



2016 in Review

The challenges we faced in 2016 helped Shenpen grow and learn. Our post-earthquake reconstruction project, in Dhola (Dhading), taught us that we can manage a big project of our own. At the same time, our experience taught us that we need to be surrounded by skilled and knowledgeable people and organizations. Our team, a mix of monks, experts from Nepal as well as abroad, and members of the community is the best example. We hope that we can run that kind of project again in the near future.

This year, we also realized that our impact in the community is considerable. The impact study ran after our yearly skill training sessions of women showed that, after attending the training, they increase their income by 30%. By reading this newsletter reviewing our activities in 2016, you will better understand the impact of our work in the poor and disadvantaged communities in Nepal. We will also briefly present to you, our friends, donors, and supporters, our projects and challenges for 2017.

Shenpen sincerely wishes to help an increasing number of people in 2017 and we hope

you will be part of it.

Enjoy the reading!

Shenpen's team

A year of vaccination, sensibilisation, education, and care 2016 at SHENPEN Animal

In 2016, [Street Dog Care](#) (SDC), a local NGO with whom Shenpen has been working for years, vaccinated over 1,000 dogs living on the streets of Boudhanath and its surroundings. About 25 volunteers and local veterinarians supported Shenpen's annual anti-rabies vaccination campaign in the Boudhanath area, pursuing our mission to keep the whole neighborhood safer for dogs, children, and everyone else.

When [SHENPEN Animal Welfare](#) started funding the vaccination program in 2011 through SDC, we were only able to vaccinate 216 street dogs. The year after, in 2012, that number had more than doubled and we were able to vaccinate 515 street dogs. Since then these number have been growing every year.

SDC also runs awareness and sensitization campaigns by visiting the local communities and the schools nearby. Volunteers share information about the importance of vaccination, information on how to recognize whether a dog has rabies or not and where

to report needed emergency medical care. In the hope of creating a better community for all, Sanu, the manager of SDC, says: “we tried to vaccinate every single street dog in Boudha”.

That beautiful work has been possible because of the long-term financial support of [C.H.A.N.C.E. for Nepal \(UK\)](#).



Emergency care for stray animals: save Tsering's life

You've heard us say before that we never leave anyone behind, so it doesn't come as a surprise that when we found Tsering, we sprang right into action!

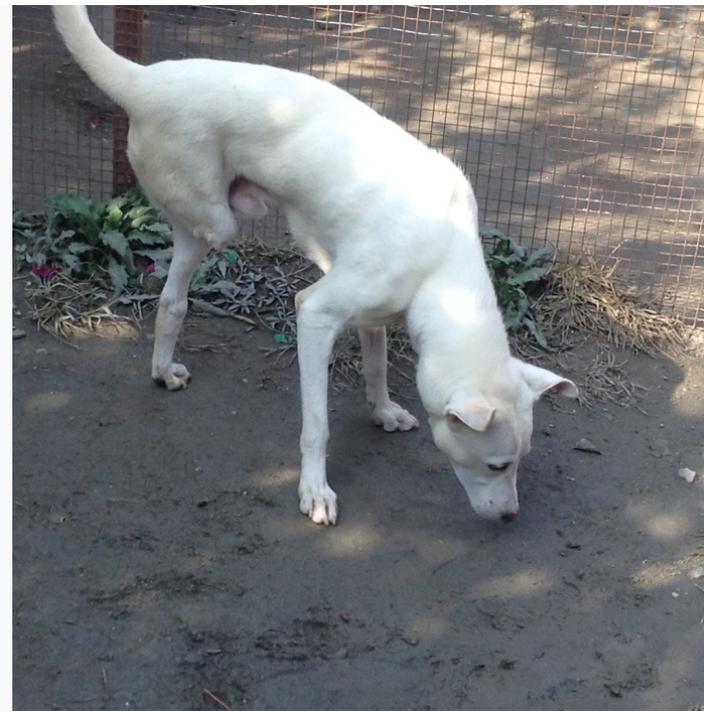
A lady from Boudhanath who loves animals found a poor dog lying in a ditch near Mahankal Road. The white dog was unable to move, eat or drink. It was a heart-wrenching sight. She immediately asked Shenpen how this poor dog could be helped. We named him Tsering, Tibetan for 'Long Life', hoping that with such a name there would be a miracle and the dog would survive.

