



RoadstoRehab
Nepal

WELCOME TO OUR DECEMBER NEWSLETTER

This month has been a big BRING CHRISTMAS TO NHEDF month!

- Not only is Santa coming in 14 more sleeps
- But we will be welcoming in another year (hopefully a better one for everyone!)
- And it was #GivingTuesday
- And December 3rd was International Day for people with Disability
- And Committee Member Ingrid organised a Christmas raffle at her workplace



COVID 19 & NEPAL:



Numbers of Covid cases in Nepal continue to escalate with over 250,000 reported cases as this newsletter goes to print. In October Samrat and Devindra did a road trip checking on some of their patients and distributing food. Both were exposed to Covid-19. Devindra tested positive and Samrat negative. Fortunately, Devindra had few symptoms and made a good recovery, and Samrat went into isolation. The Shelter has remained Covid-free.

LIFE AT NHEDF:

Since our last newsletter, life has become a bit more normal at the Shelter, with the easing of national lockdowns and the resumption of public transport and NHEDF has supported 23 patients along their individual roads to rehabilitation. Staff can now travel to and from work and patients like Rahi, Govindra and Ramlal were able to return home.



This is Ramlal & Govindra when their father brought them to NHEDF on July 9th, 2019 and this is them when they were discharged home on October 15th, 2020.



During Covid, things have sometimes been run a little bit differently and NHEDF has been inundated with requests for help. For some patients, things have continued as normal – they come to the Shelter before they are hospitalised and are then transferred back to NHEDF after their hospital stay. However, the reality of lockdown or impending lockdown or the risk of viral transmission to patients at the Shelter has meant others have been supported by NHEDF solely for the duration of their hospital stay. For other patients, planned surgery was postponed due to either to the high incidence of Covid-19 in hospitals or patient's treating doctors contracting the disease and being unable to work.

One patient sustained multi-trauma as a result of a motor bike accident and sustained a closed head injury as well as orthopaedic injuries.

Two patients had tetanus – Krishna Hari remains a patient at NHEDF but Babu Ram made an amazing recovery and was discharged home. One patient required wound management for severe hospital acquired sacral pressure injuries requiring 3 skin grafts with one more to go. 12 people were admitted with fractures and two toddlers with burns injuries and a premature baby were supported by NHEDF in hospital.



Two patients had damage to the metal rods that are often used to fix fractured femurs (thigh bones). Tara required surgery for fractures she sustained 2 years ago and were never fixed – she had been bed bound for 2 years and CAN NOW WALK AGAIN THANKS TO NHEDF!

Three patients required amputations of their lower limbs and their roads to rehabilitation are always long.

Rahi required treatment of uterine prolapse and young Manoj had to have a colostomy. NHEDF also supported investigations for a young girl with an eye injury who requires surgery at some stage, and three patients were assisted with treatment and investigations for chronic illness.



It has been a very busy time for Samrat and a difficult and stressful time for everyone, staff and patients included.

OUR #GIVINGTUESDAY APPEAL

Thanks to your incredible generosity we raised \$3,567 from 12 donors which was absolutely amazing and this sum included 4 very substantial amounts of \$500 or more. GlobalGiving contributed \$233 making our total \$3800. We would also like to take this opportunity to acknowledge and thank all our wonderful nurse and physio sponsors for their regular donations.

GLOBALGIVING IS HAVING ITS FIRST MONTHLY DONOR DRIVE BETWEEN DECEMBER 11TH - 14TH

If you would like to set up a regular monthly recurring donation (which will contribute to the wages of NHEDF's nurses and physiotherapist) doing so between the following dates and times means the initial amount will be matched by 200%.

- US donors - your initial donation must be made between 00:01 EST on Friday December 11th and 23.59 on Monday 14th December.
- Aussie donors - your initial donation must be made between 16.00 AEDT on Friday December 11th and 15:59 on Monday 15th



Click here for the link to our project page:

<https://www.globalgiving.org/projects/provide-life-changing-medical-care-in-nepal>

ANY QUESTIONS?

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>

THANK YOU

On behalf of all past, present and future patients, and everyone at NHEDF, we thank you again from the bottom of our hearts for your kindness and generosity. None of the above would be possible without you and our sincere thanks go to you all for changing and continuing to change the lives of people who have no one else to turn to and nowhere else to go.

We hope you have a fantastic Christmas, and you are all reunited with friends and family no matter where in the world you live. We hope that next year will be better for everyone in the world, you included!

With best wishes and grateful thanks,

Virginia Dixon

President

Roads to Rehab Nepal

ABN: 14 196 214 542 ACT Fundraising Licence: L19001126 Tel: 0417 675 258

Email: info@roads-to-rehab-nepal.org Website: www.roads-to-rehab-nepal.org

