



# NAMASTE

## THE NEPAL TRUST NEWS

WORKING WITH HEALTH, COMMUNITY DEVELOPMENT  
AND HOPE IN THE "HIDDEN HIMALAYAS"  
SUMMER 2014 ISSUE No.15



*The Solar Lamp Project*



*Muchu Gompa Restoration Project*



*Children at the Kailash Humla Children's Home*



*Bargaun Birthing Centre*



*Little Doctors at Yalbang School Library*

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## Chairmen's Welcome

*Dear Friends and Supporters*

In the last edition of Namaste we noted that change is coming quickly to Humla and that some of the old attitudes would have to give way to more modern attitudes and thinking.

This was starkly evident on Mike's visit last September, when he and Pavla trekked round Humla with a small group of supporters visiting many of our projects and meeting Nepal Trust staff on the ground. With mobile telephones and an almost reliable internet access now established at Simikot, the Kathmandu team is better able to keep in touch with the projects and slowly the "out of sight, out of mind attitudes" of old are becoming history.



*UK Chairman Mike talking with teashop owner*

Two years ago at the AGM we agreed that our focus for the next ten year period would be on mother and child health issues, working in partnership with other aid agencies operating in Humla to tackle the grim infant mortality and in-labour mortality rates in the area.

While as always progress remains a slow hard road, we are making measurable advances. With massive thanks to various corners of the Rotary organisation, we are well on our way to establishing and bringing into operation three new birthing centres. Our flagship Little Doctors programme was fully sponsored in 2013 and is also now fully sponsored for 2014. We have the luxury of being able to contemplate expanding the programme to a fourth centre at Sarkegad but will need to be certain of further support before we commit. At Yalbang and Kerma we are collaborating with ISIS to deliver our healthcare programme. Elsewhere we are involved in a wide range of projects and programmes in partnership with others. The spectrum includes the delivery of solar lamps, the renovation of an historic temple, the construction of a new school, the running of a children's hostel, a long term

agricultural project and a water distribution project. The following pages have more details on this work.

Financially while we keep our heads above water, it nevertheless remains a real challenge, one that seems harder and harder each year, to raise the funds needed. Our accounts for 2013 are now published and available to all. To request a copy, email Rod Lowcock on [rodwillow@blueyonder.co.uk](mailto:rodwillow@blueyonder.co.uk). As we constantly remind everyone, we are an all volunteer organisation in the UK. The Gift Aid refunds we receive from the government more than cover the small amount of essential running costs we incur in the UK, so every extra pound raised is a pound to spend in Nepal, and a pound goes a long way in Nepal.

One of our main worries is that we are not really growing our supporter base and are still very dependent on the same small group of volunteers to keep things moving along. Kay Perkins has recently stepped forward to help Tony with fund raising and Sally Mould has also been trying her arm. Others have helped organise the social evenings held over the past six months, however there is always scope and room to engage with us if you have the will and the time.

These are big challenges and ones which together we are working with Jeroen to achieve. Please keep in touch and enjoy this edition of Namaste, but above all thank you for your support.

Mike & Nugal



*Nepal Chairman Nugal (middle) handing over UK Rotary Aqua Boxes for disaster relief to Armed Police Force*



## Keeping in Touch

Namaste and e-news updates are the two main channels through which we try to keep our members and friends informed of the work we are doing and of the opportunities to join with us. Last year we instigated a number of regional social evenings attended by Mike & Pavla with the aim of meeting and getting better acquainted with our supporters. Hopefully small acorns will take root: a big thank you to Adrian Lawrence, Tony Cook, John Armstrong, Chris Hardiman and Jon Swain for helping pull the evenings together. Our web site [www.nepaltrust.org](http://www.nepaltrust.org) gives you another portal into our activities. We are also on Facebook: [www.facebook.com/NEPALTRUST](http://www.facebook.com/NEPALTRUST).

You can also send an email to: [admin@nepaltrust.org](mailto:admin@nepaltrust.org) or give us a call on: +44 (0) 787 901 6443 .

