



WishesMag Miri

The Journey

2020 - 2022



Wishesland
Miri

How? If you are...

- **an individual** who has just got to know about cerebral palsy or Wishesland Miri, please refer to pages 8 to 60 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 Miri, please refer to pages 46 to 47 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 counsellor, etc.; please refer to pages 50 to 56 to know how you can assist us in enhancing our programmes for our children and parents.
- **a corporate citizen**, please refer to page 44 to 45 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 organisation (NGO), school, college/university**, please refer to pages 48 to 49 and 55 to 56 to see how you can help keep our Wishesland and Wishes Garden tidy, clean, and beautiful.

Be part of us

To build a better cerebral palsy society!



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Speech by

YB DATO SERI HAJAH FATIMAH BT ABDULLAH
MINISTER FOR WOMEN, CHILDHOOD AND
COMMUNITY WELLBEING DEVELOPMENT SARAWAK



Congratulations to Wishesland Kuching and its founder, Mr Chi Poh Yung, for opening your 1st branch of Wishesland in Miri, Sarawak. I am truly amazed by your spirit and determination to extend your charitable services to Northern Sarawak.

In line with the Sarawak government's aspiration of building a socially inclusive society in Sarawak, we welcome NGOs like Wishesland to come forward to champion the rights of the physically disabled community so that they could also, like others, take part in various activities in the society. No one should be left behind as everyone has the right to live to their fullest through the cooperation of various able parties.

According to the statistics, 365 children with cerebral palsy are registered with Sarawak Social Welfare Department in Miri. Once born, these children require immediate intervention to ensure their body conditions remain normal and develop according to the child development plan.

Besides Community Based Rehabilitation Centre (PPDK), few organisations or parties provide early intervention programmes in the market. This situation has caused many parents with cerebral palsy children to have no place to go to send their children for treatment, causing their children's condition to worsen.

Hence, I am delighted to see Wishesland Kuching decided to set up a branch in Miri to cater to the need of the cerebral palsy community in Northern Sarawak. With vast experiences from Wishesland Kuching, I believe Wishesland Miri could provide its member with up-to-date and proven cerebral palsy treatment programmes.

I am pleased to see the Sarawak government has allocated a place at Piasau Camp, Miri, as Wishesland Miri's operation centre. The Sarawak government will continue to support NGOs in Sarawak so that they can become our strategic partners in addressing various social problems in society.

The involvement of public members in helping NGOs succeed, especially during their early setup, is significant. I am pleased to know that the Miri people are so generous and kind-hearted that through your contribution and donation, Wishesland Miri managed to solicit enough funds, renovate its building and have its soft launching in less than 12 months. This is an astounding milestone.

This is made possible through the strong leadership and commitment of Wishesland Miri's committee members, volunteers, and supporters. I applauded your marvellous achievement.

Once again, I would like to congratulate Wishesland Kuching for setting up Wishesland Miri. I hope Wishesland will be able to extend your services to other parts of Sarawak to benefit a wider cerebral palsy community.

Together, let us build a socially inclusive society in Sarawak.

Thank you.

A handwritten signature in black ink, appearing to read 'Fatimah'.

YB DATO SERI HAJAH FATIMAH BT ABDULLAH
Minister for Women, Childhood and Community Wellbeing
Development



A word from



CHI POH YUNG

THE FOUNDER OF WISHESLAND KUCHING

Thank you to YB Dato Seri Hajah Fatimah Bt Abdullah, Minister for Women, Childhood and Community Wellbeing Development Sarawak, for officiating the opening of Wishesland's 1st branch in Miri, Sarawak. Your presence today has made the event a memorable one.

It is a great pleasure for me to write a few lines in Wishesland Miri's first edition of its magazine, entitled WishesMag Miri. First, I would like to congratulate Mdm Katharine Chai, the Founder of Wishesland Miri, Ms Eunice Ho, President of Wishesland Miri and your team – our Wisheslanders for taking up the challenges to set up Wishesland Miri.

I am amazed by your commitment and contribution to setting up Wishesland Miri. It is not an easy task for you all as most of you do not have cerebral palsy children and do not have any medical background, coupled with every one of you having your own family and working commitment.

"There is a will, there is a way." This English maxim righteously describes the fighting spirit of you all and your team. All of you have to learn the basics from Wishesland Kuching, visit PPDs in Miri, meet with parents with cerebral palsy children, and google cerebral palsy-related information to operate the centre successfully.

I would like to extend my greatest gratitude to the Sarawak government for granting us a building at Piasau Camp to operate. It demonstrates the Sarawak government's care and love for helping the less fortunate community in Sarawak.

I also would like to express our sincere thanks to Sarawak Social Welfare Department for your help smoothing our process of providing rehabilitation programmes to cerebral palsy children in Sarawak. Wishesland will continue to work closely with Sarawak Social Welfare Department to implement a series of activities

and programmes to benefit the physically disabled community in Sarawak.

Many thanks to the people of Miri for your vital support and contribution to Wishesland Miri in its quest to solicit funds for renovation and get ready for the necessary rehabilitation equipment before its soft launching in December 2021. I am truly amazed by the people of Miri's generosity and undivided support. Thank you for your continuous support in terms of monetary and kindness.

To all parents of cerebral palsy children in Miri, I am really touched by your trust in Wishesland Miri in healing your children. I will continue to ensure only the best treatment programmes and technology will be given to our cerebral palsy children, in line with its vision of becoming a one-stop centre for promoting and upholding the universal rule of the cerebral palsy recovery system.

For Wishesland Miri to get well known in society, we heavily rely on the broad coverage and promotion of local newspapers, radio stations, local assemblymen and members of parliament. Hence, I would like to thank all of you for helping us to promote Wishesland Miri. I hope this collaboration will be continued in many years to come so that more parents with cerebral palsy children will get to know Wishesland Miri.

Lastly, with the strong leadership of Wishesland Miri's founder, its president and their staff, I have strong confidence that Wishesland Miri would be able to provide a reliable, quality and an effective cerebral palsy recovery experience and cultivate a greater peace of mind for all impacted parents, children and adults.

Thank you.

CHI POH YUNG

A word from

KATHARINE CHAI FUNG LING THE FOUNDER OF WISHESLAND MIRI



None of the words can describe my feelings now. Time flies. Wishesland Miri is one year old since its founding on 21st December 2020.

Wishesland Miri was founded during the pandemic, and it was the greatest success in my life journey. Many people asked me why I founded Wishesland Miri as I have no cerebral palsy or OKU children. My answer to them was helping society is the best way to make the world a better place for everyone to live. The idea of setting up Wishesland Miri came when I saw Wishesland Kuching's relentless efforts to help cerebral palsy children and their parents in Kuching. I felt cerebral palsy children in Miri also deserve the same opportunity to get themselves healed. Hence, I decided to make it happen in Miri.

While one has decided to do something good, it is unstoppable. Everything goes smoothly without any delay. Although, as expected, we met some challenges along the journey, such as raising funds, looking for an operating venue, recruiting members, etc., I am thrilled and grateful that I am not alone. I have the greatest support and advice from Wishesland Kuching's founder cum current President, Mr Chi, and my fellow proterm committee members and parents. We work closely to solve all the challenges in the shortest period of time. What touched me, even more was the overwhelming support from the individuals, organisations, government bodies and social media in Miri.

