



# Malamulele Onward

Possibilities for Africa's children with Cerebral Palsy

## New outreach projects

Malamulele Onward volunteer therapists went to two new sites last year— Dilokong Hospital in Limpopo Province and Butterworth/Tafalofefe.

Senior NDT Co-ordinator Instructor, Estelle Brown, led a team of 8 volunteer therapists (2 speech therapists, 3 occupational therapists and 3 physiotherapists) to Dilokong where they worked with twenty-seven children for five days. Their mothers were trained in handling, feeding, communication and home activity programmes, and all the children were given the equipment they needed viz. standing boxes, long-sitters, buggies, blocks, benches, wedges, cardboard seats and

tables and soft and hard splints for extremities.

Meanwhile, in the Eastern Cape, consultations with Joyce Guysman and the Rehabilitation Directorate pointed to the Butterworth and Tafalofefe Hospitals as being the starting point for Malamulele Onward's outreach to this region. The hospitals serve some of the poorest areas in the country. There were so many children with cerebral palsy that it was decided to spend a week at each hospital.

The result was fifty children, 22 NDT-trained therapists, seven commu-

nity service therapists, nine interpreters and one mission - to make a difference in five days.

As with all the Malamulele Onward outreach projects, it was humbling to be witness to the changes that happened to the children



and their caregivers.

One of the mothers had this to say "The week that we have visitors at our hospital makes us happy to see that there are people around the world and around the provinces here who care and are more concerned about us and our children. The treatment practices that we learned from the therapists helped us a lot."



I think that the Malamulele Onward Project is a blessing, especially for the children in the Eastern Cape. Where mothers used to hide their children because of people who passed silly remarks. Now they have come forward with their children because it's for the first time they feel special.

*Busi Mgolambane, physiotherapy assistant, Butterworth and Tafalofefe Hospitals*

## Now he can sit by himself!



This was Akha when we first met him—unable to sit or stand by himself (see L). After five days of therapy, his grandmother had the following to say "He is now sitting by himself and can stand holding onto something. He is crawling and can walk when pushing this trolley. He helps to take



off his

clothes and he knows how to take a toothbrush to his mouth.



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## Join us for an evening of Sweet Surrender

On November 12, 2008, the fundraising team of Malamulele Onward Canada is hosting an evening called: **Sweet Surrender: An evening to discover, uncover and donate!**

It promises to be a fabulous evening, filled with fun and informative activities. The highlight will be our invited speaker, Sue Kenny who will be telling us about "The Power of Surrender".

"You cannot control everything that happens in your life, so save the stress, take a deep breath and trust in the power of surrender." Sue Kenney did and it changed her life forever. After being suddenly downsized from

her corporate telecom career Sue went on a long walk surrendering to the path that followed a 780-km ancient pilgrimage route across the north of Spain known as the Camino de Santiago de Compostela. As the 29 days unfolded, this life-altering solo journey revealed astonishing insights and lessons. With the grace of a humble pilgrim and the discipline of a competitive rower, Sue imparts the secret to the power of



Sue Kenny, who will be telling the story of her pilgrimage across the north of Spain

surrender through the stories she shares about the quest to discover her life purpose.

Other activities planned for the evening include tarot card and tea leaf readings, handwriting analysis amongst other fun things, all designed to help the audience to "discover, uncover and donate!"

Tickets are \$50.00 each. Dessert, coffee and tea included. Cash bar available. For more details, contact Barbara on [bharrison@cogeco.ca](mailto:bharrison@cogeco.ca)

## Introducing ..... our Canadian fundraising team

Malamulele Onward is very fortunate to have a team of volunteers in Canada who enjoy fundraising on our behalf. The team includes Darlene Hannan, Victoria Diaz, Tara Seon, Nazreen Garda, Ava Green and Barbara Harrison. These friends get together for a potluck supper on a monthly basis to plan and execute

fundraising activities on behalf of Malamulele Onward.

It's amazing what a group of very committed, fun-loving people can do. We're not sure what motivates these women more...the amazing suppers that they collectively provide, or their fundraising pursuits! We think it's the former!

Presently they are raising funds for training programmes in Rwanda and Lesotho, so they could really use your support through buying event tickets or volunteering on fundraising activities. If you can help, or would like to support the group, please e-mail Barbara Harrison at [bharrison@cogeco.ca](mailto:bharrison@cogeco.ca)

## A "hands on" Board of Directors

Malamulele Onward is a very "hands on" organization, and its board of directors is no exception. At the suggestion of Prof. Alan Rothberg, the Board held an on-site meeting at Malamulele in December 2007. This offered all the Board members the opportunity to meet the children and caregivers from Malamulele and Mhinga—the site of our pilot project in 2005 where it all began and the



Prof. Alan Rothberg teaches Akani to ride his new bicycle.

village after which the organization took its name. The Board members soon got involved with the children—talking to the caregivers, repairing equipment and teaching Akani (one of the first children we treated in 2005) to ride a bicycle.

## Historic meeting



The on-site Board meeting at Malamulele in December also provided a unique opportunity for two boards to meet—the Malamulele Hospital Board and the Malamulele Onward Board.

## Creative Canadian high school students get involved

A Canadian high school graduating class, in London, Ontario, took on designing our “Sweet Surrender” flyer as their final project for a Communications Technology course. Our thanks go to Ava Green, who approached her friend, Vicki Gough, with a request to design a flyer for our event. Inspired, Vicki turned the request into an opportunity for her class to have a real-world experience where they could

apply their knowledge and talents. As Vicki said “Malamulele Onward is acting as the client, and my

students are designers at an ad agency. They are designing e-mailers, posters and slideshow presentations to be used as promotional material for Malamulele Onward. My students are putting their hearts into this assignment and are producing outstanding results.”