## Working in Partnership

### ***Durango Daybreak***

The last edition of Namaste included a short piece about our partnership with the Rotary Club of Durango Daybreak (Colorado, USA) on a major solar lamp distribution project. This provided solar lamps in 165 tea shops located within 30 or so villages along the Great Himalaya Trail across Humla. In the spring of 2013 eight Rotarians and volunteers from Colorado came to Humla to help with the installation of the solar units, which also included universal phone charging units. In early 2014 we were able to install another 30 units in Humla with support from Durango Daybreak Rotary, bringing the total to 195 solar units.

Not only did the project provide lighting to the local tea shop owners to improve their businesses, but it also turned their shops into a mobile phone charging point, now heavily used by passing merchants, tourists and the like, all of which is contributing to local income generation.

After Jeroen's visit to Colorado in October 2013, several representatives of Durango Daybreak will visit the UK this autumn to meet with Nepal Trust representatives and we hope to strengthen our partnership for many years to come.



*Durango Daybreak Rotarians on the trail*

### ***INGO Status Re-confirmed***

We have been working in Humla for over 20 years and as the longest standing aid organisation working there, have become the partner of choice for other organisations looking for assistance in the delivery of their projects. Crucial to this standing is our status as an INGO and reputation for full and transparent accounting. Being able to operate as an International Non-Government Organisation in Nepal (as opposed to an NGO) allows us to operate a regional office in Kathmandu; control bank accounts in Nepal from the UK and enter into legal agreements in our own name. Our criteria for engaging in partnership are that our partners can demonstrate the same commitments to sustainability and share the same ethical values as The Nepal Trust.

We have to re-register every five years with a comprehensive five year project implementation plan, that has to be approved by various ministries in Nepal, which is not as simple a process as perhaps it ought to be. However, after a fair amount of complication and bureaucracy, we

were pleased to announce in February 2014 that Jeroen and team had managed to get a new General Agreement signed with the Social Welfare Council. Subsequently The Nepal Trust prepared and submitted detailed budgets and project plans for the five year period to end 2018, requiring a



*Jeroen signing INGO agreement with the SWC*

minimum annual spend on our work of \$100K per annum. This Project Agreement was signed on the 18th July 2014 and allows us to implement the activities we put forward.

The centrepiece to the plan is our core health programme, which sees us planning to continue facilitating primary healthcare services through our existing healthcare team and chain of five clinics, with one additional one to be opened at Yari. The plan also includes provision for constructing and running up to three birthing centres in association with the clinics. Other core projects include the continued running of our Little Doctors programme and the operation of the Service Centre. It also makes scope for continuing our work in education, heritage preservation, sustainable tourism and renewable energy.

### ***The ISIS Foundation***

ISIS is a not-for-profit organisation working in Nepal and Uganda ([www.isisgroup.org](http://www.isisgroup.org)). In Humla ISIS has been teaming with The Nepal Trust to help raise the standards and depth of health care delivered through our clinics at Yalbang and Kermi. We have entered a collaboration agreement under which ISIS is assisting The Nepal Trust with long-term funding of the running costs of the two clinics, including a contribution to salaries and the cost of medicines. Decisions on the running of the healthcare programme at Yalbang and Kermi are taken in collaboration.



*Jaya Devi funded by ISIS to work at Kermi Clinic*

## Renewable Energy & The Service Centre

### **Renewable Energy**

Travelling around Humla, UK Chairman Mike trekked round a substantial number of the renewable energy projects that we have implemented over the past 20 years, inspecting their status. This included both micro hydro schemes and solar projects.

Pleasingly most were still in an operational state and providing remote communities with electricity for lighting and the recharging of batteries (yes, mobile phones have arrived). Sadly most were hanging on by a thread and clearly lacking in preventative maintenance. In general the 'operators' had a poor grasp of how the overall systems and individual items of equipment worked. There was also a great paucity of knowledge about how to best operate the facilities.

This is despite training having been provided, both when the systems were installed and on subsequent visits to repair problems, often caused by poor operation of the plant. This reinforced the need for a western partner to facilitate on a long-term basis the on-going training and maintenance of what is, for most members of the communities, bewildering technology. This is the core of our Service Centre project.



*Field training service centre students*

### **Service Centre - planning the next 2 years**

Our plans for the next two years are based on the premise that 2014 will see the consolidation of the building and its services, with a capability for basic field support/maintenance of the installed renewable systems (hydro and solar). The following year will depend on the success of fund raising initiatives taking place this year.

