

HELP RURAL NEPAL

NEWS UPDATE APRIL 2014

Hello everyone and we hope you enjoy reading the update of Help Rural Nepal's recent work in a remote rural area in Dhading, Nepal.

We support three schools and one health post in the village of Khahare and the surrounding area as well as helping individuals in need. Thanks to your kind donations we have been able to provide more equipment and support to this remote area.



Our first trip to the village in March was with 2 young Dutch volunteers Lidwien and Juuljte and we arrived in time for the prize giving ceremony and the celebrations of 25 years of Sukaura School. There were 2 days of speeches, flowers, awards and singing and dancing competitions. Many parents and friends attended to support the students.



After the prize giving the headmaster made sure that no child was forgotten

and gave tikka, a Hindu blessing to everyone.

Shital, our Nepali partner and Pam were delighted to be able to hand over 3 computers and a printer, which were very kindly donated by the Rotary Club Bristol Breakfast, to this very enthusiastic and successful school.



Lidwien and Juultje were helping with the English teaching at Shree Anchu Primary School. The children's English language is limited but their enthusiasm made up for it and they enjoyed the help and fun the girls gave them. All the children managed to improve and benefited from the extra help received just before their exams.

The girls enjoyed living in the village with Shital's family and ran several impromptu classes, before and after school, when the children just turned up at the house!



Sanjib, the health worker in charge of the health post, recently passed a dental training course and we took dental instruments, very kindly donated by Harptree Dental Surgery in Somerset to the health post so he can now help his patients with any dental problems. We also gave a much needed nebuliser, foetal Doppler, warm hats for new born babies and a multi positional lamp which will be so useful for providing a good light particularly when delivering babies.



We are hoping to buy a small fridge for freezing ice-packs used for transporting vaccines to more remote areas. There is a successful vaccination programme and good ante and post natal care in this area and we are glad to be able to support our health workers in their wonderful work.

Our second group of volunteers were from the UK and also taught at the primary school and helped with the computers.



Rachel, Lizzie, Faith and Ruth continued the work of Lidwien and Juultje by helping the children with their English. They also had a never ending supply of songs and games to share with them - the favourite was, as always, the Hokey Kokey!

Rachel presented a plaque to the school in memory of her aunt and our friend Janet, who sadly died 4 years ago. Janet, herself a primary school teacher, generously donated the funds to provide the library at the primary school.



It was good to see two particular young boys attending school - Poona (left) had many problems when he was younger including a cleft lip and palate and delayed milestones. We were able to help him and although he



desperately needs speech therapy he is at least attending school sometimes and can run around with the other children.

Saroj (right) is almost 5 years old and had been very neglected when he was living away from



his parents. They were working away from home, unaware of the situation. He is now back living with his family again and although he is gaining weight slowly, he is still behind with communication skills. Help Rural Nepal recently arranged for him to have a necessary operation and he will need a lot of help and support in the future. He is seen here coming to school with his younger brother and mother.



There is still a lot of work to do at this school and we are hoping to help provide a good English teacher in the future.

There are some very poor families in this

community and we hope to help them with school fees, uniform and extra food for the children through sponsorship. Please let us know if you would like to help.





Our fundraising continues – we had a very successful walk in February when we walked the footpaths around Regil in North Somerset on one of the very rare dry days. We all enjoyed a great lunch on our return and we thank Ali and Chris Simmons for their kind hospitality.

Our next event is also a walk - we are lucky to be able to visit Holt Farm, the home of Yeo Valley organic dairy products in Somerset. The walk will take us beside Blagdon Lake in the Chew Valley and we will be able to explore their beautiful organic gardens at the farm. A delicious Holt Farm lunch is included and we hope that many of you will join us on May 11th for what we hope will be a lovely day!

Once again we would like to thank you all, volunteers, donors and supporters for the wonderful and continued support you give to Help Rural Nepal in so many ways. We could not do this work without you all.

Thank you also on behalf of all our friends in Dhading, Nepal.



Please visit our website for more details of all our projects

With best wishes and thanks

Pam, Felicity and Catherine