The invaluable moral, physical and financial support from all over the place, especially from the Miri residents, is the greatest encouragement that has given us at Wishesland Miri 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 and adults of cerebral palsy in Miri.

All cerebral palsy children and adults need immeasurable love from their family members and understanding and empathy from society. In order to give them all of those, we have to come up with the time, the place, the space, the tools and the equipment to make the project a reality.

Last but not least, I sincerely hope that Wishesland Miri will continue to receive support from the society in Miri in particular. I urge all the cerebral palsy children's parents and adults to reach out to Wishesland Miri as soon as possible to obtain the necessary treatment and assistance. On top of that, we will continue to explore the latest and most effective technology to heal our children and provide them with a bright future.

Thank you, I love you.

KATHARINE CHAI FUNG LING



A word from



EUNICE HO

THE PRESIDENT OF WISHESLAND MIRI



As Thomas Aquinas said, "Charity brings to life again those who are spiritually dead". I needed something to uplift my life from being devoid. True enough, being the President of Wishesland Miri is not easy but not impossible, as I have a great team of committee members and mentors to refer to.

First and foremost, I would like to thank the Founder and President of Wishesland Kuching, Mr Chi Poh Yung, and the founder of Wishesland Miri, Katharine Chai their unwavering support throughout my journey as the President of Wishesland Miri. Working with all the parents and children with Cerebral Palsy makes me realise that there is much more to life than just working and earning money.

I am impressed and amazed at the parents' unconditional love for their children with limited abilities and the kindness of people in Miri who contributed sincerely to making this Wishesland Miri

a reality. With the expertise and knowledge being imparted to us by Wishesland Kuching, I believe Wishesland Miri can tremendously improve the lives of more children and adults with Cerebral Palsy.

We hope that the public will give their continuous support, especially monetary support, to maintain the standard of our rehabilitation centre, including fixed monthly expenses. Therefore, we can keep this centre's operations going smoothly so that more Cerebral Palsy children can be saved. Lastly, remember that Wishesland Miri strives to become a one-stop centre that provides reliable, quality, and effective treatments designed to cater to children with Cerebral Palsy conditions.

Thank you.

EUNICE HO

A word from

KEVIN YEO

THE PRESIDENT OF WISHESLAND SIBU

爱心是一瓢纷洒在春天的小雨，使落寞孤寂的人享受心灵的滋润；
爱心是一泪流淌在夏夜的清泉，使燥热不寐的人领略诗般的恬静；
爱心是一杯泼洒在头顶的冰水，使高热发昏的人得能冷静地思索；
爱心是一块衔含在嘴里的奶糖，使久饮黄莲的人尝到生活的甘甜。

在此诚心祝贺美里唯心乐园分行的成立，让住在美里的脑性麻痹孩子们重新充满希望。

诗巫唯心乐园
主席 杨凯棋 致



NANCY KOH

THE PROTEM PRESIDENT OF WISHESLAND
KOTA KINABALU, SABAH

Every dreamer is not a doer and every doer is not a dreamer. You have the deadly combination of being a dreamer and a doer. Congratulation Katherin Chai and Best Wishes to Wishesland Miri for the grand opening.

May you be bless with success, health, happiness, patience and strength. Let's continue to give a reliable and effective treatment service for more cerebral Palsy parents and children.

Thank you



NANCY ONG

THE PROTEM PRESIDENT OF WISHESLAND
SELANGOR & KUALA LUMPUR

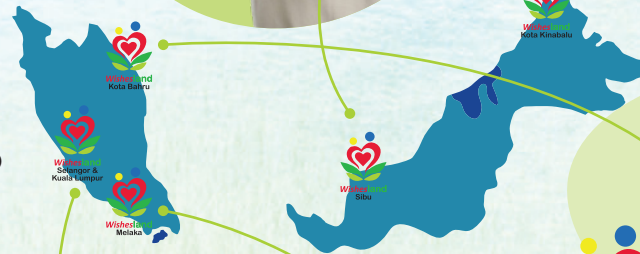
恭喜恭喜，以最诚挚的恭贺蔡凤翎成功的创立了美里唯心乐园，坚持的服务社会，用爱心来造福人群，用一颗真心来造福社会，帮助更多的脑性麻痹的孩子和家长，让他们有更好的治疗服务。

祝各位朋友，平安喜乐，身体健康，吉祥如意！谢谢，感恩。

With my most sincere congratulations to Katherine Chai and best wishes to Wishesland Miri for your grand opening. Adhere to serving society, benefiting the people with love, and benefiting the community with sincerity.

Let's continue to help more children and parents with cerebral palsy and give them better treatment services. I wish you all peace, happiness, good health, and good luck!

Thank you



NORLI AZLINA AZMAN

THE PROTEM PRESIDENT OF WISHESLAND
KOTA BAHRU, KELANTAN

Heartiest congratulations to Wishesland on your Wishesland Miri branch opening, the home for every special heart to share their love & happiness. May Love, Lights & Glory always be with you & all the Wishesland family & community.

VANESSA KIEW

THE PROTEM PRESIDENT OF WISHESLAND MELAKA

人生旅途遇知音，心诚结下有缘人，厚德做事行天下，慈善做人福满门。

恭喜恭喜美里唯心乐园的成立，一间充满爱与关怀来造福更多脑性麻痹孩子的地方。

Congratulations and best wishes to Wishesland Miri for your grand opening. It is a place full of love and care for cerebral palsy children.







History of Wishesland Kuching

Setting up this cerebral palsy society was mooted 13 years ago by a group of parents whose children were diagnosed with cerebral palsy. They attended a talk organised by Pastor Mok Ing Huat on 20.7.2007 in MBKS Hall in Kuching, Sarawak, Malaysia. The pastor shared his latest book on his experiences 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 regarding their own challenges, obstacles, and problems, including the sad and happy moments they had gone through with their cerebral palsy children.

From that group chat, they all agreed that more 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 NGO in Kuching or East Malaysia where parents could go for counselling or get information about cerebral palsy, these parents felt an imperative need for a formal organisation or centre to be set up so that a more structured and professional organisation of information about cerebral palsy and treatment programmes could be planned and effectively executed.

With that in mind, a proterm committee was formed

in 2008, with Pastor Mok as its proterm committee president. The committee then started to look for the necessary information on setting 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 Proterm Committee President. The process of setting up the association was thus left in limbo for a while.

Things went again when Mr Chi Poh Yung took the leadership to continue the quest in early 2009.

Setting up the association met a turning point when Sarawak Convention Bureau injected a setup fund of RM5,000 for the Proterm 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 2nd April 2009; it took less than 3 months from the application date.

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

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





The idea of setting up Wishesland Miri was brought up by Madam Katharine Chai to Mr Chi Poh Yung, the founder cum president of Wishesland Kuching in July 2020. She expressed that there is a need to unite all the cerebral palsy children and adults in Miri under one organization so that they could receive the best welfare and treatment support just like in Kuching.

After listening to the explanation of Madam Katherine Chai, Mr. Chi informed her that he will bring her proposal to Wishesland Kuching Board Member for discussion. After much consideration, Wishesland Kuching Board Member unanimously agreed to set up Wishesland's 1st branch in Miri, Sarawak for the benefits of cerebral palsy children and adults in northern Sarawak.