This year the basic building will be completed by concreting the floors and connecting to the water and electrical supplies. Work benches and small hand tools will be purchased to



*Lessons on greasing bearings*

enable the hired staff to carry out some basic in field work. A survey carried out last year showed that there were many small issues on the hydro and solar systems and that most of these could be fixed by Service Centre staff. The programme of work will not only set about fixing the problems but also reviewing and agreeing maintenance with the village operators.

The programme for 2015 includes buying the major workshop equipment and hiring additional staff. This is a significant activity requiring funding in the order of £35k. Plans are in hand to submit an application for a Global Grant to the Rotary Foundation.

At the end of 2015 we will be looking to outsource the operation of the Service Centre and to this end we are conducting discussions with potential partners.

### **Solar Lamps & Smokeless Cook Stoves**

A film documentary called 'Journey to the Sky' has been made by the Rotary team from Durango, about their adventurous trip to Humla. This was recently aired at the Colorado Film Festival where it received good reviews; it can be found here: <http://www.nepaltrust.org/videos>.

It was made clear on many occasions to Chairman Mike and the team, as they stopped to wet their throats and chatted to the locals in the tea houses, how much these lamps are appreciated. We are discussing another project for 2015, which should lead to the installation of 100 solar lamp units in the village of Dojam and the poorer Dalit communities in Simikot. Coupled with the installation of new technology smokeless

stoves, which reduce cooking time and fire-wood consumption, these will improve overall health conditions through a reduction in the respiratory diseases caused by smoke inhalation.



*Testing smokeless cook stove at NT guest house*

## Water Project



*Laying the 40 km HDPE transmission line*

There has been good progress on the Sarangot area water project since the last edition of Namaste, when we reported that our field staff were working on the installation of the

40 km transmission pipeline to bring water through valleys, jungles and forests to the villages.

Initial testing at the end of 2013 revealed a number of complications in terms of leakages with the metal pipe parts. Also some of the 60+ pillars constructed to support the pipes and hold them in place were not substantial enough to cope with the weight and force of the water pressure.

Corrective work was instigated and by mid-2014 all was in order and the system passed the operational and water quality tests successfully. Water is now being transmitted to the designated end point of the pipeline.

With this phase of the project now completed to the satisfaction of the communities, the Nepalese government and the Dutch donors, we have prepared plans and budgets for the distribution works and construction of local infrastructure. These include a distribution pipeline of 36 km and assistance in the construction of distribution chambers, storage chambers and local water taps. In addition an educational project is in hand to educate the local schools about clean drinking water and sanitation.

## Developing Agriculture in Humla

This project started in 2013 with the Swiss NGO Norlha approving funding for the first year of a three year programme. Year one has seen the appointment of the project team comprising a project manager based in Simikot, two technical assistants and a project assistant.

Readers will recall that the project aim is to revitalise agriculture development and expand vegetable production and bee-keeping in the Humla area. Today, tourism is a viable income source for families along the trek routes, where there is an increasing demand for vegetables and agriculture products. Additionally, since most of West Tibet is semi-desert with low agricultural productivity, the border markets offer trading potential for local farmers.



*Growing crops inside new greenhouse*

production; however, most farmers in Humla lack knowledge of such opportunities and even if they are aware of them, often lack the resources and know-how to exploit them. By

There is a need to develop diversified products based on market demand. The use of improved tools and techniques can help increase

providing technical input and resources, the project is targeting to strengthen and diversify the production and sale of high yield vegetable

products. Initially, these initiatives will be owned by farmers' groups living in the Bargaon, Simikot, Dandaphaya, Khagalgaon and Muchu VDCs.

Year one has seen all project activities to date successfully implemented. We have constructed

over twelve greenhouses, a community irrigation system and provided seeds, agricultural tools and technical training to both vegetable farmers and bee keepers. Besides this, the project team completed a comprehensive baseline survey of the current status of agricultural output in the target area. In the upcoming years these activities will be expanded upon with a focus on food storage and local marketing and sales.

