



**HIMALAYAN**  
HEALTH & HEARING INC.  
COMPASSION IN *Action*

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## Presidents Report- December 2015



We rejoice!

WE THANK YOU!

### REMOTE Camps

Since 2010 --- 9408 people in 33 camps

This year -1640 people in 5 camps (incl. 581 under 22yrs old).

### KTM valley Camps

Last year --- 2720 - 31 camps

This year – 6782 persons - 47 camps

### Daily clinics at NAHOH – Kirtipur

### Weekly clinics at Shechen Clinic and Hospice-

### Earthquake relief site visits ---14.

79% of funds collected in earthquake account spent on food, medicine, hygiene items and

structures. Community choirs in Mapelton and Maleny raised more than their voices, so many others opened their hearts.

**Our Nepal Partner, NAHOH has fitted more than 1000 aids.** Since partnering with us, in 2010, they have evolved and have **attracted significant assistance from teams from Germany, Switzerland and recently Sweden. Go NAHOH!**

**On the Horizon....Womens Health.** We have **completed our \$17,000** commitment to Dhanusha region through Shechen Clinic and Hospice



and regional Community Family Welfare Association and are in awe at the local clinic presentations and responses.

**Local Training.** Three new trainees have been basically skilled in ear care, public presentations and hearing loss screening and Keshab has been trained in Europe by our German associates. Bahlu from Ladakh trained with us in Sikkim, locals organise and man our remote clinics and Kamala, Saraswoti and Bahlu completed intense but appropriate training in Kathmandu.



**Administration costs:** **ONLY 1.3% of funds raised spent on admin in Australia** (Bank fees, insurance and some promotion material) We thank our volunteers, Whitsunday Hearing and Phoenix Design for covering all other admin costs!

**New equipment for Nepal** **\$15,345 on aids and related consumables, \$10,418 for audiometers, otoscopes, computers and programming** .... heavily discounted by Bernafon, GN Resound and Sonic Innovations and a grant by Suncorp Bank.

**Functional hearing aids.** Our sincere gratitude to the companies and individuals who kept the supply up, and we now usually have the correct aids for fitting, with less compromises awaiting collection of suitable aids. Our field teams are so encouraged knowing that the work they do is in most cases clinically appropriate! **May I mention Australian Hearing in Canberra, Belmont, Epping, and Bay Audio group. Audio Clinic Cannington (WA), Pt Macquarie Accoustics, Bloom Hearing, Bonus Hearing, Alice Audiology, Audio Health ,Cairns and Bernafon. I will mention you all in the newsletters.**

**Wages in Nepal** sponsored by **Bernafon and Natalie in Oman!**

**Our 4WD transport in Nepal** sponsored by significant donations from Whitsunday and Mackay

**Keeping you informed-**  
Newsletters: Five published

Web site: Katie from Phoenix Design has kept our vibrant and current!

**P.S.** We have handed out over **1000 teddies and friends** since we started, many of them now in the arms of those with nothing but bruises!



## Nepal Earthquake Relief and Recovery

In the very first days after the April 25<sup>th</sup> 2015 earthquake, Himalayan Health and Hearing was able



to deploy our resources, providing immediate assistance to people who were without food and shelter.

Once Keshab and his family were established as safe and well, they were able to use the Program's vehicle and funds allocated

for the Hearing Program were re-directed to purchase foodstuffs and women's hygiene items to deliver to those in areas in and away from the city. This was in line with a strategy to address the needs of communities that were left out of humanitarian and development aid programs because of their remoteness, lack of association with NGOs and/or small population.

A second earthquake in May meant that this relief work continued for about 3 months on a full-time basis. We gradually returned to our core business of providing health and hearing care.



We also returned to the devastated regions with the Shechen Clinic and Hospice medical team to supply follow up medical care and ear health checks. In the rehabilitation phase being conducted by Karuna-Shechen, they have launched an ambitious program to address the long term challenges of affected populations and help them rebuild their lives. The main objective is to improve isolated villages



living conditions and to promote community empowerment and local capacity building. **This involves implementing projects in six sectors: education, solar electrification, food security, health, counter human trafficking and disaster preparedness.** We will continue to support this work through any earthquake-specific donations made through HH&H.

**Dhulikhel Hospital delivery of fluffy toys**

## Partnership with Karuna-Shechen Clinic



Our valued partnership with Karuna-Shechen was strengthened in the aftermath of the earthquakes as the clinic team consisting of doctors, nurses and pharmacist combined with HH&H to provide general health care and medicines as well as ear care in areas in and around the Kathmandu Valley.

**The medical team includes a general health check as well as ear and hearing checks.**

Importantly, the areas to be visited were largely determined by Shechen Clinic through its extensive local networks and mission to help the most vulnerable people.

