

1st anniversary of the Ruach Foundation



WHAT WAS ACHIEVED IN THE FIRST
YEAR OF OUR EXISTENCE?



The Ruach Foundation's mission



Our overall mission is to contribute to fulfilling the rights of adult intellectually disabled persons in Juigalpa, Nicaragua

Our aim is to create a more human society for all

We join forces with various organisations in Juigalpa to further enhance the position of this vulnerable population group.

The three pillars of our work are prevention, stimulation, and protection.

Prevention:

We provide information, give advice, coach and create awareness regarding the care, needs and rights of people with a disability, to the general public, and to families who have a child with an intellectual disability.

Results:

- On average 2 persons per month seek advice
- We gave 3 interviews on local TV-channels
- We gave 4 |interviews for local radio stations
- We held a workshop with a church youth group
- The Foundation increased its visibility by a one-week event in a bookstore
- We sold piñatas in two book shops and in two small neighbourhood shops.
- We had a stall on a market, at a congress, etc.



People with an intellectual disability also have talents and deserve their place in society:
«LOOK WITH DIFFERENT EYES »

Protection: central to this pillar is our community home

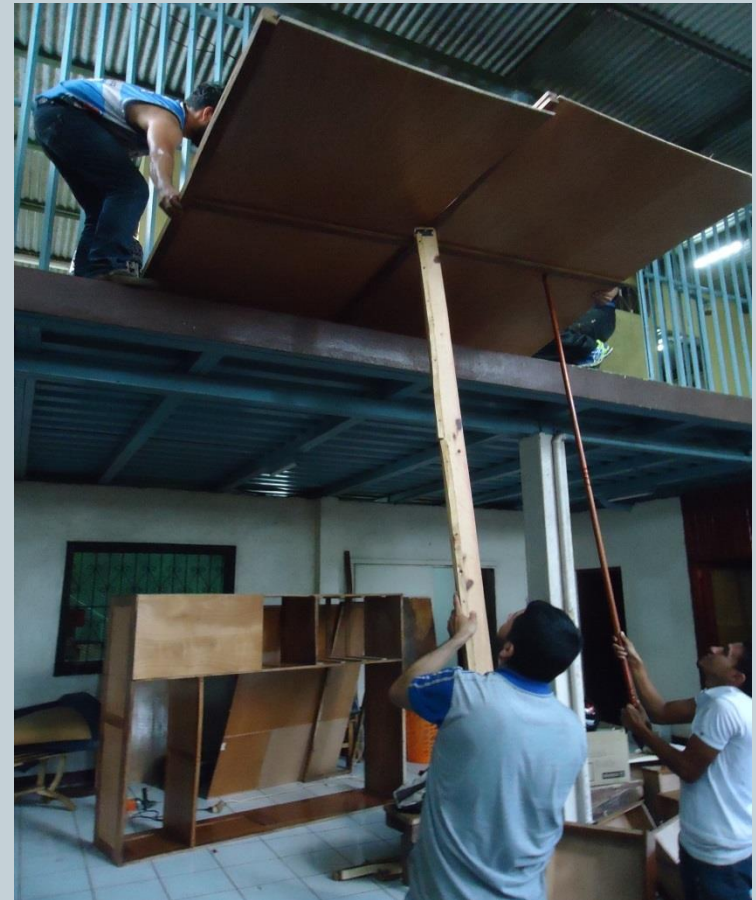


In the home 4 adults with an intellectual disability live together with their carers. Three of them have come from very precarious high-risk situations



We are inspired by the vision and mission of the international L'Arche (The Ark) community.

.... We moved home: an opportunity for growth



Our vision: Care, stimulation and affection! Celebrate differences and learn from each other!



Coaching: learning-by-doing, retreats



With the help of volunteers: (inter)national



Stimulation: our activities club (talleres)



Tailor-made programmes; we aim to extend this service



Quality control and setting appropriate targets with parents/relatives of the participants of the activities club



Sale of workshop products and raising awareness



Challenges for 2018



- Extending our prevention service'
- Setting up a stable team of assistants
- Seek out community leaders to together solve transport problems for potential new participants for the activities centre.
- Research into opportunities for social activities in the neighbourhood, e.g. cleaning up the parks
- Extend our network of god parents/well-wishers
- Extend our network of volunteers to help in home and activities centre
- Fund raising outside Nicaragua
- Fund raising in Nicaragua through companies, government ministries and people of good will

Therefore, we



- **live up to our slogans:** “Unity is power”
“Help me be who I really am”
- **renew our effort to be a ‘light’ in the society**
(because the needs are big and many.....)

continue inviting others to help us:

if our work inspires more and more people, we will be able to make more progress in contributing to a better world, not only for intellectually disabled persons, but for every one.

- *More information? Email Astrid Delleman*
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