



WELCOME TO OUR DECEMBER NEWSLETTER

Firstly, we would like to start this newsletter by saying a huge thank you for your wonderful support this year. We have had some incredible donations and we were so excited at the success of our fundraising dinner in October, despite the small number of people who were able to come. \$2232 was raised as a result of that event. A huge thank you also goes to those supporters who came together during @GlobalGiving's #MoveAMillion campaign and raised \$4234 on #GivingTuesday. As you know, 98 – 99% of what we raise goes to our project and will all be used fund medical and surgical intervention and provide essential medical, surgical, nursing, physiotherapy and rehabilitation equipment and supplies and medications for all patients at NHEDF's Shelter.

Secondly, we would like to join forces with NHEDF's staff, Board Members and all patients, past and present, whose lives you have changed by your wonderful generosity to wish you a very happy Christmas and our best wishes for a wonderful 2022.

NHEDF NEWS: NHEDF also receives some support from an organisation in the Netherlands called [Stichting Care4Nepal](#) who have been paying NHEDF's rent since the end of 2019. They recently received funding from an organisation called AFAS. This is sufficient to pay NHEDF's rent for the next 2 ½ years! Congratulations!!

As always, NHEDF's patient capacity is determined by funding. They currently have 13 patients, and we would like to share Nirmala's story with you.



NIRMALA'S STORY: She started with the words *"Doctor told me to do X-ray. I only had NPR 300 (about \$3.50) so I came back home."* Her story demonstrates how significantly a family's life and fortune can change because of illness.



Samrat said *"This small sentence speaks thousands of words. This is what touches our heart. There are hundreds of issues for us in Nepal whether you are financially stable or unstable. If we are lucky to have lots of connections, we get our medical needs met in time, but how do you think we feel when we hear of someone being deprived of basic treatment? We ask for help to change a life..."*

Nirmala is 23 years old. Her father was a construction labourer and with his small income he was able to send his 4 daughters to school. Before her admission to NHEDF, Nirmala was doing a degree. 4 months ago, Nirmala's father died after a six-year illness with cancer. Nirmala said *"We could not provide good treatment to my father. And even my mother needs surgery. It's been 15 years she is suffering from a small complaint. Why is the god testing us every time?"*

Nirmala and her elder sister are the only source of family income and do whatever work they can find. This has been difficult due to COVID. They were working in a mask factory where they stood for 12 hours making masks for NPR 400 per day (about \$3.75). This amount was sufficient for rent and food only, but the factory has now closed and they are unemployed.

Six years ago, Nirmala developed severe pain in her knee. She had fluid drained out of the joint, rested, and had acupuncture but the pain persisted and increased steadily. She went to the government hospital and was diagnosed with significant ligament injuries requiring surgery, however given that the family could not even afford an X-ray, NPR 250,000 for surgery was out of the question. She was told that if she failed to do this surgery she would be disabled for life. She desperately sought help and an acupuncturist she contacted knew of NHEDF and referred her to them.





After this phone call, her life changed. She was admitted, had investigations and surgery was performed on September 20th with a significant discount to NHEDF thanks to the doctors at the National Trauma Centre.

Nirmala had surgery, rehabilitation, nursing care and lots of physiotherapy and has now been discharged. Your generosity has saved her from a life of disability and all that entails, and for that Nirmala and her family want to also express their deep gratitude and appreciation.



OUR NURSE & PHYSIO SPONSORSHIP PROGRAM

100% of funds donated to our Nurse & Physio sponsorship program are used to pay the wages of NHEDF's 3 nurses and physiotherapist. Click here for more information <https://roads-to-rehab-nepal.org/how-you-can-help>

Monthly donors can provide vital stability, better budgeting and reduced stress levels for our organization. That's why GlobalGiving is again offering a 200% match for all new regular recurring donations made between Monday, December 13 – Friday December 17.

If you live in US, please make your contribution between these dates. If you live in Australia, simply make your donation between 13– 16th December to avoid all time differences.



MERRY CHRISTMAS & HAPPY NEW YEAR & THANK YOU FOR YOUR WONDERFUL SUPPORT OVER THE LAST 12 MONTHS.

We look forward to what will hopefully be a much better year for everyone in 2022.

With best wishes and grateful thanks,

Virginia Dixon

President, Roads to Rehab Nepal