



As most of you know we support 30 physically disabled children at the New Life Centre in Kathmandu (DNC) and have been targeting the majority of our funds on a new residential home for the children. We are also very pleased to report that, after initial delays, the new centre is now well under way.

We very much hope that the children will be able to move by April 2010 and that the whole project will be completed by the end of 2010. The children and staff were taken to see the progress of their new home recently and had a picnic nearby.

This year the older children were moved to new and better schools where they will stay for 2 years in order to complete their school education. This culminates in taking the School Leaving Certificate; a qualification that is necessary for all further studies at college or university in Nepal. The new school has extremely high academic standards and the children have found their studies very challenging, but we hope it will also give them the best opportunities in the future. We believe that a good education is an essential part of rehabilitating our children and preparing them for the outside world. There is still a great deal of prejudice in Nepal about disability and disabled people are rarely seen working in public places. We would like to see this change and are liaising with local Rotary club members about giving our children proper job and training opportunities in the future.





TREK to ANNAPURNA

We are continuing to work hard in the UK to raise funds and NCT has had several very successful fund raising events this year. One of these was a recent sponsored trek in the foothills of Annapurna. I went with a group of 5 people from the Bristol area to Kathmandu at the end of October. Everyone worked incredibly hard to raise sponsorship for the trek. We trekked for several days with 7 of the disabled children from the centre. This was the first time the children had had the chance to enjoy the mountains and travel for pleasure in their own country. It was also a huge personal achievement physically. The trek also helped to raise awareness about disability in the more remote regions of Nepal. The most notable aspect of the trek for me was the way everyone in the group, including children, porters and our guide related together as one big family. The children were included as adults in everything we did and have matured enormously as a result. Whilst we originally anticipated that the children would need help from us to manage the physical aspects of the trek, it was more often the children who were helping us up and down the steep trails. We had magnificent mountain views every day and time to play in rivers and waterfalls along the way. Our evenings were full of laughter, singing and dancing and the bonds forged between trekkers and children have clearly been very profound and important for everyone concerned. Our time together in the mountains was everything and more than I could have hoped for. We are extremely grateful to two students from Newport University studying documentary film that joined the trek to make a film of the event which will be available for viewing next year.



We also held another very successful concert at St George's in mid October with talented young musicians from Bristol schools. The atmosphere was terrific, especially after a spirited performance from the young musicians. There was a great performance of Gershwin's Rhapsody in Blue from a young 17 yr old pianist, in his gap year. The 5th Symphony of Tchaikovsky was greeted by clapping and stamping from the balcony to add to the already highly charged and excited atmosphere.

We have more events planned for 2010 including a sponsored fire walk in the autumn! We will be contacting you to see if you might be interested to take part. We feel confident that this will be a very exciting but totally safe event and just to prove it, Meg Thomas and I will be the first out across the hot embers! If you think the fire walk isn't for you, then come and enjoy watching your friends and family doing it and join in the party. Those of you who are interested to know more about what a fire walk entails can visit www.survivorability.com

The Nepali Children's Trust aims to provide sustainable, long term support based on personal relationships with those we help. In addition, everyone involved with the charity works on an entirely voluntary basis. This ensures that your money is sensitively and appropriately used, and means that virtually no money is wasted on unnecessary expenses.



These pictures are of Bimala who we wrote about in the last newsletter. She came to the centre just over a year ago from a remote mountain region. She was already an amputee and her remaining foot did not function well. After a difficult decision Bimala agreed to have her foot amputated. She now has a prosthetic foot as well as an artificial leg. With the help of a back brace for support, she is now walking unaided for the first time in her life.

NCT is a small charity and the majority of our funds are raised through local support. In particular, we are very grateful to our monthly sponsors. In a country where there are often not enough resources to plan ahead, regular giving provides much needed security and continuity for our work. To date, with your help, we have raised over 200,000 pounds towards our new building alone. This is an amazing achievement and we are extremely grateful to everyone who has helped us to get this far.

During the year one or other of our trustees visits Nepal every few months to oversee our work. If you would like to receive informal updates from them by email please do register your contact details on our website at www.nepalchildrenstrust.com.

Thank you to everyone for your interest and support.





We wish you and your family
a very Happy Christmas

Fran McGowan
Chairperson

Lots more information on our web site
www.nepalichildrenstrust.com

Registered Charity No 1111279

Cleeve Nursery Special Offer

Alan & Felicity Down of Cleeve Nursery have kindly offered to support the Nepali Children's Trust by donating 10% of sales of two plants which are widespread throughout the Himalaya.



Daphne bholua Jacqueline Postill AGM
Selected form of winter flowering [Jan-Feb] taller
Daphne with incredibly strongly scented blooms.
Ultimately growing to around 2 metres but remaining
narrow, this is a stunning plant to cheer up any mid-
winter day!
Price £15.00 for 30-45cm plant in 3 litre pot



Betula utilis Jacquemontii AGM
This Himalayan birch is a specially selected form with
beautiful cinnamon peeling bark that reveals snow
white bark. Easy to please, hardy and fairly fast
growing. In spring long catkins decorate the upper
branches, followed by seeds that are loved by birds
and the leaves turn golden yellow in autumn before
falling off. Size after 20 yrs- 6m x 2.5m
Price from £40 for 1.8-2m tree in 10 litre+ pot

The offer will run until the end of February 2010 or when stocks run out if before. So, do visit the nursery soon!!