

# PHASE Worldwide

Practical Help Achieving Self Empowerment



Winter Newsletter 2011

## 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

**PHASE,  
Reginald Arthur House  
Percy Street  
Rotherham S65 1ED**

**Office No 01709 789004**

## CLAIRE BENNETT

After more than 6 years away, Claire Bennett has moved back to Nepal - this time as Strategic Development Officer for PHASE. Claire is a founder member of PHASE, who helped with the registration of the charity in 2005. For the last 2 years she has been working with a small rural development organisation in Cambodia.

Despite loving Cambodia and the challenges it brought, Claire leapt at the chance to go back to Nepal for what will be the fourth time since she first went there as a student 10 years ago, aged just 19.

Claire will be based in the Kathmandu office of PHASE, working with Jiban on strategic planning and fundraising.



Using a teaching aid to demonstrate Breech delivery

## SAFER MOTHERHOOD GROUP

Four midwives from Rotherham Hospital visited Nepal in November 2010 on the first teaching programme for the PHASE Auxiliary Nurse Midwives. The trip included visits to the Maternity Hospital in Kathmandu and one of the more accessible PHASE Health Posts.

Maternity teaching aids were taken to Nepal and the programme was very successful. It is hoped that a link can be formed with a Nepalese midwives organisation and a second visit has been proposed for autumn 2011.

**Thank you to Rotherham Hospital Foundation Trust for its sponsorship of this initiative and to all those who raised funds for the trip.**



The "Team" with Auxiliary Nurse Midwives and their certificates

## PHASE on FACEBOOK

**PHASE has moved into the 21<sup>st</sup> century!**

We now have a Facebook page that already has almost 100 supporters. If you are on Facebook, please help us spread the word by finding our page and "liking" it!

**Just search for "PHASE" on Facebook**

## COUTTS BANK GRANT

In November 2010 a team from PHASE were invited to give a presentation in Manchester to guests of Coutts Bank. Despite some technical problems with the slide show, Nick Cragg made an excellent address about the work PHASE is undertaking in Nepal and the success of the charity over the past five years. PHASE was selected as the top charity for the evening; this guaranteed a grant of £5,000, which subsequently rose to £11,677 with further donations.

This was a great opportunity to spread the word about PHASE to a wider audience and hopefully contacts have been made that will lead to further donations in the future.

***Congratulations to Nick and his team for their considerable hard work in achieving this success.***

### STAFFORCE GRIMSBY

have named PHASE as their Charity of the year. Over the next 12 months they are planning a number of events that will raise hundreds of pounds. They kicked off with a dress-down day with a Halloween theme.



The staff in Grimsby are full of fundraising ideas including donating a day's pay per year.

*Thank You  
from PHASE*



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Long standing PHASE volunteer Maga Kijak, who manages the PHASE Nepal website, recently raised over £450 for PHASE by participating in the "Polar Bear Plunge" in English Bay, Vancouver. With a water temperature of 6°C and an air temperature of 2°C we are full of admiration.

***Well Done Maga!***

### WELCOME TO PHASE



Neha Jiandani

#### NEW STAFF IN PHASE OFFICE

PHASE has been growing every year since its start in 2005 and we have been feeling for some time that we need more regular administrative support in the office. In November we made a decision to advertise for a part time post at minimum wage level. We were deliberately looking for a post-graduate student who would be interested in the work we do. After interviewing eight applicants, Gerda and Marie decided to employ two highly motivated young women.

**Neha Jiandani** is of Indian origin and grew up in the Philippines. She is currently studying in Sheffield for a Masters Degree in Public Health. **Valentina Tartari** is an Italian linguistics graduate and is currently studying for a Masters Degree in International Development.

