

What is Namaste?

Namaste Children's Homes Nepal is a UK based charity set up in 2011 to help impoverished and orphaned children in Nepal.

We are currently working with an orphanage named 'Children's Shade' in Lalitpur which is home to 24 children from 4 to 16 years old. Read about what Children's Shade does for these children in the next section, 'Problems in Nepal'.



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Problems in Nepal

In the eyes of many, Nepal is the most beautiful country in the world. However, it is a very poor country suffering from political turmoil, violence, corruption, unemployment, low levels of education and population growth.

The circumstances of women, particularly mothers, in Nepal can be a source of many issues which affect communities and their children. A patriarchal culture and certain long held traditions can be barriers which restrict women of fundamentals rights. The children of women who become widowed are left in dire poverty or homelessness with the risk of violence and abuse.

Children's Shade is a home for children whose parents have died or been killed, those who have been abandoned or suffered abuse or those living in extreme poverty. It takes the children off the streets where they would be forced to commit crimes for the sake of food. The government has no system in place to care for these children so Children's Shade exists to provide shelter, food, education and emotional support to those children in need.



So What's New?

Since the December newsletter Namaste has had growing interest and support. Because of many kind donations from you we have been able to send enough money to the orphanage to buy food supplies for a whole month.



We have also been raising awareness at English primary schools and creating new links by exchanging handwritten letters between the children. Please read on as this newsletter explains what we've been doing and how we've achieved it.

One Month of Food



On the 15th March 2012 we bought one month's worth of food for the orphanage Children's Shade. The children were delighted to see so much food in their home and know that this month they will not have to worry about going hungry.

The food bills for a whole month came to about **£300**.

This figure is now our primary goal for fundraising for the coming months. In the past we have received many small individual donations—now we are hoping to find people who can make a monthly commitment—no matter how small, so that we can budget effectively for food in the coming months.

New Board Member: Shyam Bishunke



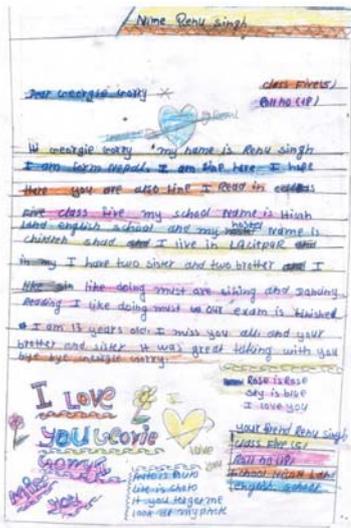
Shyam is a full-time live-in volunteer at the orphanage Children's Shade. He has been working with the children since 2006. He works extremely hard, long hours. In his free time when the children are at school he is at college studying Sociology. He has recently become Nepali Representative for Namaste allowing him to help us make key decisions about where and how your money should be spent and is responsible for the logistics and management of making purchases for the orphanage.

This Month's Shopping List

169Kg Rice
10Kg Pulses
10Kg Grains
50Kg Beaten Rice
1Kg Red chilli
15Litres oil
4Kg spices
15Kg Vegetables
16Kg Meat
120 Eggs
Mixed Fruits
1 bag Sugar
1 bag Salt
2 x Broom
Soap

= £302.17

New Pen-Friends and School Support



In February we were invited to do a presentation for the International Council Meeting at Springbank school in Cheltenham. The aim was to raise awareness of the very poor living conditions in Nepal. Some of the children wrote letters to the orphanage and we were able to pair up these children with penfriends. Most of them have already received replies.



At the beginning of March we did a presentation at Rowanfield School, also in Cheltenham, to the whole of Year 3. The children decided to start a change jar collection (see below). A month later we returned to the school to update the children on the progress of the charity and to collect and count the change jars. The children will be writing letters over their Easter break to send to both Children's Shade orphanage and Highland English School in Kathmandu.



Change Jar Collection

During the month of March the children of Year 3 at Rowanfield Junior Academy were collecting pennies in change jars at home. By the end of the month they had raised a grand total of **£22.07** in coppers and silvers.

The most basic food necessities (rice, dahl and oil), costs about £161 for 45 days for 25 people. That's **14p per day per child**. Together we did the calculation that from the £22.07 raised, one child could eat dahl baht for 158 days; about 5 months!



The message they took home with them was that small contributions at home can make a huge difference in a poor country such as Nepal.



Start a change jar today

NAMASTE
Children's Homes Nepal

My Change Jar



Namaste's goals

- 1) Find enough regular donors to pay for £300 of food each month for Children's Shade.
- 2) By December 2012, find enough sponsors to meet the running costs of the orphanage Children's Shade.
- 3) By December 2012, raise £1000 to directly help the children and the orphanage.



How Can You Help?

Become a Regular Donor

We are desperate to find more regular donors. It doesn't matter how small your contribution. If we find enough people able to make a commitment, even of just £1 a month, we will be able to offer these children support, safety and peace of mind in the coming months. Please visit our website and follow the link to Sponsorship for more details.

www.childrenshomesnepal.org

Make a One-Off Donation

If you'd like to make a donation, please visit our website and follow the link for Donations. You can either use our account details to make the payment through your bank or you can make a donation using our PayPal facility. This is quick and convenient, but we feel responsible to remind people that there is a small charge from PayPal for using their service.

www.childrenshomesnepal.org

Do some Fundraising

If you'd like to get involved in fundraising in your area or have a brilliant stroke of genius on how we can make money for Namaste then please email us! We'd love to be able to include a section in our next newsletter about what you get up to, a sponsored run, a jumble sale or a cake bake? Please email us your ideas and photos. And of course, if you'd like to be included on our mailing list to receive these newsletters, updates and photos then let us know!

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Thanks for the
donations....

Julie B. and Aaran, Phil B., Dan W., Tom J., Farrah N.,
John and Linda L., Ken R., Judith F., Robin B., Dave G.,
Ahmet T., 7 layer Solutions, and those of you who
wished to remain anonymous.

Every rupee counts!