

Welcome to our first newsletter!



Roads to Rehab – Nepal was established because many people in remote regions of Nepal do not have regular access to primary healthcare, medical treatment or rehabilitation services. Medical care is not free in Nepal and poverty is widespread. We became aware of NHEDF after the earthquake and made a formal decision towards the end of 2016 to set up an organisation in Australia to support the wonderful work they are doing.

NHEDF have struggled against many odds to provide medical and surgical intervention, nursing care, physiotherapy and rehabilitation services to 517 people whose lives have been irreversibly changed by injury. We support their work by providing funds, medical equipment and supplies to improve health outcomes for people admitted to their Shelter in order to rebuild self-reliance, dignity and confidence. We aim to help each person become the best they can be.



We would like to thank all those individuals and businesses who have made donations; have become part of our Nurse and Physiotherapist Sponsorship Programs or have become Friends. These are vital elements to our successful strategy in making a tangible difference to the lives of patients at NHEDF's Shelter. Support of these programs enables NHEDF to continue to employ these young women to do the wonderful but challenging work they are doing now. If you would like to contribute to NHEDF's staff sponsorship program or become a Friend, please contact us or visit our website for details.



We are all enormously grateful to a wonderful organisation called We Help Nepal. We applied for a grant on behalf of NHEDF and the application was successful. Before Christmas NHEDF received US\$8,970. Thank you WHN! Since early December NHEDF has been able to help 20 patients thanks to the funding they provided. Seven of those patients have been discharged home; one passed away and the others are still at the Shelter because the roads to rehab are often very long. Six of these twenty patients have leg fractures, five have head injuries, one had a permanent catheter but can now urinate normally, one has tetanus, one had a stroke and another has a generalised neurological injury. Two have tracheostomies or breathing tubes into their windpipes. All are being helped by NHEDF's staff to become the best they can be.



We are also really excited to report on a partnership we have facilitated between NHEDF and Lend-a-Hand. Charlie, an NHEDF supporter, put us in touch with Dr Nick Boden who was wanting to do some outreach work in Nepal. The outcome of this is a partnership between his company www.3dhealthlab.com and NHEDF, whereby NHEDF will establish itself as an assessment and fitting centre for prosthetic arms and robotic hands. These are 3D printed low tech but functional robotic arms initially for children who have lost an arm or forearm. They are fitted by a strap system and operated via a system of pulleys and simple electronics. The first prosthetic arm is on its way to Nepal for a little girl called Susma. We hope she likes it! We are hoping this partnership will grow and not only provide many Nepalese with much needed low cost low tech prosthetic



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hands and arms, but also, over time, generate additional sustainability for NHEDF. Watch this space! Visit www.lend-a-hand.org

We have set a date for our first fundraising dinner. Please join us in Canberra on Sunday 13th August at the Taj Agra restaurant in Belconnen.

We welcome any donations, financial or otherwise, assistance, support, ideas, fundraising efforts or any other contributions. NHEDF needs any unwanted but functioning medical technology, equipment or supplies. If you can help us realise our aims of enabling each and every person who walks through NHEDF's door be the best they can be please let us know!

With best wishes and grateful thanks,

Virginia Dixon

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