

PHASE Worldwide

Practical Help Achieving Self Empowerment



Autumn Newsletter 2010

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 whilst utilising local resources and appropriate technology



Three Peaks Challengers and Supporters - July 2010 - see back page

GORKHA - 4 more PHASE supported Health Centres

In the very remote areas of Gorkha, where PHASE has already been running health centres in 3 communities, we have recently been able to expand to another 4 communities; these are all higher up in the thinly populated hills - up to 5 days walk from the nearest road. Up to now, the government has not been able to run any effective health services there, so that people had nowhere to go if they fell ill, and many women and children died from treatable illnesses, or had to be evacuated by porter or helicopter, often plunging the entire family into severe debt.

Together with the District Health Office in Gorkha and The Child Welfare scheme, UK PHASE is now providing essential health services for the whole population of about 10,000, and we are hoping that this will be a model for further expansion within similar areas. We have made sure that the communities there feel empowered, in that they have been a part of the negotiations and have contributed by making available civic buildings and accommodation for the health workers. Already, 60-100 additional patients are being seen and treated each day and our health workers are expanding their preventative services such as health education and family planning.

New Trustee

Martin Davies, a retired Deputy Chief Constable of South Yorkshire, became a trustee in April 2010, bringing to the board a wealth of experience of working for charities.

Martin is already known to many PHASE supporters for his undercover work at Christmas.

Martin said "It was a great honour to be asked to join PHASE as a Trustee. Giving practical help to people so that they can help themselves is a most rewarding thing to do and I look forward to being involved."



A typical Trustees' Meeting

5th anniversary

Phase celebrated its 5th birthday in July with a meal at the newly opened Bollywood restaurant in Wickersley.

NEWS IN BRIEF

SAFER MOTHERHOOD GROUP

Four volunteer midwives from Rotherham Hospital are to visit Nepal in November 2010, to take part in a training event teaching Nepalese health workers basic obstetric skills.

SCHOOLS ENTERPRISE INITIATIVE

Three schools and RCAT are participating in this new initiative to develop entrepreneurial and enterprise activity with profits being donated to PHASE.

ELECTRONICS RECORDS PILOT

With the help of EMIS, a software company that produces systems for GP practices, we are looking at piloting electronic records and reporting in our health projects in Nepal.

HUMLA News

Our Irish donor for the two remotest health projects has sadly had to cease funding us. We were fortunate in getting a personal donation for part of the programme costs but will now have to raise the extra money needed to continue this work. Despite this, the need in the area is so great that we are looking at ways of expanding our work there. One health centre covering approximately 5-10,000 people costs about £10,000 per year to run. By working in a Primary Health Centre in a neighbouring district we could achieve coverage of an additional 65,000 people at an annual running cost of £30,000.

THIS IS JUST ONE GOOD REASON THAT THE PHASE ANNUAL BUDGET HAS RISEN BY £40,000

THANK YOU



Malcolm Pearson - climbed Kilimanjaro, and raised £1313 for PHASE. At 19000+ feet, Kilimanjaro is the world's highest free standing mountain and reaching the top without succumbing to altitude sickness is an amazing feat.



Congratulations to **Dr Deepa Bala** who cycled nearly 500km from London to Paris and raised hundreds of pounds for PHASE.

PHASElets

The PHASElets have once again achieved their fundraising target with a variety of enjoyable events including the Christmas Fayre, Quiz evening, buffet suppers and other imaginative ideas for raising money. Their enthusiasm ensures that these are always fun events.

PHASElet **Miles Combridge** has been made a **Rotherham Ambassador** in recognition of his charitable work for PHASE. Miles (15) is one of our most active fundraisers and recently took part in the 3 Peaks Challenge. Other events included a triathlon, a market stall for a day, Sheffield Great Run and car boot sales.

WELL DONE!