**We are really  
looking forward to  
having Neha &  
Valentina in the  
PHASE family.**



Valentina Tartari

### MEET GEORGIE



Georgie the Nepalese Goat  
"This is my Village"

A new PHASElet initiative is about to hit South Yorkshire schools. Head teachers are being invited to sponsor *Georgie the Goat* for a year. In return they will receive a visit from PHASE who will give a PowerPoint presentation on current projects in Nepal and what it is like for children living in a third world country. They also receive a goody bag of handmade paper and their own copy of "This Is My Village" - a photo book full of facts and information on Nepal and its people.

Sponsorship costs £100 for a year

### MONEY TO PHASE FROM YOUR SCRAP CAR



PHASE has registered with **Give-a-Car**, a fundraising company that turns scrap cars into donations to charities.

Give-a-Car charges 25% commission + VAT on the car's scrappage value/auction price and the remainder goes to PHASE. For further details see:

[www.giveacar.co.uk/donate-a-car-to-charity/phase-worldwide](http://www.giveacar.co.uk/donate-a-car-to-charity/phase-worldwide)

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

## NEPAL NEWS UPDATE

In her role as Trustee and Medical Coordinator, Gerda visits Nepal twice a year, keeping a close link with the organisation and staff in Kathmandu and the project villages.

Gerda's stay in October/November 2010 was busy as usual; it started with a 3-day training session of all PHASE Nepal health workers in **trauma and orthopaedics**. The training was led and delivered by Dr John Chmelicek, a Canadian GP volunteer who then also visited a PHASE project village for a week. He was assisted in the training by Dr Laura Cawley, who had spent 2 months in Nepal with her IT-expert husband, Steve, piloting the **EMIS electronic medical record system** for PHASE.

For the next few days a very extensive workshop programme was delivered by four **Rotherham Midwives** (see front page).

With all the staff gathered in Kathmandu, it was a good opportunity for Jiban to run the first ever **Staff Satisfaction Survey** for PHASE Nepal, which raised interesting points about the way the organisation works, particularly the girls working in remote villages who would like to have more overt opportunities for further personal development.. The PHASE Nepal Board is looking at ways to respond to this.

Other activities during Gerda's stay included interviews for senior health workers for the health projects, a meeting regarding further development of the **PHASE Clinical Guidelines** and meetings about a **research cooperation** and **new PHASE projects**

## PHASElet News

This year the PHASElets will be producing their own Newsletter, which we look forward to reading.

In the meantime, congratulations to Miles Combridge for winning the PHASElet of The Year Award.

Miles has continually supported and contributed to meetings with ideas, and has shown initiative, not only during this year, but over the last 2 years - being only too willing to volunteer to help with all PHASElet events, even though there have been other pressures from home and school.

These events have included a lot of cooking! He has learned how to prepare and cook food for quiz evenings, family meals and Fairs, and took part in cookery competitions. There have also been events that have required training, courage and determination. Miles has literally walked through fire, trusted the force of the Power Fan at Magna, run 10K, competed in a triathlon at Rother Valley and participated in the 3-Peaks Challenge. Miles's organisation skills were needed for a daring PHASElet foray into Barnsley Market (did they take their passports and phrase books?), which was the venue chosen for a summer sale and he has also helped with garden fetes and Christmas Fayres.



Miles at a "Murder Dinner"

Many thanks to all the PHASElets for their hard work and enthusiasm in fundraising and their constant supply of innovative and refreshing ideas.

**BUY LOGS &**

**DONATE TO**

**PHASE**



**BAGGED OR LOOSE**

£3.50 per bag (min. 20 bags)  
Loose - £55 per load

£1.50 donated to PHASE  
£5.00 donated to PHASE

Contact: **Charles Fenton**

Mobile 07831 577374  
Home 01777 816757

# MORE FUNDRAISING NEWS



*"October 16 was a night to remember. I never thought I would complete the Firewalk but, with the fantastic training and support from everyone at PHASE, I completed it and felt exhilarated, on top of the world. After everything that's happened this year, I wanted to prove myself, and I did."* J.E. participant 2010 Firewalk

More than 30 supporters faced their fears and took part in the PHASE annual Firewalk, raising around £3,000. Following a 2 hour training seminar, delivered by BLAZE Firewalking, they put their best foot forward to walk over wood embers burning at more than 1200° F.

