Issue 32 | September 2011

UMNews

Fullness of Life



DIGNITY AND RESPECT

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Dear Friends,

Welcome to this edition of UMNews, in which we look at the issue of dignity and respect - one of the key elements of *Fullness of Life*.

Fundamental to the work we do and the lives we lead is the biblical truth that everyone is made in the image of God, irrespective of race, gender, age, caste or tribe. Without this, the concept of "human rights" is fundamentally flawed. When God made us in his image, his plan for us was to live not only with dignity and respect for ourselves, but also with respect for others, and in a way that upholds the dignity of others. And yet, so often, our lives and the systems that we are part of work to undermine the dignity of others and the respect between different groups.

All of UMN's work aims to restore dignity and respect among and between those we work with, whether that is through ensuring that people have a toilet (see page 7), by restoring the confidence of those who have been abused (page 9), or ensuring that children have access to the educational opportunities they need (pages 4-5) . Through these actions, and by empowering groups and communities to raise awareness and advocate for change, the structures, systems and attitudes that undermine dignity and respect in society are challenged, and replaced by those that ensure dignity and respect for all. This is fundamental to our vision - to see *Fullness of Life* for all in a transformed Nepali society.

My prayer is that as you read these articles, you will not only be inspired to join hands with us in realising this vision here in Nepal, but that each of us will also be challenged to think about whether we treat others, both those in our own families and communities and those further away, with dignity and respect, as people made in the image of God.

Yours in Him,

Mark Galpin
Executive Director
UMN

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Cover Photo: Roshan Shrestha
Abishek, who has cerebral palsy, is cared for by his grandmother.

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A Precious Gift

I had the privilege of visiting Buddi village in Rupandehi District in January this year. Our film crew and I were there to cover the fish harvest in Buddi Lake. It was the first harvest after UMN and its partner negotiated to give the ownership of the lake back to the community, and establish a fish farm. You can imagine how excited we were as we prepared to film this event.

A very special joy was waiting for me in the person of Chuleh. He was almost managing the entire event single-handed, managing people, the fish buyers from the markets, and then later in the evening, managing the distribution of equal shares of the remaining haul of fish for all the villagers. I was impressed with Chuleh's leadership on that busy day. But to see this HIV-positive person's acceptance among the village community, and the respect they gave him, was particularly moving.

Later at dusk, I finally managed to meet Chuleh for an interview. He looked a little tired but his eyes still beamed with the day's excitement. In his own quiet, unassuming way, Chuleh told me how he had been employed by UMN's partner in the fish farming project. His quiet tone and simple, clear words left me in no doubt that Chuleh was genuinely grateful for the gift of life and, beyond that, the precious gift of dignity.

"Let us make men and women in our own image…." God said at creation.

God has made everyone in His image, without limitations or prejudice. Human beings put stigma on people, not God. Sadly, in Nepal, the dignity and respect given to a person is often conditional. Caste, gender, age, ethnic and religious differences keep the nation deeply divided. Abusive husbands, unloved girl children and outcaste widows are common. HIV-positive people are stigmatized, Dalits (low caste people) are kept away from village water taps. These heart-breaking atrocities continue, generation after generation.

A key focus of UMN's work is restoring human dignity, particularly that of the disadvantaged, by addressing health issues, encouraging education, combating HIV/AIDS, improving maternal health, initiating micro-enterprises for the disadvantaged and promoting women's rights through empowerment programmes. Of course we cannot do all of this in our own strength. Therefore, we turn to you, our friends, well-wishers and partners, and to God, the very source of abundant life!

That day at the lake, I saw fish in marvellous abundance, but also a person – Chuleh, living a full, happy and dignified life.

Vijeta Manaen
Communications Advisor

If you have not yet seen our new DVD production *Fullness of Life*, please contact us at communications@umn.org.np for a copy.

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Child Clubs: By children for children

"Sir, we would like you to come to school every day and teach us. We need our education for the future." This is what children in Doti now dare to say to their (often absent) teachers during a social audit (a time when the school reveals their past expenditures and plans for the future). A few years ago, it was unthinkable for children to speak up at all. Now they are brave enough to do it in public.