PHASE: - fun, family-orientated fundraising, financing family futures

“SPEND” CHRISTMAS WITH PHASE



CHRISTMAS FAYRE

Bollywood Restaurant

Tanyard, Wickersley

27 November 2010

10.00 am- 3.00 pm

CHRISTMAS GIFTS

www.phaseworldwide.org

Or telephone 01709 789004

BUY ONLINE

Amazon, ebay, ADSA, M&S

& many more stores donate a

percentage of their profits to PHASE

at no extra cost to you!

<http://buy.at/PHASE>



RESEARCH LINKS

PHASE has been building links with the School for Health and Related Research at University of Sheffield. Hopefully this will lead to cooperation in some important field research in Nepal and also help in analysing the large amount of data the health workers collect

UPDATE ON GP MENTORSHIP



Since the last newsletter, several experienced British GPs have spent 1-4 weeks at PHASE health projects in Nepal. At a feedback meeting it was agreed that the programme was very successful and should be expanded.

There are more confirmed placements for 2010 and 3 for 2011. We are looking at means to get this programme subsidised by grants.

WELCOME TO PHASE

Craig Herbert - our new admin assistant working at the PHASE office.

Gill Farrington - who joins the office staff one day a week.

Ester Moss - a specialist trainee in gynaecology who has joined the colposcopy group.

COLPOSCOPY PROGRAMME

Two gynaecologists (David Fenton and Jane Pannikar) and a specialist nurse (Sherryl Goodall) spent a week in Autumn 2009 in Kathmandu and Bharatpur, working with Nepali colleagues to improve their systems and skills for cervical cancer prevention.

Over the last 4 years this teaching initiative has been so successful that the Nepalese gynaecologists are now in a position to progress the programme themselves.

ROTHERHAM YOUNG ACHIEVERS AWARD



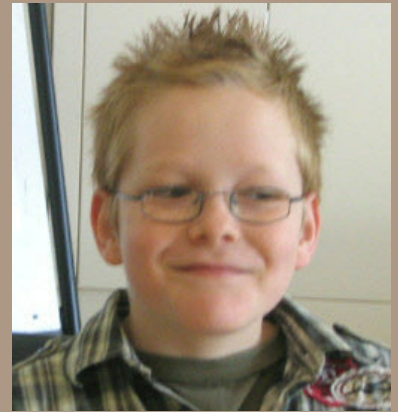
Nick in his knickers in the nick of time
Full story back page

HAXEY SCHOOL

The pupils of Haxeley School, and their parents, continue to give active support to PHASE Worldwide. This Primary school has adopted PHASE as their school charity and all collections from school performances are donated to the work in Nepal. The pupils also engage in their own fund-raising activities.

They receive regular visits from PHASE workers, including Jiban Karki when he visits the UK and they include Nepalese life within their curriculum. The pupils are gaining positive benefits from the link with Nepal in terms of knowledge and empathy.

PHASElet **George Singleton** (11) was awarded the **Rotherham Young Achiever Award** for "Volunteers" at a gala dinner organised by the Rotherham Advertiser in May 20210. The judges voted unanimously after hearing that he is never late, always reliable and takes his role as PHASE Ambassador very seriously. Jan Farrington promoted him to the position of "Mentor of the Minis" and he has surprised us all with his thoughtfulness and consideration when helping them. Advertiser Editor, Doug Melloy, described the event as a humbling experience and commended all the nominees as a shining example of all that is good in the young people of Rotherham.



George Singleton



Nick receiving the cheque from Jean

Cadeaux D'Amour

A wonderfully quirky tearoom in Wentworth where Jean Calverley works.

Following a trip to Nepal project villages, Jean has raised over £1300 for PHASE.

THANK YOU

BOLLYWOOD BALL

This year's annual ball was held at The Holiday Inn, Sheffield in March. The theme was "East Meets West" and guests were entertained by dancers from the Gillian Banks School and also a lively disco. The raffle and auction were generously supported and the proceeds were shared with the Sheffield Children's Hospital.

LIONS' CLUB DINNER at HAXEY

The Isle of Axholme Lions' Club invited two trustees to their annual dinner and presented a generous cheque to PHASE.

