

Paralympic medal for Nengah



Rehabilim is immensely proud to have helped a young woman, who we supported through YAKKUM Bali (now Puspadi Bali), to overcome a serious disability and win a bronze medal at the Rio Paralympic Games.

You first met Nengah Widiyati back in our April 2009 newsletter in a story about how she was discovered in the poorest of circumstances, unable to walk since birth having suffered from polio. At the age of nine she was discovered by YAKKUM Bali crawling around the dirt floor of her home and with a very bleak future in front of her. Fifteen years later a Paralympic bronze medalist! Rehabilim provided funding support for Nengah over the years, and three years ago we brought her on a visit to New Zealand to learn about how we treat people with disabilities.

This was how her achievement was reported in the Jakarta Post:

In a sweet surprise coming from Rio de Janeiro, Brazil, powerlifter Ni Nengah Widiyati snatched Indonesia's first medal on Thursday, early Friday in Jakarta, in the 2016 Paralympic Games.

Nengah lifted 96 kilograms in the women's under-41 kg category to come out as the bronze medalist. The gold medal went to Nazmiye Muratli of Turkey with 104kg lifted — both a Paralympic and world record, while China's Cui Zhe won silver.

"It was an amazing performance [by Nengah]," Bayu Rahadian, the team's chief physician, told The Jakarta Post on Friday. "Nengah pulled out a perfect strategy, which was quite a realistic approach to nail the target," he added.

Competing in an unlikely 21 degrees Celsius at Riocentro Pavilion 2, Nengah shook off any challenges to record her new personal best.

In her first go, the confident and well-prepared Nengah managed to lift 95 kg, which was 2 kg more than her 93 kg mark from the 2015 Southeast Asian Paragames, explained Bayu. Later on, she wrapped up the day with a 96 kg lift, earning her a bronze.

Upon returning home, Nengah will be rewarded a tax-free Rp 1 billion (US\$76,205) as well as a Rp 10 million (\$NZ1,000 approx) monthly allowance from the government.

This was Nengah's reply when Chairman Bill Russell sent her our congratulations:

Dear Pak Bill,

Thank you for your congratulations.

I have many people to thank for my success because they believed in me and helped me over the years.

In particular I want to name Yakkum Bali and the Rehabilim Trust. Without your support I would have never got to Rio, or the other games along the way.

Pak Bill, please accept and pass on to your committee and donors my sincere gratitude. The medal I won also belongs to them.

Chairman's Chat

Rehabilim working to get RDA into Indonesia



We have just completed a most successful Olympic games campaign, and an even more successful Para Olympic campaign.

The sight of many disabled athletes vying for victory in their chosen sports pursuit was most enthralling to watch.

What many of the NZ Public may not have seen was the Bronze medal won in Rio by Nengah Widiasih, the disabled girl from Yakkum Bali (now renamed Puspadi Bali) who visited NZ some three years ago. She participated in the Power Lifting event, and is currently the Asean Gold medallist in her class.

With a body weight of only 44 kg, Nengah lifted 95 kg to claim the bronze medal.

Nengah has acknowledged all those who have helped her including us, and the Rehabilim Trust was pleased to have played a minor role in her victory, ranging from support while at school to a NZ visit where she witnessed, NZ's treatment of

disabled people.

She now has her sights set on participating in the next Para Olympic games in Tokyo.

We have tracked Nengah's progress (and that of her brother Gede) since she was 9 years old and could not walk. Hers has been a story of perseverance and determination.

In light of Nengah's success at Rio, the Indonesian government has rewarded her with a life time payment of NZ\$1000 per month and a cash reward of US \$70,000, which is more than enough to help accommodate her family who are very poor and who live in a small one room thatched hut in back hills of Bali.

Along with her brother Gede, who was also a recipient of support from the Rehabilim Trust and who now has a job as an accountant, we can humbly say we helped to make a difference.

When Para Olympian Nengah Widiasih in 2012, and Director of YPAC Malang Ibu Endang Haryani last year, visited NZ, the Rehabilim Trust introduced them to Riding for the Disabled (RDA). Both expressed support for such a facility to be available in Indonesia

Funding submissions are being made by Rehabilim and RDA (NZ) to help establish RDA in Indonesia.

Working with the Rotary International Organisation in Surabaya, East Java, the Trust is seeking funds for air fares to bring to NZ a suitable person to become a trainer. They will be hosted by Rotary while in New Zealand.

The plan is for RDA (NZ) to then send their trainer to Indonesia to follow up on the initial training given in New Zealand.

Later in the programme, a further visit to Indonesia will be required to check on veterinary care and other aspects of training.

At the time of writing we have not had any advice if the application has been successful.

The Rehabilim Trust will provide funding for young disabled people to use the service once it has been set up.



