

Gorkha Development Scheme

Health & Education in Gorkha, Nepal

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Welcome to Issue 9 of the GDS Newsletter

GDS 30 YEAR ANNIVERSARY

We are thrilled to announce that 2018 marks 30 years since GDS was first established by our founder Joy Leighton. Our aims are still the same, to help the poorest people in the community of Gorkha Nepal through Health, Education and working alongside our sister charity GDHED's in Gorkha. In celebration of our 30 year anniversary we will be having a small get together with trustees and our founder. We want to sincerely thank all of the donors, friends and supporters of the charity over the last 30 years, we really could not be where we are today without your efforts over all of these years.

THANK YOU

GDS Invited to Nepal Development Conference – Nepal Embassy, London

GDS were invited to Nepal Republic Day Ceremony and Nepal Development Conference at the Embassy of Nepal London on 29th May. Ambassador of Nepal Dr. Durga Bahadur Subedi welcomed all and a range of influential delegates made interesting presentations and created some excellent discussion.



GDS joins BRANNGO

At the event, 200 years of Nepal/UK relations were celebrated. The many charities working in Nepal were encouraged to work together with the launch of Branngo uniting British and Nepali charities. Lin and Jan enjoyed the very Nepali day with dance and gorgeous dhal bhatt.

Fundraising Updates

Thanks to so many once again for continuing to support our fundraising through some incredibly generous donations and also at GDS events. **The 3rd Annual Quiz 2018** held in Writtle Chelmsford was another great success with £1150 raised! A huge thank you to all who came and to trustees Geeta and Amir for providing us with delicious momo's enjoyed by all on the evening.

The Kindness of Strangers - Brian and Barbara from Rochford had travelled to Nepal in 2008 and contacted us wanting to sponsor 2 children and kindly donated £60. Later a surprise cheque arrived. They then decided to hold a car boot sale which raised £180. How great is that? This will go to great causes and will help support Teacher Training for rural schools in the near future.



WI and Garden Club talks

Lin continues to present talks on Nepal and the GDS charity and speaker fees, together with plant and jam sales as well as donations and school sponsorship continue to be a great source of income. **Old Harlow Garden Club** raised a fabulous £210, **Felsted Womens Institute** raised £192, **Great Baddow WI** £92 and **Felsted Womens Guild** £97

Volunteers

We are thrilled to have had three volunteers in Gorkha this year and a number already confirmed for next year. Our Trustee Zoe is an Occupational Therapist (OT) and her aim has been to develop an OT programme in Gorkha to help in a range of situations to include hospital, schools and the prison.

Two OTs and a Medical Elective student all spent 3-4 weeks in Gorkha, living with different families and getting involved in a range of programmes such as the invaluable Rural Teacher training and School Hygiene classes.

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

GDS Goes Global

Elise, from New South Wales in Australia, found GDS via our website. As our first OT volunteer, Elise spent much of her 3 weeks in the small Gorkha hospital, working with doctors in the outpatient department and assisting the physiotherapists delivering treatments. She was also involved with school hygiene and women's hygiene programme which is aimed at providing health education to rural women – both funded by GDS. At Mahendra Jyoti School she also spent time with children with learning disabilities and found this experience particularly profound. Finally she was also involved in a rural school teacher training programme in the community of Siranchowk, and accompanied Laxman (GDHEDS trustee). On top of all of this Elise also raised over £400 from her fundraising efforts in Australia! She really did get involved in everything there is to offer in Gorkha, and we thank her for all of her efforts as such an excellent volunteer. *"What a trip! Three weeks, 39 meals of dahl bhat and an adventure I'll never forget"*



Handing over cardiac equipment to the hospital – 'basic' equipment funded by GDS will make such a difference in saving lives.

Volunteering – get involved with GDS

We are always interested to speak with anyone interested in volunteering through GDS. We provide guidance, arrange accommodation and offer support throughout planning, whilst in Gorkha and upon return so why not do something different and very special?

Health and Education – especially Teachers are our main areas of priority but so many skills can be put to use so why not contact us.

Please get in touch for more details
lindagdsnepal@gmail.com

Our second Occupational Therapist in Gorkha!

Katie is a specialist in occupational therapy to aid prisoner rehabilitation, Katie spent time working with our Gorkha team to develop ways in which to contribute to supporting prisoners and families. Bamboo stools are currently made and sold with money going to families as there is no other family support system. It was hoped that sewing classes using GDS machines and a vegetable garden as well as other programmes could be started. Katie worked incredibly hard to put this in place but found it a difficult challenge to work through the political layers and though initial agreement had been granted, it is clear that we will be unable to have further involvement with the prison. We thank Katie for all her efforts in this very demanding area. Katie did spend 5 days active in teacher training in a rural area, and also spent time with disabled children and their teacher.



Medical Elective in Gorkha



GDS we're thrilled to welcome Eamonn a 4th year medical student from Birmingham University as a medical elective in Gorkha. In June he spent a month working in the local hospital where he had some great experiences including delivering his first baby and handing over cardiac equipment to the hospital that had been funded by GDS, Eamonn worked alongside medical students from Kathmandu where they were able to exchange experiences, He also participated in GDS hygiene project, and was also involved in GDHEDS committee meetings where they discussed the GDS funded school sponsorship programme.

See the full volunteer reports on our website

www.nepal.co.uk

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

NEXT NEWSLETTER will be our 30 year celebration!