



# Roads to Rehab Nepal

## NEWSLETTER NUMBER 2 – JULY 2017

### Welcome to our second newsletter!

**Roads to Rehab – Nepal** is a not-for-profit organisation established in 2016 to support and partner with Nepal Healthcare Equipment Development Foundation (NHEDF). Last month we received our registration from the Australian Charities and Not-for-profits Commission which was backdated to December 2016. We are proud to announce we are now an ACNC registered charity! Please be aware however this is not to be confused with tax deductibility - they are two different processes.

Since our last newsletter NHEDF has cared for a total of twenty-two patients. Samrat, NHEDF's Director, has worked tirelessly to ensure all have received the best medical and/or surgical intervention available. In addition to this, the wonderful nursing care and physiotherapy provided by Kusum, Kunga and Anjeela has, since our last newsletter, enabled nine patients to be discharged having become the best they can be. One special gentleman is also one step closer to discharge after thirteen surgeries. He is featured here in hospital about to have his last external fixator removed having been in hospital or at NHEDF since the earthquake more than two years ago!



**Our first Fundraising dinner:** If you live near, or in Canberra, join us on Sunday, August 13<sup>th</sup> at the Taj Agra Restaurant, 6/8 Luxton Street, Belconnen at 6.30 for 7pm. Tickets for a three-course dinner are \$45 and please pay for your ticket at the time of booking. Email [info@roads-to-rehab-nepal.org](mailto:info@roads-to-rehab-nepal.org) for more information. If you cannot come but would like to purchase a virtual ticket or make a donation, please visit our website <http://www.roads-to-rehab-nepal.org>

**Report from NHEDF's Director:** Without Samrat, there would be no NHEDF. We asked him to write a few words to give you an idea of his last three months as Director of this organisation which is making such a difference to people who have nowhere to turn for help.



*'Walking the path I chose is very challenging and difficult. I knew this from the very beginning. Every day I wake up with new hope and new energy. This three months was very challenging to me. As we do not have constant donors except for Roads to Rehab – Nepal, there were times during these months that were very tough for me. So much of my time goes to get help to cover rent, food, medical bills and the remaining part of salaries and although this is very stressful there are always happy moments for me. Within these three months many of our patients went home giving me so many blessings. I witnessed someone who was unconscious who is now talking to me; patients who were bed ridden now walking with crutches and getting around in a wheelchair; one patient had his final surgery after two years of many operations.*

*I also have to say that during this period I faced a lot of worst moments as well. There was a time when I was unable to buy cooking gas; when food supplies are nearly out of stock; when the pharmacy wanted payment for their bill.*

*Always though, without losing hope, I continue my work and someone always steps in to help but I did not show my sadness to any of my patients. Whatever is going on inside me, my first work is to talk to each patient every morning with big smile on my face.*

*I will always be so grateful to you all for your support. Thank you'*

**Our Nurse and Physio Sponsorship Program:** NHEDF's nurses and physio are continuing to do an amazing job. Anjeela, Kusum and Kunga are working so hard and achieving so much with so little. The highlights of their last three months have been improvements in their salaries and working environment; patient progress; the close cooperation and family atmosphere at NHEDF; the sense of closeness with patients; the positive feedback and the gratitude shown by patients and their families when the long road to rehabilitation comes to an end; the job satisfaction and the sense of pride and loyalty they have as part of belonging to this organisation. They commented: *'We want people to know about our work because we all work hard and do our best to do a great job'*.



We hope you have a feel for the difference your wonderful generosity has made in facilitating the provision of nursing care, physiotherapy and rehabilitation services. Your support is enabling NHEDF change the lives of people who would otherwise be unable to access medical or surgical treatment and physiotherapy. In addition to this they would be subject to a life of disability and everything that disability entails in a place like Nepal.

**Other news:** NHEDF's partnership with Lend-a-Hand continues. Susma has received her prosthetic arm and two other patients are waiting for theirs. Visit <http://www.lend-a-hand.org>

We are also exploring options of eventually incorporating a program to facilitate the surgical treatment and rehabilitation of women who experience injury in the form of obstetric fistula.

**Thank you:** We would like to thank all those who have made donations or become part of our Nurse and Physiotherapist Sponsorship Programs. We hope that reading this newsletter gives you a sense of the difference your donation has made to the lives of patients at NHEDF's Shelter.

Please contact us [info@roads-to-rehab-nepal.org](mailto:info@roads-to-rehab-nepal.org) or visit our website <http://www.roads-to-rehab-nepal.org> to find out more about our programs, make a booking for our dinner, donate or become a nurse or physiotherapist sponsor.

With grateful thanks, from all of us at Roads to Rehab - Nepal, everyone at NHEDF and all the patients and relatives at the Shelter for the difference your donations have made to their lives and helping them become the best they can be.

With best wishes and grateful thanks,

The Management Committee of Roads to Rehab - Nepal

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