



Newsletter
October – December 2011

Dear friends of YPK

Thank you for your ongoing interest in YPK Bali. We're continuing to work hard across all our programs to support people with disabilities in Bali. You can find out more about our work for the last three months below. Highlights include new workshops and community education, visitors and donations and lots of special events and excursions.

*Read on and visit our **website** and **Facebook page** to find out more. If you would like to unsubscribe from YPK information, or know someone who would like to begin receiving news from YPK Bali, please email info@ypkbali.org.*

From the YPK Bali team

Workshops and community education

YPK Bali is working to improve the quality of information about disability amongst our clients, their families and the broader community. Over the last few months we have held workshops on the themes of "Healthy diet after stroke", "Avoiding diseases from animals" and "Living with Cerebral Palsy". We also provided information about cervical cancer and free pap smears for our female clients and their families. We hope that through work like this we can contribute to communities in Bali being better informed about health and disability.

Donations

Over the last few months YPK has been lucky to receive financial and in-kind donations from our supporters. The Education Program received donations of toys and clothes from visitors from John Septimus Roe school in Perth, Australia. Laura McGilvray, an Australian volunteer in Bali, donated a used laptop to the same program. Bree and Brendon Traynor donated US\$ 300. The money was raised by guests at their wedding. Karen Goodheart from Girl Guides Hampton Park, Perth, also donated IDR 1,000,000 at the end of the year. We thank all friends of YPK for their support.



Staff profile: Dewi Saraswati

Since 2010, Dewi has worked as the Mobile Therapy Coordinator. The Mobile Therapy program takes YPK Bali's services to villages outside Denpasar, where people with disabilities can rarely access the services they need. She organizes the program, works with local communities and local government and attends therapy sessions. As part of the Mobile Therapy program she also provides informal education for children with disabilities who do not attend school.

She enjoys travelling around Bali with the Mobile Therapy team and is looking forward to expanding the program. She says "I love working for the Mobile Therapy program because I can directly help those people with physical disabilities who really need it. I especially like working with the children."

Medical Check Up For Children

Pancaran Kasih Bunda (PKB) is a local donor who often provides financial and 'in kind' support for YPK Bali. At the end of 2011, two doctors (Dr. Yulita and Dr. Letty), who are also members of PKB, helped YPK conduct medical checkups for our child clients. In addition to the checkup, the patients also got vitamins and supplements to help improve their overall health.

Client story: Pak Pastika

Pak Pastika (45 years) is from Bongkasa village in Badung Regency. He had a stroke 9 months ago which made movement and especially walking difficult. After the physiotherapists at YPK Bali provided some training and support, Pak Pastika can now walk more easily and no longer relies on a cane.

Outings and activities

Early in October, all of YPK's child clients enjoyed an outing at Kertalangu Cultural Village - a cultural centre close to our Denpasar centre. They had a great time and did activities like coloring eggs and making kites and ceramic art - and even horse riding! In November, the YPK community went on an outing to Waterbom Park in Kuta. They enjoyed games, lunch and swimming. For many of the client's it was their first experience swimming in the pool. Activities like these improve clients' confidence, give them access to new experiences and challenges and provide valuable opportunities for social interaction.

Visitors

YPK Bali has been lucky to welcome many visitors to our centre in Denpasar over the last few months. Daryl McMahon and Ray Ash, representatives of Austraining International vis-



ited our centre in December. Austraining runs the AYAD and AVID programs which supply skilled Australian volunteers to YPK Bali and other organisations in Bali. YPK was also visited by Daniel Miller, a long-term resident of Bali, who came to see the YPK centre and learn about our activities. He would like to assist YPK to procure volunteers in the future. Ibu Dini, from the Social Ministry in Jakarta, also led a delegation that visited the centre to learn about our activities.

We also welcomed Karen Kaplan, an autism expert from San Francisco, who came to assist some of the children who have physical disabilities as well as autistic or hyperactive tendencies. She worked with Yuni, our Program Coordinator, and Arie, our Education Program Coordinator, to come up with creative ways of engaging these children.

Representatives from our major donor - the Annika Linden Foundation - also visited the centre in October. It was a great opportunity for them to see first-hand the work we do, and also meet some of our clients.

Learning and cooperation

Early in December, all the YPK staff visited SO Hi5 Foundation in Singaraja in Northern Bali. SO Hi5 is another organisation that provides support and rehabilitation for people with disabilities. YPK and SO Hi5 have long cooperated in supporting people with disabilities, and through this visit we got a deeper understanding of their work and ideas to improve our own practices.

In late October the teacher assistants also visited YPAC (Institute for Physically Handicapped Children) and the government school for deaf and mute children in Jimbaran. We hope that through this kind of skill sharing we can increase the quality of education for children at YPK.

Client story: Gung Opa

Gung Opa is nine years old and has cerebral palsy. Because of his condition he has difficulty sitting and walking. After following a therapy program since April 2011, Gung Opa is already sitting and his exercises have been extended. He is beginning to practice standing up and walking. He is also attending the Education Program to begin basic education, learn life skills and interact with other children.

End of Year Celebrations

This year YPK celebrated Christmas and New Year with child clients and their families. There were awards and gifts for the children, who also sang for the celebration. It was a great day for everyone and it was particularly good to see the children confidently perform songs and music, and their parents pride in the their children's accomplishments.

