



HIMALAYAN CARE HANDS



FROM WISH LIST TO 'TO-DO' LIST

Heerlen, Kathmandu, January 2012

At the start of 2012 we like to look back with our sponsors and fans on a turbulent but successful 2011. In April we started our two foundations of Himalayan Care Hands. With thanks to our sponsors and many voluntary work we managed to start three development projects. These three projects are described in this newsletter. We're not only doing this just from gratitude, but also as accountability for our donors, and as an update to a growing number of fans and interested parties in our work. Honestly we wished we had achieved more than it is described in this newsletter, but we have learned that learning to walk precedes the ability to run. We are a novice foundation, at times overzealous and ecstatic to get started. Other organizations have assisted us and taught us from their experience to see and learn how to manage the barriers that are common in development projects.

How well meant, sometimes working out things means going three steps forward and two back. But we are open in communication and our own learning process we share with you too in this newsletter. But we are eager to continue this path. Nepal still suffers from poverty, there is lack of education and health care. We care, together with our sponsors and fans. In the new year, we intensify our practical approach in our current and new projects. Our wish list has become a to-do list. Our staff and volunteers are ready and with your cooperation we make a year of caring hands.

We wish you and ourselves a prosperous 2012. We not just have many intentions, we're actually going to do it!

On behalf of our HCH teams in Nepal and Holland,

Jagat and Albert

Chairmen of Himalayan Care Hands

IN THIS ISSUE

- Kavre update2
- Collaboration with CIRD3
- Building plans for hospital (1) ..4
- Building plans for hospital (2)..5
- Letter to donors6
- Welcome to.....7
- Christmas card action.....7
- HCH volunteering8

INFORMATION

HCH Newsletter is a quarterly bulletin. Issue 2, winter 2012.

You can subscribe to this free newsletter on our website.

<http://www.himalayancarehands.org>

<http://www.himalayancarehands.nl>

We are also on facebook and youtube with impressions of our actual projects. See page 8.



Swayambhunath Temple, Kathmandu, Nepal



KAVRE: "HOW I SAY IN ENGLISH?"

In January 2011 we started an XO-laptop project at the Kavre school for the deaf in Banepa. With more than 10 laptops, sponsored by different Dutch organizations, we launched several learning activities. With the help of



Indira Khatiwoda (HCH) and Krishna Nakarmi (head of school) teaching English.

Govinda Khatiwada (HCH) we managed to create a Nepali shell on the laptops so using them became easier for the children who did not see a laptop before, never saw themselves in camera or made a digital letter.

In October we continued sponsoring laptops, this time with a new Asus netbook. With additional funding we opened a landline for Internet and the first emails started coming in, a new way of communicating unfolded. But that constituted also a problem: talking to the world required knowledge of English language.

"It opened up a whole new world for them with endless possibilities for learning and creating."

So after the summer we launched a very special project within a project: teaching deaf children English so they can learn how to use the laptops as a communication device to the world. For that Indira Khatiwoda (HCH) made a specially designed English course, with elements of sign language, official Nepali English curriculum materials and the use of the XO laptops so their knowledge of English enhances fast.



Indira and the head of school, Krishna Nakarmi have unfolded a teaching plan for the elderly children as a first promising pilot. In February the lessons will be evaluated and the first group will be hand out a certificate for basic English for encouraging them to move on to higher levels.



DONATIONS NEEDED

There are several ways in which you can help (to make a difference) for our projects in Nepal. First of all money can be wired into our Nepali or Dutch accounts. You can choose which project you want to endorse. We let all donors know exactly how their money is spent and always 100% of donations go directly to the projects at hand. No money will be used for HCH, all is labeled as it should be: for the people who need healthcare and education.



HCH and the Center for Inter Rural Development (CIRD) are proud to presents it collaboration in Terai area.



Starting with a small school project in the village of Singiyahi we provided XO laptops and are coaching a childrens group in the use of computers for educational purposes.

A group of 12 children in the age of 13-16 years old have been selected to participate in this pilot.

Singiyahi is one of the most suffering areas for poverty and illiteracy. Only few people are educated here. Villagers have never seen a computer before, but showing not only appreciation for it but also they are

SINGIYAHİ: 'SCHOOL IN A BOX'



"To give shape to this pilot, the children will have computer lessons after school and are very happy and alert to learn, share and perform in little groups."

very curious to know about it. They want to learn the functions and different use of a computer and how it can help in the community development.



Khushboo Sharan



Arun Bhujel



Miss Khushboo Sharan is the coordinator of this program. Mr. Arun Bhujel has been willingly accepted his role as teacher for this pilot. The project is made possible through the efforts of Bipan Shah (HCH) and Prakash Karn





HIMALAYAN
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MAINAPOKHARI: "FIRST STEP IS THE HARDEST"

THE PROBLEM

Let us give you first some background of this project that we got from the International Health Organization.

