

Annual Report 2011-2012



Self-help Group for Cerebral Palsy/Nepal

Makhundole

Dhapakhel, Lalitpur, Nepal



Self-help Group for Cerebral Palsy/ Nepal

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Executive Members

President	Prof. Batuk Prasad Rajbhandari
Vice President	Dr. Ranendra Prakash Bahadur Shrestha
Secretary	Mr. Krishna Bhakta Shrestha
Treasurer	Mr. Kapil Dev Regmi
Member	Mr. Mukunda Prasad Maskey
Member	Mrs. Sarita Baryal
Member	Mr. Mahamadin Ali
Member	Mr. Devendra Bahadur Pradhan
Member	Mr. Sushil Shrestha
Ex-Officio Member	Mr. Bimal Lal Shrestha

Auditor

Joshi and Bhandari
Chartered Accountants
Kathmandu, Nepal



Congratulations for the Silver Jubilee of the SGCP on 21 October 2011. In the past 25 years a lot has happened, and it made the SGCP what it is today: a professional organization to support children with CP

Sandra Pieren

25 years of perseverance, love and care..... Congratulations!!
Stichting Maha Mata NL

Introduction

The year 2068/69 has not been less effortful for us than the previous years for meeting the objectives of the on-going programmes in terms of quality and quantity. This annual report is a humble attempt to present the overall activities of SGCP in a nutshell including the financial health of the organization as it always reflects on the sustainability aspects.

Unlike in previous year, one event has obviously been prominent this year which is, of course, a milestone in the life of SGCP. It is the Silver Jubilee of SGCP which we did celebrate on 21st October 2011. This event is symbol of the persistent efforts done by all our well wishers, friends, parents, organizations and staff members of SGCP for the cause of cerebral palsy rehabilitation and other neurological problems in Nepal.

This annual report presents activities and other information of interest including the balance sheet of the FY 2067/68. Anyone interested in learning more about our activities is welcome to contact us.

Finally, I want to thank to well wishers, parents and the hard working staff of SGCP for all the success achieved in the reporting year.

Bimal L Shrestha
Chief Executive Officer

Programmes and Progress

Cerebral Palsy Rehabilitation Centre

A wide range of interventions continued throughout the year that included medical assessments, psychological tests and counseling, speech therapy and physiotherapy. Senior pediatricians from abroad at different times of the year enhanced the assessments and treatments. Through mobile camps some 380 children, mostly from rural areas outside the Kathmandu valley, were assessed. The centre also meticulously followed up to 12 children who were administered with Botox injections.



Types of services	Beneficiary
Medical service	754 (413 at centre)
Counseling	96
Psychological tests	79
Physical treatment	534

Special Education Programme:

This programme has remained a centre of attraction at Dhapakhel for parents as well as for visitors, confirming the importance of education for children with Cerebral Palsy and neurological problems. During the year the number of children at the centre increased to 47, of which 26 children were from districts outside Kathmandu and two orphans. The programme successfully demonstrated the learning capacity of children, and became instrumental in raising awareness amongst parents and promoters in opening the day care centre and enrolling children in normal schools.

Upgrading of the programme is a continuous process. Exposure and training of staff and the addition of facilities were augmented during the year. The Vocational Training Unit was largely equipped for various activities and product production. The programme was facilitated by volunteers/students (Nepali/Foreigners) enhancing different aspect of educational activities.



Service at Door Steps

Over 1500 cases were approached for therapeutic and other care services through trained and committed home visitors in the Kathmandu Valley and in the districts. In the Valley some 120 children received various interventions on a regular basis by three home visitors. They also identified 33 new cases during the year. In the districts nearly 700 cases received services from 11 home visitors on a regular basis, besides occasional services for nearly the same number of children. The home visitors also identified 105 new cases. In addition, they were able to provide assistive devices to 141 children from different sources. The home visitors also found the day care centres for CP and neurological children are very effective for their improvement, physically and intellectually. With these results three care centres were established during the year outside the Valley.



