



Rehabilitation and  
Vocational Training  
Centre for Young  
Persons with Physi-  
cal Disabilities

## HELLABEEM SRI LANKA

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## SECRETS BEHIND OUR SUCCESS

For our students, Hella-beem developed a program centered on individual evaluation and a growth plan that equips them with the knowledge and self-confidence necessary to pursue further education or careers.

Trustees and committed staff work hard to improve students' lives. Occasionally, it is more than usual since these young boys are on the verge of giving up.

Everything ultimately depends on our sponsors, who are kind and compassionate people who wish to donate their earnings to those in need of assistance in advancing their careers and eventually becoming self-sufficient citizens.

*We make the casket to lay eggs and hatch them protectively, grow up with care and love that will lead them to fly and become independent one day.*







## MESSAGE FROM FOUNDER TRUSTEES

Helene Heijen & Jan Van Beek—We started with nothing, we bought only a coconut plantation. Now we have a beautiful environment that is crowded with trees, birds and of course our hostel, physiotherapy, classrooms, office, multifunctional hall, computer lab, eating room, kitchen, hydrotherapy room, hydroponic greenhouses and hydro therapy bath. We are very proud that this is all accomplished with the help of our staff, who are doing a wonderful job.





## SUMMARY

Hellabeem began its functions in January 2023 and mainly focus on curriculum development , psychosocial programs and maintenance of building and land.

Grass cutting and garden maintenance, Cinnamon processing , cow related matters and taking care of chickens were done under agricultural practices.

Computer servers are now placed in a newly built air conditioned cubical next to Computer unit and the complete building was renovated. It has new table arrangement for computers with network wiring.

Numerous medical interventions were carried out during the year, particularly for the treatment of bedsores and sending students to their specific clinics.

New staff has been appointed; they are a teacher for Language lessons, a hostel nanny , a regular laborer and a network technician.



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## SPECIAL POINTS OF INTEREST

- Old boy Sampath from Hambantota came back to Hellabeem for short period.
- New language and Math teacher Dilki resigned
- Pass out boys opened new shops
- Alms giving from a group of Monks
- Old boy UU Pradeep died unexpectedly







## KEY ACTIVITIES

1. Academic programs for pupils
2. Physiologic and psychosocial development
3. Garden maintenance
4. Home Garden
5. Cows and Poultry
6. Upkeep and restoration of buildings
7. Business planning for Group 1 boys
8. Follow-up with old Boys
9. Special intervention







SINALA AND MATH CLASS



ENGLISH CLASS BY RUKSHAN

## ACADEMIC CLASSES FOR BOYS

Initially Dilki was teaching Sinhala and Math lessons, but she resigned in August to move to Japan. After that, Thishantha teaches the Advance group, while Prasanthi instructs the Primary group.

Rukshan lost part of both hands in an accident while he was in a university. After some psychiatric treatments, he registered as a student at Hellabeem. His dream is to become a biology teacher, and he speaks English quite well. Thus we propose him to teach English subject at Hellabeem.







COMPUTER CLASS



ART CLASS BY PRABHATH

## ACADEMIC CLASSES FOR BOYS

Dayalal usually teaches art class, and our student Prabath takes over later. He can speak clearly, but he has heart problems and was completely deafened later in life. He sells his drawings on social media and is an extremely talented artist. He gets assistance from our PMT students in creating his Facebook page. He now has a source of money.

In addition to his administrative support employment, Kaveesha teaches a computer MS Office course once a week. He also works with network technicians on network-related issues.







COMPUTER HARDWARE CLASS



GRAPHIC DESIGN CLASS

## ACADEMIC CLASSES FOR BOYS

As usual, Shiran teaches group 1 computer hardware, but this year he began early sessions for group 2A. Next year, a specialized teacher will conduct a course on laptops and chip level repairs.

Group 1 and Viraj from the special group take graphic design classes from Subhash. This course is intended to increase knowledge of students but do not give big priority as electronics and mobile phone repairs.







ACCOUNT LESSON BY SHANIKA



HOME GARDEN CLASS BY DHAMMIKA

## ACADEMIC CLASSES FOR BOYS

Shanika takes over Dilki's account teachings. She began studying this subject in school and has gained a great deal of expertise handling finance at Hellabeem throughout the years.

Dhammika teaches lessons in home gardening. While developing her home garden with Indunil and Dhammika boy, Boys engage in gardening as a therapeutic activity.





