

The YPK Bali Team

Annika Linden Centre
Jl. Bakung 19 Tohpati
info@ypkbali.org
www.ypkbali.org



YPK newsletter Vol. I January-March 2014

The Power of Happiness

How to Cope Difficult Times

Suffering a physical disability definitely stretches the emotional side and often contributes to stress on the family. YPK noticed that positive emotions in both the patient and family can provide a meaningful contribution towards the patient's recovery. Thus, YPK invited Mr. Kadek Suambara to deliver a laughing yoga session for YPK patients and families. Laughing yoga has lots of benefit such as reducing physical, mental and emotional stress simultaneously, and it can strengthen the immune system. Laughing is a positive energy that helps people to connect with each other quickly and improves relationships. Laughter helps to create a positive mental state to deal with negative situations and negative people, providing hope and optimism to cope with difficult times.



Love for Muji

A little love can change his world

Muji is an 8 year old boy who is suffering from cerebral palsy. He lives in Blitar, East Java with his parents. Muji has not received any therapy or education due to a lack of access to services and the family's economic circumstances. Muji has a great desire to go to school and play with other children. Luckily, Muji has his mother by his side.

In order to help Muji and other disadvantaged children like him, YPK hosted a special Valentine's Day High Tea Event 'Love for Muji' last Saturday 15th February at Best Western Premier Hotel, Sunset Road-Kuta.



We raised Rp. 41.000.000 from a charity raffle, high tea ticket and auction. We would like to thank the community, patients, families, volunteers, sponsors and supporters for their generous

support of our event. Their support has enabled us to help Muji and other children like him who come

from other parts of Bali or Indonesia to receive short term-intensive rehabilitation at YPK rehabilitation centre

“The mobile clinic works where access to therapy is not available for people with a physical disability”

Engaging the Family Member

The mobile clinic works where access to therapy is not available for people with a physical disability. Even though in the last three years we are faced with challenging conditions, we always try to create a sustainable system in delivering therapy for the disadvantaged community. This year, we decided to work more closely with all of the family members of our patients. We focused on a family based rehabilitation model because the family is the smallest and nearest society who can help the patient do their daily exercises as well as create a positive atmosphere.

Kaba-Kaba Village in Tabanan Regency, Mas Village in Gianyar Regency, Tangkub village in Karangasem Regency and Peninjauan village in Bangli Regency enthusiastically welcomed the mobile clinic team who just expanded its services to these villages. We tailor activities to each patients and family’s condition, providing more educational material and guidance. This approach will speed the knowledge transformation and allow each family to be more understanding with the condition and purpose of each activity.



**“This was my first time visiting another school and I was so happy. I felt that I have been accepted here and that was so good”
said Deny (YPK student).**

YPK & the Green School

In the last two years, students from the Green School (GS) have come and spent one day learning and playing with students from the YPK education program. This year, teachers from YPK and GS decided to undertake a similar activity starting in January until March 2014. The activities have been designed to give the opportunity to students from both schools to explore nature and increase their skills in communication and participate in society. The closing activity involved the YPK students visiting their friends at the Green School. All the students had a great time having fun while they improved their social skills. Surrounded by the green ‘sometimes’ challenging environment, all the students enthusiastically joined in with various activities such as a school tour, cooking, painting and drama exercises.

Field Visit to Tianyar, East Bali

During a field visit conducted by the mobile clinic team, it was found that 4 out of 5 children in Tianyar (± 90 km from Denpasar) have never received a medical checkup. There are many children who are at risk of getting serious health problems, especially those who have existing physical problems. The mobile clinic team helps disadvantaged children who need physiotherapy services. In addition to conducting the first assessment, the team helped the parents to better understand their child’s condition. The team provides the parents with exercise ideas and information about correct positioning so that their child can continue their therapy at home. We hope that this service will prevent health conditions from getting worse and utilise local resources for the children’s regular activities and exercises.



Keep in touch
on Facebook



Like us on facebook for updated activities:
www.facebook.com/ypkbali

Sign up for
our newsletter
email: info@ypkbali.org



Please email info@ypkbali if you would like to begin
receiving news from YPK or wish to unsubscribe

Hearing Checkup for Everyone

The Journey began in Ban

The BaliRungu program officially returned to serve the disadvantaged community in the field of hearing impairment. The first commitment was made with the East Bali Poverty Project.



In the last three months, 883 people received a hearing checkup and consultation from the ENT specialist doctors. These assessments occurred at numerous events and during outreach visits such as; the celebration of the International Ear Care Day, regular visits to Ban Village, Primary Health Check Up during Denpasar Anniversary and from visiting a school for children with mental disabilities.

These events were conducted in collaboration with the local public health centre, PGPKT (Indonesian Committee of Deaf Intervention) and the ENT Department of Sanglah Hospital. BaliRungu also raised the community awareness by engaging and educating the community to be aware of hearing issues such as the dangers of using cotton buds and headsets (which may contribute to hearing loss).

BaliRungu is an accessible program that now welcomes hearing checkups at the YPK rehabilitation centre (based at the Annika Linden Centre). This service is available for those people who need continued consultation or those who cannot attend our hearing checkup events. Through the strong relationships of YPK and related stakeholders, we are committed to assist and empower the community in tackling the issues related to hearing impairment.

BaliRungu Hearing Campaign

Let's hear together

The ENT campaign is one of BaliRungu's activities to raise awareness to people about hearing loss prevention. We educate the community about habits that should be avoided in order to keep their ears healthy and how to clean their ears in a proper way. Our main target is children who live in noisy or remote areas. This activity will be conducted once per month in different schools across Bali. During our first visit to SD 3 Kesiman, we delivered our service to 95 students who are now committed to spreading the word to other people.



Tips and Trick

Healthy eating is one way to **reduce your risk of stroke**. Below is chart to help you **eat better and live well**



Contact us:

Location:
Annika Linden Centre
Jl. Bakung 19 – Br. Tohpati-Denpasar – Bali 80237
Indonesia
P: +62 361 462 431
e: info@ypkbali.org www.ypkbali.org

Opening hours

Monday-Friday 8am-3.30pm
Saturday 8am-1pm

How you can help

Are you visiting Bali or do you live here already? Donating is an easy and effective way to support our work with people with disabilities in Bali.

We are grateful to receive financial donations as well as contributions of goods and services.

For more information about how you can support YPK please contact us at info@ypkbali.org or visit our website at www.ypkbali.org