

# THE NEPAL TRUST

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

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Dr Mike Love (Chair)  
Anthony Sharpe  
Dr David Hurman

**Finance Director:**

Anthony Robinson

**Programme Director:**

Jim Donovan

**Administration Director:**

Elisabeth Donovan

**UK Director of Ops:**

Ceris Jones

**Communications:**

Alison Read

**Secretary:**

Christopher Rae

**Advisor:**

Stewart McNab

**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 Releases:**

A general guide is that a press release should be no more than 1 side of writing, together with a second sheet of useful information. Try using parts of paragraphs such as these together with details of your event, mentioning in particular local people and places, and quotes to attract the press. Send together with a few photos, including some of your own.

### **e.g. Local girl challenges herself to help save lives in the 'Hidden Himalayas'**

*Opening paragraph to include brief details of the event, who's involved what they hope to achieve e.g. 'Local girl .... is training hard to run 500 miles to help fund vital healthcare work carried out by The Nepal Trust in remote north-west Nepal'.*

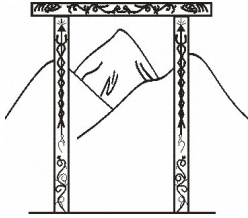
The Nepal Trust has worked in the Humla, an area known as the 'Hidden Himalayas' for 15 years. Ten days walk from the road, at over 10,000ft, facilities are sparse and inadequate, with many people forced to walk for more than a day along steep rocky paths to reach basic medical aid. This is a food deficient 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, the villages of Humla have suffered greatly: health posts were closed down and looted, micro-hydro electricity plants fell into disrepair, and many people left in search of safety. Many of the services are now up and running again, but the Nepal Trust and the communities need to work hard ensure that these services continue and grow to help the village thrive.

*Add a couple of quotes from local people on why they got involved and what they hope to achieve from the event...*

The Nepal Trust runs treks to Humla, which often involve joining with the local people to help build necessary resources. In 2010 they will run the 'Summit For Health' – a fundraising expedition to climb Mt Saipal in Humla. This will be led by Jamie McGuinness from New Zealand, who has already led many expeditions up Everest and other 8000m mountains. Saipal is a remote 7000m peak that has been attempted very few times, and is yet to be successfully summited by a British mountaineer. They are particularly keen to find British mountaineers to participate. All proceeds will go to helping run the essential health programme.

The Nepal Trust has its office in Lossiemouth and a branch in Edinburgh. To find out more about their work, including treks, volunteering or participating in the Summit for Health, contact: 01343 810 358 email [admin@nepaltrust.org](mailto:admin@nepaltrust.org) [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.

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