We contacted SDC who enthusiastically

decided to give a try at saving Tsering's life. It was wonderful to see the amount of love and care they put into trying to help him.

Tsering is now off the streets and in a loving environment where he regained his health and enjoys life. Thanks to Street Dog Care for being at the right place at the right time!

We are supporting several other dogs in a similar way. Many of these dogs are malnourished and suffer from diseases such as tumors, mange, paralysis, ascites. And these are exactly the dogs that SDC is looking to find, treat, and hopefully adopt by a loving family.



Meeting Children Rights by offering them opportunities for growth through education

An year at SHENPEN Education

In 2016 Rangjung Yeshe Shenpen Education sponsored the education of eleven students in seven different schools here in Boudha and other areas, with funds from C.H.A.N.C.E for Nepal (UK) and various donors. In Nepal, the cost of sponsoring a child is quite reasonable, with an average of 21,800 Nrs (\$200) annually.

Shenpen's sponsorship programme focuses on developing the potential of young children from disadvantaged backgrounds. This has been possible through generous

donors, friends, supporters, the child's responsible parents and our most dedicated students.

The academic achievements of our sponsored students are excellent. In 2016, two of our sponsored students passed the School Leaving Certificate (S.L.C.) with distinction and are now enrolled in higher education. One of them started studying Science and another enrolled into Management.

This year, Shenpen Education created a new educational program in Dhola, Dhading. We support 65 students by providing, with the support of C.H.A.N.C.E for Nepal (UK), a daily meal.

For the coming year, Shenpen is interested in promoting girls' education as they are at a greater disadvantage in Nepali society due to gender discrimination. We deeply wish we can help furthering gender equality for Nepali children.



Spotlight on our 2016 Eye Camps

In Nepal, 23% of the elderly suffering of blindness say that they cannot get a cataract surgery because they cannot afford it. Another 18% of them do not get the surgery because they have « no company » to do so.

Shenpen Elderly's answer is to offer, twice a year, free eye camps. Our partners, Nepal Scouts, accompanies the elderly, and Tilganga Hospital provides free cataract surgeries.

During the year 2016, Shenpen has concluded four major eye camps at Matatirtha Old Age Home, in Pharping, Kakani, and Sundarijal.

With our partners, Shenpen outreached and checked up the vision of 1,448 elderly people. Because of our collaborative work, 110 elderly people got the gift of sight by getting a free cataract surgery.

Shenpen is proud of this investment in the health of senior members of our communities. By investing 65,000 Nrs (600 USD), which represents an investment of 45 Nrs (42 cents!) per screened person, we can give back their autonomy to the elderly.

Shenpen would like to thank our partners:

- Tilganga Eye Hospital
- Gokarneshwor Nepal Scouts
- Nepalese Army's personnel
- Guinness School, Sundarijal, Nayapati



2016 at Kanti Children's Hospital

Kanti Children's Hospital is the only government hospital for children in Nepal. The children, who come from all over the country, often are from the poorest families. There are altogether 22 beds in the Burns Unit and, according to a hospital source, around 350-400 children are admitted to the Burns Unit yearly. Children are brought to Kanti Children's Hospital as the hospital charges nominal fees. The surgeons and medical staff have considerable experience in the treatment of burn victims.



The predominant causes of burn injuries to children attending Kanti Children's Hospital are hot liquids or steam. Another main cause of burns to children is fire. People living in remote areas still rely on firewood to cook food and as a result sometimes a small baby playing nearby may trip and fall in the fire. The children coming to the Burns Unit often suffer burns affecting from 2% to 60% of their body. The districts from which the greater number of children come are Dolakha and Sindhupalchowk.

Being forced to stay at a hospital is a very difficult experience for children. For children, play is more than just fun, it is a learning process of socialization. The more a child can play, the happier he or she will be. In addition to medical care, we believe the next greatest healing therapy is 'showing care and concern by giving happiness' to these children.

Concerned about these children, SHENPEN Health arranged a play room at the hospital. It is a lively and warm environment where children can play, filled with toys, books, and facilities to watch cartoons and videos. Managed by Shenpen, the facility helps the children to relax and heal, both mentally and physically.