Please visit:

[www.norlha.org/index.php/en/programmes/agriculture-a-nutrition/nepal](http://www.norlha.org/index.php/en/programmes/agriculture-a-nutrition/nepal)



*Bee keeping training*

## Delivering Primary Healthcare

### *Mother and Child Focus*

In a sense no news is good news. We have written many times in e-news and previous editions of Namaste about the main thrust this decade of our primary healthcare programme. Our drive to extend and expand the existing Nepal Trust health infrastructure and primary healthcare programme with Birthing Centres, is an effort to tackle the high infant mortality rates (over 40% of children do not live to the age of 5) and high maternal labour mortality rates (over 8% of women die during labour) prevalent in the district. This is consistent with Nepal's Medium Term Strategic Plan (MTSP) and Safe Motherhood Plan (SMP), with its emphasis on safe motherhood and family planning, child health, control of communicable diseases and improved out-patient care.

In this edition of Namaste we can report 'no change of direction or strategy' but equally, steady progress on several fronts.



*New birthing centre in Sarkegad*

Humla is Nepal's highest and most inaccessible district, with an altitude ranging from 1,500-7,300m. Within Humla the overall pattern of ill health is dominated by infectious diseases, nutritional disorders, maternal and prenatal diseases. Unsurprisingly the population groups which exhibit the highest levels of mortality, morbidity and malnutrition, are women and young children. Although the government health programme in Humla is dysfunctional at best, we nevertheless try to work in partnership, to improve the overall delivery of healthcare in the region. Our plans have been approved by the Humla District Health Office since the direct beneficiaries will be the poorer people in the District.

Solid progress is being made towards our ambition of establishing fully equipped public birthing centres, close to each of our community health posts. The clinic at Bargaun is now almost completed ready for operation. It is to be managed as a sub-post from the Torpa clinic. We are actively recruiting an ANM (auxiliary nurse midwife) to be based there and plan to run the clinic in close collaboration with the government health post at the nearby village of Thehe, where

there is a persistent shortage of medicines. We will however, keep full control of stocks and will be insisting that all distribution of medicines procured by the Nepal Trust is controlled by our staff.



*Patients at Kermi clinic*

Elsewhere the construction and fit out of the new birthing centre at Sarkegad is on track for completion this year. Thanks to Chris Hardiman and many Rotary clubs in Dorset and Somerset, this project is now fully funded. High up the Karnali valley at Yari we are gearing up to open a new clinic and birthing centre. Thanks to Peter Ballard and many Rotary clubs in the Thames Valley and North Wales, this project is substantially funded. There is nevertheless a funding gap which we would very much hope that one or more of our supporters could take up and help close.

We hope to take advantage of a Government scheme which pays out a bonus to mothers who register at a clinic for pre-natal care and have their baby at the clinic. As with all of our projects we are involving the local community in the implementation of the plan. Traditionally expectant mothers will take themselves off into the fields or cow shed to deliver the baby. Going to the birthing centre and being attended by a qualified midwife is a culture shift that will require sustained communication and leadership from within the community.



*Jeroen and Chris with D.1200 representatives*

## Little Doctors



*Little Doctors in Bargaun*

Those of our supporters who have travelled to Nepal and trekked within Humla, all appreciate why we regard the Little Doctors project as our flagship programme. No matter what aid agencies strive to accomplish, unless you can bring about a long-term culture shift through education and training, nothing is sustained.

Our Little Doctors programme is an example of this; by running it year in year out and reaching a whole generation of children we will make a difference. It creates health awareness throughout local communities by teaching school children all about personal hygiene, family planning, diseases, sanitation, first aid and nutrition. Classes are organised and run through the local schools. Delivery is through trained healthcare workers from The Nepal Trust, working alongside local school teachers and local government health workers. It costs £1,500 to deliver the programme each year at each location. Thanks to the generosity of a number of individuals, organisations and Rotary clubs we have been fully funded for the three programmes we have been running since 2010. If we can only sustain this for another 15 years we will be there!!!

With additional sponsorship we would like to expand the programme to Sarkegad and run four courses each year. However we need to be sure of the sustainability of support before committing to a fourth programme.

### ***Delivering the Medicines***

Returning to the no news is good news theme: we have maintained our delivery of medicines to all of our clinics for the past 15+ years, virtually uninterrupted. In a sense it sounds simple enough, but...

