



CHAIRMAN'S FOREWORD



PHASE Worldwide Practical Help Achieving Self Empowerment May 2009

Namaste*

Welcome to the second issue of the PHASEworldwide newsletter.

The impact of the current economic crisis on fundraising has affected most charities, including ours. As the recession continues to weigh on you, our supporters, we understand that it is even more important to keep you informed and updated on how your donations are being spent. With this in mind we intend to hold regular 'update' evenings where you can not only socialise and enjoy good food, but meet those involved in implementing our programmes. The first of these events is on 20th May.

Although the drop in the value of the pound means that it is now almost 20% less valuable than a year ago, the mood within PHASE is still bright and optimistic.

Our Nepalese partners continue to deliver sterling work in remote communities, and there are several exciting new possibilities of mutual co-operations with new partners. (See inside for more information).

Thank you for continuing to support us, especially in these difficult times.

Nick Cragg
Chair of Trustees



* Namaste – Nepalese greeting

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WORKING IN PARTNERSHIP



PHASE understands the value of experience and as such, actively networks with individuals and organisations we can 'trade' experience and knowledge with.

These alliances, both in Nepal and in the UK, often result in a fruitful co-operation. Here are just some of these:

Colposcopy Programme: Since 2006 we have worked with PHASE Nepal and the Nepal Network of Cancer Treatment and Research (NNCTR) to improve access to Cervical Cancer prevention and early treatment for Nepalese women.

Dr Achala Vaidya and Dr Binuma Shrestha (senior gynaecologists in Nepal) recently spent two months finding out about clinical and administrative management of cervical cancer services in the UK. They will use this knowledge to develop services in their respective hospitals in Nepal, and a national strategy.

The ABLE project: The ABLE project is a highly innovative approach that combines working with disadvantaged youths and the development of sustainable agricultural techniques (such as fish farming and hydroponics).

Jiban Karki, Chief Executive of PHASE Nepal, has been invited to meet with its team with a view to building up a co-operation with Nepal.

If you would like to find out more, Jiban and the ABLE team will be attending the PHASE Social evening on the 20th May (see Events diary).

BMA International Charitable Purposes Fund: A grant to Gerda Pohl from the Eric Gambrill Foundation has enabled us to put our clinical guidelines to print. The BMA have now become interested in supporting us financially to make those guidelines widely available in Nepal.

PHASE in the press: In recent weeks, PHASE health programmes have been front page news in the international newsletter of the Royal College of Obstetricians and Gynaecologists and the BMA (British Medical Association) News. This has generated a lot of interest from health professionals which could lead to new partnerships.

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PHASE nurse with
guidelines



NEWS OF PHASE IN NEPAL



Dr Gerda Pohl, founder Trustee and medical coordinator, visited Nepal twice in the last six months, in October/November 2008 and in March 2009.

During those visits she trekked to four different project villages, spent time with the staff and worked with the senior health workers to improve policies and the monitoring of health workers.

She also spent quite a lot of time finalising a set of clinical guidelines (which are about to go to print) in the Nepali language. They have been written specifically for the level of training and the resources and referral facilities of health workers in Nepal. Several other organisations, including the Ministry of Health for the Government of Nepal, have expressed an interest to use these guidelines.

In October, all our health workers attended training in additional skills. Most have now completed a course in dental treatment. This taught them to extract rotten teeth with local anaesthetic using good antiseptic techniques – a welcome service for communities where people literally have to go to the blacksmith with their toothache!



Dental training

Six health workers attended a training course in the diagnosis of Tuberculosis. In Gorkha, we have started to develop a service for diagnosis and treatment of TB in Sridibas, in cooperation with the DHO.



PHASE Nepal health workers are actively involved in the development of services, and often make suggestions as to how they can be improved. Our staff in Humla, the most remote area, have suggested a way to change the traditional practice of putting a new mother and her baby into the cowshed. (This practice is related to the idea that childbirth is unclean, while cow dung is considered cleansing...) Our staff came up with the idea to give new clothes to the mother and baby if the family promised to find them a clean and safe place to stay. – And this seems to be working!



NEWS OF PHASE IN NEPAL



Our health programmes in the 4 PHASE Worldwide funded villages are progressing well. In Fulpingkot, a new building for the outreach clinic has been completed with funds donated by supporter Maga Kijak, in memory of her Aunt. This building was essential as local houses, with their tiny windows that allow virtually no light in, were not suitable as a health centre. Our health workers had been improvising by curtaining off a veranda, which does not work well for privacy.



New health centre in Fulpingkot

In September a new health programme in Bihi and Prok (in the North of Gorkha, and about a days walk from Chumchet) was started. It is supported by the Child Welfare Scheme UK and has proven a big success. Although patient numbers are less in this sparsely populated area than in Sindhupalchok or Humla, our staff have been doing a lot of work in health education, family planning and antenatal care.

Another aspect of the health programme which is proving very successful is the toilet building programme; in the last year 150 toilets were completed in Hagam and Fulpingkot! We are now hoping to expand this programme to Gorkha – but this depends on funding as it requires a facilitator.

Currently PHASE Nepal employs one Community Development Facilitator, who not only runs animal husbandry and vegetable gardening courses in the villages, but also co-ordinates all the education programmes, including nursery classes, catch up classes and adult literacy classes.

