



VOLUNTEERING OPPORTUNITIES

UPDATES FROM THAILAND

CHILDREN'S STORIES



**FOR LIFE
THAILAND**

For children, for families, for life

EASTER NEWS 2022



Welcome to our Easter Newsletter 2022.

We are so happy that Covid-19 restrictions are finally being lifted in Thailand, meaning that CCD's childcare and outreach projects are able to reopen. Thailand still has strict mask-wearing rules and the public is required to take regular rapid tests to curb the spread of the virus.

However, as more of the Thai public receive their vaccine, these rules are set to ease over the coming months. The team in Thailand has worked extremely hard to keep the children and families that they support safe.

In this newsletter we bring you updates from the projects, future plans and children's stories that show the impact of your support.

Wishing you a Happy Easter.

For Life Thailand & CCD!



CONGRATULATIONS SONG & NID NOI



Congratulations to Song & NidNoi, who got married in March 2022.

Song was one of the first children to come to CCD, joining Rainbow House when he was just a toddler. Song was adopted by Wasan & Chariya and has grown up in the CCD family.

He is now a social worker on the CCD outreach team, where he met NidNoi, a physiotherapist at CCD. We wish you both a lifetime of happiness together!



A NEW MUSHROOM FARM!

This year a fantastic new vocational training project has opened in Chai Nat. The project is designed to provide workplace experience, sustainable income generation and agricultural skills for young people with disabilities: through the art of mushroom farming!

The organic mushroom farm was built next to the Manarom day-centre and teaches students the process of cultivating, preparing and selling oyster mushrooms.

The project helps to enhance self-esteem, communication, soft skills, independence and work experience. The mushrooms are sold at markets and donated to local families in the community!



Mushroom Krapaow

A delicious Thai recipe inspired by the mushroom farm! (Serves 2)

- Heat oil in a wok. Add 2 sliced birdseye chillies and 2 cloves of sliced garlic.
- Roughly chop a punnet of chestnut or oyster mushrooms. Add to the wok.
- Add 1 tbsp of fish sauce, 1 tbsp oyster sauce & 1 tbsp of sugar. Stir fry for 5 minutes.
- Remove stems from 1 packet of Thai basil leaves and add the leaves to the wok. Fry for 2-3 minutes until wilted.
- Serve with rice and a fried egg!



GUITAR'S STORY

5-year old Guitar and his family were in dire need after the lockdowns in Thailand left them penniless and unable to care for Guitar. His family started receiving support from the CCD outreach team in January 2022.

Guitar has cerebral palsy. He lives in a rural village in a corrugated iron house. He and his great-aunt and great-grandmother spend their time living on a mattress on a raised platform outside the home. Guitar has only left this mattress a handful of times since he was born.

Guitar's mother has left the family and his father visits sporadically. He is cared for by his great-aunt and uncle and his great grandmother, who is over 95 years old and in poor health. Guitar has no toys, books and just a handful of clothes. He eats plain rice and drinks condensed milk. The family is desperately poor and can barely afford the essential items needed to care for Guitar.

In the short time that CCD's have worked with Guitar, he has received weekly physiotherapy, some toys, a supply of nappies, baby lotion & clothes. CCD have also given Guitar a wheelchair, which means his great-uncle has been able to take him for a walk along the road for the first time. The family are delighted to spend this time together. We have also replaced the family's mattress, which was falling apart and soiled.

Guitar is a bright and happy little boy with a beautiful smile. We will support his family to help him reach his full potential - can you help?



SPONSOR GUITAR'S FAMILY

You can sponsor Guitar's family with a monthly gift that will directly support Guitar's care. You will receive updates on Guitar's and his family twice a year so that you can see their progress.



£5 a month will buy milk powder



£10 a month for nappies and hygiene products



£20 a month will buy toys and learning resources



£50 a month will provide healthcare



£100 a month will support weekly physiotherapy



To set up a Direct Debit, visit:
www.forlifethailand.org/donate

Under the Your Gift section, select "Sponsor Guitar's Family".

To set up a standing order, please use the following bank information.

Account Name: For Life Trust
Account Number: 65516597
Sort Code: 08-92-99
Reference: GUITAR

THANK YOU



A PERMANENT HOME, AT LAST!

In 2008, CCD established Happy Home, a group home for the boys that grew up in Rainbow House whom, when reaching 18, were ready to live independently. Happy Home started with 9 boys in a rented townhouse in Pakkred. The young men work in local jobs and are responsible for contributing to the rent and paying for all bills, including electricity, water and internet. They cook, clean and look after the house themselves and enjoy all the benefits of a house-share: living with friends that support one another.

Since 2008, seven of the original housemates have moved on to live independently near their places of work or closer to friends and family: but there are always new youngsters ready to take a spot in Happy Home. Unfortunately, as is always the risk with rented property, the Happy Home tenants have had to move house on four occasions. Challenges such as the landlord selling the property, increasing the rent, or issues such as plumbing (which left one house prone to persistent flooding) have caused instability and stress.

Whilst the group home structure has been so beneficial for the boys, the houses themselves are not always suitable for all abilities. Two tenants, Yutthana and Kai, who have been living in the group home since 2009, are temporarily sleeping in the downstairs kitchen, as they are unable to get up the stairs of the current rented property.

This year CCD, is hoping to purchase their own property, where they would be able to make renovations, to ensure the home is safe and accessible for everyone. Owning a property would provide much-needed stability, without the daunting prospect of having to find new rented accommodation every few years.

