

## Message from the Committee

The Covid-19 pandemic has proven to be a real challenge in terms of health as well as for the organization of our work.

We extend our sincere thanks to those who made the signature of the pilot contract possible, on September 26th, 2020 between pretac<sup>+</sup> and discovering hands® Germany.

The patience of our donors, the collaboration with our partners, in particular the Fédération suisse des aveugles et malvoyants (Swiss federation of the blind and partially sighted) as well as the responsiveness of the team of volunteers, allowed us to organize the first course module. Our two trainers, François Marti and Martial Robellaz, learned the discovering hands® method in Düren, Germany from October 18th to 30th, 2020. The second phase, which was scheduled from November 23th to December 4th, 2020, will be postponed until 2021 first quarter due to sanitary conditions.

## SUPPORTING OUR CANDIDATES...

**Ebby (blind)**, our first Manual Tactile Examiner (MTE) candidate and pretac<sup>+</sup> ambassador, is convinced of the appropriate choice of candidates. "We are already a team where each one of us will be able to find her place. We are going to support and help each other because we are conscious of our different personalities and abilities. After our first meeting, I was elated to feel the human quality of the candidates and also of the trainers. I can't wait to start the training program! "

**Marzia (blind)**: "I want to give back some of the precious support I have received and help other women in breast cancer detection. I am very motivated and I am sure I can be quickly trained in this method. I like to learn, I wish I could finally work and occupy myself in a meaningful way".

**Maria (visually impaired)**: "I would be flattered if I could help women with the early detection of breast cancer. What most motivates me in life is the relationship with others. Therefore, I am very grateful to have the opportunity to become a Manual Tactile Examiner for pretac<sup>+</sup>".

**Sarah (visually impaired)**: "It is an exciting project for me as this new job will open up professional prospects for my future. My mother used to see me as a masseur but MTE is really made for me. I dream of starting a new step in my life and having a concrete activity helping other people ".

## WITH OUR PARTNERS



Société Suisse de Sénologie  
Società Svizzera di Senologia

## WITH MEMBERS, DONORS

Thank you to our numerous private supporters as well as to the four foundations including the André Cyprien Foundation, the Gelbert Foundation and the Municipality of Bellevue.



Fondation  
**Gelbert**

FONDATION  
André & Cyprien



## ACTIVITY

Since September 2020, we are pleased to announce that we have received support from the Municipality of Bellevue. We continue to solicit the help of other Geneva municipalities and foundations to complete our budget.

Our association has been affiliated with the Office cantonal des assurances sociales (OCAS) since October 2020.

Thanks to the valuable advices of our partner Swiss

Risk Care, we have subscribed to insurance contracts,

for Civil Liability, pretac<sup>+</sup> legal protection and the “Loi Fédérale sur l’assurance-accident” (LAA) for the two trainers recruited under fixed term contracts for their training period. Once they have graduated, they will start training our future MTEs.

During their first stay in Germany in October, they met Dr. Hoffmann and the two other people in charge of the discovering hands® "Train The Trainers" course.

This first step of our pilot project was mentioned in an article written by our Communication Manager which you can find, as well as the interviews of our MTEs and trainers, on the pretac<sup>+</sup> website and on LinkedIn

**François Marti** is a certified masseur in four types of massages: classical, Californian, wellness reflexology and seated massage. He studied anatomy, massage technique and body awareness at the Academy of Therapeutic Arts (Arthera), in Geneva. He easily obtained the necessary diplomas to be ASCA certified (Fondation suisse pour les médecines complémentaires) since March 2020 and is practicing as an independent. During the first training module for trainers, he learned the discovering hands® palpation technique. The latter consists of guiding yourself on the patient's breast with two fingers which take the discovering hands® stripes as reference points, while making circles with two other fingers, in order to identify any possible tissue abnormalities to be indicated to the doctor.

**Martial Robellaz**, professor of anatomy and physiology, particularly appreciates making scientific and complex information accessible to learners with little or no medical training. During his professional career, he has developed his listening and empathy skills. He knows how to teach by touching the body and guiding trainees' attention. Upon his return from Germany where he attended the first training module, Martial said he is reinforced by the rigorous professionalism and experience of more than 10 years of the discovering hands® teams. This method has indeed already been proved its effectiveness in Germany, Austria as well as in Mexico, Colombia and India.

Thanks to the announcements made by FSA in French-speaking Switzerland, we interviewed several blind and

visually impaired women of exemplary courage. They all have different profiles, with or without previous professional training, having or not disability insurance (AI).

Several meetings took place at the Maison du Bonheur, in the heart of Geneva, future location for MTEs training. We would like to express our gratitude to its manager, Mr. Goweri Sundaram, who kindly welcomed pretac<sup>+</sup>.

Today, the priority is to finalize in early 2021, the training of François Marti and Martial Robellaz, in Germany if sanitary conditions allow it. A pretac<sup>+</sup> MTE assistant trainer, will join them for this second phase to guide the candidates' learning of the tactile method .

Once they have graduated, the trainers will meet our pre-selected blind or visually impaired candidates to assess their abilities and needs before starting the Manual Tactile Examiner's training.

pretac<sup>+</sup> would like to thank the law firm that advised us pro bono for the cooperation contract with doctors which will allow us to contact the “ Hôpitaux Universitaires Genevois » (HUG) and gynecology firms in order to find internships for each of the MTEs .

## Conclusion

The commitment of our partners and donors is essential for to the success of our project. We would like to renew our sincere thanks to them for their trust and precious support.

To all of you: donors, partners, members, friends and volunteers, a big **THANK YOU**. We have taken our first steps thanks to your support and hope to count on you in the future!

The Committee wishes you a very happy holiday season and expresses the following wishes:

- *to continue ensuring that the training of our MTEs begins in the first quarter of 2021.*
- *that in these difficult times, you take care of yourself and your beloved ones.*

**Happy New Year and see you in 2021!**