



BE PART OF US

to build a better cerebral palsy society!!

How? If you are...

- **an individual** who has just got to know about cerebral palsy or Wishesland, please refer to page 5 to 65 to understand us more and see how you can assist us based on your capability and connections.
- **an individual** who already knows about cerebral palsy or Wishesland, please refer to page 43 to 44 if you would like to be part of our volunteers; which means becoming a Wisheslander to help promote our existence to your friends and relatives.
- **a professional** in cerebral palsy related disciplines such as a neurologist, physiotherapist, speech therapist, occupational therapist, music therapist, nutritionist, family counselor, etc, please refer to page 46 to 47 to know how you can assist us enhance our programmes for our children and parents.
- **a corporate citizen**, please refer to page 41 to know how you can assist us by contributing part of your corporate social responsibility fund and help us lessen our financial burden in running our centre.
- **a non-governmental organization (NGO)**, please refer to page 43 to 44 and page 54 to 57 to see how you can help us in keeping our Wishesland and Wishes Garden tidy, clean, and beautiful.





A word from **THE PRESIDENT**

I am not ashamed to admit that my chest was swelling with sentimental pride while this magazine was in the process of being born. So, what on earth happened and what was the excitement all about? Yes, indeed something very great was happening on earth and it is still doing so now. And that something, incidentally, has a very intimate relationship with me.

Okay, you might have guessed it right. It's of course none other than the birth

and the growth of Wishesland in Kuching, Sarawak, Malaysia. Time has really whizzed by so fast that before I know it, our beloved Wishesland is already five years old.

In some quiet moments when I had been all alone, I had found myself struggling to fight back tears of sadness and joy at the thought of what everyone involved in the Wishesland project had gone through to make this “home” as it is today. And what has touched me even more profoundly is the overwhelming support Wishesland receives from individuals, organisations, and government bodies.

These invaluable moral, physical, and financial supports that have come from all over the places from time to time are the energies that have given us at Wishesland the capability, impetus, and motivation to forge forward with a mission of providing the best and the highest standard of care and treatment for the children of cerebral palsy.

As a matter of fact, what cerebral palsy

children need most from their family members are immeasurable love and devotion, and what they need abundantly from everyone else in society are understanding and empathy. And in order to give them all those, we have to come up with the time, the place, the space, and the tools to make the project a reality and those are what we have got from all you beautiful people out there.

That, by the way, should explain why I've



got myself so melted down with mushiness because the degree of gratitude I feel towards all the supporters of Wishesland is just beyond any word I can find in my vocabulary to describe.

In this little space of mine here, it would be inappropriate and superfluous for me to tell you the whole story of Wishesland, including how it works, what it does, or what it's going to do. Everything has been laid out in the other pages of this magazine.

So, happy reading, and please remember that no one deed is too small to help us work miracles for any members of the human society who, in some peculiar way, have come to find themselves in a situation that is less capable than you are.

Regards,
CHI POH YUNG

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Rumah Sri Sebandi (White House)

The idea of setting up this cerebral palsy society was mooted 7 years ago by a group of parents whose children were diagnosed with cerebral palsy. They were attending a talk organised by Pastor Mok Ing Huat on 20.7.2007 in MBKS Hall in Kuching, Sarawak, Malaysia. The pastor was sharing his latest book on his experiences in taking care of his cerebral palsy son overseas and in Malaysia.

After the sharing session ended, Pastor Mok and a few parents stayed back and started a heart-to-heart chat among themselves regarding their own challenges, obstacles, problems, including the sad and happy moments they had gone through with their cerebral palsy children.

From that group-chat, they all agreed upon an idea that more of such sharing sessions should be carried out so that the activity could serve as a platform for parents to exchange ideas, share feelings, and get new treatment information on how to improve their children's condition. As a few more parents' sharing sessions were later followed through at various locations



in Kuching, they saw more and more parents turning up for each session.

As there was no formal non-governmental organization in Kuching or East Malaysia that parents could go for counselling or getting information about cerebral palsy, these parents felt an imperative need for a formal organization or centre to be set up so that a more structured and professional organization of information about cerebral palsy and treatment programmes could be planned and effectively executed.

With that in mind, a protem committee was formed in 2008 with Pastor Mok as its protem committee president. The committee then started to look for the

necessary information on how to set up the association.

However, due to the busy schedule and heavy commitment of Pastor Mok at his church, he decided to step down as the Protem Committee President. The process of setting up the association was thus left in a limbo for a while.

It was when Mr Chi Poh Yung took up the leadership to continue the quest in early 2009 that things got going again.

The process of setting up the association met a turning point when Sarawak



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(Perubahan 11)

MALAYSIA
AKTA PERTUBUHAN, 1966
(Seksyen 50)

**KEBENARAN MENGGUNAKAN BENDERA/LAMBANG/LENCANA
ATAU TANDA-TANDA LAIN**

Nama Pertubuhan :
**PERSATUAN CEREBRAL PALSY KUCHING DAN SAMARAHAN (KUCHING &
SAMARAHAN DIVISION CEREBRAL PALSY ASSOCIATION) (WISHESLAND)**

Alamat Bendahar :
**NO. 198A, LOT 1443, JALAN FIELD FORCE, OFF JALAN BATU KAWA
93260 KUCHING, SARAWAK.**

Nombor Pendaftaran : **0536-09-SWK**

Saya dengan ini memperakui bahawa penggunaan bendera/lambang/leencana atau
tanda-tanda lain yang tuannya yang tepat (faksimili) dikemukakan di atas telah dibenarkan
pada hari ini.

Berterikh pada : **01 haribulan Oktober 2009**




(**KEN A/K LEHEN**)
b.p. Pendaftar Pertubuhan Malaysia

Convention Bureau injected a set-up fund of RM5,000 for the Protem Committee to engage a consultant to work out a plan. The initial name of the proposed association was Kuching & Samarahan Division Cerebral Palsy Association. Registration of the association was approved by the Registrar of Society on 2.4.2009; it took less than 3 months from the application date.

The philosophy of the association is that all members need to cultivate a positive and hopeful attitude regardless of how challenging things would be when it comes to handling the process of nurturing and healing children with cerebral palsy.

Thus, to reflect that theme, the committee had decided to change the association's name to Wishesland to reflect the idea that the place is a land for parents to gather and fulfil their wishes or hopes for their children. The change of name was approved by Registrar of Society on 1 October 2009.

OBJECTIVES

To unite children and adults with cerebral palsy as well as members of their families under one organization so as to strengthen social coordination;

To provide an avenue for counselling services, rehabilitation and consolidated treatment to cerebral palsy children or adults with the close cooperation and involvement of members of their families;

To accept donations from public members or any patrons to sustain and promote the propagation of the objectives and aspirations of the association.

