



Child & Family Welfare Foundation

A Project for the Disabled & Polio Affected



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CFWF ♦ Annual Progress-Report 2013

Hello, and a warm greeting to all our friends, well-wishers, donors and partners of the project and all those interested in participating in our cause in one way or the other. Child & Family Welfare Foundation greets you all with deep appreciation for your contributions and working with us over the last 12 months. Thanks to collaborated efforts and many helping hands, we were able to keep up our service to the Underprivileged and Disabled with success. We are still a small team and our numbers are few in comparison with the enormous task at hand. We are, however, dedicated and happy to do this work and rejoice over each life that has been changed. Our Motto is - *'Do few things, but do them well'*! With a good structure in place we are now ready for a gradual expansion of our activities.

As in the previous year the trend continued with an increasing number of patients and applicants for Orthopaedic Aids, whereas in years past the majority of patients approaching us primarily required surgeries. While we still have many Polio-afflicted patients, mostly in their twenties and thirties, more than half of the requests submitted to CFWF are by patients with disabilities other than Polio. We are glad to witness the fact that Polio is almost eradicated in India. We are experiencing a shift in demand by other Disabled. Following are the details of a few patients covered, which will give you more insight.

Highlights & Statistics 2012-2013:

No. of Children/Patients who benefited from CFWF's Project	376
No. of Consultations given	565
No. of Coordination sessions for Treatments/ Supplies/ Aid	133
No. of Surgeries performed	24
No. of Calipers/ Orth. Aids given	27
No. of Treatments sponsored	35
No. of Free Medical Exams	67
No. of Field trips/ Patients' care	121
No. of Food/ Supplies & Aid distr.	53
No. of Volunteer Training-Projects	4
No. of Seminars/ Mtgs attended	12

Butul(15), progress with corset for crippled back



1



2

The patients listed here are among those who received free calipers and Orth. aids at OAALMAC institute, sponsored by Child & Family Welfare Foundation. Above is seen Butul, suffering from a deformed back due to Cerebral Palsy. The condition had worsened, causing her increased pain. A special corset was made for Butul. With this support her back is beginning to stabilize and the pain has already decreased.

In pics 3+4 CFWF volunteer Bandu is with Ramesh, a shoe-maker, whose daughter could not walk due to CP. She received a special splint/leg braces with crutches to give her the necessary support, now being able to move about. Bosco (38), is afflicted in both legs due to Polio, the left one being 1.5 inch shorter. A new, lightweight caliper gave him a boost! As an infant he had sadly contracted Polio through the vaccine itself.

Comments to the Pictures:

1) Butul, 15years old, suffering from a deformed back with bent spinal cord, causing her pain. 2) She received a tailor-made spinal corset which brought improvement. 3) CFWF Bandu with Ramesh, who earns his living with shoe-repairing & polishing at a train station. 4) Shreya with her parents after receiving a caliper & crutches. 5) Polio-patient Bosco recently got his old caliper replaced.



3

Ortho-Aids for Others - Story of Shreya & Bosco



4



5



Dipti, previously crippled due to Rickets, returns to normal life!



5 years ago 4 year-old Dipti (1) was brought to us with severe deformities, due to Rickets. Often in malnourished children the deformity disappears with age as a child grows up. In Dipti's case, however, surgery was required to correct the deformity (2, with mother). This was completed with success in both legs. Recently, Dipti came back for a medical follow-up showing us her present condition. She is doing very well (3), her legs are completely straight and Dipti has no problems in walking whatsoever.



Hardika now can put both heels down on the ground & walk!



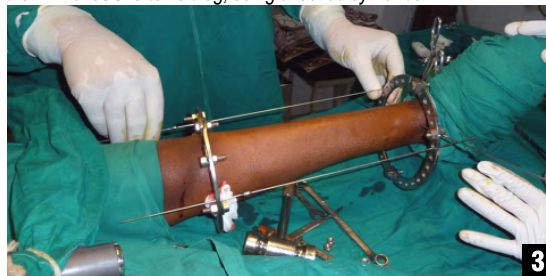
Hardika(8), a bright child, but unable to walk on her own due to CP. She required a number of correctional surgeries (1, with her parents). She then wore a splinter and caliper to stabilize her condition (2). After Dr. Desai performed a correctional surgery on her foot/ankle with tendon release (3). At last Hardika is now able to put both heels down on the ground firmly. This is good progress and a happy day for her and her family (4).



Manjula receives Limb-lengthening surgery, performed by Dr. Desai!

Comments to the Pictures:

1) Manjula(20), her condition prior to treatment and surgery. Due to Poliomyelitis her leg had to be supported with every step taken. 2+3) After 1st phase correctional surgeries, Dr. Desai performs the difficult LL-surgery, assisted by nurse Netra. 4) Dr. Desai, after a successful two-hour surgery, attended by CFWF-Josef. 5) Manjula recuperating at home after the completion of a stretching procedure of her more than 2 inches shorter left leg, being checked by Bandu.



In his career of thirty years as an Orthopaedic surgeon, Dr. Desai has carried out hundreds of Limb-Lengthening surgeries after the Ilizarov method. The most recent LL-surgery was performed on 20-year old Manjula from the southern part of Maharashtra. Prior to this, she had undergone a number of other surgeries to correct deformities in her left foot and leg. Josef of CFWF was allowed to witness this difficult operation. It is astonishing to see firsthand the great orthopaedic skills which are carried out with dedication and care by Dr. Desai. There is so much that goes into it: Preparing the patient and materials, drilling, cutting, setting the fixator, attending to wounds, stitching and finishing up! A task requiring great concentration completed successfully in 90 minutes. After 2 weeks the stretching procedure began with $\frac{1}{6}$ th of a rotation every 4 hours. The needed 6 cm lengthening was achieved and bone formation is taking place. One more month's recuperation is needed before the fixator can be removed. Progress has been very good so far.



