

Rotary



ROTARY
CONNECTS
THE WORLD

LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East
Edition 35-2019 - 22nd October 2019

To view the club website : [click here](#)

To view the Orwell Challenge Website: [click here](#)

To view the club Facebook page: [click here](#)

Charity Number: 1088961

CLUB OFFICERS—2019/20

President: Liz Harsant

President Elect: David Chittick

Vice President: Jo Banthorpe

Secretary: Tony Baker

Asst Secretary: Martin Westlake

Treasurer: Neil Hewitt



November

Geoff Ramsdale

Steve Flory ...

Bill Robinson

Liz Harsant

Sarah Waterson

Alison Baldry

George McLellan...

Lunchtime Meeting at Greshams bell rings at 12.55pm

Tuesday 22th October
Bill Izzard—My Job Talk

Duty Rotarians: Graham Bickers & John Button



Ipswich East celebrated World Polio Day royally on Tuesday 15th October.

Events started with Jo wearing purple wig “selling” crocus lapel pins and / or purple nail varnished “pinkies” (little fingers). Many of the male members selected the latter option allowing our feminine side to flourish. My wife found the painted nail quite disturbing – but the granddaughters didn’t bat an eyelid!

The President Liz donned a purple hat to introduce the lunch. There were several potential members present – so I am certain we presented the Club in a new light (purple).

David Chittick gave a detailed explanation and history of the Polio disease I for one did not realise that there were 3 strains of the disease! He then introduced our speaker, Geoff Thorpe.

Geoff gave us a very personal insight into his story as a child contracting the Polio Meningitis disease, and his somewhat harrowing experiences at the isolation hospital (now the Nuffield) where his parents were not allowed to travel to hospital with him. It is quite how amazing to see how much societies attitudes to diseases and child welfare during recovery have changed since the early 50s.

Geoff missed school for a whole year – taking home tuition instead after spending some convalescent time at Felixstowe. Personally, this is where I think our current healthcare system has gone backwards. The benefit of proper convalescence under nursing care is nor largely lost – which cannot be regarded as progress.

Geoff explained that during this horribly dark time for him the one light was the toys vehicles that were left for him on the radiator in his room. He still has these in the original boxes, and they are now worth quite a lot = but he is not parting with them as for him they are priceless.

Those of us who were at school through the 50s and 60s will, I am sure, have had school friends, who suffered from this terrible disease but it was encouraging to see how Geoff had overcome the rough cards life had dealt him.

The lunch was rounded off with Michelle giving Geoff a heartfelt vote of thanks.

John Button



**We had two
Rotarian
Visitors last
week...**

**... and
Catherine
accepted the
District
Trophy for
best news
bulletin
2018/9
on
behalf
of your
Editor.**



Many thanks to the dedicated crew of volunteers who did a sterling job of trying to entice last Saturday's town shoppers to part with their pounds to benefit Rotary International's End Polio Now campaign. This is the first time that the Club has organised a specific event to raise funds and awareness of World Polio Day on Thursday 24th October.

We kicked off the event by selling crocus buttonholes to members at last Tuesday's lunch, raising an impressive £100 - a great start to the campaign, and rounded off with purple-iced and purple(ish) cupcakes.

David C reeled off some interesting Polio facts and stats, and we learned that the disease has been 99% eradicated, being currently endemic only in Pakistan, Afghanistan and Nigeria.

Children have their left 'pinkie' marked with purple once they have been vaccinated.

Several members really embraced the cause and agreed to having a little fingernail painted purple, which proved to be a source of amusement but also a great conversation point.

The street collection in Ipswich town centre was an interesting challenge. We were not permitted to approach the public or rattle tins, so relied upon their curiosity for them to approach the collectors. We had to ensure maximum visibility and did so by sporting Purple sequined trilbies, Purple Afro wigs (very fetching) and End Polio balloons. The morning before the Collection, President Liz was interviewed by Mark on his Breakfast Show, together with last week's speaker and Polio survivor Geoff Thorpe.

