



Roads to Rehab
Nepal

WELCOME TO OUR SEPTEMBER NEWSLETTER

We wish we could start this newsletter by saying COVID-19 is now a thing of the past but we can't.

NHEDF NEWS:

COVID-19 continues to plague Nepal and NHEDF is no exception. Everyone is relieved that all patients have finally received their first dose of the Chinese vaccine, Vero cell and the second dose will be given hopefully within the recommended month. Both Samrat's wife and Board Member, Devindra, contracted COVID, Devindra for the second time. Both have made a good recovery despite Devindra being extremely unwell.

STAFF NEWS:

Sadly, staff nurse Aashika was offered a 6-month contract working in a Government COVID Intensive Care Unit which is a wonderful opportunity for her. She resigned at the end of August and will be very much missed. Every cloud has a silver lining, as the saying goes, and many of you may remember Staff Nurse Kusum who used to work for NHEDF in the very beginning, first as a volunteer and then as a paid staff member. She left in 2019 to do her bachelor's degree in nursing has returned to NHEDF to work again. Kusum is currently studying a Masters in Nursing and we are thrilled to have you back Kusum!



Aashika contacted us before she left and said "I wish I could always be part of NHEDF. It is more like a family than a workplace! NHEDF has taught and provided a lot to me and the love you have showered on me has been sooooo good. I did not want to leave NHEDF because of this as I am emotionally attached to everyone, so leaving NHEDF will be hard for me. Samrat Sir is the best boss ever as he is so cooperative and flexible to work and supported us every step of the way! I really wanted to work in both places, and I did try, but working in 2 places makes my working hours so hectic. It was a very difficult decision for me, but I realized I can come to NHEDF at any time, visit the patients and see how everyone is doing and that made me a bit happier. Roads to Rehab Nepal is a great organisation and doing great things for NHEDF. They inspire us to be good humans and to do our work well. I want to thank everyone, especially my dear sponsors, because by saving one life you are actually saving more lives than that because you are often saving a whole family. Working at NHEDF and with you was magical for me and I got to know so many things. I will miss you all".

PATIENT NEWS:

There are currently 13 patients at NHEDF, and every patient has a story to tell.... 17 year old Karina has been at NHEDF since the end of November. Karina fell out of a tree when she was 15 years old and sustained a



spinal injury. She was taken to the National Trauma Centre in Kathmandu and was operated on however the surgery was unsuccessful, and she was left a paraplegic. She was later transferred to the Spinal Injury Rehabilitation Centre in Kathmandu where she had physiotherapy for three months before being discharged home. At home she became very depressed as she was left alone in bed for long periods of time ago. She lives in a hilly region and getting around in a wheelchair is indeed a challenge. One day Karina's grandmother noticed a big bed sore on her back. She went to a doctor and received medications. However, these

did not help. Someone she knew had heard of NHEDF and contacted them, on her behalf. She was transferred to the Shelter. Her pressure injury required skin grafting which was done in December. Karina was transferred to NHEDF 16 days post-surgery and received ongoing wound management and intensive physiotherapy. She was also given a better wheelchair.



Karina is afraid of going home as she spends lengthy periods alone. She feels neglected by her family and her home circumstances are difficult. She feels that if she was sent home she would die. Samrat said "NHEDF has done their best to help her to gain her life back, but we are really worried about her future. We hoped we could change her life completely. We have visited many schools and contacted many people regarding her education but from every place we get disappointment. As she comes from a very poor family, we cannot send her to any disability friendly private school and we have tried hard to find a boarding school who would accept a young person with a disability who wants to continue her education, or an organisation who would provide her with vocational training, but we have been unsuccessful. Karina asked NHEDF to go to National News and share her story but still we have nothing positive to report however we shall not give up".



Karina has now been discharged. She cannot stay at NHEDF forever. We have many supporters who have links with people or organisations in Nepal. If you know of anyone who can help, please contact us.

On a happier note, it took 4 months to change Ause's life. He was referred to NHEDF from a remote, very poor region of Nepal. He had previously had an amputation of his right leg but developed a wound on his left great toe which had become infected. The wound had extended and had become very large and very painful. Ause said "I thought I had a cancer, and my other leg must be chopped off". He told NHEDF's Director, Samrat "Sir I don't have any money to do this treatment. You are the only hope for my family. I have suffered a lot." Four months after being admitted, and a correct diagnosis along with wonderful wound management by NHEDF's nurses, and physiotherapy from Anjeela, his wound is now healed, and he was able to return home. Ause said "I will never forget this organisation. You gave me a new life. I am so happy that I can work as before".



OUR FUNDRAISING DINNER:

Due to lockdown, this has been postponed to Sunday October 17. We sent emails to all those who paid for tickets offering a refund and this is still an option, or we can carry all tickets over to the 17th and take it from there. the evening goes ahead, we are planning a Q & A session as we think numbers will be smaller than normal and hope to be able to connect live with Samrat. If lockdown again forces us to cancel, one of our supporters suggested take-away. The Taj Agra will do a special take away deal if anyone is interested and we have plenty of already wrapped beautiful items from Nepal and some brand new children's toys which we can display at the restaurant for you to do your Christmas shopping when you collect your take away! We will be in touch with our Canberra supporters closer to the time.



FUTURE FUNDRAISING

Our December newsletter will inform about our end of year fundraising, although it may come out a little early, as this year, Giving Tuesday is November 30th and GlobalGiving will be running their usual 24-hour campaign. GlobalGiving also has a 200% Monthly Match between December 13 – 17 for all new donors who want to make a regular recurring donation. The initial amount will be matched by 200%. All recurring donations are used to fund the wages of NHEDF's three nurses and physiotherapist. December 3rd is International Day of People with Disability, and this is often the focus for our 'Bring Christmas to NHEDF' appeal.

ANY QUESTIONS?



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

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,

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