Shenpen, in partnership with [C.H.A.N.C.E for Nepal \(UK\)](#), started the distribution of bags containing small presents to the children of Kanti Children's Hospital Burns Unit. Known as 'Goody Bags', they are filled with toys, stuffed animals, games, stickers, toothbrushes, toothpaste, flashlights, and a knitted doll from the UK and are given out twice a month. This year alone, Shenpen has distributed 180 goody bags to the children in the Burns Unit. These are always a welcome gift that brings smiles to the children's faces!

We are happy to be able to help bring a smile to their faces with such little effort! What a great way to show love!





Empowering Nepali women by offering skills training

SHENPEN Skills Training is proud to say that through our partner, the Women's Cooperative Society (WCS), and with the financial support of [C.H.A.N.C.E for Nepal \(UK\)](#), [SHENPEN Skills Training](#) sponsors an average of eight farming skills training a year and reaches out to 185 women every year.

Shenpen first began supporting WCS in 2009 by providing funds for training so that women taking out loans for income generation purposes could learn both the technical and small enterprise management skills needed to run a successful small business. Training courses offered to date include vegetable farming, mushroom cultivation, and pesticide use training.

Between 2009 and 2016, Shenpen supported 51 skills training courses for 1,484 women at an average cost of \$14 per woman. Out of 1,484 trainees, a survey showed that 82% have utilized their new skills to expand their farm or to start new businesses, leading to a real improvement of their living conditions.

According to our estimate, following our training, women's income increase by 20 to 30%. Moreover, such income seems to gradually increase with the passage of time. More importantly, these trainings have a direct impact on the social and economic level of women. Children of these empowered women benefit directly from the trainings, for the main concern of these mothers is to offer a sound education to their children.

Next year, [SHENPEN Skills Training](#) wishes to outreach to over 250 women for their own benefit as well as their family's and community's.

Would you like to have more information about the economic and social impacts of skills training sponsored by Shenpen? Please read the story of [Srijana Lama Thapa](#), a 35 year-old woman who attended one.

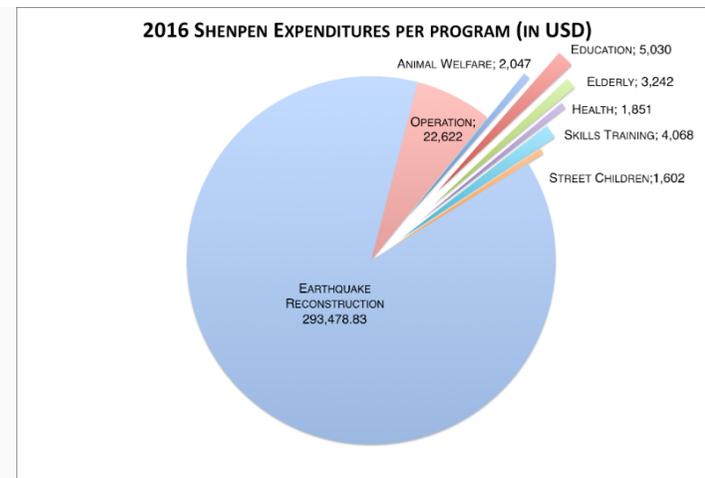
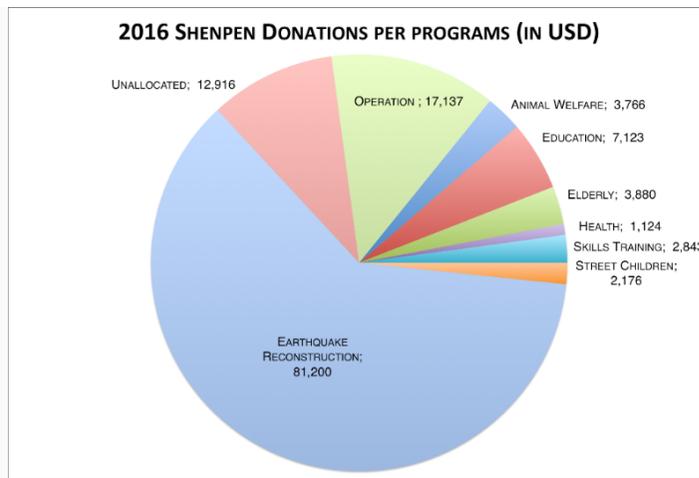
Srijana's success story



