



Nepal Australia Friendship Association Qld. Inc.
(Established 1989)

NAFA supported Health, Disability, Education and Child Care programs in Nepal

President's Message

Thank you for helping NAFA respond to the devastating earthquakes in 2015. But now, just as villagers are getting back on their feet, they face the challenge as we all do with the coronavirus. NAFA has responded to the current health risks faced by our Nepali partners by allocating funds for hand sanitiser, face masks, disposable gloves and infrared thermometers to four of our ongoing programs: Nepal Association of Hard of Hearing, Tawal area health post, Sungava Home for young women with an intellectual disability and VSN school at Thimi in the Kathmandu Valley. VSN school will also receive additional earmarked donations from ex-child sponsors to support the school during this difficult time.

Unfortunately, the coronavirus is also having a serious impact on NAFA's fundraising capacity. We have postponed our annual fundraising dinner and are unable to hold market stalls. We are particularly concerned about our capacity to support the ten health, disability, education, and childcare programs that NAFA funds annually, with allocations totalling approximately \$100,000 in 2019. These programs are the backbone of our development portfolio and are the focus of this newsletter.

Ongoing funding has up to now been well supported by several loyal NAFA supporters who donate monthly or annually to these programs. However, it is an ongoing challenge to raise enough funds to keep up with inflation in Nepal and have some funds available for important one-off projects such as water infrastructure and classroom rebuilds in remote villages. **This appeal sets a target of \$20,000 towards NAFA's ongoing programs.**

We hope you will be interested in supporting any of the following programs with a tax-deductible donation. 100% of donations goes to NAFA-supported projects in Nepal, a promise we can keep as a small volunteer-run organisation with no paid staff or office expenses.

I hope you find this newsletter informative and that it inspires you to join others who provide regular or one-off support to one of our ongoing programs. In the meantime, please stay well over this difficult time.

Rod Setterlund OAM
President



Health

Tilganga remote cataract surgery eye camps – 2019 allocation \$4,400

Since 1991, NAFA has co-funded (with Joy Foundation Nepal) an annual remote eye camp conducted by the Tilganga Eye Centre. Over that time, over 4,500 villagers have had their sight restored in those eye camps. Tilganga Eye Centre is world renowned, having been established under the vision and determination of Dr Fred Hollows and Dr Sandruk Ruit <https://www.hollows.org/au/what-we-do/our-stories/sanduk-ruit-s-story>.

You can restore the sight of 10 villagers for only \$200 (\$20 per villager).

Visit nafa.org.au/donations to donate now.



Annual cataract surgery eye camp jointly funded by NAFA and Joy Foundation Nepal

Joy AGM November 2019

Dr Sandruk Ruit from Tilganga Eye Centre flanked by Babu Kaji Shrestha and Raju Shrestha from Joy Foundation Nepal



The joy of having sight restored!



Health Continued

Tawal area health post salaries – 2019 allocation \$6,300

In 2002, NAFA and AusAid co-funded the construction of a health clinic that services 5 villages and a population of 3,000 villagers. Since then, NAFA has subsidised the salaries of the two health workers, including a health worker with midwife training. Over the years, many lives have been saved, including mothers and their newborn babies, as well as victims of the 2015 Gorkha earthquake.

More recently, one local mother, Manju, credits Beg Tamang (Coordinator of the health post) with saving her life and her baby's life when he came to her aid in the middle of the night during delivery of her baby to successfully release a urine blockage and then unwrap the umbilical cord from around the baby's neck as the baby was being born.

A donation of \$200 will provide health care to 40 villagers (\$5 per villager) for a year or become a sponsor of this program with a monthly donation of \$25 and receive more information about this important program and what your sponsorship is achieving.

Visit nafa.org.au/donations to donate now.

Maju and Malika – very, very grateful for life-saving support provided by local health care workers



Himalayan Health and Hearing – 2019 allocation \$4,000

Nepal Association of Hard of Hearing (NAHOH) – 2019 allocation \$1,053

Since 2010 NAFA has supported Himalayan Health and Hearing (HH&H), founded by Lew and Sue Tuck from Whitsunday Hearing. HH&H works closely with Keshab Dahal at the Nepal Association of Hard of Hearing (NAHOH), to which NAFA has provided rental support to their clinic in Kirtipur since 2011. Since that time NAHOH's reputation has evolved into one of a high-quality hearing care service dedicated to prevent, treat and rehabilitate people with hearing impairments. Himalayan Health and Hearing (with NAHOH) conducts primary ear care and treatment camps in rural and remote areas of Nepal, preventing or restoring hearing loss for many, many villagers in the process.

A \$150 donation will provide ear care and fitting of a hearing aid for 5 villagers (\$30 per villager) experiencing hearing loss or become a sponsor of this program with a monthly donation of \$25 and receive more information about this important program and what your sponsorship is achieving.

Visit nafa.org.au/donations to donate now.



Disability

Sungava Home for the Intellectually Disabled – 2019 allocation \$8,200

This newly NAFA-funded service provides day care and vocational training for young adults with intellectual disabilities, including autism, down syndrome and learning difficulties. Day Care activities include basic life skills, exercise, physio, recreational activities, health care (medical check-ups), educational activities, nutritious meals and counselling for parents. Vocational training activities include craft making and other skills development activities. People with an intellectual disability face social stigma both within families and in the broader community. Local services receive little government support so your donation can really make a difference to these particularly disadvantaged members of Nepalese society.

A \$325 donation will provide day care and vocational training support for a young adult with an intellectual disability for twelve months or become a sponsor of this program with a monthly donation of \$25 and receive more information about this important program and what your sponsorship is achieving.

