

One Afternoon in FANDIC

I had a great time observing the many and varied activities in FANDIC this last Monday and took the following pictures so I could share the afternoon with you.



FANDIC has been working with this senior's group for the past 7 years. The exercise session included regular checks of pulse rate, dance, and a visualization to encourage relaxation and positive thinking. The session was led by the young women in the tan uniforms who are physiotherapy students from the University of Santander.



While the seniors were working out in one room, the children were doing the same with their dance instructor in the adjoining room. After the session, the children changed into their dance uniforms in preparation for a street performance. This performance was held near the home of a FANDIC member, as a public relations activity. Every two weeks FANDIC visits the street of a different member and thus spreads the news about FANDIC.



FANDIC mothers set up a table to sell the desserts they had made for this event while the students went door to door to invite people to join the event.



This picture provides an uphill view of the people who came out to see the children dance and to buy the desserts (they sold out). The event lasted about 30 minutes and after it was finished, we returned to FANDIC.



Lastly, we watched a film selected from the Picture This Film Festival, which features films made by people with disability and is held annually in Calgary. The film was called Mothers with Wheels. It featured mothers in wheelchairs with their children and was Argentinean.

The afternoon with FANDIC was a wonderful example of the type of work they do in the north of Bucaramanga. The sector in which they work is not an easy one to work in but they have been successful in creating a support network for children and their families as well as providing services to other populations.

CAPD supports FANDIC's dance and nutrition programs and is now assisting them in the purchase of a used van so they can increase their scope of work. They are also in need of a new site as they are being squeezed to the point of discomfort in their present location. Any donations to either the van or the new site would be greatly appreciated.

Marlene