

Newsletter 17

December 2010

Much has happened since the last newsletter in May. Our boys are doing fine and they do their best. Unfortunately one of the boys has broken his pelvis because of a fall, but we are glad that he is getting better now. At the moment he is living at home.



3 disabled teachers in Hellabeem



Ernest in his shop

We are following the first group of pupils who now have their own business. They have to report every month. On the whole they are doing well. Three of them have done a follow-up course on repairing cell phones together with those of our pupils who will leave in January. It was nice for all of them to see each other again!

The next five boys are being prepared to leave Hellabeem. This means sitting exams, making business plans and giving computer training to children of our neighbourhood.

Also we have started the 'food processing' course.

The first group of boys with their coaches and a former pupil has started the baker's training. They have already made sweet and savoury rolls, biscuits and bread. We hope to



Bakery course

give more of these short courses also for disabled youngsters from outside Hellabeem. The food processing project has been sponsored, just like the agricultural project, by a foundation that wants to remain anonymous.

THERAPEUTICAL POOL

In September we have brought our therapeutical pool into use. Jan and I have financed this ourselves and we are very glad with this opportunity to offer more movement and exercise to our pupils. They have never been to a swimming pool, some have been in the sea. We formed a group of boys with a similar defect and Sameera and I are treating the boys with a more serious handicap individually. Everybody loves it! 'Small Thashi', 60 centimeters tall at the most, can sit on the bottom and have his head just above the water. The biggest part of the pool slopes down from 30 to 90 centimeters and has a gangplank. A small part is 1.60 deep for ourselves and is separated by a little wall.



Our therapeutical pool.

TEA PLANTATION

Some time ago Jan and I bought a tea plantation with a little neglected house in Butkanda. This little house too we financed ourselves. We gifted the land and the house to Hellabeem. The plantation had to be pruned first and now we are planting new plants that Hellabeem has grown itself. A lot of work to be done!

The aim is to generate income for Hellabeem and we can use the cottage for short local courses and as a holiday cottage for the boys and ourselves. This will make a difference from Hellabeem for the boys who never go home during the year.



On 26th October we rented a big bus and went to Butkanda, all of us including staff, for the official opening with all the 'officials'. It was a wonderful day!

INTRODUCING THISHANTHA OUR MANAGER

Five years ago I worked with mentally disabled children. This is my first experience in work with physically disabled children, who cannot walk and move well. My first day at Hellabeem I was very surprised to see the beautiful surroundings. I was also completely baffled to see that everywhere were facilities and adaptations for people with a walking disability, like wheelchair paths. Good accessibility to buildings everywhere. I realized that the founders had built a comfortable nest to lay their eggs. After a period of settling I found my real vocation. This is facilitating. So it was a unique chance and challenge to work for Hellabeem. And this is what I do with great devotion. I am happy to be able to work in a setting where psycho-social support is important too. I never have the feeling that the boys are different. I will do my utmost to achieve the goals that Hellabeem set itself.

STUDENT ASSOCIATION

Our pupils have founded a 'student association'.

Their aim is to help Hellabeem and the pupils and look after their interests.

Members are the present pupils, but also the pupils who already left.

VOLUNTEERS

Suzanne Boxem worked with us as a volunteer for a couple of weeks in June and her friend Willemijn Berghorst for ten days. Both are nurses.

They assisted our assistant-physiotherapist Sameera with the remedial therapy and sports and games. Suzanne also held a presentation on decubitus (bedsores) and first aid for the staff.



Our volunteer Lucy Fremouw

Five weeks at Hellabeem was a special experience for me. I was given a warm welcome. The surroundings are beautiful and the organization is well structured. Financing and investments are done in the right way. They are reliable and correct. The children are educated, do sports and learn to be independent. They have physiotherapy every day. They make progress in physiotherapy and this is very important. It encourages the children and gives them support, they work on their own health. It is important to keep the physiotherapy up to date, with new ideas and developments. That is why it is important to have students of physiotherapy as volunteers. They can contribute and mean a lot for the boys.

I worked as a physiotherapist at Hellabeem for five weeks and also assisted at the swimming lessons, I treated little wounds and I was involved with the children. Physiotherapy is a wonderful profession. You learn a lot from each other. Mutual respect is very important. I learned a lot about the country, the local people, but most of all I learned from the children. They once more confronted me with the fact that you can also enjoy life when you are disabled and that everybody is equal, with or without handicap.

I would like to thank everybody for my wonderful and valuable stay at Hellabeem. Staff, children and all other people involved. But especially Jan and Helène for their effort and devotion to this project.

Hellabeem: “A warm home, a boarding educational- and rehabilitation centre for disabled children. An organization to be proud of!”

Lucy Fremouw,

4th year student of physiotherapy

Volunteers do a good job at Hellabeem. Apart from physiotherapists we are looking for men who can weld and construct a windmill.

SPONSORS

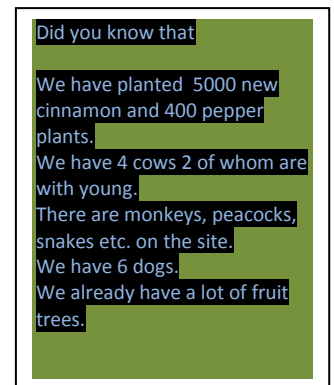
We thank Liliane Fonds for your enormous contribution .

With it we could provide many children from our neighbourhood with orthopedic aids and shoes. Thank you St. M.R. Schreuders.

Thanks for the 40 computers (CIMA Global England), Ensior (transport),

AmarisIT (customs clearance) and Leo Project Foundation in Colombo (clearance inwards and delivery). Thanks for church collections.

We are very glad with all gifts, great and small.



Maarten van der Velden's 50th birthday present for Hellabeem

Maarten:

“When we decided to celebrate my 50th birthday of course I was confronted with the question: “What wishes do you have?” I didn't really have any and that is why I thought it a good idea to ask the partygoers for a donation for a good cause instead of giving the standard bottle of wine or book token.

When you then go into what good cause would be suitable, you tend to get lost. Hundreds of institutions to choose from. What to do?

I think that transparency in this field is very important (what is done with the money) and a small scale (your gift does not get lost in the overall budget) .When there is a small scale project you are personally involved with, then the choice is easily made: it was to be Hellabeem.

What is so nice about the Hellabeem project is that people are helped to take their lives into their own hands. They are helped to be independent, to learn a trade in spite of their handicaps. No pampering, but creating conditions, offering chances. Every human being has a responsibility of their own, but you have to get chances and that is what they do at Hellabeem. I deeply respect people who develop this kind of initiatives, often at the cost of their own prosperity and wellbeing. I am happy to be able to contribute in this modest way to the good work done by Hellabeem”.

Maarten and the partygoers, thank you very much!

NEWS FROM THE DUTCH BOARD

After 16 newsletters Annebet Brongers stops her editorial work. We thank Annebet very much for all the effort for Hellabeem. From Newsletter 18 Ati Dijckmeester will take over.

Well, you are informed about all developments at Hellabeem.

We wish you a Merry Christmas and a Happy and Healthy New Year!

Best wishes, Helène Heijen and Jan van Beek and the Dutch Hellabeem board

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