Although not an extreme or difficult issue to manage, it does have logistical difficulties due to planes, weather issues, land slides etc. The medicines and equipment are purchased primarily in Nepal, from a long-term partner/supplier in Kathmandu who gives us special rates, they are then sent by

bus to Surkhet, after which they are flown to Simikot. Taking care to avoid the winter snows and monsoon, we then have to porter it up to the villages, which can take weeks to complete due to the remoteness of the areas we operate in. Income collected from the villages as treatment fees is used to fund the cost of transport to villages (porters/ horses, etc.), which means that the villagers are contributing towards the cost of delivery and distribution.



*Medicine delivery logistics*

### ***Gorkha Joins the Team***

One of our challenges, resulting from the remoteness of Humla, is that staff who are not from the area often can't stay the course. For this reason we have ended up with a change of management. Gorkha has now joined us and has taken over as health care manager. He has just graduated as a HA (Health Assistant) and was previously working as an assistant HA in the Simikot Hospital. Coming from Thehe we are hopeful that he will become a long standing member of the team.



*Gorkha at LD Bargaun inauguration*

## To a Mountain in Tibet

By Dr. David Hurman

The mountain in Tibet in question, is of course Mount Kailash (6714m/22,028ft high) or Gang Rimpoche in Tibetan, which translates as Precious Jewel of Snow.

I'd come across a postcard of this mysterious snow-covered conical peak, seemingly standing in glorious isolation at the far-western end of the Himalayas, on my first trip to Kathmandu almost thirty years ago, and ever since then I'd been waiting for the chance to go and complete a circuit of this holy mountain, which is sacred to followers of both the Hindu and Buddhist faiths.

Fast forward to September 2013 and our intrepid Nepal Trust trekking team is assembled bright and early in the sweaty warmth of the front garden of Candy's Place, half listening to the proprietor's endless stream of anecdotes, before happily it's time to leave the delights of Nepalgunj for the always exhilarating flight to Simikot.

We land safely (never to be taken for granted!) and it's good to be back in Humla again. The Nepal Trust Guest House seems in pretty good shape under new management, although I do meet up with a few old spidery friends in the still outdoors, but otherwise reasonably clean toilet.

After lunch it's time to get trekking; leaving Simikot we have a fairly gentle, mainly downhill four to five hour stroll following the Karnali River westwards to our first campsite at Dharapori.

Despite an early night under canvas, all too soon, it's "bed tea" at 6.00am the next morning, followed by a bowl of hot water for limited ablutions and then up for breakfast.

Our destination is the village of Kermi about three to four hours walk along the trail and we arrive at The Nepal Trust Health Post in mid-afternoon. Mingyur Lama our Community Health Worker is summoned by mobile phone! It's nice to see him again, this time in his own surroundings.

It's always a humbling experience to meet dedicated fellow health professionals, working in such remote and generally difficult conditions, and it's also very reassuring to see that Mingyur and his colleague Jaya Devi Lama, an Auxiliary Nurse Midwife, seem to be providing a good standard of basic primary healthcare to the local community. It's personally rewarding to be able to see the work of The Nepal



*Top of the Drolma La*

Trust making a positive difference in the 'Hidden Himalayas'.

It's on to the village of Yalbang the next day and again the Health Post appears to be functioning effectively under the guidance of Sita Lama, another long-serving Nepal Trust Community Health Worker.

We meet up with students on The Nepal Trust Little Doctors programme at Yalbang School; yet again, it's really uplifting to meet such pleasant and enthusiastic young people, keen to be contributing to whatever learning opportunities may improve their education and future prospects.

Onwards and upwards to Muchu, a village where The Nepal Trust is facilitating building work at the school and also restoration of the local gompa (Tibetan name for a monastery). The head Lama proudly shows us the excellent progress to date; I thought we might toast the success of the project with local yak butter tea, but instead, cans of the ever ubiquitous Coca-Cola appear!

As we continue trekking to Yari at 3700m the effects of the increasing altitude start to kick in; most of us have dry coughs of varying levels of intensity and have experienced difficulty sleeping with vividly weird and wonderful dreams. Life is getting more breathless, with each lungful of air seeming to afford much less return in terms of getting anything done, so that one notices getting out of breath just bending down to tie up a boot lace or even when taking a gulp from the water bottle. So just about any physical exertion becomes a case of bistarai, bistarai or slowly, slowly.





*Mount Kailash*

Then it's down to the border crossing at Hilsa – a bit of a shabby, dusty place where we camp for the night before meeting up with our Tibetan guides, their lorry and two land cruisers.

