

# IIHA NEWS

Winter 2000/2001

## WELCOME

Welcome to the Winter newsletter of the International Integrated Health Association, 2000! There have been lots of new happenings since the last newsletter, not least the developments in our Health of Future Generations project and our project to provide Lithuanian parents of children with heart disease with books that explain the condition in detail. You can read about these projects on pp 6-7 and p 2.

Not all of the news is good though. Sadly, Roy Ridgway, who was founder and Managing Director of the IIHA, died in November this year at the age of eighty-four. He will be greatly missed by all who knew and worked with him. You can read about his life and the great contribution he made to the IIHA on page 4. The charity can be seen as Roy's legacy and his wife Dorothea is determined that it will continue, with the support of trustees, volunteers, staff and friends of the charity.

We have been madly fundraising over the last few months in order to develop our work. You can read about one money-making event on page 8. In addition to this, we have received many individual donations from friends of the



charity and some larger grants, including those from the Veta Bailley Trust, the Oakdale Trust and the W. F. Southall Trust. As always, we are grateful to those who give to the charity, allowing us to continue with our work.

We always like to hear from you. Any feedback you would like to send us, either in the form of constructive criticism or words of encouragement would be very grateful. We also include a deed of covenant with the newsletter for donations.

Without the support of people like you, the work of the IIHA could not continue. Why not give an additional Christmas present this year. By making a donation to the IIHA you will be giving sick children in the former Soviet Union the chance of a better quality of life.

***Finally, everyone at the IIHA would like to wish you a Merry Christmas and a Happy New Year and hope you enjoy reading the latest edition of our newsletter.***



Page 5  
Esta-Lee Shares her Physiotherapy Knowledge



Page 4  
Man of Peace

### ALSO IN THIS ISSUE:

**Page 2:**

Babies of the Future

**Page 3:**

Story Updates

**Page 6:**

The Annual Art Exhibition

**Page 7:**

Meet The New Staff

**Page 8:**

Become a Friend

# BABIES OF THE FUTURE

Often science-fiction dwells on the way the world will look in the future. It encourages us to imagine ourselves propelled around by jet-packs, living in dome shaped houses or taking holidays to the moon. But for the IIHA, the question is, what will the children of the future be like? How will babies born in 100 years time differ from those born yesterday?

As regular readers will know, the IIHA has long been interested in the idea that healthy babies are produced from healthy parents. This does not just mean that it is important for the mother to be healthy during pregnancy but also that both parents should be healthy at the moment of conception. We hope to work towards a future where babies are healthier at birth and so less likely to suffer from a range of diseases in later life.

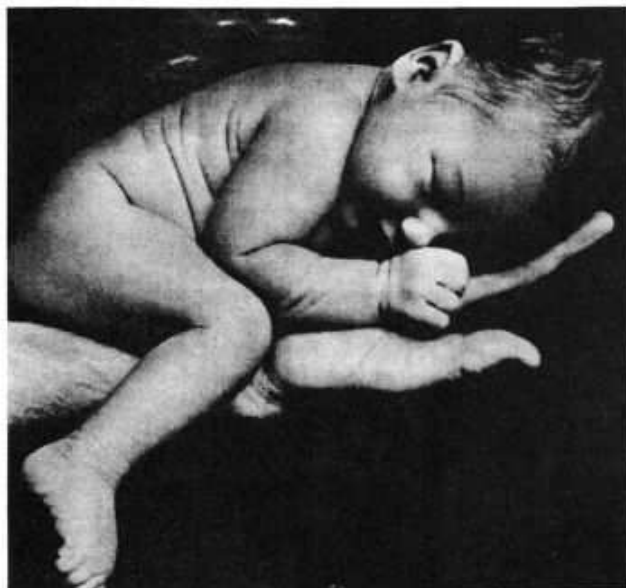
These ideas come together in a project that we have called 'The Health of Future Generations', a project that was close to Roy's heart and central to his philosophy for much of the later part of his life. In the last year of his life Roy was communicating with the Department for International Development (DFID) with high hopes of gaining some grants for HFG, so that a lot of thought and research could start to be put to practical use. The basic idea is to educate prospective parents in the FSU, perhaps providing them with essential nutrients, if they could not get them from their diet. Good nutrition and freedom from toxins have been shown to be important. In addition to this, at least the mother benefits herself and her coming child through peace of mind and a positive attitude. It is also important in the case of infertility to see to the health and general well-being of both partners before taking other measures.

