



PHYSIOTHERAPY PROJECT IN SRI LANKA 2015-2016

2015 - 2016

Again this time, I want to say thank you from for all the help of my friends and colleagues. With your help, I could do again a lot for the children in Sri Lanka.

Here is a short summary: Enjoy reading:

SEE AGIAN:

As soon as I came back to Sri Lankas I could reach pretty fast all families and start with my project again. Together with my **physiotherapist student Rangi Wasundara** who finally graduated last year successfully, we were able to get started. Rangi works specially one day more at her job that she can be with me on her day off. She support me very good in my work. For this she drives 3 1/2 hours with several buses to me in the center and after work back again. **THANK YOU Rangi** - I do really appreciate that. The other two students who I promoted before, have a permanent job and go there for their labor. When I asked Rangi why she decides to do so much effort to come and help me, I got the following answer: "Because I really appreciate what you are doing for our country. I love the kids and I can learn so much" - I am very proud of you!!! Nice to see how she developed in the Physiotherapy. **Great Job!**





DEVELOPMENT AND PROMOTION IN PHYSIOTHERAPY:

CST2 course at the University of Colombo: Thanks to **Thomas Rasmussen** and the Upledger Foundation International USA . Because of them it was actually possible to organize a CST 2 Upledger course . After the success of Craniosacraltherapy - CST1 in January 2015, when Thomas introduced to 21 physiotherapists at the university of Colombo in the world of CST - a very different kind of Therapy method - we could organize a following course . Because we could do it only in the Christmastime , there was less participants, but more intensive and successful in practice.





VISIT FROM DR. J.E.UPLEDGER FOUNDATION (UF):

Kat Perry & Tracey Etelson: the dream became true! The visit from the United States became a reality in February where I could both meet & present my project also show the beautiful country Sri Lanka. The enthusiasm was great and in the 14 days our already existing friendship became even more intense. We talked about ideas for supporting my **SAMANALI project**, which we will hopefully realize together soon. We want to let know other CST therapists around the world about my **SAMANALI project** so they can have the opportunity to offer me to support a certain time voluntary in the therapy. Kat and Tracey were in the centre for a whole day in full use with the children and also donated a tricycle . Thank you so much!!! Of course, to meet them after her CST experience was also a highlight for Rangī.

In memory of **Dr. John E. Upledger** who developed this amazing gentle hands-on method of evaluating and enhancing the function of a physiological body system called Craniosacral System ... which is connecting people worldwide ...



ART CLASS:

By chance I have met 4 wonderful girls from Germany who wanted to support me in my **SAMANALI project**. **Katharina and Helena**, have helped from time to time and were a great support at the "MAGIC-DAY". The other two of them: **Helen Vogel** and **Hannah Wagner** created the "art class" for the children. After the Dancing class, we went immediately afterwards to do handicraft. Helen and Hannah had brought so much craft materials from Germany that they could think of it every time something new. For the children every time a new surprise of art: mobiles, pictures, clay figures, clocks, butterflies and caterpillars. Furthermore, painting, brushing, cutting, gluing and taping were a perfect fine and gross-motor side effect. It was so wonderful to see the pride smile of the children when a craft artwork was accomplished. You can see it well in the photos. **A heart thanks to you two for your great mission!!! I am so glad that I got to know you!!! Sometimes chance encounters are still a great addition!! Thanks girls!!!**





DANCE CLASS:

The growing self-confidence of Rangi had the result that the dance class this year became the highlight for the kids. Every Tuesday they came dressed up and full of joy to dance class. Under discipline of Rangi they learned beautiful cultural dances. It's always so nice to watch the mixed dance group and to be able to participate in their joy and happy faces.



DAY-TRIP IN THE FORM OF A MAGIC-DAY:

The Day Trip once a year already become a legend. This time I had the idea to organize a special day in the centre instead of driving somewhere. My idea was a kind of **MAGIC DAY** with surprises. But the problem was that in Sri Lanka all this is not so easy to organize and I did not even know if such a things like Magicians exists. But with the help of the Internet network I was successful on my ad on a website in Sri Lanka I got an immediate response from **Yasas Gunaratne**, a Sinhalese from Colombo who practices magic besides his profession, like a hobby. By the way very professional to me. His interest was to connect the Magic with disabled children and to develop a program for them and therefore we came in contact. He did his show in an amazing way! The kids were fascinated and concentrated the whole time. Really incredible. Yasas brought me even with a few other friends of him in connection: **Tashii Jackson** and her husband **Sean Heith Jackson**. Both of them and their friends put all effort and help with their heart for this special day. Tashii and I met in Colombo where we tried together to realize my ideas. Tashii is a wonderful person who can organize with flying colors. In a short time we had all the necessary contacts. Tashii made an Benefit appeal among friends and could get food and lots of toys.

On **9th January 2016** the time had come. All families were invited: bouncy castle, magic, Winnie Pooh, face painting, coloring, Throwing cans, bongo playing, cotton candy, food and other goodies and much more ... and at the end of the day each child was allowed to choose a toy. The Dance Class surprised me with a welcome dance, with hand-sewn costumes made by parents. It was so exciting and heart touching at the same time, to share the joy and gratitude of the children and their families: An unforgettable day for all of us!

Thanks to my dear helpers: Yasa Gunaratne and family-Tashii Jackson with husband Sean Heith Jackson & her



friends - Herman and his wife Cheryl Wendland - Sascha and Girlfriend Hannah Wagner Helen Beyer - Helena Martins da Silva - Katharina Schaal - Rangi Wasundara - Raja - Dinesh - Lynne & Ron Penglase - and of course to all who made it financially possible!!!

