



Stichting Asian Heritage Nepal (SAHN), Nieuwsbrief, april 2015

Foreword, open call after earthquake

Just before spreading this newsletter, the terrible news about the Nepal earthquake reached us. It's quite a relief to know that Nilam and his family are unharmed. Unfortunately, that's something we can't say about all the Nepali families. And apart from all the private griefs the whole country is actually in a shock. Everybody who has been in Nepal knows that the infrastructure wasn't stable at all and that things like electricity and facilities for drinking water were subpar. In the aftermath the whole country needs to be rebuilt. We have decided to use this newsletter also as an open call: with your gifts, big and small, we can help Nilam in rebuilding his own and direct surroundings. All aid is welcome. If you like to donate some money through our bank account, please quote 'earthquake' and we will make sure the money goes straight to Nilam!

We regret that we haven't heard anything from the Necha community yet. Because of the earthquake communication is extremely difficult to these areas. So the information you'll find in this newsletter is generated from before this earthquake.
Coby Kunst, Pieter van Buul en Annemieke Mencke.

Namasté!

In this third newsletter from the Dutch Foundation Asian Heritage Nepal (SAHN) we like to inform you about our activities in the past year and the first month of 2015.

For SAHN this means a period of:

- Significant steps have been made with the new hospital building;
- The start of the midwife project;
- The performance of the medicine project: the supply of medicines and laboratory-requisites;
- A visit by board member Coby Kunst and her friend Teja van der Lee to the Necha Community Hospital;
- The visit from Nilam and Mina to the Netherlands;
- Drawing the conclusion that the board is in need of new members and promoters;

Visit to Necha

On the 3rd of March of this year our boardmember Coby Kunst and her friend Teja van der Lee went to Kathmandu for a 3 week visit. The fact that they survived the crash landing of the Turkish Airlines plane meant something to them. Coby and Teja: "We still have a mission in this life!" You'll

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find more about their experiences beyond this newsletter.

Rebuilding the Necha Community Hospital

The current building in Necha is in desperate need of replacement. In the meantime during a moot the villagers provided the necessary grounds. Coby Kunst and Teja van der Lee were part of this affair.

Big donations have been received from 'Non Residence Nepali (Hongkong) Foundation' and from MEND-foundation in Nieuw Zeeland (a non-governmental organisation). Through this the build has taken a start, which will be carried out in several stages.



Impression of the new building (bird's eye view)

In the first stage the ground floor will be materialized. Perhaps, at a later moment an extra floor will be realized; the foundation of the building can handle it anyway. Meanwhile the first twenty pillars have been put in place and the brickwork has been finalized.



Proceedings in full swing

Now the most urgent issue is building the roof, because of the coming monsoon. The Forest Conservation Committee has donated several trees which will be used for this purpose. Also a mixture of concrete is needed. Therefore huge bricks had to be cut in pieces. Coby: "During the moot I asked the women to make a start, and so it happened." When the roof has been put in place, one can start with inside job.



The foundation is there The brickwork has been finalized.

Furthermore, during the visit arrangements have been made about the future energy supply and sanitation. Our loyal partner UNICA and their representative Roy Voss will be of a great value again.

Financial contribution SAHN

Besides, after consideration with the board of the Nepali Asian Heritage Foundation (AHF) the board of SAHN has decided not to provide money for the rebuild yet. With this rebuild large amounts of money are involved. Such a donation would be an enormous drain to our bank account. From Nepal it has been indicated that smaller donations for small scale projects, which will contribute more directly to the healthcare in Necha, remains also necessary.

Projects

The supply of medication and laboratory-requisites

In our previous newsletter we reported about our first project: The supply of medication and laboratory-requisites. In the meantime this project has been implemented. A large stock of medication, bandage etc. has been transported to Necha. The project is accountable by AHF. Nowadays, the community hospital sells these goods for a small compensation to the villagers. And with the profit they will be able to collect a new stock of medication.

