



UK Charity Reg No. 1154431



Dear Friends and Supporters,

Welcome to the Nestling Trust's first Newsletter and thank you!

Thank you for listening, hearing and understanding, for your encouragement and enthusiasm and being with us every step of the way as we set off along the long road to help the destitute, abused and trafficked children of Nepal. A journey that also takes us to the remote areas of this desperately poor Himalayan country to provide basic health care and health education to those places where there is no medical care at all.

In November 2013 The Nestling Trust UK Charity Reg. No. 1154431, was launched. This newsletter highlights the challenges and achievements experienced over the past two years and shows where we are now.

The path has not been straightforward. No one could have foreseen the devastating earthquake to hit Nepal in April '15 followed by the huge aftershock on 12<sup>th</sup> May '15. Within this newsletter there is a separate section giving my account of what happened as I saw it, and how the Nestling Trust responded to the disaster.

After months of frustrating delays while we waited for new government building regulations to be published, we have now reached an exciting time, poised to begin construction of the Children's Home at Sarangkot. Here children will receive care and protection, an education and real hope for the future.

The Nestling Trust has been providing humanitarian aid through our partner NGO's Himshikhara and SITARA over the past year. However, we have not lost sight of our main goal and funds for the Children's Home were ring fenced after the earthquake.

We are still awaiting the 'go ahead' from the Ministry of Health in Kathmandu, to construct a new clinic at Marbu, to replace the one, which was destroyed. As part of the disaster relief work we will also be constructing three other smaller clinics, in equally remote areas of Dolakha, so badly affected by the earthquake.

We are immensely grateful for your support, without you this would not be possible. I would like to take this opportunity to reassure you that every penny raised goes to the projects in Nepal, nothing is used for expenses, travel, advertising etc.

We intend to send out an annual Newsletter and our website is regularly updated:  
[www.nestlingtrust.co.uk](http://www.nestlingtrust.co.uk).

Thank you most sincerely

Susan

# ***The Nestling Trust –What have we been up to?***

## **April 2014 – The Nestling Trust 5 months post UK Charity registration**

Visit by Sue Hamblin to monitor and progress projects in Nepal. TNT established links following meetings with various organisation including Next Generation Nepal, Save the Children and British Medical Trust Nepal. Discussions with the Child Welfare Board in Kathmandu and Pokhara, SITARA Board of Directors, Dolakha District Health Office Cherikot., to ensure both projects at Sarangkot and Marbu comply with Nepalese government regulations.

The Nestling Trust agreed to support a health initiative suggested by the District Health Officer at Cherikot. In the village of Marbu in the Namdu area of Dolakha. Here there had been no medical facility, sick villagers had to be carried down the mountainside in bamboo baskets to the nearest health post miles away.

## **April 1<sup>st</sup> 2014 - Opening of the Marbu Health Clinic**

TNT directors, Bijendra Aryal, Subash Siwakoti (SITARA) and Sue Hamblin attended the opening ceremony. The Nestling Trust is working with Social Transformation Nepal to provide basic healthcare for villagers of Marbu and surrounding villages 7 days a week. A trained nurse will provide antenatal and postnatal care, immunisation, contraception, wound care, chronic illness management, acute illness management, palliative care, and home visits, health education etc.



***Bijen, Subash and Sue at the opening of Marbu Clinic***



***Celebrating the opening of Marbu Clinic***

## **March 2015 – One year later and on the Agenda:**

- Monitoring work at Marbu Clinic – 3000 patients seen during the clinic's first year!
- Dental Camp in Marbu village organised in co-ordination with Himshikhara, SITARA, Kathmandu Dental Teaching Hospital for 500 children
- Contractors instructed to commence building the Children's home at Sarangkot



***Shudir Shrestha's construction company appointed to build Children's Home. Sue and Bijen visit offices***

The home when complete will accommodate up to twenty children. There is enough land to include a good playground area as well as areas where the children can be taught practical skills. They will attend a local primary school, which is within twenty minutes' walk and a health post run with support from Belgium is within 10 minutes' walk.

