



NAMASTE

THE NEPAL TRUST NEWS

WORKING WITH HEALTH, COMMUNITY DEVELOPMENT
AND HOPE IN THE "HIDDEN HIMALAYAS"
SPRING 2013 ISSUE No.14



Construction Underway at Thehe School



Muchu School Programme



Thehe School Construction



Yalbang School Library



Water Project

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Chairman's Welcome

by Dr. Mike Love and Nugal Vaidya



Dear Friends and Supporters

As you will read below plenty is happening, although we never tire of reminding all that progress is a slow and hard road in the third world, as it involves cultural change as much as anything else and making even small changes can be quite a challenge.

We had another productive get together at the AGM in Edinburgh last November, when it was accepted that we have to strive to build a culture where the local team in Humla accept more responsibility and accountability for the effective running of operations.

Change is coming quickly to Humla and some of the old attitudes have to give way to more modern thinking. With mobile telephones and reliable internet access now established at Simikot there can be no excuse for failure to keep the Kathmandu team informed on issues. Out of sight, out of mind attitudes have to become history.

To deliver an effective healthcare programme the clinics have to open most days throughout the year and be stocked with adequate supplies of medicines. It is unacceptable to find a clinic has been closed for long stretches, when with forward planning it should not have been an issue. Likewise staff employed by the Trust should be focused solely on Trust activities.

With our full support Jeroen has already made some management changes: the refurbishment of the guest house shows what can be achieved in a relatively short period. The changes brought in to the management of the Guest House mean that it is now making a positive financial contribution and is not just another overhead. You'll read below about changes that are being brought in to the healthcare delivery team. Some new faces have arrived and

sadly one or two old faces have made way. The Service Centre comes into being this year; the team in charge must accept an accountability for making it self sustaining from the outset.



Liz Williams at the NT Guest House with new furniture

You will also find articles showing how we are partnering more and more often with other organisations, in many instances being their preferred partner for the delivery of aid programmes. This requires that we become more effective as an organisation ourselves.

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



Facilitated by the Nepal Trust and with support from our Dutch partner in education, Stichting Nepal, Anu Lama has started her Master Course in Business Administration at the Lord Buddha Education Foundation, after successfully having passed the entrance exam earlier this year.

Anu, an orphan from Tarkegyang village in Helambu, has been supported by Stichting Nepal since she was a small child. We wish Anu all the best in her studies and hope to hear more from her in future.

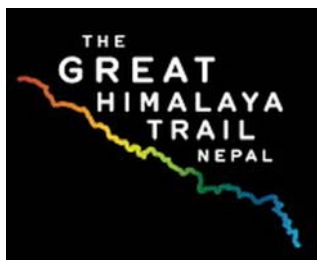


Keeping in Touch

Namaste and our e-news updates are two of the channels through which we try to reach out and keep our members and friends informed of the work we are doing and of the opportunities to join with us.

Our web site www.nepaltrust.org gives you another portal into our activities. Through it you are able to look into our organisation in further detail. If you are on Facebook take a look at our page www.facebook.com/NEPALTRUST.

Great Himalaya Trail



Bhavna Adhikari, Communication and Outreach Advisor for SNV for the Great Himalaya Trail Development Programme (GHTDP) has contributed a guest article to this edition of Namaste,

underlining the close working relationship between the Nepal Trust, SNV and UKAID.

The Great Himalaya Trail (GHT) covers the full distance of the Himalayan Range in Nepal from the district of Taplejung in the East to Humla and Darchula in the West. GHT is divided into ten connecting treks with durations of 2-3 weeks. The treks can be done subsequently or completely separate from each other. With numerous trekking options and new tourism attractions, each GHT section forms a distinct trekking and adventure destination.

Tourism is a vitally important economic sector for Nepal. Requiring relatively low levels of capital investment, tourism can also yield high levels of employment and income for the poor, particularly in rural areas where biodiversity and indigenous cultures have not yet been significantly eroded. At present however, tourism flows are concentrated in a 'tourism triangle' comprising the Kathmandu Valley, Pokhara, Chitwan, Lumbini and the established trekking destinations of Annapurna, Everest and Langtang.



GHT Limi Valley

Spreading tourism benefits more equally over the country and in particular to remote and impoverished mountain districts, providing for new business and employment opportunities, has been declared one of the priorities of the Government of Nepal (GoN).