A lot of people making donations had heard the interview and were very keen to chat and share their stories.

Just under £170 was collected on Saturday, which seemed quite hard and slow going at times but very rewarding when hearing the positive response from people donating, especially the youngsters - who incidentally loved the purple pinkie puppets.

We still have some crocuses remaining so members who missed out last Tuesday will have a chance to purchase a crocus or pinkie puppet, and to have their pinkie painted purple!

I hope that one or two members might take the remaining crocuses to their place if work just to round off the Collection.

It would be great to reach the £300 mark, and remember - each £1 raised will be trebled by the Bill and Melinda Gates Foundation, and will vaccinate 3 children.

I'm sure we all know that Ipswich East stalwart Peter Leveridge is a passionate End Polio supporter. I didn't realise until recently that his sister contacted the disease and manages to live a full and active life despite the associated disability she continues to bear.

(captions for the photo on the left to Editor Alan please)



Dr David Chittick writes...

As this week is Polio week with World Polio Day being Celebrated on the 24th October, I thought that members might be interested in the video made by UNICEF and Rotary on the story of the eradication of polio from Nigeria and Africa as a whole.

I used the clip entitled 'Journey to a Polio Free World' as the basis what I said about polio last week, and that can be found at: [CLICK HERE](#)

The aim of eradication of polio from the world started in 1988 with the Global Polio Eradication Initiative (GPEI). This is a public-private partnership led by national governments with five core partners - the World Health Organization (WHO), Rotary International, the US Centre's for Disease Control and Prevention (CDC), the United Nations Children's Fund (UNICEF) and the Bill & Melinda Gates Foundation. Its goal is to eradicate polio worldwide.



More Facts About Polio

What is Polio?

Polio is short for poliomyelitis which is derived from the Greek words for grey and marrow. The suffix itis means inflammation. There are 3 types of poliovirus which are single stranded RNA viruses. Humans are the only reservoir for the virus.

Transmission

Polio is highly infectious, being spread through contact between people by nasal and oral secretions and faeces. It enters the body through the mouth, multiplying in the digestive tract. 90% of people infected with the virus have no symptoms at all or just have a slight fever, malaise, headache and sore throat for 3-4 days. Of the 1-2% of people who contract polio and become paralysed, most recover completely.

One in 200 children infected with the virus will be permanently paralysed. For adults the statistic is one in 75. Between 2%-5% of children affected by paralytic polio die, whereas for adults 15%-30% .
[reference: Centres for Disease Control and Prevention]

At its peak in the 1940s and 1950s, polio would paralyse or kill over half a million people worldwide a year. 1952 polio epidemic in the USA 57,628 cases were reported

Vaccination against Polio

There are two types of vaccine available: an inactivated poliovirus vaccine (IPV), which is given by injection and a live attenuated oral polio vaccine (OPV)

Oral polio vaccine has been the vaccine used predominantly in the past in global campaigns and is still used in endemic areas. It has the advantages of inducing both humoral and intestinal immunity and of being cheap and easy to administer. The disadvantage is the small risk of vaccine associated paralytic poliomyelitis (VAPP), which occurs in about 4 out of every 1 000 000 vaccinated children and unvaccinated contacts. Therefore, in Europe only the inactivated polio vaccine is now administered. Since April 2014 a bivalent OPV has replaced the trivalent OPV. This contains attenuated live type 1 and 3 polio viruses. It is the attenuated type 2 virus that continues to be associated with cases of VAPP. The wild type 2 virus was eradicated from the world in 1999 and no cases of wild polio type 3 have been reported since November 2012.

Current rates of infection

There were 33 reported cases in 2018 - cases of polio caused by wild virus are now limited to Pakistan and Afghanistan only. Nigeria is due to be declared polio free in 2020.

Post-polio syndrome is characterised by the onset of fatigue, muscle weakness and wasting in patients who have recovered from paralytic polio, starting several years after the acute disease.

