



NAMASTE

THE NEPAL TRUST NEWS

WORKING WITH HEALTH, COMMUNITY DEVELOPMENT
AND HOPE IN THE "HIDDEN HIMALAYAS"

SPRING 2025 ISSUE No. 24



Tony Sharpe (1939-2024) at Tehe School, Humla, Nepal 2017



Different generations of villagers in Humla

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Chairman's Message

Dear Friends

I'm delighted to welcome you to our latest Issue of Namaste as Chair of The Nepal Trust.

Mike was our Chair for many successful years, and he has left a rather daunting pair of shoes to attempt to fill.

I'd like to take this opportunity to thank Mike, and to acknowledge his many years of hard work and passion for our mission in Nepal. Mike's leadership oversaw so many lives being improved in rural Nepal, so there is a lot to be proud of. I will try my utmost to maintain the progress made.

Without wishing to bore you with too much detail, I do feel it necessary to explain why we were a little more quiet than usual in 2024.

We had to undergo a fresh registration with the Government of Nepal to re-confirm our planned projects and budgets for the next few years. Sadly, the wheels of government do not turn quickly in Kathmandu, so it took the whole year to complete the exercise, and to lock-in our new 3-year plan.

I am delighted and relieved to confirm that this re-registration finally completed in December 2024, so this issue is perfectly timed to declare that we are back in action!

We have committed to our core activities in Nepal, focusing on Health in Humla, and our primary purpose as a charity. From this stable base, we can elect to combine forces with local villages to deliver sustainable projects when and where those are necessary, and when we are fiscally competent to do so.

We would welcome new people, energy, and ideas to our active supporter base and Board: please do get in touch if you would like to join us!



As we look to the future, and all that we hope to deliver to where it is really needed in Nepal, we also inevitably need to fundraise.

Please may I therefore personally "plug" my upcoming participation in the London Marathon, where I will be fundraising in the name of Tony Sharpe:

[Christopher Rae is fundraising for Nepal Trust](#)

Tony was our longest-serving trustee, and sadly he passed away in July 2024. He had been a part of The Nepal Trust since its early days, and will be sorely missed by everyone. You can read more about Tony later in this issue, but again I'd like to acknowledge with the utmost gratitude everything that Tony did for so many. He was devoted to our work, and his legacy is precious.

Please enjoy this issue, and please accept my thanks, and those of the whole Board of The Nepal Trust, for all of your generous support. We cannot achieve what we do in Nepal without you.

THANK YOU

Chris.

ps Breaking News!

See Page 12 for exciting partnership project proposal with St Andrew's First Aid

Please click on the underlined **purple** link above to open Chris's JustGiving page....

Our (virtual) AGM is Saturday 5 April, 2025
- contact Chris for the link to join online...

How to contact us and follow the work of the Nepal Trust

Email: admin@nepaltrust.org

Phone: 07879 016443

The NEW official Nepal Trust web-site at www.nepaltrust.org



www.facebook.com/NEPALTRUST



www.instagram.com/nepal_trust



GlobalGiving

Regular project update reports on GlobalGiving



<https://www.linkedin.com/company/nepal-trust>



There are a number of Nepal Trust videos posted on You Tube



Check out our Nepal Playlist on Spotify

Latest News

Very good news from Nepal, as just before Christmas, the Social Welfare Council gave its Full Approval to our new 3-year project proposal -

“Humla Health & Education Support Project” (HH&ESP).

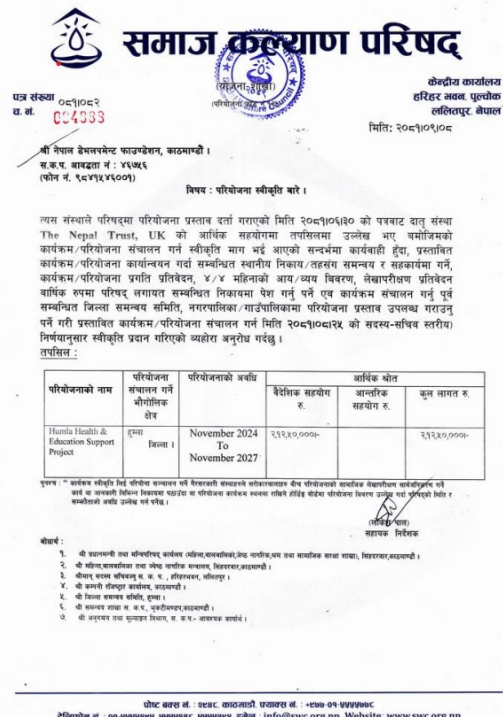
The final decision had been delayed somewhat by the usual bureaucratic process and then further delayed by the Dashain and Tihar festivals, during which time all government departments close down.