Visit nafa.org.au/donations to donate now.



Some happiness at last.



Education

Child Sponsorship – VSN Thimi 2019 allocation \$18,400

NAFA has supported low-income and vulnerable students to attend VSN (Vinayak Shishka Niketan) School and Seabird College in Thimi, near Bhaktapur since 2004. Since then, a group of very loyal and committed Sponsors have donated a regular annual sum to ensure that selected students have some assurance of continuity of education up to and beyond their Year 12 studies. Most of the students have progressed to Tertiary or Vocational studies. Many a nurse, teacher, lawyer, engineer have been created through Sponsor support in the early years of their education. In 2014, NAFA had to make the very difficult decision to cap the program and cease admitting any new students. This decision was made due to the projected exponential growth of the program, as well as NAFA's inability to guarantee a flow of funds well into the future.

However, there are still opportunities to sponsor a student. Our youngest students are currently in Year 7 and will commence their final year 12 in 2025. NAFA has made a commitment to see these students through to this time. The continuation of the program depends on finding New Sponsors to fill the gaps where our existing sponsors have been unable to continue their support.

\$350 tax deductible donation will provide sponsorship for 1 year for 1 student Year 9 and under!

\$600 tax deductible donation will provide sponsorship for 1 year for 1 student in Year 10 to 12

If you are interested in supporting a child attend the VSN school, please contact Jo, NAFA Education Sponsorship Officer by email (joannebicknell@yahoo.com.au)



The world awaits!



VSN students reading a Sponsor letter!



Happy Tawal FEAT students

Further Education and Training (Prisoners Assistance Nepal, VSN and Tawal) 2019 allocation \$36,420

In 2008, NAFA extended the sponsorship program to include post-secondary students, who were entering tertiary or vocational studies. The aim was to enhance their employment opportunities. Students from VSN school, PA Nepal children's home and the Tawal village hub school have benefitted from FEAT support since then. The success of the program is evidenced by the many occupations that our FEAT graduates now pursue. These include successful motor mechanics, engineers, nurses lawyers, micro-hydro operators, rural health workers, teachers, business administrators, accountants and health administrators to name a few. 2018 was the last year that students from all three areas were admitted to the FEAT program. This was due to sustainability issues. 2024 is the final year our remaining students will graduate. In the meanwhile, our loyal long-term sponsors are faced with changing life circumstances which means that they must curtail or suspend their ongoing involvement. It is in this area that new sponsors can assist to support tertiary students through to graduation. 27 students remain in the VSN, PA Nepal and Tawal FEAT programs. Among these are a future nurse, lawyer, accountant, architect and civil engineer. Two factors, the diligence, motivation and hard work of the students, combined with the partial financial support of NAFA Sponsors has contributed to past present and future success. Acknowledgement is also made of the families who provide financial support and stand behind these remarkable young people. New sponsors will be needed to join existing sponsors, the student and their family to



assist these students to attain academic success and therefore enhance their employability. (Picture on left shows a FEAT student accepting a donated laptop to assist with her accountancy studies)

\$1000 tax deductible donation or part thereof will provide sponsorship for 1 year for 1 student in Bachelor Studies.

If you are interested in supporting a student in the FEAT program, please contact Jo, NAFA Education Sponsorship Officer by email (joannebicknell@yahoo.com.au)

Tawal school teacher salaries – Anticipated 2020 allocation \$9,200

since 2005, NAFA has subsidised the salaries of teachers at Shree Pasang Chowk Mahadev Secondary School in the village of Tawal. Subsidising these teachers has enabled the school with 400+ students to extend to Grade 10. The school is a hub school, attracting 200+ students for Grades 6-10 from Tawal and five other nearby villages. The gift of education is the building block for development and a pathway out of poverty for these students.

The school is working hard to advocate for an increase in its quota of permanent teachers. After many years of trying, it was successful in 2020, increasing its quota allocation by one teacher, enabling NAFA to reduce its subsidy from three teachers to supporting the salary of two teachers. However, raising sufficient funds each year to support the two teacher salaries remains an ongoing challenge.

Every \$200 donation will provide 12 months of higher secondary education for 4 remote students or become a sponsor of this program with a monthly donation of \$25 and receive more information about this important program and what your sponsorship is achieving.

Visit nafa.org.au/donations to donate now.



Child Care

Butterfly childcare centre - 2019 allocation \$5,800.

Since 2006, NAFA has supported two childcare centres in Pokhara that support over 40 poor families, allowing parents unable to survive in their villages to find casual day labour. The centre also enables older siblings to go to school, instead of being forced to look after their children while their parents work.

A \$235 donation will provide 12 months of childcare to a child whose parents are seeking day labour to keep out of poverty or become a sponsor of this program with a monthly donation of \$25 and receive more information about this important program and what your sponsorship is achieving.

Visit nafa.org.au/donations to donate now.



Thimi carpet factory creche – 2019 allocation \$5,200.

Since 2011, NAFA has provided operational support to a creche that supports 25 poor families, 50% of whom live in nearby carpet factories. The creche was set up to remove children from the dangers of being at the feet of their mother while she worked in the factories earning income to feed her family. NAFA's support includes the subsidy of two childcare workers and funds for the provision of a daal bhat lunch for the children, consumables and equipment for the creche. The creche also plays an important role in preparing children for school.

A \$210 donation will provide 12 months of childcare to a child whose parents are working in local Thimi carpet factories.

Visit nafa.org.au/donations to donate now.