As a start, Madam Katherine Chai together with other volunteers paid a courtesy visit to several OKU centres in Miri such as PPDK Mosjaya, Sunflower Centre Miri, PPDK Batu Niah, etc. With the help of Madam Roslind and Madam Margaret whom are parents with

cerebral palsy children, we managed to meet up with some parents with cerebral palsy children and adults with cerebral palsy in Miri. We informed them of our intention to set up Wishesland Miri and they all are very happy and supportive with our proposal.

Wishesland Kuching is well known in the cerebral palsy community in Miri. However, due to the distance and other unforeseen reasons, parents could not send their children to Kuching for consultation and treatment, hence, they are so excited when they heard that Wishesland is going to set up its branch in Miri.

In order to give cerebral palsy community in Miri a better understanding on what is Wishesland, a series of communication sessions between parents and Mr Chi from Wishesland Kuching were held through zoom. The first session was held at PPDK Mosjaya on 4.9.2020.

With the guidance of Mr Chi and under compliance of Covid 19 SOP, we have successfully organised our very first family gathering on 17.9.2020 at one of

our parents' houses. On 10.10.2020, a family day was organized at Ocean Park Miri basketball court with overwhelming response from parents and adults with cerebral palsy. After the event, we have successfully gathered enough numbers of protem committee members to form Wishesland Miri.

Our first protem committee members meeting was held on 17.10.2020 through Zoom. After the meeting, we proceeded to prepare all the necessary documentation before we submit to Registrar of Society (ROS) Miri for approval. Our application was then approved by ROS on 21.12.2020. Wishesland Miri's 1st Annual General Meeting (AGM) was held on 23.1.2021 via Zoom with 29 members attended.

The next step we need to take is to find a place we called home for children and adults with cerebral palsy where they could undergo quality treatment and rehabilitation. Hence, we paid a courtesy visit to the Resident Office of Miri and they advised us to apply to Sarawak government for an ex-Shell quarter located at Piasau Camp Miri as

our operation Centre. We then wrote in a letter to Sarawak government and our application was approved in June 2021.

Immediately after we are granted with the quarter, we quickly called for a committee meeting to discuss on the renovation of the building and other preparation works. As public donation is prohibited due to pandemic, we have sought help from local newspapers, radio station, assemblymen and member of parliament to assist us in raising fund for renovation.

With strong support from Mirian and wide coverage of local social and printed media in Miri, we managed to collect enough fund for renovation within a month. Our renovation works have started in October 2021 with first stage of renovation works were completed in December 2021.

Wishesland Miri has its soft launching on 28.12.2021 with 1 caretaker, 2 physiotherapists and 20 cerebral palsy children registered for various treatment programmes.



Humble Beginning of **Wishesland Miri**

*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 ex-Shell quarters located at Piasau Camp Miri as a home of hope for Wishesland Miri. It is a historical building surrounded by beautiful scenery. We promise to give our fullest attention and care to this place, as it is our pride to be associated with such a meaningful place in Sarawak's history.

Objectives

1. To unite children and adults with cerebral palsy as well as members of their families under one organisation to strengthen social coordination;
2. 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;
3. To accept donations from public members or patrons to sustain and promote the propagation of the objectives and aspirations of the association.
4. To contribute welfare support and assistance to children or adults with cerebral palsy and to ensure that their interests and rights are recognised and protected;
5. To foster a closer relationship, goodwill, and harmony among members of the association;
6. To raise funds for the association with prior consent from the Registrar of Societies and relevant authorities and having been approved in the association's General Meeting.

OFFICIAL LOGO & MEANING

The Meaning

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

The heart-shaped 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 denote the spirit of perseverance and determination in overcoming life's challenges and obstacles, and all these must start from a green young age. 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. They all will not cease their continuous support for the association.

The bigger, blue, round spot placed higher than the smaller yellow one represents a more abled person obligated to provide shelter, guidance, and protection to the less abled person who needs all the help they need.



Wishesland
Miri

Vision

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

Mission

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

Slogan

Role
To provide information and education on cerebral palsy to parents and public members.

Vision

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

Philosophy

Slogan
Family solution centric, child ability focus

Role

1st Office Bearers: 2021-2023

Advisor

Chi Poh yung

Founder

Katherine Chai

President

Eunice Ho Slaw Ling

Vice President

Tay Ah Tiong

Secretary

Dominica Ado

Vice Secretary

Tan Guek Ee

Treasurer

Lee Nyet Sen

Vice Treasurer

Soon Mi Tyng

Ordinary Committee Member

Voon Chiew Kee

Leong Mei Khieng

Low Mei Ping

External Auditor

YF Leong & Co



1st Annual General Meeting

Wishesland held its 1st Annual General Meeting on 23rd January 2021 at 2.00pm via Zoom.

A total of 29 members, parents and volunteers attended this historical event. Among the agenda of the AGM were laying out a master plan of the association, identifying an operating venue, opening a bank account, selecting an official logo, deciding on the design of letterhead and leaflet for the association, and deliberating on the matter of membership drive.



VICE PRESIDENT TAY AH TIONG



In 2020, my wife and I brought my Cerebral Palsy son to an event that gathers all the cerebral palsy children and adults together. At this event, I met the event organiser, Mdm Katharine Chai. She told me that she intended to form an organisation mainly for Cerebral Palsy children and adults. The idea came from Wishesland Kuching, which was established 13 years ago.

She assured me that Wishesland Kuching would provide full support and backup. On top of that, Mdm Katharine Chai invited me as one of their protem committee members. Once she explained Wishesland's objectives and philosophy on helping Cerebral Palsy Children wholeheartedly, I was touched by her passion and agreed to help her.

Wishesland Miri started from zero. After she gathered all the protem committee members, we began registering with ROS. Then, we found a suitable building as our operating centre and published it in local newspapers to inform the public about the existence of Wishesland Miri and raised some funds.

Thanks to Sarawak Government for granting Wishesland Miri the ex-shell quarters at Piasau Camp as our operation Centre in June 2021, which was also the most crucial moment. As the building had been neglected for more than ten years, it was just an empty house with no doors, no windows, and no electricity supply. The surrounding compound was also full of bushes, so we needed a lot of funds to do renovations and clear the area. Unfortunately, we could not call for any fund-raising activities due to the pandemic. However, we are very

Lunch after committee meeting



grateful that we have plenty of kind people in Miri. With their help, Wishesland Miri could complete all the renovations in the shortest period of time and has been operating since 28th December 2021.

The existence of Wishesland Miri brings hope to Cerebral Palsy children's parents and adults. With the help of professional and well-trained staff, our children's condition becomes better and better day after day. However, although Wishesland Miri is a non-profit organisation, it only collects a minimum monthly treatment fee. In addition, it waives the treatment fee for low-income families. Therefore, I hope Wishesland Miri could continue to obtain support in terms of funds or kinds from the organisation and the public sector.

I wish Wishesland Miri will continue to grow and help more cerebral palsy children and adults in Miri.

Short visit to Lutong beach nearby Wishesland Miri



Man and Women behind the success of Wishesland Miri



ASSISTANT SECRETARY

TAN GUEK EE

At the end of 2019, when I had just retired from my workplace, I thought of doing charity work to make my life more meaningful. But, due to the outbreak of the COVID-19 pandemic, I had to stay at home. Then, in the middle of 2020, I met Madam Katherine Chai, the founder of Wishesland Miri, during a sports occasion. After a heartfelt explanation of the objectives of forming Wishesland Miri, I decided to join this organisation. I sincerely hope that with the cooperation of the committee members and parents, we can help the group of children with cerebral palsy by providing them treatment and counselling.