Thanks to Justin Hill and Dr. Stein for the permission to use the Peralya Centre for my children.





SCHOOL UNIFORM AND EQUIPMENT FOR KAWINDU:

Kawindu is a 6 year old boy who comes since 3 years to me. Unfortunately, he lost his mother two years ago of leukemia. But his dad cares lovely about his son and his 2 other daughters. Unfortunately it is not possible to him to have an employment. Consequence: Money is very scarce or mostly absent. Kawindu came to me as a very disturbed child. He dreamed too much and hardly spoke. Since he comes regularly to the centre, he has performed very well on. By promoting him it is now finally possible that Kawindu speaks and is attentive. Through my request it will be given him a chance to be included in a school ... but unfortunately that is only possible if the family is able to allow a complete school equipment uniform - what his father could not. A very modest man who would never ask for help. But after my insistence why Kawindu still not going to school, he told me the fact. **Helen** and her boyfriend **Christopher**, who were visiting me at the same time, acted immediately. They took Kawindu and his dad into the next Tuktuk (local taxi) to town and bought him shirts, shoes, socks and schoolbag the pants I took over. I bought the material and led sew the pants. The pride could be seen in both faces. I do not know what was more exciting: the trip by Tuktuk to the city or shopping.

Anyway Kawindu can finally go to school and participate at school lessons. According to Father he is doing very well. Heart thanks to Helen and Christopher.





REHABILITATION SUPPORT BY HERMAN WENDLAND:

As every year, there is the annual inspection of all wheelchairs and rehabilitation aids supplies. As some children are now grown quite out, we had to be worried of buying some new wheelchairs. Unfortunately, the quality of the wheelchairs in Sri Lanka is not so good - and so I am currently looking for 2 wheelchairs like 2. Hand) that I can probably transport to Sri Lanka. For some families with the difficult spastic children we provided toilet chairs. Therefore their personal ritual falls a little bit easier because most families possess their toilets outside the home. It's always nice to work with Herman together and a big thank you also goes to his wife and family. I look forward to further cooperation.



PHYSIOTHERAPY & CRANIOSACRALTHERAPIE:

Obvious that I treat all children regularly with Physiotherapy and CST (Craniosacral therapy). All developed pretty good and doing everything very well - I am very proud and happy how intensively cooperate the families and practicing with their children. Homework Will always presented very proud. Sometimes I got visit from some colleagues, who often declared spontaneously to apply hands. **Some of them donated Therapy tapes or Therapy balls. Thank You!**





PRIVATE LESSONS FOR CHATUMINI:

Furthermore **Chatumini** is sponsored by private school lessons at home. Her knowledge has been very extended, Every time she proudly shows me all of her school notebooks. She also developed very well in Physiotherapy.



LEARN GROUP:

After long time searching, I finally managed to find a great and professional teacher who is willing to teach some children in the center. The main problem of these children is that there are no opportunities in Sri Lanka to encourage these children in their own way and to integrate into the schools. Such options as there are here in Europe, does not exist in SL. That is why there is no possibility to give these children a chance to learn something. In recent years, together with the help of Rangi i tried to teach them some things like painting or counting - thinking by themselves- but also motivation ... and with success! But unfortunately my ability in this field is limited because of the language barriers and the pedagogical knowledge. But now finally they can learn more by **Teacher Madu**. She also has a disabled son and had heard a lot from me, so one day she came to visit me and has immediately agreed to help me. During my momentary absence, **Teacher Madu** continue with the class **and Rangi** is treating some of the very spastic children. Every week I get an accurate update from them, who was present and how the children develop.



A NEW THERAPY BIKE AND MATERIALS:



Thanks of the help of **family Wimmer & Pavel Fieber** and Susanne I could buy in the Germany a therapy bike and some therapy materials. **The parents of Hannah: Barbara and Günther Wagner have sent it by mail from Germany!**



SWEET GUMMY:

Thanks to **Lindi Castaldi** for the sweet Gummy bear package from Germany. It is always a pleasure to see how so little things you can create such big moments. Sweets and chocolate are always welcome ... as you can see ...





AT THIS POINT I WOULD LIKE TO LIST SHORTLY, FOR WHICH THE DONATIONS WERE ISSUED:

- Transfer fee for some of the families who cannot effort to come to the center
- fee for the cost of the center
- therapy materials and learning writing and craft materials
- Wheelchairs and other supply aid
- Expenditure for Magic Day
- new jukeboxes for the dance class
- compensation for the local assistant also during my absence
- Food packets to families (rice & Dhal)
- Cakes and ice-cream from time for the children
- therapy Bicycle financial aid of family

All this would not have been possible without your help!!!

A special thanks to: Dr. Erich Wühr and Anish Seth & Family. Without you my project would not grow. You give me the power to realize my and the families dreams. To have you by my side give me the necessary support, for which I am grateful to you deep in my heart.

Another lovely THANK YOU to: Elke Lang & family, Simone & Joshua Kohberg, Tabea Hempfling, Isabella Fallbesoner, Petra Urban, practice Anna F. Rohrbeck, Prophysis Fleetinsel, Mario of Nedden, family Cremer, family Herzog, La Famiglia Brunetti, Ute Juelly & friends Robert Bleil, Susanne Grothey, Susanne Oberegge.

Although I have not mentioned by name all once again, so of course, goes my thanks to everyone who supported me on his way . My family and I know that really appreciate it and are in the deepest gratitude.

Gratitude is the heart's memory. (Jean Baptiste Massillon)

lovely hugs, Barbara

If everything goes positive I will fly in August back to Sri Lanka. I have many more ideas & dreams that need to realize ... one of them

is a day care centre for my children. The next report will follow soon ...

