



PHYSIOTHERAPEUTISCHES PILOTPROJEKT SRI LANKA

2014 - 2015

Five and a half months in Sri Lanka - fly by so fast ... hard to believe ... and with intense impressions I'm back here in my office in Marmaris Turkey and let everything pass again. There are so many things I want to get down on paper and I do not even know where to start.

Thanks of the wonderful support of all my dear friends I could make true many dreams again.

For this, a huge THANKS deep from my HEART!!!

Here is a brief summary of my goals that I have set up myself during my stay in Sri Lanka this time:

REHABILITATION CARE BY HERMANN WENDLAND:

Hermann Wendland and his wife **Cheryl** which are very supportive in my **SAMANALI project**. Mainly there were renovations and checkups. **New orthoses** were designed for the twins: **Promodi & Maduschi**, a **night splint for Nischel** and a **new wheelchair for Sakkile**. A **wheelchair** donated from Germany donated was passed to **Chatumini**. **Thanks to Susanne Oberegge and Silke Baum**.





HELP AND ASSISTANCE AWARENESS TRAINING FOR PARENTS CONCERNED:

A **local mom**, which has a **Down's Syndrome child named Malindu** visited me and told her story: she was a long time in Germany with her husband and was fortunate enough to be well taken care of. So that gave her also the possibility to send her son to a private school, where he is promoted properly.

Because she knows how hard it is for local families with those kind of children, she explained spontaneously willing to help me supporting the mothers with positive education about the "**Down Syndrome**" - but also explaining to families "**disability in general**". With this she gives them renewed hope and strength.

As a result, where the idea of **art group and study group** has been created to support some of the children in their tasks positive. Thus parents are also shown that their children despite their disability may also have a task and the associated fun.

Open **dance group** for all children of the project were interested headed by **Shamika**. Shamika is one of the **physiotherapy students** treated under my supervision the children in Peraliyazentrum.





SURFPROJECT:

A hotly debated project which cost me a lot of strength and energy. But at the end I got it even managed by my own with great success. Unfortunately, not so seen and supported by the organization, which I do not want to call - therefore be deleted. Although money was donate for my project. Not nice - which will also carry implications for the future cooperation. But thanks to lovely people who believed in this project and helped me, I got through it and I could give an unforgettable experience to children. It is hard to describe and to bring those eyes and emotions on paper. But to carry the kids to the beach and to give them a private hour in the sea and a surfboard riding-unimaginable-incredible but true! I think the photos speak for themselves.

A big thank you to all the donors who gave me the boards concerned, donated and shipped mainly to Sri Lanka: Fabio, Lele, Julia, Nobis, Anja & Guntram Schadel, but also a **heart thanks** to the local surf guys who were with so much commitment there.

They helped me and gave me the assurance that impossible to make possible:

Thanks to: Nuwan, Canu, Dinesh, Mahesh, Erna and of course Pradeep, who brought the children safely home again.





DAYTRIP:

The long, awaited Day trip on **January 3, 2015**: After the first success in the year before the families were of course very excited about another trip, I had also promised them. Thanks to the donations this was possible. This time we went with two rented buses to **Kosgoda on a boat trip** with a visit to **small alligators and the temple**. What a highlight for families. I rented three boats for 80 people. Then we went back to **Hikkaduwa**, where as last year waited through the help of the owners **Kamal and Saska** in **HUG INN** already the **buffet with Rice & Curry** on families. Face painting and soap-bubbles were for the children something new and with singing, dancing, drumming and music we were able to prepare the family an unforgettable day. Of course, the ice cream and the chocolate cake had to be there at the end. This day trip is simply indispensable when it comes to my family and I look forward to going back :) A big thanks go **Erna Leichtman** who has taken the whole day so wonderful photo and to **Carina** and her companion which on that day were great help to me. And last but not least, of course, all those who have financial support me so I can make such great things with the families.



PRIVATE TEACHER:

Before I last time flew away again from Sri Lanka, I found out a private teacher who declared himself ready to go for an acceptable payment to **Chatuminis** home and to support her in all teaching subjects. Also, this is only possible thanks to the donations. Chatumini is a 15 year old CP child, very busy and has since made very great progress physiotherapy. She is there from the beginning for me. Chatumini is very clever, but has not the opportunity caused by her disability to go to school. Chatumini showed me with all pride a summary of all the school work she did in my absence ... pretty busy, I was very impressed. So I decided to give her the **Laptop** which was donated from the **family von Nedden**. So she can improve not only in fine-motor skills but also in school and Computer skills.



