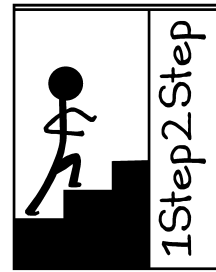




# 1Step2Step News...



June 2008

1Step2Step is a Christian project working with children with disabilities in Bann Feung Fah orphanage in Thailand, through the work of Nicola Anderson and others.

## Health & Well Being

Unfortunately Nicola has not been well lately, with a mysterious stomach illness, a nasty cough, and now acute tonsillitis! She has worked through most of these things and is particularly keen to shake off the tonsillitis to enable her to attend to her visa.

## Visa

Nicola's visa expires at the end of this month and she needs to go to the consulate to renew it. She is initially hoping to extend her visa by three months, and then beyond that until next January.

## Chairs

A sign of the influence the work of 1Step2Step is having in the way the children are cared for has been the arrival of some chairs for the ward staff to use with the children. An American donor, having seen Nicola working with her small group, has arranged for chairs to be made and delivered to the ward to enable the orphanage staff to feed the children in an upright position. This helps with digestion and also allows the children to see the world differently, sitting rather than lying down. It is hoped the staff will use the chairs not just for feeding, but also to sit some of the children in from time to time, to encourage them to lift their heads, building strength in their neck muscles.



## Other Volunteers



The orphanage has some direct links with other charities, which send volunteers to Thailand to work with disabled children. Often, especially if the volunteers do not speak Thai, the orphanage management will ask Nicola to supervise them. This has been a great help to Nicola as she and the children benefit both from the extra pairs of hands and the company. Nicola has just said goodbye to two volunteers from World Endeavours who have been there for a number of months, most recently an Australian called Lyndsey (pictured here with Nantagan), who spoke good Thai and had boundless energy.

## Visit from Becca

It is good to stay in touch with Nicola through email and phone, but no amount of conversation and photographs can really communicate what life is like for Nicola in Thailand. 1Step2Step aim to send a member of the committee each year to support and encourage Nicola and to enable them to get a better picture of the work.

Becca Chamberlain visited Nicola from 24<sup>th</sup> May to 3<sup>rd</sup> June and this is what she says...



“It was great to be able to part of Nicola’s world for a week or so. I felt I was quite prepared for visiting the orphanage and was pleased to meet the children I had heard so much about. It made such a difference to how overwhelming I found the ward to take just a few children, and dress them well and play with. It is a shame we cannot take all the children in small groups each day. The infectious laughter of the children and the passion

Nicola has to see each of them improve is an inspiration. I was encouraged to see the support she has from her church and other western volunteers, particularly the Christians who meet together as a housegroup each week. I have come away with a renewed respect for Nicola as I realise how hard she works day in, day out.”

**Pictured from left to right are Nicola, Tilani, Napasorn, Siwakorn, Watanu & Becca**

### **Baby Massage**

Baby Massage is a technique that improves circulation, muscle relaxation and emotional bounds. After much research and liaison a baby massage course is being arranged for the ward staff and paid for by 1S2S. This is a great testimony to the strength of Nicola’s relationship with the orphanage. It will be really helpful for the children.



### **Rest & Recuperation**

Nicola gets away on holiday fairly regularly with the other Western volunteers, but she and Becca were pleased to visit the island Ko Samet, for a break. They enjoyed the sun and the sand, but also the air-conditioned accommodation, hot showers and English speaking TV, (none of which Nicola has in her apartment). It was a relaxing break in beautiful surroundings.



### **Visiting Family**

On the way home from Ko Samet Nicola and Becca were able to visit the family of one of the children Nicola regularly cares for, Napasorn. It was great for them to see her home, and meet Napasorn’s mum, sister and nephew. They ate at the family run restaurant and encouraged the family to visit Napasorn at the orphanage and collect a chair that 1Step2Step have had made to make home visits easier.

### **Thank you**

A big thank you all of you for your ongoing support. Special Thanks to Richard and Chris Wood who held a ceillidh in honour of their wedding anniversary and donated some of the money given to 1S2S.

We have recently been given at cost price some build-up drinks that benefit the children when they are recovering from illness. Thank you to the Pharmacy in Lancaster who gave these.

### **Presentation & Prayer**

Becca will be giving a short presentation on 29<sup>th</sup> June at 4:30pm in the St Thomas Church Centre, if you would like to hear about her trip and pray about the work of 1Step2Step. All Welcome.

If you support the work of 1Step2Step financially or would like to join the network please contact [info@1step2step.org](mailto:info@1step2step.org)