



Roads to Rehab Nepal

WELCOME TO OUR SEPTEMBER NEWSLETTER

Life has been very different for all of us since Covid-19 made its presence known and we really appreciate all the support you have given us during these changed times. Our thoughts go out to everyone in Nepal who have gone through two lockdowns now, and the need for NHEDF's services is even greater now than before.

OUR FUNDRAISING EFFORTS:

As we could not hold our annual fundraising dinner we took advantage of Global Giving's 24 hour Bonus Day and their Little by Little Campaign, plus held a little Aussie auction of our own which has helped us raise approximately half of what we usually raise through our dinner.

These events were all a huge success and along with a Christmas raffle and our GlobalGiving 'Bring Christmas to NHEDF' campaign we hope to reach our fundraising target for this calendar year.



CHHEMA'S STORY:



This newsletter we thought we would share Chhema's story which is another wonderful example of how you help changes the lives of people who have no one else to turn to and nowhere else to go. Chhema is 29 and comes from a village in the Solu region of Nepal. In many households in rural and remote Nepal, cooking is still done on an open fire. Chhema has a history of epilepsy and last October, she had her first seizure for ten years whilst she was cooking. She fell into the open fire burning her left foot, ankle and lower leg. It was a walk of several hours to the nearest health post where the wound was dressed, but infection and later gangrene set in.

Cheema was sent to Kathmandu and had a below knee amputation. She was devastated, not only because she lost her leg, but because her husband abandoned her and her beautiful baby girl, knowing she would be disabled. This is not uncommon in Nepal. In January Chhema was discharged to NHEDF for post-op wound management, physiotherapy and intensive rehabilitation. Her brother became her care-giver and supported Chhema during her 9 month road to rehabilitation. Eventually with the help of new shoes, a prosthetic leg and lots of nursing care and physiotherapy she was discharged home in July.



There are so many stories like these, all made possible by your amazing support without which there would be no NHEDF and none of the above would be possible. As we write this report, 21 lives are currently being changed by your generosity.

NEWS FROM NHEDF'S DIRECTOR, CLINICAL STAFF & VOLUNTEERS



Samrat, Anjeela, Aashika, Lucky and Renuka have had a difficult time with Government restrictions being placed on their employment, travel and working arrangements and the dedication of NHEDF's small band of volunteers has been amazing. We have continued to pay the salaries of NHEDF's clinical staff throughout this pandemic, for which they have been so grateful. As always, their hard work, dedication and enthusiasm has enabled them to provide nursing care, physiotherapy and rehabilitation services to 21 patients at the Shelter as well as lots of love and TLC.

OUR FISTULA PROJECT & CIRCLES OF HOPE

Due to budgetary constraints we can no longer continue to fund the part-time wages of our Fistula Project Manager and Circles of Hope Coordinator, Saguna. Circles of Hope will be outsourced to a wonderful organisation nearby who have a Sewing Centre and employ about 40 women including two ex-patients of NHEDF. They will continue to manufacture sanitary pads and incontinence products that have been so useful for both NHEDF patients and women with fistula. Our fistula project will continue to operate out of NHEDF, and we were asked to extend our support to women with prolapse as well as women with fistula, who require surgery. Our first patient with uterine prolapse has just been admitted to NHEDF.

AN UPDATE ON COVID IN NEPAL

As this newsletter goes to publication there are now close to 75,000 reported cases of Covid-19 throughout Nepal and 500 reported deaths, with the pandemic no longer being confined to regions along the border with India. Staff Nurse, Lucky, designed this poster for the Shelter and we think she did a great job!



THANK YOU

Our sincere thanks go to the Rotary Club of Hall for their 3 year commitment of \$7000 p.a. We received the final payment this year, and it has been an amazing help. Their support funded the salary of one of NHEDF's nurses, helped pay NHEDF's monthly pharmacy bill, provided funding for women with fistula and helped establish Circles of Hope. It also gave us time to build up our organisation to what it is today. It does however leave a big hole in our budget, and this, combined with the financial impact of Covid-19 on several of our donors' ability to support our work, has meant that without a significant increase in donations we are unable to provide as much funding to NHEDF as in previous years.



Our thanks also go to NHEDF's Director, Samrat, who is now working harder than ever, if that is possible, and to all of NHEDF's staff and volunteers for doing such an amazing job of keeping NHEDF going during lockdown. With Covid-19 now affecting so many more people in Nepal, their bravery is to be commended.

Finally, a million thanks go to all of you who supported our recent fundraising initiatives which raised \$2000.

We hope you enjoyed reading our annual report which we sent out in July. 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 and stay safe during these challenging times.

Virginia Dixon

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