



DOCTORS FOR NEPAL

NEWSLETTER, WINTER 2022





A NOTE FROM OUR FOUNDER

Dear Supporter,

As this year draws to a close, it seems the perfect time to reflect on the progress of our students and graduates, and the impact they are having in remote areas of Nepal. Only a decade ago, there were no doctors in the Karnali Zone (western Nepal) who originated from those districts. Doctors for Nepal has now produced 8 doctors, and we have another 5 who are at various stages of medical school. Our expansion into nursing is ensuring a continuous supply of local nurses who are working in the most remote areas only reachable by walking for days on foot. The impact felt by the community is palpable when we have visited the area - where statistics such as infant and maternal mortality are dramatically falling.

I'm extremely pleased to announce that our recent trustee visit to Nepal has resulted in successful collaboration with the Oda Foundation - a fantastic charity that has set

up a remote Health post in Kalikot district. Two of our DFN nurses - Yuna and Neelam will be joining their team in the new year. Their employment is fully funded by DFN, and we plan to ensure that all of our future scholarships offered receive at least two years of paid employment funded by Doctors for Nepal.

None of this would be possible without your ongoing support. Please do consider either increasing or setting up a standing order if you have not already done so, as this helps us to ensure the stability of the charity and onward planning.

I wish you all a very happy Christmas.

Best wishes,

Kate

TRUSTEE TRIP TO NEPAL



DFN founder, Kate, trustee and treasurer, Nigel and Operations Manager, Caz, recently returned from an immensely productive trip to Nepal. The trip was jam packed with visits to the hospital and meetings with our partner medical schools and the charitable organisations we work with, including Phase and Oda foundation. These

meetings are an invaluable part of how we work and are vital in helping us create strategies to maintain our mission and goals.

There was also plenty of opportunity to meet our students, doctors and nurses individually and as a group. We held a fulfilling team building day, which allowed our medics to share their knowledge and concerns, work together on ideas for the future of the charity and feel part of a supportive and growing DFN family.



BEHIND THE SCENES ON OUR NEW SHORT FILM



Filming for our upcoming short film was in full swing during the trustee trip. It was inspiring to observe our hardworking students, Sangita, Dhanendra and Santosh consulting with patients and putting their skills into action. The film will be available to view at www.doctorsfornepal.org from 15.12.22.



A CHRISTMAS CAROL BY CANDLELIGHT: A FUNDRAISING SUCCESS!

Our event 'A Christmas Carol by Candlelight' raised almost £2000, which will directly support our doctors, nurses, midwives and students complete their training and go on to improve and save lives in rural Nepal.

The event was a resounding success, with storyteller, Ashley Ramsden, donating his time to perform the Christmas classic. Singing, laughing and lots of festive cheer, with the backdrop of the ancient Hamsey church lit up by candles made this a truly magical afternoon.

THANK YOU to everyone who attended, donated and otherwise supported the event.





THE DFN CHRISTMAS GIFT SHOP

LIMITED STOCK AVAILABLE



Looking for charitable Christmas shopping ideas? We still have beautiful items hand-selected from Nepal, including 100% cashmere scarves, children's clothing and greeting cards available to buy on our online shop. All proceeds will go towards improving healthcare in Nepal.

Go to doctorsfornepal.org/shop while stocks last!

HEALTH STATISTICS IN NEPAL ARE IMPROVING...