Now all is ready to go and we are in position to start preparing for project kick-off with our long standing local delivery partners - SHIP (Self Help Initiative Promotion), based in Humla, with whom meetings have already taken place to discuss banking arrangements and contracts and such like.

We are preparing the project agreement contracts between the Nepal Trust and the Nepal Development Foundation (NDF) and SHIP. Once agreed and signed off, this will enable transfer of funds from the UK to the NDF account in Kathmandu.

To comply with SWC regulations, the 3-year ***“Humla Health & Education Support Project”*** aims to fulfill these main NGO objectives

- To alleviate poverty through economic and technical assistance programmes among the residents of Nepal
- To advance health, education and water / sanitation / hygiene (WASH) among the residents of Nepal
- To advance food and nutrition security and introduce programmes to develop agriculture and food security among the residents of Nepal
- To advance renewable energy and climate change mitigation initiatives among the residents of Nepal
- To advance livelihood opportunities and income generation among the residents of Nepal, and help create a self-reliant society



Official letter of approval from SWC, Nepal

- To advance basic needs, economic conditions and skills of the residents of Nepal
- To advance emergency relief and humanitarian aid among the residents of Nepal
- To advance peace, justice and equality among the residents of Nepal
- To preserve and promote the (traditional) culture and (natural) heritages of Nepal

In accordance with these criteria, we are delighted that we can now push on with delivering our health and education projects in Humla in the hidden Himalayas from 2025 to 2027.

Big thanks to Jeroen and Nirmala in Kathmandu for all their hard work thus far....



Tony Sharpe



It was with feelings of the deepest sadness that we received the news that our good friend and colleague, Tony Sharpe had passed away peacefully in July last year, at the age of 84.

Tony was our longest-standing member, having joined the Nepal Trust in 1995 and took part in the early Treks-to-Build.

He served as Chairman from 1998 to 2006, during which time, he supervised the Trust's transition from being a "simple" Charity to a Limited Company with Charitable Status.

He continued as a member of the Board of Trustees as a Director with special responsibility for Fundraising, and proving instrumental in setting up the Nepal Trust social media accounts and joining the GlobalGiving platform, which has proven to be a particularly fruitful partnership.

Tony was also especially proud to have received the PremioItalgas prize on behalf of the Nepal Trust, at a glittering ceremony in Turin in 2005. This prize for Projects in the Environment was chosen by a distinguished panel of world scientists including Nobel Prize winners and awarded for the Trust's work with renewable energy projects, such as micro-hydro-electricity generation

and solar power in remote villages in Humla.

We, the Nepal Trust, are determined to continue Tony's legacy in terms of his commitment to Nepal and bettering the lives of it's peoples, particularly in aspects of health, education and community development in the "Hidden Himalayas".



Tony Sharpe

NT Board Member **Anna McPherson** writes -

“Tony approached me when I returned to Moray, where I grew up, having moved away to University and then worked in the TV and film industry in the UK and abroad. Tony was the father of a very good childhood friend of mine, Emma, and I had known that her family had lived in Nepal, but didn’t know about Tony’s connection with the Nepal Trust. Having found out about my interest in filmmaking through his daughter, he asked if I’d be interested in producing some documentary footage to promote the work of the NT in the remote Himalayas. Immediately, this sparked my interest, as I had always dreamt of travelling to an exotic country, so vibrant with new smells and tastes around every corner, to hear different music and learn about their culture and religion. I had read of the hustle and bustle of Kathmandu, the array of religious temples, the beauty of the Himalayan mountains, the kindness of the Nepalese people and of course the daily dal baht! I immediately started researching the projects that the NT were delivering and was really excited to be able to shine a light on them.



