大马残障自立协会

MALAYSIA INDEPENDENT LIVING ASSOCIATION FOR DISABLED

(PPM-005-10-02112017)

OCTOBER - DECEMBER

Quaterly Newsletter of MILAD

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It is our pleasure to present our final quarter newsletter in 2020. In this issue, we have shared a roundup of key highlights and notable moments of MILAD during these unprecedented times.

For most of us, 2020 is a year that turns out differently than expected, but we want to make sure that every one of us is staying safe and keeping well. The pandemic has been unprecedented in its impact, leaving no aspect of life unaffected since its arrival in 2019. It has posed multifaceted challenges to many communities, especially to people with disabilities, who struggle in finding reliable and safe in-home care or adapting to the New Norma. Nevertheless, in MILAD we are determined to continue promoting the disabled people's full inclusion and participation in the community, wherein the disabled people are given the same life opportunities and the same choices in everyday life that the non-disabled people take for granted. We are taking precautionary measures to minimise the impact of COVID on our staff and the communities that we serve.

We make sure we are staying safe. And we wish you always be blessed as well.

CHRSITMAS GATHERING

For this special gathering, we would like to give a shout-out to Elaine EL Gan and Kintry Food Co who have kindly donated some wonderful Christmas gifts and cookies to our hardworking staff for staying open and providing services during this difficult time.

On 23rd December 2020, MILAD hosted a Christmas celebration in the centre to bring all staff, board members and MILAD residents together. It is the time of year where we show our board members, staff, partners, stakeholders, and the community members our appreciation.

The cyclists met in MILAD ahead of setting off on their challenge.

CHARITY RIDE FOR MILAD

On Oct 1, 6 cyclists, Ghee Beng, Ricky Ng, Lee Kok Heng, Alan Ng, Francis Ng, and Michael Teh, took on a super arduous task to help raise funds for Malaysia Independent Living Association For Disabled (MILAD).

They set off from MILAD on 1st October, 6am and made it south to reach Segamat on schedule on 2th October. Along the journey, they have cycled through Seremban, Tampin, and Putrajaya.

On 4th October, they made it! From MILAD to Segamat and all the way back to Selangor. After a total of 516km of journey, they were met by a Crowd of welcoming well wishers in MILAD.

The team has hit the RM 15,532.88 mark which would enable them to support MILAD Van Fund.

Kudos to Ghee Beng, Ricky, Kok Heng, Alan, Francis and Michael!

IF YOU WANT TO RIDE FAST, RIDE ALONE.
IF YOU WANT TO RIDE FAR, RIDE TOGETHER
- Francis Ng

NO THUMBS CHALLENGE 2020

In conjunction with International Day of Persons with Disabilities, the Malaysia Independent Living Association for Disabled (MILAD) convened its first awareness-cum-fundraising campaign, named "NO THUMBS CHALLENGE"

The challenge aimed to increase awareness of the issues facing by disabled people; to gain a common joint understanding of what it means to have a disability and of the dynamics involved in assisting people with disabilities; and to raise one-year expenses for MILAD. So that MILAD can continue to provide services, promote the Independent Living Movement, and improve the support for people with disabilities.

Participants had to complete at least THREE tasks without using their thumbs during the event period from 1st to 7th December.

Over the course of seven days, we have welcome more than 50 participants from all over the places, and have successfully raised RM 37,790.31 in total funding. We are thrilled to see many participants shared with us their experiences on various social media platforms.

The challenge was hosted by MILAD in partnership with the Agape Community Church Seremban and AOL Foundation Kuala Lumpur. And it was under the auspices of Atrobot Sdn Bhd, WorldTravellers, and JS Ling, Diyana & Singh (JLDS) firm.

MILAD has been extremely honoured to have Eric Lim, Grace Wang, Jeffery Lim. Jens Cheong, William Lee, Joee Cheong, Eewen Teoh, Chan Wei Wi and Chong Keat Aun for joining us as our event ambassadors.

GRACE WANG (ABOVE) AND CHAN WEI WEI (LEFT) WHO TOOK ON OUR CHARITY CHALLENGE

CHRISTMAS CHARITY SALE

On 9th December, RESTORE provided us 248 sets of Christmas Love kits for our Christmas Charity Sale.

RESTORE is an up-and-coming local brand that offers a range of essential products for everyday use. Their main product line is the HOCl Solution collection comprising of Sanitizer, Multi-Surface Disinfectant and Air Mist. This collection is free of alcohol and chemicals, all-natural and non-toxic. It is proven to kill 99.9% of Viruses and Bacteria. Latest lab reports show that it also kills coronavirus. Approved by the Ministry of Health both in Malaysia and Japan as well as the Food & Drug Administration (FDA) in the U.S.A. Besides the HOCl product line, they also offer surgical face masks, antibacterial hand wash, antibacterial wet wipes and disinfecting wipes, and many more.

The Love Kit includes an antibacterial handwash, natural hand sanitizer, Medical mask, disinfecting wipes and a clear bag. The gift worth of RM30 and sold at only RM20 eachin MILAD.

Because of the generous contributions from RESTORE, MILAD was able to raise RM4, 960 in this charity sale. The fund will help us to continue to provide services, promote Independent Living Movement and improve the support for persons with disabilities.

DONATION

Your giving means so much to the disabled community. We record here our heartfelt appreciation to the following persons /organizations who have donated generously, in cash and kind.