Ipswich East Tuesday Rotary Meeting Programme

(lunchtime meetings start 12.55pm)

(Duty Rotarians are requested to make their own swaps and inform the Secretary and Newsletter Editor)

Widows of former members are welcome to all evening and additional events
please book through the Hon Secretary Tony Baker

NEXT WEEK 22nd October	Bill Izzard—'My Job' (Graham Bickers & John Button)
29th October FIFTH TUESDAY	"From Burgundy to Provence" wine tasting evening at Playford Village Hall (see full details on p7) (fifth Tuesday)
5th November	Steve Gallant—leader of East Suffolk Council (Ray Walters & Stuart Cooper)
12th November	Business Meeting—no guest speaker (Des Cunningham & Colin Davies)
19th November	tba (Janet Dillaway & Robin Dillaway)
26th November EVENING MEETING	tba (Nigel Farthing & Steve Flory)



THE ROTARY CLUB
OF IPSWICH WOLSEY



CHARTER NIGHT 2019

WITH
MURDER MYSTERY
BY THE IRREGULAR SPECIAL PLAYERS

Monday 28th October 2019

at Greshams, Tuddenham Road, IP4 3QJ

6.45 for 7pm - Arrive

7.00 - 7.30 - Fellowship and mixer quiz

7.30 - 3 Course Dinner & Murder Mystery

DRESS: LOUNGE SUITS; PERIOD COSTUME OPTIONAL

Cost: £32 pp

To reserve seats, contact Nick Jacob - njacob@njarchitects.co.uk

Mob: 07802 776494 office: 01473 221150

(please specify any special dietary requirements)



IRREGULAR SPECIAL PLAYERS

Sherlock Holmes Murder Mystery Events

Telephone: 01223 473025
www.murder-mystery.com

Fax: 01223 473053
holmes@murder-mystery.com

Endeavour House, 170 Woodland Road, Sawston, Cambridge CB2 4DX

Join Mark Murphy from BBC Radio Suffolk
and The Hearing Care Centre for...

THE BIG SUFFOLK QUIZ



SUNDAY 10TH NOVEMBER 2019 - 7PM

Trinity Park, Suffolk Show Ground, Ipswich

Enjoy an evening of brain-teasing trivia at one of
the biggest quiz nights Suffolk has ever seen!

