

ANITA GOULDEN STILL MAKING A POSITIVE DIFFERENCE

The year since our last Newsletter has seen high points and low points for the Home and the Trust. I hope you will enjoy reading News from the Home, which captures some highlights from the latest management report, for 2016, produced by the Home's highly capable Director, Fabiola Cardenas. Her reports, made principally for the board of the local charitable Association that owns and operates the Home, are invaluable in keeping Trustees informed of developments.

Some important themes run through all the recent reports. Most notable is the expansion and constant improvement in the Home's therapeutic capabilities. The Home has steadily been transformed into a professional and highly effective organisation specialising in the care of children and young people affected by cerebral palsy. It now serves both residents and external patients. It is pleasing to see the great importance that is given to providing residents with the best possible quality of life and how the Home has progressively raised its public profile to become a valued part of the Piura community.

Since the end of last year, the Home has lived through the enormous disruption caused by the torrential rains that affected Peru in March and April as the result of the El Niño weather phenomenon. All of the country was affected, but Piura was the region worst hit. The Piura River burst its banks and flooded large parts of the city over many days, leaving mud and destruction when it receded. The flood waters did not reach the Home, but came within 100 metres of it. More than 10,000 people in the city were affected by the floods, including inevitably the staff of the Home. Despite this, the Home was kept supplied and functioning and care

of the residents was maintained. The directors, management and staff of the Home deserve enormous credit for coping through this natural disaster.

We were very sad to learn, in May, of the death of resident Trinidad Tinoco Torres at the age of 31. Trinidad was taken in by Anita Goulden in 1986, having been abandoned as an infant on the doorstep of the Home. Unable to speak, move or feed herself, she had been cared for in the Home for her entire life.

Turning to the Trust itself, we have had much interesting and valuable contact with donors and supporters.

One of our long-time donors has made a special donation to the Home to pay for much needed improvements in the building, converting small, poorly lit and ventilated bedrooms into an airy and spacious dormitory, facilitating nursing care and enhancing social interaction between the residents. The donation was made in memory of the donor's daughter, who had strong connections with Peru and tragically died in a road accident. The donation is being marked by a plaque at the Home.

Another of our donors, who has worked in Peru over many years, contacted us in May to arrange for the generous donation of the fee she earned from a recent project to be paid directly to the Home.

I was very pleased to meet, earlier this year, Hugo Goodson, who chairs the Market Harborough Third World Group, an important donor to the Trust. Following our contact, we were able to offer some items from Piura for the Group's charity auction, and he visited the Home in August whilst travelling in South America. His report is below.

In March the Trust was visited in London by Anita Goulden's granddaughter, who lives in Canada, and her niece, who grew

up in Peru but is living in the UK. This is the first time in many years that the Trust has had any contact with members of Anita Goulden's family and we were delighted to be able to shed light on the way that the Home has developed out of Anita Goulden's legacy and how the Trust and its donors have supported and, when required, initiated the many changes and improvements that have brought the Home to where it is today. The Home has continued to pursue Anita Goulden's very personal mission to serve poor and underprivileged sections of the community in northern Peru, not least in the still poorly served "Sierra" mountainous regions.

We hope very much that we can keep and strengthen the connection with the family now that contact has been made. You will read in News from the Home that, among the many advances made by the excellent Committee of the Association that runs it, is the promotion of donations of goods and services from the local community in Piura. Successful as this has been, it does not alter the Home's critical dependency on the Trust and its donors as the principal source of the cash resources that the Home needs in order to continue to exist. The report from our Treasurer makes clear how difficult the situation is, particularly with the weakening pound reducing the value in Dollars of our donation income.

We are most grateful for the enormous support that you give, as donors, to the outstandingly worthwhile institution that is the Home. You may read, below, a letter of thanks written from the Home by Anita Mollet, who has played a fundamental role in the work of Anita Goulden herself and in the Home.

David Thomas
Chairman of Trustees

FINANCIAL REPORT

I was delighted to be invited by our chairman, David Thomas, to join the Trust last year as a Trustee and Treasurer, and I am pleased to give you some highlights of our finances over the last twelve months.

Last year has been very challenging for us, particularly after the referendum results in late June 2016. As we make regular transfers in dollars to the Hogar, but receive our donations in sterling, any sterling depreciation means less dollars available for our transfers. The strong depreciation of sterling post referendum, 14% between June and October, posed a challenge and actions were explored, together with the Hogar, to address this issue. As a result, at the end of 2016 we were forced, together with the Hogar, to reduce marginally our regular transfers by circa 10%, and for the Hogar to stretch their efforts to get more donors in the local community and the larger country. I am pleased to report that this reduction was done through a very careful management of the cost base by the Hogar, while preserving the good level of services that the Hogar provides to their residents and non-residents.

