



WELCOME TO OUR MARCH 2020 NEWSLETTER



This must be our happiest newsletter yet! In fact it has so much good news in it that we did not know where to start....so we decided to begin at the beginning!

Parbati was 14 or 15 or maybe even 16 when she came to NHEDF on 26.1.2017. Many people in Nepal do not actually know when their birthday is or sometimes even how old they are. Parbati comes from a very remote region in the far west of Nepal. Her parents are elderly, and her family is extremely poor.

Their tiny house made of mud and stone was damaged by the earthquake and they have no electricity.



During the monsoon a landslide swept Parbati into a river and she sustained multiple compound fractures of her leg. She was in hospital for almost 12 months before she was referred to the Shelter and her father had to sell all their land (retaining only the house) in order to pay for 300 days of medical bills incurred before she came to NHEDF.

Parbati was in danger of losing her leg which would have made life for her even more difficult as arranged marriage is commonplace in Nepal and women with disabilities are not generally regarded as suitable brides. Being elderly, Parbati's parents were especially worried about who would look after her when they are gone.



The first happy part of this story is that Parbati was discharged just short of her third anniversary at NHEDF on January 24th 2020. Whilst at NHEDF, she had multiple surgeries including a bone graft, bone marrow transplant and several external fixators which stabilise the fractures and enable them to heal. She required lots of ongoing nursing care for wound management, care of the fixators and regular physiotherapy. Every patient at NHEDF is required to have a carer, who is almost always a parent for those under 18 years old and Parbati's father remained by her side all that time.

Eventually he too needed NHEDF's help, as he required kidney surgery. He made a good recovery for which they were so grateful.



The third happy part to this story is that during her time at NHEDF, Parbati and another patient, Manish, fell in love and they recently got married! Parbati's and Manish's marriage is what, in Nepal, is called a 'love marriage' as opposed to an arranged marriage.



The fourth part of this story is probably the most mind-blowing as an incredibly generous gift from a long-term NHEDF supporter enabled Parbati's family to buy land back. Samrat had a very exciting three days of travel to Doti, a region way out in the northwest of Nepal, to assist with the negotiations and land purchase.



Since our last report, twenty patients like Parbati have had their lives changed because of you. All the one-off donations you so generously gifted have funded medical and surgical intervention and the purchase of equipment, medications and medical supplies. This quarter we have also been able to help three women with obstetric fistula. Regular recurring donations have been put towards the salaries of

NHEDF's three nurses and physiotherapist who play a crucial part in changing the lives of people at NHEDF's Shelter.



We would like to take this opportunity to thank you again for your amazing support. Without you there would be no NHEDF and none of this would be possible. Our respect, admiration and gratitude also goes to NHEDF's Director, Samrat, who so often goes over and above the call of duty, sees the big picture and gets jobs done! As the song goes, 'from little things big things grow' and we wish Parbati, Manish and their families a wonderful future full of new beginnings.

As part of the GlobalGiving community, we also have the opportunity to take part in their Little by Little matching campaign where one-time donations made between March 23rd - 27th will be matched by 50% and all regular monthly donations under \$200 will be doubled. We will be sending out an email when the campaign opens so watch this space!

As always, if you ever have any questions, or would like to provide feedback or would like more information about any aspect of our work, please email us on info@roads-to-rehab-nepal.org or contact us via our website <http://www.roads-to-rehab-nepal.org>

With best wishes and grateful thanks for your amazing generosity,

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