The Nestling Trust will follow all government procedures and regulations to ensure every child accepted has no other place to go – first all ways of integrating a child with his or her family or extended family will be explored, only as a last resort will children come to the children's home to be cared for and given the opportunity of an education and hope for the future in a loving environment.

The home will also be a place where trafficked children who have been rescued, can be safely looked after until their families are found.

## **April 5<sup>th</sup> – 8<sup>th</sup> 2015 – TNT 4-day Dental Camp at Marbu village in Dolakha.**



***Children attending Marbu Dental Camp***

TNT working with SITARA, Himsikhara Kathmandu Dental Teaching Hospital held a 4 day dental camp where 500 children received dental checks and treatment. Children, parents, teachers and health auxiliary staff also received hygiene and dental care education. It was a great success and free toothbrushes and toothpaste were given to every child.



**April 8<sup>th</sup> 2015 – TNT rescued a 3-year old child, Krishna, suffering from cerebral palsy.**

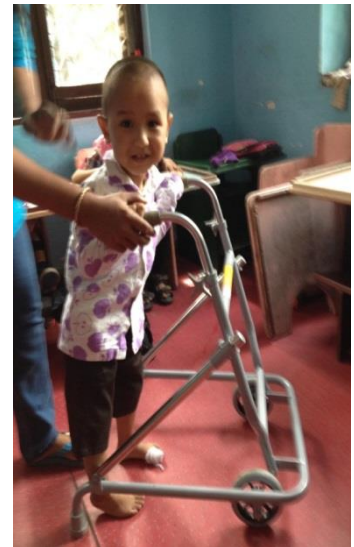
Unable to use his arms or legs and unable to talk and without parents, he was tied to a veranda for his safety whilst his grandfather went out to work to earn money for food. With his grandfather's blessing the child was taken to Kathmandu children's hospital for tests and subsequent intensive physiotherapy and speech therapy.



***Krishna – 3 years old. Found by The Nestling Trust***

Now eight months later Krishna, is able to walk with a frame, use a pencil and play with toys.

He has also begun to say a few words and sounds. He will remain at the SERC School receiving treatment to maximise his abilities and TNT will continue to support him now and in the future.



***Krishna making progress at SERC School***

**April 25<sup>th</sup> / May 12<sup>th</sup> 2015 – Devastating earthquakes hit Nepal**

TNT was able to give immediate humanitarian aid following the earthquakes.



At the time of the earthquakes Sue Hamblin was still in Nepal, overseeing TNT projects and joined Himsikhara, supported by TNT, in providing food, water, tents, plastic sheeting and medical aid to those living in devastated remote villages e.g. Sudal, Melemchi, Chamasing. Supported by TNT, Sue also joined the Kathmandu Trauma Hospital Mobile team visiting other remote villages in Kavre district.

***Typical scene following the earthquake***



All new building in Nepal, including work on the Children's Home at Sarangkot was halted, awaiting new regulations, to be agreed and published by the Nepalese government.

*The Nestling Trust and Himshikhara visit Melemchi taking aid*

### **May 8th 2015 – Bijen, Sue and SITARA members visited Marbu Village following first earthquake.**

The health clinic was badly damaged, as were 80% of the homes in the village. However, a group of the local men showed how they had already made 4 small houses out of bamboo and corrugated iron they had salvaged from fallen buildings. TNT provided materials for those families in need, who were made homeless by the earthquakes.

### **May 12<sup>th</sup> 2015 – Second earthquake had epicentre at Cherikot , near Marbu.**

The village was reduced to ruins as was the health clinic.



***Many villages in Dolakha area completely destroyed***



***Marbu Clinic now in ruins***

Subash Siwakoti was able to make contact with villagers. Nurse continued to provide medical care to villagers now in desperate need, her base now was the back of a corrugated iron shop. All equipment in the clinic had been lost, buried under the rubble. The nurse also visited villagers living in makeshift shelters – supplies were brought to Marbu from the District Health Office.



