

THERAPY CLASSES



Therapy work is a critical part of CARD's work at the Psychiatric Hospital, and over time, as food provision and living conditions improve, it will become



the primary focus of CARDS help.

Both patients and doctors see the benefits of the classes which has prompted

the chief doctor to recognize that this aspect of patient care is as equally important as medicines.



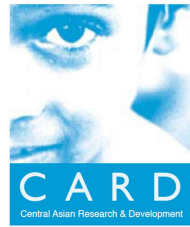
CARD presently provides Music, Art and Sewing Classes for patients—each

3 times a week, plus additional recreational activities such as



chess and board games, TV, a library, aerobics & gardening. Where possible, patients are taken outside the hospital for activities such as music concerts or picnics in the mountains. This can often be the only opportunity in a year a patient gets to leave the confines of the hospital.

Above: CARDS staff is delighted to say that Saleh, a regular attendee at the art class for over 10 years was well enough to return home in 2009. He would often cite the art class as "the best medicine anyone could give him"



"Offering aid to the most vulnerable sectors of society in the form of education, vocational training and development projects in Azerbaijan"

How can you help?

Our work is supported by charitable donations.

If you would like to contribute to the work by sponsoring a student, patient or baby then please contact us on email at the addresses below, or in Azerbaijan, please contact:

Katja Bittel or Sevil Abbasova at:

CARD, 27 Pushkin Kuchesi, Ganja, Azerbaijan.

Tel: (+994 22) 578997 or 578997

CENTRAL ASIAN RESEARCH & DEVELOPMENT (2000)



E-mail: Katja Bittel: az-director@card.org.uk

Sevil Abbasova: op-manager@card.org.uk

UK Bank Details:

Bank: HSBC Bank Branch: East Dulwich

Account Name:

Central Asian Research & Development

Sort Code: 40-02-32 Account Number: 21369253

BIC: MIDLGB2140G

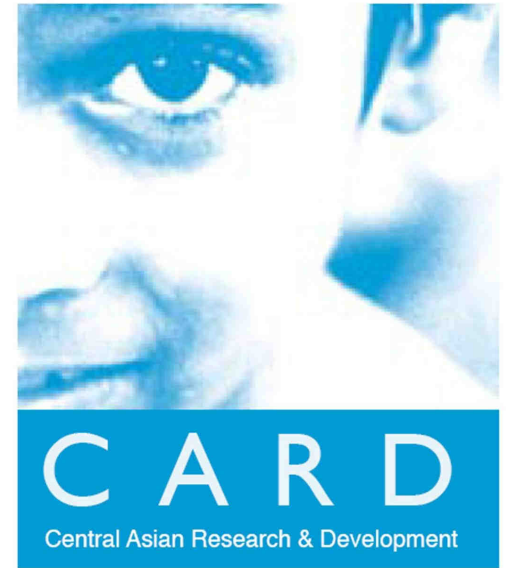
IBAN: GB03MIDL400232221369253

UK Postal Address:

Neil Atherton, CARD Treasurer,
63 Abbotswood Rd, East Dulwich,
London SE22 8DJ

www.card.org.uk

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MENTAL HEALTH PROGRAMME

Azerbaijan



CARD(2000) is a UK Registered Charity
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GANJA PSYCHIATRIC HOSPITAL



CARD has worked in the Psychiatric Hospital in Ganja, Azerbaijan for many years. Therapy Workers and a Food Programme Co-ordinator were employed in the whole programme of work which comprises supplementary feeding; therapy classes; renovations; provision of some basic patient health & hygiene needs; providing clothing and returning well patients home to the regions outside of Ganja.

Background

Ganja Psychiatric Hospital is one of the main facilities for Central and West Azerbaijan. It is presently home to around 140 patients. Mental health care continues to be a developing area in Azerbaijan, and like in many western countries, it has a lower profile within the health sector. Families and even medical professionals can often fail to understand patients' ongoing needs or when they can be returned home. Patients may remain at the hospital for many years because families cannot afford to collect them or may be afraid of having them back. CARD work with the doctors to identify those patients who could be returned home and liaise with their families. Since working at the hospital CARD has **returned home** over 70 patients to all parts of Western & Central Azerbaijan and reunited them with their families. Without this help these patients might still be in this institution today.



Supplementary Feeding Programme

The feeding programme is probably the most popular aspect of the work with the patients. Historically, patients died over the winter time, and a lack of nutrition has been a significant contributing factor to it. In September 2011 CARD took the difficult decision to stop our Feeding Programme that provided supplementary food twice a week to the 36 weakest patients at the hospital. However CARD's staff encourages individuals in the local community to donate meals and ensures that they are cooked and distributed to the patients.

In addition one-off celebration events are provided for all the patients at New Year, Novruz (21st March) and summer picnics in the mountains (for patients well enough to travel) where funding allows.

Can You Help?

The 'Sponsor a patient' programme, ensures the provision of clothing and regular therapy classes throughout the year. Your valuable support of £15 or 20AZN per month would, in conjunction with their medical doctor-led treatment, work towards trying to improve patients health both mentally and physically and hopefully return them to their home. Contact CARD for more details (see back of leaflet).



This garden was landscaped by a team of volunteers from the UK. "Coming to visit on a team is a great way to interact with the patients"

Renovations

Between 2003 and 2006 CARD worked hard to fully **renovate** two of the four wards in the hospital.



These wards were in a very bad state, but since renovation they have heating for the first time in 15 years, new windows, bathrooms, roof, décor and a water supply.

Above: Wards 2 & 3 after renovation

Since 2007 our focus has been on the remaining two wards. In 2007 a new aluminum roof was fitted (the old one was leaking in many places) and in 2008 new PVC windows were installed to all the patient areas to make the wards dry and draught-free. By the end of 2009 3 of the 4 bedroom areas on the women's ward have been redecorated and in 2010 the bathrooms and toilet areas of the women's and men's wards were refurbished with the help of the German embassy.