

On the march to raise money to help Nepal – fundraising in the UK



On Saturday 6 August, Gurkhas and hikers set out from the pier at Herne Bay to Whitstable and back, to raise awareness of Gurkha rights, at the same time raising some funds for RAN. Rainy in the UK too, it was still well attended and the hike won support from Joanna Lumley, who is a champion to the Gurkha cause. Emily Checkersfield is running various events and can be contacted on emmsnc@gmail.com or telephone: 07580045701. She will be running events in the UK like a Gurkha curry night, a charity dinner in London in October with speakers, and more in the coming months.

The weather in Nepal is hot and rainy, but the last couple of months have been busy for volunteers, medical and teaching, seeing many working in Bardiya, Bajhang, Ilam, Bhalubang, Bangeswal and Dolakha.

“Friends of Rural Assistance Nepal” Meanwhile in the last few months, in the US, Jesse Riggan and John Hurley were been busy raising funds for their trip and medicines through fund-raising events like charity dinners, and donations. They came to help in Bangeswal in Pyuthan and Bhalubang in Dang, at the sub-healthposts for a couple of weeks in July. They were joined by UK nurse, Em Monaghan and Sagar Pun, a trained Nepali CMA (Community Health Assistant). Seeing over 50 patients a day, they were able to provide good and free medical healthcare services to villagers from these two Mid-Western Region districts.



Sagar translating the patient's symptoms to Jesse.

Dr. Rudolf Schmitzberger, a pediatrician and his son Florian visited Bangeswal in August to provide assistance, and a medic, Will Hunt from the UK will be going here in September for a few months, helping the CMA at this busy sub-healthpost.

Bardiya: School, sub-healthpost and community clinic



Kalpana Chowdhary teaching class 1

A visit to **Shree Jagadamba Higher Secondary School, Madhela** at the end of June saw Kalpana Chowdhary doing a great job teaching Class 1 children maths. Children at the school have been exchanging questions via Tiger Mountain Karnali's internet. Gaurie Malakar, manageress of the lodge told how difficult this was as the connection is so poor.

By RAN's second visit in July, children from here had written letters and drawn some pictures to send to the Sacred Heart Primary School. It is hoped that the correspondence between the two schools can continue in a more traditional format!

Dr Kieran O'Gorman from the UK, spent five weeks in the monsoon heat of July in helping at the government sub-healthpost and private community clinic. He provided useful training to the CMAs (Community Medical Assistants), seeing patients and providing training to healthpost staff.

Particularly at the government sub-healthpost, many patients come each day and “Dr Sahib” (Kieran) made very good use of his time here. A highlight of the end of his stay included seeing a tiger as well as a close encounter with a one-horned rhino!



Dr Kieran providing on-the-job training

<http://www.rannepal.org>



Good news for the tiger population at Bhardiya National Park. Having successfully brought up four cubs born two years ago, the same tigress has recently given birth to three more cubs. Sadly a male tiger recently transferred from Chitwan in January was found dead last month, poisoned by poachers. The poachers were caught, thanks to the tracking device on this tiger, but it was very sad news.

Bajhang District Hospital and Ilam Community Hospital Dr Claire Thomas spent a couple of weeks helping at **Bajhang District Hospital**, running useful training for staff at the hospital. This is one of the most remote and challenging places to reach and work at. A couple of medical students and a volunteer who is helping the school near to the hospital are spending August here.

Travelling the length of Nepal, Claire transferred for a few weeks to **Ilam Community Hospital** in the far east of Nepal, set in the midst of tea gardens. Here she was able to give some very good training to hospital and local NGO staff, as well as seeing and treating patients.



Dr Claire training at Ilam Community Hospital.

School volunteers



Class 9 at Chainpur

Iris Leijendekker from the Netherlands is spending a few weeks at Garimudi where she's teaching some basic computing and English.

Signe Ravn-Højgaard from Denmark is spending a few weeks in Chainpur, Bajhang to help with English teaching at a higher secondary there.

In the next few months, more teaching volunteers from Australia, Germany and the UK will be helping schools in Tamghas in Gulmi, Bangeswal, Pyuthan, Chauri in Kavre and Madhela in Bardiya.

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 Rukkum. Badly affected during the Maoist insurgency, a third of the children are educated for free, the others paying 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 Dalit social group. This school needs the following:



Assembly at Shree Saraswoti School.