To contribute welfare support and assistance to children or adults with cerebral palsy as well as to ensure that their interests and rights are recognized and protected;

To foster closer relationship, goodwill, and harmony among members of the association;

To raise funds for the association with prior consent from the Registrar of Societies and relevant authorities, and having been approved in a General Meeting of the association.

Thank you, God for giving us our precious children. We promise YOU that we will give our FULLEST LOVE to them as they are fountains of our perseverance, the builders of our courage and strength, and the inspirations of our life and joy.

Thank you, Sarawak & Malaysia for providing the Rumah Sri Sebandi (White House) as a home of hope for Wishesland. It is a historical building that is so strategically located and is also surrounded by such a beautiful scenery. We promise you that we will give our fullest attention and care towards this place as it is our pride to be associated with such a meaningful place in Sarawak's history.

OFFICIAL LOGO & MEANING



THE MEANING

Overall, the logo resembles a beautiful flower which depicts the hopes and desires of people with cerebral palsy to live on despite the challenges and obstacles they may face in life.

The heart-shape blossom symbolises the power of love; a love of the kind that people with cerebral palsy need most from everyone.

The four leaves supporting the love symbol denotes the spirit of perseverance and determination in overcoming challenges and obstacles of life and all these must start from a green young age. The green is also the colour of sustainable energy symbolising that the spirit of charity lives in everyone from all walks of life regardless of race, religion and stature, and that they all will not cease their

continuous support for the association.

The bigger, blue, round spot which is placed higher than the smaller yellow one represents a more able person who is obligated to provide shelter, guidance and protection to less able person that needs all the help he or she needs.

VISION

The One-Stop Centre for promoting and upholding universal rule of cerebral palsy recovery system

MISSION

To provide a reliable, quality, and an effective cerebral palsy recovery experience and cultivate a greater peace of mind for all impacted parents and children

PHILOSOPHY

Exercising a continuous effort to think, plan, develop, and execute a comprehensive and multi-disciplined strategy to produce balanced and harmonious children in terms of physical fitness, intellectuality, and emotion

SLOGAN

Family solution-centric, child-ability focus

ROLES

To provide information and education on cerebral palsy to parents and members of the public





1st ANNUAL General Meeting

Wishesland held its 1st Annual General Meeting on 11.4.2009 at 2.00pm at Chin Daw Methodist Church, Kuching.

A total of 27 members, parents and volunteers attended this historical event. Among the agenda of the AGM was laying out a master plan of the association, identifying an operating venue, opening of a bank account, selection of an official logo, deciding on the design of letterhead and leaflet for the association, and deliberating on the matter of membership drive.



1st Office Bearer : 2009-2011

President : Chi Poh Yung

Vice President : Mok Ing Huat

Secretary : Siow Wei Sheong

Vice Secretary : Chan Yian Choo

Treasurer : Hii Din Ong

Vice Treasurer : Lau Choon Kwong

Ordinary Committee Member :

1. Chong Mui Na
2. Kho Tong Giap
3. Johnnie Kon
4. Lim Boo Khiong
5. Kueh Min Chung

Internal Auditor : Chew Chang Guan



2nd Office Bearers: 2011-2013

President : Chi Poh Yung

Secretary : Siow Wei Sheong

Treasurer : Hii Din Ong

Vice Treasurer : Doris Ng Ming Ching

Ordinary Committee Member :

1. Liaw Wee Chien
2. Khor Lee Keat
3. Johnnie Kon
4. Bong Teck Ping
5. Chew Chang Guan

External Auditor : YF Leong & Co

3rd Office Bearers: 2013-2015

President : Chi Poh Yung

Vice President : Hii Din Ong

Secretary : Siow Wei Sheong

Vice Secretary : Wee Ek Hua

Treasurer : Doris Ng Ming Ching

Vice Treasurer : Lee Ting Ting

Ordinary Committee Member :

1. Chin Li Li
2. Sim Kek Hui
3. Fu Tsu Boon
4. Wilson Chin Tze Yian
5. Chew Chang Guan

External Auditor : YF Leong & Co



Board Member for 2013-2015. Seated from left – Lines Landei (Staff), Chin Li Li, Agnes Winnie (Staff), Middle from left- Lee Ting Ting, Chi Poh Yung, Doris Ng, Standing from left-Wilson Chin, Chew Chang Guan, Siow Wei Sheong, Sim Kek Hui



Thank you, God for bringing us to this world. We totally accept the condition that we are in today. We know there is a purpose behind it all; and we know YOU have a solution for us. We will do our best to live a good life and serve as a good example to others.

Thank you, and I love you, daddy and mummy. We know you are worried about us and our condition. No worry, daddy and mummy. We will be getting better and better as the days pass. We need your unconditional LOVE as an added energy to strengthen us more and make us build more confidence in ourselves. We need your companionship in our journey towards development and recovery. We

need your support and guidance when we are relearning how to live in this life. We need your hands to catch us whenever we fall. We need your patience when we keep on forgetting things that we have learnt. We need your encouragement and cheers when we show some improvement even if



it may be just so little. And we need your smiles all day long so that we know we are learning and living in a happy environment.

Everything happens for a purpose, and it is always for a GOOD purpose. So, daddy and mummy, when we live together under one roof as a family, the warm ambience is indirectly teaching us the meaning of Love, Respect, Patience, Understanding, Tolerance, Gratitude and, most importantly, the Value of a Family.

Please forgive us if we have disappointed you sometimes as we are still fumbling for the right ways to improve ourselves. As time passes, we hope to get better and better in our endeavours until one day we would be as excited as you are to see we could move by ourselves.

We thank you, Wishesland for providing us with a magnanimous home away from our little home. It would be another home-sweet-home for us where we can learn to improve ourselves, and we will try to take the full responsibilities upon ourselves to become a good person one day.

To the society in general, we beg you all to accept us for who we are. We are actually battling through an arduous journey to try to become a normal person like you. And we want peals of your happy laughter and cheers of encouragement to help us fight our battle with more gusto and motivation. No matter how difficult our situation is, we will show you that we are brimming with confidence that our future is bright as we know God is with us, and we have full faith in HIM to heal us. So, uncles and aunties, brothers and sisters, let us work together to build a better world.

Temporary Meeting Point

During the initial stage of our Wishesland's establishment, Chin Daw Methodist Church Kuching had graciously granted one of its classrooms for parents to meet and conduct physiotherapy treatment for

the children. The place was used for a year beginning December 2009. We, at Wishesland, would thus like to express our appreciation and sincere thanks to Chin Daw Methodist Church Kuching for your thoughtful gesture.





