

# MDA Activities on Apr. 6th

## the Second Episode of MDA'S Series of Activities



→ On Apr. 6<sup>th</sup>, when the sun was shining, MDA organized another powerful wheelchair football game. The game started at 12:45 and the players are Sheng Hongmei, Lu Wenqiang, Mo Yanjia, Huang Rong and Hong Simin, the coach. When all the patient players had not yet arrived, volunteers from Shanghai Chinese Medicine University got on the wheelchairs to have a try. At around 1:05, p.m., we were arranged another venue to play the game, after which player were playing even better. It was really difficult to tell which team played better.

And finally, it seemed that no one really cared about which team won, what really matters was that they can enjoy the sports and enjoy the wonders of daily life just like anyone else around them.

After the game, the players sit in a circle to review the sports after the leadership of a social worker from Fudan University, sharing their thinking and feelings after the game, as well as the most unforgettable experience in their lifetime till now. The patients' sharing demonstrated the significance of going outside home, attending social activities and getting involved in the society. Afterwards, the patients promised to take an active role in all the activities organized by MDA.

After the sharing, the patients attended a group discussion organized by three teachers with psychological background, during which, all the patients told the story of their struggling against the disease and their successful experience of living with the disease. Above all, the patients tried their best to extract the meanings of their life after the instructions of the teachers. After the group discussion, all the patients present spoke highly of it. Actually the group discussion will be continued in the days to come and last for maybe half a year or even longer, to support the patients psychologically, release their mental pressure and negative emotions and to rebuild a positive and healthy mood.

The patients said that they enjoyed themselves very much in the whole day, for the sports as well as the sharing and discussion.



【BY: Chen Si】

## Experience the Life on Wheelchair and Zhu's Lecture in Fudan



### the Third Episode of MDA'S Series of Activities

➔ In April, *Charity in Fudan* serial activities started.

It was fine on April 21<sup>st</sup>. MDA China held an event in Fudan University volleyball court with the help of the interns from Fudan University and volunteers from School of Foreign Studies, Fudan University. The event was to experience the life on wheelchair. We started our exhibition decorating from 11:00 am. After the decorating, we got the wheelchairs from the school hospital and Prof. Zhu ChangQing, our event officially started.

The volunteers were distributing information booklets about MDA China and the serial activities. A lot of people were attracted by these booklets. A lot of passing by students went to our exhibition table to have a look and more wanted to try. The participants chose their task by picking up one playing cards, different cards representing different tasks. Then they made two-people groups and one volunteer was responsible to film the whole process. We also got to know their feelings through the interview made at the end of each task. The tasks we planned required the participants to start from the volleyball court and go to the school supermarket or the school dormitory or the teaching building or the school canteen. Although it was a short journey, the stairs in front of the volleyball court and the teaching building made the short journey very difficult.. Some groups failed the task because of these obstacles. However, luckily, most of the groups finished their tasks. After the task, the participants said that there was much to improve in terms of accessibility in Fudan University. The life of the physically challenged is more difficult than we ordinary people could even think of. Besides, when sitting in the wheelchair, they also got the weird look from other people. This is also one of the things that makes the life of the physically challenged hard. The participant made their promise to start from them and try their best to help the vulnerable people in our society.

The enthusiasm of the students helped us to finish the ten tasks in a very short time. And the activity ended at 2:00 pm. Although it only lasted for a very short time, the activity had great



influence. All the participants had a chance to feel the NMD patients' life, to know about MDA China and the serial activities we were going to held in Fudan University. We are sure that this success will be the basis of the next few activities.

At 6:20 pm, April, 23<sup>rd</sup>, 2009, the General Officer, Zhu ChangQing, gave a speech in Room 3105, Fudan University. The speech was about how MDA China develops as an NGO in China. Altogether 18 students and 5 volunteers took part in it. During the lecture, Prof. Zhu ChangQing introduced basic knowledge about Neuromuscular disease, about MDA China and current situation for NGOs in China. The lecture was so good that the students present learnt a lot from it. Besides, Prof. Zhu ChangQing also recruited several volunteers on the spot, therefore enlarged the total size of MDA China volunteers. Two and a half hour later, the lecture ended. The lecture was a big success. The lecture successfully worked as means to promote MDA China in Fudan University.

The first two activities of MDA China *Charity in Fudan* serial activities were successfully held. The third, which happens to be the last, activity of the serial activities will be held in Fudan University on May, 12<sup>th</sup>. The MDA members will be visiting this one-hundred-year-old university. We believe it will be an experience that we will never forget.



【BY: Cheng Jialin】

## Meet with Jinsheng for the Second Cooperation



➔ On June 21<sup>st</sup> last year, World Day for Freezing People, MDA and Jin Sheng Co. had a nice cooperation with each other. Therefore, on the morning of April 8<sup>th</sup>, Zhu Changqing, President of MDACHINA, visited Jinsheng again, having a pleasant meeting with Vivian and Jeff.

During the meeting, Zhu Changqing introduced the recent work done by MDA and also the six serial activities MDA is working on these days. It turned out that Jin Sheng was very interested in it. Now, with the further communication, the two sides have set down some re-cooperating details.

【BY: Sun Sensheng】

## Visitation to the "Home in the Future"

### the Forth Episode of MDA'S Series of Activities



➔ On April 28<sup>th</sup>, MDA organized our patients to visit the new completed "Future Home" in the Macaroni Plaza.

For the intensive requirements of patients, MDA organized patients to have a fierce power-wheelchair game in the Xing He Park at the Zhenguang Road. The sunlight at 1:15 p.m. was so shiny and patients were also cheered up. Huang Jiajun and Jiajia apparently have been good at manipulating the power wheelchair.

Although ng Xu and Wang Mingyi have not played this much, but they also made a lot progress in a very short time.

When the game ended, we went out of the Xiang He Park and go to visit the "Future Home". At 3:00 p.m., our big team finally made it to the side gate of the "Future Home". Ms Zhang, the office director of the the Red Star Macaroni, had been waiting at the side gate for a while to welcome our arrival. Also, other friends like the friends from the mass media, such as "Youth Daily", "New People's Daily" and reporters from ICS Channel.

With the guidance of Ms Zhang, we entered the building by the Barrier-free access and arrived at the Stadium of 2050's Home at 5<sup>th</sup> floor directly. The intellectual human life of 50 years' later is really incredible. Various kinds of interactive activities made us feel like right in the true situation. Those two guides introduced every facility in the stadium with great patience. After the visiting of the 2050's home, we went to 2500's home to see how we human being live 500 years later. It turned out that at that time, our life changed so much that we would not be limited in the land any more. Many conceptions on life have been changed a lot. In the end, we together saw a film on the global screen, which displayed the changes and development of the Shanghai City. Many patients said that the film was the most impressive part of the visitation in the after feedback.

At 5:30 p.m., the visitation ended on time. All the patients attendant expressed the satisfaction with this activity. Finally we left the Plaza with a lot of photos taken together and sweet memories.



【BY: Sun Sensheng】