Tony and Pat relaxing after an NT Board Meeting

Tony and Pat were so kind to me, in sharing their time. They invited me round to their house, Pat was always a great hostess, keeping us fed with home bakes and topping up our coffee. Tony would bring out his maps of different areas in Nepal and was really proud of the places he’d visited and trekked to with the NT. I already knew I was in good hands, while preparing for my first overseas trip to south Asia. I have had the pleasure of enjoying both Tony and Pat’s company over the

years and I could see how passionate Tony was in fundraising for the NT, which gave him a purpose during his retirement and a connection with a country where he’d worked as a forester.

It was Tony who really championed the use of Global Giving as a fundraising tool. He was always great at coming up with unique project names that would have broad appeal. Our Global Giving registration has enabled us to have a wider, international reach and we are so appreciative to the continued support from our donors. Many are long-standing and make regular donations to our projects. Tony was always promoting the annual initiatives, including Giving Tuesday. He was truly dedicated to this fundraising role.

I enjoyed meeting up with them at our Board Meetings across the UK, including Edinburgh and London. I’m just sorry I wasn’t able to accompany Tony on a trek in Nepal. Tony was a very kind and caring gentleman and friend to me. He is sorely missed and his kind and caring spirit will live on in his memory. I’m pleased that the NT Board will be marking Tony’s remarkable legacy as a Board Member and fundraiser by way of erecting a plaque in his memory, in the Humla district of Nepal. He has been responsible for fundraising for the construction of health posts and the delivery of the Little Doctors’ Programme in this district and I believe, they were two very special projects, which were dear to him. I look forward to sharing a video and photographs of the ceremony in due course.”



Tony officially opening a new school in Kapilvastu

Tony Sharpe



NT Board Member **David Hurman** writes -

“On learning of Tony’s sad passing, I’d posted my first thoughts on the JustGiving page “Very sad. Remembered as a very good friend, we shared many treks, trips and tribulations with the Nepal Trust over the last almost thirty years. Sincere condolences to Pat and the family.”

I thought I’d try and expand on my thoughts for this edition of Namaste, and I fortuitously came across this article (reproduced opposite on Page 7), which Tony had written back in 1998 for the first edition of Nepal Trust News (which later became Namaste).

It’s a nice piece, but what really comes through for me, is the fact that the words very much reflect his personality and how I remember him.

There’s evidence of Tony’s good humour, sense of adventure, sensible pragmatism, social awareness, love of family, commitment to Nepal and the Nepalese people and the true meaning of effective and sustainable charity.

A life certainly well lived.

And thanks for the memories.”



Mike Love, David Hurman and Tony Sharpe strolling through Simikot on our last visit to Nepal in 2017.

Tony Sharpe

Two cultures meet

My first long, tiring and bumpy flight to Kathmandu in 1980 did not result in a materialisation of the exotic Shangri-La of my vision. What had I let myself in for? Most of all, what would my family say when they arrived a month later?

Through tired eyes, all I could see was chaos. The clamour, noise, dust and odours pervaded all my senses and seemed totally to disorientate my ordered Western mind. I was soon to learn, however, that out of this mayhem came a spirit and friendliness which warmed the heart and overcame all adversity.

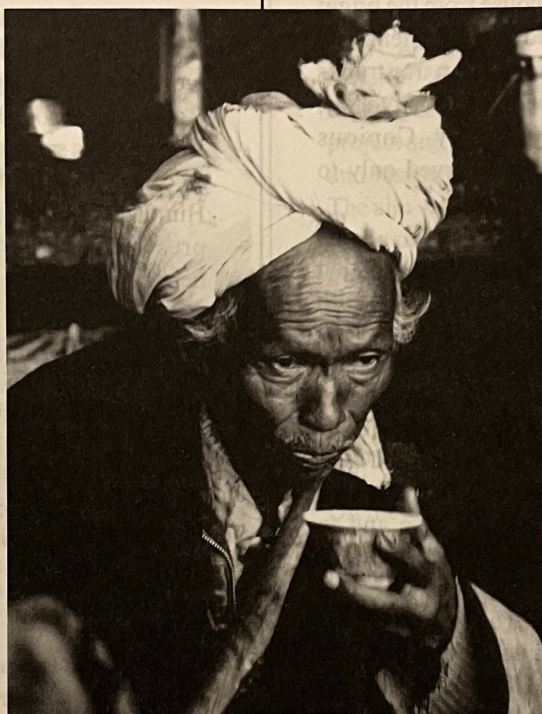
My wife Pat and our three daughters, Diane, Sarah and Emma (then 10 weeks old) experienced total culture shock and vowed to eat only a limited diet for evermore - eggs were the order of the day for a few weeks! We had no idea where to buy clean and wholesome food. Eventually, of course, the fears melted away and we were shopping like natives in the bazaars and enjoying the excitement and new experiences.

