

## PATTALE COMMUNITY HEALTH CENTRE NEWSLETTER

[www.pattalecommunityhealth.org](http://www.pattalecommunityhealth.org)

January 2014

During a trek to Nepal in 2005, Peter and Felicity Spear along with Margaret and Michael Evans met guide Nawa Tamang, known as Dorje. During this trek and his subsequent visits to Australia, Dorje expressed the wish to establish a health centre in his village of Pattale.

Pattale is a village east of Kathmandu in a remote part of Nepal. The population is approximately 300 people who live a subsistence life. Transport into the area is treacherous taking 18 hours by jeep from Kathmandu before crossing the Sunkoshi Nedi River on foot via a very long suspension bridge. Then a local bus can be taken past Okhaldhunga to Pattale. Air transport into the area is unreliable due to weather conditions or closure of runways.



In the "big forest" as the local call it, below Pattale.

After many meetings with Dorje and people within the village to form a Committee of Management; and the formation of a Trust in Australia, the Pattale Community Health Centre was opened in March 2012. We thank Dorje for his commitment, his on-going support and importantly interpreting for Australian visitors.

Our new trustee, Denise Rawling and Tony Stewart visited in April this year; Michael Evans and Sandra Gormley visited in October. They all completed the arduous journey to Pattale to meet with the Committee of Management of

### **NEW TRUSTEE**

**Denise Rawling** has been appointed as a trustee to the Pattale Health Trust. We welcome her and look forward to her valuable contribution.

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### **Trustees**

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the Health Centre and discuss the conduct of the Centre and the community's needs. The trustees in Australia meet regularly throughout the year.

These meetings established that the Centre is progressing well. Binod, the CMA (Community Medical Assistant) seeing up to 100 patients per month with a large majority being treated for upper respiratory infections. The Committee President, Tek, Secretary Ram and others warmly welcomed representatives of the Trust from Australia. They expressed their thanks for the financial assistance and first aid supplies provided by the Trust. These are sourced through the CFA, SES and Ambulance Victoria.

Some challenges continue; internet communication in Pattale is not available although a tower has now been erected. Registration of the Centre is an on-going slow process and should be completed by June 2014 and could allow for applications for Nepali government funding. Once registration is achieved a bank account at Okhaldhunga will be opened so that funds can be transferred directly from Australia.

The women of the village are keen to employ a female health worker and the Committee of Management is exploring the possibility of employing a local woman, Bimala who is qualified as an Auxiliary Midwife Nurse (AMN). She is currently working in Kathmandu, but hopefully will return to the village.

Donations sourced in Australia are applied to the payment of Binod's salary, the rent of the Centre's rooms, electricity, telephone and medical supplies. We need to raise \$3300 to fund the Centre annually.

We thank all the current donors for their great generosity. Your donations are appreciated by the Committee of Management in Pattale. Even the smallest contribution is 'large' by Nepali standards and goes a long way in assisting many patients. The Centre is beginning to serve the basic medical needs not only of Pattale but also the outlying neighbouring communities. We encourage you to talk to your friends or forward this newsletter to others who may also donate to this worthy cause. Any one of the trustees, founder Peter Spear or Michael Evans is available to talk to community groups about the Pattale Community Health Centre and we welcome your enquiries.

A new bank account has been opened at the Bendigo Bank, Colac to receive your donations.



**BSB 633 000**

**Account Number 151099801**

**Name: Pattale Health Trust**

Please notify Margaret Evans, by email ([margaretevans@westnet.com.au](mailto:margaretevans@westnet.com.au)) when a transfer is made to the account so that we can acknowledge your contribution and update our financial records.

The Health Centre is located upstairs in this building with its iconic blue and white paint, so typical of Nepali housing. The Committee of Management, local villagers and the trustees in

Australia are hopeful in the future that a purpose built clinic can be achieved.

Margaret Evans, son Peter and friend Diane O'Brien will visit the Centre in April 2014 to continue the relationship between the trustees and Committee of Management. The villagers welcome anyone with an interest in supporting their village, volunteering in the health centre or at the local school. Please contact one of the trustees for more details of how you can help. It's a great and rewarding experience. You won't forget it!



Committee of Management members, consist of the President Tek; Finance Lek; Secretary/VP Ram and community members Dorje, Neewa (father of Dorje) and Kamal, a local businessman. They are very proud of establishing the health centre.



Binod attends to local woman. He treats a range of health conditions including those relating to respiratory infections, skin, muscle, gastric conditions, wounds and burns. With a large

number of women presenting, it is important to employ a female health worker.



Pattale village is located in mountainous terrain making access difficult for vehicles. However continual improvement of roads is being made despite often inclement weather!



Binod, CMA in the medical supplies room. Supplies are purchased from Okhaldhunga, a

four hour walk away from Pattale. The Centre is becoming well known because of its wide range of medicines and services due to the funding that is provided from Australia.



Dorje heading to his home village of Pattale with Denise and Tony.



Nepal in spring, a rhododendron wonderland!

***The trustees thank Denise, Tony, Michael and Sandra for the photos taken during their visits in 2013.***



Michael and Sandra presenting medical supplies to the Committee of Management, Pattale Health Centre in October 2013. One of the challenges the trustees encounter is forwarding the medical supplies sourced in Australia to Kathmandu. If anyone has contacts to enable us to send the supplies free-of-charge or at minimal cost please contact one of the trustees.



Carol and Subas at Pattale.