Women in rural areas of Nepal marry at an average age of 16, but are in practice often not older than 13. Just married women live with the parents of the man and approximately 25% of these women gave birth to their first child before they are 18 years old. The average family size is 4 to 5 children, because children are seen as divine blessings. There are also strong economic and social arguments in favour of larger families.

Women give birth to children without drawing attention to themselves. More than 90% of the births take place in hometowns, in 80% of the cases without any support of skilled labour assistants or obstetricians.

Data from the World Health Organization (2008) shows that 67% of all cases of maternal mortality occurs during childbirth or in the first hours afterwards. One of the most important actions for safe motherhood is to provide expert guidance during pregnancy, childbirth and prenatal care.

Infant and child mortality is also high: between 61 and 48 on 1000 live births death for their 5th year of life. Therefore necessary medical, nutritional, and educational interventions to reduce risks during and after the pregnancy, such as a low birth weight.



Dolakha district



Dolakha district

The Dolakha district, whose Pokhari Maina is part, is located in the north-eastern part of Nepal at a height of 2000m. The only way to reach this area is a narrow road that runs from the capital Kathmandu on 200 km away. The public bus takes 10 hours on the bad road. Dolakha is unlike other areas even less developed. The residents remain deprived of the most basic needs as clean drinking water, balanced nutrition, health care and education.

OUR PLAN



The approach of the Himalayan Foundation Hands Care focuses on the construction of a medical aid post annex maternity clinic. We collaborate with other foundations to join forces also with the Government where possible, but we are mainly engaged in promoting education to individuals and communities awareness of their own ways to cope with problems and create new opportunities.



We call the project 'The three valleys mother-child care partnership' because it comes to three adjacent communities that make use of the clinic with a scope of approximately 60,000 inhabitants.

In consultation with the village elders (authoritative in the traditional villages) the (construction) site for the clinic is officially transferred to HCH and we also now have all the necessary permits to build the clinic.

The goal is that the mountain communities gain access to a basic health care consisting of a building with 10 residence-and treatment rooms for approximately 345 births per year. The spaces will also be used for basic education to young children from 4 years using digital resources of both the Nepalese Government as from Netherlands (with modern distance learning, facilitated by professionals from the Open University Netherlands).



Who will help us to get the numbers down?

For 'only' € 5,000 we can start with the building. For buying the medical equipments we require an additional amount of € 12.634. For that money lives actually can be saved. See our list beyond.

LATEST NEWS: We have the required funding to start the first construction works and for that special occasion we are planning a opening ceremony with the villages in february 2012. We keep you informed how this ceremony went. Please keep donating: we just have the means for the subbase, the actual building requires your more then welcome gifts!

A financial aid is more then just welcome. Here are our account details:

For Holland we use Rabobank number 1382.57.698
BIC: RABONL2U
IBAN: NL78RABO0138257698
NAME: Stg. HCH
REFERENCE: project Dolakha

For Nepal we use Nepal Investment Bank Ltd
ACCOUNT: 01601030028440
SWIFT CODE: NIBLNPKT
 Thamel, Kathmandu, Nepal.
NAME: Himalayan Care Hands
REFERENCE: project Dolakha
 Of course you can donate to your project of choice, all need your willingly aid.

Basically Machinery equipments for Clinic in Dolakha

S.N.	Machinery equipments	Total No	Price
1	Simple bed	15	7000
2	Suction machine	1	12000
3	Pulse oxymeter	1	35000
4	Glucometer	1	3000
5	ECG machine	1	150000
6	O ₂ cylinders with flow meter	1	4000
7	Laryngoscope with different sized blades	1	5000
8	Nebulizer machine	1	4000
9	X-ray view box	1	3000
10	Emergency drugs trolley	1	35000
11	Simple medicine trolleys(for emergency)	1	33000
12	Needle destroyer	1	18000
13	Wheel-chair	1	6500
14	X Ray Mechine 100 MA	1	750000
15	Centrifuges	1	20000
16	Colorimeter	1	16000
17	Microscope	1	25000
18	Micro petted (100-1000 am)	1	50000
19	Hot air oven	1	60000
20	Refrigerator	1	30000



Dear sponsors,

We started this foundation in 2011 and thanks to your donation and those of others we were able to start three important projects: we opened two school-projects and are ready to start with the construction of our medical helppost/maternity clinic. In the enclosed newsletter you can read about our progress. But again, how small or big a donation is, it is a token that you believe in our work and we feel not only thankful

to you, but also obliged to let you know what is done with the donations, how it contributed to the good cause. We like to communicate with our sponsors, our fans, our volunteers about our doings, not hiding mistakes we make

because of we sometimes are too eager to achieve great things, whereas unforeseen barriers draw us back. But we learn, as a novice foundation to grow and continue on this path for practical caring hands where they are most needed. Poverty and a lack of education and healthcare are still dominant issues in Nepal society. Let us face this as a challenge and thanks to you we feel encouraged to go on, and we will.

