



Shenpen

SHENPEN NEWSLETTER - FALL 2006

Helping the poor and disadvantaged

Shenpen has a vision in which all poor and disadvantaged people of Nepal, especially the very young, very old and displaced, enjoy good health, a sound education, financial security and are able to meet their full human and spiritual potential. It further seeks to improve the care of animals.

The organisation, founded in 2004 by Chokyi Nyima Rinpoche, Chokling Rinpoche and Phakchok Rinpoche works in six main activity areas:

- Health
- Street Children
- Education
- Vocational Skills Training
- Elderly
- Animals

This newsletter provides an update on activities currently underway including a full income and expenditure report to 1st November 2006. Current and potential supporters are invited to visit our website www.shenpennepal.org for further details.

A special thanks to all our generous helpers and supporters:

- Barbara Datson, UK
- Tashi Delek, USA
- Tashi Delek, Germany
- Sönke Wagener, Germany
- Dr. Sapphire Gan & dental team, Singapore
- Dechen Paldon, Nepal
- Samten O'Sullivan, Nepal
- Kristina Burazin, Croatia
- Kebula Lama, Nepal
- Roger Hodgson & Carrie Sengleman, Nepal
- Brian and Judy Hollander, Nepal
- Marsha Dupar, Nepal
- Malaysian Sangha
- Help the Children in Nepal, Netherlands
- Martha Ambrose, Nepal
- Tina Lang and Bill Warren, Nepal
- Jennifer Appave, Nepal
- Raissa Distafano (?), France
- Hubertus Radermacher, Germany
- Ines von Rosenstiel, Netherlands
- Tony and Kathy Barrs, UK
- Scott, USA
- James Hopkins and Marni Kravitz, Nepal
- Greg Whiteside, Nepal
- Stephen C. Fotis and Jill St. Clair Riley, USA
- Patricia Heal and Shannon Heal, Canada
- C. Robert Pryor, USA
- Taylor Hengen, USA
- Nick Stangenburg, Germany
- Jane Withers, UK
- Amy Yu Yon Fong

Financial Overview

The period 2005-06 saw over \$24,000 raised of which over 75% was spent on health projects, 13% on street children and 2% on education.

Non-project costs including website development and promotional expenses were 8%. No overhead or staffing costs were incurred thanks to the generosity of Shenpen committee members, friends and supporters.

Fundraising Spotlight

In 2005 Barbara Datson from the UK raised 10,000 pounds for Shenpen from an **Auction of Exotic Items** donated by local suppliers. In 2006, she organised a **Grand Masked Ball** and raised a further 10,000 pounds to support activities of each of Shenpen's committees. Barbara is happy to share fundraising tips with Shenpen supporters and can be contacted on barbaradat@aol.com
Barbara – Thank you!

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P.O. Box 1200, Kathmandu Nepal. Email: info@shenpennepal.org. Tel: 977 1 4498709

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HEALTH

Bir Hospital Burn Unit, Kathmandu

Shenpen is providing support to the 6-bed burn unit with much needed supplies for skin grafts, debridements, and blood transfusions necessary for this type of injury. Because of limited resources and manpower, the hospital gives minimal supplies to the burn unit but does offer the space. Patient recovery is slow and involves special treatment. Patients stay about 1-2 months and are mostly female self-inflicted suicide burns. The staff is committed to providing the best patient care they possibly can, but are lacking the basic essentials and that is where Shenpen helps.

Mobile Clinics

Shenpen is collaborating with Social Action Volunteers (SAV), a non-profit social organization that helps the disadvantaged in rural areas with limited access to health care by providing mobile clinics five days a week. Their doctors, nurses and other volunteers offer free diagnosis, treatment and medicine as necessary to over 5000 people annually. Shenpen has donated a mobile clinic that provides health care to people in Jyamirkot, an area in the southeast of Kathmandu valley.