I am glad that Wishesland Miri was set up in Miri within a short time, under the leadership of Madam Katherine Chai, the founder, and Miss Eunice Ho, our president. Besides, we are very fortunate as we received good financial help from the state government, local associations, and the private sector.

Wishesland Miri started its operation on 28th December 2021. Our operations are based on the idea of Wishesland Kuching, which was established thirteen years ago. At the time, we were still short of treatment facilities and equipment that needed support from society regarding funds or kinds.

Lastly, I congratulate Wishesland Miri for its remarkable achievement in the past year.



TEASURERER

LEE NYET SEN

美里唯心乐园是在2021年12月28日开始启用。乐园的设立概念是源自已成立13年的古晋唯心乐园。每天都有会员来到我们乐园中心接受康复的治疗。现今我们的乐园还缺乏一些治疗设备。我们诚心希望有更多有爱心及心动的社会人士,能够支持我们增购更多的治疗设备以便能够帮助这些脑性麻痹孩子们改善他们的听觉,触觉,味觉,嗅觉和视觉。在此,我要恭贺美里唯心乐园在这一年多以来的迅速发展,为美里脑性麻痹儿童带来希望。





ASSISTANT TREASURER

SOON MI TYING

美里唯心乐园创办人蔡凤翎是我相识多年的舞友，在一次舞蹈练习的休息时间，我向她询问有关美里唯心乐园的一些资讯，和脑性麻痹儿童的症状，在她的详细解说之下，我支持她的决定并决定与她一起来拯救美里脑性麻痹儿童。

在一次又一次的与家长交流，让我深深的感受到家长的细心，爱心，孩子们的坚强。在所有理事成员，家长，社会热心人士的努力配合下，美里唯心乐园在短短的三个月内将一间被废弃了十多年的建筑物全面的维修并开始运作，团结的力量让人不可思议。用自己微薄之力为美里唯心乐园奉献，完成脑性麻痹儿童的心愿，是一件开心，幸福，快乐的事。

COMMITTEE

LEONG MEE KHIENG

美里唯心乐园的成立，是美里脑性麻痹儿童的希望。孩子的坚强，父母的爱心，耐心，员工的细心，理事团，家长，社会热心人士的无私奉献，让我深深的感受到人间有爱，世间有温情。



COMMITTEE

LOW MEI PING

唯心乐园的成立不但让脑疾人士带来无限的希望也是美里人的骄傲与荣耀！有个自闭症女儿的我和其他拥有不同状况特殊孩子的家人是感同身受，我们除了必须接受孩子的不足更得付出加倍的爱与关怀，让孩子健康快乐的成长！

在各界人士的协助之下不分彼此，有钱出钱，有力出力终于把这个属于脑疾人士治疗中心给成立起来了。这证明社会人士已开始关注脑疾人士并乐于协助他们。唯心乐园的成立使孩子们可以接受更完善的治疗，同时也让父母对孩子的将来更具有信心。希望大家继续雪中送炭，献出爱心，使孩子们有更好的明天！



COMMITTEE

VOON CHIEW KEE

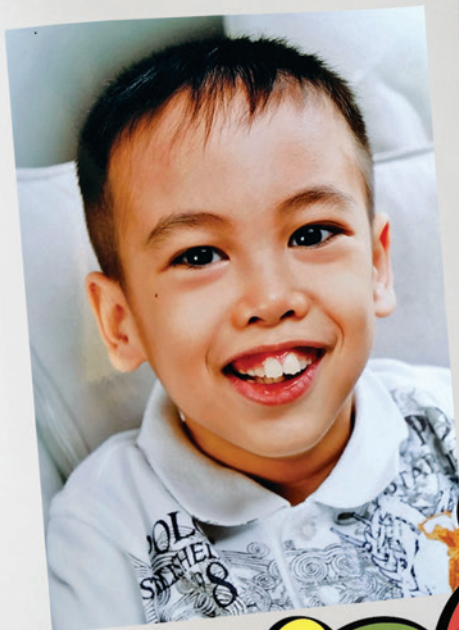
一路走来，我见证了美里唯心乐园从零开始成长到今天，我感到非常的震撼和感动。在这里我看到了团队合作的精神，我看到了人间的温情，也看到了孩子们的坚韧，乐观的精神。美里唯心乐园，感恩有你。谢谢你，我爱你



Voices from

Wishesland Ambassador

Jervis Chi



I AM A
CP WARRIOR



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. Do not worry, daddy and mummy. We will be getting better and better as the days pass by. 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 relearning how to live in this life. We need your hands to catch us whenever we fall. We need your patience when we keep forgetting things 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 to know we are learning and living in a happy environment.

Everything happens for a reason, and it is always for a GOOD reason. So, daddy and mummy, when we live together under one

roof as a family, the warm ambience indirectly teaches 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. However, as time passes, we hope to get better and better in our endeavours until one day we will 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 full responsibility upon ourselves to become good people one day.

To society in general, we beg you all to accept us for who we are. We are battling through an arduous journey to try to become normal people 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, aunties, brothers, and sisters, let us work together to build a better world.

Temporary Meeting Point

During the initial stage of Wishesland Miri's establishment, we used Ocean Park Basketball Court as our meeting point with parents and children. Many thanks to Ocean Park Basketball Court's person in charge, Mr Chai, for allowing us to use the court as our event venue. On top of that, we are also grateful to one of the parents, Mdm Wee, for allowing us to use her house as the venue for our parents' meeting and sharing session.



Building at Piasau Camp Miri

Soft Launching

After nearly one year of renovation works and preparation, Wishesland Miri finally had its soft launching on 28th December 2021 at Piasau Camp Miri with one caretaker, two physiotherapists and 20 cerebral palsy children registered for treatment. Each child will come to the centre for treatment twice a week, 2 hours per session.

After receiving approval from Sarawak Government to use the ex-Shell quarters located at Piasau Camp Miri as its operating centre in June 2021, a series of cleaning, renovating and upgrading of facilities sessions were carried out by Wishesland Miri's volunteers, especially THE WOLF Baseball Team and received financial support from associations, private sectors and individual.

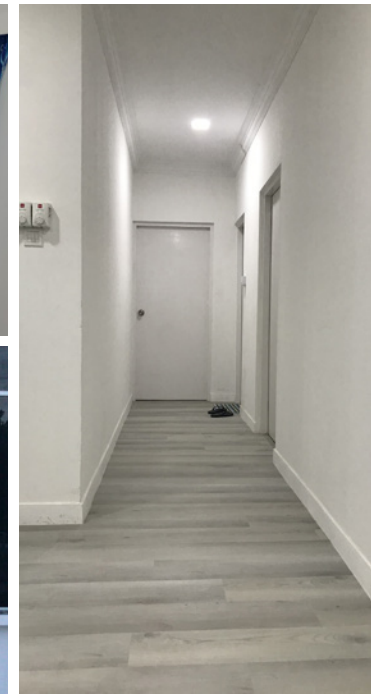
After months of preparation, Wishesland Miri officially moved into Piasau Camp Quarters on 28th December 2021.