SAMAN



KASUN

## ACADEMIC CLASSES FOR BOYS - INDIVIDUAL CLASSES

Some students have individualized schedules based on their cognitive abilities, which help them fit into basic groups. Saman Kumara hasn't attended school before, thus he learned his alphabet and numeric from Hellabeem. Subsequently, he entered group 2B to study electronics and computers. He can now use a computer.

Kasun D has practice sessions in the shop. His increased frequency of epileptic fits may be detrimental to his brain. He is to work as a shop assistant.







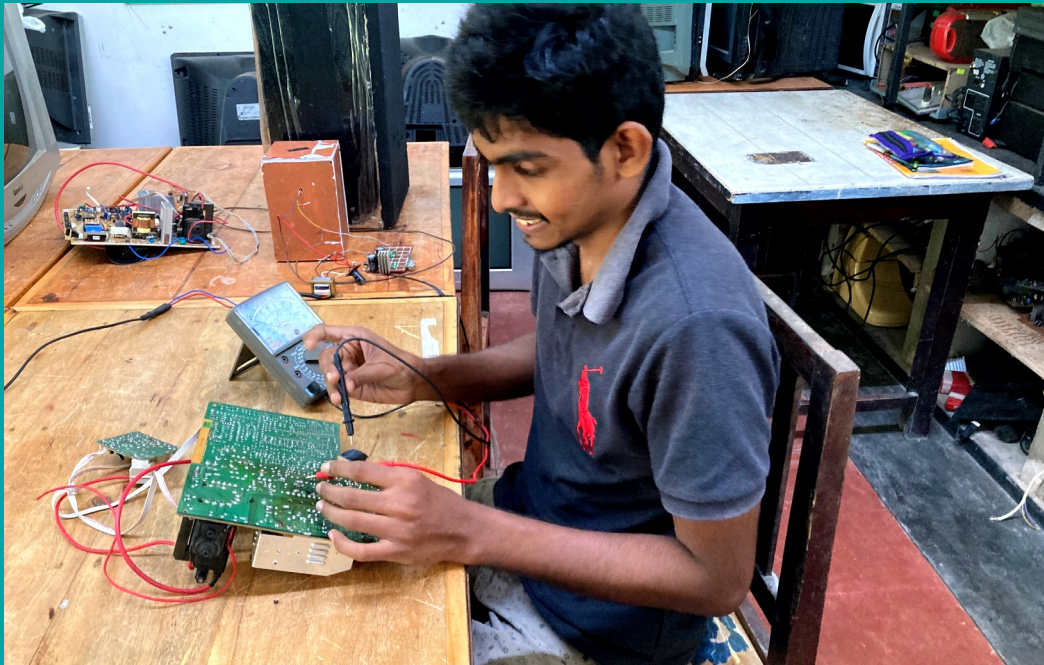
## OLD BOY SHASI STARTS LESSONS ON MOBILE PHONE

### ACADEMIC CLASSES FOR BOYS

Last year, Sashi, a bright businessman who was a student of Hellabeem, taught mobile phone lessons to group 1 when we were having problems with the mobile phone repair course. He visited Hellabeem for the second time this year. Boys find great value in his lessons, which are based on his extensive experience.







PRACTICAL LESSONS OF ELECTRONICS



PRACTICAL LESSONS OF MOBILE PHONES

## ACADEMIC CLASSES FOR BOYS

The workshop is well-equipped with a variety of tools and technological devices to create a useful workspace. Boys in Group 1 have extra time after dinner to practice using electronics and cell phones.







ELECTRONIC PRACTICAL LESSON



FOOD PROCESSING LESSONS BY CHANDIMA

## ACADEMIC CLASSES FOR BOYS

Our old boy Madushanka runs his shop nearby Hellabeem. Now he comes to Hellabeem once a week to help our students in their practicals.

Every Saturday Chandima, our additional cook conducts cookery practices with group 1 boys. Basically they learn how make simple food recipe which we consume as our major food. In addition they learn how to make Wade, Hoppers, Helapa, Rolls, Pan cake, Buns etc.





## ACADEMIC CLASSES FOR BOYS

First term began from January to April. Second Term scheduled from May to August. Third term was from September to December. Term exams were held in end of each terms. It includes theory paper, practical test and marks for assignments. Sometimes they have exams at the end of a main subject. Every week students practical's are recorded.