Life was certainly never dull. We had no television, electricity was more often off than on, and boiling and filtering our drinking water became a daily ritual. Shortages of essential goods was a regular occurrence, due to some border dispute with India or other such event. Driving was always hazardous on roads packed with every type of moving object imaginable. My regular four hour drives on the Tribuvan Raj Path to Hetauda near the Indian border were entirely in second gear, taking care to avoid speeding buses and lorries, some with a propensity for driving over the edge into the river a long way below.

I was in Nepal working in a Forest Research project funded by the UK government. My work took me to many parts of the country and I quickly came to love the people, the wonderful wildlife and the scenery. All of us were never healthier, enjoying the benefits of clean mountain air and an active life. We remained there for four years and suffered an even bigger culture shock on our return home to Scotland.

Of course, our life was comfortable; we had most of the things we needed and there was no cause for complaint. Not so for the average Nepali living in one of the many hundreds of villages in the hills outside Kathmandu. Their lives are of unrelenting hardship, demanding hard work from dawn to dusk simply to create a marginal existence.

Nepal is officially one of the poorest countries in the world. Survival is the order of the day, yet these people do not complain. They make the most of what they have and they enjoy life day by day. We are all familiar with the cheery faces of the Gurkhas, those wonderful men who have fought and given their lives for a distant country on the other side of the world - the United Kingdom.



For most of my life I have been involved in working at community level with voluntary organisations during my spare time. It didn't take long for me to realise that these people needed and deserved our help. How can we, as rational human beings, continue to ignore their struggle when our own lifestyles are so opulent? There are many ways to help, but the most effective and sustainable is to help them to help themselves. That is why

I was drawn to the Nepal Trust, because its activities operate at the grassroot level and it gets help to where it is needed most. Every penny is wisely spent, and vital funds are not wasted on bureaucracy.

Spending many years in Nepal has given me an appreciation of what I have and of what I do not have, as well as the things I really don't need. The Nepalese deserve our help and support, not only because their poverty is absolute but also because of the sacrifices they have made to serve our own privileged country.

Babita Lama and her people of Humla ask for your help now - so that they can be empowered to help themselves.

Namaste

*Tony Sharpe,
Chairman, Nepal Trust.*

Building for Education Project

The Nepal Trust continues to support the rebuilding and refurbishment of several schools in Humla - these photographs show various local tradesmen and women - hard at work.

The employment of local workers on these community projects gives a boost to the local economy, an additional benefit to the obvious ultimate improvement in the school buildings and facilities, all of which enhance the educational possibilities for the local schoolchildren.



Little Doctors' Programmes



Teaching sessions for Little Doctors



Ramdev School, Thehe

*And more successfully
completed
Little Doctors'
Programmes*



*Shree Himjyoti Secondary School,
Sarkegad*



Melanie Stallen



We're delighted to announce that Melanie has recently joined the Nepal Trust as Programme Director

Let me introduce myself: Melanie Stallen, Dutch, with more than 30 years of international experience due to my work as a construction engineer. Nepal has been my home for some 5 years. My original job was to build Health Posts in Eastern Nepal. And while being there, one does a lot of other things, like looking at water systems for agriculture, supporting the health sector, small entrepreneur development, developing micro-hydro and renewable energy, capacity building etc. Myself being both technical and female, I may have inspired a few young women to explore their capacities in the best possible way in Nepal. Easy for me is that I speak Nepali and can move throughout Nepal without a translator.

Nepal is known for her welcoming, kind and sharing population that consists of so many different ethnic groups. Their spirit and know-how as survivors stands out (remember the Gurkha soldiers). And it may well help them to counter the present limited support for rural development, causing so many young villagers to leave their homes and move to the cities or even abroad. Since the death of their king, many Nepalis can no longer identify with their country. Still, the current government has decentralized powers and works hard on electrifying the whole country and improving infrastructure (mostly with the help of China).