More recently there has been a flurry of research into this topic, with research scientists and academics taking up this area of interest. I felt that there was a need for a discussion of the subject that emphasised both the theory and the application of this important new area of interest. I have published papers that touch the practicalities of producing healthy babies in the findings of mod-

ern research and a theoretical approach. They are called *Generating Healthy People* and *Primal Integration Therapy - School of Lake*. Roy and I long wanted to effect a move from talking to doing and I hope that these articles will help to bridge the gap between the two, allowing us to put new research findings to good use in practical projects, helping prospective parents to do the best for their future babies.

*Generating Healthy People* takes the reader stage by stage through the

substantial minority of women are short of protein, key nutrients associated with protein, essential fatty acids and energy. In poorer parts of the world, the needs are of course desperate, and this is true of the former Soviet Union. In *Primal Integration Therapy* I have explored the pioneering work of Dr Frank Lake. I describe how many have found some healing, through being enabled to relive traumas from their early life. Strikingly in this therapy, there has been remarkable consistency in kinds of early memory recalled, particularly from be-



nutritional processes of development of egg and sperm, showing how vital it is to provide for the parent's health, right through the months before conception, and through the stages of pregnancy and the effects of some choices in feeding and weaning. It shows how the reproduction of a baby is the phase in our life-cycle most susceptible to decisions with life-long consequences. Safeguarding this stage can make a greater contribution to health, more readily and economically, than any other approach. Preventative measures will not only be more widely and more profoundly life-enhancing; economically they can make great savings too. In this article I have suggested that young people need to grow up understanding the difference that their health will be making to their child's life-long physical and mental capacity. Even in the developed world, including the wealthiest countries, a

fore, and around the time of birth – 'pre- and perinatal' as we call it. These memories have not only been significant in their personal healing. They have also shown the importance of experiences in the womb for both physical and psychological health in later life. Things of lasting importance to the child's well-being include a steady welcome in the womb, plentiful nourishment, freedom from cigarette smoke and alcohol, a calm mother and a 'birth without violence'.

So what will the babies of the future be like? Let's all hope for a greater awareness of the importance of healthy parents for healthy babies. I hope that the IIHA will be able to play its part in giving prospective parents the information they need.

*Simon House*

## **BOOKS FOR PARENTS TO BRING REASSURANCE**

So often in the former Soviet Union, parents of sick children find it difficult to access information regarding their child's illness. The IIHA is fighting this.

Our most recent project has been designed to provide information about heart disease to the parents of Lithuanian children who are suffering from this life threatening illness. We have translated a book from English into the local language. The next step is to arrange for 1500 copies to be printed, which will then be distributed to those who need it.

The book is called '*Heart Children*' and is the standard text in England for the parents of children with heart disease. In Lithuania, there is no equivalent text. This means that parents often do not have the necessary information to care for their child. For this reason, the translation will play an important role in allowing for appropriate care on a long-term basis, ultimately saving lives.

Over-worked surgeons and healthcare professionals often do not have time to explain heart problems in detail to Parents and patients. This problem is accentuated by a hierarchical approach to healthcare. The surgeon is expected to have total control over the patients health and the patient is disempowered as a result. The presence of informative material is invaluable, allowing both parents and children the chance to understand more about the mechanics of the condition. This helps to achieve peace of mind all round.

The translation, like the original, will include both text and coloured diagrams to help explain the condition to parents. The book is written for the lay-person, but becomes quite technical at times, due to the nature of the subject matter. Sometimes doctors are surprised by the amount of technical information that the parents can come to understand about their child's illness. But as Marcus Haw, consultant cardiac surgeon at the Southampton General Hospital says, "nearly all parents

"nearly all parents spend considerable time and effort getting to grips with their child's disease. Most of them understand the anatomy and physiology of the defects better than their GPs."

This is just a small part of the IIHA's long term goal of changing views about health care in the former Soviet Union. We are grateful to the Quaker organisation, the Veta Bailey Trust, who have provided the funds to make this project possible.

.....  
*PATRICIA COCKRELL has long been a friend to IIHA. She manages the Quaker 'Friends House, Moscow' and is involved in many of our projects in Russia. She has kindly updated us on two of the projects that IIHA have been involved with in the past.*

## **THE YAROSLAVL HOSPICE**

After an epic six-month struggle to find premises in Yaroslavl for the 20-bed hospice unit which is at last to be financed by a European Union Tacis Lien grant, Larisa, a good friend to the hospice team, published an article in the local paper: CAN NO HOME BE FOUND FOR A HOSPICE IN YAROSLAVL? She made it clear that if no premises are offered, then the money would have to be returned to Brussels.