PERSATUAN CEREBRAL PALSY BAHAGIAN KUCHING DAN SAMARAHAN (WISHESLAND)
KUCHING & SAMARAHAN DIVISION CEREBRAL PALSY ASSOCIATION (WISHESLAND)
普安省腦性麻痺協會
No 1084, Lot 1843, Jalan First Floor, Off Jalan Batu Kawa, 93250 Kuching, Sarawak, Malaysia
R.O.S Reg. No: 0909-09-0006
Tel: 016-8808 420, 016-8801 063

10 November 2009

The Supervisor
PDK
Sarawak

Dear Sir/Madam

Soft-Launching of Persatuan Cerebral Palsy Bahagian Kuching Dan Samarahan / Wishesland

You are cordially invited to the Soft-Launching of **Persatuan Cerebral Palsy Bahagian Kuching Dan Samarahan**, also known as **Wishesland**. Details are as follows:

Wishesland held its soft launching on 28.11.2009 at Chin Daw Methodist Church Hall, Kuching. More than 150 participants comprising of board members, children and their parents, PDKs representatives and PDKs' children, sponsors, and invited guests attended the launching.

Soft LAUNCHING





Soft launching at
Chin Daw Methodist Church Hall, Kuching



Board Member took a group photo after soft opening of Wishesland on 2.7.2011

Soft Opening

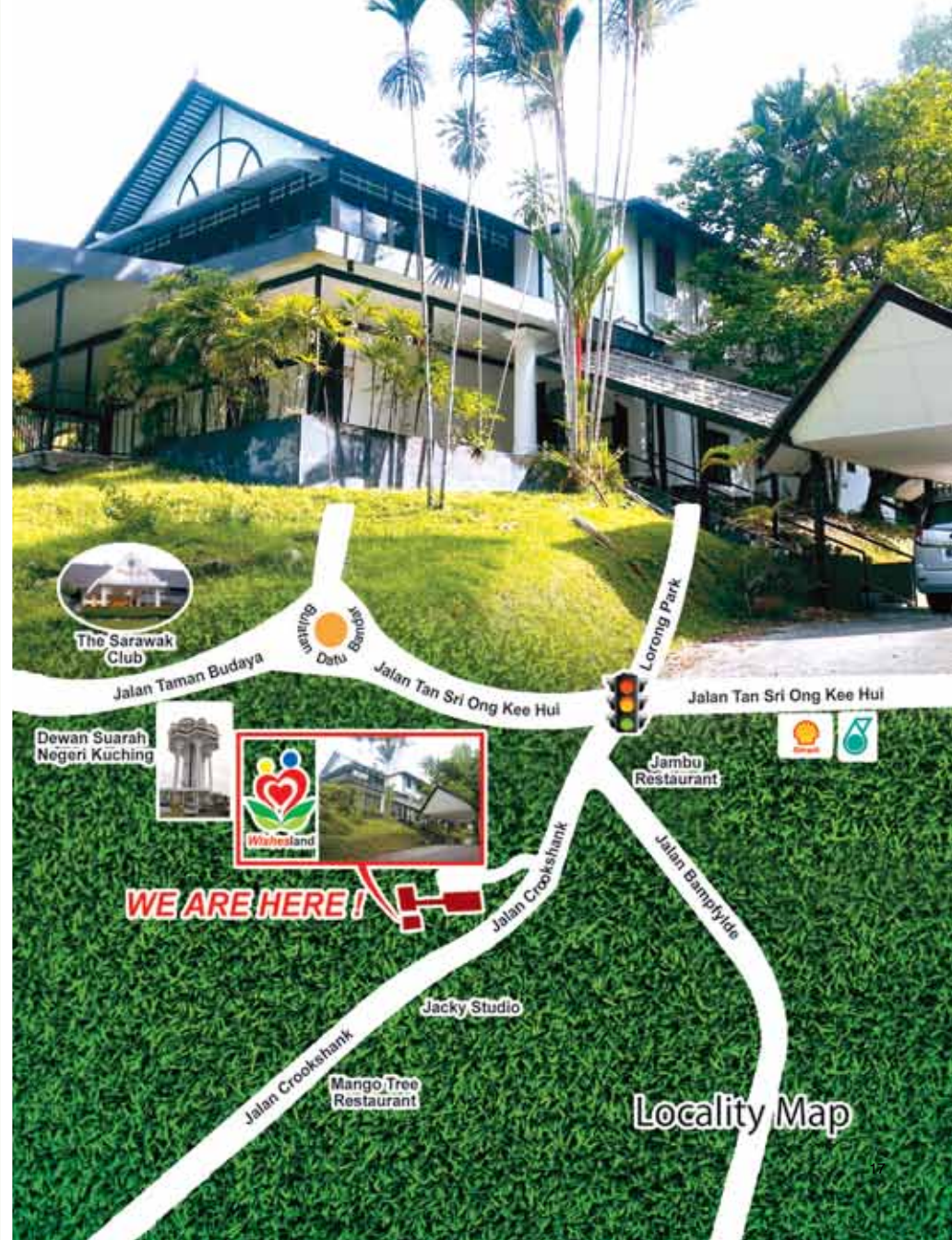


White House

Rumah Sri Sebandi

Right after receiving approval from Sarawak State Government for Wishesland to use Rumah Sri Sebandi as its temporary operating centre in early 2010, a series of cleaning, renovating and upgrading of facilities sessions were carried out by Sarawak Public Work Department and Wishesland volunteers.

After months of preparation, Wishesland eventually officially moved in to Rumah Sri Sebandi on 2.7.2011. Sim Lee Ling and Dorothy Luhong Ding were the first batch of Wisheslanders helping us to take care of our centre. We thank them for their warm touch, motherly care, and companionship.





As a new establishment that is specifically aimed at taking care of cerebral palsy children in Kuching and Samarahan, a lot of activities need to be carried out to create awareness of our existence including the types of services or counselling we can provide for these special children.

From 2010 to 2013, we had carried out visitation and familiarization trips to local PDKs (Centre of rehabilitation within community), Sarawak General Hospital, private hospitals, and polyclinics in Kuching and Samarahan Division to introduce Wishesland.



Dialogues between Wishesland and local PDKs, NGOs, and doctors have also been held to share, learn, and understand the habitudes and needs of cerebral palsy children. Parents of cerebral palsy children could thus be rest assured that Wishesland could meet their expectation if they come to visit us.

Wishesland's Board Members have learned a lot from PDKs on how to run a rehabilitation centre in a more efficient and effective manner. We thank these PDKs for giving their supports and sharing their know-hows. They have made us more prepared and confident to run our centre.

Awareness campaign

Other awareness campaigns that have been organised were: setting up of counters at local shopping centres, holding press conferences, interview by local radio stations, press interviews, write-ups / special features in local newspapers, seminars or talks in schools / universities / NGOs, and being featured in some national magazines / guides on special needs children.

We wish to thank all local and international social media, newspapers, radios and TVs for your wide coverage on us. You have effectively linked us to the local and international communities where more and more parents and public members are getting to know us.