WUNSCH FÜR DIE ZUKUNFT:



School - This in general is a big problem for many children in Sri Lanka who are physically handicapped, or simply need for a while a 1: 1 care. Integration classes do not exist and otherwise there is no place to go for these children and no one who takes care of them. Although in Sri-Lanka is compulsory school attendance there are not much possibilities for poor families. Also, there are very few teachers who are trained in such areas. **This will be for the future one of my main goals, which I would like to care of it.** My dream would be to have an own building, where children can come during the day and can be divided into different areas. they can spend the entire day there and also get their lunch. A kind of all-day care, where everyone will be treated, developed in his area, and where they get help. In the morning the children are taken and in the afternoon they will be picked up again. I found such a kind of institution in the Galle area but this is supported by an Italian financial organization and it is for the kids who are established in this residential area. Something missing just in different environments Sri Lanka and around where I am acting is really necessary!!! But I for this I need trained staff and of course other financing proportions. But I would not be ME if I did not believe in my dreams and in the Mission Impossible ... and who knows ... one day may my wish come true ...



DENTAL CLINIC:

A **local dentist with assistant** could come for a day with a **mobile dental clinic** in the center and examine all the children and make the most necessary treatment and dental care. Furthermore, the parents has been demonstrated an accurate dental hygiene on a model. I was so proud of all the children fully presented themselves and were so brave. As a reward, there was a toothbrush and a tube of toothpaste. Again, this is only possible because of the donations. **Thank you!**



THE FIRST CST 1 CLASS IN COLOMBO:

Long work and correspondence - but good relations support and trust from **Chas & Kat Perry and Thomas Rasmussen** also have let me make impossible things possible: **The first CST 1 class in Colombo for 25 physiotherapy students** still standing at the beginning their career but never could have dreamed participate



of such a course. **The sponsors are Thomas Rasmussen and the Upledger Institute USA.** I met Thomas at an Upledger course and told him about my idea and my **SAMANALI project**. None two weeks later I received an email from him, which he declared himself spontaneously to organize an CST1 course in Sri Lanka. With total commitment at the Upledger Institute USA, he completed all the steps required to get from the **Upledger Foundation** an OK.

In **February 2015**, there was finally the moment happened: **25 students from the Physiotherapy Unit Colombo Sri Lanka** could find out what is behind the great work Craniosacral therapy. A great success, which opened certainty for one or the other a large door. Links of collegial friendships and relationships are developed and it is hopefully just the beginning. This brings my motto "**Physiotherapy in Sri Lanka - helping people help themselves**" always a step closer. A big thanks also applies to Ishanka who helped me with the whole organization on the unit in Colombo, accommodation and transfer and of course **Suranga the manager of the unit Colombo** who is very open to new ideas and opens all the doors of the unit when his country and people got the chance to develop from aboard ... which is unfortunately not always easy and obvious in Sri Lanka.



A RICE & CURRY DAY:

Sponsored by **Jayantha Ambalangodage** has made a normal day of therapy in Peralyazentrum very special. Jayantha has his own organization in Germany, which helps the people of Sri Lanka. I've known him since I came the first time in Sri Lanka and he is always willing to help me whenever I need. Already last year during his visit in Sri Lanka he wanted to do something for the children of my project so this time he spontaneously offered for 40 children and their families the food. **Thank you Jayantha!!!**



CONTINUE WITH THE SPONSORSHIP OF THE LOCAL PHYSIOTHERAPY STUDENTS (SHAMIKA, RANGI, PRADEEP) UNDER MY SUPERVISION:

I must say they have really grown up in a very positive way in the short time. I hope I could give them until now some good advices in physiotherapy along the way and I hope that they will pass soon their exams and that they will continue to support me in the therapies. Anyway, I'm very proud of them and I will do my best to give,



the profession "Physiotherapist" in Sri Lanka a chance to develop Of course, the physical therapy and treatments have become indispensable along with three physiotherapy students in Peralyazentrum in Thelwatte. New Kids I could take and of course there are others on the waiting list. Unfortunately, the attending physician Dr. De Zoysa could not always be present, because of health reasons he needed to go often for a long time to Colombo for treatments. Nevertheless, I would like to thank for his support and wish him all the very best and he will get well soon!

And a thank you to the representatives of the Peralyazentrums: Dr. Stein and Justin Hill who give me the chance to use the rooms in the Centre for free!



THANK YOU:

I can not say enough THANK YOU ...

Especially to Anish Seth, Simone und Joshua Kohberg, Tabea Hempfling, Isabella Fallbesoner, Petra Urban, practice Anna F. Rohrbeck, Prophysis Fleet island of Mario Nedden and Dr. Erich Wühr.

I really do appreciate your help very much and would not have been possible without your support. And even if I did not have mentioned everybody in particular I really hope that my deep gratitude to all of you who support me with my **SAMANALI project** achieved.

I thank you for your confidence, which gives me the strength to make the impossible possible and to help disabled children in Sri Lanka.

I am so Grateful!!! **Contact is language and that all around the world. "Do good, and to multiply the good in the world is ultimately not a question of method, but the compassionate and responsible end of the love we feel for others."**

T*H*A*N*K*Y*O*U with love!

BARBARA