Other Activities

Care Centres

Within a short time of SGCP starting day care centre, seven day care centres were established, serving over 50 children with Cerebral Palsy (CP) and Neurological Disorders (ND) in Kathamandu and in 3 districts across Nepal. Each location is very different in terms of the type of need, the geography, etc, so management models are respectively unique. It is always important to us however, that parents take the lead as much as possible.

In Morang District, the Rotary Club of Biratnagar Downtown supports the care centre, while in Dhankuta and in Palpa Districts respectively, a community school and a local organization support the centres. They are however, in their initial stages, and much more support is needed from SGCP and other sources until they become self-sustaining. SGCP is now concentrating on increasing the capacity of Parents Groups in managing their care centres, beside other technical supports.



Volunteering

SGCP continues to involve volunteers, both national and international, professional and non professional. In total 79 volunteers (42 Nepali) joined SGCP in the reporting year who were engaged from one year to one week. Working relationships were established with three new organizations that provide international volunteers. A list of these organizations is given in the table 'list of partner organizations'. The input of volunteers is remarkable in upgrading the knowledge and skills of staff and parents.



Equipping homes and the centre

Rotary International, in collaboration with Rotary Clubs, became instrumental in equipping the centre in Dhapakhel to suit its various needs, as well as providing special chairs for children at their homes, allowing them to sit correctly. The Vocational Training Unit at the centre was equipped with computers, furniture, equipments and installation of a solar power unit to ensure an uninterrupted supply of electricity. Acquiring these various equipments and facilities undoubtedly enhanced the capacity of the VTU. SGCP was also able to secure a Rotary project that provides 150 special chair and tables to the children with CP in Nepal's districts to use at home. Some 70 such chairs/tables were already distributed by Rotary International. The Rotary Club of Seattle and the Rotary Club of Himalaya Patan are credited for this support.



Training of Mothers

Poverty is one major factor which leads children with disabilities to be neglected at home, even though their parents want to care for them properly. Imparting skills to mothers is one way to help them generate an income to better support their families. With this view, six mothers were engaged in sewing training with materials provided by the Elite Ladies Circle -2 in Kathmandu. Participants in the training took keen interest but the results of the training are yet to be seen.



Networking and Collaboration

Networking and collaboration with organisations that are engaged in supporting children in need is one practical approach to reach the unreached. SGCP supports and promotes this strategy to reach more children with CP and neuro problems. SGCP has extended its working relationships with organisations across the country. The list of organisations and areas of focus given in the table below :

List of partner organizations

Organization	Focus area
Nepal Children Organization, Kathmandu	Day Care
Nepal German Friendship Association (NeGFA)	Volunteers
Sahaj Health cooperative Ltd., Nawalparasi	Home visits
Partnership for New Life (PNL), Rupandehi	Home visits
Sewa Foundation, Dang	Home visits
Nepal Bal Sadan, Kathamandu	Day Care
Rotary Club of Biratnagar Down Town	Day Care
Rotary Club Patan Durbar Square	Awareness programme and equipments
Green Line International Australia	Volunteers
Oyster Worldwide United Kingdom,	Volunteers
Project Abroad (INGO)	Volunteers
Cross Boarder (Holland)	Volunteers
Senior Expert Service (Germany)	Expert's Services
Dhulikhel Medical Institute	Internships of students
Hogeschool van Arnhem en Nijmegen Holland	Internships of students
Rotary Clubs of Himalaya Patan and Seattle	Special chair and Table
Elite Ladies Circles, Nepal	Education

Water Bank

Two rainwater-collecting Ferro-cement tanks, each with the capacity to hold 25,000 litres are being constructed in Dhapakhel with the support of Stichting 'Holland Building' Nepal. Ferro-Cement tanks have been in practice in Nepali villages for the last last 20 years with 100% success. This technology has been promoted by UNICEF and the Nepal government.