PHYSIOTHERAPY FOR HELLABEEM BOYS



PHYSIOTHERAPY CLINIC FOR OUTSIDE CLIENTS

## PHYSIOLOGIC AND PSYCHOSOCIAL DEVELOPMENT

Physiotherapy plays a big role in Hellabeem as most of our students are physically challenged. Each boy has a schedule and time spent with our assistant physio, Sameera depending on their physical level. Hellabeem conduct out patient physio clinic on Saturdays for about 15 clients. Our supervisory physio Janaka visits Hellabeem twice a month.





PSYCHOMOTOR THERAPY



PSYCHOMOTOR THERAPY

## PHYSIOLOGIC AND PSYCHOSOCIAL DEVELOPMENT

Every year, a group of Dutch university students travel to Hellabeem for their internship. Psychomotor therapy is what they research. There were four Dutch students in Hellabeem in 2023, and their primary goals were to foster self-worth and teamwork, therefore a variety of activities were conducted.







GAME TO DEVELOP THINKING



SWIMMING LESSONS BY HELENE



ADL PRACTICES BY MONICA



AYURVEDIC CLINIC







SWIMMING LESSONS BY PMT STUDENTS



COUNSELING SESSION







Kumar and family

## PHYSIOLOGIC AND PSYCHOSOCIAL DEVELOPMENT

In addition to requiring physiotherapy, the majority of boys have other health concerns. Every week, they were being referred to cardiac, neurological, and dental clinics as well as urologist consultations and bed sore therapy, among other services.

A couple guys were sent to a psychiatrist by the counselor following their initial investigation.

A professional wound care provider spent several months at Hellabeem because the majority of the pupils use wheelchairs and have bedsores. Due to the extremely high cost of the medications, the cost variance is significantly greater than the budget.







POLY TUNNEL FARMING



HOME GARDEN DEMONSTRATION



PLANTS BED ARRANGEMENT



HARVEST



POT CULTIVATION



MUSHROOM CULTIVATION







CINNAMON PROCESSING



PRUNING TREES



PADDY HUSK BIOCHAR



TEA PLUCKING



GARBAGE DISPOSAL



GARDEN MAINTENANCE







SANKA CUTS COCO CHIPS

## AGRICULTURE AND LIVESTOCK — REPORT

The main components of Hellabeem's agriculture program are poultry, milking cows, mushroom units, cinnamon cultivation, coconut cultivation, Poly tunnel and home garden.

Vegetables are cultivated organically in the home garden. The purpose of liquid fertilizer is to repel pests. All activities are done therapeutically with students, with the exception of cinnamon and coconut.

Sometimes, monkeys and peacocks damage plants.

One good cow was retained for breed development while the other low-fertile animals were all sold. Students now receive milk every morning after it gave birth to a boy calf. There is a separate, as of yet undeveloped area designated for the growth of grasses.

Four of our past pupils, Dhammika, Sanka, Sameera and Indunil, are currently engaged at Hellabeem as therapeutic trainers. Sanka occasionally fixes wheelchairs. Sameera helps out in the kitchen.







## BUILDING MAINTENANCE AND REPAIR WORK - NASURDEEN BUILDING REPAIR UPGRADE OF COMPUTER UNIT AND CUBICAL FOR SERVERS

The windows and doors that had a lot of decaying wood have all been replaced. A brand-new computer table has been made with suitable design for wheel chair users. Servers are arranged in freshly constructed, air-conditioned cubicle that has fire-proof ceiling. New network cables and an extremely efficient network switch are used to link every machine. Newly constructed electrical wiring that offers improved safety.

Aluminum material was used to replace two bathroom doors.







BUNGALOW REPAIR



BUNGALOW REPAIR



SWIMMING POOL RENOVATION



PHYSIO BUILDING REPAIR



PHYSIO BUILDING REPAIR



PHYSIO BUILDING REPAIR

## BUILDING MAINTENANCE AND REPAIR WORK







NEW DINING TABLES

## BUILDING MAINTENANCE AND RE-PAIR WORK REPORT

The exterior ceiling, roof rafters, rotten door frames, bathroom door, and other components of the bungalow were restored. The building was extensively painted after the repairs.

The damaged swimming pool's old tile grout was removed and a fresh layer of grout was added.

The physiotherapy building is undergoing yet another significant restoration. Numerous decaying window and door frames needed to be replaced. Plastic cover of physio-side windows were replaced with glass louvers.

Carpenter work is done by outside skilled person.

Since most wooden dining tables are likewise rotting, galvanized box bars and shutter boards were used to create new dining tables.