- Books to set up a school library: a small library can be started with £100-200.
- Sponsorship of school fees for more poor children to receive a free education
- Money to help for course books and stationary for the children who can't afford these
- Dictionaries: pocket English dictionaries cost around 50p each.
- Science materials for SLC science: £200 provides a range of equipment needed for biology and physics (chemistry is difficult)
- Teacher volunteers to help train the teachers to improve the quality of teaching.



Hospital at Rajpur, Doti

Soo-Jung Hospital, Doti: Set up by a Korean NGO, this 15-bed hospital is being upgraded to 50 beds with a nursing college. In the remote district of Doti, in the Far Western Region of Nepal, it is now run by the local community. From funds raised by a volunteer doctor from the UK, support for medicines for the poorest patients can be provided, and RAN is also sending medical volunteers to assist the two doctors here.

Bhalubang Community Hospital, Dang: A preliminary proposal has been written to set up of a small community hospital in the mid-west of Nepal. This would provide affordable and high quality medical treatment for the 700,000+ people living in Pyuthan and Rolpa. Estimated cost of construction: £750,000. Negotiations are in progress for the land to site the proposed hospital.

<http://www.rannepal.org>

Basa clinic/sub-healthpost, Solukhumbu: Construction of a small clinic in Basa is needed, where it takes 2-3 hours to walk to the nearest healthpost. Following discussion with Solukhumbu District Health Office to agree what, if any, support will be provided, the clinic is to be built at an estimated cost of £30,000. On-going support will be needed for staff and medicines. A nurse costs about £1,400 per annum; medicines cost around £300 a month (£3,600 per year).

Madhela sub-healthpost, Bardiya: As well as doctors being able to help by providing training and support to the CMA at this busy sub-healthpost close to Bardiya National Park, basic equipment such as an otoscope, urine dipsticks, and other medical equipment would be very useful when examining the 40-50 patients typically seen every day.

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.



Farewell dinner in Kathmandu for volunteers

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

- Sponsoring salaries of teachers in schools in Deusa, Garimudi and Madhela. A teacher's salary typically costs £1,100 - £1,700/year. The primary school teacher at Madhela is sponsored by Bolton's Sacred Heart Primary School.
- Setting up school libraries at Deusa and Garimudi (Exodus UK).
- 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) and another 3 to Bangeswal (Koningap and 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.
- Donation of English language books from Val Mitchell (d.): are being shared with schools where English teachers are keen to improve their teaching of English to students.

Healthcare

- Doctors and friends sponsor the salaries of two midwives (ANM) at Deusa sub-healthpost. A nurse's salary costs about £1,350 per annum (£113/month).
- Dental training: an ANM at Deusa received three months training in Kathmandu.
- Paying for medicines: supplying free medicines for poor people at Deusa sub-healthpost, HexN (UK) provide medicines every month as the government supply is not enough.

Volunteers

- Teaching: helping teachers has a longer-term impact. Since 2008, a dozen or more volunteers have helped teach English and computing at poor state schools in Solukhumbu, Dolakha, Okaldhunga, Bardiya, Pyuthan, Helambu and Chitwan.

<http://www.rannepal.org>

- Medical volunteers: doctors, nurses and medical students help at healthposts and hospitals outside the Kathmandu Valley.

Where does RAN work? Photos of the project areas can be found on Facebook by following the links (you don't need to be a Facebook member).

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>
- **Bardiya sub-healthpost and community clinic** – within 30 minutes of each other, sub-healthpost sees 40-50 patients/day (10am-2pm); clinic sees 12-15 patients a day (9am-5pm).
Photos: <https://www.facebook.com/media/set/?set=a.10150216789602507.313344.548882506&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 (Okaldungha, 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?

Always needed of course, is money, whether to pay salaries of the teachers and nurses, for school and healthpost materials, or to help pay for medicines for the very poorest patients who come to the hospitals or healthposts that RAN supports.

As RAN is small, overheads are kept to the barest minimum (other than bank charges to transfer funds to Nepal). A very small amount can make a big difference – whether this is to pay for some books or a course of medicines (£1-4), or a bit more, to pay the salary of a nurse or teacher for a month (£100-120). For example:

<http://www.rannepal.org>

Books available in local bookshops in Kathmandu.	£1.00 – 4.00
Exercise book	30-40p
Pen	10p
Pencil	2p
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)	£300.00

Ideas for 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!

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