Taking into account the specific needs and realities of Nepal's mountain tourism destinations, the UK Government / UKAID decided to support economic growth and rural

development in Nepal's remote mountain districts. That was when The Great Himalaya Trail Development Programme (GHTDP) was conceptualised. It was done in 2005 and the Nepal Trust has been working on GHT since 2008. Since the inception of the pilot project in 2008, SNV has received the mandate for a follow up program by GoN and UKAID to implement GHTDP in the five districts of Gorkha, Humla, Solukhumbu, Dolpa and Taplejung, under the leadership of the Ministry of Culture, Tourism and Civil Aviation.



GHT Women Cook Training

At present, there are different kinds of activities taking place at different levels. Activities are based on a value chain approach, to ensure that the value chains (sectors) with the greatest potential for growth and positive impact on the target population are selected and tourism development is market oriented. A great focus is being put on training local tourism service providers. In each district, approximately 200 participants are receiving training in various practical subjects such as: hygiene and sanitation, first aid, conversational English, lodge management, trek cooking, guiding, as well as giving an overall idea of what tourists expect.

UKAID has recently allocated extra funds that will be spent on the construction of new trails, trail maintenance works, and the construction of bridges and visitor centres in the five districts. Work in the districts has already started and is scheduled to be terminated by the end of this year. Funds, totalling £130,000 will also be used to support the development of a small scale micro-hydro power plant in Dolpa, solar and biogas plants in Gorkha, wifi services in Manaslu, the construction of community camp sites and rain water harvesting systems in Lower Solukhumbu and to finance electrification projects in Taplejung.

Solar Lamps Project



RC Durango Daybreak (D. 5470, USA) - The Hands On Club

The Nepal Trust is involved in another new innovation in Humla involving the distribution of 165 portable solar LED lamps in partnership with the Rotary Club of Durango Daybreak, District 5470, Colorado. The project, which is supported with a Rotary International matching grant, was approved in April. The host Rotary club in Nepal is the Rotary Club of Bagmati.

As the cooperating organization, the Nepal Trust will be in charge of the distribution and installation of the new 3-lamp units to 165 smaller tea shop households that are not connected to main electricity supplies by either solar systems or micro-hydro and which are located remote from the main

village hubs. There are obvious synergies between this project, the GHT project, our service centre plans and with Norlha for agriculture development along the GHT.

The project will address households scattered throughout upper and lower Humla, covering 20-22 village clusters and will help us reach poorer target groups within the project areas. The project will cost circa \$42,500 and is funded by the RC Durango Daybreak and several of their partner clubs. Rotarians from the USA will visit Humla on a Trek-to-Electrify in June trekking through the upper Karnali and Limi Valleys assisting in distribution and installation.



Solar Lamps

Solar Showers from Solar Sense



Solar Sense is a renewable energy company based in Somerset that specialises in solar heating. Its main claim to fame was being selected to provide the solar panels for the Glastonbury Festival site. Pleasingly SolarSense has offered its technical support for getting the Service

Centre operational and for refurbishing the solar showers at the Guest House. The new showers will be delivered later this year, with volunteers from SolarSense travelling to Simikot to assist with the installation. Later we hope to install similar solar showers at each of the clinics and birthing centres and also to encourage tea shop owners to adopt them, offering the luxury of a hot shower at the end of a long days' trek.

A second shower unit is being procured and shipped to the UK for the engineers at SolarSense to dismantle and dissect. This knowledge will be used to support Nepal Trust technicians at the Service Centre in repairing and maintaining solar showers out in the field.

Funding for the first two units will be raised through the efforts of individual employees at SolarSense undertaking sponsored events, with the Company also making a contribution itself.



Service Centre

Water Project

The last edition of Namaste reported on the water project in the Sarangot area, Nepal's biggest tourism hub, which aims to construct the water supply for over 10,000 people who are struggling due to the absence of this most valuable natural resource.

In December 2012 the implementation of the water project started after 4 years of comprehensive planning in collaboration with Nepal Government. Managed by the Nepal Trust, water technicians together with many other field staff are currently working on the installation of the 22 km long transmission pipe line to bring the water through valleys, jungles and forests to the villages. Once this is completed we aim to work on the distribution within the villages and to promote sanitation education in around 10 local schools. Once again we would like to thank Stichting Waterproject Nepal for their valuable support to make this project happen.