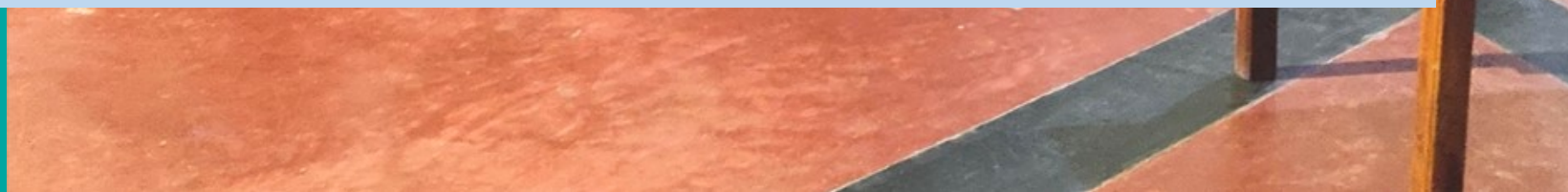
Sasanka, an older pupil, paints on walls.





## OTHER IMPORTANT ACTIVITIES

### STUDENTS SOCIETY







DANSALA CAMPAIGN



MONICA'S FIELD VISIT



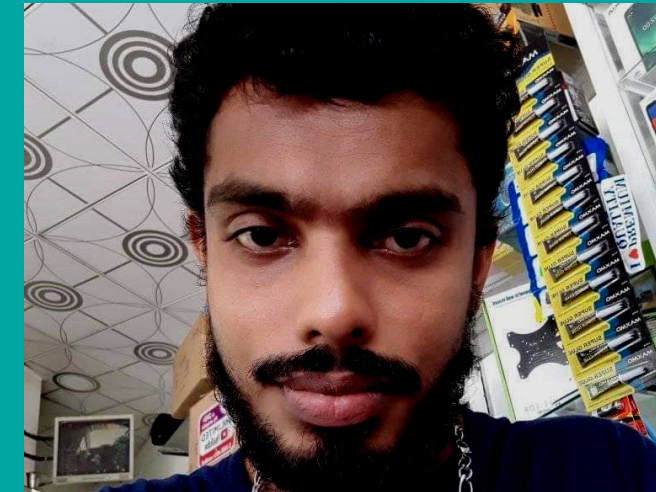
AWARENESS DONE BY MONICA



TRAINING SESSION AT ECSAT



ALMS GIVING FROM GROUP OF MONKS



OLD BOY UU PRADEEP DIED

## OTHER IMPORTANT ACTIVITIES







MADUSHANKA



PRASAD



PRAMOD



DANUSHKA

## NEW BUSINESSES

### OPEN

Former Hellabeem students who completed their studies the previous year launched businesses.

In February, Danushka established his repair shop. March the commencement of Madushanka's, Chameera's and Prasad's shop. In April, Pramod started his workshop in a rented space. In April, Lakmal also arranged for the store to open. Every boy listed above operates their businesses out of a room in their homes.

He is going to Tharanga's shop to acquire more practical expertise even though Tharusha hasn't opened yet.

Thank you for the sponsors, Hellabeem provide all the tools and equipment needed for their companies.







SASANKA

## INTERVENTION FOR OLD BOYS

One of the older boys, Sasanka, currently resides in Hellabeem and paints walls. He occasionally develops bone tumors that have a severe impact on his esophagus and respiratory tract. Only one ayurveda doctor's medications are effective but quite costly. He works for Hellabeem as a result of Hellabeem providing financial support for his medical treatments.

Thushara is another old student resides nearby Hellabeem, he has a medical issue, now became very weak and he is unable to manage his day-to-day activities. He will undergo a surgery next month. Hellabeem provide some medical assistance for him.

Hellabeem offers extensive loans for special purposes of their businesses of old boys, Sampath and Sashi.







HELLABEEM STUDENTS



NEW STUDENTS ARRIVED IN 2023







## MANAGEMENT TEAM



## TEACHERS



## THRRAPY TEAM



## HOSTEL TEAM



## COOKING TEAM



## MAINTENANCE TEAM



## SECURITY TEAM



## NETWORK TECHNICIAN

ARJUNA

SARATH

## GARDEN TEAM







## HELLABEEM TEAM







**Hellabeem Sri Lanka**

**Panchaliya - Borala Rd**

**Mahagodawatte**

**Ibbawala**

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