



Roads to Rehab  
Nepal

### NEWSLETTER NUMBER 3 - OCTOBER 2017

#### WELCOME TO OUR THIRD NEWSLETTER!

Since our last newsletter Roads to Rehab Nepal is excited to report that we now have two projects under the umbrella of our organisation. After many months of thought, deliberation, research and communication we are also now partnering with an organisation called Fistula Free Nepal in addition to our work with NHEDF.

Our role with Fistula Free Nepal is to raise funds to facilitate the rehabilitation of women who experience injury in the form of obstetric or traumatic fistula but whose fistulas cannot be cured by surgical intervention. This project is completely separate from our NHEDF project in terms of funding and we have set up a second fundraising page and a separate bank account to give people the choice of donating to either project.

Fistula Free Nepal has funding to cover the prevention, treatment, education, training and research aspects of obstetric fistula but no formal funding to help the small percentage of women for whom surgery has been unsuccessful or is simply not possible. These women are saddled with the heavy burden of living with the physical, psychological and social consequences of permanent urinary and/or faecal incontinence for the rest of their lives, and all that this entails in Nepal where this injury is often not recognised, misdiagnosed and therefore not treated. They are often marginalised, ostracised from their family and living in poverty. It is these women that Fistula Free Nepal has asked us to help.



These are photos of Kalika, who, thanks to Fistula Free Nepal, has gone from living in a cave, to becoming an inclusive and productive member of society again.

If you would like more information about our fistula project please visit our website <http://roads-to-rehab-nepal.org/fistula-project>



If you would like more information than what is on our website about fistulas in Nepal contact us [info@roads-to-rehab-nepal.org](mailto:info@roads-to-rehab-nepal.org) and we will send you an information sheet. To read more about the work of Fistula Free Nepal please visit [www.fistulafreenepal.org](http://www.fistulafreenepal.org)

#### OUR NHEDF PROJECT:

Over the last three months, NHEDF has cared for fifteen patients. Samrat, NHEDF's Director, has worked hard to ensure all have received the best medical and/or surgical intervention available. Thanks to the wonderful nursing care and physiotherapy provided by Kusum, Kunga, and Anjeela seven patients have been discharged but of course there are always more admissions!

#### REPORT FROM NHEDF'S DIRECTOR:



Samrat, NHEDF's Director, continues to do an amazing job. He reports:

*'The last three months have been difficult for me as I have had some unexpected expenses because of patient treatment. Raj Kumar, for example, is a sixteen-year old boy who was burned by falling into a kerosene stove when he was two months old. He had a burns contracture and had lost the use of his arm and hand. It was affecting his independence, posture and causing him pain.*

*Sometimes a patient really touches you and I felt it was my responsibility to complete his treatment even though it cost \$1500. It brought a huge burden to me, but the change in his life and smile in his face when he saw me after his treatment was worth it, and this brought tears into my eyes. I can see and feel the confidence and happiness he gained through his eyes. I will never forget that*



moment in my life and internally this makes me feel like this is the reason why I was born in this world.



This quarter as well as looking after all our patients, we have been organising prosthetic limbs for three of our patients and welcomed two visitors from Australia, one of whom bought ten kg of hand-made woollen hats given to Roads to Rehab Nepal. Thank you, Mission Sewing Group! These are going to a local shop who are selling them to raise money for us and more will apparently be on their way soon!

In August I was also honoured to participate and be a part of the first National Review and Planning Workshop on Disability.



I am really blessed to have Roads to Rehab Nepal as a partner organization.

With best wishes,

Samrat"

### OUR NURSE AND PHYSIO SPONSORSHIP PROGRAM:

NHEDF's nurses and physio are continuing to do an amazing job. I hope you have a feel for the difference your wonderful generosity has made in helping NHEDF continue to operate and by doing so, changing the lives of people who would otherwise be unable to access medical treatment, nursing care, physiotherapy and rehabilitation services.



### OUR FIRST FUNDRAISING DINNER:



Our first fundraising dinner was a resounding success and secured \$4000! A huge thank you to all those who attended and/or donated. The proceeds will be used to continue to fund wages of NHEDF's two permanent nurses and physiotherapist and, when possible, assist with the payment of the monthly pharmacy bill.



### THANK YOU:

We would like to thank all those who have made donations to both our projects and have become part of our Nurse and Physiotherapist Sponsorship Programs. We hope that reading this newsletter you can get a sense of the difference your donation has made to the lives of patients at NHEDF's. Our fistula project is in its early stages but we look forward to updating you on our work there. We would like to acknowledge the businesses who are supporting us, and so for those who donate \$500 or more a year we have put their logo on our website. Please consider supporting those businesses who support us.

Please visit our website or fundraising pages for regular updates on the wonderful work we are doing and how you can help. If you would like to help us in a practical way, we welcome volunteers to assist us in our many tasks!

With best wishes and grateful thanks,

*Virginia Dixon*

President, Roads to Rehab Nepal

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