We are thrilled to be working with these very talented students, and thank them so much for all of their hard work and the wonderful results.



*The Grade 12 Communication Technology class and their teacher, Vicki Gough*

## Lubaballo

Therapists who went to Butterworth Hospital in October 2007 were amazed when they met Lubaballo. He is 10 years old and has dystonic cerebral palsy. His mother abandoned him when he was a young baby and he was adopted by a distant family relative, Thembakazi, who loves him as one of her own. Lubaballo is bright but has never been to school—Thembakazi has taken him to three schools, even going as far as Cape Town,

nearly 1000 km away, but all refused him, either because of his disability or because he could not speak English or there were no boarding facilities. Five years ago, Red Cross Hospital in Cape Town

**Thembakazi has taken Lubaballo to three schools, and all refused to admit him because of his disabilities**

gave Lubaballo a Shonaquip buggy which he has taught himself to move by pushing the little wheel in the front with his feet. His feet are what works best for him, and at home he uses his



foot to switch on the TV! At home, Lubaballo has lots of friends and he enjoys visiting his neighbor. His cousin, who we nicknamed “Mr. Muscles” pushes him wherever he wants to go.

Malamulele Onward are raising funds to get Lubaballo a motorized chair to enable him to get around by himself. The next step is finding a way of getting him to school!



## Traveller dolls

To raise funds for Malamulele Onward and the Hillcrest AIDS Centre (South Africa), the Canadian fundraising team is selling unique, beaded “traveler dolls”. These dolls are hand-beaded by women with HIV living in South Africa. The dolls provide the women with a means of income as well as, for many of them, a reason to live. We thought that it would

be great to support two very worthy causes in one.

The dolls sell for a minimum of \$5.00 each. Each doll is different. They make a lovely gift and look great pinned onto clothing – either singularly or in groups. We have many dolls avail-



able, waiting for good homes. You could help us by selling some of them on behalf of Malamulele Onward or buying a couple for family, friends or colleagues.

Contact Barbara Harrison at [bharrison@cogeco.ca](mailto:bharrison@cogeco.ca) and she'll be very happy to make the necessary arrangements.

## Thanks to our recent sponsors and supporters .....

- The Haven Hotel , Belle's Guesthouse and Mazeppa Bay Hotel in the Eastern Cape for substantial discounts in accommodation for our volunteers
- 3M for a very generous donation of splinting material
- The Boksburg knitting circle of friends—Dot Murray, Audrey Jevon, June Stanbury, Zona Bissit, and Cynthia for knitting literally hundreds of jumpers and ponchos for the children
- Parents whose children attend therapy at various private practices in Johannesburg— Andrea Fraser and the Children's Therapy Centre; Mindi Silva and Claire Hochfeld of Centapaeds; and Armandi Kotze and colleagues—for the large quantities of second hand clothes, orthotics, toys and prams
- Mary Murray for making all the soft splints
- Vinesh and Admire Removals for discounted rates for transporting our equipment
- Mopani Guesthouse in Giyani for discounted accommodation in Limpopo
- Marina Moral from New Zealand
- Minister Essop Pahad and Interactive Africa

## We're on the Web!

We are very excited to announce that our website will soon be up! The address to go to is [www.CPchildren.org](http://www.CPchildren.org). Designed by a Canadian graphic designer named Clare Mcgoldrick, who volunteered her time and expertise on this project, it is a wealth of information about Malamulele Onward and the work that is being done. It is also a great place to visit often to keep up-to-date on upcoming events and projects. We would like to thank Clare for all of her hard work on this project and for putting up with our many last-minute, "bright ideas" that involved all sorts of extra work for her. Malamulele Onward is much richer as a result of your work. In addition to designing our amazing website, Clare also designed our logo. You can read all about the meaning behind our logo on our website.

A huge thank-you also goes to Eric Anderson of "The Business Computer Network" in Oakville, Ontario. He and his company donated the programming services required to make Clare's design a web reality. This project grew way beyond our original vision in terms of its scope, and we thank Eric and his company for being willing to implement the design regardless. We couldn't have done it without them.

Malamulele Onward also says thank-you to Sandra Svatos for editing the web content. She was always very willing to read through yet another version of items that she had read many times before. Any mistakes are ours though! Sandy is a teacher-librarian who lives in Canada. She's about to retire and is looking forward to more time to read, play tennis and travel—we hope that may include coming out to a Malamulele Onward project one day.

## Our funders for the year

Our major funders for this year are the International Development and Relief Foundation (IDRF) and the Canadian Auto Workers Union—both from Canada, and the Momentum Fund in South Africa. Malamulele Onward says a huge thank-you to these three organizations for their generous sponsorship and for believing in our work.



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**momentum**



## Plans for 2008

Plans for this year include outreach and intervention visits to:

- Madwaleni and Zithulele Hospitals, Eastern Cape
- Dilokong Hospital (second year visit)
- Butterworth and Tafalofefe Hospitals (second year visit)
- Malamulele Hospital and Mhinga Clinic (annual follow-up visit)

Training courses for therapists in

- Rwanda
- Lesotho

We still need more funding to complete all these projects, so if you can help, we would love to hear from you!