

Help Rural Nepal



July 2010 Newsletter

It is almost a year since Help Rural Nepal began and what a successful year it has been thanks to all our supporters and donors.

Our main project was to rebuild the school in the village after the previous one was badly damaged by a landslide last summer. The new school is now finished and the children are happily ensconced. A new class 4 has started and two new teachers have joined the school. HRN is paying the salaries of 2 ½ teachers while the School Committee & the government pay the remainder 1 ½.

A women's literacy class has also started which is very popular. Most women have had limited education and if they were lucky enough to go to school, it would only have been to primary level for most.

New teacher Sangita Dharel with her class



We hope, with new opportunities for the village that the committee will eventually be able to fund the running of the school themselves.

With advice from the teachers, we selected new school English books and with a kind donation from friends in Singapore these have been purchased and are in use.

Shital with the children showing off their new English books



I visited baby Purna whose treatment for a cleft lip and palate is now complete. We will have to see how his speech develops and find help if necessary.

Purna's brother proudly showing him off!



Sunil, who had surgery on his burnt hand last year, no longer needs to wear a splint on his hand—which is a great relief to all as keeping it there was a challenge! He now has good use of most fingers and with new found confidence he has become an extremely lively member of his class!

I have also visited a physically disabled girl Sita, who lives with her family on the outskirts of the village. She is unable to move anywhere without help and a wheelchair would be impractical on the rough hilly terrain where she lives. We are trying to find ways of improving her life and we have made a small donation to her and brought her some Nepali folk storybooks from Kathmandu which she loved. We hope to do more in the future.

We are hoping to start a library for the community and I took a huge bag of donated new books, lovingly carried from the UK by friends, to the school. Our plan is to select most of the books with the help of the teachers and buy them in Kathmandu.

We were lucky to have Stijn de Clerk working with Path Nepal for a few months this year as part of his university course. Path Nepal is the Non Government Organisation (NGO) that we fund and who carry out the projects in the village. Stijn was researching possible sustainable projects that could improve lives and produce income for the village.

Stijn and friend harvesting!



Stijn's main focus was on the introduction of an alternative to wood fuel. He was researching brickettes, which can be produced and sold in the village and surrounding areas. This project could bring employment to the village as well as offering a cheap, sustainable, smoke free fuel. The use of this fuel would be less damaging to health and would help prevent deforestation. Stijn's research shows it will be financially viable and we plan to introduce this scheme in the autumn. Our thanks to Stijn for all his work.

Back home this year we have organised two fundraising walks, one jointly with a similar charity working in Africa. These have been very successful – walkers were given route maps and on their return were given delicious food. After the last event walkers were treated to a wonderful spread of Nepali and Ghanaian food.



The Nepali food was cooked by Prabes, a Nepali student friend studying in the UK.



The start of the Chew Valley walk in March 2010

The first walk raised enough money to put the roof on the school and the second will pay for the teacher's salaries for four months.

A very generous donation came in memory of a very dear friend Janet, who died earlier this year. Janet had always been a wonderful supporter of HRN and followed our journeys and adventures in Nepal with such enthusiasm. Sadly she didn't manage to visit Nepal with us. We thank all her family and friends for their very kind donations.

We have continued to receive many donations for which we are very grateful. We are running a stall at Shambala Festival (www.shambalafestival.org) this August selling Nepali goods in aid of HRN so do call in and see us if you are there!

Our next volunteer, Chris Pover is venturing to the village in September. Chris plans among other projects, to paint the classroom, run some extracurricular classes and we wish him well. I have heard from Shital that the road to the village from Dhading Besi – normally a three hour rough bus journey – has been damaged by the monsoon rains so everyone will have to walk for several hours to reach the village! Another challenge for Chris!

We have two runners in the Bristol Half Marathon in September raising money for HRN– good luck to Steve Thomas and Will Hazell (www.justgiving.com/william-Hazell). Will is raising funds for solar panels to be installed on the school roof so the school can be used in the evenings.

I return to Nepal in September and I am looking forward to visiting the village and seeing the school up and running.

I will of course be taking a new supply of volley balls, that are constantly bursting on the rough ground!

We would like to thank everyone who has given money, time, jumpers, books and good wishes to

We would like to thank everyone who has given money, time, jumper, socks and good wishes to help us help this community. We would also like to assure you all that every penny donated reaches them.

With best wishes,

Pam, Fliss and Catherine...



...and from us!

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[< previous](#)

[next >](#)