



# Support Nepal UK

*Newsletter*

*January 2021*

## ABOUT SUPPORT NEPAL UK

Support Nepal UK was registered in 2019 with the Charity Commission for England and Wales. Its official name is Support Nepal, charity number 1181380. It was started by a small group in Stokenchurch to provide Support and Sports facilities to rural schools and the older generation in Syangja, West Nepal. It also supports 'Street Boys' orphanage/academy called Sahara Academy which is situated in Pokhara, Nepal.



Over the past couple of years, a Welfare Centre has been under construction in Dandaswara and is now nearing completion. Work presently is tiling in the toilets and the kitchen area has been marked out. It will be built using earthquake proof blocks which are made from a mix of plastic and cement. They are more durable and lighter for carrying up to the site.

### Welfare Centre

A range of Healthcare will be provided for the local communities. It is hoped that volunteer medical and allied healthcare professionals and gap year students will go to work and gain valuable experience and explore Nepal. A plan is being put in place presently for student exchange and work placements.



### Aims

Support Nepal UK began as the dream of Navin Gurung. He wanted to improve the lives of people living in the village of his ancestors, Dandaswara. The aims are to complete the construction of a Welfare Centre, provide Healthcare to the residents of Dandaswara and the surrounding villages, and support the maintenance of the building. Once construction is complete, the charity will support exchange programmes in health, sport facilities and better education.

The charity plans to have an interaction programme between students and schools. Work placements will be arranged. The hope is to attract and encourage medical and healthcare professionals as well as gap year students to spend some time at the Welfare Centre working and enjoying the Nepal Experience. This plan is being put in place presently. The students and professionals will also help at Sahara Academy.

The charity will support exchange programmes in health, sports facilities and better education. It is hoped that this enterprise will strengthen and promote good relations between UK and Nepal. When students or professionals work at the Welfare Centre they will amass valuable work experience

whilst getting to know the Nepali people. Exploring the country will be part of this experience. Trekking and visits to Safari Camps like Chitwan will be included.

### **Future plan**

The Welfare Centre is approaching completion with only the building of the kitchen remaining. It is hoped to open the Welfare Centre in November 2021, after which time the plan for Healthcare can be progressed. Support Nepal UK intends to support training of locals for the maintenance of the nearby Orange Grove and Coffee Plantation. Once trained they will be able to harvest the crops, preparing them for sale. A percentage of the returns will go directly to the Welfare Centre as a contribution to the running costs. Skills such as roasting coffee beans and marmalade making will be taught, empowering the locals with transferable skills and enabling the Welfare Centre enterprise to be self sufficient. Locals will also maintain the garden near the kitchen area where the land will be prepared for growing herbs and vegetables which can be used by visitors and locals alike.

**Longer term**, Support Nepal UK will support exchange programmes in health, sports facilities and better education, especially for girls providing them with opportunities difficult to come by in a very male oriented society. A plan to offer scholarships for the education of girls is currently under discussion.

## **THE TEAM**

**Arun Chaudhary** is Patron of Support Nepal UK and Sahara UK. He is a successful business entrepreneur and is the chairman in the leading industrial group called CG Holdings in Nepal. He has been involved in charity work building earthquake affected schools and with flood victims during the National Disaster of Nepal, collaborating with Sahara UK, UK Rotarians and Arun Chaudhary Foundation.



Support Nepal is the enterprise of **Navin Gurung**. He is the Founder President of Sahara UK. He has worked for British Airways since 2012, British Midland since 1995. He is a social worker and business entrepreneur. He lives in Stokenchurch and originally hails from Kathmandu, Nepal.

**Polly Scott** is President. She has been involved with Navin's dream from the start. A retired primary school teacher who first travelled to Nepal in the late 1970's, she has made return visits three times since. Polly is proud to be involved, helping improve the lives of people living in Dandaswara and Kolma Bahakot through the work of the charity.



