

Hi guys,

I hope you are all keeping well! It's been a while since I was in touch, but things have been so busy since I landed back in Ireland at the end of January! February, March and April were spent getting our website set up, our office in Galway opened, and getting our charitable tax registration from Revenue. I also was on the radio after the Cathal O'Searcaigh 'Fairytale of Kathmandu' documentary was on RTE, talking about Nepal. The website address is [www.thenepalesechildrensfoundation.com](http://www.thenepalesechildrensfoundation.com), and thanks to Bernard who has done a fantastic job! There's also a good pressroom section with radio interviews etc.

I spent the month of May in Nepal, getting various projects off the ground. We have opened two large healthposts that provide primary and maternity care services for 30,000 patients per annum, and we are working in six schools. Babu my dog is in great form, you'll all be relieved to hear! He's huge, hairy, and most definitely hadn't forgotten me. He nearly knocked me over, he was so happy to see me!



*Babu*



*Outstanding Young Person of the Year Award in the Humanitarian Leadership Category*

My Project Director in Nepal, Nirmala Adhikari, is a human dynamo, so we had a very productive trip, getting various projects off the ground. She is very busy running the show for me in Nepal while I am in Ireland.

I was also up in the Mansion House in June, where I won the Outstanding Young Person of the Year Award in the Humanitarian Leadership category. Junior Chamber Ireland runs this programme, so thanks to them for their support!

We also have some new team members. We would especially like to welcome Mairead Cosgrove as a new director. Mairead is President of Network Galway, and is also involved in the Galway Chamber of Commerce. She runs a successful PR business called Ashling Communications. Beatice Mbogo has also come on board as a volunteer, to help out on our marketing efforts. And a big thanks to Penny Lane, who helped out in the office in May, while I was out in Nepal, and kept the show running!

Thanks again to everyone for all their help and support, and I hope you all have a lovely summer!

Lots of love,



# PROJECT WORK

Nepal is the 12th poorest country in the world, and Humla is the 74th poorest district out of 75, with average income of just €100 per year. Malnutrition is a huge problem, with **65% of children suffering from malnutrition** and vitamin-related diseases such as scurvy, rickets and blindness (lack of Vitamin A). Where we work, **30% of children die before their 5th birthday**, due to malnutrition and disease, most of which are preventable or treatable. The main killers are respiratory infections and dysentery / cholera, from poor hygiene and unsafe drinking water. **35% of people don't have access to safe drinking water**, while only a handful of families have a latrine toilet - most people use the field, which contaminates the water supply.

## HEALTHCARE

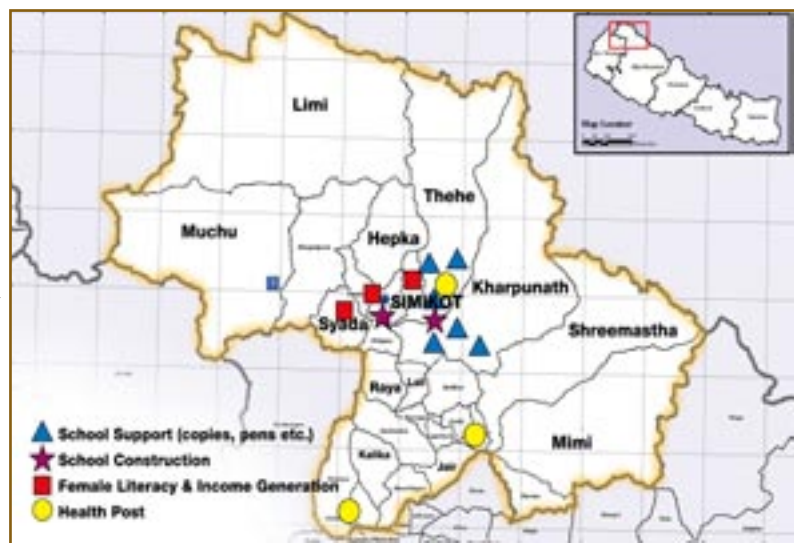
Healthcare is one of our main priorities. **The nearest hospital is a 15 day walk away**, and most of the healthposts in the district are closed, or have no medicine. We run two large health posts in conjunction with Phase Nepal, our healthcare partners. We provide a full range of primary and maternity care services to 30,000 patients per year. Since they opened in March, we have been inundated with patients, with queues out the door, and people travelling on foot for many days to receive treatment.

Pregnant mothers and children

under 5 receive free medical treatment, while everyone else pays 2 cents to get a full check-up and the required medicine. Our five staff also are trained midwives, and attend births. Already we have saved many lives, from poisoning cases, to women hemorrhaging after childbirth, that would have resulted in deaths had we not been

there to save these people's lives.

We hope to expand our healthposts if we can secure sufficient funding.