Thank you!



SPONSORLIST 2011

These people all made a special donation to HCH in the past year and we really like to thank them for their heartily support:

- Mister Renato Haberli , Switzerland
- Miss Tilly Houtmans, Holland
- Miss Diana Schurgers, Holland
- Mister Oeno van der Laan, Holland
- Miss Engeltje Velk and Anna Maria from Holland
- Mister Patrick Baaij, Holland
- Mister Albert Kampermann, Holland
- Mister Jagat Dahal, Nepal

If we by accident forget a name, please forgive us

HIMALAYANCAREHANDS.ORG





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CHRISTMAS CARD ACTION

In December 2011 HCH launched a special promotional funding campaign with hand made Christmas cards. From Nepal over 300 cardpackages were shipped to Holland and thanks to our volunteer team we managed to sell many packages. All revenues are going straight into our building plans for the Dolakha maternity clinic. In a few weeks a similar action starts whereby HCH will sell handmade design cards through its website. Interested in buying these beautiful and colorful cards (each package contains 5 cards with envelope) for Euro 5 per package, keep an eye on our website campaign in March!



WELCOME TO...

Miss Linda Keijbets, new HCH stafmember

Linda Keijbets (1973) graduated cum laude in 1996 in Socio-Pedagogical Care. Initially she worked with autistic children, when in 1997 her new passion for psychiatry developed. Since then, she is employed at Alexianer Aachen GmbH, a psychiatric specialist centre. Her activities range from work diagnostics and integration in the workplace to life guidance for mentally ill people. With her experience, knowledge, enthusiasm and perseverance she knows how to gain respect and trust of people in order to help them. She received two educational degrees for 'Reiki' and started to submerge herself into the healing powers of 'Jin Shin Jytsu'. At the end of 2008, she founded her own company for alternative healing and awareness.



Miss Marina Kampermann, new HCH stafmember

Marina Kampermann (1961) graduated as nurse and worked in several specialized care centers for elderly people. Especially she has much experience in the field of working with elderly with demential symptoms and mental deterioration. Although still her heart lies with this profession, she had to take another career direction and did several courses in finance and business-administration and worked for several firms and a secondary school. Nowadays she is with her husband involved in the Himalayan Care Hans foundations and does a main part of the administration and design proces for newsletters and brochures and the marketing for raising new fundings.



HCH MEETS HCH

In february 2012 members of HCH Holland will travel to Nepal and visit all our three projects. All projects will be evaluated and an actual update will be made in a special newsletter in March 2011. For the special occasions HCH will reach out the first certificates to the children who are participating in our schoolprojects in Kavre and Terai. We keep you also informed about our starting ceremony for the construction site in Dolakaha!

VOLUNTEERS WANTED

Volunteering in Nepal is needed and welcome and it can be a very rewarding experience!

Due to our long year experience with volunteer placement and our flexible approach you will be given an experience to suit your individual needs and availability. Our placements include many fields in health and education, from teaching English, health and sanitation, environmental awareness and many local community projects. You can choose one of the here mentioned projects or ask for more possibilities we gladly inform you about. One important aspect of our mission is to create a global understanding by encouraging volunteers to assist with our projects. HCH assists to introduce you to Nepali culture, understand enough Nepali language to function as volunteer, and prepare you for living in homes with very basic facilities.

Other benefits that HCH offers includes our proven and rewarded expertise as specialized travel agencies to many Nepali areas and attractions such as Trekking, Rafting, Mountain biking, Motor biking, Bungee Jumping, Jungle Safari, Mountain Flights and much more! So you can combine your volunteer work with all nature and culture Nepal has to offer.

If you like to apply for a volunteer placement, please go to the website and download our special Volunteer brochure (3 languages).

www.himalayancarehands.org



HCH ON YOUTUBE AND FACEBOOK

In this world of digital social media we as HCH took the opportunity to spread the message of 'caring hands' throughout the world wide web. So we invite you to take a look at our newest additions: our presence in Facebook, with regular updates and many photos.

But we are especially proud of our video-presence on YouTube. Our first organizational trailer is there and also other documentaries that gives you an impression of Nepal and our mission!

Facebook: <http://www.facebook.com/pages/Himalayan-Care-Hands/144733948929991>

Youtube: <http://youtu.be/1ErBzaUAYI8>



Himalayan Care Hands on YouTube and Facebook

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