Before
RENOVATION

During
RENOVATION





After
RENOVATION



As a new establishment specifically aimed at taking care of cerebral palsy children in Miri, many 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 2020 until 2022, we have carried out visitation trips to local PPKDs Community Based Rehabilitation Centre paying home visits to cerebral palsy families to introduce Wishesland Miri. In addition, our committee also pays a visit to Wishesland Kuching to familiarise ourselves with the whole process of operations.

Dialogues between Wishesland Miri and local PPKDs, cerebral palsy children's parents and adults have also been held to share, learn, and understand the habitude and needs of cerebral palsy children and adults. Parents of cerebral palsy children and adults could thus rest assured that Wishesland Miri could meet their needs if they visit us.

Wishesland Miri's Committee Members have learned much from PPKDs and Wishesland Kuching on how

to run a rehabilitation centre more efficiently and effectively. We thank PPKDs and Wishesland Kuching for giving their support and sharing their know-how. They have made us more prepared and confident to run our centre.

Other awareness campaigns that have been organised include interview sessions by the local radio-television station and local newspapers, having a zoom sharing session among parents, sharing session from Wishesland Kuching to the parents and sharing session via zoom by a professional physiotherapist. On top of that, Wishesland Miri also has a sharing session on estate planning, will and trust to share ideas with parents to ensure their children are well taken care of on the day they pass on.

We thank all local and international social media, newspapers, radios and TVs for your wide coverage of 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.



Awareness Campaign



何消凌：治療腦性麻痺者 唯心樂園需各界支持

(本报美里28日讯) 美里唯心乐园主席何消凌表示，脑性麻痺患者及早发现接受疗程，让患者获得康复的机会。她说，脑性麻痺患者通过接受各种疗程，他们可以获得开口说话，只靠手语或打字进行沟通。让患者获得康复的机会。她说，脑性麻痺患者通过接受各种疗程，他们可以获得开口说话，只靠手语或打字进行沟通。让患者获得康复的机会。她说，脑性麻痺患者通过接受各种疗程，他们可以获得开口说话，只靠手语或打字进行沟通。让患者获得康复的机会。



去年12月曾用... 她说，美里唯心乐园在2020年12月21日由一批脑性麻痺患者、义工组成，从去年12月28日在唯心乐园内成立。唯心乐园设立之宗旨是协助脑性麻痺患者早日接受疗程，协助他们早日接受疗程，协助他们早日接受疗程。她说，美里唯心乐园在2020年12月21日由一批脑性麻痺患者、义工组成，从去年12月28日在唯心乐园内成立。唯心乐园设立之宗旨是协助脑性麻痺患者早日接受疗程，协助他们早日接受疗程，协助他们早日接受疗程。



张有慶(中)在美里唯心乐园主席何消凌(右二)等人陪同下，接受正視權石。

张有慶(中)在美里唯心乐园主席何消凌(右二)等人陪同下，接受正視權石。张有慶(中)在美里唯心乐园主席何消凌(右二)等人陪同下，接受正視權石。张有慶(中)在美里唯心乐园主席何消凌(右二)等人陪同下，接受正視權石。

“唯心樂園”辦家庭日 腦疾童志工歡聚

(本报美里12日讯) “唯心乐园”分会筹备会成员日前为一群患有脑瘫疾病的儿童举行家庭日集会。共有17人，包括患有脑疾儿童、家人和志工参加。这是该分会筹备会成员首次主办的活动。现场有烧烤活动、患病儿童家长和志工分享照顾病童的经验。



美里分会招募寻找合适并寻求财务支持第一...

唯心樂園盼民眾慨捐 魔術花園缺10萬建費

(美里28日讯) 美里唯心乐园主席何消凌表示，根据调查，每500名新生儿，有一名新生儿患上脑性麻痺，婴儿患上脑性麻痺，不是他的错，也不是父母的错，最重要的是赋予他们希望。她说，脑性麻痺是儿童在出生时或幼儿时遭受创伤，导致脑部受损，无法正常发育，因此在行动或姿势上受限，或出现语言障碍，父母和社会各界需要给他们爱与关怀。



右起为美里唯心乐园主席何消凌、美里区国会议员张有慶和美里唯心乐园创办人蔡凤鸣为开幕及这组双佳节庆活动进行切蛋糕仪式。

脑性麻痺患者须早治疗。有者的病情属于轻度，有的病情较严重，无法在生活上自理，例如进食、站立或走路。一旦证实患上脑性麻痺，需尽早接受治疗，也非常重要。何消凌今日在美里唯心乐园开幕及这组双佳节庆活动上致词时指出，美里唯心乐园于2020年12月21日由一班义工及脑性麻痺患者的家属成立，2021年12月28日正式投入运作。她欣慰美里有许多善心人以不同方式，包括捐钱出力。她提供有素质的关怀、爱心和治疗。这是组织的使命，也期望社会各界继续大力支持。



(右二) 张有慶(右) 参观美里唯心乐园会所，聆听蔡凤鸣(左) 讲述运作情况。

建築周圍清理乾淨 唯心樂園11月中運作

(本报美里29日讯) 美里唯心乐园已经于本周开始清理工作，若一切进展顺利，将于11月中旬投入服务。会感谢社会各界人士的帮助、捐赠。美里唯心乐园自发动筹款以来，已成功筹得两万令吉的款项，距离所剩25万还有一段距离，该中心将继续筹款，以便支付器材购买及日常运作。



Wishesland Miri to start operation November

Wishesland Miri, which provides support for children with CP, will start in November. The state government has granted the committee a building grant at Piasau Camp as their operation will continue the fund-raising drive for the purchase of building. Chi thanked the generous public for supporting their fund-raising activities, which raised RM20,000. It still has a shortfall of RM250,000. "We will continue the fund-raising drive for the purchase of building. Chi thanked the generous public for supporting their fund-raising activities, which raised RM20,000. It still has a shortfall of RM250,000. "We will continue the fund-raising drive for the purchase of building.



The centre at Piasau Camp.

美里唯心乐园邀请年龄30岁以下，拥有治疗师专业资格的女性义工，同时邀请一小组家庭保安及园艺工作。联系人徐宝荣(手机:016-8989779) 或蔡凤鸣(手机:016-8989779)。

美里設唯心樂園 幫助腦麻痺患者。徐寶榮：幫助腦麻痺患者。美里設唯心樂園 幫助腦麻痺患者。徐寶榮：幫助腦麻痺患者。美里設唯心樂園 幫助腦麻痺患者。徐寶榮：幫助腦麻痺患者。

籌募逾20萬經費 唯心樂園11月中啟用

美里唯心乐园会所外观已完成清理工作，预计可于今年11月开始投入服务。美里唯心乐园将继续展开积极的筹款，以支付购买器材及日常运作的开销，且感谢社会各界人士的帮助、捐赠和支持。同时，邀请一户小家庭入住会所，帮助照顾会所的保安及园艺美化工作。如有任何疑问，可联系美里唯心乐园顾问徐宝荣(019-2288419)、主席何消凌(016-8989475)或蔡凤鸣(013-8118770)。



美里唯心乐园会所外观已完成清理工作，预计可于今年11月开始投入服务。

Courtesy Visits

Wishesland Miri has started off as novices in this field, so we need lots of guidance and advice, especially from our counterpart, Wishesland Kuching, to help us move in the right direction. Hence, Wishesland Miri's committee members have paid a courtesy visit to PPDK Mosjaya, Sunflower Centre Miri, PPDK Batu Niah and Wishesland Kuching to understand the operation of Wishesland.

