

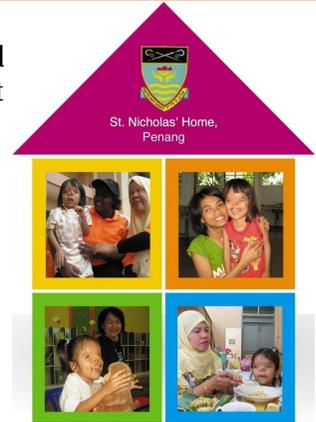
St Nick's NEWS

St. Nicholas' Home Penang

St. Nick's News

Losing your sight does not mean the end of the world. Sometimes, losing your sight will teach you more about the world and open up doors that you never thought would open. Here at St Nicholas' Home, we try to show our trainees that life goes on even after the world as you know it becomes dark.

The Wellness Centre here at SNH is one of the many choices available to the visually impaired trainees. Up and running since 2008, the SNH Wellness Centre is fast becoming a popular place among the Penang community and the visually impaired trainees. Find out more about our wellness centre and other stories in our July issue!



"You Are My Sight Charity Concert"

A concert co-organized by Kwong Wah Yit Poh will be held on October 13th at the Straits Quay Convention Centre. Performances by SNH's Recycle Band and local and International artistes from

"Walk for Sight & Sound 2012"

WFSS is back for the 4th time running! This year, it will be held at the Car Free Zone area in Weld Quay on 2nd September. So, get ready to experience the challenges that a blind person goes through. Registration begins in August!

WELLNESS CENTRE

Soft music permeates through the air; dim lights surround you with cool air brushing against your skin, and gentle hands massaging your aching foot.

It sounds like you are on vacation in Bali but in reality; you are at St Nicholas' Home's Wellness Centre, enjoying the expertise of the visually impaired masseurs!

The wellness centre has been steadily making its name ever since it first opened back in 2008. Instead of just training the visually impaired with basic skills, the Home decided to explore their opportunities and the capabilities of the visually impaired. The end result: St Nick's finally opened their very own wellness centre to provide massage services to the public at reasonable prices.

With one year of training under the guidance of Cikgu Ku and

Cikgu Yussof, the masseurs become highly trained in the art of massaging. After the one year training course, they usually venture out on their own to start their own massage services or sometimes, they are even recruited by commercialised massage centres. The masseurs also get opportunities to work at SNH's Wellness Centre if there are vacancies.

Two former masseurs from the Wellness Centre were also recruited by the Home to become instructors at the massage training centre. According to Pn. Asma, the SEED clerk of the Wellness Centre, since she started working in 2010, the number of visitors have increased and there are also more companies inviting them for demos.

Overall, the Wellness Centre is starting to shape up as one of the shining points of St Nicholas' Home and it has indefinitely transformed the lives of the visually impaired masseurs that took the opportunity to learn the intricate skill of massaging.



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St. Nicholas' Home

GROOVY NEW WEBSITE

After months of hard work and squeezing our brains for some creative juice, our website is back, bigger and better!

efforts and to ensure that the public receives all the information that they needed.



Website's new slider

With this new website, we now have more information to share and more pictures to show. We also have a new feature, the sliding banner. Any new events or information that St Nicholas would like to share with our visitors is now available at the tip of their fingers.

Our visitors will be exposed to all our upcoming exciting events, pictures of our home and the trainees and they will also have the opportunity to donate to our home through our online donation via the website or Global Giving.

Having this facelift provided us with the opportunity to enhance our publicity

So, head on over to www.snh.org.my to check out St Nicholas' Home's new website!

ST NICHOLAS' HOME GAVE ME MY CONFIDENCE BACK

Diagnosed with diabetes at the age of 25, Kaliswari never thought she would one day end up blind. As the only daughter, she was often pampered by her parents and brothers. However, after her diagnosis, her eyesight began to deteriorate.

truly changed her life. "SNH gave me back my confidence and taught me how to accept myself. I was very fortunate to have strong support from my family and I would not have been able to get through this without their support. My friends here are now my family too and we always encourage each other. Sometimes, it is difficult for others to understand us, so it is nice to be able to talk and socialise with people who know and understand what I am going through," says Kaliswari.

Several visits to the doctor resulted in Kaliswari learning that there was nothing much she could do about her deteriorating eyesight. They also told her that surgery could not help her.

Only after losing her sight did she find out from a Vitreoretinal (VR) surgeon that, had she gone for the operation early on, her sight could have been saved! However, as her eyesight was already in the advance stages of Tractional Retinal Detachment (TRD), there was nothing more that could be done. She lost her sight completely in 2011.

Kaliswari also wants to advise the families with visually impaired members: "Please help us help ourselves. We want you as our guiding hand but let us adapt to live and learn to be independent as only then can we move on. Just be there for us and support us with your love and understanding. A big thank you to everyone here at St Nicholas, my friends and my teacher, Ms Linda for everything they have done for me."

However, for Kaliswari, coming to SNH