In 2005, when DFN began,
there were

0

doctors in the Karnali zone
who originated from those
districts

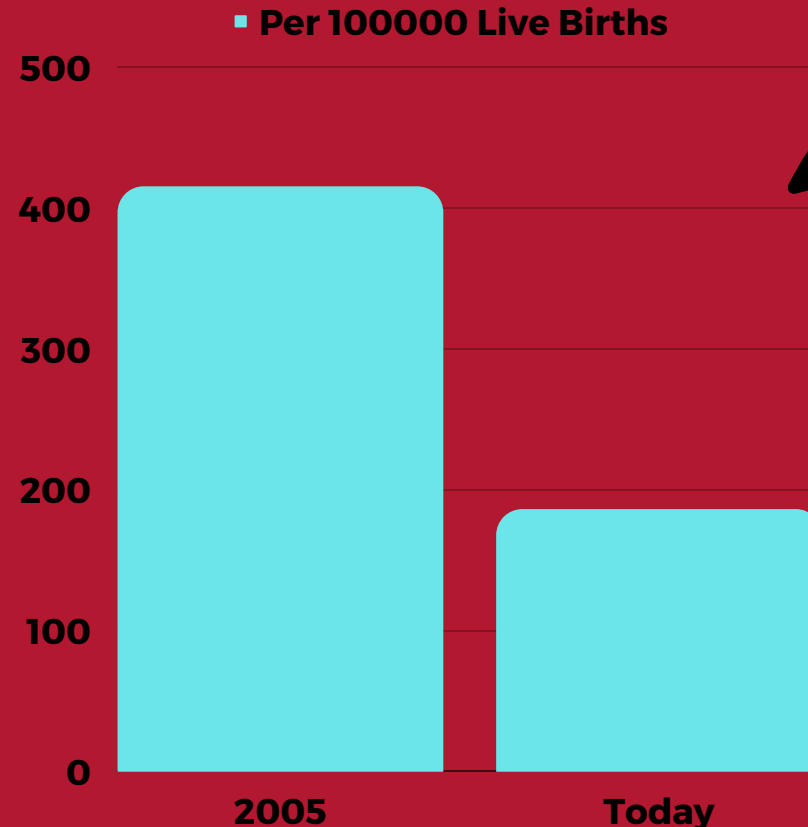
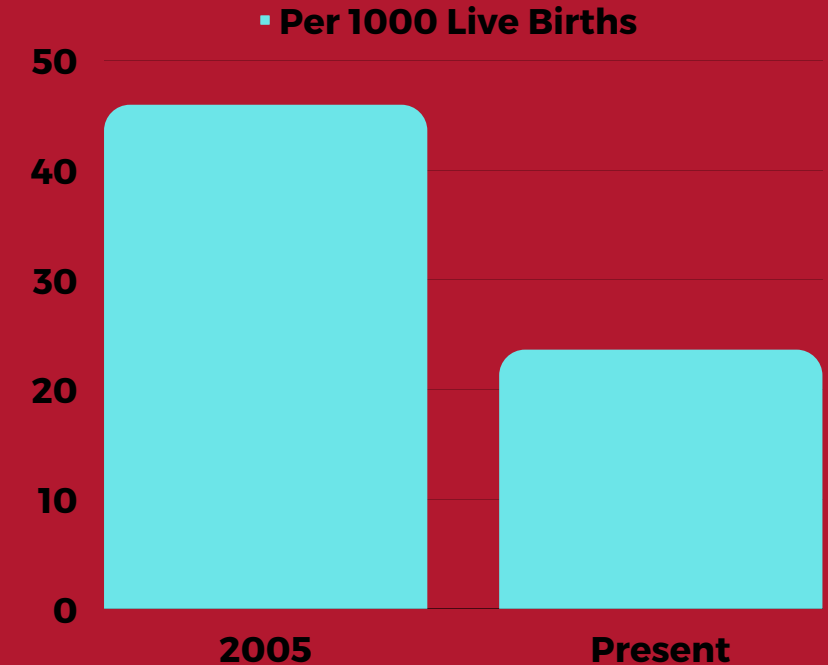


Today, DFN has produced

8

doctors from this area

Infant mortality
in Nepal has
decreased by
almost **half** since
2005



Maternal
Mortality has
decreased by
over **half**

**...BUT DFN NEED YOUR CONTINUED SUPPORT TO KEEP
DOING OUR WORK**

**There are still not
enough doctors,
nurses or midwives
in the rural areas to
serve the
population locally.**

**Many patients
have to walk for
days to receive
treatment and
often do not
receive even basic
check ups.**

**Mortality rates
are still far
higher and
health
education is still
far lower in rural
areas**

There are students from rural Nepal now who have the academic potential, local knowledge and determination for medical training, but not the financial means. Donating or setting up a standing order with DFN will both help them fulfill their potential and develop healthcare in remote areas.

To set up a regular monthly standing order with your bank:

Doctors for Nepal
Account: 00284204
Sort Code 30-91-25

To send a cheque:

Doctors For Nepal c/o 128 Hollingbury Park Avenue, Brighton, BN1 7JP

UK Registered charity number 1133441

All of your donations and support mean so much to us, our scholars and the communities in rural Nepal.
Have a wonderful festive season and a happy new year!

