

Latest update – December 2011



20 December 2011

December 2011 update

This update can also be seen on the website at www.rannepal.org. Here there is a summary of what has been happening since the last update in August 2011.

Volunteers

It's been a very productive year, with over 40 volunteers helping out at schools, hospitals and healthposts around the country. Altogether 35 medics, medical students, nurses, doctors and paramedics have helped at the hospitals and healthposts and another dozen or so volunteers helped teach at schools.

For next year, already several students and doctors are scheduled to help for varying periods of time at the hospitals at Gulmi, Bajhang and Doti, with a schoolfriend coming in January to help teach computing at Bangeswal in Puthan that received its first computers just a few months ago.



Volunteers relaxing in Kathmandu after volunteering

Women's Foundation: Daycare centre for poor children, Boudhanath, Kathmandu



Womens' Foundation's Daycare centre at Boudha.

The Women's Foundation (WF), helps set up women's groups and provides shelter to abused women and children, running a workshop to provide employment and earn income to support the shelter. WF also runs two daycare centres, in Boudha and in Jhapa, where the founder member, Renu Sharma originally comes from.

The daycare centres provide poor working women somewhere where their pre-school age children can be safe, be educated and are given food, while their mothers to go to work. The teachers teach innovatively, using Montessori methods so learning is made fun. Costing about £700 a month to run (teachers, premises, teaching materials, food), with the economic recession forcing the workshop sales to fall, there is doubt how much longer the centres can survive (there are no major foreign donors).

The Kathmandu Chorale performed its Winter Concert on Sunday 11 December "Angels Breathing Out", which raised over 120,000Rs, half of which was donated to WF. RAN has matched this donation, to provide enough to keep the centre going for a couple more months.

Computers for schools



Trying out one of the new computers at Bangeswal

Koningaap & Shoestring, a Dutch travel company have been helping schools in Garimudi and Bangeswal. In the summer, three computers were donated to Bangeswal secondary school. In the last few weeks, two more computers have been given to Garimudi school. Royal Mountain Travel is giving three more computers that will go to the school at Madhela in Bardiya. In January 2012, a schoolfriend from Essex, now a computer teacher in Australia is coming with her two daughters to teach some computing there.

Responsible tourism

As well as being involved in a number of schools and projects, Royal Mountain Travel encourages its clients – companies they work with and guests to help. Koningaap & Shoestring have very generously funded computers, have contributed to paying for building furniture for a primary school in Garimudi and have paid for books to set up a school library at Shree Saraswati School in Rukkum, a small community school for poor children.



Dharma Gosain, founder of Shee Sarawati School at ECTA Books.

Bardiya: Shree Jagadamba Higher Secondary School, Madhela



Kalpana Chowdhary teaching class

After a month teaching at the school in Bangeswal, Inge Bartelt spent several weeks in Bardiya. (Bolton's Sacred Heart Primary School sponsor Kalpana, who teaches Class 1). Inge gave excellent feedback on the school that is making best efforts to teach its many students. Around 1700 children from KG to class 12 are taught, with all the problems of not enough teachers and overcrowding. She enjoyed her stay so much, she's hoping to return next year.



Typical class at the school

Soo Jung Community Hospital, Rajpur, Doti and Kapallekhi sub-healthpost, Doti

A couple of hours' walk from Soo Jung Community Hospital, this sub-healthpost provides primary healthcare to a village, with around 30 to 40 patients coming each day for treatment. Drs Heather Royal and Dave Wheater spent three months here and at the hospital.

Drs Katie Bedford and Tom Shaw spent a couple of months at Soo Jung Community Hospital helping treat patients and train staff. At the same time, Dougie Veitch, nurse from the UK spent a couple of months working with the nurses, trying to teach them improved standards of hygiene (frustrating and not always very successful), and painting one of the new wards. Dr Martin Knight, GP from the UK spent a couple of weeks at the sub-healthpost before joining the British Gurkha Welfare Trust on their project at Bhojpal in eastern Nepal.



Welcome to Heather and Dave at the sub-healthpost



Dougie's reminders on handwashing



Tom and Katie teaching staff about emergencies

Bangeswal sub-healthpost



Will seeing patient

Will Monk, a UK paramedic, assisted for a few weeks by Kat Naylor, an American paramedic and Joanna Hawtin, a UK nurse, spent three months at Bangeswal sub-healthpost in Pyuthan helping the CMA (Community Medical Assistant). As well as patient care, Will put in a water supply for the healthpost and provided valuable training on a wide range of procedures.

Seeing a wide variety of cases, Will provided useful information on the types of health problems typically encountered at a healthpost. Will brought with him some otoscopes, that were kindly donated by the manufacturers. One was given to Dr Shree Ram Tiwari, to use at Soo Jung Community Hospital, whilst another went to the sub-healthpost at Bardiya, where Dr Kieran O'Gorman spent a month in July and identified a need for one there.

