

# SUMMER NEWSLETTER 2022

*Our wings are small...  
.....but the ripples of our heart are infinite  
Amit Ray Author & Spiritualist*



*Tiffin at Shree Secondary School, Chitwan*

The year started well without any government Covid-19 restrictions as cases in Nepal remain at very low levels thanks to the vaccination programme. Adults are required to carry and show proof of vaccination and there is a sense of acceptance that we must get on with our lives, living with Covid. Nepal is now in the middle of the monsoon season.

All schools and colleges have remained open from the start of the year and like here, the benefit is felt immediately with full class attendance, positiveness and the return to proper school life. The past two years have been plagued by online teaching, and then, only for those who had internet access and a phone, so it's great to be back on track.

I share a brief outline of our achievements for the first half of 2022 – a more detailed account will be in our Annual Review at the end of the year.

## **Education**

Shree Chitasari Secondary School, Chitwan

Our 7<sup>th</sup> year of supporting a daily 'Tiffin' meal programme for 55 children at this government school of 400 students. The menu changes daily and offers a balanced and varied nutritious meal which includes – pasta, fruits, grains, eggs, rice, vegetables, milk and lentils. 'Tiffin' has proved to be very successful. The result is increased energy levels giving sustained concentration during the afternoon. This in turn boosts the morale of the teachers, with interested and engaged children and parents happy to know their children have eaten something nutritious. In some cases, it will be the only food the child would have eaten that day!

Our other 'Tiffin' programme is at Mitra Aadharbhat Vidhyayala (MAV), a government school in Kathmandu where there are 100 students ranging in age from 3 to 15 – nursery to Grade 8. We fund 55 daily meals for the lower school, nursery to grade 5 for the most disadvantaged children. In May, we provided 65 students with a track suit and t-shirt with the school motif, giving all the students the benefit of being dressed the same whilst giving the school and parents pride in having this casual uniform for all, not just those parents who can afford to buy it, boosting morale.



New tracksuit casual uniform for all at MAV!



Tiffin at MAV

## Nima Academy School – Ramechhap

The school is thriving, there are two new teachers and a further 23 children registered at the start of the school year in April. We funded a toilet block for the school which was completed in May. The school is a 5-hour drive from Kathmandu and stands at 3400 metres. It is run on Buddhist lines with a meditation practice at the start of each day. There are 20 children in the school hostel which is a three minute walk with 75 children overall attending.



Nima Academy



Thank you Brampton Charitable Trust – new tables and chairs



## Papa's Home (VFN)

We continue our support of Papa's Home, now in its 10<sup>th</sup> year. We fund the food programme, along with gas and water. There are 22 children in total, including three of Lalit's own children. JP is reading engineering and Maan, reading business, are now in their second year of university. They were the first two boys at Papa's Home when they arrived aged 9. Two other boys will start college in July. Five are sponsored through CHANCE with English sponsors. In May the Taekwondo District Junior Championships were held and four boys from Papa's won medals with Padam sponsored through CHANCE winning the cup!



Taekwondo District Junior Championships



Food programme at Papa's



Holi Festival at Papa's Home in May, a good excuse to get covered in paint.

## HEALTH

### Siddhasthali Rural Community Hospital



### Siddhasthali Rural Community Hospital Update

The Siddhasthali Community Hospital at Hetauda has been plagued by more than two years of Covid. The pandemic has meant constant interruptions and slow progress. However, since the start of 2022 progress has gathered pace. The roof is on the main hospital building and internal walls, doors and windows are being fitted. The ground floor will be in operation by the end of September. The new red brick wing, seen on the photo above will be funded by a local neighbour and supporter of CHANCE and friends who have former experience of supporting projects in Nepal, like rebuilding the village of Thangpalkoti in North East Nepal which was destroyed in the 2015 earthquake. A due diligence trip by specialist advisors is planned in September to give the final all clear to the funding. But massive thanks to Colin Banyard and Malcolm Lindley for their support for the project and their interest and determination in getting the hospital wing built.

Update from Aban:

"I am glad to see good progress of the hospital construction work despite several challenges. There is an issue of limited availability of funds which is why we may have to complete the ground floor so that we can start seeing outpatients from September due to growing demand for health service. In addition to the need for primary care, the growing demand for rehabilitative and diagnostic services was also identified in Hetauda. Constructing a new block with higher standards was essential to provide these services. The new building will be funded by CHANCE for Nepal has received approval for construction from the local authority, and its construction is expected to start in September. The Hospital could not have been realized without the generous help of CHANCE for Nepal, UK. Thank you for your continued support."