Our main objective is to ensure that we keep enough reserves conservatively invested to ensure the financial viability of the Hogar for the next years. The Hogar gets invaluable help through local donations of materials, supplies and unpaid voluntary work, and although they also have stepped up their efforts to obtain more cash donations, they still depend almost entirely on the financial support that we provide, thanks to our donors. To ensure we get the maximum impact with your donations, the Trustees and Administrator receive no remuneration and the Trust has no paid employees. As the cost of running the Hogar still exceeds the donations received, your donations are greatly needed, as they help us ensuring we have enough funds to keep the Hogar running for the next years. Your help, directly and through bringing the Trust and the Home to the attention of other potential supporters, is always greatly appreciated.

Marcelo Scenna
Treasurer

News from the Home

Three new residents entered the Home during 2016, Dayron, Esperanza and Diego. Before taking them in, their needs and the economic situation of their families were evaluated by visits to their homes, in some cases in the Sierra. They were seen by a pediatric neurologist, who provides services to the Home free of charge, and a regime of medication was established for each of them.

One resident left the Home in January 2016 to live with his father in a town in the Sierra.

The Home provides therapy to outside patients as well as residents. It also offers continuing support to ex-residents where required.

- Carla María Chávez was provided with orthopedic boots and periodic donations of groceries. She was invited to participate in festivities at the Home in the run up to Christmas.

- Ana Alicia left the Home on the initiative of herself and her mother but continues to receive physical therapy and rehabilitation.

- Kevin Macalupu receives home visits from the Home's Social Assistant and is provided each month with his prescription medicines.

- Former residents Lecxon Cardoza y Sergio Castillo were visited, as they are every year, at the Niño Jesus de Praga Home in Lima.

With a view to enhancing the quality of life of the residents:

- The Home has been encouraging families to include their disabled children in family life. Residents with families have been able to spend Christmas and other holidays with them, including those from the Sierra. Residents from

Piura and nearby towns have been spending weekends with their families.

- Therapy with some of the more severely disabled residents is producing improvements in awareness of their surroundings and in communication, within their limited capacity



Chavela being collected from the Home by her mother for a visit to the family home.

- Wherever possible, residents have attended a special school or in some cases a regular school under the auspices of governmental policy on educational access.

- There is recreation every Saturday morning, either outside the Home or at a nearby park.

- Other periodic activities included a visit to Cangrejo Beach in a bus lent by the National University of Piura; various visits to the CERP – Special Centre for Rehabilitation – which has green open spaces for the residents

to enjoy; a trip in June to the Piura children's playground and a visit to the countryside in November where the residents were given rides on horseback at an equestrian facility.

- Activities in the Home include celebrating residents' birthdays and other feast days.

The Home's steadily growing public profile and increasing



Kevin receiving a home visit from Social Assistant Srta. Dora Reyes.

integration into the community, is producing many benefits. The free provision of medical services has already been mentioned and volunteers and donors contribute both to enhancements to the quality of life of the residents and support for the financial viability of the Home.



Ivan on horesback.

- A group of residents was invited to attend the Military Parade on the occasion of the National Day.
- In October is the "Peru People with Disabilities Week" where the Municipal Office for Support for People with Disabilities organises several events. The Home took part in the Civic Parade.
- Students of a local college, aided by three young soldier volunteers, treated all the residents and some of the staff to a Christmas party and lunch at an outdoor venue.
- There were visits to the Home during the year by individual volunteers as well as university and religious groups, and by mimers, clowns and other entertainers. The Home's Facebook page is kept up to date. This has raised awareness of the Home and generated some local donations. Donations made during the year included:
 - A new refrigerator given by a local company.
 - A washing machine donated by the Ladies' Committee.
 - Food, including fish, fruit and vegetables, and other supplies donated by wholesalers, hotels, restaurants



The Home takes part in the Civic Parade in Piura – October 2016.

and the Archbishopric of Piura through the Caritas organisation.

- Government sources provided food, under their social programme, as well as a small monthly cash subsidy.

Cards of greetings and thanks were sent to donors and supporters on Mothers' Day, Christmas, and birthdays.

The most important activity in the Home is the provision of therapy and medical care

to residents and outside patients. During last year:

- The Home's Physical Therapists and Nurse Technicians attended a training course offered by North American specialists on techniques for the feeding of children with cerebral palsy.
- There was daily language therapy and hydrotherapy sessions were conducted at the Home during the summer months.



Residents Ángel Castillo, Jhon Campos y Esperanza Torres receive a session of language therapy

There are play sessions, with various toys and materials, every weekday afternoon. Music therapy sessions were held in May.

- All residents are seen by a neurologist at periods depending on their needs. The service is provided at a local hospital under the national health insurance system.

• The Home has had appliances for the upper and lower limbs made for residents that need them, and these and the residents' wheelchairs are regularly maintained and repaired. All staff were trained in the use of a hoist for safely moving the physically incapacitated residents.