Collaborating with Norlha on Agriculture in Humla

The Swiss NGO Norlha has approved funding for the first year of a 3 year agriculture project, which will focus on vegetable production and bee-keeping. We plan to appoint a local agriculture manager in Simikot and technical assistants to run the project and hopefully will be able to place some volunteers within the project to work on core activities.



Weighing Vegetables For Sale

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.

There is a need to develop diversified products based on market demand. The use of improved tools and techniques can help increase production; however, most farmers in Humla lack knowledge of such opportunities and even if aware of them often lack the resources and know-how to exploit them. By 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,



Sheep Caravan

Dandaphaya, Khagalgaon and Muchu VDCs. The groups themselves will select 65 lead farmers and 260 support farmers to work with the NT on developing more efficient agriculture production; the transfer of technical skills and knowledge; and the demonstration of practical results.

There is also scope within the project to link in with the Great Himalayan Trail Development Project as the farmers' production will be linked in with tea house development (local product sales outlets), the new NT Service Centre project (repair/construction) and the NT Guest House (promotion).

Please visit: <http://www.norlha.org/index.php/en/programmes/agriculture-a-nutrition/nepal>



Working in Partnership to improve healthcare

In our March 2012 E-News we announced plans for a long term collaboration agreement between ISIS and the Nepal Trust for running and funding the Kermi and Yalbang clinics.

This has progressed. A new female Community Medical Assistant (CMA) - Mrs. Pratima Lama – has joined the Nepal Trust team at Kermi. Pratima comes from the Simikot-Baraunse area and has moved to Kermi with her child to work full-time at the clinic alongside Mingyur, focusing on women related issues. ISIS will cover her salary with payment going through the Nepal Trust and ISIS jointly administered Kermi Health Committee bank account. With support from ISIS, new medicines have been sent to Kermi, with the other clinics being re-supplied directly by the Nepal Trust.



New Kermi CMA - Mrs. Pratima Lama - working at the Kermi HP

At the same time Pema Doma Lama, who many know from past treks, has left the Nepal Trust. We wish her well; no doubt paths will cross many times in the future.

Working with the government doctor at the Simikot hospital and Mr. Norbu Lama, who is heading the committee to which the central government has recently handed over responsibility for health management for the Humla district, we are moving to form a close partnership with the committee for the future direction of our health program, securing government support for it and linking it with the local hospital.



Dr. Michael Niedermeier - University of California - At Kermi Clinic

At their recommendation we have appointed Mr. Ratna Prasad Lamichhane to the role of Nepal Trust Health Manager, Simikot. If time permits, besides his normal duties, Ratna will also assist in the hospital with the Simikot doctor.

Ratna comes from the Chitwan area. He has CMA and BPH qualifications and also is a qualified Health Assistant (HA), which is similar to those of a doctor, but more focused on rural community health. Ratna has experience in running rural clinics and is also able to diagnose problems, prescribe medicines and treat patients himself. He is experienced in new born baby care, which is useful to our birthing centre strategy.

Little Doctors



For each of the past three years new groups of children have attended our Little Doctors programmes in Simikot, Yalbang and Bargaun. The programmes, which cost £1,500 each, create health awareness throughout local communities by expanding the knowledge of school children in the topics of 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 the local government health workers.

For 2013 we still need sponsors for two of these programmes: if you could help in part or whole please contact Chris Rae: his contact details are at the end of the magazine.

Birthing Centres

The picture to the right shows the construction of our first Birthing Centre at Bargaun. It is well advanced and we expect to have it operational this summer.

Supported by many clubs and led by the Rotary clubs of Misbourne Matins and Sturminster Newton, grant applications have been submitted to construct 2 further birthing centres, one at Yari and one at Sarkegad. Our thanks to all involved in this new initiative.

As many of our readers and members are well aware 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.

The 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 all children do not live 5 years) and high maternal labour mortality rates (over 8% of women die during labour) prevalent in the district.



