



**YPK BALI**

Rehabilitation for Physically Disabled

Yayasan Peduli Kemanusiaan Bali - Bali Humanity Care Foundation

Newsletter

October - December 2012

## 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 October, November and December 2012. You can find more information about our work and how to support it on our *website* and *Facebook* page. If you would like to unsubscribe from YPK information, or know someone who would like to begin receiving news from YPK, please email [info@ypkbali.org](mailto:info@ypkbali.org)

From the YPK Bali team

## Free Health Care

YPK Bali went to Terunyan Village community in Kintamani Bangli to offer primary health care. This included free services for general medical examination, ENT, and physiotherapy.

Terunyan village was chosen because this is a remote village in Bali and its community has health problems especially rheumatism

and skin disease. For this activity, we provided medicine for nearly 400 people.

This activity was supported by dr. Tony Gozal (from PDK team), Dr. Utari, Dr. Riska, Dr. Vira (from Ear, Nose, Throat resident doctors of Sanglah Hospital) and the students of Udayana University medicine faculty.

## Community Health Events

YPK Bali has collaborated with the Public Health Center (Puskesmas) and the medical faculty of Udayana University in terms of providing medical check-ups for the wider community. During the last 3 months, YPK has provided primary care events to the community in East Denpasar and North Denpasar. Our physiotherapists undertook

assessments and doctors provided general checkups. BaliRungu also helped people in the village to get ear, nose and throat checkups. Hopefully through activities like these, YPK can not only provide some immediate assistance and intervention to prevent disabilities worsening, but also increase community awareness about our services.

## Hydrotherapy for Young Children

Launched in November, YPK's occupational therapists conducted hydrotherapy on children who have cerebral palsy and need faster progress. This activity was also supported by Ibu Lee who has generously allowed us to use her pool at Batu Bulan in Gianyar (15 minutes from the center).



“YPK provides immediate assistance to prevent disabilities worsening





## Raising Funds for healthier lives

On Saturday November 10, 2012 YPK Bali held an event at Discovery Shopping Mall in Kuta. We dedicated this event to those with disabilities living in appalling conditions as part of YPK's community awareness campaign for the rights of people with disabilities. We raised money with a charity raffle, exhibition, donation boxes and a market stall. At the fundraiser, there were performances such as dancing, music, and singing from the YPK pa-

tients. They collaborated with Dhyana Pura University students and the Senang Hati Foundation. Also, students from international schools on the island presented. Funds will be used for the elderly with special needs. We would like to thank the community, patients, families, volunteers, sponsors and supporters for their generous support. Their support has enabled us to help many people with disabilities in Bali to live healthier lives.

## YPK on RRI radio

YPK Bali was very delighted to have the opportunity to introduce YPK's programs to communities around Bali through the Republic of Indonesia Radio (RRI). Pak Pur-

nawan and Yuni explained YPK's goals and services with the host. Through this broadcast, we hope it will continue to spread YPK's positive contribution to society.

“ Their support has enabled us to help many people with disabilities in Bali to live healthier lives

## Nicolette's Coaching and Training

Starting from November until January 2013, YPK's therapist and teachers will receive coaching and training from Nicolette Verheem on Neuro Linguistic Programming (NLP). She is an expert in the body and mind connection with 20 years of

experience in physiotherapy. Yakkum Bali also joined in this activity. Hopefully through this training, YPK staff can continue to update their skills to provide the most effective services possible for people with disabilities in our new center.

## Continued Support for YPK

We would like to thank the generous support of Mr. Nico Steeman, Mr. Wolfgang Deppen of Schmitz stiftung, Mr. Leo Williamsen, and the Girls Guides Australia. The Education Program also received support through two years funding

from I'm An Angel. This will help one of our children, I Made Yogik Arta, to get better education in Life Skill for Children with Physical Disability Program that started in January 2013.



## Increased public awareness

In order to celebrate the International Day for People with Disabilities, YPK Bali conducted a seminar with the theme “Not my will to be a disabled person”.

It was intended to teach the public about the link between medical care and disabilities along with the role of beliefs and disabilities.

The speakers were Ida Pandita Dukuh Acharya Dhaksa (charismatic Hindu priest) and Dr. Made Bagus

Dwi Aryana, SpOG (K) (obstetrician and lecturer). The guests came from various private and government agencies as well as other organisations in Bali.

Through this activity, YPK hopes to educate the public that there are many factors that can cause disabilities. But ultimately, they are entitled to the same rights as everyone in society and should to live life free from discrimination.



## End of 2012 activities

For the end of the year, the children and their parents visited Bali Cultural Center in Ubud. They were very excited to interact and learn Balinese art. On that moment, the teachers also announced the best students of each group in the YPK education program. Congratulations to those who were recognised this year but for us, YOU ARE ALL THE BEST.



## Continued Primary Care

The BaliRungu team along with two resident doctors continued conducting ear, nose and throat checkup on almost 300 people in Ban Village through the co-operation with East Bali Poverty Project (EBPP). Many parents were not aware of ear health and had never

cleaned their children's ears. Lots of the children reported immediate improvement. This is expected to have a positive impact on their progress at school. Regular primary care for children in remote areas is important for their continued health and well-being.

“ Ultimately, they are entitled to the same rights as everyone in society



## The impact of hearing aids

During the last 3 months we distributed hearing aids (super power and moderate models), and replaced old and damage ones for people with hearing disabilities.

Ni Made Sumantri (40) has had hearing problems since birth and never received appropriate treatment. In November she finally got a super model hearing aid help from BaliRungu. She's a traditional market vendor, so this has greatly helped her with customer service, which

will in turn increases her income. Also, the aid has improved her relationship with her husband as it minimized any potential miscommunications.

Bagus Arsawan is an elementary student from Jembrana Regency (West Bali). Now, He can follow lessons easier and currently his friends do not make fun of him anymore. It also has improved his communication with his family as he is now emotionally calmer.



## Regular Ear Checkups

Assisted by Dr. I Ketut Suanda, the BaliRungu program has provide regular ear checkups for students in deaf schools and communities around Badung and Denpasar.

This service was carried out at

SLB B (school for deaf child) in Jimbaran.

Although it may seem like an ordinary activity, SLB-B has greatly improved the students' school exam results.

## Ayu Diah's Poem published

Ayu, one of YPK's children, loves writing and has written hundreds of poems. With encouragement from her teachers, she sent her poem to one of the most famous children's

magazines in Indonesia, Bobo magazine. She is very happy and proud because her poem was printed. She also hopes to encourage other children to follow their aspirations.

“ Hopefully our relationship will become even stronger in the future

## Continued Support from GMIS-Bali

YPK Bali and Gandhi Memorial International School (GMIS) has built a solid relationship in the last few years in terms of education and social work. Their students come every Saturday to YPK to do many enjoyable activities including shopping at the warung, cooking, playing games, and teaching our

children some crafts. They also assist us at our charity day through performances. This month GMIS invited the children to their annual school festival. We would like to extend our gratitude to them for giving us a generous donation. We wish for a stronger and continued relation in the future.

## Staff profile: Ni Luh Putu Restu Wulandari

Putu started working as a physiotherapy assistant at YPK in November 2009. Under the guidance of senior physiotherapists, she assists and monitors patients during their rehabilitation sessions. For more than 3 years with YPK, she says, "As an assistant, I have not

only learnt about physiotherapy and how to help people and friends, but also learnt how to appreciate my life".

Putu enjoys meeting people from all walks of life and witnessing them increase their body strength and function following therapy at YPK.

## 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*.