The CHANCE for NEPAL wing will accommodate:

- Dental and radiology services and surgical interventions.
- Laboratory services to provide histopathology services.
- Immunization for 700 children per month.
- Physiotherapy services for 300 patients per month.
- Accommodation for specialist doctors, acute care nurses and guests.
- 24- hour cafeteria services for patients and family members.
- Training in a well-equipped conference hall to support health workers.
- Health education, motivation and counselling to patients on maternal and child health, non-communicable disease, and nutrition through establishment of a wellness centre.

CHANCE has pledged to fund all 15 hospital beds, mostly from individual donors. Each bed costs £1,000 including sheets etc. *I currently have funding for 13 beds, should anyone like to donate a bed to this hospital, your name will be displayed, as a donor, on a marble plaque in the reception area of the hospital. Please get in touch.*

### **Mountain Heart Nepal (MHN)**

We have funded the printing of a book about good health and hygiene targeted at children aged 5 upwards. To view click: <https://www.siddhasthalihospital.org/prints/> This book will be handed out to children coming for treatment at the hospital and for children receiving a medical check in one of MHN's medical camps which are carried out throughout the year. CHANCE will also issue them to the schools we support to use as a teaching aid. The 'Magic Read' programme has been supported by Jane Lewis and Ivy Tan for the last three years. Huge thanks to them!

### **Kanti Children's Hospital, Kathmandu Burns Violence Survivors - (BVS)**

continue to make a massive difference on the burns unit, their dedicated team visit the burns unit weekly to give each child a nutritional food basket as well as a goody bag. A physiotherapy and counsellor visit the ward each day and all the above is funded through CHANCE.

*None of this would be possible without the generosity and kindness of our loyal supporters,  
Thank you from the bottom of my heart.*

Nirnal is aged 7 and lives with his parents in Bagmati, 30kms from Kathmandu. His father works as a farmer and mother is a housewife. Nirnal was on his way home on the back of a motorbike with his cousin when accidentally his foot touched the silencer on the bike which burnt his leg. He suffered 2%, 3rd degree burns to his right foot. Immediately his cousin took him to a nearby medical shop where he received first aid treatment and he informed Nirnal's parents what had happened. After receiving first aid, he returned home. After 9 days his wounds became infected and he was brought to Kanti Children's Hospital for further treatment. He made a good recovery and has now been discharged.



Nirnal



Saroj

Saroj is 13 months old and from the Nuwakot District, which lies 82 kms from Kathmandu. He lives with his parents. His father runs a water company and mother is a housewife. Saroj was with his mother at his uncle's house. His grandmother was looking after him while his mother did chores. She had made tea which she placed on a table. Saroj was playing around the table and accidentally grabbed the hot cup of tea which spilled over his body. He was severely burnt and suffered 10%, 2nd degree burns to chest and right arm. Immediately his grandmother applied aloe-vera on the burnt area and his mother took him to a nearby pharmacy where he received a dressing, pain killers and



medicine. After 3 days, his wounds became infected and he was brought to Kanti Children's Hospital for further treatment.

Purmala is 9 months old and lives with her parents in the district of Rolpa which is 150kms from Kathmandu. Her father is a labourer and mother a housewife. Purmala and her mother were asleep on the floor near an open fire used for warmth and cooking. The fire had died down and Purmala woke up and managed to roll too close to the fire and her foot was severely burnt. Her mother quickly woke up hearing her cry out and rushed her to a medical centre where Purmala received first aid treatment, and returned home. After 5 days, her wounds became infected and her mother took her by taxi to a district hospital an hour away. Due to the lack of burn facilities they advised her to go to the burns unit at the Kanti Children's Hospital 150kms away. This journey was made by local bus. Purmala suffered 5%, 2nd degree burns to her foot and toes. She needed a debridement; a skin graft and two toes amputated.

Purnima aged 3 years lives with her parents in the district of Korthi. Both her parents are farmers. Purnima's mother was out in the field doing agricultural work and her husband was at home. He had prepared fodder for the cattle and had placed it on the floor to cool while he did household chores. Purnima was playing nearby, and accidentally tumbled into the hot vessel of fodder. She got severely burnt. She suffered 10% burns to her stomach, thighs and foot. Her father took her to Chautari Hospital a two hour walk away where she received first-aid treatment. She was then sent by bus to Bheri Hospital 318kms away where she was admitted. Due to the lack of burn facilities there, the next day she was referred to Kanti Children's Hospital, a total of 934kms away by micro-bus! One cannot imagine the horrendous journey Purnima and her mother had to endure to eventually get the treatment she needed.