Having read the article, Dr Konstantin, whose village hospital is under threat of closure, made contact with the Yaroslavl hospice team. Larisa was so thrilled at the success of her article that she immediately published another: AT LAST THE HOSPICE HAS FOUND A HOME. This of course had dire consequences for Dr Konstantin, who was simply making preliminary enquiries and had not sought the permission of his superiors, nor of the Ministry of Health. A major scandal was averted when the hospice team, who have had training in non-violence and public relations, invited all concerned to the hospice day-care centre for a meeting for clearness (and lunch!).

Yes, we have permission to proceed with the plan to convert a rather decrepit village hospital into a 20-bed hospice unit. We drove the 17 km to Dievo with budgets and plans and tried to reassure the remaining staff that they would be offered jobs at the new hospice after training, if this is what they want. Yes, there are challenges ahead, but this is something of a triumph. The building has already been re-roofed in time for the winter snows; next job - drains.

## **THE MAGIC KEY**

Care for Children with Cancer and their Families:

Dr Grigori Tseitlin was keen to show me the improvements that have been made to the rehabilitation centre for these children, which is housed in one of Stalin's dachas on the edge of Moscow. In October 2000 I made the promised visit and was duly impressed. Largely because of his vision and skill at fundraising, the house has been transformed from a dingy, drafty place with buckets to catch the drips, to a cosy, weatherproof haven full of opportunities. A creative approach to repairs has added a certain charm: where expensive tiling had fallen off corridor walls, the gaps were simply plastered over and the children encouraged to paint on the plaster.

The workshops are still there and Grigori spent a long time explaining why crafts such as clay modelling and weaving are so important to children who are profoundly anxious about themselves, children who have survived operations and chemo or other therapies; equally important for the children who have all missed a lot of schooling are the educational opportunities which can now be offered at Lipki.

A Soros grant provided 8 computers which are well used. Grigori is grateful for these grants but is sometimes frustrated that there is often no flexibility in the spending of the money. For example, he has 8 computers but little software; he would very much like to be able to buy a software package so that the children could learn English.



# MAN OF PEACE

Just three weeks before he died at the age of eighty-four, Roy Ridgway received a letter from the Albert Schweitzer World Academy of Medicine saying that they intended to award him the honorary title of Doctor of Philosophy. This showed recognition for a lifetime's work towards world peace.

As Albert Schweitzer declared, our future depends on developing effective instruments of peace for a fundamental change in the way we think. This is a goal with which Roy wholly sympathised, with the work of the IIHA being just one practical manifestation of that goal.

Since his youth, Roy was a pacifist, spending the first three months of the Second World War in prison because of his beliefs. He later joined the Friends Ambulance Unit, saving the lives of injured men in the midst of heavy fighting.

While he was Editor of the British Medical Association's News Review, which had the highest readership of monthly medical magazines, he became one of the founders of the Medical Campaign Against Nuclear Weapons. Later he was European Press Director for 'International Physicians Prevention of Nuclear War'. The IPPNW prepared two papers describing the effect that an H-bomb would have on Boston, Massachusetts, persuading President Gorbachev to repudiate the nuclear deterrent. The team were later awarded the Nobel Peace Prize and Roy was one of the team who went to Oslo to collect it.

When he wrote 'The Unborn Child', published in 1987, it was ahead of its time. It suggested that parents should be in good health before the conception of the child and during pregnancy and that this is important for the health of the child in later life. But then Roy's approach was always a holistic, integrated one. He believed that ideal treatment should involve the family, environment and psychology of the patient. He was able to put these concerns to practical use through the work of the IIHA, which was founded a few years later.



Roy in Vilnius 1999

Roy and his wife Dorothea founded the IIHA in 1992, in memory of their son Tony, who had died of cystic fibrosis at the age of 29. It started in a very small way, with the aim of providing practical help to just a few children in the former Soviet Union. As regular readers of this newsletter know, the charity has grown over the last eight years, transforming the lives of many sick children and their families.

His vision and practical knowledge were always the driving force behind the IIHA, which lives on as his legacy, continuing to help new young lives to reach their full potential. Anyone who knew him realised his dedication to ordinary folk, his enthusiasm for what he believed in and the goodness and decency that shone out of him.