Teams of 4 - 6 people

TICKETS COST £5PP

In aid of
**Children
in Need**



BBC RADIO SUFFOLK

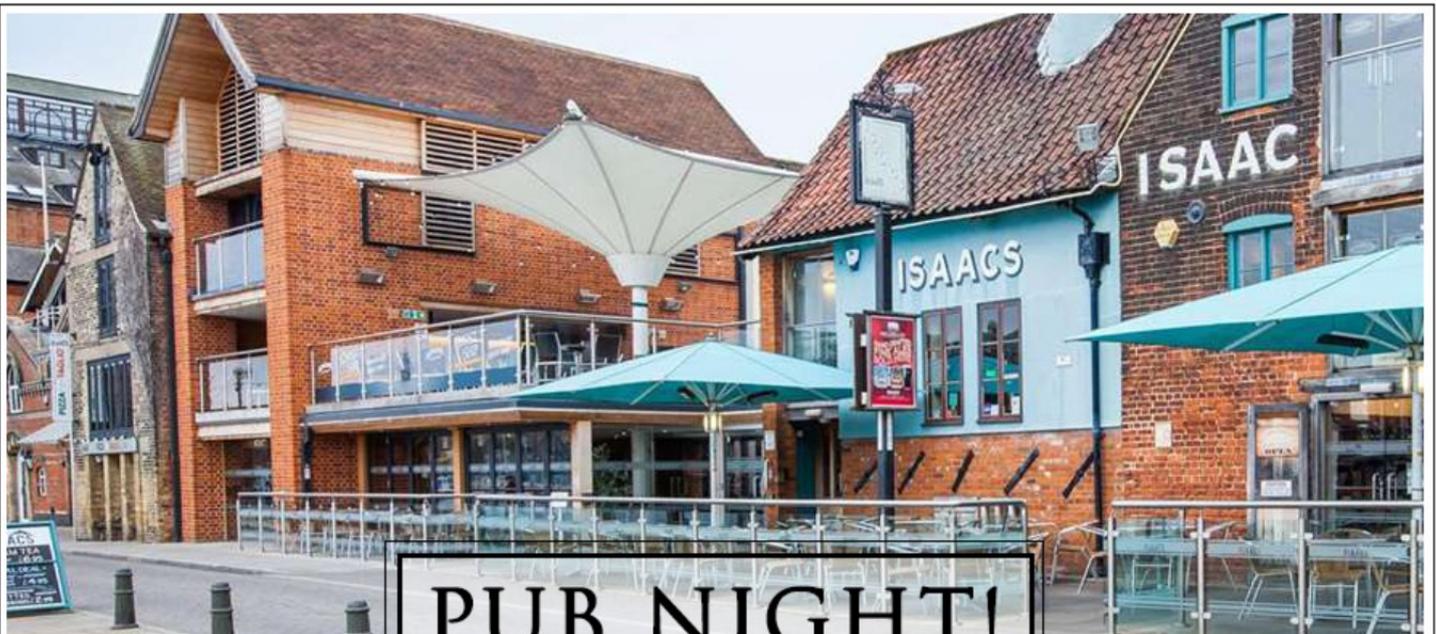
To purchase tickets call 01473 230330 or visit:
hearingcarecentre.co.uk/QUIZ

Ipswich East Rotary Club Rolling Diary

This table shows events other than regular weekly meetings.
The name of the lead Rotarian for each event is shown in brackets.

(Inner Wheel Events are shown in black italic type on a pale blue background)

<i>Tuesday 5th November</i>	<i>Katie Manning : Multiple Sclerosis (I&S Club)</i>
Monday 28th October	Texas Scramble—1pm tee-off Purdis nine-hole course followed by a meal (Allan Gosling)
Thursday 7th November	"Pub Night" - see advert at foot of this page
Wednesday 11th December	Pantomime at New Wolsey Theatre (organiser: David Atkins)
<i>Tuesday 3rd December</i>	<i>Alan Forsdike : Calligraphy and Illumination (I&S Club)</i>
<i>Sunday 8th December</i>	<i>Christmas Supper (hosted by Karen Finch)</i>
<i>Tuesday 7th January</i>	<i>Social Evening (I&S Club)</i>
<i>Sunday 12th January</i>	<i>Annual New Year Walk and Tea (Hill Farm Tuddenham)</i>
<i>Friday 31st January</i>	<i>Annual Trivia Quiz (Tuddenham Village Hall)</i>
<i>Tuesday 4th February</i>	<i>Louise Biddlecombe—Suffolk One Life (I&S Club)</i>
<i>Tuesday 3rd March</i>	<i>Visit of District Chairman, Deirdre Griffin (I&S Club)</i>
<i>Friday 6th March</i>	<i>Inauqural Dinner (Hintlesham Hall Golf Club)</i>



Invitation to all Ipswich East Rotarians, partners and friends for informal early evening/ after work drinks.

**Thursday 7th November, 7.00 pm onwards, at
Isaac's (on the Waterfront)
7 Wherry Quay, Ipswich**

No agenda, no food, no sign up - just chat
and chill!
Stay as long as you like.

See you there!

Ian Lord

wishes to thank members who have wished him a speedy recovery following his knee replacement by telephoning, writing and visiting - it has been much appreciated.



Rtn John Button is collecting used postage stamps for the RNIB.

Please sort them into UK and "foreign" and pop them in an envelope to give to John at Rotary Lunches.



Ipswich East RC wants your money!

No change there I hear you say (and apologies for the pun).

However, this time it will not cost you a penny - maybe a Euro or Dollar, or even an old Peseta - but not a penny (although see below regarding pre-decimal coins).