The participants in one women's literacy class have recently all written separately to our office in Kathmandu, pleading for a further six months of classes. They explain why being able to read and write has made a huge difference in their lives: from having the confidence to read directions on buses and check bills to being able to finally communicate directly through mail with loved ones who live far away.



PHASElets UNDER 16'S FUNDRAISING COMMITTEE!!



The PHASElets are the junior (under 16) committee of PHASEworldwide. Their aim is to raise funds and awareness for the projects PHASE is involved with.

There is no curriculum or master plan as we encourage the children to evolve PHASElets themselves through planning, implementing events and attaining goals with just a little guidance from the adults.

This strategy has seen individuals blossom and self esteem grow. Mistakes and wrong decisions are treated as essential learning tools.

In the 2007/8 financial year they raised more than £2,500. Their 2009 target is £3,000. A difficult task but one they believe to be attainable.

Their calendar of events, which will be available to view on our website in the near future, includes the Stafforce Fishing4PHASE competition on Saturday 13th June and a car boot sale at Listerdale School, Rotherham, on Sunday 28th June.

If your child would like to join PHASElets or the recently introduced mini-PHASElets (under 11's) please contact Marie or Jan on 01709 702550.



Murder Mystery Dinner at Larch House

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PHASE PROJECT VISITS



2009 Nepal Trip

'It was the best trip of my life.'

'How can I describe the incredible things I have seen and done to my friends and family? Words aren't enough.'

'There were one or two times when I was pushed to my physical limits... but I did it and I feel great!'

These are just a sample of the comments made by supporters who joined the 2009 PHASE trek to the Nepalese Himalaya. The carefully designed itinerary and pre-trip Q&A PowerPoint presentation could not prepare them for the full-on sensory attack they were to experience.

From the moment they landed in the chaotic yet curiously ordered Kathmandu (with its colourful bazaars and exotic spicy smells), to the quiet calm of a balmy day when they watched eagles ride thermals in a valley below, our fellow trekkers were captivated.

Haggling with market traders, visiting PHASE health posts, camping under star filled skies, crossing rivers, climbing mountains, dancing with villagers, watching women plant rice in paddy fields, cooing over a newborn baby, being welcomed by hundreds of villagers as they entered a village, riding an elephant, travelling downriver in a dug-out canoe ... experience followed experience!

Those experiences, and more, could be yours. Join us in October 2010 for either one or two weeks. More details will be available on our website in the near future. However, if you would like to speak with someone who has already been to Nepal, please email info@phaseworldwide.org.



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PAST AND FUTURE PHASE EVENTS



Supporters have raised funds in a number of ways and at a variety of events over the last few months, including:

- PHASE Fun Fashion Show
- Showstoppers with the Gillian Banks Theatre School
- The PHASE FEAR FACTOR – Firewalk, Powerfan Jump, Zipline
- Supporters Christmas Lunch
- PHASElets cooking day
- Friends of PHASE Supper & 'update' evening
- PHASElets Murder Mystery Dinner
- St Patrick's Night Party
- Sales of the PHASElets Cookery book

EVENTS DIARY – go to www.phaseworldwide.org for the full listing

May

Wed 20 PHASE Supporters Update Evening 7.30pm Wickersley Community Centre (in new library). Bawtry Road, Rotherham. Free event - includes supper

June

Sat 13 Fishing4PHASE at Hayfield Fisheries, Doncaster. Contact Paul Wilkinson, Stafford Recruitment Tel: 07734 214892 for information

Tue 30 PHASE 4th Birthday Party Vasco's restaurant in Wickersley (a Jamie Oliver favourite!) tickets £ 30.



August

Wed 5 Charity Cricket Match. at Phoenix Cricket Ground, Rotherham

Contact Marie (01709 702550) or Donna (0845 2252636 / 07840 786538) for details of any of these events

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HOW YOU CAN HELP



- ✓ **Support** PHASE fundraising events or better still, organise your own. We'll help guide you through the organisation stage if necessary.
- ✓ **Volunteer** your time and skills e.g. brochure design, marketing.
- ✓ **Promote and sell** PHASE gift cards and Nepalese goods.
- ✓ **Donate** from as little as £2 a month by standing order.
- ✓ **Donate** used laptops or digital cameras for our work in Nepal.
- ✓ **Complete** a GiftAid form to enable PHASE to claim a further 20p on top of every £1 you donate.
- ✓ **Join** our database of supporters.
- ✓ **Subscribe** to our 200 Club. Pay just £12 a year for a chance to win £100 each month!
- ✓ **SPREAD THE WORD!**

“TWO EFFORTLESS WAYS OF RAISING MONEY FOR PHASE”

1.  Do your online shopping through www.buy.at/PHASE: M&S, Amazon, Tesco and hundreds more retailers donate a percentage of your purchases to PHASE if you enter their sites via www.buy.at/PHASE – at no extra cost to you!
2.  Raise money for PHASE every time you search the web. Once you set the following link as your homepage, a penny will be donated to PHASE every time you make a search - at no cost to you!
<http://www.everyclick.com/phaseworldwide> Please spread the word!

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