The hoist being used to move resident Verónica Laban from her wheelchair to the mat for a session of physical therapy

- Blood and urine tests were given to all residents at the start of the year by a local medical laboratory.
- 8 year old Angel, the youngest resident was hospitalised with pneumonia in March. He recovered, but the problem is chronic and he requires continuing respiratory therapy.
- Ivan was suffering spells of unconsciousness and inability to walk, which was eventually (following EEG tests and a CAT scan) traced to an adverse reaction to the combination of two drugs. He was taken off one of them and is back to his old self.
- Jaime Chanta, one of the older residents, was given an EEG test, paid for privately as health insurance does not cover it, which determined that it is not convulsive

syndrome that causes his occasional falls. His spasticity continues to be treated with therapy and medicines.

The Home pays great attention to employment practices and aims to be a good employer.

Staff contracts were renewed during the year and one staff member was put on permanent terms. New kitchen staff was hired. All staff took their 30 days of holiday in 2016. Life insurance cover for all staff was renewed and contributions were made to their Workers Compensation fund.

All staff were honoured with a lunch on Labour Day, 1st May and were given a basket of groceries on Mothers' Day. Staff meetings were held every month to improve the working of the Home and the Director met regularly with the Committee.

HUGO GOODSON'S VISIT TO THE HOME AUGUST 2017

I went to Piura to visit the Anita Goulden Home which is one of the seven organisations that we support in the Market Harborough Third World Group. I always adopt a critical eye when I visit any charity or organisation for the simple reason that there are so many places to which charitable funds can be assigned that they have to be used well. I am pleased to say that even with the critical approach I adopt, I was very impressed with what I saw at the Anita Goulden Home,

The home currently houses 19 children with severe mental and physical disabilities. Only two can talk and then in a very limited way and the vast majority are confined to wheelchairs. There are a couple of places in Lima that can care for older people with severe disabilities but provision is very limited. This is the only example of a home for such children in the North of Peru. There are schools and some other facilities but there are no other homes and that is quite scary.

I observed quite a lot of the care being provided, particularly the therapy and there was a lot of emphasis on trying to make the children better where it is possible. The therapists and nurses really looked like they knew what they were doing and most importantly really valued the children that they were working with. One of the biggest success stories that I saw while at the home was that of Diego who arrived in the home about nine months ago unable to walk and now he can barely stop thanks to the support and therapy he has received. There are of course some children that the home cannot improve their medical condition but then it is about creating as much pleasure for them as possible. The house is not the most beautiful in terms of surroundings and some coloured paint might help in this but it is spotlessly clean and the welcome I received was outstanding. The most important thing is the care the children receive.

Letter of thanks from the Home

"Dear Donors.

On behalf of the children from Anita Goulden Home in Piura, Peru we express our deep gratitude for your generous donations.

We have children suffering cerebral palsy on different degrees who came from homes with extreme poverty from different places in Piura, a province in the north of Peru.

Because of your support our home is able to provide them a safe place to live, different therapy treatments – oral/facial, speech, occupational – under the care of nurse technicians, and constant medical supervision.

All of the children but three are not able to walk and some can move only with great difficulty. Angelito, the smallest one, also suffers from asthma and other respiratory conditions that often send him to the hospital. Although the children can't talk, they can be very sensitive and aware of what is going on around them, smiling when they are happy or crying when they are sad or in pain. Milagros, a girl who is going to turn 15 years old soon, is very anxious awaiting to have her sweet 15th birthday party.

During the summer season, we take them to the ocean and to the recreational centers to enjoy picnics. They also made visits to a horse farm where all of them were able to enjoy the horse riding with the help of our personnel.

Two of them, Henry (14 years old) and Pedro (11 years old) are able to now attend "Paul Harris School" for disabled children. Henry seems to have a brain tumor and goes to school in his wheelchair. Pedro is having an outstanding participation in the Special Olympic Games for Disabled Children, which allowed him, just recently, to win a gold and a silver medal in "shot putt" and "track" respectively at the local level, and two gold medals for the same categories at regional level.

These victories could seem small to some people but are great achievements to our children, and to the Anita Goulden Home. None of these could have happened without your generous giving. Thank you again for being important part of the lives of our Anita Goulden Home children!

Sincerely,
Anita Mollet
Asesora"

THE CHILALO BIRD

This compilation of memories of and tributes to Anita has sold very well indeed and the feedback has been excellent. However, there are still some copies left so do send off for one – it would make a good Christmas present.

£11.50 includes postage.

E-MAIL ADDRESSES

As we have very little feedback from those who receive the newsletter by email, this time it is going to everyone by post. Do please pass it to your friends. But if you have an email address which you haven't yet given us, please do so at anitagouldentrust@outlook.com. This method is useful for quick announcements and we might revert to it for the next newsletter.

SPREAD THE WORD

When you have read this newsletter you might like to pass it on to your neighbours or friends who would be interested in hearing about the Trust and its work in Piura. Further copies can be obtained from the address below.

WILLS

We benefit greatly from legacies so do consider mentioning the Trust when you make or update your Will.

GIFT AID

You can download a form from our website very easily. You can also send a donation via the website through our new system called Charity Checkout. Do please use this method of sending donations as it is so easy.

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