Humla District (Nepali: हुम्ला जिल्ला), a part of Karnali Province, is one of the seventy-seven districts of Nepal. It is the most Northern and most remote. To allow people from Humla to continue existing on their own lands, supporting their basic needs in cooperation with national efforts is crucial. Therefore the work of the Nepal Trust will be most effective in the health and education sectors and where needed, agriculture. Cooperation with efforts in the energy and infrastructure sectors can be considered when less capital intensive contributions are considered, such as household adaptation and skills training. Skills are important for young people in Humla; finding employment locally is crucial otherwise they will migrate to the capital or abroad. Keeping tabs on opportunities for employment and skills training applicable to Humla - in which ever sector, starting with general education – is a useful part of the Nepal Trust's efforts in the far West. As Nepal remains a tourist destination and tourist trail-programs have been developed earlier, this sector may also be explored.

Money Matters

After a good few years of sterling service as our NT Finance Director, **Rod Lowcock** has decided to step back from his voluntary role and has handed the baton and indeed, the NT books over to **Gemma Roxburgh**. Sincere thanks from all the Board to Rod for all his hard work, brilliant accounting and most excellent guardianship of the NT funds during this time.

And here's a few words of introduction from Gemma -

"I'm based in Glasgow and a chartered accountant by trade, with a background in corporate accounting, change and project management and mergers & acquisitions activity. I've been an avid fundraiser for several local charities over the years and am keen to lend a hand to those in need further afield. I've yet to visit Nepal but I'm passionate about supporting the Nepal Trust's incredible projects and well-established Board of Trustees where I can, taking on the management of the financials for the charity from long serving "grandfather" Rod Lowcock. Outside of work, I enjoy spending time with family and friends and try to maintain an active lifestyle, including regular gym visits, running on both road and trails.....and running around after my young daughter!"

GIFT AID

You can boost your donation to the Nepal Trust by 25%, and at no additional cost to yourself !!

Under the UK government's Gift Aid scheme, as a registered charity, the Nepal Trust can claim an extra 25% or 25 pence from HM Revenue & Customs for every £1 it receives in subscriptions and donations from individuals who are UK taxpayers.

As a donor, all you have to do is complete the simple "Gift Aid" form available from our Glasgow office.

Phone: 07879 016443

Email: admin@nepaltrust.org

A precondition is that the donor must have paid at least as much in UK tax as the amount of gift aid attributed to the donation.

For example, if a donor who is a basic rate taxpayer pays £100 to The Nepal Trust and completes a gift aid form, the trust can claim £25 from HMRC. The donor must have paid at least £25 in UK tax. The extra £25 comes straight from the government at no extra cost to the donor.

The position for a higher rate taxpayer is even more beneficial. For every £100 Gift Aid donation, the Nepal Trust receives an extra £25 and the tax bill of a 40% tax payer is reduced by £25. Thus for a net cost of £75, the Trust receives £125. In the case of a donor who pays 45% tax, the tax bill is reduced by £31.25, making the net cost just £68.75. Any donations made between the tax year end and the date the taxpayer files his or her tax return can be utilised against the previous year's tax bill; this can accelerate refunds for higher-rate taxpayers.

In all cases, donations should be entered in the appropriate box in the donor's annual self assessment tax return.

As noted below, a £ goes a long way in Nepal....

£6 Will provide medicines for one family for a year

£15 Will provide birthing kits for safe delivery of babies

£1850 will pay for one Little Doctors' Programme for over 20 schoolchildren

Would you like to help?

Please consider making a donation or fundraising..

Every £ donated to The Nepal Trust goes to fund projects in Nepal..

A £ goes a long way in Nepal..

Please consider becoming a member and committing to a regular monthly or yearly subscription or donation..

Make donations to specific projects by visiting our website



Please scan the QR code



St Andrew's First Aid

By Daniel Handy - Community Engagement Administrator, St Andrew's First Aid

St Andrew's First Aid is excited to embark on this new partnership with the Nepal Trust to use our first aid expertise in supporting rural Nepali communities to build community resilience, to equip individuals with first aid knowledge and the confidence to apply it in an emergency, and in doing so reduce the escalation of injuries that could have been prevented by first aid.