On top of that, Wishesland Miri's committee members also paid courtesy visits to local assemblymen and members of parliament to brief them about Wishesland Miri.



Sunflower Centre Miri



PPDK Mosjaya



Visit Mr. Nicholas and his mother, one of the CP adults in Miri



Membership Drive

There are two types of membership in Wishesland Miri: (1) parents with cerebral palsy children and (2) Wisheslanders or volunteers.

Our membership drives have been carried out through a number of those awareness campaigns mentioned. We also work with PPDs to encourage parents to register with Wishesland Miri as another platform for their children to get treatment. Publishing in local newspapers and regular updates on Facebook is also one way for us to introduce Wishesland Miri to the general public.



Wishesland
Miri

Staff Recruitment

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

Miss Olivia Anak Sanggel and Miss Sherillyn Purai Malang joined us as Junior Physiotherapists in 2021 whereas Miss Anastasia Jaang joined us in 2022. Mr. Tie Wung Yun joined us in 2021 as centre care taker. Wishesland Miri will continue to recruit more staff to cope with the ever-increasing cerebral palsy children and adults who need immediate treatment.

Continuous learning is one way of constantly enhancing skills and knowledge. With that in mind, we have sent our staff to attend various training and workshop in Wishesland Kuching.



Staff training

WE ARE HIRING PHYSIOTHERAPIST

Diploma or Bachelors Degree in Physiotherapy

APPLY NOW



SEND YOUR RESUME TO

chipohyung@yahoo.com
wisheslandmiri@gmail.com



Chi Poh Yung [+6019-228 8419]
Katherine [+6013-811 8779]
Olivia [+6013-538 3246]



Study Trips

Visit to PPDK Batu Niah



It is common for parents to bring their cerebral palsy children to get treatment overseas. Thus, Wiseland Kuching's president and some parents have taken the initiative to conduct a few trips to China, India, West Malaysia, Singapore, Australia and Taiwan to get first-hand knowledge of how their institutions provide cerebral palsy treatments to the children. After each trip, they would hold sharing sessions with parents to share what they have seen and learnt overseas.





Study Trips

Attended OKU Empowerment Workshop



Equipment and Facilities



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

The latest inclusion of facility is a hydrotherapy pool named 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 finer motor skills.

Next in the pipeline is the creation of a Wishes Magick Garden. For this project, we will 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 Miri Sarawak, if not Malaysia. Wishes Magick Garden will have 3 zones: (1) Wishes Welcoming and Social zone, (2) Wishes Active Play zone, and (3) Wishes Meditation and Aromatherapy zone.

Visitors

Since Wishesland Miri was set up, it has received numerous government and private-sector visitors. The visitors include individuals, doctors, specialists, polyclinics, schools, universities, polytechnics, corporate and government bodies, PPDks, Lion clubs, NGOs, etc.

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





Events

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

The most notable events were the 2020 Christmas Celebration and Gawai Raya Celebration in May 2021. It received very good response from parents and they were touched by what Wishesland Miri 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 PPKs, parents, specialists, or any relevant parties, who in one way or another have an interest or are involved in cerebral palsy healing, will have a chance to learn more about this disorder with minimum investment.

Talk on “Rehabilitation” by Miri General Hospital



1st Anniversary Celebration





Family Gathering



Chinese New Year 2022





OCBC & Lions Club - Balancing & Positioning Equipment sponsorship project

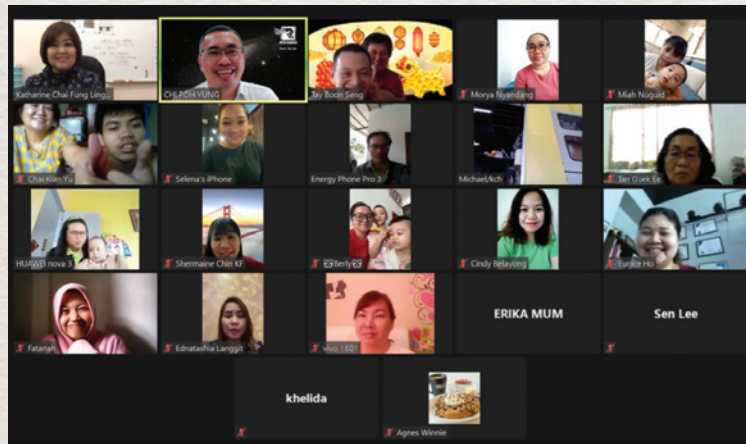




Raya Gawai 2022



Sharing Sessions



Christmas Celebration 2021



Mid Autumn festival 2022



THANK YOU

WishesDonors

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

Wishesland Miri conveys immense gratitude to all WishesDonors, including individuals, groups, government bodies or corporate entities. Your invaluable assistance in whatever forms has kept the pulse beating. In contrast, your financial contribution has amiably lessened 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 to benefit the cerebral palsy children in our centre.

Cheques can be made payable to "Wishesland Miri".

For cash donation, please bank in to the following bank account
- **Maybank : 561015122562**
Wishesland Miri







The success of Wishesland Miri 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, from professional doctors and professors to young children.

They have helped in every capacity possible, including 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 Miri. It is as if what the cerebral palsy children are lacking is then made up by these Wisheslanders.

Wisheslanders







Gotong-Royong

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

Those many volunteers who carry out "gotong-royong" (work parties) have made the compound and environment of Wishesland Miri much cleaner, neater, and more beautiful so that it has become a wonderful place for the children and their families to mingle around.





What is Cerebral Palsy?

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. As a result, the brain cannot 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. Therefore, CP is not a disease and is certainly not caught.

CP can take many forms. Some people are so lightly affected that they appear to have no obvious disabilities. Meanwhile, others may be clumsy in their gait, which can affect one or both sides of the body or only both lower limbs, which is more common in children born prematurely, or they may have difficulty with their hands or muscles in speech, chewing and swallowing. Some individuals with more severe forms of CP cannot stand or sit and may require wheelchairs or special equipment.

CP often occurs before birth or sometime during delivery. A child with CP is estimated to be born once in 500 live births, without 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 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. Unfortunately, the cause in about a quarter of CP patients remains unknown even in today's medical practice.

CP is not curable, but it is treatable. The course of treatment depends on the CP type, the severity of symptoms and at what stage treatment is initiated. Treatment includes physical therapy to develop stronger muscles, occupational therapy (helping participants 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 and 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. Still, it depends on the type of CP, the severity of symptoms and how early treatment is initiated.

TYPES OF CEREBRAL PALSY



Quadruplegia

All four limbs are involved.



Diplegia

All four limbs are involved. Both legs are more severely affected than the arms.



Hemiplegia

One side of the body is affected. The arm is usually more involved than the leg.



Triplegia

Three limbs are involved, usually both arms and a leg.



Monoplegia

Only one limb is affected, usually an arm.



Assessment

Overview

Step 1

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

Step 2

Children will be assessed on their abilities and challenges via a 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 can give us feedback regarding their children's latest progress. If the programme needs to be changed, a new one will be drawn to cater to the child's development stage.