Purmala



Sabin

Sabin is 18 months old and lives with his parents in Bagmati. His father is an electrician and mother a housewife. His father was at work and Sabin was with his mother playing in the kitchen whilst she was doing chores. She had boiled a pot of water and went to place it on the kitchen rack when it slipped from her hands and onto Sabin. Sabin's mother rushed him to a nearby Primary Health Care Centre where he received saline, medicines and pain killers. The next day, an ambulance took them to the burns unit at the Kanti. Sabin suffered 15-20%, 2nd degree burns to the groin area and both legs.

Reading the above, one has to appreciate conditions in the home, where often the family live in one room, keeping things clean is fraught with difficulties, sometimes water has to be brought from a communal well at the head of the village. Personal hygiene can be difficult in keeping a burn clean.

Showers and running water are at a premium in some remote villages. More likely a tin bath where all the children wash together. Only then, can you understand how wounds easily become infected.

CHANCE provides an emergency fund of £1,000 a year, again thank you to our supporters, this may be used to buy medicines or to help with transport back to their village by bus, sometimes many hours away.

Permission was given by the parents and all names changed for protection.

### **Sneha's Care – Anti Rabies Vaccinations**

In May the brilliant organisation - Sneha's Care carried out their yearly anti rabies vaccination programme. This is our 5<sup>th</sup> year of support. We fund £1000 giving anti rabies protection for 1200 dogs per year.



Children also help with the rabies Vaccinations



Rabies vaccinations with Sneha's Care.

### **Women's Co-operative Society (WCS) – Vegetable Skills Training**

In May we funded a 4-day elementary skills training on seasonal and off season vegetable farming at Shankharapur, Nangle and 32 women participated in this. We aim to do a minimum of 2 trainings per year, each one costing £700. Once they have achieved the elementary training and put into practice their new found skills, the majority apply the following year for the advanced training with emphasis on the business side, accounting, rotating crops to achieve the best yield and selling at market. The aim is to enhance self-employment, empowerment and economic productivity. Many of the women earn enough through selling their vegetables to educate their children. That is a massive win win!



Sowing seeds



Theory as well as practical

### Educational sponsorships

We now have 20 students receiving educational sponsorship through CHANCE, 11 students in various schools, 6 students at college and 3 students at University.

### Other news:

We are delighted to welcome **Chris Blizzard** to the board. Chris has taken on the new role of Treasurer for CHANCE for Nepal. He has recently retired from a career in the world of finance, particularly international tax planning, working for a number of multi-national groups. His skills as an accountant will be especially valuable for CHANCE, helping to keep the finances in order and up to date.

### Fundraising

Excellent news! **Anna Thapa** aged 29 is running the London marathon in October for CHANCE. She applied for a place in the National ballot and hey presto! I was on holiday in Devon enjoying a delicious dinner in an Indian restaurant in Kingsbridge wearing my Chance for Nepal fleece and was served by Eva, a delightful Nepalese waitress. She told me her daughter was running in the London marathon and was looking for a charity to run for! She needed to look no further!

Words from Anna 'Nepal is where I was born and fortunate enough to be raised here in the UK, especially in the most beautiful part of Devon - Salcombe/Kingsbridge since the age of 7. Sport has always been part of my life. My twin brother and I tried every sport on offer, captain of the hockey team, rounders, swimming, basketball, county level Netball, my brother playing under 18's rugby for England. The natural flair of strength and stamina that the Nepalese people have very much came into play when joining sport teams. I need my next challenge in life ..... and Voilà London Marathon 2022'. To donate to Anna's fundraising

page: [https://www.justgiving.com/crowdfunding/anna-thapa?utm\\_term=YJe8X9d9N](https://www.justgiving.com/crowdfunding/anna-thapa?utm_term=YJe8X9d9N)

**Quiz Nights** are back! After an absence of two and a half years due to the pandemic, it's great to be back at The Keep in Guildford. With the funds raised from the quiz nights, Jane and Brian, the landlords, sponsor a student's education in Nepal, together with supporting our other projects. If anyone would like to put in a team, please contact us: [info@chancefornepal.org](mailto:info@chancefornepal.org)

Special thanks to **Adrienne Golightly** who does a sterling job running the CHANCE 100 Club. As I go to print, we have 99 members.

May I wish you all a wonderful summer.

Barbara

Founder of CHANCE for NEPAL