Children in Schools

SGCP has to date integrated over 300 children with Cerebral Palsy (CP) and Neurological Disorders (ND) into mainstream school. A study was conducted in conjunction with Kathmandu University to demonstrate the success of children with CP or ND currently in mainstream school. The study findings were disseminated to a group comprising senior staff of the Ministry of Education, Kathmandu University, media specialists, specialists working with children with neurological problems, and educationalists and donors at a seminar. The seminar was presided by Dr. Suresh Raj Sharma, Vice Chancellor of Kathmandu University. Mr. Kishor Thapa, Secretary of Ministry of Education, also participated in the meeting.



'Silver Jubilee' Celebration

SGCP celebrated its "Silver Jubilee" on the 21st of October 2011, attended by children with CP and delayed development, their parents and well wishers, which was received with an expression of gratitude and respect for all those who have contributed to

the growth and development of the organisation. On this occasion, children and teachers inaugurated the commemoration object 'Dharma Dhatu' with a SGCP logo. As a token of our gratitude and respect, certificates of recognition/ appreciation were distributed to friends and staff members.



SGCP receives 2012 Trailokya Nath Upraity Award for Education

In appreciation of the invaluable services rendered for the alleviation of disabilities of children and youth of cerebral palsy through its caring and individualized educational, medical and therapeutic intervention programs, the Trailokya Nath (TN) Upraity Center for Education at Kathmandu University announces the first Trailokya Nath Upraity Education Award to the Self-help Group for Cerebral Palsy/Nepal.

TN Upraity Award for Education carries a purse of 1 Lakh Rupees and a citation.





List of Donors

SN	Donors/ Agencies	Focus of Area
1	Saraswati Foundation, Switzerland	Special Education, Management
2	Sidhratha Foundation, Germany	Child care at home
3	Lion's Club, Germany	Medical and Psychological, Assessments, Medicine, Physiotherapy
4	Stichting Liliane Fonds, The Netherlands	Special Education and Child Care at Home
5	CP Charity School, Ireland (Bob and Frances)	Special Education, Infrastructure Development
6	Rotary Club of Patan Durbar Square	School support
7	The Eastern Benjamin Memorial Foundation	Child care at home
8	Tracey Martin and Friends, UK	Child care at home
9	Stichting 'Holland Building' Nepal, The Netherlands	Child care at home and Infrastructure development
10	Stichting Maha Mata, The Netherlands	Child care at home
11	Nepal Relief Association, Aachen, Germany	Child care at home
12	Didi Dai, Spain	Care centre
13	Rebecca Fritz, Austria	Child care at home
14	A Heart for Children, Germany	Doctor and Other Medical Support
15	Bhumi Food Production, Nepal	Care centre
16	Ministry of Woman, Children & Social Welfare, Nepal	Child Care
17	Dr. Deepu Mirchandani, Canada	Children at home
18	Royal Danish Embassy, Kathmandu	Children and women

Financial Description

Financial Report 2067/678 (16th July 2009 to 15th July 2010)

Expenditure :		
S.No	Program	2067/068
1	Special Education Program (SEP)	3,958,604.57
2	Cerebral Palsy Rehabilitation Center	2,223,860.90
3	Home Visit Program	836,835.45
4	Out Reach Program	2,052,987.38
5	Mobile team	881,956.69
6	Care Centers	587,474.60
7	Technical Aids (Rotary)	496,735.00
8	Cerebral Palsy Prevention and Cure Project	2,835,511.57
9	Construction and Capital Expenditure	1,541,807.20
10	Administration Cost	3,324,773.24
	Total cost	18,740,546.60
Income :		
1	Donations	18,003,704.42
2	Parent's Contributions	867,573.00
3	Interest	907.80
4	Misc Income	235,945.00
5	Membership Fee	5,600.00
	Total	19,113,730.22
	Surplus/(Deficit)*	373,183.62



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