

## Community Work Groups

Since 2008 community work groups have worked on the Health Centre clinic before trekking in the Everest region. Verandahs have been added to the Clinic and renovations made to an adjacent house recently bought for use as staff quarters.



Work group building a verandah

Community groups are proving of enormous benefit to the project for their manual labour and expertise and for their input into fundraising activities for KPHMN. In return group members have gained insight directly into the health needs of rural Nepalese and returned with a sense of having made a positive contribution to the lives of others.

Further work groups are planned for Junbesi. For information about these contact

World Expeditions at:

[www.worldexpeditions.com](http://www.worldexpeditions.com)

## Contacts

For further details of KPHMN and the Junbesi Health Centre check out the website:

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

Private donations are very much appreciated.

KPHMN bank accounts are available for donations in Australia, New Zealand, United Kingdom and Nepal.

For information about these and the online support group 'Friends of Junbesi' contact one of the following:

Jennifer Dagg, Australia:

[jennifer.dagg@ozemail.com.au](mailto:jennifer.dagg@ozemail.com.au)

Tim Jerram, New Zealand:

[tienny.jerram@xtra.co.nz](mailto:tienny.jerram@xtra.co.nz)

Beverly Hill, United Kingdom:

[bhill@cornwall.gov.uk](mailto:bhill@cornwall.gov.uk)

Ang Tshering Sherpa, Nepal:

[kushudebu2005@yahoo.com](mailto:kushudebu2005@yahoo.com)

Craft Nepal N. Z. markets pashminas & other Nepalese crafts. Profits from sale of these are returned to Nepal in support of KPHMN. For purchase of pashminas contact Tim Jerram at:

[tienny.jerram@xtra.co.nz](mailto:tienny.jerram@xtra.co.nz)

## Kushudebu Public Health Mission Nepal (KPHMN)

May 2013



Mt. Everest (middle) & Lotse (right)

Nepal is one of the most beautiful countries in the world but it is also one of the poorest; 42% of its approx. 28 million population is unemployed and 31% of Nepalese live below the poverty line.

Most hospitals and health clinics are located in urban areas while rural facilities often lack funding, trained staff and medicines.

'Kushudebu Public Health Mission Nepal' (KPHMN) in Junbesi is a non-profit NGO whose focus is to provide better health care and medical facilities for the remote villages of the Lower Solukhumbu District, Nepal.

## Overview



Nepal health-care facilities, hygiene, nutrition & sanitation are generally bad and beyond the means of most. Mortality and morbidity rates among women & children are alarmingly high. Acute preventable childhood diseases, complications of childbirth and nutritional disorders contribute to these rates.

Approx. 7000 women & girls die each year & up to 200,000 suffer from disabilities due to pregnancy-related complications.

In 2000, govt. funding for health matters was approx. US\$2.30 per person and about 70% of expenditure came from out-of-pocket contributions. The situation has not improved greatly since, due to the 10 year civil war that ended in 2006.

Foreign donors now provide around 30% of the total health budget.

## Ang Tshering Sherpa



Ang Tshering Sherpa is from Junbesi village. In the absence of government funding for staff and medicines the Junbesi Health Centre had become disused and villagers including pregnant women were forced to walk for 5 -6 hours in all weathers for medical attention.

Ang resolved to improve the situation. In 2006, with the help of an Australian family he formed the charitable trust named 'Kushudebu Public Health Mission Nepal' to provide a conduit for Junbesi Health Centre income and to manage the Health Centre. (Kushudebu means 'wellness' in Sherpa language).

The Centre re-opened and with additions and separate staff quarters now services approximately 3400 people in the District which is isolated and accessible only by foot.

## KPHMN

A Management Committee drawn from surrounding villages is responsible for staffing, medical equipment, medicine and building maintenance at the Medical Centre. Ang as Chairman is responsible, honest and dedicated.



Junbesi Medical Centre

KPHMN is funded entirely by international donations. It is supported by World Expeditions & several other Australian, New Zealand and English businesses, groups & individuals.

The informal, online community of ex trekkers and interested donors, 'Friends of Junbesi' assists with fund-raising. 'Craft Nepal N. Z.' also raises funds through sale of Nepalese product in New Zealand.

Ongoing funding however is a problem.