# ESTA-LEE SHARES HER KNOWLEDGE OF PHYSIOTHERAPY

***Esta-Lee Tannenbaum recently visited Russia to train children, parents and doctors in various physiotherapeutic techniques for coping with Cystic Fibrosis. This is her account of her trip....***

I am a respiratory physiotherapist at Great Ormond Street Hospital in London. I recently spent a week in Russia, passing on my knowledge of CF through lectures and workshops.

My trip allowed me to see the two beautiful cities of Moscow and St Petersburg. I started in Moscow, where I gave a lecture and practical training to the parents of CF children and various medical personnel, and then went on to St Petersburg, where I was surprised that doctors, physiotherapists and parents from as far away as the Ukraine and Siberia came to listen and take part.



I found that in both cities parents and children already had some knowledge of relevant physiotherapy techniques. I was able to build on this knowledge to teach them how to make these techniques really effective. We went into more detail about the techniques themselves, and talked about when to use each one., but often did not have a detailed know

It is quite telling that although a lot of the children and their parents had heard of pep-masks and flutters, which are pieces of equipment that help with breathing exercises for CF patients, they had never seen them.

This is because they are too expensive for the average Russian family, and even hospitals to afford. For this reason, everyone was very interested to see my demonstration of these pieces of equipment.

I stressed the fact that breathing techniques that don't need this specialist equipment can often be just as effective and we practised these in detail. I also made sure that I stressed the importance of physiotherapy for all CF children, explaining that even when these children are well, physiotherapy is an important device for keeping the condition under control. It is easy to forget how important physiotherapy is for CF children who seem well, so it is important to make this clear.

The parents were very enthusiastic and asked lots of questions and the children were happy to participate in the workshops. I found their enthusiasm very encouraging.

It was interesting to visit Russia and to see the differences between hospitals there and Great Ormond Street Hospital. In Russia there is a real pressure on space, and not as many nursing staff per patient as there are at my hospital. They have to manage in buildings that are not as modern or welcoming, and have to cope with overcrowding.

On the bright side, although the hospitals I visited did

not have much, they make the very best use of what they do have.

They have had some equipment donated, including a lung machine and have some balls for the gym. The gym itself is a lovely modern room, where kids can combat their illness in a fun way. They love rolling on the big rubber balls, shown in the picture below, and it also helps to strengthen their chest muscles. This gives them a better chance of being successful at fighting their Cystic Fibrosis.

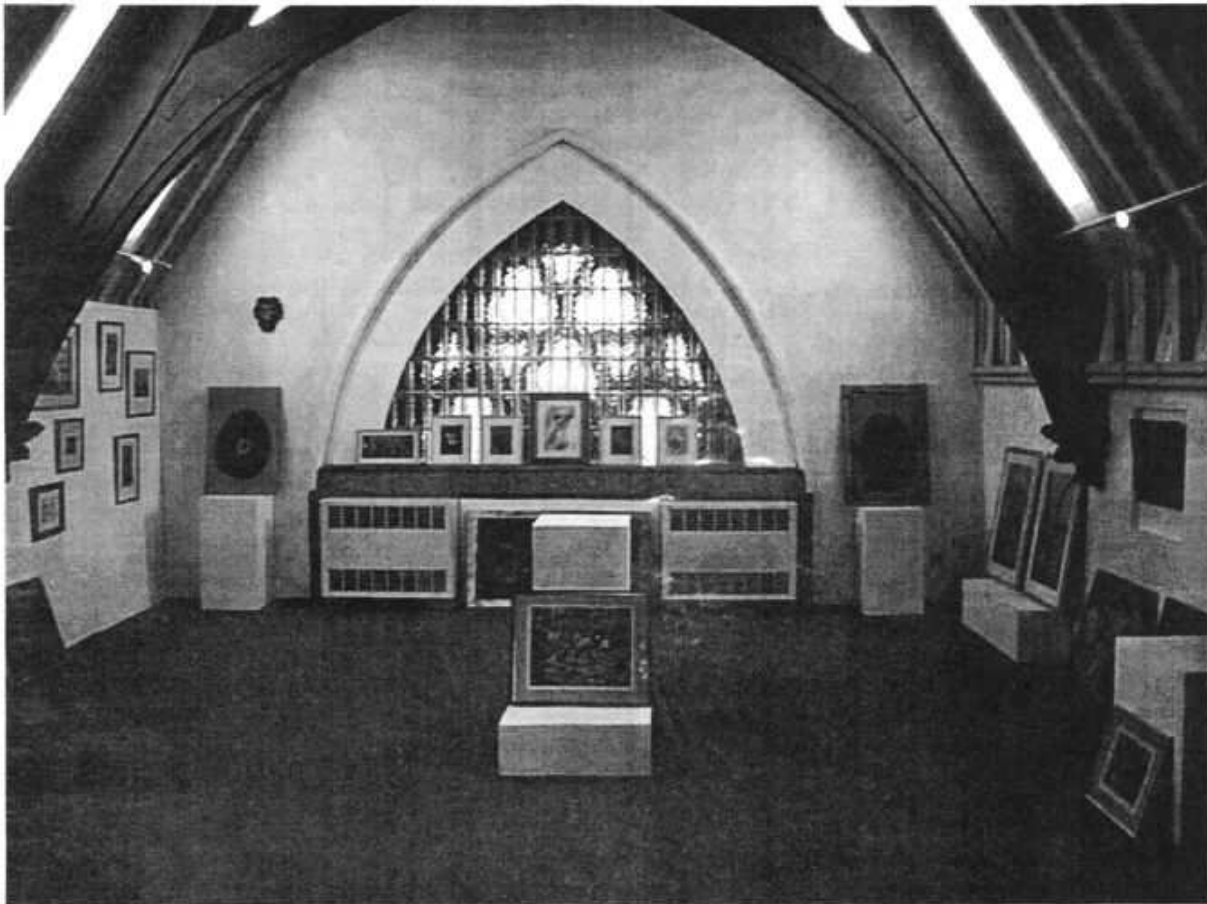
All in all, I found the trip very enjoyable, and am glad to have been able to share my knowledge of physiotherapy with such a broad range of people.