Construction of the Bargaun Health Post

Our plan is to establish fully equipped public birthing centres close to each of our community health posts and to recruit and train local Auxiliary Nurse Midwives (ANM) from within the communities to work at the centres. This is in harmony with Nepal's Medium Term Strategic Plan with its emphasis on Essential Healthcare Services, including the key elements of safe motherhood and family planning, child health, control of communicable diseases and improved out-patient care. The plan has also been approved by the Humla District Health Office since the direct beneficiaries will be the poorer people in the District.

The objectives are to provide accessible, responsible and improved pre-natal and post-natal healthcare services; to raise awareness among local communities about health, hygiene, family planning, sanitation and nutrition; and to increase the mobility of health workers and medical volunteers throughout the project area.

As with all of our projects we need to and 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 mid wife is a culture shift that will require sustained communication and leadership from within the community.



Limi Health Post

The Nepal Trust is awarded a major grant



The Allan & Nesta Ferguson Charitable Trust has awarded us a £24,000 grant to help part fund our core health programme over the next three years. The contribution is towards the costs of community health awareness programmes, the provision of essential medical supplies, child health education, mother and child healthcare activities, training and capacity building of local health workers and community health education materials. The grant will meet almost one third of the costs over this period and ease budget strains going forward.

Education

While our healthcare and renewable energy programmes have tended to dominate the headlines, we have also been substantially involved over the years in supporting educational activities in Humla.

Thehe School Project

The level of education in the Humla district is poor and ranks among the lowest in Nepal, with many people, particularly women, being illiterate. Education development indicators of Humla indicate that the total literacy rate of people (6+ years) is 23% (female 9%, male 37%) and approximately 60% of children never go to school, due to poverty. Child illiteracy rate (10-14 years) is 45% and only 3% of children pass the SLC, equivalent to the Irish Junior Certificate or British GCSEs, whereas in 66% of the district, there is no secondary school and enrolment of children in primary education (up to Class 5) is only 27%.



Thehe School Construction Planning

Many schools lack basic infrastructure such as sufficient class rooms to accommodate students and teachers, sanitation measures, blackboards, cabinets, desks and chairs, teaching equipment, and skilled and motivated teachers. Only a few economically well-off families are able to send their children to private schools in cities outside, but for the majority of people there is no other alternative than to accept the current conditions within their villages.

A similar scenario can be found in Thehe village, which is heavily overcrowded with very low living standards. Stichting Nepal (a Dutch charity that has been operating in Nepal for over 20 years) has agreed to fund the construction of the new Government primary school in Thehe village. Thehe is the biggest (Hindu) village in Humla, consisting of 2,500 villagers and is the most impoverished area in Humla, close to Bargaun and Torpa. The Nepal Trust and SN have agreed to a partnership of five year initially, which means that the SN donor funds for new projects will be channelled through the Nepal Trust. All in all, this is a great achievement and positive opportunity for the Nepal Trust to further expand its activities in the education sector.

In addition plans are under development to establish a strategic partnership between NT and SN to raise funds for our healthcare program and other project areas.



The Nepal Trust and Stichting Nepal (L-R - Marcel Damad, Jeroen van den Bergh, Krijn de Best)

Muchu School Program

Since 2012 we have been supporting the Muchu School and Children's Home project, which is implemented by a local organization, the Kailash Humla Children Home (KHCH). The project established a basic children's home at Muchu, which provides supervised accommodation, meals and education materials for young children from outlying, remote villages such that they can attend classes at the local school. It also supplements teaching at the school with traditional Tibetan language, Nepali and English classes.

Progress is good as the student house is up and running with the caretaker and the Tibetan and Nepalese/English teachers hired and the students selected and now getting regular classes. The Nepal Trust is providing project management services to facilitate the project and will take a lead role in guaranteeing its integrity and long term sustainability.



KNCH Muchu School

Yalbang School Library

The Yalbang school library has been completed and in February 2013 the library was officially inaugurated and handed over to the school committee. The pictures show the inauguration ceremony of the library, along with the first students using it.

This is a landmark project, as it is the first 'real' library in the district, and a good example of a project making a positive change within a community in one of the least developed areas in Nepal.



Yalbang School Library



Inside the Library

Nepal Trust Guest House

In a drive to improve the quality of accommodation and service offered at the Nepal Trust Guest House in Simikot while also at the same time reducing the overhead costs of running it, we have introduced changes to the operational model.