Diabetes workshop (HexN(UK) and Diabetes Nepal) 9-10 December 2011, Kathmandu

Following the success of the diabetes conference in November 2010 held in Kathmandu that was funded by the European and American Diabetes Associations, Dr Satyan Rajbhandari, working in conjunction with Diabetes Nepal, ran a second very successful two-day workshop at the Hotel Himalaya in Kathmandu. Attended by around 170 doctors and nurses, the message was that more education is necessary to raise awareness of the risk of diabetes, and more information is needed by patients to manage their illness. Asian people are genetically far more susceptible and the incidence of diabetes in Nepal is rising exponentially.



Inaugural opening of the diabetes workshop, attended by the Minister of Health

Projects

Shree Saraswoti School, Rukum: This small English medium school (270 students class 1 -10) was set up to provide good education for poor children in Chaurjahari, in Rukum. Badly affected during the Maoist insurgency, a third of the pupils are educated for free, the others pay low fees to cover the salaries of the 12 teachers. Several children lost parents during the conflict and over 25% come from the most disadvantaged social groups.

- Sponsor school fees for more poor children to receive a free education
- Money to pay for course books and stationary for those who can't afford
- Science materials for SLC science: £200 provides a range of equipment needed for biology and physics (chemistry is difficult)
- Teacher volunteers to train the teachers to improve the quality of teaching.



Assembly at Shree Saraswoti School.



Hospital at Rajpur, Doti

Soo-Jung Hospital, Doti

Set up by a Korean doctor, Dr Kim, this 15-bed hospital is being upgraded to 50 beds. In the remote district of Doti, in the Far Western Region of Nepal, it is run by the local community. Funds raised by a volunteer doctor from the UK, and medicines that have been donated by other volunteers, support for medicines for the poorest patients can be provided. Cheap medical supplies are being sought to help this hospital provide healthcare to the poorer community.

Basa clinic/sub-healthpost, Solukhumbu: Construction of a small clinic in Basa is needed in an area where it takes 2-3 hours to walk to the nearest healthpost, which is often closed. A clinic can be built at an estimated cost of about £30,000. A French charity has raised this money. On-going support is needed for staff and medicines. A nurse costs about £1,400 per annum; medicines cost around £300 a month (£3,600 per year).

Doctors' network: Arising from the diabetes workshop where there was discussion on the need for support for doctors working in remotes areas, Dr Mrigendra Raj Pandey of the Mrigendra Samjana Medical Trust is keen to set up a self-help group to network and provide each other with support. Early days so far, but RAN looks forward to assisting Dr Pandey with this project and has already recruited the support of a few doctors.

RAN Nepal: A Nepali NGO is being set up that will be registered with the appropriate Ministry (Health or Education) and the Social Welfare Council (SWC). RAN will work closely with its Nepali "RAN Nepal" counterpart. Members of the NGO include Dr Gyan Kayastra (President), Keshab Rai (Vice-President), Purna Gautam (Secretary), Dharma Gosain (Treasurer), Yadav Khaling Rai, Lal Kumar Rai, Dr Shree Ram Tiwari and Dr Kashim Shah (Members).

History - what has RAN done so far?

Since starting in 2008, as well as paying teachers' and nurses' salaries in Garimudi, Deusa and Bardiya, RAN has been assisting with a proposal for a small community hospital in Dang. So far this year, over twenty medical and teaching volunteers have helped at schools, healthposts and hospitals, with as many due to come during the next few months (thanks go to Expedition and Wilderness Medicine who provide RAN with medics). RAN also finds donors who contribute books, computers, medicines and other things.

Being a small charity and having trustee, Marianne Heredge based in Nepal, this means that projects, though small, aim to provide help where it is needed. Projects are very much influenced by personal contact with the local people, to ensure that every penny counts.

Education

- Sponsor teacher salaries in schools in Deusa, Garimudi and Madhela. The primary school teacher at Madhela is sponsored by Bolton's Sacred Heart Primary School. (A teacher's salary typically costs £1,100-£1,700/year.)
- Set up school libraries at Deusa, Garimudi (Exodus UK) and Rukum (Koningaap & Shoestring).
- English pocket dictionaries: provided to class 10 students at Deusa and Garimudi secondary schools.
- Science materials donated by volunteers to Deusa secondary school.
- Computers for schools: 3 computers for Garimudi (Royal Mountain Travel), 3 to Bangeswal and 2 more to Garimudi (Koningaap & Shoestring, a Dutch tour operator.)
- Land: an anonymous donation enabled Deusa school to buy land for extra much-needed classrooms.
- Toilets provided to Deusa lower secondary school by Rural Reconstruction Nepal (RRN) and Solukhumbu's DDC on RAN's recommendation, as there were no toilets for the 400+ children there.
- English books (Val Mitchell d 2009): sent to English teachers keen to improve teaching English to students.