Sahid Gangalal National Heart Hospital

Rheumatic heart disease (RHD) remains a major public health problem in developing countries. It is one of the most common cardiac problems in Nepal. Rheumatic and congenital heart diseases are significant causes of sickness and death among Nepalese school children. The National Heart Hospital provides 100 mechanical valves to poor patients in Nepal every year. In the last year, Shenpen has supported a total of 15 underprivileged children who needed valve replacements or congenital abnormalities that needed repair.

Acupuncture Clinic

This year a Canadian acupuncturist and a Chinese doctor from Malaysia offered a free clinic to disadvantaged people and monks and nuns in Boudha, Chapagaon, Pharping, and Nagi Gonpa.

Dental Camps

In spring 2006, six dentists from Singapore held free dental camps in several outlying areas of Kathmandu. They performed extractions, simple fillings, and cleanings, as well as teaching dental hygiene. They were able to treat nearly 1,000 people over a period of 6 days.



Arsenic Bucket Project

Access to safe drinking water is central to the well-being of people. However, in certain areas of Nepal the arsenic contamination of groundwater has contributed to a number of health risks. 'Filters for Families' is a small organization that Shenpen is providing support in order to address this issue. Shenpen has been providing support for materials needed to make the filters (which remove the arsenic), as well as sponsoring arsenic awareness workshops in 3 areas.

Thalassemia Blood Disease

Shenpen has been providing direct support to children with Thalassemia, which is a genetic blood disease. As a result of Shenpen's donations, the medical treatment and blood work for some of the 49 registered children at Kanti Children's Hospital in Kathmandu has been made possible.

Vaccination and TB Program

The Shenpen Health Committee is currently carrying out a vaccination program for three monasteries in Nepal, administering DPT, MMR and Polio vaccine to about 350 monks and nuns. It is also implementing a TB program which provides screening and further follow up and treatment if necessary.

Medical Clinic

The construction of a medical clinic will be started this year under the guidance of

Phakchok Rinpoche. The clinic will be situated in Chapagaon, a village southeast of the Kathmandu Valley. The clinic will provide services to the surrounding villages and people in the area. Some of the projected services include acupuncture, Tibetan and Chinese medicine, and allopathic medicine.

In 2007, we will continue to support our efforts at the Bir Hospital Burn Unit to provide assistance as necessary to the poor and impoverished burn victims.

STREET CHILDREN

In the past year, the Street Children Committee identified projects to support through three well-established NGOs: Child Protection Centres and Services (CPCS), SathSath and JAFON.

The **Street Arts Program** run by CPCS was developed for street and working children who want to leave street life and develop their skills through sports as well as cultural and artistic expression. Shenpen has been providing financial support for the street art teachers' salary.



The **Radio Magazine** project, run by SathSath, focuses on advocating child rights especially for children engaged in the worst forms of child labour and seeks to improve the negative image of street children prevailing among the general public. The radio programme has proved to be a very a popular and effective means of educating the public at large. Shenpen has supported a total of 26 radio programme episodes.

The third project, **Driving Training** by JAFON, has allowed two street youths, previously rubbish collectors, to take driving lessons and obtain their driving licenses. Currently, the two youths are driving *tempos* (electric three-wheeler vehicle used for public transportation). Through this support, they are now able to support themselves.

Changing Lives

My name is Santosh Lamichhane and I am from Chitwan District. When I was 12 years old I started working at a teashop because I did not like school. The teashop owner's son would always beat me so I got fed up. One day when I was brought tea to some tempo drivers, I asked them for help and started working as a helper on the tempos. This is how I started my street life.

When I was living on the streets, the gangsters and the police would take away my money. The other people would look down on me and life was very difficult. During the winters it was hard to sleep because it was so cold. When we were smaller many organizations would approach us, but as we grew older they were not interested anymore. Many street youths end up spending the rest of their lives on the streets. I have been fortunate because I got to know about JAFON. I told them that I wanted to get a driving license and drive a tempo to earn money. They helped me to get a driving license. JAFON helped me realize my dream of driving my own tempo. Now I want to earn lots of money, help my younger sister get married and look after my father.

