

# PHASE Worldwide

Practical Help Achieving Self Empowerment



Autumn Newsletter 2009

## Established in 2005

PHASE works to support disadvantaged communities in rural Nepal and elsewhere in the world by providing opportunities and encouraging community centred and sustainable development while utilising local resources and appropriate technology



## Working together to Empower Communities

Welcome to the latest edition of our PHASE Worldwide newsletter. 2009 has been a busy year for us where, with your help, we were able to achieve so much. 7 health centres and 9 schools are supported by PHASE. 60 children and 220 adults attended literacy classes, 3 nursery classes were established, many farmers received goats, plant seeds and relevant training, plus over 200 toilets were built in the last year! As we look to the year ahead it is with excitement that we face new challenges and opportunities to make a real difference in peoples lives. This bulletin offers an overview of some of the latest developments. We are happy to answer any questions you may have, so please contact the PHASE team (Contact details are below).

### School Link Programme

PHASE is facilitating a school link between Alderman White Language College in Nottingham and Jaldevi Secondary School in Nepal.



Samantha Watson one of our volunteer workers, recently undertook a six week consultancy visit. She spent a full month at the link school in Hagam and submitted a detailed and

encouraging report about the potential of the link.

This is very beneficial for the Nepali school as well as the British link school. We plan to recruit a cluster of schools in the UK to link with schools in our project areas, and employ a full time school link facilitator in Nepal. This will cost about £2,000.

### Stafforce Family Fun Day

In June, Stafforce again organised a fishing competition at Hayfield Lakes near Doncaster – this year, we didn't just have the fishermen, face-painting, old-timer show and brass band, but also a charity fun dog show! Everyone had a really good time and valuable funds were raised for PHASE



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### Fish in the Hills with ABLE

ABLE provides learning and education opportunities for disadvantaged people using an 'aquaponic' system of food production to grow fresh fish and vegetables cheaply.

In June Jiban Karki, the Executive Director of PHASE Nepal, visited the UK on a fact finding mission to explore the possibility of starting a fish farming project. This visit was funded by ABLE.

PHASE is now in the process of finding funds for a collaboration project, where ABLE contribute expertise and funds to a fish farming project in a poor community in Nepal.

([www.theableproject.org.uk](http://www.theableproject.org.uk))



**PHASE Worldwide works to empower disadvantaged persons through practical help**



### Health Projects in Nepal



Health projects in Nepal are going from strength to strength. In the seven health centres PHASE health workers have seen a total of 29,193 patients, provided 2,191 couples with family planning, delivered 140 babies, provided antenatal and postnatal care to hundreds of women, and delivered 699 instances of health education in clinics schools and in the community.

In Humla UNICEF is working with PHASE Nepal to turn one of the health centres into a birthing centre.

In Gorkha district, where PHASE currently operates 3 health projects, the district government approached Jiban with the proposal that PHASE take over the running of all seven remote northern Sub Health Posts. Both the District and the

communities themselves are prepared to contribute substantial funds. With an extra £10,000 per year all seven health posts will then run effectively. We are now looking at ways of getting these funds guaranteed.

### STOP PRESS

- PHASE gift vouchers are now on sale
- Doug Scott (First Britain to climb Everest) will be hosting two events on October 17th
- PHASE Christmas Party will be on November 29th

**For more information send a mail to; [Info@phaseworldwide.org](mailto:Info@phaseworldwide.org)**

### Colposcopy Programme

Two gynaecologists (David Fenton and Jane Pannikar) and a specialist nurse (Sherryl Goodall) are going to spend a week in Kathmandu and Bharatpur, working with Nepali colleagues to improve their systems and skills for cervical cancer prevention.



PHASElets Luke and Miles took part in the Sheffield Great North Run on the 6th of September. Miles completed the distance in 58 minutes, and Luke wearing a "Sumo body suit" did it in 68 minutes. A fantastic achievement!



### GP volunteers with PHASE

Through a fortuitous contact, we had a mention in the British Medical Association's Newsletter in April. Following this over 100 doctors contacted us expressing an interest in becoming involved. Of these 10 have made a firm commitment to spend some time in our health posts supervising and teaching our health workers.

On August 22<sup>nd</sup> Gerda ran an induction day for these GPs so that they are now fully briefed about the particularities of work in such remote areas.



### Website PHASE Nepal

Maga Kijak, a friend who has been involved with PHASE from the beginning, found herself with a bit of extra free time before emigrating to Canada. So she spent the two months in Nepal, working on development of the PHASE Nepal website ([www.phasenepal.org](http://www.phasenepal.org)) and doing lots of administrative work. The new website is very informative and is well worth a visit.