

Community Work Groups

Since 2008 community work groups have worked on the Health Centre clinic before trekking in the Everest region. Verandahs have been added to the Clinic and renovations made to an adjacent house recently bought for use as staff quarters.



Work group building a verandah

Community groups are proving of enormous benefit to the project for their manual labour and expertise and for their input into fund-raising activities for KPHMN. In return group members have gained insight directly into the health needs of rural Nepalese and returned with a sense of having made a positive contribution to the lives of others.

Further work groups are planned for Junbesi. For information about these contact

World Expeditions at:
www.worldexpeditions.com

Contacts

For further details of KPHMN and the Junbesi Health Centre check out the website:

www.kushudebu.org.n

Private donations are very much appreciated.

KPHMN bank accounts are available for donations in Australia, New Zealand, United Kingdom and Nepal.

For information about these and the online support group 'Friends of Junbesi' contact one of the following:

Jennifer Dagg, Australia:

jenniferdagg@ozemail.co.au

Tim Jerram, New Zealand:

tienny.jerram@xtra.co.nz

Beverly Hill, United Kingdom:

bhill@cornwall.gov.uk

Ang Tshering Sherpa, Nepal:

angsherpa2000@yahoo.com

Craft Nepal N. Z. markets pashminas & other Nepalese crafts. Profits from sale of these are returned to Nepal in support of KPHMN. For purchase of pashminas contact Tim Jerram at:

tienny.jerram@xtra.co.nz

Kushudebu Public Health Mission Nepal (KPHMN)

May 2010



Mt. Everest (middle) & Lotse (right)

Nepal is one of the most beautiful countries in the world but it is also one of the poorest; 42% of its approx. 28 million population is unemployed and 31% of Nepalese live below the poverty line.

Most hospitals and health clinics are located in urban areas while rural facilities often lack funding, trained staff and medicines.

KPHMN is a non-profit and non-governmental social organization whose focus is to provide better health care and medical facilities for the remote villages of the Lower Solukhumbu District, Beni VD, Nepal

Overview

In Nepal, health-care facilities, hygiene, nutrition and sanitation generally are bad and beyond the means of most.

Approx. 7000 women & girls die each year due to pregnancy-related complications. Up to 200,000 women & girls each year suffer from disabilities caused by complications during pregnancy & childbirth.



In 2000, government funding for health matters was approx. only US\$2.30 per person and about 70% of health expenditure came from out-of-pocket contributions. In the fiscal year 2004, foreign donors provided around 30% of the total health budget.

The situation has not improved greatly since, due to the 10 year civil war that ended in 2006.

Ang Tshering Sherpa



Ang Tshering Sherpa is from Junbesi village. In the absence of government funding for staff and medicines the Junbesi Health Centre had become disused and villagers including pregnant women were forced to walk for 5 -6 hours in all weathers for medical attention.

Ang resolved to improve the situation. In 2006, with the help of an Australian family he formed a charitable trust named 'Kushudebu Public Health Mission Nepal' (KPHMN) to provide a conduit for Junbesi Health Centre income and to manage the Health Centre. (Kushudebu means 'wellness' in Sherpa language).

The Centre re-opened and now services approximately 3400 people in the District which is isolated and accessible only by foot.

KPHMN

A Management Committee drawn from surrounding villages is responsible for staffing, medical equipment, medicine and building maintenance at the Medical Centre. Ang as Chairman is responsible, honest and dedicated.



Junbesi Medical Centre

KPHMN is funded entirely by international donations. It is supported by World Expeditions, the Wilderness School, Adelaide, Travel Doctor and Flight Centre. Also several other Australian, English and New Zealand groups & individuals.

An online community of ex trekkers and interested donors, 'Friends of Junbesi' assists with fund-raising. 'Craft Nepal N. Z.' also raises funds through sale of Nepalese product in New Zealand.

Ongoing funding however is a problem.