## **May/June/July 2015 TNT fundraising was devoted to Nepal Earthquake disaster relief work**

- TNT working with Himsikhara provided materials for villagers in remote areas, whose homes were destroyed, to enable them to build simple bamboo and corrugated iron homes, prior to the monsoon season.



*The Nestling Trust supply corrugated iron for bamboo houses prior to Monsoon season*

- TNT collected medical equipment and supplies donated by surgeries and pharmacies in the UK for transportation to Nepal.

## **September 2015 /October 2015 – Sue Hamblin returned to Nepal to establish TNT's longer term response to the earthquake disaster:**

- (a) Marbu Village, – TNT began negotiations to build new health clinic at Marbu** to replace clinic destroyed in earthquake.  
Land to be donated by villagers. Plans drawn up in accordance with Nepalese regulations, following meeting with District Health Officer in Cherikot. Proposal has been submitted, we now await permission from the Ministry of Health
- (b) TNT have agreed to provide three small Health Post shelters in the remote areas of Chilankha, Lapilang and Virkot** following the destruction of the existing health post buildings during the earthquakes.  
Lengthy negotiations have taken place and finally on 11<sup>th</sup> April 2016 permission was granted by the Ministry of Health for SITRA, supported by The Nestling Trust, to build a simple clinic in each area. Local materials and labour will be used. A mobile medical team from Cherikot District Health Centre will staff the clinics as necessary
- (c) TNT and Himsikhara organized an activity day for 50 children** from very poor families in Chitlang, who attended two government schools badly affected by the earthquakes. Hot meals were provided throughout the day plus a full programme of games, artwork, songs and basic hygiene education. A time to forget some of the horrors they had witnessed. Donated stationary, crayons and pens and supplies of soap, combs, toothbrushes and paste etc. were distributed to the children.



***Fun Day for children from two poor families in Chitlang***



***Bijen shows child how to clean teeth***

**Mobile health clinics in Dhading a remote areas where hundreds of families have no access to medical care.** Sue joined the ADRA team to monitor work being carried out by Wewomen health clinic which is supported by the Nestling Trust. Over three days 750 people were seen. Further support to be given to run mobile health camps.

- (e) **Children's Home, Sarangkot, Pokhara** – Sarangkot suffered very little damage during the earthquakes, however, all new buildings has been put on 'hold' following the earthquakes. A return visit was made to the Executive Officer of Pokhara Municipality to resubmit plans and request permission to resume constructing the Sarangkot Children's home, which already complies with all earthquake resistant regulations. However, although verbal permission has been given, we still await written confirmation from the government office.



***Bijen and Sue (TNT) with Shristy (Himsikhara) check out Children's Home site***



**Distribution of donated items from pharmacies, surgeries and individuals –** transported from the UK courtesy of Etihad airways and TNT, to health clinics and Kantipur Teaching Hospital. Items also included children's clothes and shoeboxes filled with children's stationery and toys given by primary school children given to children of destitute families.



*Children from Chitlang receive shoe boxes packed with gifts from UK children*

## Marbu Health Clinic

	Attended Clinic		Home Visits	
	Male	Female	Male	Female
Apr-Dec 2014	1013	1376	14	25
Jan-Dec 2015	1857	2134	37	41
<b>Total since opening</b>	<b>2870</b>	<b>3510</b>	<b>51</b>	<b>76</b>



*Young boy receives treatment at Marbu clinic*



## **Fundraising Events:-**

### **23<sup>rd</sup> November 2013 – The Launch of The Nestling Trust** A Nepalese Supper Evening

Our first fund raising event, the Nepalese Supper Evening on 23<sup>rd</sup> November 2013, was a huge success with over £14,000 being raised towards the building of a home for destitute and abused children of Nepal and to provide health care in remote villages.

