

7<sup>th</sup> February 2014

It gives us tremendous pleasure to announce the opening of the VACD Health Centre at the Bandarawela General Hospital on Wednesday, 19th February.

We secured premises within the Bandarawela General Hospital with the written approval of the Provincial (Uva) Health Secretary and modified it within the space of a few days so that we could offer physiotherapy, occupational therapy and health clinic facilities to children across the Uva province. This was possible chiefly due to the relentless efforts of Dr Chandana Kekulawala at the Paediatric Unit Base Hospital Diyatalawa, assistance from staff at the Bandarawela General Hospital and the dedication of the VACD leadership team. Staff from both these hospitals are to provide their services to children with disabilities at the new centre.

We continue our search for suitable premises to be leased so that we can further provide the children with life skills and vocational training and also provide training for the parents. We envisage providing the children with desk top computers, iPads and games that would enable them to improve their learning and other important skills.

We have attached a list of equipment that are urgently required at the centre. Please share this email across your network of family, friends, colleagues and employers (corporate sponsorship) so that we can source the required equipment as donations. The Ambassador/Consul General of Sri Lanka, Sydney has very kindly offered to assist us with this program. We will work out the logistics of securing, storing and shipping these items once we have a better idea of the volume etc..

With over 300 children with disabilities under our care, VACD as a not for profit, volunteer driven charity has reached a critical stage where continued support by our sponsors and supporters is crucial.

Thank you, best wishes and warm regards...Felix & Yasmin

Felix & Yasmin Stephen  
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## Equipment required for VACD centre

- **Physiotherapy Clinic**

1. Children's standing frame
2. Children's walking frame
3. CP chair
4. Corner Chair
5. Pillow set
6. Callipers and splints
7. Gym balls (Small, medium, large)
8. Squeeze balls
9. Various toys and puzzles etc., to engage students and develop eye-hand coordination and fine motor skills
10. Web set
11. Small suspension bed with slings
12. Small staircase
13. Parallel bars
14. Static bicycle
15. Static hand exerciser
16. CPM machine for upper and lower limbs
17. Adjustable bed
18. Dumb bells
19. Stair case
20. Wobble board
21. Wheel chairs
22. Crutches
23. Trampoline

- **Occupational Therapy Clinic**

1. Children's standing frame x 2
2. Children's walking frame x2
3. Large therapeutic ball
4. Splints (Large, med, small) Splinting materials and tools
5. Inflatable positioning splints for children's arms and legs
6. Therapeutic putty/theraband set
7. Wedges
8. Hand exercise set:
  - Digi Flex;
  - Pegboards
  - toys
9. Sensory motor equipment: net swing; positioning seat
10. Assessment kits/tools:
  - Locta II Battery
  - Sensory Stimulation Activity Kit
  - Goniometry (to measure joint motion)
  - Queens percussor (to check reflexes)
  - Steel pin wheel (evaluation of cutaneous sensory/pain reception)
  - Two point discriminator
  - Hot and cold discriminator
  - Depth perception peg board
  - Box and block set
  - Stereognosis kit
  - Sensory stimulation activity kit

11. Grahamizer II Upper Extremity Exerciser
12. Paediatric Assessment Kit
13. Writing Aids set
14. Scissor Assessment Kit
15. Shoulder exercise ladder, inclined board, textured stacking cones, double/single shoulder arch, horizontal ring tree
16. Continuous Passive Motion (CPM) hand machine
17. Paediatrics changing table
18. Adjustable therapy bench
19. Adjustable table
20. Paediatric vertical stander
21. Deluxe floor sitter
22. Soft touch therapy roll
23. For rehabilitation: Adaptations, multi task dressing vest, dressing cube