First we have to suffer the relative indignity of being searched by sour-faced Chinese border guards, as they rifle through our gear, just in case we're trying to smuggle any pictures of the Dalai Lama into Tibet.

On the drive from Purang we pass the holy Lake Manasarovar and get our first view of Mount Kailash on the way to the small town of Darchen.

The next day our camping and cooking equipment is packed onto yaks and off we go on a well-trodden path in a clockwise direction around the base of the holy mountain, which has never been climbed. At Tarboche there stands a tall pole festooned in prayer flags, which is raised each year during the spring Saga Dawa festival. Behind is a plateau-like platform where Tibetan sky burials are performed, corpses are chopped up by special monks into bite-sized portions for consumption by vultures and any other passing carnivores, as part of the never-ending circle of life and process of reincarnation. Food for thought perhaps?

After a day's walking, we stay the night in a concrete rest house beneath the Driraphuk monastery at an altitude of 4950m. with excellent views of the north face of Kailash, particularly stunning at sunrise the next morning.

This provides inspiration for the hardest section of the three-day 52 km (32 miles) circuit, with the trek uphill to the Drolma La pass at 5660m (that's an impressive 18,570 ft.). The air is pretty thin, with oxygen in short supply, so it's a slow, breathless trudge, puffing up a rocky path to the summit pass, the physical and spiritual high-point of the kora, to an area swathed in thousands of colourful prayer flags. To successfully cross the pass and complete the kora means that the accumulated sins of a lifetime are expunged from the pilgrim's passport through the journey of life.

So I suppose having attained this happy state of affairs, it could be considered downhill all the way from here, both in the physical and spiritual sense.

A long walk to a final cough-ridden night and then it's a comparatively short stroll the next day until we say goodbye to our yaks and meet up with our drivers for the long land-cruise across the Tibetan plateau and eventually safely back by bus to Kathmandu.

A great trip – thanks to the NT staff in Kathmandu, especially Jeroen and Nirmala, and even more especially to our guides Mohan, Pralhad and Rinjin and all the guys on their Nepali and Tibetan teams respectively.

Talking about tourism development in the Kailash region; Last year both Jeroen and Nirmala visited Chengdu, China for a tourism workshop with key Nepali, Indian and Chinese stakeholders which was organized by the International Centre for Integrated Mountain Development (ICIMOD). Nirmala gave a presentation on pilgrimage tourism and development in the Humla-Kailash region and The Nepal Trust is currently preparing for a tourism project in collaboration with ICIMOD.



*Nirmala speaking at Kailash tourism workshop in Chengdu*

## Volunteering

### *Trek to Teach*

In 2015 we hope to send pairs of young volunteers on a six month gap year experience working in the schools local to our clinics in Humla, helping to teach English. If you know young people who will be over the age of 18 in July 2015 and who would benefit from a genuinely meaningful gap experience please put us in contact with one another.

### *Sarkegad Trek 2015*

We already have a small band of volunteers looking to trek for three weeks or so to Sarkegad in September 2015 and participate in our work in lower Humla. If you would like to join in please contact us.

## Education Corner

### ***Thehe School Project***

As one of the poorest, if not *the* poorest village in Humla and one that is close to two of our clinics (Bargaun and Torpa), it is very appropriate that our largest education project is focused on the village of Thehe, which is the biggest (Hindu) village in Humla, consisting of 2,500 villagers.

We have previously written about the poor level of education in the Humla district, which ranks among the lowest in Nepal, with many people, particularly women, being illiterate. Most schools lack basic infrastructure such as sufficient classrooms to accommodate students and teachers, sanitation measures, blackboards, cabinets, desks and chairs, teaching equipment and skilled and motivated teachers. For the majority there is no alternative other than to accept the current conditions within their village.

In Thehe, which is heavily overcrowded and where living standards are very low, we have been funded by Stichting Nepal (a Dutch charity) to construct a new Government primary school. In 2013 the building work made tremendous progress under the watchful eye of the local school committee. We will hopefully be able to complete the project in 2014. Currently, the main building is near completion and the main structure of the canteen and toilet block will also be finished shortly. The school will then be fully equipped with furniture, equipment, library and sports materials, additional cement works and a big retaining wall will also be built to protect the building from landslides. The new school will operate alongside the existing school, relieving pressure on their overstretched facilities.

