil from CRP, she visited 3 hospitals to deliver further training which was accepted very well. She hopes to do more training next year to continue to spread the message. Preventative care is so important in saving patients' lives regarding pressure ulcers.



# The Importance of Communication and Publicity at CRP



*Rokhsana hard at work*

## **Christine Stewart reports:**

Arriving at 2am the narrow dusty road approaching CRP was quiet. Shops were shuttered closed, it was pitch black, chilly and there was a dampness in the air.

What a difference by daylight! The whole campus comes alive - and swings into action, keeping all your senses alert. First the sounds, then the sights and smells. Children zipping about in wheelchairs on their way to school, or using crutches, walkers, a parent or carer's steadying hand - or going solo with just sheer determination to put one foot in front of the other. Herculean efforts to get to class. And they're laughing.

Never has the 'able' in disabled been so appropriate.

I immediately felt uplifted – but what could I do to help? With no medical or teaching qualification I wondered what useful role I could play for five weeks. Volunteer coordinator, Rokhsana (who is nothing short

of a multi-tasking, supportive wonder-woman to us visitors) reassured me everyone can make a contribution. For me it was communication.

I began with a tour of the many impressive facilities and watched as Rokhsana, her colleague Mukta and another volunteer Hannah filmed a CRP promotional video about the training workshops for former patients who are re-thinking and rebuilding their lives with a disability. It started by featuring the machinists, many of who have been able to improve their skills due to a scheme funded by the major UK based retailer Marks and Spencer. As well as trainees with prosthetics and in wheelchairs there are men and women who are hearing or visually impaired. Other facilities included in the video are the electrical engineering, carpentry and metal workshops, not forgetting the paper-making and printing centre. The opportunities here for former patients are life-changing as men and women with disabilities can find employment and become financially independent. The video will help raise awareness and understanding about this vital service that CRP provides.

Among the many everyday duties which are the responsibility of Rokhsana's office, she has to coordinate, edit and produce CRP's annual report and regular newsletters as well as press releases, invitations and agendas



*Celebrating Valerie's birthday*

for the hundreds of visitors who attend the constant stream of events that are hosted here – all in two languages. She is also the photographer at these functions. And there is ALWAYS something going on!

In my first two weeks there were sporting and cultural activities, tours to other CRP premises, student graduation celebrations, Valerie Taylor's birthday bonanza which had an estimated 1000 guests and a women's basketball exhibition match. Then, to add to the eclectic mix here at CRP, a drama film crew arrived (with a popular Bangladeshi actor). This attracted an excited crowd of onlookers who the director kept having to shhhh so he could get his emotional sequences! They were still shooting well into the night.

How Rohksana keeps up I really don't know – because there are many many more events going on all the time. And in this dot-com world there is always a multi-media mouth to feed.

As well as helping to cover special events I visited the William and Marie Taylor School classes (and was delighted to be invited to join them on their annual picnic day out). At the nursing college I supported classes of 42 students with English conversation, as well as daily sessions with the Prosthetics and Orthotics students. They help choose the agenda which included discussions about different Western cultures, practical sessions to tackle and cope with difficult conversations with patients, British humour, tongue twisters, Downton Abbey and etiquette on the London Underground! I hope they do get the chance



*Worker at the textile training centre*

to come to Britain one day.

Leaving them and CRP was very hard, it was a life-changing experience for me – so I'm already planning another trip!

## **Dhaka Day out Raises Thousands of Taka**

Hundreds of people flocked to Dhaka's Gulshan Park for the annual Sponsored Walk and Wheel on February 14th.

A convoy of CRP buses left Savar at 6 o'clock in the morning to arrive in time for registration.

Valerie Taylor lead the event and was followed by happy smiling people of all ages and abilities making a moving ring around the central lake, on foot or in wheelchairs.

Everyone was encouraged to circumvent the lake five times to help raise awareness and donations to support CRP. All the participants wore T-shirts with the CSP slogan, declaring 'The Future is Accessible' and many people stopped to watch and or speak with the participants. This year's fundraising total was boosted further after one individual made an unexpected donation of 100 thousand Taka to Valerie.

## More Developments in the P+O Department

The Prosthetic and Orthotics (P+O) Centre features regularly in our newsletter and rightly so. The progress made in the last few years is outstanding and ongoing. The number of patients seen has increased dramatically from one or two per week to over 130 per week. CRP's Barisal Centre has now moved to its own dedicated building and the International Committee of the Red Cross is supporting the opening of a

new P+O Centre there. This will provide essential artificial limb services to the southern districts.

The third batch of P+O diploma students has received ISPO category 2 certificate from ISPO international and importantly CRP has also received permission from Ministry of Health to conduct the first ever Bachelor course in Bangladesh under Dhaka University. Exciting times ahead.

## Support for Departments throughout CRP



*The Accessible Garden*

### Janet Reed reports:

Following on from the 40th birthday celebrations I spent time with some OT's and caught up on developments with projects I had been involved with during my previous visit 2 years ago. The Mental Health Day Unit has been operational for almost 2 years at Ganakbari and the 3 strong OT team are delivering a structured programme for clients including socialisation, relaxation, self-care, hobbies/interests and vocational activities. I supported the OT team in exploring the challenges of setting up an innovative service in mental health provision in Bangladesh and look forward to future developments.

I was delighted to wander and sit in the new

accessible garden. During my last visit various plans were being debated by OTs and the chosen design has transformed the area into an inviting space for patients, families and staff to enjoy. Wide paths make it suitable for wheelchair and trolley users, with plenty of raised beds which patients are encouraged to work in. The garden is well cared for with attractive flowers and healthy vegetables growing.

My remaining time was spent at the halfway hostel discussing the challenges for therapists working with clients in their final days at CRP before embracing life back at home. A frequent issue needing to be addressed relates to psychological well-being and readiness for discharge. It's encouraging to see the experienced therapists evaluating their service provision and how this could be built upon.

Bob (my husband) spent his time supporting the CRP engineers and particularly exploring opportunities for improving sanitation facilities for patients and staff. This is likely to be a long term project and he plans to continue supporting it from the UK.

Our brief visit soon came to an end but we have carried home happy memories of the CRP community and hope there will be an opportunity to visit again.



# 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](http://www.valerietaylortrust.org), [www.paypal.co.uk](http://www.paypal.co.uk) or [www.justgiving.com](http://www.justgiving.com).
- 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.

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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:

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**Tel:** 01622 743011 **Email:** [admin@valerietaylortrust.org](mailto:admin@valerietaylortrust.org) **Web:** [www.valerietaylortrust.org](http://www.valerietaylortrust.org)

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

# DONATE TO THE VALERIE TAYLOR TRUST

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- ☐ 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 .....

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## 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) GB96HBUK40282931225227 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

**Tel:** 01622 743011 **Email:** [admin@valerietaylortrust.org](mailto:admin@valerietaylortrust.org) **Web:** [www.valerietaylortrust.org](http://www.valerietaylortrust.org)

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