If you are interested in taking part in the 2011 "walk" contact Marie: [info@phaseworldwide.org](mailto:info@phaseworldwide.org)



## CHRISTMAS EVENTS

The traditional PHASElet Christmas Fayre at the end of November was expanded in 2010 and took place at **BOLLYWOOD** restaurant in Wickersley. This was therefore a basically Christian tradition, raising money for mainly Hindus and Buddhists, generously hosted by Muslims - a suitably spiritual and seasonal cooperation.

The PHASElets under the supervision of Jan Farrington, excelled in their baking and this was supplemented by a preserves stall run by Sarah Watson, Janet Fenton and Julia Blagdon, the latter being willing also to act as an occasional "dog minder".

Despite the first snow of the season the event was a great success and our thanks go to **Nasser**, the Manager of **BOLLYWOOD**, for his magnanimous gesture.

The PHASE supporters Christmas lunch followed the next day at the **Consort Suite**, Thurcroft, an excellent venue, enjoyed by young and old.

In December a Carol Concert was held at the Wesley Centre, Maltby, and, despite a poor turn out due to the appalling weather conditions, the participants were delightfully entertained by singers from the **Gillian Banks School** and **Dinnington Brass Band**.

Over £2500 was raised from these events.

**THANK YOU TO ALL THOSE WHO GAVE SUPPORT**

## STATIONERY COMMISSION

**UNITED OFFICE PRODUCTS**, a Rotherham-based office supplies company can donate **5% of stationery orders to PHASE**.

They offer a next day delivery service, Monday - Friday and can supply a wide range of stationery and office consumables as well as office machines.

For further details  
CALL **01709 515000** quoting **PHASE**

And finally, welcome to two new volunteers:

**Sarah Galvin** has a background in marketing and will spend 4 months in Nepal helping Jiban and Claire to further develop our education projects there.

**Rory McCormick** who has kindly offered to help with our graphic design and IT needs.

## FUTURE EVENTS 2011

**22 January**  
*Burns Night at MAGNA* Contact Nick Cragg

**6 February**  
*Mini PHASElets Quiz Night* Larch House,  
Contact Marie: 07774 223 228 or  
[Info@phaseworldwide.org](mailto:Info@phaseworldwide.org)

**22 February**  
*PHA-SING, Cafe Euro, John St. Sheffield*  
*Little Robots Band, Bar, Food incl. £12/ticket*  
Contact Sarah Watson: 01226 744395

**6 March**  
*Sarah Barret runs the Silverstone Half-Marathon for PHASE.* Please sponsor

**7 March**  
*Gary, Giles & Paul's Quiz Supper*  
Larch House, 7pm, £7/ticket  
Contact Marie: 07774 223 228 or  
[Info@phaseworldwide.org](mailto:Info@phaseworldwide.org)

**W/c 28 March**  
*History of Religion* A talk by Gurnham Basran  
Details to be finalised

**12 April**  
*Workshop's Inner Circle Talk*  
Lion Hotel, Worksop.  
Contact Marie: 07774 223 228 or  
[Info@phaseworldwide.org](mailto:Info@phaseworldwide.org)

**8 May**  
*Gill Farrington-Lee to run Sheffield Half-Marathon for PHASE.* Please sponsor.

**25 June**  
*Mid-Summer Ball*  
A note for the diary, further details to follow.

**11 September**  
*Garden Party at Red Gables, Hooton Roberts*  
Details to follow

*To contribute to the PHASE Newsletter please send articles and pictures to the Editor, Janet Fenton at:*

*[janet@phaseworldwide.org](mailto:janet@phaseworldwide.org)*