Visiting last year, UK Chairman Mike spent time with the head teachers from Thehe and Bargaun, discussing priorities and the curriculum for when the school opens. Key areas of focus where the Nepal Trust will seek to engage, include hygiene and health education in support of our Little Doctors programme and English language teaching (see page 9).

### ***Muchu School Programme***

Visiting Humla can be a moving and breath-taking experience. This was certainly the case when John Armstrong and the trek team arrived last year at Muchu. They were greeted on the trail outside the village with a traditional reception and on arriving at the village were bowled over by the level of progress being made on restoring the historic temple (Gompa) at Muchu. The ancient manuscripts have been moved to safe keeping while the restoration progresses, but were still available for inspection. They were also warmly greeted by children participating in the KHCH (Kailash Humla Children's Home) programme and had a home produced concert by the children of traditional music and dance in the evening. The programme is moving to the next phase and supported by The Nepal Trust; the Rotary club of Chiswick and Brentford is seeking to raise funds to cover the next three years of running costs.



*Thehe school construction*



*Thehe community*



*John greeting the children at KHCH in Muchu*

## How can you help?

Just reading this and past editions of Namaste (available on our website), you realise what we have achieved on relatively thin budgets which shows us to be incredible value for money!! We remain an all volunteer organisation in the UK with minimal overheads, which means nearly every Pound raised is a Pound spent in the field. Every penny counts though...

There are many ways you can continue to support us:

- Why not get in touch and volunteer?
- Send us a donation:
  - ⇒ through our **Just Giving** site or our **Global Giving** sites, both here and in the USA
  - ⇒ text HIGH45 £10 (or any other sum) to 70070.
- Register with [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) and when you shop online at 2700 retailers (including Amazon, M&S, Argos, eBay and Viking) they will donate up to 5% of your purchase price to The Nepal Trust
- Or just follow us on **Facebook**: [www.facebook.com/NEPALTRUST](http://www.facebook.com/NEPALTRUST)

### Gift Aid

You can make a Gift Aid election if you are a UK taxpayer. This entitles The Nepal Trust to claim a sum equal to 25% of your donation directly from HM Revenue & Customs, provided you pay at least this amount in tax.

All Gift Aid donations should be declared on your annual tax return. If you pay higher rate Income Tax, you receive a tax allowance equivalent to 125% of your net donation. A 40% taxpayer will have their tax bill reduced by the equivalent of 25% of their net donation (by £25 for every £100 donated) and a 45% taxpayer by 31.25% (£31.25 for every £100 donated).

There are provisions which allow Gift Aid allowances to be offset against the previous tax year's taxable income or to be carried forward to offset against the next year's taxable income. This can be advantageous if your top rate of tax varies from year to year or if you wish to accelerate the tax reduction.

## Appreciation and Thanks to all our kind supporters in 2013/14

Many thanks for all subscriptions and donations, they are very gratefully received.

### Major Donations

During 2013 we received major donations from Stichting Nepal (Holland), Stichting Waterproject Nepal (Holland), Dr & Mrs John Armstrong, Mike & Pavla Love.

### Individuals:

We also received valuable assistance and support or donations of £250 or more from the following:

David & Carol McKeever, Richard Young Fletcher, Davis Busey Temple, Walt Duhaime, Rick LeGrand, Brad Tafoya and Joe Williams (all from the USA), Dr. David Hurman, Prof. Jim Hunter, Tim Moon, Terry Matthews, Rod Lowcock, Anne Brown, Muriel Watt, Lydia Rich, G Warner, Edwin Dunlop, Anna McPherson, Anna Clutterbuck, Liz Williams, Chris & Christine Hardiman, Marina Heinrich (Germany), Anne-Julie Martin & Andrada Noaghiu (France).

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### Trusts, Companies, etc.:

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Nepal Trust and CIME (Belgium)

# PHOTO ALBUM

*Left: Medicines arrive*



*Below: On the way to Yari*



*Left: Humla flora*

*Above: Local lady on the Karnali trail*



*Above: The Karnali trail*

*Above: Constructing water distribution tank*

*Above: Home visit with IV drip*



*Above: Helicopter rescue mission*



*Above: Problems on the trail*



*Above: Children in Humla*

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