Like me I am sure that many of you have a quantity of foreign currency at home that you have brought back from holidays and do not know what to do with it. Some of it will still be legal tender, some will not. Either way it has a value, and if you would like to donate it to the Club it could help one of our deserving local charities, rather than it festering in a cupboard or drawer at home.

Over the next few months I am asking you to let me have any coins or notes that you no longer have a use for.

You don't have to sort them, just bring them along to any Tuesday lunch meeting and I will start filling a bucket!

I mentioned pre-decimal British coins. Did you know we can still get 75% of their original value? If like me you still have any old £1 notes, we can get 75p for them and it will not take too many of those to build a reasonable sum of money.

Old shillings, sixpences, thrupenny bits - if you don't want them, bring them in.

This is not going to raise a vast amount of money, and we probably won't be able to repeat the exercise every year, but if you are going abroad in the near future don't just surrender your spare currency to the airline cabin crew, donate it to Ipswich East. If we only hand over one cheque to a deserving local cause it will have been worthwhile.

Many thanks, *Martin Westlake*

Fifth Tuesday - 29th October "From Burgundy to Provence"

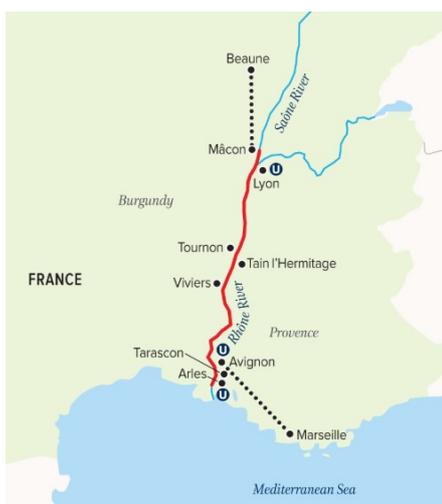
A journey through France from north to south accompanied by regional wines and cheese/pate - event open to all members, partners and friends.



Playford Village Hall - starting 7.30pm [BYOB (and nibbles) for anything else you want to drink or eat!]

Organiser:
David Atkins

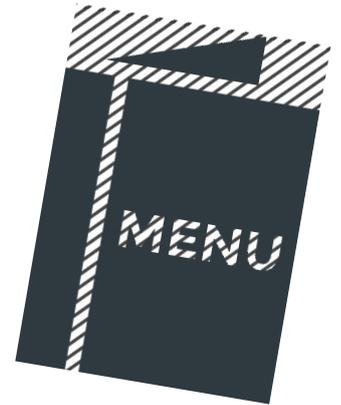
Closing Date for bookings,
22nd October.



MENU (verified by Greshams)

Tues 22nd October: Roasted chicken breast served with traditional accompaniments

Jamie says salads will be available for vegetarians and anyone who doesn't like the above.



ROTARY APOLOGIES

Send apologies by **10am Monday** by email, to Tracy Clay by [clicking here](#)

Alternatively, text 07990 573258—as a last resort, telephone 07990573258.

Tracey should also be contacted directly if members, speakers or guests have dietary requirements and/or would prefer the vegetarian option/salad routinely, or as a one off.

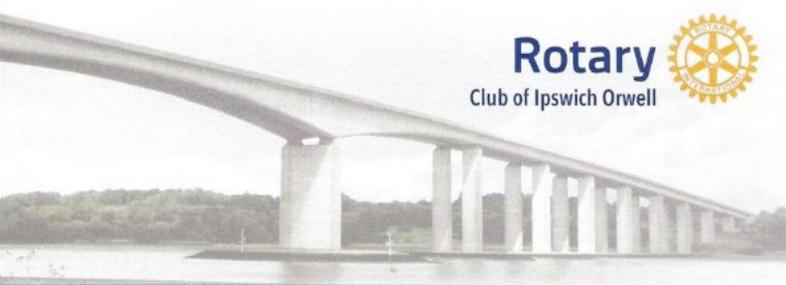
You can always notify George of future absences by talking to him at club meetings.

