



Rehabilitation for Physically Disabled

Yayasan Peduli Kemanusiaan Bali - Bali Humanity Care Foundation

Newsletter

April - June 2013



## Introduction

Dear friends and family of YPK,

Thank you for your ongoing interest in our work. We're continuing to work hard across all our programs to serve Balinese people with disabilities.

Below are highlights from April, May and June 2013. You can find more information about our work and how to support it on our *website* and *Facebook* page. Please email [info@ypkbali.org](mailto:info@ypkbali.org) if you would like to begin receiving news from YPK or wish to unsubscribe.

From the YPK Bali team

## YPK goes to East Bali

People with disabilities often have limited mobility and access to transportation so they regularly stay home without adequate healthcare and education. Similarly with those in Menanga Village and Ban Village, East Bali. These villages are quite far from our office in Denpasar, so our weekly visits are organised to maximise our efficiency.

We discussed with the EBPP staff, who will work closely with

the YPK Mobile Therapy team in Ban village, and agreed that they will help us give daily exercises to the children and supervise them.

We also introduced the program to the locals and the village staff in Menanga village so they can understand our activities and procedures in the Mobile Therapy program. Getting everyone involved in our program will make it more sustainable and will provide better outcomes for all.

## Improving Community Health

In the last three months, YPK Bali was very proud to provide physical checks and nutrition consultation as well as ear, nose and throat check-ups for people in six villages at Gianyar, Badung, Denpasar and Karangasem Regencies.

The Public Health Centre and nursing students of Udayana University collaborated with five of the

six villages. The other was held independently by YPK team and was supported by the village officials, doctors from the PDK team, Dr Bawa Negara, Sp.THT and the students of the Medicine Faculty of Udayana University.

These strong partnerships with our stakeholders have enabled us to improve the health of 346 people.

## Workshop on Rehabilitation

Life after a stroke is a challenge for the patient and their families. It is important to understand stroke itself and stroke prevention.

YPK held a "Prevention of stroke attacks for the second time" workshop with Dr Desak Ketut Indrasari Utami, Sp.S as the resource persons.

She received a lot of questions and it was apparent that most patients and their families really need proper information about stroke.

Definitely, through this activity our patients can better understand the causes and prevention of strokes.

“They now have a better understanding of the causes and prevention of strokes



## Life and school excursion



The students in the education program really enjoyed visiting the Green School in Sibang and Volcano Museum in Kintamani. At the Green School they did some activities such as drawing frames, making chocolate, walking tour of the school, and singing with the Year 7 class in their regular assembly.

At the volcano museum the students were really enthusiastic as they observed many kinds of stones and watched the movie about the

Batur eruption tragedy at the museum. They learnt about the history of Mt Batur and how the community around the mountain survived and produced many things using stones from the eruption.

The teachers also taught them how to respect and enjoy life of both the past and the present. It could be a lesson for them to gain confidence and independence and ultimately improve their attitudes towards life.

## Attending ReAct Conference

YPK Bali was delighted to attend and participate in the ReAct two day conference from 2 May. ReAct is a non-profit organisation that supports organisations that work directly with children, their families and their communities. This event promoted an understanding of child development, the rights of children,

and how we can measure the impact of support given to children through our organisation.

Represented by our Program Coordinator Yuni and Board Secretary Elsy, we learned about providing the best possible support for the children and built networks with many organisations across Indonesia.

“ They also spent a few hours playing games and it just made us feel like a family

## Ongoing Support from the community

- Anna Margharitha Pichler (Austria) visited YPK Bali for the third time. She is one of YPK's friends who brought Made, a current patient, to receive therapy at YPK. She was amazed at the facilities offered at the Annika Linden Centre. Anna also generously gave a donation that will go a long way in assisting YPK to provide better services to those who need it in Bali.

to see YPK activities in the new centre as well as explore the Annika Linden Centre. They also spent a few hours playing games and it just made us feel like a family. Hopefully this relationship will become even stronger in the future.

- YPK Bali and John Septimus Roe Anglican Community School had built a good relationship in the last few years. Each year they visit us and provide support through their generous donations.

- Surfer Girl continued to support YPK through sending their staff members to the YPK mobile therapy program. They help patients use electrotherapy equipment and supervise them while exercising.

In one week, Surfer Girl will come along with the mobile therapy team to three villages, Bona Village (Gianyar), Menanga Village (Karangasem) and Kediri Village (Tabanan).



## Staff News

We welcomed two new physiotherapists, Dewa Ayu Agustini and Yuniar to join our rehabilitation team. Before, both of them have worked in hospitals across Java and Bali.

We also have a new teacher, Dewi Riny Ambarwulan, (Riny) in the education program. Previously, Riny worked at a primary school in Denpasar for six years. These are

young and passionate women who are willing to learn new skills to provide the best solutions for YPK's patients.

We are also saying goodbye to occupational therapist Frenny Dami-an because she would like to continue her studies in the field of therapy in Java. She has given her best effort for YPK and has made important contributions.

“Not relying on electrical equipment has encouraged me to be a more innovative physiotherapist

### Staff profile: Gani Tri Nugroho

Giving therapy to the people with physical disabilities in remote areas often brings a lot of challenges.

It happens when mobile therapy team goes to the village and Gani, as one of member of the team is very excited to meet people and help them to find out the simplest equipment to do exercises.

“Finding out simple equipment and matching them with the needs of the patients in the village is such a pleasure.

Not relying on electrical equip-

ment has encouraged me to be more a creative and innovative therapist.

It gives me a lot of opportunity to learn and develop my skills in order to deliver the best services to the community”, said Gani.

Gani is a father and has a baby girl. He was brought up in Central Java and finished his studies in physiotherapy in 2010.

He likes playing badminton in his spare time. He joined YPK in 2011 and has since given his best for the patients.

## How you can help

Are you visiting Bali or do you live here already? Donating items from YPK Bali's wish list is an easy and effective way to support our work with people with disabilities in Bali.

Wish list items range from simple and cheap rehabilitation equipment

like splints and braces to more expensive and involved items. All of them enable us to provide higher quality services for the people.

To those who are overseas, we welcome financial donations for particular items on the wishlist. You can take a look on *our website*.