**Jim Casper** is secretary and has been looking after the treasurer responsibilities while the charity found someone to take this position. Jim lives in Stokenchurch and continues to be a Scout Leader after 40 years. His initiative has seen the development of a unique relationship between Stokenchurch and Dandaswara scouts which were twinned in 2017. He is a retired Industrial Chemist, much travelled and a committed Christian.



**Dilip Kumar Gurung MBE** (ex President of Sahara UK) is membership secretary. He served in the Gurkha Regiment in the British Army for 20 years and retired in 2003 having been in action in East Timor 1999. In 2004 following retirement he established The Gurkha, a restaurant and hotel in Blackpool. He is involved in many charity organisations and projects in Nepal and UK for which he has raised funds. He received his MBE on the Queens Birthday Honours list in October 2020.

**Lee Kelly** is treasurer and is an accountant with over 20 years experience in the technology sector. She has held various senior roles in finance functions, leading complex due diligence and integration processes for several mergers and acquisitions across Europe. She has managed and built finance teams as well as implementing internal systems to deliver finance and accounting support. In her spare time, her passion is reading, favourite topics being history and fictional crime. She is a keen Rugby and football supporter and also enjoys travelling to various countries to watch her favourite teams. She undertakes local charity work and has been a volunteer at Stokenchurch Community Library since 2013 in the role of treasurer.



**Mike Adamson** is an ex army officer and retired assistant headteacher and educational visits co-ordinator. He is a Duke of Edinburgh Award leader and instructor for the local Air Cadets. He freelances for AtoZ Expeditions training and assessing for DofE participants. As Master of Hughenden Lodge and a founder member of the Nomadic Lodge, he has supported charities at home and abroad including Support Nepal UK and Sahara. He has many sporting achievements and has raised funds. He and his wife Louise are grandparents and both have been to Nepal.



**Blanche Morrissey** met Navin when she visited Nepal in 2017. The visit left an indelible impression and a desire to contribute and support Navin with his charity. Following this she became a trustee for the charity. She lives in Bourne End. She has many interests and sporting achievements. She and husband Mike are grandparents to Jack. She has raised funds for several charities and works as a Podiatrist.

**Sarah Herd** lives in Stokenchurch and has 2 children. All have travelled to Nepal on a couple of occasions. She is a teacher and Scout Leader and appreciates the importance of investing in young people. After fund raising, 1<sup>st</sup> Stokenchurch Scouts now help support the young people in Dandaswara with Scouting and Education. Sarah was present when the foundation stone was laid for the Welfare Centre. She values the amazing opportunities and advantages the Welfare Centre will provide for Dandaswara and the surrounding villages.

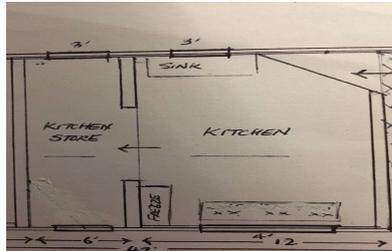


**Binod Baral**, Advisor for Charity Events & Food Co-Ordinator is an Executive R&D Chef for Don & Co. He has been in the industry for more than twenty years and promoted Nepalese cuisine in UK. He will cater for all the Support Nepal UK events.



### Immediate plans

An intensive campaign is necessary to complete the kitchen project. The estimated cost of this is £10,000 and recently very generous donations have totalled £8,000 so there is an urgent need to raise £2000.



If you would like to make a donation, here are the bank details.

Lloyds Bank 30-84-58 76796368

We are very grateful for all donations.

### Ongoing

Work is currently being done on the Support Nepal UK website and will be up and running in the not too distant future. The address allocated is [www.supportnepal.org.uk](http://www.supportnepal.org.uk)  
A Facebook page will be available soon too.

### Fund raising

Following on from the success of the 2019 Gala event, it is hoped that an Annual Dinner will raise sufficient money to maintain the Welfare Centre. Several people have expressed interest in becoming members of Support Nepal UK including Rotarians from Cookham Bridge, Bourne End and Marlow. This will enhance the potential for developing the charity and achieving our cherished goals.