FISHING4PHASE

AND THAT YOUNG MAN AGAIN

The traditional family fun day at Hayfield Lakes was held again in June 2010. This year the event was shared with Help for Heroes and the Mayflower Animal Sanctuary. As usual the main event was the fishing competition, but there was also a dog show, antique cars, brass band and stalls.

Despite the unfavourable weather the event was very successful, especially for the anglers. **George Singleton** captained the PHASE angling team for the second year, and this time not only did he manage to catch a fish, but he came 38th out of 93 anglers (many of whom had the advantage of years of experience) with a net of 16lb 8oz.

Well done George and all the other PHASE team, most of whom were teenagers. We look forward with anticipation to next year's performance.



Paul Mike Dave L

Off-duty doctors enjoying the Scottish scenery & weather

**AT THE BEGINNING of the 3 PEAKS
STILL INNOCENTLY CHEERFUL!**

THREE PEAKS CHALLENGE

BEN NEVIS, SCAFFELL PIKE & SNOWDON WITHIN 24 HOURS

AN INITIATIVE BY FORMER PHASElet LUKE ALLWOOD

Neville & Waynes' Big Adventure as told by Mike Guildford

- arriving at the Ben Nevis Visitor Centre to see uninterrupted views of the mountain (apparently only happens about 30 times per year)
- trying to hang onto Paul's coat tails for pretty much the whole 24 hours and just about managing to do so
- eating loads of chocolate, cakes and pork pies but still managing to lose weight.
- the support from those who organised the whole event, prepared food and drinks and drove us those huge distances under increasing time pressures was brilliant
- fixing Nick C's multiple blisters
- not sure it was a highlight, but guiding the minibus drivers on a short cut to Snowdon then hitting a large rock in the road and damaging the wheel/tyre-oops!
- the welcoming party at the bottom of Snowdon
- a hot shower, cup of tea and fresh clothes followed by good food and drink at the pub
- for me the most enjoyable part was coming together as a team and helping support/cajole each other up and down the mountains
- doing it in under 24 hours-just!!



Luke Allwood



Neville
Enjoying the Welsh weather

And none of this would have been possible without

GERDA'S
organisation and attention to detail

Thank You!

- 1 Engagement-** Howard Hughes found enough breath at the top of Snowdon to propose to Joan Dillon - congratulations. You are assured an up and down future together
- 1½ Inches** of rain in Snowdon - well, it felt like it
- 2 Minibuses**
- 3 PEAKS**
- 6 Drivers**
Andrew, Stuart, Chris M & Chris W, Charles & David Fenton: who were all magnificent
- 7 Climbers who made it within 24 hours:** Paul, Mike, Lewis, Luke, Wayne, Dave L. & Nick C - the only climber eligible for a bus pass, who made it with seconds to spare



Well done darling!
How are your feet?



Brita & Nick A
Do you come here often?

£12+K raised in sponsorship.
FANTASTIC

- 20 Intrepid Climbers**
- 22 Miles** walked up and down the peaks
- 24 Chocolate brownies** consumed - with thanks to Sue Swallow
- 40 Sausage rolls** eaten - with thanks to Jan Farrington
- 485 Miles** driven between Ben Nevis & Snowdon
- 9685 Feet** climbed up
- 10370 Feet** climbed down
- Infinite** number of memories
- Undisclosed** number of blisters - mainly Nick C's, or so I'm told

WATCH THIS SPACE



Following in the footsteps of his big brother Luke, PHASElet **Christian Allwood** took part in the Junior Great Yorkshire Run 2010 and raised **£110** for PHASE education projects.

WELL DONE AND THANK YOU



Lewis Wayne Paul Mike
THE END - still standing, smiling and looking forward to a hot shower!

A HEARTFELT THANK YOU TO ALL OUR SPONSORS

Would you like to be part of the fun in 2011?

contact : gerda.pohl@phaseworldwide.org