2016 in Numbers

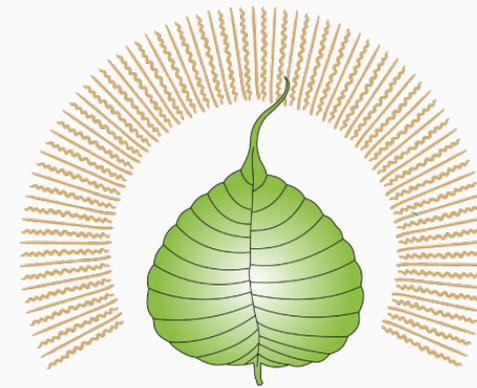
Friends of Shenpen were generous once again this year. Here is the repartition of donations received in 2016 as well as Shenpen's expenditures. You will notice that we spent more than we received in our Earthquake Reconstruction project. A last blitz of fundraising will be necessary at the beginning of 2017.

More details will be given in our 2016 Annual Report.



Between innovation and collaboration: Shenpen's perspectives for 2017

2016 was a busy year for Shenpen but also a year of expansion with the hiring of a project director and the



major post-earthquake reconstruction project we got involved in in partnership with Ka-Nying Shedrub Ling. As this massive project is drawing towards completion, Shenpen's team surfs on the energy it gave us and is already preparing the post-Dhola by planning new projects for 2017.

Here are some of the new things we are working on for the coming year:

- Completion of the construction of 55 houses for 310 victims of the earthquake
- Creation of a new SHENPEN Environmental Committee and implementation of a new project
- New (hopefully long-term) project for SHENPEN Skills Training
- New long-term project for SHENPEN Animal Welfare
- New long-term project for SHENPEN Street Children
- Expansion of Shenpen's team!

We already hired two students from [Rangjung Yeshe Institute](#) via their [work-study program](#) from January to April to dynamize our team and help us helping the poor and disadvantaged in Nepal.

If you have any ideas or propositions related to these sectors in particular or Shenpen's work in general, we want to hear from you! Please feel free to share your [thoughts with us!](#)

**A thousand thank-yous to all our supporters
and Friends of Shenpen!**



If Shenpen can accomplish its work, it is because of your generosity. This year again, we collected and redistributed amongst the poorest of the poor much more than we anticipated.

In this season of generosity, our special thanks go to the Friends of Shenpen who commit to support our day-to-day work by giving us a monthly donation. Those donations ensure Shenpen has the ability to respond to the needy populations without hesitation, and allow us to develop long term projects.

Here, we want to specially thank our **old and new Friends of Shenpen**:

Marjorie Meyer	William Waldron	Erik Hein Schmidt
Heide Koch	Lisa Mauritz	Sonja Wells
Angela Carley	Morten Ovrebo	Sara Fryer
Tara Connell	Ekaterina Sikorskaya	George G. Woodard
Brian Malone	Philippe Turenne	Fallon Consulting
Michele Baroque	Gregory Whiteside	Deborah Berry Shepherd
Sergio Gonzalez Arriata	Patrick Deason Contractor	Andy Cook

Shenpen also has the privilege of working with highly committed organizations from Europe: [Tashi Delek \(Germany\)](#) and [C.H.A.N.C.E for Nepal \(UK\)](#). Shenpen's team wants here to show its gratitude and recognition to them and thank them for the wonderful work they do in their community. By the funds you successfully raise year after year, you help thousands of people in Nepal to get a better life.

But giving money is not everything, and Shenpen also wants to express its gratitude to each and every person who gave of their precious time to make this year possible. Some of you created wonderful material for our post-earthquake fundraising campaign (Cady Allione, [Crystaline Randazzo Kline](#), Jenia Morozova, Mark Lungociu, Martha Ambrose, Philippe, Turenne, Carole Gendron, and all the other ones), others shared knowledge and expertise for the sake of the organization and all sentient beings. Those were incommensurable gifts and for that, **Shenpen wants to thank all of you!**

Being a volunteer based organization, we most thank our Management Committee members who supports Shenpen since the beginning and give it life on a daily basis:

- Mrs Carrie Sengleman, Chair of SHENPEN Health
- Mrs Claudia Roth, Chair of SHENPEN Education

- Mr Greg Whiteside, Chair of SHENPEN Skills Training
- Mrs Tina Lang-Warren, Chair of SHENPEN Animal Welfare
- Mrs Tracy Joosten, Chair of SHENPEN Street Children
- Mr Roger Hodgson, Chair of SHENPEN Elderly

Thanks to all of you for being there! Finally, we want to say:





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