We are pleased to welcome the new local management team (Mr. Pema Gyaltsen Lama & Mrs. Yangjum Lama) who have been appointed to run the guest house on a franchise basis. They have both worked in the hospitality and tourism development sector in Humla for many years and are familiar with our work, having participated in our Great Himalayan Trail project.

Under the terms of the agreement they will be investing in some much needed changes at the guest house, including indoor western style toilets, better lighting and new furniture. This new arrangement will leave the local NT managers able to focus on the delivery of our healthcare programme and infrastructure projects.



Refurbished Guest House

Promoting the Nepal Trust



Last November at the Institute of Videography awards in Manchester Anna McPherson scooped the top documentary award for her promotional video of the Nepal Trust's work. This is an outstanding achievement for Anna and a significant boost for the Nepal Trust. We cannot thank Anna enough.

The press picked up on the news, see: <http://local.stv.tv/elgin/news/200462-moray-film-maker-scoops-a-top-award-for-documentary-on-nepal-trust/>

Follow this link to watch the documentary:
<http://www.youtube.com/watch?v=oejHREw2NYY>

Can you help with fundraising?

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 and we would appeal to all Nepal Trust members that if you are able to organise a small fundraising event; a coffee morning, a sponsored walk or event, a frugal breakfast or whatever, it all helps.



NT Representatives and Avalon Rotary Club

Just thinking about what we have achieved on relatively thin budgets shows us to be incredible value for money!! Since 1994 we have built six Health Clinics and maintained a fully functioning Primary Health Care programme throughout that time in an extraordinarily remote part of the world and through a six year debilitating civil war. Our very first clinic was destroyed during the war and has since been rebuilt. We will complete our seventh clinic later this year which will specialise in Maternity Health Care, the very first of its kind in Humla. Two similar clinics are planned over the next two years. Health education has been a core activity and we have involved the people at all levels, but our source of pride is our 'Little Doctors' programme where we have now run courses for over 250 schoolchildren up to the age of 14 years. These children have gone back to teach their family and siblings what they have learnt and so help to raise general health awareness throughout the district.

We believe that raising living standards will improve health and well-being. Renewable energy is an important part of this strategy for which the Nepal Trust won the PremioItalgas prize for 'Projects in the Environment' in front of world scientists and Nobel prize winners. We have now completed 7 village micro-hydro projects and 4 village solar projects providing electricity to 1500 households and over 8500 people. In addition we have provided power to all of our clinics, the local hospital and many schools, community centres, food mills and monasteries have benefitted. This is to people who have never had the benefit of clean energy in their whole history! The construction of a Renewable Energy Service Centre is well under way and will provide maintenance and supply facilities for all energy schemes in Humla.

Education is also a key component of our strategic plan and vital to future generations. In partnership with others we have completed the very first school library in a remote village in north Humla and are running a school hostel in another remote village that will allow children from remoter areas to attend school. Donors from Holland are supporting our work to build a brand new school, library and sports facility in the largest Hindu village in Humla.

What binds together any society are its culture and traditions and, again, the Trust has been very active in this area. The Trust has supported the complete rebuild of one of the most important monasteries for both Buddhists and Hindus at Raling. We have helped to renovate the very ancient monastery at Halji in the very remote Limi valley – some believe it is the oldest in Nepal. Very shortly we will be supporting work to renovate the old monastery at Muchu, an important stop on the trail to Mt Kailash in Tibet.

Income generation through tourism and development is another important area of our work. We were one of the original leaders in the development of the Great Himalayan Trail (GHT), now the world's longest and highest trekking trail.

Finally in collaboration with Swiss funders we have moved in to the area of food security and agriculture. Food grinders and oil presses are under trial in a number of villages that will save villagers hours of backbreaking work and we are now launching a major agricultural project to provide and market more and better seasonal produce, for now focussed on the GHT where there is a ready market of new lodges, guesthouses and campsites.



Global Giving USA Visiting Little Doctors

So, looking at the list of achievements above, we can only feel pride and satisfaction.

There are many ways you and your friends can continue to support us. Why not get in touch and volunteer? You can send us donations through our JustGiving site or our GlobalGiving sites both here and in the USA. The simplest way is to text us – text HIGH45 £10 (or other sum) to 70070. Or just follow us on Facebook - <https://www.facebook.com/NEPALTRUST>.