Improvement of midwifery

For years Nepal has been infamous for a percentage of mother-child mortality which is far too high. Most of the times as a result of medical complications during pregnancy and birth. These complications occur because of a lack of medical knowledge and facilities. Two projects have started to do something about this. Both focus on midwifery in Necha.

Midwife training

Asian Heritage Foundation (AHF) has filed an application to train one of their nurses as an official recognized midwife in Nepal. Only then the community hospital is able to receive an accreditation to be awarded as a birthcentre, with all the financial benefits. The training in Kathmandu will take about 8 weeks. For this training, for which travel costs and accommodation are included, we provided the requested amount of € 992,-.

Ultra Sound Machine (USM)

Through AHF the Necha Community Hospital also made a request for an Ultra Sound Machine (USM) which will enable them to perform ultrasound with pregnant women. The request has been extensively examined by the board and has been thoroughly discussed with (dutch) experts who have knowledge about the Nepalese health care. Among them one gynecologist. Because of the fact that the proposal also contains a solid education for the physician and because the proposal features also spare parts we have decided to support the project. We have provided the requested amount of € 5.674,-. Boardmember Coby Kunst and Teja van der Lee attended the ceremonial transfer. Coby: "All villagers are aware of the importance to avoid infant and mother mortality; the loss of the mother is a disaster for a family as there is no social welfare but the family. So everybody who is involved shows great thankfulness towards the ones who made this possible!"

Nilam visits the Netherlands

In the autumn of 2014 Nilam and his wife Mina paid a visit to the Netherlands. Of course there was also a meeting with the SAHN-board. During this meeting they have spoken about the developments at the community hospital. The midwifery projects have been discussed thoroughly. After his visit in the winter of 2013 it was good to greet Nilam again in the Netherlands.

Csg Liudger Drachten en choir Joy for People show commitment to Necha

Students of the department for Sports, Services and safety of Liudger School in

Drachten were active in the month of November of last year. During their practice sessions they started a fund raising for their peers in Necha. After a presentation by their teacher Nienke Dekker they decided to raise money for new school furniture and teaching materials for the school in Necha.



Students at the car wash

On December the 18th students from sports class 1 organized a lottery and a charity run. Some students started washing cars, selling hamburgers and cupcakes or carried out small jobs in their neighborhood. Another group put their effort in their attempt to gain attention for this fundraising project. And even a Christmas market has been organized.



Students selling cupcakes at the local supermarket

At the end of the day the result was astonishingly; the students raised some

€ 1763,44 which was greeted with applause by as well teachers as students. What a wonderful achievement. The department for Sports, Services and Safety of Liudger School in Drachten is looking back with great satisfaction to this day.

Furthermore Nienke Dekker donated the proceeds of six concerts from the choir Joy for People to SAHN.

The board of SAHN say thanks to the students, the choir Joy for People and of course Nienke Dekker for their support!

Application: board members and other enthusiastic promoters

The board of SAHN has done a great job for the past years establishing the dutch Foundation Asian Heritage Nepal (SAHN). The first stage has been finalized, which means that

- the foundation got a juridical title;
- the website has been built;
- a network has been built;
- the communication between Nepal and the Netherlands got its shape and
- the first projects have been carried out.

With these achievements the next level has been reached so we can built further on our goal: to be a reliable partner when improving the medical care in Necha. A great challenge and we enjoy all the successes, big and small, that are related to these. But, this level asks for a different approach and another activities by the board. Taking into account all our busy lives

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it is not always possible to spend the time that is required. To follow the path that has been chosen we need some help. Maybe yours! We are looking for members who will join the board and are able to share the responsibility with us. Beside we are looking for enthusiastic promoters who are either in Nepal on a regular base or will be able to do some fund raising. If this is what you want to do, please let us know **before the 1st of July.**

Thanks!

Also the past period SAHN was dependent on you all! We are happy and proud that trough you we were able to start the midwifery project in Necha. Also on behalf of Nilam: thank you very much for your support and confidence!



Nilam en Coby overhaul the rebuilt of the hospital