Anak Cerebral Palsy ulih disuman

Apai indai patut ngembing anak ti menawa ngenang
pengerindu lalu ukai ngenang iya ngeribat idup sidi

Dikawatir Rempangan Labang

Anak pemeri ti chakup berega ari Tuhan, nya alai kita patut berasai temegah ati enggan pemeri nya sereta enda agira pendina anak nya. Penyelal enggan pengurang ba anak nyangkam nembak Cebebral Palsy (CP) ukai somina alih dirigit

Apri indal mesti bisi rund-
ing ti posifit sereta penasegag
ati. Ba dalam ati mesti kerat
madahka anak tu ulih gara-
jemah ila. Laban mayul
chunto nembaki CP ti udal
nirika rumah tangga, buli
PSHD, nyadi pakar sereta
kebuka.

论。应当争取时间进行综合治疗。在6岁以前是关键。

孩子，
下一步来，你好棒

为什么是黄金时代

2008年12月15日

1. 1990年1月1日以前

1. 2008年10月10日，中国商务部宣布，中国将自2008年11月1日起，对原产于美国的部分农产品加征特别关税。这一举措旨在维护中国农产品市场的公平竞争，保护国内农业生产者的合法权益。这一举措也体现了中国在国际贸易中坚持平等互利、合作共赢的原则。



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地址：上海南京路100号
电话：021-12345678

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中國銀行
中國銀行

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FUN PHOTO: Cery's son Jervis cerebral palsy, happily poses of how special child



A place that began with love

Group opens watershed for children with cerebral palsy and their families to learn to cope



2012年元月開辦

建治療池訓練感官

(吉隆坡10日訊) 腦性麻痺兒童組織唯心樂園會長徐寶榮表示，該園該園已建成治療池訓練感官

感統中心，又稱「感統池」。

該中心位於吉隆坡，由該園會長徐寶榮表示，該園該園已建成治療池訓練感官

標要籌6萬令吉

本报吉隆坡10日訊) 唯心樂園將於4月星期日) 早上6時主辦慈善義跑，并吉目标之慈善基金。

下月办2千人义跑

1千500至2千人的参与。与此同时，该活动也获得our youth my全力支持。欲知更多...

A healing garden with therapeutic qualities

By SHARON LING
sharonling@thestar.com.my

KUCHING: Wisheiland, a local support organisation for cerebral palsy children and their families, is raising funds to build a Wisheiland Garden to complement the rehabilitation and counselling services at its premises.



Good cause: Wisheiland president Chi Poh Yung (left) and a committee member launching the fundraising campaign.

Seek early intervention, Fatimah advises parents

Parents of children with cerebral palsy should seek early intervention, Fatimah advises parents.

复原如常



晉腦性麻痺協會籌30萬建唯心花園

Sarawak Club to hold Charity Night 2012

KUCHING: The Sarawak Club is holding a charity dinner known as "Charity Night 2012" on 8 July to help raise funds for the less fortunate.



Pesakit cerebral palsy dibantu

KUCHING: Isnin - Seramai 900 orang dijangka menyertai program larian amal anjuran tabuhan Bukan Kerajaan (O), Wisheiland di Jalan...



Awareness campaign



Government support is of paramount importance to us because Wishesland have started off as novices in this field and so we need lots of guidance and advices especially from Sarawak State Social Welfare Department to help us move in the right direction.

During earlier time, we had called on Minister of Social Development and Urbanisation Sarawak, YB Tan Sri William Mawan. Later in 2012, we also made a courtesy call on YB Datuk Hajah Fatimah Abdullah, Minister of Social, Woman and Development Sarawak to brief her on the latest progress of Wishesland, and at the same time to invite her to be the Guest of Honour for Wishesland Nite that year.

Another augmentation to Wishesland was having it being accepted as the associate member of Sarawak Social Welfare Council in 2010.



Courtesy visit to YB Datuk Hajah Fatimah Abdullah, Minister of Social, Woman and Development Sarawa



Mr. Chi attended Sarawak Social Welfare Council's 65th Annual General Meeting on 29.11.2014

Membership drive

There are two types of membership in Wishesland, namely parents with cerebral palsy children, and Wisheslanders that is our volunteers.

Our membership drives have been carried out through a number of those awareness campaigns mentioned. We also work with PDKs to encourage parents to register with Wishesland as another platform for their children to get treatment. Setting up information counters at shopping centres is also one way for us to introduce Wishesland to the general public.



PERSATUAN CEREBRAL PALSY BAHAGIAN KUCHING DAN SAMARAHAN
KUCHING & SAMARAHAN DIVISION CEREBRAL PALSY ASSOCIATION
(WISHESLAND)
晋汉省脑性麻痹协会
A-01-0 Reg No: 10000-0000
No. 11443, Jalan Field Force, Off Jalan Batu Kawan, 93250 Kuching, Sarawak, Malaysia
Tel: 016-9299 428, 016-9291 993 Email: wishesland001@yahoo.com

OFFICIAL RECEIPT

Received from: Chi Poh Yung

The Sum of Ringgit Malaysia: One Hundred And Thirty Only

In Payment of: Registration Fee (RM10.00) & Life membership fee (RM120.00)

RM 130/=

Payment Mode: Cash

Issued By: [Signature] Particulars: _____

No: **0001**
Date: 3 Jun 09



Membership Application Form

Yes, I would like to be a member of Wishesland!

Name : _____

I.C. No. : _____

Date of Birth : _____

Age : _____

Gender : _____

Email : _____

Spouse Name : _____

I.C. No : _____

Contact No (Home) : _____

Handphone : _____

Mailing address : _____

Name of children with CP : _____

Relationship with children : _____

Children Age : _____

Children birth certificate / I.C. No. : _____

OKU Card No : _____

Children mailing address : _____

Current Treatment / Therapy

Signature: _____

Date : _____



Wisheslander (Volunteer) Application Form

Yes, I would like to be a member of Wishesland!

Name : _____

I.C. No. : _____

Date of Birth : _____

Age : _____

Gender : _____

Email : _____

Contact No (Home) : _____

Handphone : _____

Mailing address : _____

Type of volunteer jobs that I would like to participate is as follows (Please tick and you can tick more than one options)

☐ Operation

☐ Medical

☐ Welfare

☐ Public Relations

☐ Fund Raising

☐ Special events

☐ Academic

☐ Others

Signature: _____

Date : _____



WishesDonors Application Form

Yes, I would like to be a member of Wishesland!

Name : _____

I.C. No. : _____

Date of Birth : _____

Age : _____

Gender : _____

Email : _____

Contact No (Home) : _____

Handphone : _____

Mailing address : _____

My donation options :

One Time only

RM50 RM100 RM200 Others :

Monthly

RM50 RM100 RM200 Others :

Half-yearly

RM50 RM100 RM200 Others :

Yearly

RM50 RM100 RM200 Others :

Please make cheque payable to "Wishesland". For bank transfer, please deposit into Hong Leong Bank Account Number : 017 0033 6097

Do you need tax exemption receipt? Yes ☐ No ☐

Signature: _____

Date : _____

For further information

Wishesland, Jalan Crookshank, 93100
Kuching, Sarawak, Malaysia

Tel

082-252210 (Office)

HP No.