By a stroke of luck, a large 7-bedroomed home on the same street as Rainbow House has become available to buy. This house could be easily adapted to meet the tenant's access needs and provide a permanent home for these young people.

Our goal this year is to help CCD to raise 6 million Baht (£136,000) to make this dream home a reality for young adults taking the next steps toward independent living.

SCAN TO VISIT OUR JUSTGIVING PAGE >>



Raised so far

**5,000,000
BAHT**

£114,000

Target

**11,000,000
BAHT**

£250,000



YUTTHANA'S STORY

Yutthana's smile is not one that you forget in a hurry. Beaming from ear-to-ear, Yutthana - who has been with CCD since 1991 - lights up Rainbow House with his positivity and good humour.

Yutthana was just a few weeks old when he was abandoned at a hospital in the north-eastern province of Nakhon Ratchasima.

Yutthana was born with Spastic Diplegia Cerebral Palsy, a neurological condition that affects the muscles in the limbs causing movement difficulties.

The condition does not worsen but can drastically improve when therapies, treatments and equipment are used to help an individual build strength and have greater movement and motor control.

As a newborn, Yutthana was placed in an orphanage in the Nongkhai Province, At 10 months old, when he was moved to a government home for disabled babies and toddlers in Pakkred.

In the early 1990s, CCD was establishing Rainbow House, a small group home for disabled children. Their mission was to provide specialist care to help each child to reach their full potential. In the long term, CCD look to either rehabilitated children back to life with their birth families or find new homes in foster or adoptive families.



Yutthana came to Rainbow House in June 1991, just shy of his seventh birthday. Rainbow House provided a family-style home for Yutthana with access to physical therapy, special education, mobility equipment and the love and care he needed to thrive.

CCD tried to trace Yutthana's birth family. They were able to find out his parents' names, but they were no longer living at the address on file.

Yutthana grew up in Rainbow House, graduated high school and then moved into an independent group home with seven other young men when he was 23 years old. He has lived independently ever since. He now has a job at a furniture factory in the suburbs of Bangkok.

Yutthana has a close group of friends and particularly enjoys sport and working out. He visits the Rainbow gym every day, using the treadmill, exercise bikes and cross-trainer to keep fit. He loves playing football, which he does with his friends at the weekend. He plays in goal, as he can't run fast but is an asset to the team.

In 2018, Yutthana helped raise over £11,000 for CCD by cycling from Ayutthaya to Bangkok (70km)!

Yutthana will directly benefit from the new group home that CCD plan to buy this year. He currently sleeps in the downstairs kitchen as he cannot climb the stairs. In the new home, he will have a ground floor bedroom and accessible bathroom.



MEET THE TEAM

NidNoi is a physiotherapist and project manager at Rainbow House. She has worked at CCD for 4 years.

What do you love about your job?

I love the children. I like seeing the positive development of each child in our projects.



What would you like to see in the future for disabled children in Thailand?

There are so many more rights and opportunities available in society now for people with disabilities. I want to see an all-round better quality of life for disabled children – in all areas.

What is your greatest memory from your time working at CCD?

Just the way we are part of each child's development and bettering their quality of life. Even just the smallest milestones, we celebrate. It is a good feeling for us all. I also love the memories shared with my colleagues.

What is the biggest challenge in your job?

The current situation with the COVID-19 pandemic has been the biggest challenge I've faced in my job. We work incredibly hard to keep everyone safe. throughout the pandemic.

How do you relax when you are not at work?

I like to watch movies and listen to music. I try to make time for my favourite hobbies.

CAN YOUR LOCAL THAI RESTAURANT HELP OUT?

For Life has launched the **Thai Food in Action** campaign exclusively for Thai restaurants to support a cause and country that is meaningful to their staff and customers.



We are asking restaurants to either:

- a) Designate a dish:** Choose a dish from the menu and work out a portion of the sale price to be donated to charity (i.e. 50p from every Pad Thai)
- b) Add a donation to the bill:** Include a small discretionary donation (i.e. 30p) on every bill.

If you think your local Thai restaurant could get involved, please ask them to contact us or nominate them by emailing us: info@forlifethailand.org



VOLUNTEERING OPPORTUNITIES

IN THAILAND

We are now able to welcome volunteers back to Thailand to work with our projects. Our team are so excited to have volunteers back to support them. We need skilled volunteers in:

- physical therapy / rehabilitation
- occupational therapy
- communication therapy
- special education / early education
- social work
- nursing / healthcare
- dentistry
- personal / disability care



SCAN QR
CODE FOR
MORE
INFORMATION

If you or someone you know has the time, patience and skills to support our team in Thailand, please email info@forlifethailand.org.

YOUR SUPPORT MAKES ALL THE DIFFERENCE

Donations keep our charity going. Thank you so much for choosing to give.

Full name

Address

Postcode

Email

I enclose a donation of:

£

My donation is Gift Aid eligible*

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*Please sign to declare that you would like For Life Trust to treat all donations you have made for the four years prior to this year, and all donations you make from the date of this declaration until you notify us otherwise, as Gift Aid donations. I am a UK tax payer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Sign: _____

Date: _____

I would prefer to be contacted by email:

I would like to be removed from your mailing list:

CONSIDER A REGULAR GIFT

Giving monthly is a fantastic way to support a stable and consistent service for disabled children in Thailand.

You can set up a monthly Direct Debit on our website: www.forlifethailand.org/donate

To set up a Standing Order to For Life, please use the following bank information.

Account Name: For Life Trust. Account Number: 65516597. Sort Code: 08-92-99

Please send me more information on regular giving:



WWW.FORLIFETHAILAND.ORG

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