HELP RURAL NEPAL

Newsletter 2026

Help Rural Nepal has been supporting rural communities in remote areas of Dhading District in Nepal since 2009. We focus on health and education projects and work with a Nepali NGO, PatheNepal, led by Shital Chandra Dharel, who manages and advises all our projects.

THE DEVASTATING FLOOD

THIS year's newsletter mostly covers the devastating flood in Nepal on August 26th 2026.

Part of a huge glacier broke away from the mountain above the Tibet-Nepal border. When it landed in the valley below it formed a dam where water and rocks built up behind. When the dam finally broke, a huge wave, many metres high, swept down the valley destroying everything in its way including hydropower stations, villages, bridges, schools and houses, burying at least 1,500 people. Many will never be found.

The remains of a shop wrecked by the flood

The flood arrived in Dhading on the Trisuli River that runs along the East West highway to Pokhara and Chitwan. Warnings had been sent to this area so people were able to run to higher ground but many buildings were lost or badly damaged.

The main bridge giving access to Dhading district was washed away so we were unable to visit our projects this time.

Shital joined a volunteer group to clear deep mud from a school that the flood had swept through. He also organised a team to provide cooking and kitchen equipment for families who had lost everything. This was funded by Help Rural Nepal and our friends Helping Hands for Dental Care, from the Netherlands.

It cost typically £42 to set up a family with equipment so they can start to support themselves again.

Project leader Shital Dharel joins the clear-up

Villagers collect their donated kitchen equipment

In the longer term, families will need clothes, food and livestock. Communities will need help repairing schools and buildings.

It is important to get children back to school as soon as possible; HRN is providing children with school bags, books, stationary and uniform.

While Pam was in Nepal in October a second, unrelated flood caused serious damage to roads, bridges and houses. She heard many desperate stories of lost friends, relatives and communities.

Several people from the villages we visit in Dhading were working in the worst affected areas and HRN will support those who have lost family members.

Monks give shelter to a whole village

SHITAL and Pam were given permission to visit a monastery where survivors from one village were rescued by helicopter after the flood. More than 400 adults and children were living there in cramped but clean conditions. Half of the children had lost one or both parents. Everyone had lost their livelihoods, homes, family members and friends.

Several students will be looking for sponsors to help them continue their studies now they have no family to support them financially.

The monks are doing a valiant job in caring for these people, giving them food, shelter, respect and counselling. The local community had donated clothes, blankets and food.

The Lions International Club were providing meals for everyone with volunteers preparing and cooking the food.

The Lama in charge gave us a list of essentials needed and we decided that HRN could provide all the children with warm jackets. The Lama sent us sizes, ages and preferred colours for over 200 children. We have ordered these jackets and they will be delivered with urgency.

This was made possible by all the generous donations we received.

Above: Beds squeezed in to every available space.

Right: A volunteer from Lions International gets to work in the kitchen.

Shital Dharel, the Khenpo Karma Lama, Pam Raffety and Ricky Winnemuller visit the monastery.

Hundreds of meals are prepared each day in the monastery kitchen for dispossessed villagers.

Fundraising

Everyone has been over-whelmingly generous with donations to HRN. The day after the flood, music lovers at Shambala Festival donated a total of £1,800. We are so grateful to them and the organisers who acted so quickly in response.

Three people local to Bristol arranged fundraising events; our good friend Meg Thomas organised a very successful coffee morning at short notice. It was lovely to see so many friends there, many of whom had visited Nepal. The donated cakes were beautiful!

Chew Stoke Soup Lunch Club invited us to talk at their October gathering where everyone was very supportive and the lunch was delicious!

The Harptree Dental Practice organised a raffle in aid of the flood victims. One Partner, Kirstie, who has supported us for many years, visited Nepal with her family.

Sale of goods

On November 28th we will be holding our annual sale of Nepali goods at Audley Redwood's Christmas fair, Failand, Bristol BS8 3TG. This is from 11am to 3pm and we hope to see many of you there.

We are very grateful to everyone who has supported Help Rural Nepal in so many ways, particularly after this terrible disaster.

A distraught flood victim leaves with her belongings

Thank you and Namaste

Pam, Catherine and Felicity.