019-2288419 (Mr. Chi)
019-8891093 (Mr. Siow)
013-8019676 (Mr. Desmond Hii)

Email

wisheslandinternational@gmail.com

Facebook

facebook.com/WisheslandInternational

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facebook.com/WisheslandInternational

The growing number of children registered with Wishesland eventually called for more staff members to be recruited to handle the increasing demand of work especially in ensuring that the structured and systematic treatment programmes run smoothly. So, the next natural step was to recruit full-time staff for the centre.

Mr Stephen Pui came in as our very first Administrative Officer in 2010, while Ms Laura Madona and, Ms. Lines Landei later joined in as Junior Physiotherapists in 2011. Ms Agnes Winnie was yet another Physiotherapist who joined in 2012.

Continued learning is one way of constantly enhancing skills and knowledge. With that in mind, we have thus sent our staff to attend various relevant trainings or internships in Kuching and also to West Malaysia.

In this connection, we would like to thank PDK Bau, PDK Siburan, and Penang Spastic Association for giving our staff the opportunities to be attached to your centres for hands-on trainings and observations.

What our staff said about Wishesland

Lines Landei– “I am happy to be part of Wishesland because I believe in the noble philosophy of helping children who need help.”

Agnes Winnie – “I consider it a great honour for me to be able to contribute my knowledge and skills to improve cerebral palsy children in Wishesland.”

Staff Recruitment



Lines Landei, Agnes Winnie

12703



KEBAJIKAN DAN PEMBANGUNAN MASYARAKAT KEBANGSAAN MALAYSIA (MAKPEM)

Dengan ini mengesahkan bahawa

LINES ANAK LANDEI

telah mengikuti

KURSUS PENJAGAAN DAN BIMBINGAN KANAK-KANAK KURANG UPAYA

yang telah diadakan di

MAJLIS KEBAJIKAN SOSIAL SARAWAK,
 Lot No. 1652, Block 10, KCLD, Jalan Ong Tiang Swee, 93200 Kuching.

mulai 27 OKTOBER 2014 *hingga* 31 OKTOBER 2014

Staff attending training
in Kuching



Annual Dinner for
staff and board member

Gawai festival
visit to staff house





Study Trip

*Visit one of the child
specialists in India*



It is quite a common thing for parents to bring their cerebral palsy children to get treatment overseas. Wishesland's president and some parents have thus taken the initiative to conduct a few rounds of trips to places like China, India, West Malaysia, Singapore, Australia and Taiwan to get first-hand knowledge of how their institutions provide cerebral palsy treatments to the children. Upon returning from each trip, they would then hold sharing sessions with parents here to share with them on what they have seen and learned overseas.

India



Penang Spastic Centre



Taiwan



India



Eden Penang



India





Equipment & Facilities

An assortment of some basic equipment is essential for the therapeutical treatment of cerebral palsy children if any healing programmes are to be carried out effectively. Wishesland is fortunate enough to have many caring people or corporate entities in Kuching that have come forward to donate either cash or equipment right from the time even when it was newly set up.

The latest inclusion of facility was a hydrotherapy pool, or has been called WishesFun Pool. It provides our children with a more conducive environment to practise their motor skills under the

condition that water would lessen their physical burden. This is especially useful for learning the finer motor skills.

Next in the pipeline is the creation of a Wishes Garden. For this project, we are going to make the optimum use of the availability of green scenery and beautiful landscape around and in our compound to build the first-ever healing garden in Sarawak, if not Malaysia. Wishes Garden will have 3 zones, namely Wishes Welcoming and Social zone, Wishes Active Play zone, and Wishes Meditation and Aromatherapy zone.





Lion Club of CHMS No. 1



Sibu Spinal Injury Association

Visitors

Ever since Wishesland has been set up, it has received numerous visitors from both local and overseas. They comprised of individuals, doctors, specialists, polyclinics, schools, universities, polytechnics, corporate and government bodies, PDKs, youth associations, rotary clubs, Lion clubs, NGOs, etc.

Wishesland welcomes all visitors as it is a good platform for Wishesland to introduce its roles to the visitors, to exchange ideas, to get opinions as well as to learn from visitors on how to enhance the services and quality of the centre.



UNIMAS undergraduates



Kuching Autistic Association



Youth Movement Malaysia and Asia University

events

Group photo with undergraduates from Swinburne University of Technology, Sarawak Campus





Wishesland Charity Run-Run for the Children 2014



Christmas Party



One World Birth
FREEDOM FOR BIRTH
 The Mothers' Revolution

Give Birth Change the world

Women will take back childbirth

A RECEPTION & INFO SESSION - ON 20/09/2012 - FRIDAY 10:00 AM - 12:00 PM
 For More Details - Please Contact: SARA KIRCHAK - REBECCA DUNN - SHARON BUCKLEY
 0194 2444 8844 - 0194 244 4444 - 0194 244 4444 - 0194 244 4444
 (New Zealand) 0194 244 4444

20 SEPTEMBER 2012 (Thursday)
 7:30pm - 9:30pm
 INTI College Sarawak
 Jln Stangin Timur, 93350 Kuching.
FREE ADMISSION

For registration, kindly contact Miss Liana 083-252210
 or email info@freedomforbirth.com

freedomforbirth.com | www.facebook.com/freedomforbirth



Wishland
 城市新園

送 送 送
 Bricks Give Love
 运动 Campaign

目的 / Objective
 籌募建路經費興建愛心公園
 To solicit fund to build Wishland Garden

期限 / Period
 1.8.14 - 31.12.14

大家一起来
 为公益活动添砖
 一砖为善!

083 252 210 Ms Liana/Ms Agnes
 019 252 6010 Ms Ch

Wishland is a registered charity with the Charities Commission of Singapore. All donations are tax deductible.



加入腦性麻痺協會 讓特殊兒接受治療

（本报吉甯25日讯）晋汉省家有腦性麻痺兒童的家庭能參與腦性麻痺協會會長徐寶榮希望，該會，讓孩子接受應有的治療，



晋汉省腦性麻痺協會會長徐寶榮（右）頒發攝影比賽冠軍予傅玉光。左為其母親鄧燕燕。

每個特殊孩子都有治療的希望，只要知道治療的方法。

他在今天在該會主辦的2013年特殊兒童攝影比賽頒獎禮上表示，這項攝影比賽共獲得17位特殊兒童家庭的參與，該會舉辦這項攝影比賽的目的，就是喚醒社會的醒覺，讓人知道特殊兒童也能享受到普通孩子的活動，展現特殊兒童美的一面，同時也促進親子間的互動。

他也非常感謝州政府借出这块土地建立这个唯心乐园，也感谢社会热心人士陪伴他们走过4个年头以及会员家长的踊跃支持。

此外，他表示，该会目前有30多位的志工，在精神、力量上减轻了家长的负担。在新的一年里，该会的目标是招收100位新会员，希望家有腦性麻痺兒童的家庭能聯絡該會，加入这个大家庭。目前，該會共有近70位會員。他也披露，在新的一年里，該會將舉辦更多的活動、課程，希望有更多的人參與，該會的聯絡電話是082-252210。



全體得獎者在頒獎儀式結束後與主辦單位合影。

Wishesland has organised many activities throughout the years to introduce its existence to the Kuching and Samarahan people, to raise fund for its operating cost or projects, to create awareness among the public on how to have healthy babies, and to motivate parents to continue to have faith and trust in God that our children are fine and they will do well.

