

Gorkha Development Scheme

Health & Education in Gorkha, Nepal

Issue 10
June 2019
www.nepal.co.uk

Registered Charity
Number: 1069611

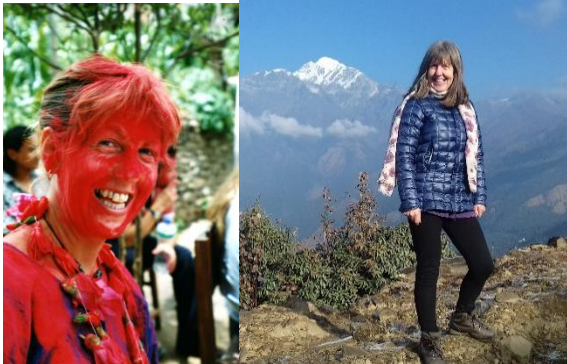
Welcome to Issue 10 of the GDS Newsletter

Message from the Chair

Having been involved in GDS since volunteering in Gorkha over 20 years ago, I was so pleased to meet Kay and Alison recently as they had volunteered as teachers just one year before me and I knew the names well. I am thrilled that we have not only continued to fund and develop many projects for the local community over the years, but also continue to enable volunteers to share and gain from the experience as we all did. In 2019 Gorkha committee have already welcomed five volunteers, Naomi, Linda Trish, Rebecca and Fiona, with Sarah travelling in July and possibly more later. All have stayed with local homestay, learned about family life, language, cooking and of course dancing!

This Newsletter therefore celebrates our Volunteers

Linda Blunt



Linda's visit December 2018

Returning to Gorkha every couple of years, Linda spends her time with all committee members as well as overseeing projects. Though today, free phone calls make communication much easier, it remains essential to develop working relations and clear understanding. It is always a rush spending time with old friends as well as discussing future plans and issues. Linda was able to hand over new bedding purchased for the hospital, check the financial records, track all funding proposals and set up arrangements for volunteers as well as make a visit to Barpak epicentre of the 2015 earthquake where we now fund teacher training programmes and books to help the training by local trainers. A frantic but valuable and very special trip.

Trustee Naomi's Gorkha Visit – March-April 2019

Naomi undertook her medical elective placement at two local hospitals, as well as partaking in a number of GDS funded health and hygiene programmes. This trip marked 8 years since Naomi first volunteered in Gorkha, and she returned this time as a Qualified Doctor making the experience even more special. Naomi's homestay was with GDHEDS Secretary Sarita and her family. All volunteers build such special relationships with their homestay families and Elective Rebecca gave great feedback about her experience with her homestay family as well as the support from UK and Gorkha teams.

GWA Assembly

During her stay Naomi attended the Gorkha Women's Association (GWA) general assembly, with cooking and dancing in the forest, plus a meeting to discuss this year's GWA programmes. Lots of great future plans for women in the Gorkha community.



Women's Health Programmes

Two Health programmes were funded by GDS, facilitated by the GWA and led by local female doctors and health experts including Naomi. Topics include family planning and prolapse together with other women's health issues so important to local rural women who are otherwise without access to support.

Upon return Naomi was able to complete a report on the benefits of such a programme for the women to conclude her medical studies. We wish her well in her future career.

If you would like to contact us, please visit our website or email lindagdsnepal@gmail.com

Volunteers Linda and Trish in Gorkha

In April, long-time friend and supporter of the charity Linda C (Naomi's Mum) spent two weeks in Gorkha with friend Trisha. They witnessed a range of projects including the spontaneous painting of a local school nursery that has been rebuilt since the 2015 earthquake. They made a huge difference to a previously dreary room. A lot of fun was had by everyone involved with one child commenting the next day 'my school looks beautiful'



Teacher Training in Barpak

Linda, Trish, and Naomi travelled to the remote region of Barpak, to take part in a GDS funded teacher training programme, led by GDHEDS Vice-Chair Laxman. The programme included interactive games and songs for the teachers to take back to their own classrooms and encourage stimulated and active learning practices. Teacher training programmes are a brilliant way to improve education standards in Gorkha from a grassroots level, and something we will continue to support in future.



GDS extends our thanks to Linda, Trisha and Naomi for all that they accomplished during their time in Gorkha. If it wasn't for the hard work of volunteers on the ground we would not be able to achieve as much as we do.

Speech Therapist Fiona

Fiona had travelled in Nepal 30 years ago and dreamed of returning. After trekking with her husband Ian, she spent 3 weeks in Gorkha working in local schools with both children and teachers as well as the disabled children. As with any form of development, the aim is to enable local people to use the knowledge gained. Fiona managed to accomplish this in her short time with several nursery teachers, showing them the joy of interactive learning. In the UK we take for granted toys and teaching materials but a bare room with ancient filthy blocks was all there was. Fiona was able to utilise materials she had brought as well as using local materials to be inventive and fun.



Coloured mosquito nets, boxes (kids everywhere love boxes!) plastic bottles used as musical instruments and much more, were used to inspire nursery teachers.

Fiona was able to meet with many of our sponsored children and bring back letters and pictures. Thanks to Zoe for all the hard work for recruiting Occupational Therapists and for supporting all through the process together with Linda

Wonderful.Org

Fiona also introduced us to wonderful.org an online donation site where ALL money goes direct to GDS including Gift Aid. If you would like to support us just find us on wonderful.org and donate!

Fundraising and Donations

- £200 raised by previous medical elective Eammon's family – Thank you
- £100 donation in memory of Peggy Shelley
- Over £1000 raised in 4th Annual Writtle GDS Quiz Night, through entrance fee, raffle and tea and cake sales – Thank you to all who attended
- Mr Hook and many other supporters sponsor children and this year it will be over 60

Thank you for all these recent efforts, every penny gets spent in Gorkha for excellent causes!

If you would like to contact us, please visit our website or email lindagdsnepal@gmail.com