St Andrew's First Aid is Scotland's dedicated first aid charity and leading first aid training provider. Our mission is to raise awareness of the importance of first aid skills through first aid event cover, first aid training courses and first aid education within schools and communities across Scotland. Over the course of 141 years, our volunteers and staff have been involved in both World Wars, several Royal events, concerts, football matches, and public first aid demonstrations.

Our partnership project with the Nepal Trust is to deliver certificated first aid training and Facilitation training to local First Aid Champions (FAC) across select towns and villages within Humla district.

By training local First Aid Champions, particularly focusing on towns with minor health posts, we hope to

- ease the burden on that health post by encouraging people to speak to their FAC first to identify if their injury can be addressed through first aid,
- foster and continue to grow community spirit and resilience, and
- ensure that people have the awareness and opportunity to receive first aid.

Training local First Aid Champions is dependent on finding suitable people within each locale, who are

- suitable for providing first aid,
- respected and trusted within their community,
- able and willing to provide first aid to other members of their community in an emergency.

If no-one suitable is found then instead of training First Aid Champions, we would look to deliver informal first aid sessions in local schools, community groups, and charities.

As to the "Why" of why St Andrew's First Aid is forging this new partnership with the Nepal Trust, this is down to a member of the Community Engagement team at St Andrew's First Aid originally coming from Nepal and wanting to make first aid accessible for Nepalis to ensure that no-one dies of their injuries when first aid could have saved them.

Generous donations of any size are greatly appreciated to fund this project and if you would like more information please feel free to contact Chris Rae from The Nepal Trust at: admin@nepaltrust.org or Daniel Handy at daniel.handy@firstaid.org.uk



WANTED

Database professional

We are looking for the support of a volunteer database professional to give some time in maintaining our membership database and sharing our biannual e-newsletter and other news, on behalf of our non-profit charity.

This voluntary role doesn't require much work, but accuracy, trust and knowledge of GDPR and ICO compliance is required.

Good communication skills, IT skills and an eye for detail required.

Contact: admin@nepaltrust.org

WANTED

UK Board Member

The Nepal Trust is a UK non-profit charity, which delivers health and education projects across the “hidden Himalayas”.

We have delivered life-changing projects across Nepal since 1993.

We have been committed to making a difference to the lives of Nepalis.

We have a UK Board of Trustees and a Country Director based in Kathmandu, Nepal.

Our UK Board is ageing and we are seeking young people with drive and passion to join our Board of Trustees.

Someone who wants to make a difference to the people of Nepal in this beautiful part of the world.

The right person can:

- You can give a little amount of time each month
- Attend Board Meetings and AGMs (in-person and online)
- Fundraising – you are committed to fundraising
- Marketing – you are able to help raise the profile of the charity and may be required to carry out presentations to local community groups, Rotary Clubs etc.
- Create social media content
- Research – could be a research project for a student
- Age – 16 years and above

Contact: admin@nepaltrust.org



Scenes from everyday life in Humli villages

Above - woman with her three children winnowing

Right - young woman - pregnant, but still has to collect firewood



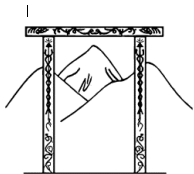
Below left - three youngsters (armed with sickles) return from collecting fodder for the animals

Below right - young mother with young baby, preparing vegetables



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Scotland, UK.
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admin@nepaltrust.org
www.nepaltrust.org



THE NEPAL TRUST

MEMBERSHIP / SUBSCRIPTION / DONATION FORM

Please return completed form to:

The Nepal Trust, 23 Norman Macleod Crescent, Bearsden, Glasgow, G61 3BF.

- ☐ Become a **MEMBER** – Donate at least £10 a month / £30 a quarter / £120 a year
- ☐ I enclose a **DONATION** of £..... (Cheques made payable to The Nepal Trust)
- ☐ **GIFT AID** – I am a UK taxpayer and would like The Nepal Trust to reclaim tax on my donation.

Name

.....

Address

.....

E-mail

.....

Telephone / Mobile

.....

If setting up a Standing Order – please send this completed part of the form to your bank.

Or set up online.

BANK STANDING ORDER MANDATE

Name of your Bank

.....

Address of your Bank

.....

Your Account Name and Number

.....

For the account of: The Nepal Trust – Account Number 00107833 – Sort Code 80-06-81

The sum of £..... and the same sum each *month/quarter/year (*delete as required)

Date of first payment

Signed

Date.....