Among the most notable events organised were Wishesland Nite 2012 where more than 600 people attended the dinner, and Wishesland Charity Run-Run for the children 2014 where more than 800 runners participated. We also organised Photography Contest for all the special children in Kuching and Samarahan Division in 2013. It received very good response from parents and they were touched by what Wishesland

had done to uplift the confidence and dignity of their children.

Our next focus is to organise national and international conferences or symposiums on cerebral palsy so that all PDKs, parents, specialists or any relevant parties, who in one way or another have the interest or are involved in cerebral palsy healing, will have a chance to learn more about this disorder with minimum investment.



Group photo after talk on "How to have healthier babies"



Charity counter at Sarawak Club's annual family day











As a new NGO, public donation in both kinds and cash are very much welcomed and appreciated. We are extremely grateful for all the donations that we have received so far from our donors whom we fondly refer to as WishesDonors. Their donations from time to time have helped us a lot in funding our daily operation cost and building the hydrotherapy pool. Our upcoming major project, the Wishes Garden, will certainly need to rely substantially on donations and contributions.

Wishesland conveys its immense gratitude to all WishesDonors, be it individuals, groups, government bodies or corporate entities. Your invaluable assistance in whatever forms has kept the pulse beating while your financial contribution has amiably lessen our burden in sourcing for money and thus enabled us to focus more of our attention on improving our children's condition.



We gratefully would continue to welcome any donation either in cash or kind to enable us to perform and discharge our work more effectively for the benefits of the cerebral palsy children in our centre.

Cheques can be made payable to "Wishesland". All monetary donations are entitled for tax-exemptions receipts.



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to your backyard



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With a Desjoyaux Pool, it's not just about creating a swimming pool. It's about creating a serene oasis, a private relaxing place to retreat to, a space to entertain family and friends and most importantly, a children's haven. Take the plunge and we'll do the rest for you.

Piscines Desjoyaux (Sarawak) Sdn Bhd (1086926-X)

Email: desjoyauxpool@gmail.com

Website: www.desjoyaux.com.my

Tel: +6(082) - 234 666 [Kuching]
+6(085) - 668 811 [Miri]
+6(088) - 387 666 [Kota Kinabalu]
+6(03) - 7958 8911 [Selangor]
+6(04) - 2881 101 [Penang]
+6(011) - 2000 7777 [Johor]
+6(016) - 5507 938 [Perak]





WISHESLANDERS

The success of Wishesland thus far is mainly due to the enormous amount of contribution, dedication, and sacrifices from our volunteers-Wisheslanders.

They come from all walks of life ranging from professional like doctors and professors to young children.

They have helped in every capacity possible which include cleaning the compound, providing

counselling to parents, helping out in activities and events, or even just by being morally supportive as well as being a close companion to the children's parents.

There is no word to effectively express our feeling of thankfulness to all these Wisheslanders. They are the foundation of the hopes and dreams of Wishesland. It is as if what the cerebral palsy children is lacking is then made up by these Wisheslanders.



Gotong Royong



Wishesland has a vast compound which requires a lot of maintenance and upgrading works to make everything conducive to the children to aid the improvement of their wellbeing or recovery.

Those many volunteers who have come from the schools, polytechnics, universities and NGOs to carry out “gotong-royong” (work parties) have definitely made the compound and environment of Wishesland much cleaner, neater, and more beautiful so that it has become a wonderful place for the children and their family to mingle around.



Cerebral palsy or CP is a disorder of movements and postures due to damage to or failure to develop normally in a small part of the brain controlling these activities. The brain is not able to send proper signals to the muscles, affecting gait and other movements. Sometimes children and adults with CP also have learning difficulties or problems with sensory abilities such as hearing and sight.

CP is non-progressive, meaning that it does not get worse over time. CP is not a disease and it certainly is not catching.

CP can take many forms. Some people are so lightly affected that they appear to have no obvious disabilities while others may be clumsy in their gait, can affect one side of the body or both sides or only both lower limbs which is more common in children born prematurely, or they may have difficulty with their hands or with muscles involved in speech, chewing and swallowing. Some individuals with more severe forms of CP are unable to stand or sit and may require wheelchairs or special equipment.

CP often occurs before birth or sometime during delivery. It is estimated that a child with CP is born once in 500 live births, without any distinction of sex, race, maternal age or social background. CP can also occur during the early years of a child's development as the result of brain

WHAT IS CEREBRAL PALSY?

damage in the first few months or years of life, brain infections such as bacterial meningitis or viral encephalitis, or head injury from a motor vehicle accident, a fall, or child abuse. The cause in about

a quarter of CP patient remains unknown even in today's medical practice.

CP is not curable, but it is treatable. The course of treatment depends on type of CP, severity of symptoms and at what stage treatment is initiated. Treatment includes physical therapy to develop stronger muscles, occupational therapy (helping participants to develop fine motor skills for specific tasks such as dressing, feeding and writing), and speech-language therapy which focuses on developing communication skills and chewing, swallowing techniques.

Surgery, medication, orthotic devices (such as braces), communication devices (such as printed communication cards and boards) and computer technology are also widely used in treatments.

Alternative therapies such as acupuncture have also shown some promise in treating symptoms of CP, but again, it depends on the type of CP, severity of symptoms and how early treatment is initiated.

Assessment

Overview

Step 1

Parents will be interviewed to understand the existing programmes that their children are doing, their hopes and aspirations.

Step 2

Children will be assessed on their abilities and challenges via milestone chart.

- Evaluate children's 5 senses.
- Optional : House visits (once or every few months if necessary)

Step 3

Keep relevant records such as medical history and photographs of the children for future reference.

Three Months Review

Re-assessment every 3 months is needed so that parents could feedback to us regarding their children latest progress. If there is a need to change the programme, then, a new programme will be drawn to cater for the child's development stage.

Planned Activities

- a. An Early Intervention Programme
- b. Integrated Classroom Programme
- c. Workshop facilities
- d. Short-term residential training
- e. Group Homes
- f. Intensive parents training courses
- g. Toy Library
- h. Hydrotherapy pool
- i. Wishes Garden

Programmes

A balance emphasis between parents and children is our core focus, direction and consideration when setting up programmes for Wishesland. We believe, besides focusing on treating our children, it is equally important to have a series of programmes to be drawn up to allow our parents to get the necessary training, mindset, tools set, knowledge and competencies to grow with their children.