Esta-Lee Tannenbaum

*"Esta-Lee (right) with Liza, a Russian Physio at the well equipped Gym in St. Petersburg"*



# ANNUAL ART EXHIBITION



**QUESTION:** *What do the Road to Calvary, a bunch of Tulips, and a flock of nineteen sheep have in common?*

**Answer:** They are all the subjects of art works at the St Thomas Centre this month.

It's time for the annual IIHA fundraising exhibition again, and this year's crop of work is just as fresh and vibrant as regular visitors have come to expect. The works range from delicate watercolours to ceramics, to bronze casts.

Many of the paintings are by local artists, while others have come all the way from Russia. The effect is a heady mixture of the traditional and the contemporary, local landscape paintings side by side with a modern interpretation of the Russian ionic style. It's certainly difficult to pin down.

The blend of local and Russian art seems appropriate for IIHA. Like the charity itself, it mixes the local with the global, bringing the community in which the charity is based together with the distant communities it helps.



The Private View was well attended by friends of the charity and some of the contributing artists. Marcus Haw, a consultant cardiac surgeon from Southampton General Hospital, who has been to Moscow on several occasions with IIHA, gave a short speech in which he praised the work of the charity and

hoped that the exhibition would raise plenty of funds.

The guests were then free to explore, and even to buy some of the art works. Local artist Kitty Todd's pottery sheep proved particularly popular, and eight sheep from the flock of nineteen were emblazoned with red "Sold" stickers by the end of the evening. "Where the first sheep goes, the rest will follow" quipped one guest.

We were again fortunate to be loaned the gallery of the Hampshire Sculpture Trust free of charge. This exhibition space is in central Winchester, just a few minutes walk from our office. It is housed in the St Thomas Church, a beautiful old building, now converted and providing a great setting for the exhibition.

The IIHA are grateful to all the artists who have contributed their work to the exhibition.

# ALL ABOARD!

## IIHA WELCOMES NEW STAFF AND VOLUNTEERS

*IIHA have recently welcomed several new members of staff and volunteers to their office in Winchester.*

**INGRID PORTER**, who is currently on a sabbatical year from her regular job, has joined the charity as a volunteer administrator. She has thirty years experience working with a charity and has had a long term involvement at the experimental Brockwood Park School and at the Krishnamurti Foundation, a charitable foundation set up to disseminate the ideas of this Indian spiritual philosopher. She brings her skills and knowledge of charities to our office in Winchester, where she has been helping with many necessary administrative and financial duties. Having known Dorothea Ridgeway, a trustee of the charity, for quite some time, she says she is happy to help out during her sabbatical year.



