



## E-News November 2011

### LITTLE DOCTORS HEALTH EDUCATION PROGRAMME

The Little Doctors programme has been one of the NT's most successful health education programs. It teaches young students the basics of health, sanitation and nutrition in a four month course designed by Dr. Shyam Sundar Mishra.

The NT has successfully expanded this program in 2011 to include Simikot, Bargaon and Yalbang in collaboration with the respective public schools and the local health centres. The courses this year started in July/August and will be completed before the winter snows arrive.

*Right: Little Doctor's class*



### COMPLETION OF TWO MICRO HYDRO PROJECTS

#### **Chyaduk 4.5 kW Micro Hydro Project**

Chyaduk village, located 6 hours walk from Simikot, lies on the Simikot - Hilsa trail. This village, which has about 40 households depends on income from agriculture, wood carving, trade and labouring in Tibet. After the house wiring was completed, the village was electrified successfully in September 2011.

#### **Gothi Khola 50 kW Micro Hydro Project**

The Gothi Khola project was delayed for over 12 years due to the political conflict, lack of funds, inflation, etc. This year, after the successful commissioning of the plant, the NT facilitated the local communities to obtain funding to complete the house wiring. Now after more than a decade the NT can proudly state that it has completed the biggest micro hydro project in south Humla. The project provides electricity to the Gothi, Saya and Barai VDC's, which comprise over 450 households (5000 people), 3 schools, a local health post, post office and the village hub of Sarkegard, which is developing into the commercial hub of south Humla.

*Above Left: Ghoti Inauguration, Below Left: Ghoti Construction*



## TORPA HEALTH POST - MINISTRY OF HEALTH VISIT

Following its re-opening in November 2010 the Torpa health post has been in operation serving the communities of Bargaon, Torpa, Limatang and Thehe. A trained Community Medical Assistant (CMA), Ms Yangjum Doma Lama runs the clinic with the active support from the local health committee, with the NT supporting through supply of medicines, volunteers and management. Currently the health post is undergoing upgrade works on the kitchen. In August, the clinic was visited by officials from the Department of Drug Administration, which falls under the Ministry of Health and Population, who were very happy with the set up and quality of services provided by the NT.

*Right: Ministry of Health Visit*



## JEROEN AND NIRMALA TO VISIT UK FOR 2011 AGM

Jeroen and his wife Nirmala will be in the UK from the 10th November to the 18th December. Hosted and accompanied by Board Members they will be touring the country to meet friends and supporter of the NT and will give a series of presentations and talks to interested groups on the work of the Nepal Trust.

The 2011 AGM will be in Edinburgh at the Royal Scots Club on Saturday the 26<sup>th</sup> November. Please come and join us.

If you would like to meet Jeroen while he is in the UK or find out more about opportunities to promote our work and hopefully enthuse new volunteers to our cause please contact Anna on [annaclutterbuck@gmail.com](mailto:annaclutterbuck@gmail.com)

*If you want to get more involved, we would LOVE to hear from you. Please contact our secretary on [thechrisrae@hotmail.com](mailto:thechrisrae@hotmail.com) to learn more.*

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## TREK TO BUILD 2012

There will be a volunteer trek team travelling to Humla in September 2012 to help construct a new sub health post at the village of Bargaon: if you would like to find out more details about this exciting opportunity to work as a volunteer in the world of the Hidden Himalayas please contact Chris Rae at the email address below.

## NAMASTE

Members and friends will receive our next issue of Namaste, the Nepal Trust Newsletter in April: if you do not and wish to remain registered as a member or friend, let us know and we will get it sorted! We are always keen to communicate with our very generous supporters.

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