Treks to Build



2012 Bargaun Birthing Centre Team

The Treks-to-Build programme is a key element of our fundraising: trekkers help with the core activities of the Nepal Trust and including gift aid their financial contribution makes a big difference. In 2012 a trek team substantially helped to fund the construction of the Bargaun clinic. It was a tough trip with hot sunny days and temperatures over 30° on the trail, which had been badly cut up by the increased numbers of mule trains moving up and down the valley, a problem compounded by the wet weather earlier in the summer.

For 2013 two treks are planned: one to Mount Kailash and the other to the Limi Valley: they will travel together for the first part up to the Tibetan border. There is still opportunity to join in: departure will be from London on September 19th returning to the UK on October 11th.

Appreciation and Thanks to all our kind supporters in 2012

Major Donations:

During 2012 we received major donations from Dr & Mrs John Armstrong, Thomas Sooke, Mike & Pavla Love, David Woodhouse, Julie Pomeroy, Avalon Rotary, Wells Rotary, Alan & Nesta Ferguson Charitable Trust.

Individuals:

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

Ian Grey; G A Campbell; C D Brown; Allan Wernham; Dr Veronica Neefries; Leif Issaksen; Chris Rae; Owen Higgs; Edwin Dunlop; Bryan Harris; Tim Moon; Peter Perkins; Mark Hodgkinson; Mike Gillingham; Andrew Cooper; Robert Gordon; Diane Barlow; Gary & Liz Williams; Gordon Garland; J Harris; Andrew Broughton; Francis Burns; Bob Burns; Fiona Garton; Anna McPherson; Alexander James; Susie Strachan; Sean Cambell; Wayne Bradbury; Pam Roper; Anna Clutterbuck; Richard Saull; Karin Robinson; Peter Ballard; Alan Wynde; Judie Goldie; Sean Burch; Michael Niedermeier; Matt Pomeroy; William Woodhouse; Dick Verstegen; Ellen Deiman; Krijn de Best, Marcel Damad; Nirmala Shakya; Joke Koerts; Hans Mantel; Jon & Liz Swaine; David Medcalf; Cathy Woodhead; Dr. Solomon; Adrian & Sarah Lawrence; Kerry Burns; Shari Davis; Ellen Currin; Jim & Pauline Murray; G C Roberts; G Warner; Miss H Harrison.

Trusts, Companies, etc:

City College Plymouth, J O Hambro Capital, Warner, Sheffmed Trade, Global Giving USA; Global Giving UK; Charitable Aid Foundation; Amazon; JustGiving; TRAID, Cathay Pacific/ Dragon Air; Novels for Nepal; UNWTO, SNV; STEP Foundation; DFID/ UK-Aid; IMAF; ISIS Foundation; Stichting Waterproject Nepal; Stichting Nepal; The Crown at Wells; Wanderlust; SolarSense; Norlha, Room to Read; Rhododendron Trust; The Paul Charitable Trust; Paget Charitable Trust; Stonewall Park Charitable Trust; Anthony Collins bequest; Bridlington Lions Club

Rotary clubs and districts:

UK - Welshpool; Lincoln Colonia, Gillingham Dorset; Cambridge, Durham, Braunton, Glastonbury & street, Milton Keynes, St. Albans, Sturminster Newton, Sherwood Forest Mawddach; Wells; Avalon; Bridgewater; Ilkley Wharfedale; Falkirk; Gillingham Dorset; Misbourne Matins; Farnham Weyside; Somerset; Dorset; Thames Valley.

USA - Branford; Durango Daybreak

Nepal - Bagmati; Himalayan Ghurkas; Mt. Everest; D. 3292 Nepal

Hospitality during Jeroen's visit:

A special thank goes to all who helped with transporting and hosting Jeroen when he visited the UK for the AGM.

Finally, many thanks to our print sponsors Jones and Palmer.

Jones and palmer



Left: Limi Women

PHOTO ALBUM



Above: Guest House



Right: Trek-to-Build Dentists at Work



Above: Digging Trenches for a Water Project



Above: Little Doctors 2012



Left: GHT Community Team Building Event



Above: Thehe School Construction



Above: Thehe Village

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