Planned Activities

- a. 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 Magick Garden
- j. Boccia Training



Programmes

A balanced emphasis between parents and children is our core focus, direction and consideration when setting up programmes for Wishesland. Besides focusing on treating our children, we believe it is equally important to have a series of programmes drawn up to give our parents 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 be used to achieve recovery. Hence, we welcome all parties with a relevant, proven record of treating cerebral palsy children to come and share with our parents. Finally, it is important to reckon that every child with cerebral palsy is unique because each individual has their own challenges, strengths and abilities.

There are 6 zones available in Wishesland, namely (1) WishesPhysio zone for children to do physiotherapy, (2) WishesADL zone for children to learn living skills, (3) WishesABC zone for children to learn academic knowledge, (4) WishesPlay zone for children to play with physiotherapy equipment and get the required results, (5) WishesFun Pool zone for children to undergo hydrotherapy and (6) Wishes Magick 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 treatment session so that all aspects of recovery processes would be experienced.



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 at 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 programme, 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 clinical reasoning skills to formulate a treatment program appropriate to each child's needs. By combining hands-on pool-based physiotherapy and specifically designed exercises supervised by physiotherapists with specific training in Aquatic Physiotherapy, hydrotherapy helps regain or enhance physical wellbeing in a warm relaxing environment.

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

As a part of normal development, a child continually moves his arms and legs, exercising as he learns to roll, crawl, move through sitting positions and walk. However, this spontaneous exercise is often limited in children with cerebral palsy. They may only be capable of a few movements and relatively inactive

compared with other children, limiting their amount of spontaneous exercise.

Exercise is very important for children with cerebral palsy. Exercise is an activity involving repeated body movements aimed at improving or maintaining a level of physical fitness. In children with cerebral palsy, exercise strengthens muscles, increases flexibility, improves respiratory function, enhances gross motor function, and, above all, has fun.

Swimming is a great way to encourage a child to exercise, have fun and gain confidence in the water. Water exercise is very appealing to all children.



It gives the cerebral palsy children 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.

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

The water buoyancy also creates an environment that reduces the impact level on the joints and provides 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 their body movements. Warm water encourages stiff muscles to relax, and children move more easily in the water due to buoyancy.

Water play is a great opportunity for children to experience a variety of sensory feedback. For example, children experience the feel of the warm water, the sounds and sights of splashing, and the movement

of their limbs. Plus, 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. In addition, as children develop the ability to move and enjoy the water, children self-awareness and self-esteem will also improve.

The hydrotherapy pool's temperature is generally between 33-34°C. 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°C is most suitable for a child with spasticity. A pool at about 33°C is suitable for children with low muscle tone. Look for a pool with a water temperature best suited to a child.

Benefits of Hydrotherapy

Hydrotherapy programs are used by physiotherapists to:

- increase gross motor coordination
- maintain or increase the 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 spasms and encourage relaxation and enjoyment
- encourage normal movement patterns

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

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 technique

Watsu is a gentle form of body therapy performed in warm water (around 35°C.) It combines the 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 many therapeutic benefits and potential healing on many levels.

Moments of stillness alternating 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 body weight, the spine, joints and muscles can be manipulated and freed in a way unique to water work. The effects include very gentle yet deep stretching, a release of muscular and joint restrictions, and a state of deep relaxation, which encourages the release of stress and tensions.

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 Miri, 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 Magick Garden

The landscape masterplan and details of the Wishes Magick Garden are designed by landscape architect LAr. Clarice Chiong Sik Ing from Earthscape Inhabitant S/B, a professional landscape architectural firm specializes in landscape planning and urban design.

Objectives of Wishes Magick Garden

The core objective of Wishes Magick 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.



Special features on
**Wishes Magick
Garden**

There are 3 zones in Wishes Magick Garden: namely Wishes Welcome and Social Zone, Wishes Sensory cum Play Zone and Wishes Meditation cum 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 CP 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 cum 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 Magick 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 Magick 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.



Parents Testimonials

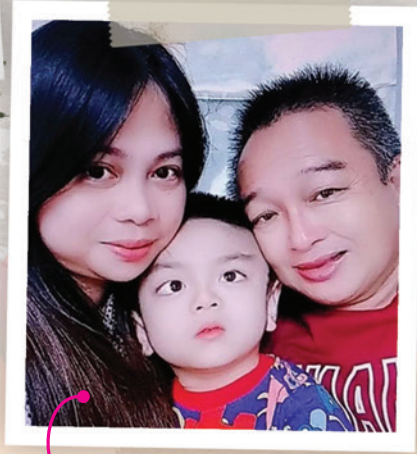
MDM CHEN

I know Wishesland Miri from PPDK Mosjaya. Wishesland Miri has taught us how to take care of our CP children. After consistent physiotherapy from Wishesland Miri, my son's condition improved, and his body became stronger and healthier.



MORYA

I know Wishesland Miri from my friend. My son has shown slight improvement since he came to Wishesland Miri for treatment. When he first joined the therapy session, he was reluctant. However, he became familiar and friendly with the therapists after a few sessions. He was willing to cooperate to do all the therapy programmes.



MIAH

I have known Wishesland Miri from one of the PPDK staff in Miri. Wishesland Miri provides exemplary service to us. My son has improved after doing consistent physiotherapy at the centre.



MR CHIEW

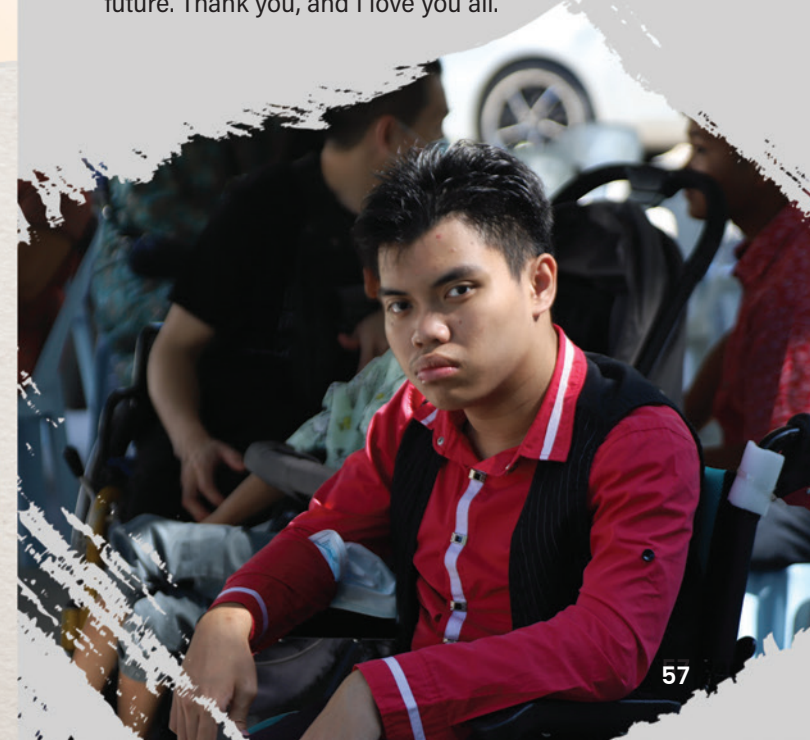
我的孩子自从来了美里唯心乐园做治疗, 在短短的时间内情况有了明显的改善, 医生也说他的状况越来越好了。我感到非常开心和感恩。目前我最希望的就是我孩子能够自理, 做他喜欢做的事, 完成他所要完成的梦想。



A statement from Cerebral Palsy youth - CHAI KIAN YU

Firstly, I want to thank Mdm Katharine Chai for bringing me into Wishesland Miri when I first met her at Ocean Park Basketball Court. I felt so thrilled to meet with so many people. Secondly, I was happy to meet my Life Coach, Mr Chi. He motivates me through Richmind programme. After I listened to Mr Chi's Richmind programme, I became a better person in my life. So I thank Mr Chi for coaching me to be a better person.