Were you on welcome duty when we had a guest speaker?

If you didn't give the vote of thanks, it's your privilege to provide a short write-up of the speaker for this newsletter.

Copy for write-ups and anything else needs to be sent to Editor by the Saturday night preceding publication day (Monday).

Email preferred please, to alan.forsdike@gmail.com



Rotary 
Club of Ipswich Orwell

CELEBRATE IPSWICH ORWELL ROTARY CHARTER NIGHT 41st ANNIVERSARY

FRIDAY 25th OCTOBER 2019 7PM (for 7:30pm)
Please join us for a night to remember in the iconic setting of the Sir Bobby Robson Suite at ITFC, Portman Road



**GUEST SPEAKER
ANDY LEACH**
Comedy & Magic



3 course Dinner inc Vegetarian option • Fun quiz

Tickets £40 via Secretary Martin Hough,
7 Post Mill Orchard, Grundisburgh, Woodbridge IP13 6UT
01473 735213 • martin@houghonthe.net

Cheques payable to Rotary Club of Ipswich Orwell

CLUB EVENT PHOTOGRAPHS

You can view club photographs on-line by [clicking this link](#)





Our Best Supplier

A casual observer might think that PhysioNet's most cost effective supplier of equipment would be in Harrogate or York. But not so, it is the Isle of Man (IoM) and an interesting story has emerged.

In 2017 Pam Kerruish who had worked as a VSO in Tajikistan contacted us and asked if we would be interested in receiving wheelchairs and other equipment from IoM. We said yes please and in early December the first 20 ft container full of very good wheelchairs arrived in Yorkshire free of charge. To ensure continuity of supply and help with the logistics, Pam then arranged for the Eric and Marion Scott Trust in Douglas to give us the money to purchase 2 x 20 ft containers.

Our containers sit in the DHSS yard in Douglas and when full are transported one at a time, because the roads are narrow, across the island to Ramsay where they are loaded onto a boat for Heysham in Lancashire. Then both containers are loaded onto a truck for delivery to our store in North Yorkshire. Finally everything is unloaded and the empty containers are returned to IoM to be refilled.

Then the best part, Pam arranged for another Manx charity "Play it Forward" to give us enough money to cover the shipping/ transport costs for the next 5 or 6 round trips.

In and Out in 20 hours

A footnote to this story on supplies from the Isle of Man. At the end of July we were told that both of the 20 ft containers were full and needed moving from Douglas asap. BUT our barns were already full and there was nowhere to hold everything!

Therefore, at noon on Friday 2nd August the regular crew assembled and unloaded the two containers into our yard in just over an hour. The truck then returned to Heysham with the empty containers ready to be re-filled

Then at 9.00 am the next day the crew re assembled and by 10.30 am had loaded most of the items from IoM plus some equipment from the store into

a 40 ft container for Johannesburg. Destination, the Northcliff Rotary Club in Johannesburg – a good customer of ours and this was their third consignment this year.

So for the first time ever in and out in 20 hours.



▲ The PhysioNet volunteer crew unload the first of two 20ft containers



PhysioNet provides suitable equipment to adults and children with disabilities worldwide, regardless of race, religion or political affiliation.

physionet.org.uk

Destination Kwa Zulu Natal

PhysioNet is indebted to many Rotarians both in the UK and around the world. Not least of which are our friends in South Africa.

Empangeni, a small town about 160 km from Durban, is positioned in the hilly countryside of the Uthungulu district of Kwa Zulu Natal (KZN), South Africa.

The picture to the right shows members of the Empangeni Rotary Club taking delivery of a significant consignment of PhysioNet equipment. The load, which originated in Exeter, will be distributed by 7 rotary clubs in KZN.

PhysioNet and our Rotarian friends would like to thank the Wheelchair Foundation UK who funded the freight costs.



