



ROADS TO REHAB NEPAL NEWSLETTER - MARCH 2019

NHEDF NEWS:

Since our last newsletter, NHEDF has had a number of admissions. Dipi was about to sell a kidney to raise money for his medical expenses when someone told him about NHEDF. This is the kind of thing we mean when we say we help patients who have no one else to turn to and nowhere else to go – NHEDF's patients are almost always not just poor but in desperate circumstances.



Other patients include Jhumu - a young girl with spina bifida. She was incontinent of both faeces and urine due to a tumour pressing on her spinal cord. NHEDF organised surgery for her and the faecal incontinence is now fixed but the urinary incontinence is not. It is not just fistula affected women that will benefit from the incontinence products that our Circles of Hope will make, but NHEDF patients too.

Padam is waiting for medical tests having had chemotherapy; Prabash has a limb injury and is having intensive physio and Mansur is having chemotherapy, investigations and surgery for bone cancer and will require extensive rehabilitation and a difficult prosthesis.

Our 'old' patients continue to do well – Budhi Bahadur is hoping to be transferred to



the army hospital to have his prosthetic leg fitted; Sarvajit is continuing with intensive physio to wean him off crutches. Bharat Shrestha is waiting for further surgery for his infected wound which is having regular dressings. Krishna Hari is stable. Himal who was burned in the horrific house fire is having intensive skin therapy for his burns contractures but his father Jay's burns are all healed. Finally after two years Parbati's fractures and wounds are all healed! She has a built-up shoe, is having intensive physiotherapy to mobilise her ankle and one day will go



home with two legs and not just one... In a place like Nepal life is so hard for people who live in poverty and even harder when you only have one leg! Samrat explained that NHEDF tried so hard to save her leg because young women like Parbati would find it difficult to marry if her badly fractured leg was amputated.

On a happy note you may remember the story of Nokh with the rotationplasty and the foot on backwards and Samrat's determination to comb Nepal to find someone who could fit him with a prosthesis. Finally, Samrat was referred to Green Pastures Hospital in Pokhara, who did the impossible, as up until then, no one else was able to do it with the measure of success required. Thank you, Green Pastures Hospital!



Samrat went to visit Nokh and Nisha in their village recently and again, thanks to Samrat who bought a sewing machine for the shelter and sent Nisha to learn how to sew, Nokh and Nisha have rented a shop and are making these beautiful bags...watch this space as we are full of ideas!



Our trustee, Virginia, was in Nepal again in November and spent time at the Shelter which for her is always the favourite part of any trekking holiday! It was great to see a team of four young students from the Netherlands doing a university placement at the Shelter for their skin therapy degree and contributing and sharing their skills with our clinical staff. Samrat, Anjeela, Kusum and Kunga continue to do an amazing job....

AMBASSADOR OF WOMEN'S HEALTH TRAINING:

I know we keep saying things take a long time to happen in Nepal and they say that everything comes to those who wait! In January NHEDF's nurse Kunga, our Fistula Project Manager Saguna and Fistula Free Nepal's Community Mobiliser, Maiya attended Days for Girls Enterprise training in Kathmandu. We have posted their comments on our Facebook pages, but they all got so much out of it and are using the things that they learned. A huge thank you to the Canberra Chapter of Days for Girls. All 85 menstrual kits are finding much loved new homes in Nepal!



OUR FISTULA PROJECT:



We have made some changes recently to the way we operate our Fistula project and for a number of reasons have decided to run this through NHEDF rather than Fistula Free Nepal. We can still help fistula women with medical costs, but these will not be limited to patients sent to us by Fistula Free Nepal. A key part of our work will be our Circles of Hope program whereby women with fistula and NHEDF patients will be able to help themselves through our Circles of Hope Enterprise. We are so close to having enough funding to set this up! Saguna can then attend Enterprise training and we can start providing NHEDF Shelter patients and fistula affected women with sanitary and incontinence products.

Following this, both incontinence products and Days for Girls menstrual kits can be sold on the open market.

A million thank yous to Samrat who is moving out of his big office into the smaller office so Circles of Hope can operate out of it. NHEDF is putting in a set of bunk beds so two women with fistula can be accommodated whilst they receive skills training and get their sewing skills up to scratch.

THANK YOU:



We welcome Gina to our committee and extend our appreciation to you all for your ongoing support, especially those who recently renewed your annual nurse/physio sponsorships. Words are inadequate to express our gratitude to the Rotary Club of Hall for the second instalment of their three-year commitment to us. More sponsors translate to more support for NHEDF!



Our Chuffed fundraising page now offers the option of weekly, monthly and annual contributions by credit card so donations can be spread out over the year.

We would love to hear from you if are able to become a: **bronze sponsor @ \$100 a year** or a **silver sponsor @ \$250 a year** or a **gold sponsor @ \$500 a year** or a **platinum sponsor @ \$1000 a year**

OUR FUNDRAISING DINNER:

Save the date! Sunday August 4th at the Taj Agra Restaurant in Canberra at 6:30pm.

With grateful thanks,

Virginia Dixon, President, Roads to Rehab Nepal



ABN: 14 196 214 542 ACT Fundraising Licence: L19001126

Email: info@roads-to-rehab-nepal.org Tel: 0417 675 258

Website: www.roads-to-rehab-nepal.org