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Plans for the Next Year

The Street Children Committee has gained a lot of knowledge and direct experience of the plight of street children in Nepal in the past year. In the coming year, we plan to continue supporting organizations specializing in working with street children while also looking to help in

locations where other organisations are not active. One such area is around the Boudhanath-Chhabil neighborhood, lying just east of Kathmandu. The committee will be researching what kind of support is required, including shelter, and how to best provide it.

EDUCATION

The Education Committee primarily seeks to provide support to children with learning disabilities. In January 2006 it established a close relationship with Pegasus School in Jorpati. In spring 2006, Nick Stangenburg, a volunteer on behalf of Shenpen, taught English at the school for three months.

Committee members also made a number of visits to the school to observe students that the teachers had identified as learning disabled. As a result, Shenpen has prioritized the following key activities for support:

- Offer training to the teachers who work with these students.
- Eventually train a teacher who could work with these students separately. Shenpen hopes to provide financial support to this project by covering the salary for this teacher.

More recently, Jane Withers, a Special Education teacher from the UK visited the school and plans to volunteer by offering teacher training in the coming months. She will be meeting with four interested teachers to begin teacher-training on her next visit.

The education committee also provided some financial support for the construction of a secondary school for underprivileged children in Ekantakuna, Kathmandu.

Another recent area of support is to provide educational sponsorships for underprivileged children. There are many children in Nepal who are restricted from an education because their parents are too poor to cover the school expenses. Shenpen is currently sponsoring a Tibetan girl in class five at a school in Boudhanath. The committee would like to expand its support to these disadvantaged families. Donations for such sponsorship are greatly welcomed.



ANIMALS

Animal Rescue

Two Shenpen supporters, Tina Lang and Bill Warren regularly save street cats and dogs, provide them with medical care and either find homes for them, or else adopt them themselves. They currently have six cats and four dogs! Bill and Tina also feed around 15 starving dogs at the Bagmati river in

Kathmandu each morning. They also provide a referral service for people who call up with injured street animals.

Pets Register

A register of people who would either like to adopt a street animal or have a pet to offer up for adoption has been compiled.

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Raising Awareness

Tina Lang, a teacher at Lincoln School and member of the Animal Committee, provided support to a high school student to promote “animal rights” during her senior school project.



The student, Yukiko Adachi, prepared a Power Point presentation and held exhibition of her art

work. 100 posters depicting the suffering of water buffaloes during transportation were printed and posted around Kathmandu.

Tina also visited the Kathmandu Animal Treatment center with her second grade student. The children were introduced to the suffering of the street animals. They wrote reports and had an exhibition of their work and pictures at Lincoln School. They also raised money to give rabies shots to about 100 dogs and also collected materials such as leashes, dog food, blankets, etc. for the animal shelter.

VOCATIONAL SKILLS TRAINING

Attempts were made to work with local fair trade craft producers in Kathmandu to expand the range of craft items produced by local artisans, thereby potentially increasing employment opportunities.



Tony and Kathy Barrs from the UK provided wonderful “automata” models for re-production in local workshops although the take-up by producers has been slow.

Plans for 2007 include providing financial support for micro-credit schemes supporting poor, low caste women in Kathmandu.

ELDERLY

The Committee for the Elderly continued to explore possibilities over the past year. The plan for the coming year is to help the elderly in Boudhanath and Pharping through financial support and volunteer help.



HOW YOU CAN GET INVOLVED

By supporting Shenpen you are providing the poorest people in Nepal with vital services such as healthcare, education and clean water. Your support will help them to fight poverty and build a better future for themselves.

To make a financial contribution or to offer your help, please write to: info@shenpennepal.org

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FINANCIAL SUMMARY: 2005-2006 (To 1.11.06)

	\$ US
Total Income	27,149
Expenditure	
Communications	363
Health Projects	20,097
Education	429
Street Children	3,324
IT support	1,829
Bank charges	3
	26,045
Balance	1,105

