

Help Rural Nepal

Review from 2014

Welcome to our latest update from 2014 and we hope you enjoy reading about our work. Help Rural Nepal supports health and education in a remote, rural community in Dhading, Nepal. Together with our Nepali partner, Shital Dharel from Path Nepal, we are now supporting 5 schools in various ways, individuals and families and the local health post.



2014 was another great year for Help Rural Nepal, in the spring we had 6 young volunteers from Holland and the UK helping at



the primary school, as highlighted in the last newsletter.

In the UK we had a great fundraising walk and a visit to the beautiful Organic gardens at Holt Farm courtesy of Yeo Valley.

In November the village had a visit from members of the Rotary club and in December we hosted a dental camp.

Help Rural Nepal

Rotary Club Visit

Earlier in the year, The Rotary Club of Bristol Breakfast donated funds to provide 3 computers and a printer to Sukaura School which we delivered in April. In October Pam and Shital were delighted to welcome a group from the Bristol Rotary club to Nepal and to be able to take Colin and Gillian Shurrocks to the village in Dhading to visit Sukaura School to see how their donations have helped this enthusiastic school.



We received an amazing welcome!

We are very grateful for all the support we have received from

The Bristol Breakfast Rotary and hope to work with them in the future.

Help Rural Nepal

Dental Camp

In November a Dental Health team from Holland returned after 2 years to spend a week in the village treating patients and giving valuable practical training to local health workers. The team was led by dentists Geerje and Guus, two dental assistants and two dental hygienists.



There were four local health workers and a recently qualified Nepali dentist.

The health workers had previously completed a basic dental course funded by the dental team.

We also had a group of fantastic volunteers from the school.

With their training, practical experience and dental instruments donated by the Dutch team, the health workers are now able to give dental care in their own communities.

Help Rural Nepal

The dental hygienists, Marleen and Renate visited 3 schools where they taught teachers and children about dental care as well as donating many toothbrushes and toothpastes.



The hygienists were encouraging teachers to organise communal teeth cleaning every morning at school.

Over 200 people were treated and many had walked for several hours to join the queue with the best view!

We had a rewarding week with the team and thank them so much.



Help Rural Nepal

Knitters from Somerset

A Somerset knitting group 'Loxton Chat and Do', donated many hand-knitted warm hats, jumpers and blankets which we were able to distribute before winter time. These will be particularly beneficial to the newborn and young children.

Many thanks go to Margaret and her great team of knitters for their hard work and valuable contribution.



Updates

With your very generous donations we are able to continue supplying books and computers to schools and Khahare College.

We are able to support very poor families with food, clothes and school costs.



We are able to provide equipment to the health post.

Help Rural Nepal

We can continue to support individuals such as Luna, who is studying at Banepa school for the Deaf.



None of this work would be possible without your help. So many thanks go to all our friends, supporters, volunteers, donors and anonymous donors.

Pam returns to Nepal in February so we hope you will follow our projects on Facebook and our website.

On behalf of the community in Dhading, Help Rural Nepal thanks you all for your help and support.

Best wishes from us all,
Pam, Felicity and Catherine



UK Charity registration no: 1143094

www.justgiving.com/helpruralnepal

www.helpruralnepal.org