This has greatly supported our cause to provide independent living to the disabled community. MILAD does not only provide fish to our grateful and thankful disabled recipients but also teach them how to fish. Your giving has made so much difference and impacted the livelihood of the many in the disabled community.

Name	Cash/Items
KE Yeap Trading	240 chicken to OKU families in Klang Valley from Oct - Dec
Gift of Life Society (生命的禮物協會) and Wendy Chan	Helped raise fund of RM5,801 for our van fund and RM1,500 for the general operation of MILAD.
Kintry Food Co	boxes (80 packs) of oat cookies as a Christmas gift to MILAD
Mrs. Lim (林太)	Mooncake cookies
Mr. Chow	Eight packs of rice on 21st December.
張琳琳 from New Life Restoration Centre	Food to our OKU families.
Adeline	Handmade soap and sanitizers

The list does not stop here, We are also very much grateful for the tremendous support from silent majority and wish to keep their names in anonymity. All of these amazing support and friendship have been a comfort to MILAD during this difficult time.

NOT ALL DISABILITIES ARE VISIBLE

By Sunway Students

International Day of Persons with Disabilities falls on the 3rd of December annually, with the aim of promoting empowerment, and helping to create real opportunities for people with disabilities.

What is invisible disability ? That is health illness that are not obvious to other people, but can greatly affect one's life.

For example, mental illness, learning differences, chronic pain and sight or hearing impairments among others are considered as invisible disabilities.

During the COVID-19 pandemic, isolation, disconnect, disrupted routines and diminished services have greatly impacted the lives and mental well-being of people with disabilities right around the world.

Here are some real life sharing from invisible warriors:‘ I lost my friend, my jobs and myself, ’ a young girl with Major Depression Disorder with Borderline Personality Traits said.

‘Others see me as a perfectly normal person, but they don't know my symptoms can get worse within a few hours or few minutes,’ said a woman with Myasthenia Gravis.

'They have labelled me as crazy person,' a man with Bipolar Disorder said.

If you know someone surrounding you suffering from invisible disabilities, take time to talk to them and learn about their illness. Your love and understanding are what they want!

Get visible with them

WE ARE THE SAME

By Sunway Students

The oppression, exclusion and discrimination against people with disabilities encounter is not an inevitable consequence of having an disability, but is caused instead by the way the society is run and organised. People with disabilities are 'disabled' by the barriers operating in society that exclude and discriminate against them.

Disabled persons may encounter a lot of barriers during their normal daily life that can make it difficult for disabled people to function. For example, some barriers that are linked to the physical and built environment such as inaccessible toilets, narrow corridors, stairs, and the like. Furthermore, there are some barriers that are linked to social and cultural attitudes and assumptions about people with disabilities that explain and justify the perpetuating prejudice, discrimination and exclusion in society. For example, disabled people cannot work, cannot be independent, they need protection, and the like.

Disability does not mean they cannot, they can and are able to perform normally as we are all human, we are the same. Disabled people do not need to be changed to who they are in order to be deemed to be entitled to the same rights and opportunities as non-disabled people. Social model of disability helps us to recognise barriers that make life more difficult for disabled persons. Disabled persons can be independent and equal in society when the barriers are removed.

Therefore, let's together create an equal opportunity, mutual respect, and a tolerant society.

BUDGET 2021

To uphold the principles of Independent Living. Milad will need RM500,000 per year to run our programmes in training, equipping and empowering the people with disabilities to live independently, and also advocating for equal rights and opportunities for the disabled people.

Currently, the welfare department (JKM) has allocated some fund as part of our service until next August. However, we still need to raise more funding to fill up the difference. We humbly and sincerely ask you to support us.

A detailed cost breakdown/budget for 2021 as below :

1. PEER COUNSELING SERVICE	RM60, 000
2. PERSONAL ASSISTANT SERVICE FOR DISABLED	RM300, 000
3. INDEPENDENT LIVING PROGRAM AND ACTIVITIES	RM40, 000
4. TRANSPORT SERVICE	RM30, 000
5. ADMINISTRATION	RM 20,000
6. WHEELCHAIR REPAIR SERVICE AND OKU WORK CENTRE OPERATION	RM40, 000
7.FINANCIAL SUPPORT FOR OKU COMMUNITY HOUSE	RM10, 000

DONATION PLEDGE FORM

I (WE) WOULD LIKE TO PLEDGE TO MILAD

NAME(S) MAKING PLEDGE: .....

TOTAL AMOUNT OF PLEDGE: .....

ADDRESS: .....

.....

.....

PHONE: .....

EMAIL: .....

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WHO ARE WE?

Malaysia Independent Living Association for Disabled (“MILAD”) is a non-governmental and non-profit organisation run by a group of people with disabilities, to help people with disabilities toward Independent Living, regardless of their background, race and religion.

OUR VISION

It is our vision to establish a society that embraces the concept of Independent Living which promotes the disabled peoples full inclusion and participation in the community, wherein the disabled people are given the same life opportunities and the same choices in everyday life that the non-disabled people take for granted.

OUR GOAL

Our goal is to train, equip and empower the people with disabilities to live independently, and at the same time advocating for equal rights and opportunities for them. We strive toward creating awareness so that the general public will have the right perspective toward disability and people with disabilities, and hence able to help transform the society to allow full inclusion and participation at every possible level by the disabled people.