

Netherlee Cottage Saint Andrews Scots Kirk Project

Netherlee Cottage



Saint Andrews Scots Kirk



Netherlee Parish Church
Glasgow



The Netherlee Cottage Project was started in 2005 with a donation from Netherlee Parish Church in Glasgow to celebrate their 75th Anniversary. It is a family house located in a suburb of Colombo owned by St Andrew's Scots Kirk, Colombo, a congregation of the Church of Scotland. The residents are 6 ladies who were patients in a mental health hospital. The ladies are now living and working in the community and a joy to be with.

Netherlee Cottage is a development centre to reintroduce patients from Muleriyawa Mental Hospital back into society. This is a unique facility in Sri Lanka. Many of these patients have been in the Hospital for over 20 years, it has been their home and their families do not wish to know them. They are not familiar with making choices of what they eat or wear, two items amongst many everyday decisions we all make without any thought.

The residents are encouraged to follow any particular interests they may have to develop their individuality and any faiths which they wish to pursue. Some of the residents enjoy a monthly visit to the local Buddhist Temple where they meet with their friends. Development of the right to choose is paramount and always respected.

The People



The Cottage is managed on a daily basis by our two House Mothers , Chitra and Modini. They follow a rota system of work. Whilst on shift they live with the residents at the Cottage and are on duty 24 hours per day.



Netherlee Cottage teach personal care as well as house cleaning, shopping, cooking, gardening, household laundry as well as personal laundry and money transactions.

The most difficult subjects to develop are social skills and confidence in everyday life.

The Management Team of the Netherlee Cottage Project.





Working Ladies

This is the first Community House established and run by the Hospital. It is home to Ladies who have completed their training at Netherlee Cottage. They live here on their own and do their own shopping, cooking, cleaning and washing. They also go out to work each day to earn a salary which pays for their needs. The rent of this house was funded by the Zonta Ladies Group of Colombo and the residents pay for their own food and household needs as well as the utilities. We are currently looking for a new community house and the residents will be paying for the rent and utilities of the house in future.

The Ladies then move on from the Community House to live in small groups, paying for their own rent and utilities as well as all their other everyday needs.



These are some of the past residents of Netherlee Cottage who have successfully completed their training. Three of them work at a paper factory and the others work for Abans as cleaners. They live in the community house supporting themselves.

As we move more ladies on to the community house we create space to take more people for rehabilitation.

Ladies still looking for a home



Chandra and Hafeela are permanent residents of Netherlee Cottage

Chandra has hearing difficulties and consequently cannot speak very well, she can however communicate by sign language. Chandra is very artistic and likes to make her own creations with crochet or embroidery or painting.

Hafeela has learning difficulties but is fanatical about tidiness and cleaning and she is an excellent Maintenance Manager. Hafeela is very good at house management and will help however she can with the craft work.

Seelawathi is an excellent home help and we are working to move her to a new home at an Elders home, making space for a further Lady to train.

Further study and understanding of our residents

Investigation into the family history of our residents has led us to offer a sign language course for the residents, house mothers and management team. This was to improve communications between residents, staff and the team and therefore try to reduce the stress of misunderstanding, to encourage participation in all activities and to provide the circumstances for the residents to express themselves. Understanding the family and the situation surrounding the process of the resident entering Mulleriyawa Mental Health Hospital has helped the management team to work with the Ladies for an improved outcome.



Netherlee Cottage Crafts



We receive donations of old or broken costume jewellery and small pieces of material and the ladies will repair the jewellery ready for sale and also make a variety of things with any material donated.



This process creates an interest for the Ladies and provides motivation. We occasionally sell the goods at Saint Andrews Scots Kirk after Church services on a Sunday, at the Church Annual Bazaar in November and Netherlee Church in Glasgow also share the Ladies crafts with their congregation for sale. The Ladies from the Cottage come to the St Andrew's to participate in the sale of their goods. They can then see the fruits of their labours. It also provides an opportunity for them to develop their social skills as they interact with the Customers.

The income earned from this process is used to buy raw materials for the Ladies to use to make their next products.

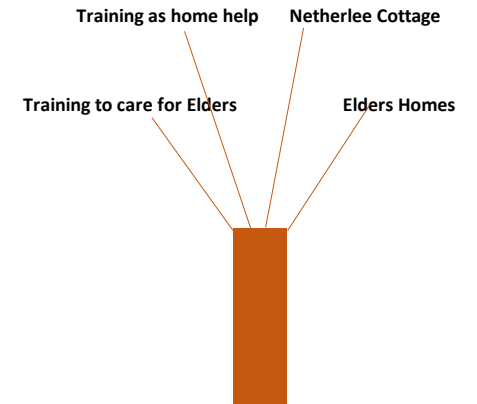
Meetings with Mulleriyawa hospital



Netherlee Cottage Team work closely with the staff from the Hospital. The aim is to marry the requirements and the facilities together with our experience to achieve a Training Programme suitable to prepare patients who are Psychologically stable and resident at Mulleriyawa Hospital for a place in society with the skills necessary to earn a living.

We select residents for the Cottage by interviewing patients who have been short listed as suitable by the Hospital. The selected candidate will live at the Cottage for a trial period until a final decision of suitability for training is made.

Mulleriyawa Hospital Rehabilitation Tree



Netherlee Cottage is at the top of the tree to help the Hospital to place the stable residents for training. A "Working Together" document has been agreed and signed by Mulleriyawa Hospital, St Andrew's Scots Kirk and Netherlee Cottage.

Netherlee Cottage can provide a homely environment to prepare the residents to work as a home help in the future. What to expect in the home cannot be provided at the Hospital.

The length of the training depends entirely on the residents. It does take new residents many months to become use to living in a home and then to learn the skills which they will need for independent living.



Meeting at the Cottage with the Psychologists, Matron, Occupational Therapist, Social workers and Nurses from Mulleriyawa Hospital to discuss any problems and make plans for the future of the project.

Volunteers - past and present



Shona



Lisa



Caitland



Elfriede

We welcome volunteers to the Project, to live and work with the Ladies teaching them new skills and to bring variety to their lives.

Finances

Part of that sum from Netherlee Church was used to buy the Cottage to house the Ladies and the balance of that sum was invested to give an income to pay for the running of the Cottage. The Project does also received an annual donation from Netherlee Church in Glasgow and a further private donation from one of our volunteers who continues to support the Project. These donations also go towards the expenses of the Cottage.

The Finances of the Project are controlled very tightly with an annual budget and monthly monitoring of the cost of food and services. We are managing to maintain a healthy diet for the Ladies at a cost of approximately 200Rps per person per day. (£1)

Even with all these controls we find we have a shortfall of funds against the budget of 400,000Rps (2000GBP) per year. Any additional sums raised over and above this figure can be invested. The interest from this investment will go towards reducing the funding gap for future years.



We also need to find funding to take the Ladies for outings to broaden their understanding of life outside the Hospital, the Church and The Cottage and prepare for life in the wider world.

If we have any major expense at the Cottage we have to raise money separately to cover these costs. The Caledonian Society for example funded a new television for the Ladies and new curtains for the house in 2015 and to repair the roof in 2017. The ABR funded the painting of the house in 2014 and new mattresses in 2016 and a new water tank in 2018.

Donations of any small sums are always welcome.

The Netherlee Team