

# THE NEPAL TRUST

*Working with Health, Community Development and Hope in the 'Hidden Himalayas'*

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**Advisor:**

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**Patrons:**

**Sir Chris Bonington CBE**  
**Brian Blessed**  
**Doug Scott CBE**  
**Alan Jacobsen (Founder)**  
**James Hart Dyke**

**Medical Advisory Team:**

**Dr Padam Bahadur Chand**  
**Janet Griffin**  
**Dr David Hurman**  
**Dr Donald Brown**

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**Scottish Charity No:  
SC022552**

*Press Release:*

## **Lincoln connects with Kermi village, to help save lives in the 'Hidden Himalayas'**

Rotarians and community members of Lincoln are teaming up with charity the Nepal Trust, to form an essential link with a village in the Himalayas of north-west Nepal. By raising funds to help cover the costs of vital services, Lincoln will help to ensure the provision of basic healthcare and electricity for the people of Kermi, a village set in one of the remotest and poorest parts of the world.

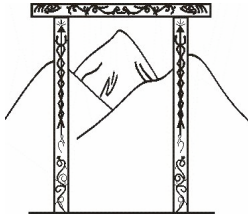
The Nepal Trust has worked in the Humla, an area known as the 'Hidden Himalayas' for 15 years. Ten days walk from the road, at over 10,000ft, facilities are sparse and inadequate, with many people forced to walk for more than a day along steep rocky paths to reach basic medical aid. This is a food deficient area where as many as one in three children die before the age of five, and the average life expectancy is 53 years. It ranks as the poorest district in Nepal, one of the poorest countries in the world. Working with the local communities, The Nepal Trust has established a network of health posts and micro-hydro and solar energy in several villages, in response to the villagers' appeal to help them help themselves to live a better life.

During the last 10 years of Nepal's political turmoil, villages such as Kermi suffered greatly: the health post was closed down and looted, the micro-hydro electricity plant fell into disrepair, and many people left in search of safety.

The services are now up and running again, but with the help of Lincoln, the Nepal Trust and the community will work to ensure that these services continue and grow to help the village thrive. Without the health post and local health worker Mingyur Lama, Kermi villagers would have to walk 8 hours up and down steep hills to reach the next clinic. Without electricity, they would continue to suffer from respiratory diseases and eye problems caused by smoke for lamps and fires, and deforestation would continue at a devastating rate. With electricity, they now have light with which to carry out otherwise difficult or impossible tasks. The option of studying in the evenings opens the doors of education to many for the first time. They are also able to operate machinery which enables effective food production and reduces hours of painful physical labour.

Tuesday 16<sup>th</sup> September saw the exciting launch of Lincoln's commitment to Kermi through the Nepal Trust's Community Connections Programme, with a lively event at the White Hart Hotel attended by the Mayor and Mayoress, key community members, and Rotarians from Lincoln and further afield. The project to twin with Kermi village will be led by the Rotarians of Lincoln Colonia, and will see all four Lincoln Rotary Clubs joining together to support this cause (Lincoln Colonia, Lincoln, Lindum Lincoln & Bailgate Lincoln). Over the next three years, in return for raising funds, Lincoln will receive regular news and updates from Kermi, in the hope of gaining an inspiring insight and understanding into the way of life of this remote village. To complete this two way exchange, plans are underfoot for a group from Lincoln to take up the challenge to climb the steep paths to Kermi, to meet the villagers they are helping face to face.

To find out more about Lincoln's involvement with Kermi, contact Des Butler on 07717483285. To find out more about the Nepal Trust, contact Ceris Jones on 0131 243 2638 [ceris@nepaltrust.org](mailto:ceris@nepaltrust.org) and see the website [www.nepaltrust.org](http://www.nepaltrust.org)



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## Useful information

The Nepal Trust provides integrated rural development in the far North West of Nepal. Our main objective is to help create community projects that emphasize local participation and responsibility and give hope to the people of this very remote and impoverished area.

**Website:** [www.nepaltrust.org](http://www.nepaltrust.org)

### General Facts about the organisation:

- Founded in 1993 by ex British-Indian Army Major, Alan Jacobsen, who served alongside Nepalese Gurkhas in WWII.
- A registered Scottish charity and Nepalese NGO, the trust has offices in Lossiemouth & Edinburgh Scotland; Simikot & Kathmandu, Nepal.
- We work in one of the most impoverished and remote areas of human habitation in the world, the upper Karnali river zone of North-West Nepal, in the district of Humla.
- Our projects, run by local staff and working in close collaboration with local government and communities, focus on the areas of primary healthcare, education, renewable energy, eco-tourism and heritage preservation.
- We depend greatly on the work of volunteers and supporters across the UK, and receive a lot of support from Rotary International.

### Facts about Humla:

- Total Area: 5655 Sq. Km
- Altitude Range: 1500-7300m
- Population: 40,595
- Extreme poverty:
  - Nepal HDI (Human Development Index) Rank: 138/177 Countries
  - Humla HDI Rank: 68/75 Districts
  - Humla HPI (Human Poverty Index) Rank: 75/75 Districts
- High illiteracy: 20% of adults are literate; 10% of women are literate
- Sparse health facilities: Many people live more than 1 day's walk away
- A food deficient area: government rations are flown in
- Rocky & steep terrain, harsh climate (snow for several months)
- Recent history of brutal conflict during the Maoist/Civil insurgency. 13,000 died in whole of Nepal, 1 million left the country. In Humla, people were killed by both Maoists and government troops.& many left in search of security.

### Contact:

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