



## December 2010 Newsletter

**Pam returned from Nepal in December and sends this newsletter to update you all with the progress made in Khareni village by HELP RURAL NEPAL.**

As the year ends it is time to reflect on our achievements and look forward to our exciting plans for 2011.

I returned to Nepal in September and travelled to the village to join Chris Pover, our volunteer who was working there for six weeks.



Chris had already had quite an adventure just to get to the village - after a 3 hour bus journey he then had to walk for many hours, in the rain, to get to the village as the road was impassable after heavy monsoon rains!

Chris en route to the village (photo courtesy Chris)

Chris was teaching English and had a wonderful experience being part of the village life and we are very grateful for all his help.



Chris's photo teaching "10 green bottles.."

The school is now successfully running with four classes and four teachers with HELP RURAL NEPAL funding two and a half teacher's salaries.



Teachers in their new uniforms

Many children were sitting on the floor for their classes as only a few benches and desks could be salvaged from the old school that had been damaged in a landslide. We have now found funding for local carpenters to start replacing them.



Photo - Chris Pover

I took more donated books and puzzles which were filed in a newly arrived cupboard. We are hoping this will be the start of a small library for the school and maybe extend it to the community in the future.



### The new staff room

The replacement footballs & volley balls arrived at the perfect time - the end of a busy harvest and the start of team training.



Chris and I were invited to the first training session where boys and girls over about 6 years old showed off their skills. The smaller boys waited on the side ready to run and collect the balls as they disappeared into the



undergrowth!

We visited Purna, the child whose cleft lip and palate was repaired almost a year ago. He was looking well and happy but at almost 3 years old he is a little behind with some childhood milestones and not yet walking. HELP RURAL NEPAL are arranging for him to have a full check-up in Kathmandu.

There were several visitors to the village this time, Catherine, my son Dan and Chris's wife Lisa. Between us and a couple of enthusiastic boys, we managed to paint Class 1's classroom white and Lisa beautifully painted the alphabet, numbers and a rainbow around the room. The children were delighted! We hope all the classrooms are painted soon.



Mixing the cement paint

In September Will Hazell and Steve Thomas successfully completed the Bristol Half Marathon raising money for HELP RURAL NEPAL. Steve raised £1600 and Will raised £950 which was matched by his company ERM's Foundation. It was a wonderful achievement and huge thanks go to them both.



Steve with his medal

Will wanted his donation to fund solar panels for the school and we are currently getting quotes for this work to be done. HELP RURAL NEPAL is very grateful for the technical advice and support from the ERM Foundation and look forward to working with them in the future. Solar panels will provide power for a computer and lights which will mean the schoolrooms can be used after dark for village activities.





The ERM team with a well earned refreshment!

Dinesh Dharel, a young doctor from Khareni village and now working in Kathmandu, has been advising us as to how HELP RURAL NEPAL could help improve facilities at the Sub Health Post.

Catherine, Dan and myself attended a meeting at the Sub Health Post (SHP) to discuss what help is needed. We were all presented with flowers and taken on a tour of the SHP. We were given a warm Nepal welcome and taken on a tour of the health post. We met the staff, who work so hard for their community with so few resources, and handed over medical supplies kindly donated by two Bristol hospitals and blood pressure machines provided by Blood For Life Foundation.



Pam and Dan after the health post visit with their flowers and tika



Some of the sub health post staff

There are plans to extend the Sub Health Post to provide a birthing room. We hope HELP RURAL NEPAL can assist with funding for the building and badly needed equipment.

In December, Catherine organised several sales of Nepali cashmere goods and gifts in London and Somerset.



These were very successful and with festive refreshments, everyone enjoyed some Christmas shopping! The profits of £800 have gone to HELP RURAL NEPAL.



We have some lovely spring colours still for sale... !



Fundraising in 2011 began with a soup lunch in Chew Stoke, near Bristol. The monthly event organised by Chew Stoke Church, shares the profits between the church and another charity - this month they chose HELP RURAL NEPAL and we are very grateful to them all. We are also planning a quiz night - details to follow so start getting your team together for what will be a fun evening!

Kate Fradley from ERM is competing in the Devizes to Westminster International Canoe Race this year and is getting sponsorship for Help Rural Nepal. The race takes place 22-25th April and is 125 miles over 4 days. Kate will be in the singles class and more details of the training, the race and sponsorship will be on our website. The race is a huge feat of endurance and we are very grateful to Kate for supporting Help Rural Nepal

HELP RURAL NEPAL has had a busy and fulfilling year but there is still much to do and we are looking for people to join our committee – please contact us if you are interested and would like to know more.

I return to Nepal in February and will hopefully see the solar panel project underway and even completed. I will also be taking more medical equipment for the health post.

We are lucky enough to have two volunteers, Vanessa and her husband Phil, going to the village in April to help with school projects. They plan to set up the library and introduce the children to the world of books.

We would all like to thank everyone who has helped HELP RURAL NEPAL in so many ways over the last year as you will see from our new website. We couldn't be doing this work without your wonderful support.

We would also like to wish you a very Happy New Year!

With best wishes from

Pam, Catherine and Fliss



and all of us...

Photo - Chris Pover

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