



Shekinah Cerebral Palsy Support
Newsletter

Number 4
2026



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THE BEAUTY OF CARING FOR OTHERS



Providing pushchairs & Strollers

Our BIGGEST yet!

Dear Friends and Supporters,

On Saturday 21st March we had our BIGGEST parenting workshop yet. **Thirty eight** families all with cerebral palsy children were represented, along with seven volunteers from the Manila area, two nurses from the department of health and other local representatives.

Thank you for your continued support for the Cerebral Palsy community in Bohol. Your commitment is making such a difference to the lives of these children and their families.

THIRD BOHOL WORKSHOP, UBAY 21ST MARCH, 2026



Our recent parenting workshop in Ubay, Bohol brought together families raising children with cerebral palsy in a warm, supportive space filled with understanding and encouragement. Parents shared their experiences, learned practical strategies for daily care, and connected with others who truly understand their journey.

A key highlight of the workshop was the hands-on support provided to families. There were practical demonstrations of safe and effective feeding techniques, along with helpful guidance on nutrition to support each child's growth and wellbeing. Our trained Bobath therapists also carried out individual assessments for every child, offering tailored advice and strategies that parents can continue using at home.

The session focused on building confidence, celebrating small wins, and reminding every parent that they are not alone. Through open conversations, practical learning, and shared moments, families left feeling more empowered, supported, and hopeful for the future. It was a meaningful step toward strengthening our community and uplifting one another.

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<https://www.shekinahcpsupport.com/>



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THE BEAUTY OF CARING FOR OTHERS

SUPER KIDS!



Johnson, Dad & PTs



Khurt

Shekinah future plans

- To provide twice weekly **transportation costs** to enable the children to receive physiotherapy in Ubay. Parents & carers will also get much needed socialising opportunities
- To supply **practical resources** such as pushchairs, neck braces and carriers on a 'needs' basis
- To continue to provide **Parenting workshops** in conjunction with local carers officials and health officers
- We also aim to support the **professional development** of physiotherapists in the Ubay area by enabling them to attend specialised training courses focused on enhancing their knowledge and understanding of paediatrics and the care of children with cerebral palsy.

Mary Joy and Jairo



Mary Joy Tolentino, a 23-year-old single mother shows remarkable resilience while raising her son Jairo, who has multiple serious health conditions. Despite being abandoned by his father, she completed her education, works online to support them, and relies on help from her mother and community. She remains hopeful for the future, aiming to secure a stable teaching job and improve their living conditions to give her son a better, healthier life.

She reflects that her greatest reward has been healing through small victories with Jairo. Letting go of guilt and "what ifs," she now defines her journey by her strength and Jairo's resilience. She finds deep joy in his small milestones.

Mary Joy emphasizes that emotional support and community kindness have been essential in her journey as a single mother. Despite early criticism, she found strength in the generosity of neighbors, strangers, and her own mother, who helped care for Jairo and meet their needs.

She wishes people were more open-minded and recognized that children like Jairo deserve love, dignity, and inclusion beyond their diagnoses. Despite hurtful judgments, she affirms that Jairo is not a burden but her greatest source of hope.

What truly moves her is how he communicates. Even though he can't talk with words like us, he absolutely responds when she talks to him. He 'talks' back with his sweet coos and by kicking his legs with excitement. Therapy has also helped him a lot in this journey.

Her greatest dream is for Jairo to have a comfortable life and the best possible quality of life. She especially hopes to improve his vision by taking him to a specialist, wanting him to experience and see the beauty of the world. Also, securing a safe, clean water source in her home would be a life-changing improvement.

- You can read more of Mary Joy's story on the Shekinah website in the 'Our families' section.



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THE BEAUTY OF CARING FOR OTHERS

SPOTLIGHT ON FAMILY



Meet Precious:

At just nine years old, Precious has already faced more challenges than many of us will in a lifetime. Living with cerebral palsy and epilepsy, each day brings its own hurdles—but through it all, she shows a quiet strength that inspires everyone around her.

Precious lost her mother when she was still a toddler, and not long after, her father moved away. Since then, she has been lovingly cared for by her Lola and Lolo—her devoted grandmother and grandfather — who do everything they can to give her comfort, stability, and love.

Despite their dedication, life has not been easy. One of Precious’s most urgent needs today is dental care. Her teeth have gone untreated for some time, and she is now suffering from painful gingivitis. Eating can be difficult, and the discomfort affects her daily life.

With the right dental treatment, Precious can be relieved of this pain and regain her ability to smile freely. Your support can help make this possible—giving Precious not just better health, but a brighter, more comfortable future.

Every child deserves to smile without pain. Precious is counting on us.



HOW CAN YOU HELP?



Every small action has the power to create change! Here are a few ways you can get involved:

- **Volunteer:** We are always in need of passionate individuals to help with events, or administrative tasks (particularly social media)
- **Donate:** Your contributions will hugely support families in need. See link below
- **Spread the Word:** Help us raise awareness by sharing our mission with your friends and family.

Thank you for being part of our community. Together, we are making strides toward a brighter future for children and families facing cerebral palsy.

THANK YOU!

