



Roads to Rehab
Nepal



NAMASTE, AND WELCOME TO OUR SEPTEMBER 2026 NEWSLETTER

We were shocked and saddened by the recent catastrophic tragedy that struck Nepal and Tibet. Our thoughts are with everyone affected by these events and MeRO is standing by to help in any way they can.



SAMRAT'S NEWS We do have happy news though - Samrat is doing really well. By the time this newsletter is published he will have two more chemotherapy cycles to go and they cannot come quickly enough. He feels a bit 'weak' for a few days post-chemo and has been losing his sense of taste but is bouncing back. Other than some incorrect blood results which caused a bit of a panic, everything is going well. He is going to the Shelter occasionally and once chemo is finished, he will have further surgery to reverse his stoma and then will be back in full swing!

FUNDRAISING

GlobalGiving's July Bonus Day: We had a fantastic July Bonus Day and came 67th out of 443 participating organisations. A huge thank you goes to everyone who contributed. Your outstanding generosity amounted to AU\$8,043 which equated to US\$ 5,619. This will help cover the cost of medications and medical consumables, equipment and supplies over this financial year for all patients at the Shelter during both their hospital and Shelter stays.



Our annual fundraising dinner: A huge thank you also goes to everyone who helped us celebrate almost a decade of working with MeRO and supported our annual fundraising dinner, either by attending, making a donation or paying for a virtual ticket. It was a great night, and your outstanding generosity raised a total of \$4,780. Auction items accounted for \$1,860. Donations from people who were unable to attend came to \$2,265, and the remainder came from the lottery and ticket sales. All funds raised will be used to pay for medical care for patients at MeRO's Shelter whilst they are in hospital and at the Shelter.



MERO NEWS The Shelter currently has five patients but has had lots of admissions and discharges since our last newsletter! Due to Samrat being out of action patient numbers were reduced but things are picking up again. Anjani, Divyans, Badurai, Karmala, Saugat, Navaraj, Susaan, Sunil, Naina, Ganga, Unish, Pabita and Anjali, Amrita and Radhika were all discharged.

Chandini made a great recovery too from her 14 hours of microsurgery and was discharged home after a six-month stay.

Janaki was admitted to the Shelter about the same time as Samrat had his surgery. Prior to her arrival she had inherited a huge medical debt during investigations and treatment for osteosarcoma which also involved an above-knee amputation.

She required chemotherapy and radiotherapy but could no longer afford medical care. She was then referred to MeRO and has been a patient for five months. She has now completed all required chemotherapy and radiotherapy and Samrat said she is a different person to the one he met previously! She has been discharged home soon and will return for follow ups and the fitting of a prosthesis.





Kali (not her real name) was admitted with terrible pressure injuries to both hips, sacrum and thigh. She became a paraplegic when she fell off the roof and was discharged a month after surgery with no support or rehabilitation. Her story is hard to hear, and the photos of her pressure sores are hard to look at.

MeRO's amazing nurses provided fantastic nursing care and managed to reduce the size of her wounds, but she developed severe pain and was transferred back to hospital for further treatment however her family took her home. Samrat has not been able to contact her or her family to find out why or what happened.

36-year-old Datya with a history of diabetes was a patient who had previously had an amputation for a wound infection. He returned for the fitting of a prosthesis.

57-year-old Tek also has Diabetes. He was admitted with a gangrenous toe and forefoot. He received ongoing wound care and following CT scans, MRIs and other investigations was diagnosed with peripheral artery disease and was transferred to hospital for further assessment. He has now returned to the Shelter and is awaiting a decision as to what will happen next.

10-year-old Sima was a previous patient. She was electrocuted when her kite got tangled in electric wires. She had severe burns to her scalp, had surgery and required extensive nursing care. She, like many people with burns injuries, developed burns contractures and returned to the Shelter recently for contracture release surgery and a small skin graft. She was transferred to the Shelter for ongoing wound care and has now been discharged.

10-year-old Sima was also a previous patient when she was electrocuted. She was readmitted following the development of a burns contracture to her scalp. She had the contracture surgically released, had a small skin graft and was transferred back to the Shelter where she received ongoing wound care. She has now been discharged.



20-year-old Goma was diagnosed early in life with a skin condition, but when her father died, her mother could not afford to continue her medical care, so she lived with constant skin infections and pain. Their home is a make-shift shack, and they exist in desperate poverty. Goma was referred to MeRO by a wonderful journalist who travels to rural, remote and regional areas of Nepal as part of his work. He often finds patients in very challenging circumstances and when he does, he refers them to MeRO. Goma was one of these patients.



Goma did not even have the strength to walk to the roadhead, so her mum carried her and they travelled by bus to Kathmandu. She was admitted to the Shelter then transferred to hospital under a multi-disciplinary team. Investigations revealed the cause of these debilitating and painful skin lesions, and she was diagnosed with systemic lupus erythematosus (SLE), a chronic autoimmune disease where the body's immune system attacks its own healthy tissues and organs, causing widespread inflammation and pain. She is being treated with the appropriate medications and is responding well. Like Jananki, she is a different person since her arrival at the Shelter.



Five-year-old Sadikshaya was admitted to the Shelter and is being treated for lymphocytic leukemia. She is having six cycles of chemotherapy, regular blood tests and occasional blood transfusions.

Grandparents often play a huge role in helping bring up their grandchildren. Both Sadikshaya's parents are working overseas so she has her grandmother taking care of her long-term. Here she is with Vice-President Devindra who has done and continues to do an outstanding job of keeping everything at the Shelter ticking over, for which we, along with everyone else concerned are all so thankful.

MeRO's most recent admission is Drishal, a two-month-old baby who had a retinoblastoma - a rare tumour of his eye. He has had surgery to remove his eyeball and has had a prosthetic eye implanted. He has been transferred to the Shelter for ongoing treatment and nursing care.

THANK YOU

Along with everyone at MeRO, all patients and their families, and all of us at Roads to Rehab Nepal, we cannot thank you enough for your amazing generosity and support. It is always so much appreciated as we hope you know.

If you have any feedback, questions or would like any more information about anything we do, please do not hesitate to get in touch. You can contact us via our website www.roads-to-rehab-nepal.org

With best wishes and grateful thanks

Virginia Dixon

President, Roads to Rehab Nepal

