

All furniture is locally made and durable. The design for these items has been refined over many years in discussion with educators, physiotherapists, and parents – it is appropriate and sustainable for the local conditions.



During the month-long residential stay at the SGCP Dhapakhel Center in Kathmandu parents learn the basic skills that they can use to better care for their children with Cerebral Palsy when they return to their villages. They are also given awareness training that they can share with families and communities back home.



**Rotary Club of
Kathmandu Mid-Town**

Charter date: 8 November 1989
Club ID: 26776; RI District: 3292 Nepal-Bhutan

**Please Help Us to Support
Cerebral Palsy Children in Nepal**

*A small donation will give these children
and their families a chance to live a life of
dignity and meaning and to be happy.*

In a poor and developing country like Nepal, on average 6 children per 1000 live births are affected with Cerebral Palsy. Cerebral Palsy is a condition of non-progressive childhood disability with palsy. A motor disability due to damage of the developing brain that impairs control of movement since the brain is unable to send the necessary signals to instruct muscles when to contract and relax. In Nepal, most people are unaware of the condition and it is important to promote awareness among the mothers and families to help reduce the incidence of this affliction. Recent data indicates that there are more than 70,000-80,000 cases of Cerebral Palsy in Nepal. This condition is an agonizing problem both for the children and their parents -- even a small donation can help to give some much needed help and to relieve some of the practical difficulties faced by these children and their parents.

For more than two decades the **Rotary and Rotract Clubs of Kathmandu Mid-Town** have worked with the Self Help Group of Cerebral Palsy (SGCP) in Dhapakhel, Lalitpur (not far from Nepal's capital in Kathmandu) through Rotary Past President **Dr Chandra Lekha Tuladhar**. The center houses some children with residential care and provides them with the physiotherapy that they need. This center offers services for the neighboring community as well as more distant areas through its outreach program. At its headquarters in Dhapakhel, the SGCP welcomes parents and affected children from remote areas and gives them much-needed awareness training and counseling. The practical advice that they receive helps them to deal with day-to-day situations back in their villages so that children can grow up in their own communities.

This small group does not have the resources to campaign for funds from international sources. We are trying to help them by taking advantage of the opportunity that our Rotary Club President Bhairaja Pande will be attending the Rotary International Convention in Atlanta 2017 to make an appeal to international friends and well-wishers for small donations that will go a long way.



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How to make a donation: Please contact us through our web page 'contact us' (<http://rotarymidtown.org.np/>) and we will provide you with our bank account number for bank transfer information.

Please consider making a donation. The table below shows how even a small donation can help to make a difference in the lives of these children and their families.

DONATION PACKAGES

1) Supplies for Village Daycare Centers

The SGCP presently supports 21 daycare centers in small villages that have children with Cerebral Palsy. These centers are in serious need of upgrades. A donation of US \$550 will help to improve existing facilities at a center.

A donation of \$550 will provide a center with the following:
3 specially adapted chairs (\$70 each); 3 corner chairs with tables (\$40 each); 1 prone board (\$20); 1 standing frame (\$20); 1 set of wooden blocks/toys/apron (\$100); 2 gym balls (\$15 each); 1 round table (\$50); 1 wheelchair (\$150), and transportation (\$50). See photos on back page.

Help for all 21 existing daycare centers, 21 X \$550 = \$11,550.

2) Establish New Daycare Centers

The cost to establish a daycare center in a village that does not have one is US\$ 1500

The SGCP has set a target for 2017-18 of 5 new daycare centers.

Help establish all 5 daycare centers, 5 X \$1500 = \$7,500.

2) Chair for Home Use by Children with Cerebral Palsy

Technical aid chair and table \$70 each.

Help all 50 children, 50 X \$70 = \$3,500.

3) For Home Use by Children with Cerebral Palsy

Each corner chair is \$40.

Help all 50 children, 50 X \$40 = \$2,000.

4) Sponsors a Child (and guardian) from a Remote District to Spend a Month at the SGCP Dhapakhel Center in Kathmandu

A month of intensive coaching and therapy for a child and accompanying guardian (includes travel costs and residential stay at the center).

Cost per child (includes guardian) \$750.

Help all 12 children, 12 X \$750 = \$9,000