▲ Empangeni Rotarians



The Chunc One paediatric wheelchair ▲

Thank you Chunc

PhysioNet benefits from the help of many organisations and companies across the UK from big charities to small companies.

Chunc Limited is a family owned and run business, specialising in the manufacture of paediatric wheelchairs for both indoor and outdoor use. The Chunc range of manual attendant controlled, postural management wheelchairs are easy to use, economical to maintain and, above all offer indoor and outdoor mobility for children and young adults with moderate to specialist needs.

Chunc Limited is delighted to be working with the Physionet team to provide wheelchairs that are no longer required here to those in need overseas.

Thank you Chunc.

Tools of the Trade

Trade Aid, a project set up and run by the Rotary Club of Grantham Kesteven, supply a series of boxed kits of new tools to enable people to establish small business enterprises.

Initially the boxes are given to Rotary clubs and organisations, mainly in Africa, to set up workshops and train local people in carpentry, tailoring and various other trades such as builders and mechanics. On completion of their training and on graduating the students

are given one of our boxes to enable them to go into business.

Another aspect of Trade Aid is to supply suitable sets of tools for specific applications. This is how Trade Aid support PhysioNet, by supplying mechanic boxes and specific kits for servicing wheelchairs and therapy equipment to go in each container we send. To date over 35 specialised boxes have been sent overseas.

Good work Trade Aid. We value our partnership and thank you for it.



▲ 5 specialised Trade Aid boxes awaiting dispatch to PhysioNet for on-shipment to Mexico, Ghana and The Gambia

Welcome to Scotland



During September a new PhysioNet Collection Centre came online called 'Inverness Scotland Hub'.

PhysioNet has a long history of equipment collection in Scotland, so when the Highland Health Authority asked our charity to collect their stocks of redundant wheelchairs we said 'yes thank you'.

However, logistically this created significant problems. In stepped the Rotary Club of Inverness Culloden, who adopted PhysioNet. In short order

the club established storage facilities at a local Army Reserve Base.

Additionally, the Scottish Prison Service Inverness agreed to add wheelchair repairs to their restorative justice programme and the local 'Men in Sheds' groups were enthusiastic to lend a hand with refurbishment of wheelchairs.

Before too long we hope to have sufficient equipment to fill a container which will be shipped overseas directly from Inverness, significantly reducing PhysioNet's carbon footprint.

A great example of successful collaboration.

Teamwork pays off

LEGS 4 AFRICA

Thank you PhysioNet team for helping us out!

Our team is always keen to create new collaborations. We believe a project can be more effective when two or more charities start working together. Your willingness to receive the orthotic devices we have been collecting it's an excellent example of how sharing resources can limit waste whilst helping people on another continent. Let us know if there is anything we can do for you but in the meantime take care and keep up the good work. Best wishes,
The Legs 4 Africa Team

PhysioNet works hard to cultivate partnerships as working collectively is a great way to help those in need while limiting costs. We were delighted to receive this note from our friends at Legs 4 Africa.



Send in the Army

6 Regiment Royal Logistic Corps are enthusiastic supporters of PhysioNet. The Army Corps has gifted storage space at their Dishforth Yorkshire HQ and soldiers' 'boots of the ground' for loading of equipment.



▲ Lance Corporal Akuila Tunimereke helps load equipment

The relationship goes back some years. It was formed when PhysioNet founder Peter Thompson, a long time resident of Fiji, met Fijian members of the British Army based in the UK.

More recently ties have strengthened following the involvement of Officers such as Captain Roberts of the Corps. When asked if his men would get involved he said "It felt like

Shipments

The following shipments were made between April and the end of September 2019. A total of 4,220 items including 1,236 wheelchairs were loaded into seven containers and one HGV truck.



Fiji. A 40 ft container was loaded on 6th April again for the Spinal Injuries Association, in Suva and was the 14th consignment to Fiji since 2009.



India. A 40 ft container was loaded on 5th May for the Satya Special School in Pondicherry. This was the first successful consignment we have made to India, having learned many lessons since an unsuccessful shipment to the Punjab in 2013.