Healthcare

- Doctors and friends sponsor salaries of 2 midwives (ANM) at Deusa sub-healthpost. (Nurse's salary costs £113/month).
- Dental training: ANM at Deusa received three months training in Kathmandu.
- Second ANM providing training to community on healthcare, working with Young Star and DANIDA.
- Medicines: medicines for poor people at Deusa sub-healthpost, HexN (UK) provide medicines to supplement the inadequate government supply.

Volunteers

- Teaching: helping teachers for a longer-term impact. Since 2008, over 20 volunteers have helped teaching of English and computing in Solukhumbu, Dolakha, Okaldhunga, Bardiya, Pyuthan, Helambu and Chitwan.
- Medical volunteers: doctors, nurses and medical students help at healthposts and hospitals outside the Kathmandu Valley.

Where does RAN work?

Hospitals

- **Gulmi District Hospital** – 15-bed government hospital, seeing 100+ patients a day.
Photos: <https://www.facebook.com/album.php?aid=246077&id=548882506&l=39ad5bdd16> and <https://www.facebook.com/album.php?aid=272307&id=548882506&l=719e0b38da>
- **Bajhang District Hospital** – a 15-bed government hospital seeing 50+ patients a day in the far west of Nepal, it is remote and is in one of the poorest areas of Nepal.
Photos: <https://www.facebook.com/album.php?aid=272319&id=548882506&l=a65e2f8ac6>
- **Soo-Jung community hospital, Rajpur, Doti** – set up by a Korean NGO, this community hospital is staffed by an MD and junior doctor.
Photos: <http://www.facebook.com/media/set/?set=a.2112513706162.112052.1645238741&type=1>
- **Ilam Community Hospital** – this 25-bed community hospital typically sees 40-50 patients a day.
Photos: <https://www.facebook.com/media/set/?set=a.10150246857537507.321622.548882506>

Healthposts

- **Deusa sub-healthpost, Solukhumbu** 12-15 patients/day (10am-2pm).
Photos: <https://www.facebook.com/media/set/?set=a.30142272506.43122.548882506&type=1>
- **Rawadolu sub-healthpost, Okaldhunga** - similar to Deusa sub-healthpost.
Photos: <https://www.facebook.com/album.php?aid=229839&id=548882506&l=57215426e4>
- **Friendship Community Clinic, Megauli, Chitwan** – 10-12 patients/day, supported by a UK charity.
Photos: <https://www.facebook.com/media/set/?set=a.10150186544752507.304649.548882506&type=1>
- **Bangeswal sub-healthpost, Pyuthan** – 20-50 patients a day.
Photos: <https://www.facebook.com/media/set/?set=a.486470357506.259280.548882506&type=1>

Schools

- **Bangeswal Higher Secondary School, Pyuthan** – English and computing – 4 computers have just come to the school but electricity can be a problem and the teachers are not able to teach using them.
- **Bardiya (Far Western Nepal)** – Two secondary schools, one with 1700 students and very large classes (100+) and the other, 500 students to class 10 and smaller classes.
- **Chainpur (Bajhang, Far Western Nepal)** – Higher secondary school, about 500 students.
- **Garimudi (Dolakha, East Nepal)** – Higher secondary school with 700+ students in class 1 -12.
- **Rawadolu secondary school (Okaldhunga, East Nepal)** – 500 students to class 10.
- **Shree Saraswoti Advanced English Medium Boarding School (Rukkum, Mid-Western Nepal)** – secondary school for 200 poor children.

What is needed?

Money, whether to pay salaries of the teachers and nurses, for school and healthpost materials, or for medicines goes a long way in Nepal where prices are generally one fifth of those in the UK. As RAN is small, overheads are kept to the barest minimum (other than bank charges to transfer funds to Nepal). For example:

Books available in local bookshops in Kathmandu.	£1.00 – 4.00
Exercise book	30-40p
Pen/pencil	2-10p
Ten paracetamol painkiller tablets (in Kathmandu).	10-15p
Teacher's salary depending of qualifications and level taught per month.	£100.00-140.00
Nurse's salary/month.	£120.00
Computer (desktop including software flatscreen and UPS)	£320.00

Fund-raising

EVERYCLICK – By using Everyclick as your search engine, you can earn RAN a few pennies every time you search. Visit www.everyclick.com and register, nominating Rural Assistance Nepal as the charity you want to raise money for. <http://www.everyclick.com/ruralassistancenepal>. You can also make online donations using Everyclick.

GIVE AS YOU LIVE is another way to donate to Rural Assistance Nepal, whenever you purchase anything online from one of many retailers involved in the scheme - from British Gas to John Lewis, the list is very long. <http://www.giveasyoulive.com/howitworks>.

MYDONATE enables online donations to RAN. In addition, if you want to fundraise for RAN, you can set up an event on the MyDonate website. <https://mydonate.bt.com/charities/ruralassistancenepalran>

Every penny counts and a little goes a long way in Nepal!

Cheques can be sent RAN, c/o Mr George Hall, 25 Hever Gardens, Bromley, Kent, BRU1 2HU.

For payments made from outside the UK, please contact Marianne for details. marianne@rannepal.org