

## **Year report Suvadra 2008**

First of all, best wishes for 2008! With your own health as the first priority. It will become a year where we have a lot of plans. The plans are already worth reading this report. But, in every year report there will be told what is achieved in the last year. When we reflect on this, we are a little bit impressed ourselves. Suvadra achieved a lot, thanks to our fantastic sponsors, donors, volunteers, our homebase in Netherland and of course our staff in Nepal! Next to that a lot of programmes were organized. Because of that, the knowledge about us expanded. Thank you for all that and what is going to be done in the future. From small help to big pushes in the back, thanks! They give us and our kids a warm and thankful feeling. We wish you a lot of fun by reading this year report.

### Nepal

Nepal was in the light from the powercuts in 2008 (planned and unplanned ones), from fuel shortages, much higher prices for all kinds of goods and most of all the biggest event for the Nepalis; the elections in April. A big victory for the Maoist. The people has decided that the Maoists, who fought for years against the government and the king, should show their capacities on the political field. In the constitution will be mentioned that Nepal will be a republic from now on. Most important points after the elections were the rewriting of the constitution and the joining of the 'People's Liberation Army' from the Maoists with the regular army. Both points are going slowly and are taking probably more time then the agreed two years. Hopefully this doesn't mean that other reforms take a long time too. We also saw a lot of demonstrations before the Olympics in China from Tibetan monks.

### Swarga

In 2007 we already took in 4 extra kids necessary for meeting our 2008 goal; growing to 15 kids: Deepa, Shreejana, Sita and Rachita. In January we got also Damber. With these extra kids we stayed one big happy family. We also got a new didie, Arati. Next to Tulasa and Raje she was going to take care of our kids.

With all these new kids we again looked at their possibilities on the physical, educational and independance field. Sometimes we have to review these goals and possibilities, e.g. in the case of Deepa and Rachita. We thought they would be able to follow normal education, going to the same school as all the kids are going to. But apparently this wasn't the case. And then there are not so much facilities for kids like them, so we decided to make our own Swarga Daycare!! For kids who can't go to a regular school. They get more individual attention and adjusted lessons. In april 2008 we started with this and next to Deepa and Rachita we also put Sabin in the class. As a teacher we changed Raje from didie to teacher; Raje-teacher instead of Raje-didie. We had to find a new didie then and after looking here and there we found Krisna-didie. And she is focusing on the work with needs to be done in the kitchen; cooking, cleaning, etc. Tulasha and Arati are focused on the caretaking of the kids.

More objectives which needed to be reviewed, with Binita we discovered that she has a metabolic disorder, which means that slowly, slowly she is deteriorating. Her motorical skills are getting worse and worse. How and what is not exactly clear, so our goal with her is now to give her a nice as possible life and to keep on stimulating her as much as possible as long as possible.

Also with Sabin we had to make adjustments in his treatment. Before starting the Daycare he went to a facility for mentally disabled children, on the other side of Bhaktapur. He walked there everyday. His physical condition got worse and worse and because of that he was more often falling. With our physiotherapist Lata we made a plan to get his stamina better, by letting him walk rounds on the ground and cycle more. Sabin is luckily always motivated to do this extra exercises!

Besides that it is always nice to see other kids improve, some examples:

Prakriti: she walks independently now.

Asmita: was last year only crawling and had little balance, now she is making some steps independently.

Rachita: she didn't walk and had big problems with her independency. Now she is walking with a walker and is almost doing everything herself alone. She still needs a lot of encouragement! Also we discovered she has epilepsy, for which she needs medicines. We also had to say goodbye to some kids. Kids who were with us from the beginning. So the goodbye was hard, but we knew they were going home, so..Dipika wanted to go home very badly, she was getting more and more homesick. Her treatment was also finished, so we decided to let her go home. We still help her with her education, so you will hear from her still. We also said goodbye to Prativa, her parents wanted to have her home again and wanted her to go to a Christian school. Our help is finished and we hope she will do fine!

Because of this goodbye we had space for two kids again. At the same moment we had 3 applications and we couldn't say one to either of them, so we admitted them all: Sunita, Subesh and Shova. Our Swarga family had 16 members from that moment on. Shova and Subesh go to school, Sunita goes to our Daycare.

Our kids are doing fine at school or Daycare. For Binita and Sita they finally agreed they need some extra care at school, with adjusted exams and extra classes! That is nice.

#### External activities

This year we didn't do our traditional healthcamp in one of the remote villages around Bhaktapur, but we focussed on a specific target Group and we held it in our Swarga itself. We organized a Cerebral Palsy Camp, in cooperation with the CP Centre in Dhapakhel. Present were, besides Maartje (volunteer) and Lata (our own physiotherapist), also German neurologist Gunther Gross-Selbeck, his wife Claudia (physiotherapist, specialised in CP-kids) and two physios from the CP Centre. On 24<sup>th</sup> and 25<sup>th</sup> of September they visited us and checked 17 children, medical and physiotherapeutical. They took the time to make a good diagnosis and made suggestions for the treatment.

#### External kids

We already had Bimal, Yuvraj, Alish and Ujjol. With them it is going ok. Added are:

Sandya; she is 5 years old, she has leukemia and we pay her medicines.

Minca; 8 years, with the support of sponsors she is in an institution for mentally handicapped children.

Dipika: everybody knows her story.

Suman: a 25 year old very spastic man. We helped him one time with establishing a tuition centre.

Deepa Lama; a hearing impaired girl, for which first an operation is needed for her perforated eardrum. After that we will think about a suitable education for her.

Dhanaraj; applied for help through a friend of us, who saw him on a trekking. He has epilepsy and needed medicines for that. He also has deformed feet because of a burning accident. He probably will need an operation for that, which we are going to provide in 2009. But first he needs to get his epilepsy under control.

#### Volunteers

Also in 2008 we got a lot of help from volunteers. Next to the teaching at a school, helping with the daily activities in Swarga, our volunteers were also important in giving First Aid lessons, starting the DayCare, uplifting the level of physiotherapy, reward system for Rachita, making a beautiful ThankYou-card. Thank you for that! Also in Netherland people help us a

lot: by making clothes for dolls, making and spreading the Swarga postcards, for the publicity, for updating the website, for the bookkeeping, for thinking about a new board. Also thanks for that!!

### Board

Also we had things happening on the board level. Richard Weijers quitted his work as a treasurer. We started to look for new boardmembers. When there is more clear about this, we let you know. Suvadra is growing and with that we need a bigger and stronger board.

### Financial

We also grew in this; our regular donors grew to a nice group of 50 people, people who monthly or yearly help us, what is giving a secure feeling. We also every year get pleasantly surprised by the programmes organized for us: birthdays, weddings, candleshop, programmes on different school, concerts, churches. We always get very warm by it.

### Future

We are busy with expansion plans for the physiotherapy; we want to hire Lata from 1st January fulltime, not only to give physiotherapy to our own kids, but also for other kids from Bhaktapur. This also means that our physioroom was too small. We started in 2008 already to rent extra rooms in the house next to Swarga. Together with Elize, Roos and Alies we decorated that room and we started to give our physio there from mid August. We have more space to let the kids cycle, exercise, to play with the big ball. The kids will mainly be kids referred by us by the CP Centre.

We also want to expand our Swarga Daycare with kids from Bhaktapur.

Our third goal we hope to realize this year, is buying property where we can build our own Swarga; we hope to find a location as perfect as present Swarga; reachable roads, schools and hospitals. We want to help more kids and expand to a nice amount of 30 kids.

We hope on the same support in 2009 from you!!

Greetings,

Joyce and Krishna