A quote from Karuna-Shechen's annual report from last year sums up why we are so very honored to be able to partner with them...(*Our vision*...*is based on community engagement and empowerment, grassroots co-operation and respect for unique cultural identities. We strive to create projects that re sustainable models so that they can be duplicated and continued in the future.*)

[www.karuna-shechen.org](http://www.karuna-shechen.org)

### Women's Health Program



At the start of the year we committed to Karuna-Shechen Clinic's Program to raising funds for 12 months to partner a local NGO, Community Family Welfare Association (CFWA), to deliver a women's reproductive health program, including Pelvic Organ Prolapse (PoP) in Dhanusha district, a poorly resourced part of the Terai region of south-eastern Nepal.

These funds were provided in quarterly installments and in May, a team from HH&H travelled to Dhanusha to monitor the use of the funds from the first quarter, as well as conduct an Ear Camp alongside the Women's Health Program.

Much was learned through this partnership.

Firstly the well-established objectives of the Pelvic organ Prolapse program provided a model for the direction of our ear and hearing program.

- 1) Promote awareness and changed public perception about the problem.
- 2) Organize screening camps to identify and diagnose severity of the problem.
- 3) Familiarize and train local health workers in recognizing and referring the problem for treatment.
- 4) Hold educational activities to inform the general public about the problem, it's prevention and effects on the individual, family and community.



These objectives align with those of our Health and Hearing program, and highlighted areas for significant advancement in our current level of services, including education about ear care, and the effects of hearing loss, as well as the training of local people as hubs from which to expand an education and screening program, with referral paths to medicines and rehabilitation offered during visiting Ear Camps.

We were able to identify a lady, Kamala, who is the accountant for the CFWA in Dhanusha who is keen to be trained in hearing screening and other aspects of our Program. Kamala has now been to Kathmandu to participate with three others in a 10 day training program in basic ear care and hearing screening. (see below- Training and Development)

**Ear Camps** (These are covered in previous newsletter, and can be reviewed on our web site)

- 1) Dhanusha (May 2015)
- 2) Ladakh (July 2015)
- 3) Sikkim ( November 2015)

A sincere thank you to Jamyang Dorjee and Tsering for inviting us to come to Sikkim and committing to the long-term planning to bring it to fruition.

Thanks also for making our travel arrangements as well as ensuring that we were well fed and accommodated while we were there.

- 4) IGH, Kathmandu ( December 2015 – 3 Training and Development



During this course, Keshab provided training on ....

- Anatomy of the ear
- Use of the video otoscope
- Recognizing when an ear is NOT normal
- Basic hearing testing (screening)
- How to make and Keep patients records

As a result of disruptions by regional indigenous groups seeking representation in Government decision-making since September/ October, travel for 2 planned Ear Camps in Dhanusha and Lumbini had to be cancelled. The opportunity was seized for Keshab at NAHOH to invite three people to a 10-day training workshop AT NAHOH in Kathmandu.



- What levels of hearing loss mean in terms of communication in daily life
- Basics of earmould making
- Identifying those with hearing loss or ear problems, advice about when medical treatment is indicated
- Education about prevention and ear care

Kamala, Bhalu and Saraswati attended this course and acquired the skills needed to screen hearing and refer for assistance. Bhalu and Kamala have each taken equipment (laptop, audiometer and video otoscope) back to Ladakh and Dhanusha respectively to commence establishing secondary “hubs” for



the Program, under a “hub and spoke” model of delivering ear care, which can continue to be expanded as future resources allow.

Saraswati Dangol, has been employed full-time as Education Officer for HH&H, with her role to be developed over time through her skills and experience as a trained teacher. She has already begun attending Ear Camps with Keshab and at times, the Karuna-Shechen team, where she is able to assist in many

areas. She will also begin to raise awareness about ear care and hearing in school ea camps, and help train teachers in early identification of hearing problems in children.

