



Ang Tshering Sherpa



Junbesi Health Centre



Doctor and nurse treating injured patients

## Community Health Support in Nepal

**Nepal is one of the most beautiful countries in the world but it is also one of the poorest.**

You are about to experience the trek of a lifetime and your visit to Nepal will provide an insight into the health needs of rural Nepal. Following your visit you may wish to make a positive contribution to Nepali health.

### Kushudebu Public Health Mission Nepal

Ang Tshering Sherpa, a guide for World Expeditions in Nepal is from Junbesi, an isolated village in the Himalayas, accessible only on foot.

Concerned that medical facilities in the area were inadequate, Ang in 2006 with the help of an Australian family, formed a charitable trust, 'Kushudebu Public Health Mission Nepal' (KPHMN) to establish and fund a Health Centre in Junbesi.

(Kushedubu means 'wellness' in Sherpa language).

The Centre is working well and now successfully provides medical facilities and community health programmes for the approximately 3400 people in the district. It also funds medical related scholarships for local students.

However, ongoing funding is difficult. The Nepal Government is unable to contribute to KPHMN and therefore the Trust is totally dependent on private donations for funding

'Friends of Junbesi' (FOJ) is an informal online support group of ex-trekkers that provides funding and logistical support for KPHMN. Bank accounts for donations have been opened in Australia, New Zealand and United Kingdom and a regular newsletter keeps 'friends' up to date with developments in Junbesi.

If you are interested in taking part in this worthwhile project, contact one of the following for further information:

Jennifer Dagg, Australia:

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Tim Jerram, New Zealand :

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The KPHMN website has full details of Health Centre activities:

[www.kushudebu.org.np](http://www.kushudebu.org.np)