*Map of Project Work in Humla*



*Health Workers Treating a Patient*



*New Baby in Maila*

## NUTRITION AND INCOME GENERATION

We have also set up nutrition and income generation projects with mother's groups. We teach the mothers how to grow vegetables, and work with them to build greenhouses and install irrigation, to improve family nutrition. They also sell their surplus vegetables in the village, which gives them a source of cash income. We are also starting animal rearing projects.

One of the groups we have started working with is a girl's hostel in Simikot, the district town of Humla. This hostel provides an opportunity for girls from all parts of the district to receive a secondary education. As there are only three secondary schools in a district that takes 10+ days to walk from north to south, many people live 3-4 days walk from a secondary school. This hostel accommodates 30 girls, mainly from poor and low-caste families, and some with physical disabilities. However, the government only gives them c. euro 10 per month, which is not sufficient for their food and educational supplies. We are building a demonstration vegetable farm where people in other parts of the district can see state-of-the-art vegetable growing with greenhouses and irrigation. The girls can sell any surplus in the local market and use the funds to support the running costs of the hostel.



*Girl's Hostel in Simikot*

I am also working on getting Humli products accredited as Fairtrade organic produce, and getting these on the shop shelves in Ireland. When we have the market in place, we can provide these people with sustainable business opportunities which will give them a steady income. However, this will probably take another 1-2 years before it is fully developed.

## EDUCATION

Education is also a key priority as a long term strategy to eradicate poverty. In Humla, only 50% of children start school, while just 2.6% finish secondary school. The main problems are overcrowding in schools, lack of furniture, blackboards and teaching materials for the teachers, lack of copies and pencils for the students, and malnutrition.

We are working with six schools to supply furniture, teaching materials, copies, pencils and other key supplies. And we are building / extending two schools this year. We would also like to start a hot lunch programme which would have a huge impact on school attendance and malnutrition, but we need additional funds to do this.

Mother education is also key, as where the mothers are literate and value education, they are more likely to keep their children in school. Our income generation projects also include adult literacy training, so that mothers have less financial pressure to take the children out of school and put them into child labour, whilst giving them a better education and ability to help their children with homework etc.



*Joining the Queue for Copies and Pencils*

*Children Queuing for Educational Materials*



# FUNDRAISING

Our budget this year is €180,000. As you know, I take no salary from the charity and our overheads are kept to an absolute minimum. Of the €180,000, I need to raise €110,000 from events and donations. At mid July, we have raised €32,000 of this. We have had quite a few events, but they are very time consuming to organise and after costs, they don't generate a lot of funds. So donations are far more helpful. If you would like to become an Angel to the Nepalese Children's Foundation, a donation of €1,000 allows us to provide healthcare and education to 200 children per year.

So far we have received €20,615 in donations. A special thank you to those who have donated €500 or more - Our Lady of the Wayside Trust, Neil Collins, John Deasy, Pat Deasy, Tony Royleston, Kieran Doohan, David Kennedy (ex Aer Lingus), Michael Adams, Conor Hayes, Michael Conlon, David Wilkinson, Michael Flannery and D2 Property Management.

So far we have raised €11,565 from events. These break down as follows:

• Galway Flag Day, March -	2,015	
• Golf Classic Galway, June -	5,935	
• Crumlin Church Gate Collection, June -	4,227	
• Dublin Ball, June -	4,749	
• Other Events -	2,487	
• Golf Classic Dublin -	(3,573)	
• Trek to Nepal -	(4,275)	
• <b>Total -</b>	<b>11,565</b>	

Unfortunately we had to cancel the golf classic in Milltown Golf Club in June, and our sponsored Trek to Nepal in September, due to lack of take up, which have cost us almost €8,000.

*A special thank you to those who helped organise and support these functions:*

-> My flag day collectors for Galway and Crumlin, -> Lawrie McDermott for organising the session at Wards, -> All our sponsors of the Galway golf in Athenry, including The O'Brien Foundation, Dermot Healy, KPMG Galway, Elverys, Chanelle Pharmaceuticals, Woodberrys, Aerogen, Shane MacSweeney, Tim McSweeney, Gerry Rabbitt, and Padraig and his team at Athenry Golf Club. -> My cousin Mairead for running the mini marathon, and all her help for the Dublin ball. -> Maura Diviney of the Mervue Active Retirement Association for their collection. -> Scoil Mhuire in Oranmore for organising a cake sale. -> Orla McCabe for organising a poker classic at Kiltullagh. -> Paul Finnerty, Shirley O'Donoghue, Barry Liddy, Deirdre Carter Roche and KPMG Corporate Finance for their support for the Dublin Ball, along with our sponsors Ballygowan and Woodberrys, and to Aidan Kavanagh who provided fantastic music for free!

*And a huge thanks to all of you who came along and supported these events! If you wish to organise a fundraising event on behalf of the charity, or want to do a sports event for us, we would be delighted, so please drop me an email.*



*Laura Working Hard at the Street Collection in Galway*



*The Second Nepalese Children's Foundation Charity Ball*