South Africa. A 40 ft container was loaded on 8th of June from Exeter for the Rotary Club of Empangeni (see story on page 2).



Zimbabwe. A 40 ft container was loaded 15th June for the Rotary Club of Harare Dawn. The freight charges were paid by a UK charity with an interest in helping Zimbabwe.



South Africa. A 40 ft container was loaded on 13th July for the Northcliff Rotary Club in Johannesburg.

South Africa. A second 40 ft container was loaded for the Northcliff Rotary Club on 3rd August and was the "in and out in 20 hours shipment" (see story on page 1).



Romania. A 45 ft HGV truck was loaded on 17th August for the Maria-Beatrice Centre in Alba Iulia. The fourth consignment to this very successful organisation.



South Africa. A 40 ft container was loaded on 21st September for the Kloof Rotary Club in Durban. The consignment was all "Care-in-the-Community" equipment to kit out two care homes in the Durban area.

Third Party Shipments. A very quiet period when we only supplied a total of 36 wheelchairs and 5 other items to recipients in Sri Lanka, and for the first time in Portugal and Pakistan.

a natural thing for us to do in order to break those barriers down and engage with the community on all levels."

You can see a short film made by the Army about their very welcome involvement on this link:

www.forces.net/news/soldiers-help-send-medical-equipment-eastern-europe

News from the East and South East

It has been a busy year for the Rotary Club of Saffron Walden who have redoubled their efforts to collect equipment from this most populated area of the country.

Everything collected is transferred to PhysioNet's depot at Gelsthorpe Farm, North Yorkshire in the Rotary Club's own van. They have undertaken over fifty equipment collection trips from donors and over 40 delivery trips to Yorkshire from the start of the year. Despite this they often have a backlog of collections to undertake and frequently new donors requesting

collection of equipment that they wish to donate on top of their regular contributors.

Unfortunately they only have a very small barn to hold the items pending delivery northwards. John Tapscott, Trustee and E & SE Co-ordinator said "It would be wonderful, and so much more ecologically sensible, if we could secure some premises in the South East. It would enable us to process the equipment, arrange repairs and fill containers here rather than expending time and energy, let alone the fuel savings, of transferring everything North. Our search continues for

suitable premises continues but demand is strong, prices are high and opportunities few and far between."

Vanloads have been regularly collected from Millbrook Healthcare, NRS Healthcare, the Rotary Clubs of Clacton-on-Sea, Chestfield, Aylsham and others, the Red Cross and many hospitals, special schools, council departments and commercial organizations.

This could not have been achieved without the Rotarians of Saffron Walden who have given their unstinted support for over four years.



Therapy: Report from Kenya

Collecting and shipping equipment is critical to what we do. But ensuring that equipment is used effectively is important too.

One of our physiotherapists went to a home for children with disabilities in Kenya in May. This home has received equipment from PhysioNet over the last

3-4 years delivered a few pieces at a time, as required and shipped by a UK couple rather than the usual 40 foot container load which would require a lot of storage space.

Heather provided training on seating principles and the use of a new mobile hoist and sling that is required for some

of the older children. She was also able to address the individual positional needs of each child. There are just 11 children with disabilities but each child needs at least one piece of equipment and some use three in the course of a day. For example this could be a chair, a standing frame and a toilet/shower chair.



▲ Getting the seating right.



▲ Hoist and sling training underway.



▲ Positioning in bed to prevent deformities.

Funding

PhysioNet acknowledges with great gratitude donations from the following Scottish charities: The Souter Charitable Trust and the Ellem Foundation. These grants will go a long way to covering our expenses into 2020.

DONATE or GET INVOLVED

Individual donations are very important to us. Our HSBC bank details are: Sort code: 40-23-12. Account no: 72496194. Alternatively donate via Total Giving using the link on our website. If you would like to get involved (or a t-shirt!) email Peter Thompson at physionet@bramley.prestel.co.uk

physionet.org.uk

