

“Wherever you live, life is not easy if you have to cope with a disability. In some places, it’s even more difficult than in others.”

That was last year’s introduction to work we planned to do at the **“Rehabilitation centre for children and adolescents with disabilities”** (known as **“Filipok”** - the name of a small boy in a story by Lev Tolstoy) in Volkhov, about 75 miles to the east of St Petersburg.

The Centre offers mostly day care for around seventy children, with some short-term residential provision, especially for people from more distant villages in the Volkhov Region.

The building is a 1960s-built former orphanage, but has not really been properly adapted or maintained, due to lack of funds.

In **2011**, we were able to fund the replacement of four doors – wide enough for wheelchairs to go through! – and send a small team to refurbish one of the balconies which serve as ‘fresh-air’ opportunities for wheelchair-bound youngsters. It’s now clean, bright, colourful - and fitted with fine netting that lets the light in but keeps the pigeons out!

In **2012**, we plan to continue working on the balconies at the Filipok Centre. Whether we can refurbish one, two or all of them in one trip depends very much on how strong a team we can bring together, as well as on funds.

We need a team of volunteers to work in partnership with local people and their churches. Will you come with us? We really need a bigger team!

Or perhaps you could sponsor someone else to come; please get in touch.

Contact Tony Wilcox (address above) to find out more.



before and after!



Dates: 11th-26th August 2012

Cost: £525 (travel/health insurance extra).

Note that this applies to people currently resident in the UK, as the bulk of the amount is to cover flights and visas. If you would be travelling to Volkhov from anywhere else, we’ll work out actual costs.

It is also the cost if you commit to coming by March 31st. After that, there may be variations according to prices of flights.

It can be hard work, but there’s time for fun, time to relax, time to see the sights and time to make friends – Russian as well as British.

What do you want for Christmas?

For many disabled Russian children in rural areas, simply to be comfortable would be a blessing. To have something to play with would be nice; to be able to go out would be wonderful. Many disabled children are kept in bed all day because they have no wheelchair or other equipment, but often they do not have adequate nappies or incontinence sheets.

Can we raise £500 by mid-December in order to buy (at least) a packet of sheets @ £4 plus a small toy and sweets @ £3 for 70 local disabled children, as a Christmas present of help to the parents?

Contact the office (details at the top of the page) if you can help, or use the PayPal facility on our website.

Email

This Newsletter is produced in pdf format for uploading to our website. If you would like to receive the Newsletter by email (as a pdf attachment), rather than by post, please email Tony Wilcox as below.

Thanks

- to all who continue to supply us with packets of seeds: individuals, churches, and Thompson & Morgan, a seed and garden supplies company near Ipswich. Seeds provide a good means of encouraging self-help.

Thanks also to OCE UK Ltd, the company who allow Billy to print this Newsletter each time. It is a contribution we greatly appreciate.

Craft Centre

Over the last ten years, the Craft Centre developed under Luda's leadership from its beginnings as a room in an orphanage into a recognised facility widely available to all ages, with a variety of needs, around St Petersburg. The original purpose was to offer additional skills to disadvantaged young people, but with the move into separate premises, the Centre began to draw in many others for whom few opportunities existed.

Money, time and effort went into improving conditions in the Leninskiy Craft Centre, which in 2006 was spoken of by the local administration as a flagship project to be replicated around the city. Thus the Centre on Vasilyevskiy Island was extended, thoroughly refurbished and given sophisticated equipment by the local authority. We were asked to establish an 'English Garden' there in 2008.



However, it is reported that the building on Leninskiy Prospekt is no longer a Craft Centre, but is now used as offices by the local administration. The Centre on Vasilyevskiy Island is now the sole Craft Centre in the city – a reversal of what we were led to expect - and is not being operated in a way we believe best supports the people who need it. Luda and others feel they no longer have a role there, and so the Trustees have agreed that, while we completed work that was needed at the time, the charity is no longer required in this area.

As Luda moves on to new work in a very different setting, we want to record our appreciation of her vision, energy and leadership, and express the hope that her great contribution to social care will be properly recognised in Russia.

We have always known that we could rely on her commitment, integrity and deep, genuine care for the needy people she has served so well. So thank you, Luda, for all that you have done in partnership with Caring Hands Russia. May your new life in different surroundings be even more rewarding and fulfilling than before.

Finance

We warmly welcome any financial support, as well as prayer and interest. We are funded primarily by direct giving, by individuals and by churches.

We can send you a **Gift Aid** form if appropriate (or you can download it from our website); it increases the value of a contribution at no cost to you, provided that each gift is identified and you pay a sufficient amount of Tax.

You can now make donations via our **PayPal** account. You'll find it on our website, on the Donate page.

Or you can give to Caring Hands Russia at any branch of Lloyds TSB:

Sort code 30-97-00 Account number 1338970.

Summary of finances (year-end 31 March 2011)

Income-

Standing Orders	684
Donations	3915
Income tax via Gift Aid	859
From Reserve	415
Catalogue	21
Returns & refunds	600
Total	6494

Expenditure-

Work Team trip 2010	2045
Project Costs (Murmanskies Vorota)	3393
Advance costs for 2011	579
Craft Centre & Luda	130
Promotion (Newsletter, web)	287
Bank, Paypal etc charges	60
Total	6494

Filipok needs a fence

Children need to be able to play outside. The staff at Filipok would love to improve their ill-equipped play area. The problem is that without a secure fence, the area is open to the world and is criss-crossed by paths providing local people with short cuts. The grounds are overgrown, with weeds and shrubs, chunks of broken brickwork, vast amounts of smashed glass, cigarette packets etc, and innumerable cats. An adequate fence would be costly - the total length is about 500 metres, and several secure gates would be required.

A major 3-stage project might then consist of (i) fence (ii) clearing the grounds (iii) laying out and equipping the play area. It is probably only feasible if several charities worked together on it, while also expecting a Russian contribution, over a period of years. Ideas?

We Hope

- that this Newsletter will give you food for thought and prayer. For more details, or for one of us to come and speak at meetings or church services, contact:

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Caring Hands Russia is a company limited by guarantee with no share capital. No: 3494503. The registered office is at 58 Sproughton Court Mews Sproughton Ipswich Suffolk IP8 3AJ **Caring Hands Russia Ltd** is also a registered charity No: 1068029