Care of Patients - Supplies & Goods for the Needy - CFWF's Commitment



A big thank you to every individual, company and group who donated goods, products, samples, and food items to our project! A great and timely help, it goes a long way!

We have distributed some items on a regular basis. Further, we gathered families of disabled children/patients with other poor and needy in different slum areas (1+2) and distributed the goods at hand. Everything was received with apprecia-

tion! One poor man had repeatedly asked us for a pair of good shoes. After months a shipment arrived with a pair of sneakers his size - and just in time for the monsoon!

People are struggling day to day to make ends meet. We feel for them in our regular interactions and do what we can to help and care during their treatment. In pic 3 is patient Rafik with his father during postoperative care by CFWF-Bandu.

The main objective of **CHILD & FAMILY WELFARE FOUNDATION** is to improve the lives of the physically disabled, to provide access to required facilities, to offer help by way of corrective surgery, physiotherapy and to manufacture and supply necessary orthopaedic appliances so that they can walk on their own without any assistance.



Upcoming Treatments & Requests for Orth. Aids

Below are listed a few patients presently waiting for their treatments, surgeries, Orthopaedic aids and appliances. CFWF is soliciting funding for these and other patients in line. As and when funds are available, patients will be given the go ahead. Of those listed below; Sahel, Kushi and the couple Amol and Anudnya Bandiwadekar still have to undergo further medical exams and be diagnosed:

1) Vijay Shah(22). He has severe deformities due to a genetic defect. His mobility is very limited. Vijay can be helped with multiple stage surgeries in arms, legs and later a caliper may have to be made to ease pressure on his legs. Treatment may take 1-2 years.

2) Mahesh Varma(9). He suffers from disability due to Cerebral Palsy, has difficulty coordinating his movements. He needs a special caliper to be made.

3) Amol(32) and Anudnya(28), married. They both have Polio and need correctional surgeries. Details of their treatment will be known after a medical exam.

4) Sahel Chikhalekar(8). Due to Cerebral Palsy he can't even stand upright on his own. Needs further medical exams, surgery and Orth. appliances.

5) Kushi(4). She also has Cerebral Palsy and is not able to walk on her own. She needs a medical exam, surgery & Orth. aids.





Comments to the Pictures:

- 1) CFWF workers Uday(r) & Bandu(l) leaving for a field trip with our small city vehicle a Maruti Wagon R.
- 2) Josef checking on a property in Nashik, suitable for a centre, project activities and residential purposes.
- 3) CFWF team is in need of a larger vehicle, to transport more people, patients and goods safely.
- 4) A plot is being measured by Josef and Nisha for the Trust's future project.



Special Project Needs and CFWF's Future Plans

For the last 5 years we have carried out the project's day-to-day activities with our small Indian Maruti-Suzuki Wagon-R and a scooter. We are in need of a second larger vehicle, a good sized jeep, minivan or minibus to comfortably transport people, patients, supplies and relief goods for CFWF's project.

This need has become more pressing due to an increasing number of field trips to rural areas. Further, plans to relocate part of our activities and build a new centre outside Mumbai have taken on concrete shape in 2013. After a thorough search we came across a good area in the Nashik region. A suitable plot for our project was found and is presently being considered and finalized.

Over the coming 1-2 years we are faced with a big task and are in need of a great financial boost. It is three faceted: A) Maintain CFWF's project, sponsor treatments and Orth. aids, B) Acquire a bigger vehicle, C) Funding towards building a centre for CFWF.

"The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems."

— Mahatma Gandhi

The Wise Way

People are often unreasonable, illogical and self-centered; Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives; Be kind anyway.

If you are successful, you will win some false friends and some true enemies; Succeed anyway.

If you are honest and frank, people may cheat you; Be honest and frank anyway.

What you spend years building, someone could destroy overnight; Build anyway.

If you find serenity and happiness, some people may be jealous; Be happy anyway.

The good you do today, people will often forget tomorrow; Do good anyway.

Give the world the best you have, and it may never be enough; Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God. It was never between you and them anyway.

But you knew that.

— Mother Theresa

Join CFWF's Cause - A Plea for Financial Support

CHILD & FAMILY WELFARE FOUNDATION invites you to join the cause of improving the lives of disabled, underprivileged children to create a brighter future for them. Activities are carried out by a dedicated team of volunteers of CFWF, a Public Charitable Trust and registered NGO with the Government of India. Visit our website: www.cfwf.org for more information and updates. Those interested are also welcome to visit in person. Donations can be made via Net-banking (NEFT/RTGS) within India. For overseas donations, please contact: findesk@cfwf.org

In closing, the story of patient Sahil (8): Quite frequently patients in need of Orth. aids are referred to us by Wadia Hospital in Mumbai. One of them is 8 year-old Sahil (*see pic below*), the child of a poor labourer. He suffers from CP, unable to walk properly. Leg-braces were first given to him, bringing a partial progress. A special caliper was then made and fitted on Sahil, helping him to take his first steps on his own. A challenged and happy boy now!

Thank you for working alongside us and investing in the lives of needy, disabled children and young adults. Together we can make a difference! We wish you prosperity, success and good health.

With greetings & warm regards,

CHILD & FAMILY WELFARE FOUNDATION

Josef S, Project-Manager



Let's help them to get up and go!