Thirdly, I want to thank Olivia for helping me to do physiotherapy and write the love statement for me. After reading the love statement, I felt my body more relaxed and intelligent. Lastly, I want to thank Wishesland Miri and hope our Wishesland members get better after each treatment. Finally, I wish Wishesland the best in the future. Thank you, and I love you all.



What is Boccia?

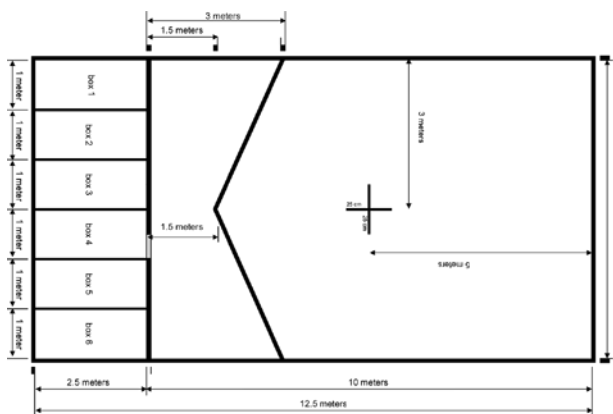
It is called "Bocce Ball" in Taiwan, and is also translated as "Bocce Ball" in other Chinese-speaking regions. Boccia (BOCCIA) was originally a throwing game in ancient Greece. After correction, it became an activity that uses very few body movements but requires the use of strategies and skills. It is a competition designed for physically and mentally handicapped people with severe movement control difficulties.

In 1984, it listed as one of the Paralympic Games competitions; and in 1989, Cerebral Palsy International Sports and Recreation Association (CPISRA) was established. The meetings were held to discuss the competition rules and competition system. In 2013, Boccia International Sports Federation (BISFed) take over the matters related to cerebral palsy. In the past ten years, Boccia have been actively promoted all over the world, including the schools (special education schools), medical rehabilitation institutions, social welfare organization, and rehabilitation institutions for the physically and mentally handicapped people by combining the three major fields of medical care, education, and sports.

Besides cerebral palsy, the sport is expanded to other people with physical disabilities (muscle atrophy, spinal cord injury, rare diseases, etc.), mental disorders, visual impaired groups, and even senior citizen and children. We look forward to the sport becoming one of the national sports.

Boccia Rules and Regulations

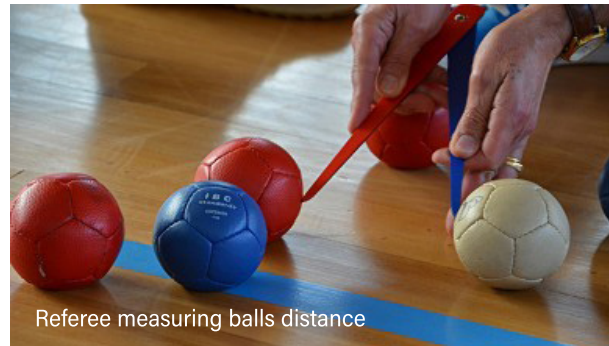
1. The BOCCIA court is a hard, flat ground of 6 meters X 12.5 meters.



Boccia Balls Box



2. The game is divided into red and blue teams. Each team may be made up of one, two or three players, played individually, in pair or in team.
3. The red team first throws the white target ball, and throws the first red ball.
4. The blue team throws the first blue ball.
5. The team that is further from the white target continues to throw the ball.
6. The game ends when all colored balls are thrown.
7. Scoring: The team that is closest to the white goal ball wins, every color ball that is closest to the opponent's target ball is counted as one point. (For example, if the red team wins, it is the red ball that is closer to the blue ball than the nearest target ball will receive points).
8. End of a game (Four or six innings), the team with the higher accumulation points from each inning wins the game.



Referee measuring balls distance

Boccia Grading System

According to the contestants' muscle tension, coordination ability or muscle strength, they are divided into different groups to compete.

BC1 athletes have severe activity limitations affecting their legs, arms and trunk, and typically dependent on a powered wheelchair.

BC2 players have better trunk and arm function than those in class BC1. The abilities of their arms and hands often allow them to throw the ball overhand and underhand and with a variety of grasps.



Athletes of BC1/BC2



Athletes of BC3

BC3 class athletes have significant limitations in arm and leg functions, and poor or no trunk control. They are unable to consistently grasp or release the ball and are unable to propel the ball consistently into the field of play and allowed to use a ramp with the help of a Sport Assistant.

BC4 class contains players with non-cerebral impairments that also impact their co-ordination.

BC5

- For conditions of both Cerebral and Non Cerebral origin
- Cerebral: Quadriplegic, Triplegic, Severe Hemiplegic.
- Non Cerebral: impairment may result from lack of muscle strength, limitation in range of movement or limb shortening
- May use either a manual or power wheelchair
- May be able to walk with assistance or using a walking aid over short distances
- Has a more active throw as a result of increased trunk control and/or upper limb muscle strength
- BC5 athletes are not eligible for an on-court assistant.
- Or non-cerebral hemiplegic athletes.

THANK YOU

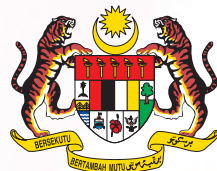


We, at Wishesland Miri sincerely wish to express our *heartfelt gratitude and appreciation* to all our donors, well-wishers, and supporters for all your valuable donations, contributions, advice, and guidance for the past 2 years. Your support has made us a prominent information cum education centre for cerebral palsy children in Miri.

A big **THANK YOU** to all WishesDonors and corporate entities for making WishesMag Miri a reality.

Special acknowledgement also goes to

- Federal Government of Malaysia
- Sarawak Government
- State Secretary of Sarawak
- Ministry for Women, Childhood and Community Wellbeing Development Sarawak
- Sarawak Social Welfare Department
- Director of Sarawak Social Welfare Department



With their strong support and contributions, Wishesland Miri has achieved its aims and objectives for the past 2 years in bettering the conditions of the cerebral palsy society in Miri.



CINLE



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Supreme Yuniq Life Agency
Abundance Agency, Miri
RF Holistic Consultancy
FL Agro PLT
Ted Jun Enterprise





Conclusion



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

Parents are equally important to us. Therefore, we will 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's condition.

Intensive and consistent awareness campaigns on having healthier babies will continue to be part of Wishesland Miri's main focus. A series of talks, symposiums, road shows, interviews, and articles publications will be carried out to educate the public on the symptoms of cerebral palsy and thus equip them with the knowledge on how to reduce the chances of having an 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 doing our little part to try to make this world a happier place for all human families in the world.






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