Nengah on her visit to NZ experiencing Riding for the Disabled



Jan Mantjika's book

\$35

Copies still available from Nick Lambrechtsen
nick@crypt.co.nz

Ramping up a better life

In our October 2015 issue we brought you a story about Rehabilim Trustee Paul Garret sweating in the hot tropical sun to build a ramp to provide wheelchair access for a disabled man to gain better access to his house.

Rehabilim has continued to provide funding support for more of these projects through Puspadi Bali. Here are their stories.

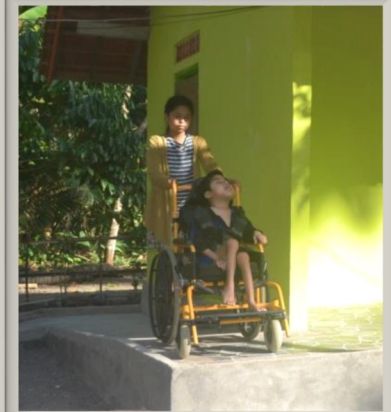


Made Darma is a client of PUSPADI Bali, living in Karangasem. He fell out of a tree whilst collecting jackfruit for a living and was left paralyzed. PUSPADI Bali found him 2 years later, rehabilitated him, got him into a wheelchair, provided a scholarship for his daughter and with Rehabilim's help have now built a ramp giving him wheelchair access into his house.

Darma has 2 children but his wife left him after his accident. He is now a single parent.



Srinawa comes from a poor family who live in a small village named Pid-pid. Nine years ago, Srinawa fell 15 metres from a coconut tree which permanently paralysed him. He wasn't able to walk or use a wheelchair. Srinawa lived in a small brick home with a straw roof, cement floor and no toilet. PUSPADI Bali found him and with the help of Jan's Tours, they raised money to renovate his home. PUSPADI Bali, using money from Rehabilim, was then able to build wheelchair access for him.



I Gede Jati Suarjana (13) and Ni Ketut Nonik (10) are brother and sister.

They both have cerebral palsy. Their parents Nyoman Ngantik Dukuh and Ni Luh Teni work as farmers, earning an income of only Rp.500.000 (\$NZ 53) every month. With nine people in their family, their very low wage means they could only afford to live in a small home with two bedrooms and without a kitchen and toilet. Thanks to the help of Rehabilim they now have a wheelchair ramp which has made all their lives much easier, and they can now be wheeled outside by their siblings.

What a positive attitude and funding can do

Ibu Endang, the Director of YPAC Malang, whom you met in our last issue on her visit to New Zealand, managed to get a grant to change a once rather untidy, disused passageway into a therapy pool. Now the most popular place at the centre.

Before



After



Meet the Rehabilim Trustees

Over the years you have read about members of the Rehabilim Trust reporting on various Trust activities. At the last AGM in September we decided it was time to have a photo record of the group – age is beginning to show for some of us – but we are still very enthusiastic about the work Rehabilim undertakes in supporting those with disabilities in Indonesia. Your support is what makes Rehabilim 'tick' and achieve so much.



Back Row from the left;

Dr Nick Lambrechtsen QSM (Dep Chairman), Jon Neilson, Dr Ruth Nichols, Graham Hull (Treasurer) Noel Reid, Paul Garrett

Front Row:

Dale Powles (Secretary) Neil Walters CNZM (Patron), W (Bill) Russell Chairman

Absent:

Mrs Rona Belcher, Mrs Linda Sumadi, Mr Clement Fisk (resides in Melbourne Australia)

The Rehabilim Trust Inc

The Rehabilim Trust was established originally to support the YAKKUM Rehabilitation Centre in Yogyakarta, Indonesia.

Founded by New Zealander, the late Colin McLennan MBE, the Centre provides assistance to disabled children and young adults to enable them become independent and self reliant by learning and using income-generating skills.

The Centre is part of "Yayasan Kristen untuk Kesehatan Umum" (YAKKUM) - the "Christian Foundation for Public Health" - and helps all children regardless of religion. The Centre is often referred to by its Indonesian name Pusat Rehabilitasi YAKKUM, or PRY.

The Rehabilim Trust Inc endeavours each year to raise \$20,000 to support PRY and similar organisations caring for the disabled in Indonesia.

Rehabilim Donation Form

I wish to support young physically disabled Indonesians.

Enclosed is my cheque, made out to "The Rehabilim Trust", for \$ _____

Name _____

Address _____

Telephone _____

Email _____

Donations may be made directly to our Westpac Bank : Account 03 0539 0238389 00

Please send your donation, large or small, to:

**The Treasurer
The Rehabilim Trust Inc
PO Box 51 212 Tawa
WELLINGTON 5249**

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rehabilimtrust@xtra.co.nz**