The response was overwhelming – a strong link has been formed between those living in poverty in Nepal and our own community in Wiltshire.



*Nestling Trust Directors with soldiers from the Gurkha Regiment, Blandford*

**February 2014 – Curry and Quiz Night – The Bell, Great Cheverell**  
Landlords, Gary and Lou very kindly arranged a Curry and Quiz night.  
Our grateful thanks to them for arranging such a successful evening.

**March 2014 – Lavington School** raised £500 by organising a 'non-uniform' day, thank you so much for this amazing support.

**10<sup>th</sup> June 2014 – Opus One Swing band - Market Lavington Community Hall**  
"The Little Big Band" Big Band style music from the 30s to the present day, the concert was a sell-out - a great night of amazing music.  
Many thanks to the band and all who came to support the event.

**July 2014 – Dauntsey Academy Primary School children**  
raised a wonderful £246 during Enterprise Week – thank you so much for this great effort.

**13<sup>th</sup> September 2014 – Wiltshire Cycle Ride**  
Dave Pearce and Gordon Hood completed the 100 mile Wiltshire cycle event and raised £1644 – what an amazing result, thank you so much.

**21<sup>st</sup> September 2014 – 'Thanks For The Memory' Concert '**  
It was indeed a night to remember! Thank you so much to Jane, Bob and Peter who produced a sparkling programme of wonderful music, songs and anecdotes

**December 2014 – Operation Christmas Tree**  
Families were generously invited to choose Christmas Trees by Mike and Judy Gaiger – all donations were given to the Nestling Trust.

### **6<sup>th</sup> June 2015 – Cheverell Duck Race**

was a resounding success. Thank you so much to Vanessa and Darrell Reburn for organising and hosting this wonderful event

### **13<sup>th</sup> – 14<sup>th</sup> June 2015 – Three Peaks Challenge**

A fantastic effort – thank you so much to Tracy, Marion, Corinna and Jo!

### **July 2015 – Dauntsey Academy Primary School**

children raised an amazing £2051.00 at their Enterprise and Barbeque Day for disaster relief work in Nepal. A huge thank you to all who made this possible.

### **June/July 2015 – Lavington School**

children have made donations for Nepalese woven bracelets to raise funds for disaster relief in Nepal. Thank you for your loyal support.

### **4<sup>th</sup> July 2015 – Lavington Community Choir In Concert**

At Market Lavington Community Hall in Aid of Disaster Relief work in Nepal.  
Thank you to everyone who made this an evening such a success.

### **12<sup>th</sup> September 2015 – Silent Movie (Buster Keaton)**

with live piano accompaniment, and Silent Auction with Ploughman's supper at Market Lavington Community Hall.

Great old-fashioned humour to delight the audience who packed the Hall.

### **17<sup>th</sup> November 2015 – 'Taste of Kathmandu'**

TV Chef Peter Vaughan prepared a Nepalese Dinner plus demonstration of Traditional Nepalese Cuisine – a fabulous cultural Nepalese evening with every ticket sold!

### **2015 – Stonar School**

Throughout the year Stonar school have held several fundraising events, raising an amazing £2777.84 to help the Nestling Trust's work in Nepal. Thank you so much we are most grateful.

### **29<sup>th</sup> January 2016 – Quiz night at Larkhall Community Hall, Bath**

Our grateful thanks to Tracy Creed who organised and ran the event which raised a fantastic £2000 to help with the construction of a home for destitute and trafficked children in Nepal

### **6<sup>th</sup> February 2016 – Swindon Male Voice Choir**

delighted the audience at Market Lavington Community Hall. A feast of music raising over £1500. Thank you so much to all who made this possible.

### **1<sup>st</sup> April 2016 – Potterne Cricket Club Quiz Night**

A great evening raising £700. Sincere thanks to Kevin Gover, Fred Kerley and Potterne Cricket Club for generously supporting our work in Nepal.