Ingrid Porter



New recruit Sarah Whiteside, hard at work in the IIHA office

A recent graduate in Philosophy and Literature, **SARAH WHITESIDE** moved to Winchester from Warwickshire three months ago, and has been working for the charity since then. She was particularly attracted to the organisation because of its focus on sustainable health care, giving people the information they need so that they can make their own choices. In addition to enthusiasm for the charity's ideas, Sarah brings writing skills to the charity and is pleased to be gaining experience in the voluntary sector.

.....  
**BILL PETERSON**, a retired Education and Training Officer, brings to the charity a knowledge of Russian, and a willingness to help. "I just thought it was something I ought to be doing" he says. Bill is becoming a regular fixture around the office, often popping in to see if there is anything he can do to help out.

We also welcome **MAX BARBATO**, who has worked in marketing for much of his professional life. Like Bill, Max also became interested in the activities of the charity after seeing the advertisement in the Hampshire Chronicle and has been in touch with us in a consultative role ever since. His professional experience has been invaluable in helping us to plan a marketing strategy for the organisation.

### CAN YOU HELP?

As our activities expand, our need for help within the office increases. If you are able to offer administrative skills, or if you would like to become part of our fundraising team, please contact us.

We are also looking for a new Chief Executive. If you have the relevant experience, please visit us at the office, or call.

**01962-865858**





Pottery Sheep by local Artist KittyTodd proved to be a major attraction at our recent art exhibition

### IIHA Mission Statement

The IIHA promotes and maintains the health of the whole person as an individual, a member of a family and of society, from preconception care to life's end. We seek to do this by working together with others, including NGO's and government agencies, to arrange an exchange of know-how in the form of publications, visits, hands-on training, seminars, conferences and workshops in good practice. We aim to encourage self-help and patient-centred care and to arrange for the provision of supplementary nutrition, drugs and other essential supplies including medical equipment. The IIHA operates mainly in the independent states of the former Soviet Union and Eastern Europe, but hopes to extend its work to other regions where there is a need for help in developing an integrated approach to healthcare.

### THEFT AT THE ST THOMAS CENTRE ROBS IIHA OF FUNDS

Despite the success of our Art Exhibition this year, there was one thing that marred it and stopped it for being as profitable as it otherwise would have been.

About a week into the exhibition, the Exhibitions Assistant at the St Thomas Centre noticed that a beautiful bronze cast of an Arab Stallion had disappeared from the upper room of the gallery. She wondered whether it had been sold, but checking the books we discovered that it had not. We were all amazed to realise that the only explanation was a theft.

This was not only a beautiful piece but was also the most expensive work at the exhibition, due to the nature of the material it was made from. It was also about the right size to fit inside a baggy coat or jacket.

# IIHA

International Integrated Health Association

26 St Thomas Street  
Winchester, SO23 9HJ  
Tel/Fax +44 1962 865858  
E-Mail: iiha@dial.pipex.com

Website: [www.charitynet.org/~IIHA](http://www.charitynet.org/~IIHA)

Registered Charity # 1014734

### Trustees

Stella Cooper-Johnston  
Marcus Haw  
Dorothea Ridgway  
Michael Ridgway  
Allan Pepper  
George Sudbury  
Mary Sudbury

Newsletter Edited & Designed by  
Mark Pearce, Twyford.

Printed by Sarsen Press,  
Hyde Street Winchester

The police were contacted, but there have been no leads so far, they say.

Still, despite this unfortunate setback, we still hope to have made £300-£400 by the time paintings have been collected and artists paid.

### BECOME A FRIEND OF THE IIHA

**What you get:** As a Friend of the International Integrated Health Association you receive three newsletters per year, containing news of current projects and more general developments within the charity. From time to time you will also receive invitations to events organised by us, such as the private view of our recent art exhibition. (See pages 8 and 9)

**How it helps us:** By becoming a member of the IIHA, you will be helping to provide us with a regular income. This gives us the financial security that allows us to make promises to the people we help and to work more effectively for them.

**What it costs:** Individual membership: £20 per year      Family membership: £30 per year  
Corporate membership: £100 per year

**I would like to become a Friend of the IIHA.**

Title..... Surname.....  
First Names.....  
Home Address.....  
..... Post Code.....

I enclose a cheque/postal order for £.....

Please send this form, together with a cheque or postal order made payable to IIHA to  
IIHA, 26 St Thomas Street, Winchester, Hampshire. SO23 9HJ