We also strongly believe that there is more than one technique that our cerebral palsy children can achieve

recovery. Hence, we welcome all parties with relevant proven record of treating cerebral palsy children to come and share with our parents. It is important to reckon that every child with cerebral is unique in the sense that each individual has his or her own set of challenges, strengths and abilities.

There are 6 zones available in Wishesland, namely WishesPhysio zone for children to do physiotherapy, WishesADL zone for children to learn living skills, WishesABC zone for children to learn academic knowledge, WishesPlay zone for children to play with physiotherapy equipment and getting the required results, WishesFun Pool zone for children to undergo hydrotherapy and Wishes Garden zone for children to be attached with nature healing force.

All children are encouraged to go through these zones during their 2-3 hours of treatment session so that all aspects of recovery processes would be experienced.

Assessment

Programmes for Parents

Wishes 101

Introduction to Wishesland

Wishes 102

Introduction to Cerebral Palsy

Wishes 103

Parenting Roles

Wishes 104

Rights and Privileges of cerebral palsy children

Wishes 105

Treatment: Contemporary Approaches

Wishes 106

Treatment : Alternative Approaches

Wishes 107

Treatment : Nutrition Approaches

Wishes 108

Treatment : Chinese Medication

Approaches

Wishes 109

A glance on cerebral palsy around the world

Wishes 110

Useful contacts

Programmes for Children

1. Social Skills Training
2. Self Help Skills Training
3. Language Skills Training
4. Motor Skills Training
5. Practical Skills Training
6. Academic Skills Training
7. Artistic Skills Training





Special features on WishesFun Pool

Hydrotherapy is a water-based physiotherapy programmes, also known as Aquatic Physiotherapy. It is a specific form of physiotherapy treatment conducted in a heated pool. Aquatic Physiotherapy treatment (individually or in groups) incorporates individual assessment, diagnosis and the use of clinical reasoning skills to formulate a treatment program appropriate to each child's needs. By combining hands-on pool based physiotherapy treatment techniques and specifically designed exercises supervised by physiotherapists

with specific training in Aquatic Physiotherapy, hydrotherapy helps regain or enhance physical well-being in a warm relaxing environment.

A series of gentle therapeutic exercises (distinct from swimming or aqua-aerobics) carried out in a heated pool allow greater comfort and range of movements as water can support body weight. Therapeutic exercises can be progressed safely using the mellifluous resistance of the water to strengthen the muscles and improve stability. As a part of normal development,

a child is continually moving his arms and legs, exercising as he learns to roll, crawl, move through sitting positions and walk. This spontaneous exercise is often limited in children with cerebral palsy. They may only be capable of a few movements, relatively inactive compared with other children, limiting their amount of spontaneous exercise.

Exercise is very important for children with cerebral palsy. Exercise is defined as an activity that involves repeated body movements, aimed at improving

or maintaining a level of physical fitness. In children with cerebral palsy, exercise is used to strengthen muscles, increase flexibility, improve respiratory function, enhance the child's gross motor function and, above all, to have fun.

Swimming is a great way to encourage a child to exercise, have fun and gain confidence in the water. Exercise in water is very appealing to all children. It gives the cerebral palsy children a freedom of movement that they may not otherwise have on land. If a child has significant movement limitations, doing the land-based exercise may be limited.



The buoyancy of water reduces the effects of gravity, poor balance and poor postural control. It provides postural support, allowing children with cerebral palsy to exercise with more freedom in water than they can on land.

The buoyancy of water also creates an environment that reduces the level of impact on the child's joints, and providing a gentler environment for children with unstable joints to exercise under a lighter weight-bearing condition.

Swimming has numerous benefits for children with cerebral palsy. Being in the water encourages children to move their limbs and experience the effect of movements of their body. Warm water encourages stiff muscles to relax, and children move more easily in the water due to the buoyancy.

Water-play is a great opportunity for children to experience a variety of sensory feedbacks. Children experience the feel of the warm water, the sounds and sights

of splashing, and the movement of their limbs. Perceptual and visual motor skills improve because water slows down movement and gives the child time to react and appreciate how to use their body.

Children will become more confident due to achievements made in the water. As children develop the ability to move and enjoy the water, children self-awareness and self-esteem will improve as well.

Hydrotherapy pools temperature is generally 33-34 degrees. Warm water has a relaxing effect and can help decrease muscle tone. Cold water can increase muscle tone. Water kept at a constant temperature of 35 degrees is most suitable for a child with spasticity. A pool kept at about 33 degrees is suitable for children with low muscle tone. Look for a pool with a water temperature best suited to a child.

*Hand over of
WishesFun
Pool by
Desjoyaux's
representative
to Mr. Chi*



Benefits of Hydrotherapy

Hydrotherapy programs are used by physiotherapists to:

- increase gross motor co-ordination
- maintain or increase range of movement and flexibility
- increase muscle strength
- improve balance and posture
- improve fitness and endurance
- promote breathing control
- promote water safety and awareness
- develop basic swimming skills
- reduce muscle spasm and encourage relaxation and enjoyment

- encourage normal movement patterns

A variety of swim rings, arm 'floaties', pool noodles and toys are incorporated into the hydrotherapy session to promote independence and freedom of movement in the water.

Among the activities children enjoy in a pool include acceptance of the water its buoyancy, bubble-blowing and protection of the airway, kicking, splashing, floating, singing and playing.



Watsu is a gentle form of body therapy performed in warm water, (around 35°C.) It combines elements of massage, joint mobilisation, shiatsu, muscle stretching and dance. The receiver is continuously supported while being floated, cradled, rocked and stretched. The deeply relaxing effects of warm water, combined with Watsu's movements, stretches, massage and point work, would create a bodywork with a range of therapeutic benefits and potential healing on many levels.

Moments of stillness that alternates with rhythmical flowing movements free the body in ways impossible on land. The warm water relaxes the muscles and supports the spine. With this support and without the weight of the body, the spine, joints and muscles can be manipulated and freed in a way unique to water work. The effects include a very gentle, yet deep stretching and a release of muscular and joint restrictions, along with a state of deep relaxation, which encourages the release of stress and tensions.

WATSU TECHNIQUE

Background of Healing Garden

In the last two decades, gardens with therapeutic qualities have begun to appear in US and UK healthcare facilities. Now 'healing gardens' are being designed to support the treatment of patients with specific conditions. The idea that nature has a soothing, restorative effect is nothing new. From medieval monastic infirmary gardens to the landscaped grounds of nineteenth-century mental asylums, enlightened carers have recognised that access to the outdoors has a salutary effect on a person's mental and physical health. However, with the onset of modern medicine and its emphasis on treatment via surgery and drugs, this knowledge was lost or deemed 'unscientific'.

