



Roads to Rehab
Nepal

WELCOME TO OUR JUNE 2021 NEWSLETTER

Initially, this quarter NHEDF felt life had become a bit more normal and if you knew nothing about COVID and arrived for the first time in Kathmandu you would think there was no such thing as a worldwide pandemic! There were few cases and colleges, offices, hotels, businesses and government departments operated as in pre-COVID times; even the newly built Government COVID hospital lay empty. The Government had lifted restrictions on international travelers and tourism was making a resurgence. In March and April the Ministry of Tourism registered 43 international teams to climb Mt. Everest. People were relaxed and it was as if Nepal was virus-free. All that changed in April.



Sadly, the world quickly came to know about India but only occasionally did Nepal get a mention in the media despite having more cases per head of population, and inferior medical infrastructure. Thousands of Nepalese labourers had returned home across the southern border with India for the second time and again there was no screening or quarantine and minimal medical care. Nationwide 1 in 2 people who presented for testing were positive and Nepal's hospitals were quickly swamped and rapidly ran out of oxygen and ICU beds. There was talk of movement of more than 100,000 people entering and leaving Kathmandu each day and within no time at all, cases rose to more than 9,000 a day. 70% and then 90% of the country, and the Shelter, went into lockdown on April 29th and that lockdown has been extended. It has been a terrible time for everyone.

NHEDF NEWS: The resurgence of COVID-19 has been difficult for NHEDF. Lockdown meant NHEDF's clinical staff again began working 12 hour rosters on alternate days to minimise their travel time. We were really anxious when we discovered Samrat, NHEDF's



Director, Riten, NHEDF's Treasurer, and the wife of key Board member Devindra and then staff nurse Aashika all tested positive. Sadly, Riten passed away in ICU in early May. The others have recovered well despite Samrat being exposed to large viral loads as he had been involved in setting up ventilatory support in ICUs in Kathmandu and undertaking lots of staff education. NHEDF's nurses and physiotherapist have been vaccinated and no patients or their relatives have contracted the disease to date. We are



so proud of everyone being able to keep COVID-19 out of the Shelter.

Due to lockdown, the Shelter has not been able to discharge or accept patients. This



quarter, diagnoses of people at the Shelter have included spinal injuries, osteosarcoma and other cancer, cardiac conditions, infected wounds and vascular injury. Medical interventions included surgery, wound management, chemotherapy, amputation and general nursing care; and of course, ongoing physiotherapy for all from Anjeela.



OUR FUNDRAISING DINNER IS ON AGAIN & YOU ARE INVITED!

When? Sunday September 12th **Where?** The usual place – Taj Agra Restaurant in Belconnen, Canberra

Time: 6.30 for 7pm



As Virginia has not been able to go back to Nepal to buy heaps of lovely Nepalese goodies (though we do have a few things left from our earlier auctions). If you have links with businesses (restaurants, gyms, cafes, shops, health services) and would be comfortable asking if they would consider donating goods, services or vouchers please let us know. Alternatively, let us know and we can contact them directly.

We can provide a formal request and all donors will receive a thank you certificate and photographic evidence that their donation has been used for the purpose for which it was intended.

WEDNESDAY, JULY 14TH - GLOBAL GIVING'S BONUS DAY IS ON AGAIN! Each Bonus day is different and during this one, \$400,000 is to be given away in matching funds. Bonus Day starts on July 14 at 9am US time which is 11pm Australian time. We will send an email the weekend before with specific instructions about how to donate.



As with all GlobalGiving campaigns, all donations are time-critical and for this campaign, the minimum donation is US\$100 (approx. AU\$135). We encourage donors to schedule or make a donation within the first half hour to ensure it is matched, as funds will run out.

If anyone would prefer to make a regular monthly donation GlobalGiving will be matching these until the end of 2021.

THANK YOU: Another huge thank you goes to Dr Rodney, Micheline, Alysia and the Duntroon physio department for the donation of more physio equipment which will make their way to their new home when we are able to travel again. If anyone is going to Kathmandu in the future and would be happy to take items with them let us know! Samrat will pick them up.



We would also like to thank Sue Reid and friends for all the gorgeous knitted goods, and Fiona at 'The Markets' in 'Wanniasa for a venue to sell them from. \$349 was raised in sales and donations – thank you all!

ANY QUESTIONS?

As always, if you ever have any questions, 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>

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. Our sincere thanks go to you all for changing and helping us continue to change the lives of people who have no one else to turn to and nowhere else to go. Stay safe and take care.



With best wishes and grateful thanks,

Virginia Dixon

President

Roads to Rehab Nepal

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