## Financial Report

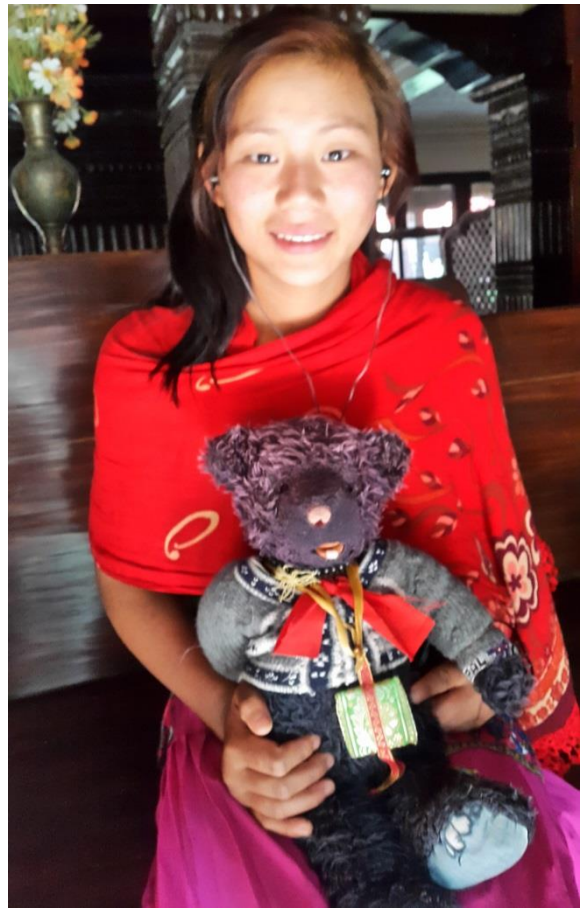
1. 2015 was an exceptional year with the advent of the earthquakes...fortunately we were in a position to offer immediate aid to many, within our limitations.
2. We have 3 accounts, a general one in Australia, a “DGR” account for tax deductible donations and a working acct in Nepal
3. We also have in Nepal a separate earthquake account jointly with our friends and overseas associates
  - a. From our accts in Aus and Nepal we have put a total of \$9230 into the earthquake account; the balance of this account is made by direct donations from overseas.
  - b. Most of these overseas donations are included in our website total \$18,853
  - c. Of the \$22,420 donated (Nepal account), we have spent \$17,775, 79% of total.
  - d. This is a good result, as when people donate to an ‘emergency fund’ they hope it will be spent as soon as responsibly possible!
4. Our overall financial position is good, in the sense that we must hold in Nepal enough funds to cover wages and car expenses for the next 12 months...plus contingency funding...this is why we could immediately respond to the earthquakes.
5. We have not made a car payment this year, and the committee has now agreed to pay \$5000 off our loan

## Fundraising

**Our supporters** can be well satisfied our whole team has done it’s best to benefit as many as possible, and their repeated donations are our mainstay. We need to widen our base. We need help as our resources are exhausted making things happen. Thanks John in Mackay for rallying his friends(see below) who have made such a significant difference.

## Monetary Donations

- Suncorp
- The Melany Choir
- John Formosa, Mr and Mrs Zarb, Cliff Flor, Peter Monckton and Jenny Charnley, Mr and Mrs Wright ,Kerry Craig, Gene and Jane Paterson, Damian and Barbara Carroll
- Bendigo Bank
- Bernafon for their continued support in sponsoring Keshab's wages and consumables
- Natalie in Oman for sponsoring our new teacher, Saraswoti
- NAFA for their ongoing support of NAHOH and HH&H
- QUOTA, Lions, and Zonta Clubs of the Whitsundays
- Gold Coast Benji
- Ethos Fairtrade Gifts
- Numerous individual donors to the Earthquake Relief Fund as well as to the Pelvic organ



Prolapse Program and HH&H General Fund, thank you for believing in and trusting us to get the money to where it is needed most and for maximum benefit to the intended beneficiaries.

## Future Directions

- Establish the 2 new outreach centers in Dhanusha and Ladakh by continued support and regular Ear Camps to these regions. The longer term vision is for these centres to become referral hubs, in Ladakh where an established hospital is within easy reach by those identified needing secondary or tertiary level care, and in Dhanusha in conjunction with regular visiting HH&H Ear Camps several times a year.
- Extend the scope of education about ear care and what it means to have hearing loss, and develop only practical resources which are culturally useful and accessible.
- Partnership with Dhulikhel Hospital in hearing aid provision is under discussion.
- Strengthen partnerships with ENT surgeons to enable clear referral pathways for those requiring ear surgery, and exploration of how these costs can be funded.



## Thank You

As always there are a long list of people to thank:

- Katie for her generous allocation of time, skills and ready assistance in all things related to the program.
- The HH&H committee, and Graeme for his auditing work.
- Bozzy for his calibration finesse and his family for their associated support.
- Jude from Ethos and Robyn for their assistance in promoting the program locally and assisting with fundraising.
- The many, many people from hearing centres all around Australia who have sent us hearing aids, notably Bay Audio who sent a large number of aids in very good condition.
- And most especially this year to Keshab who worked so selflessly and tirelessly after the earthquakes to get practical help to the people, and who works with such good nature and commitment throughout the year, to all areas of the Program as it develops and changes.
- Finally to Lew, who, as always, maintains the vision, focus, energy and motivation to continue to benefit as many as possible.

May we all keep this in mind as we challenge 2016.

Namaste.

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Sue Tuck

President HH&H