High-rise construction techniques created medical settings where patients were divorced from the outdoors. This the common condition found in our medical institutions and care centers.

Thus in Wishesland, our aim is not only to provide the medical settings and facilities, but also to engage the natural environment of the surroundings, where great natural healing energy forms, as the healing ground for our children and parents.

Masterplan and Design of Wishes Garden

The landscape masterplan and details of the Wishes Garden are designed by

landscape architect
LAr. Clarice
Chiong Sik Ing
from Earthscape
Inhabitant Sdn Bhd,
a professional landscape
architectural firm specializes in landscape
planning and urban design.

Objectives of Wishes Garden

The core objective of Wishes Garden is to create an environment that stimulate and balance our children's physical, cognitive and emotional growth, as well as to provide a platform for them and their family members to interact and share their feelings, before or after children has gone through the various activities in the Centre.

There are 3 zones in Wishes Garden: namely Wishes Welcoming and Social Zone, Wishes Sensory and Play Zone and Wishes Meditation and Aromatherapy Zone.



Wishes Welcoming and Social Zone

Extended from the building and overlooking to the gate and the main road, the existing open space is created into Wishes Welcoming and Social Zone. The paved area in circular layout is designed for group activities and gatherings, with the sculpture of Wishesland located in the middle as the focal point. The zone is designed with simplicity concept in mind and fulfills wheelchair accessibility requirements. Simple introduction of

Wishesland and relevant information about cerebral palsy will also be displayed here.



Wishes Sensory and Play Zone

In this physical active zone, we have introduced mud, lawn and sand areas for children to play as part of the sensory stimulation programmes. The garden also includes elements such as different walking surfaces for those learning to walk with the aid of a walker or cane; differing planter heights for children learning fine motor control to sit or lean while doing simple gardening tasks; play structures that encourage and challenge the physical movement of the children. Other outdoor facilities are slopes, steps, bridges, a

range of walking surfaces and parallel bars to aid in physiotherapy. Plant labels that speech pathologists use in their work with children regarding speech training will also be introduced. We encouraged our parents to engage their children with lot of exercises in the garden as we believed through exercises, there are many beneficial effects on both physical and mental health growth of the children.





Wishes Meditation and Aromatherapy Zone

There is evidence that the more social support a child receives from family and friends, the better he or she is able to heal. The garden is thus designed with a place where children and family members can converse in a calm and aesthetic setting. Specific planting design and park furniture in a semi-private setting will be designed for small groups of two to three family members to be together to share and care for one another. There will be a series of beautiful and carefully selected sculptures with family-related theme displayed in the garden as well.

We encourage our parents and their

children to explore the environment through their senses, as we believed that the lower of our rates of anxiety, the less we are aware of the pain experienced. The basics of Wishes Garden design are related to the subject of stress relief, as the relief of stress among parents and children would help to bolster their immune system and stimulate the body's natural healing proclivity. Thus, the Wishes Garden will provide a multi-sensory experience with colourful flowers, varying shades and textures of green, the sights and sounds of water, elements that attract birds and butterflies, fragrances, and ornamental plants which move with the slightest breeze.

Costing

The estimated construction cost of Wishes Garden is RM400,000. It will be fully funded by Wishesland via public donation and adoption programmes by multinational companies, both locally and internationally for the 3 main zones mentioned above.

Conclusion

Once Wishes Garden is completed, it would become the first of its kind in

Sarawak to provide our children and members of the public an avenue to relax their mind and body and a place to share good times with their families. We strongly believed that with the inclusion of Wishes Garden in Wishesland our children will be enlightened and inspired on their paths of recovery. Parents will also experience the benefits as Wishes Garden would provide them various opportunities to be with their children in a serene, relax and natural environment. Wishes Garden will also be served as a platform of interactions and mutual understanding between the children and the general public.





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“Wishesland is a perfect “home” to rehabilitate, train and develop our son, Aifan and a place to gather all parents with special children. All programmes are perfect and they suit the need and condition of our son. He has progressed a lot since the day we first brought him to Wishesland”



When asked on the condition of her youngest son, Madam Lau said Wei Tack had improved considerably ever since he came to Wishesland. “He comes to Wishesland to undergo a series of programmes on daily basis. Now, he’s starting to learn to balance his body, and is able to stand up and walk a few steps forward with little help”. Madam Lau is very confident that one day Wei Tack will be able to live a normal life just like other children.

Another parent said: “I have brought my son, Kelvin to various centres around Kuching but he didn’t feel comfortable at those places. But when Kelvin first stepped into Wishesland, he showed me he had a different feeling about this place. He seems to like this place very much. He likes Wishes Fun Pool where he can learn to walk in the water with more ease. I sense that he has found more confidence in himself in that he’s more willing to start walking by himself. We are so happy that we’ve made the right choice to bring Kelvin to Wishesland.”



WORDS from PARENTS



We, at Wishesland, sincerely wish to express our **heartfelt gratitude and appreciation** to all our donors, well-wishers, and supporters for all your valuable donations, contributions, advices, and guidance for the past 5 years. Your supports have made us become a prominent information cum education centre for cerebral palsy children in Kuching and Samarahan.

A big **THANK YOU** to the following person and corporate entities for making WishesMag a reality :

- Mr. Benson Heng Ngi Chong and Ms. Eve Sonary Heng for willing to take out part of your busy schedules to proof read the content of WishesMag for us.
- Desjoyaux, Hock Lee Development Sdn Bhd, the late Mr & Mrs. Chi Tiam Long and Mdm P.S. Ng for contributing to the printing cost of WishesMag.

Special acknowledgement also goes to

- Federal Government of Malaysia
- State Government of Sarawak
- State Secretary of Sarawak
- Ministry of Social Development and Urbanisation, Sarawak
- State Social Welfare Department, Sarawak
- Director of State Social Welfare Department, Sarawak

With their strong supports and contributions, Wishesland has managed to achieve its aims and objectives for the past 5 years in bettering the conditions of the cerebral palsy society in Kuching and Samarahan.

JACKY STUDIO

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FULLLITE

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Wishesland is here for cerebral palsy children and parents. We will continue to exist for the sake of all cerebral palsy children. We bid for their right to be respected, to be well treated, and to be given the same opportunities as anyone else to live in dignity in our society.

Parents are equally important to us. We would continue to introduce relevant training programmes, seminars, workshops, etc to ensure parents are updated on the latest technology and treatment information to improve their children condition.

Intensive and consistent awareness campaign on how to have healthier babies will also continue to be part of Wishesland's main focus. A series of talks, symposiums, road-shows, interviews, and publication of articles would be carried out to educate the general public on the symptom of cerebral palsy and thus help them to be knowledgeable about how to reduce the chances having infant with cerebral palsy.

We trust that our efforts and sacrifices will be supported by all parties in the society because what we are doing is simply to do our little part to try to make this world a happier place for all human families in the world.