In Kapilvastu, children have been instrumental in developing and enforcing guidelines and expectations on teachers. This is leading to the empowerment of a whole community.

In Dhading and Sunsari, children are standing up as change agents in their communities, with the help of a UMN child-centered community development programme.

Children want to see that their communities are empowered, and realise they have a role to play. UMN is helping children to fulfill this role in a number of ways, including through child clubs. At the moment, UMN is supporting nearly 100 child clubs around the country.

What are Child Clubs?

Child clubs usually function within the school but outside the school system. These clubs are organized by children themselves, and are tackling subjects that concern the children. These subjects can vary immensely, and range from anti-trafficking awareness-raising through peer-to-peer mediation to kitchen gardening. Child clubs are organized by children for children.

The child clubs have greatly improved the dignity and respect children feel wherever they have been running. Children know the difference between being seen as objects for (mis)use and being valued as people.

In Mugu, Dalit (low caste) girls lead the child clubs. These teenage girls help younger children to do their homework and learn about different subjects. When the programme first started, the girls were very shy and afraid to even talk to their fellow school students. Now they are confident that they do have valuable input. Parents happily send their children to the child to child programme, because they see it brings positive change in their children. The teenage facilitators receive a small stipend for their efforts, which helps pay for their own secondary studies.

Child Clubs and Child Trauma

All these children are not brought up in happy families who nurture their children, take great pride in them, and go the extra mile to send them to school.

No, sadly not. Many of these children have experienced a lot of grief in their lives. They have had to deal with violence, poverty, conflict and exclusion. In Sunsari and Rupandehi, UMN has facilitated

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What do Child Clubs do?

Among other things...

- Plant kitchen gardens
- Provide peer-to-peer mediation (roadside conflict)
- Raise awareness about human trafficking
- Improve health awareness (hygiene, toilets)
- Discuss adolescent sexual and reproductive health
- Help with homework
- Create disability-friendly school environments
- Organise education events (and get local people to sponsor them)
- Make rules and regulations for schools, including teachers!



"Hero Book training". During the meetings, the children are encouraged to write and draw the stories of their lives. The suffering sometimes goes very deep; writing and drawing about it can help as they work through the issues. These books will tell their story to others and help the children deal with trauma.

By making a "My Life Book" and learning tools to help deal with their traumas, these children have changed. Their attitude is more empathetic towards others. They know that they are not the only ones who have a lot to handle. They feel empowered and assured that, in spite of difficulties, change is possible. Now these children are helping other children through the same process.

An Investment in the Future

Child clubs are harnessing the enthusiasm, creativity and energy of children to bring change in families, schools and communities. And the children themselves, Nepal's next generation of local and possibly even national leaders, are learning new skills and developing confidence and assurance. This is surely an invaluable investment in the future.

Astrid Smith
Education Advisor

With thanks to Ragnhild, Kopila, Balkumari, Nalome and the children of Nepal

Plan to Action

From information supplied by Sanjib Kumar Rai

At Dorvanjyang Secondary School in Dhading, the school grounds used to be covered with papers, plastic bags and dust. Teachers were often absent, or spent their days playing cards in front of the school, rather than teaching the children. Parents felt helpless, unable to address these things. "How can we learn from a teacher who plays cards all the time, and is usually absent from class?" said Prabina Thapa, one of the students. "Teachers should be guides for the students, showing them the right way."

Now, if you visited that school, you'd find a spotless compound and tidy classrooms, cleaned regularly by the children themselves. You'd find teachers regularly attending classes, accountable to students and their parents. And if you asked how this came about, the answer would be: "Through our children's club".

It all started when UMN's partner, Prayash Nepal, began working with the school – providing training on children's rights, discussing local issues, talking about the responsibilities of parents and teachers, and introducing the concept of child-friendly environments for learning. The children's club was established, with support from the School Management Committee, the Parents' and Teachers' Association and the staff. The club took part in discussions, and even initiated some. They developed an action plan, and began to make changes in their school.

As well as helping to bring people together to discuss issues affecting students, and encouraging children and teachers to improve the school environment, the children's club plans extra-curricular activities, and advocates for more child-friendly teaching methods. Prabina Thapa is now the club's Chairperson.

It's amazing what can happen when young people themselves raise their voices in support of child rights.

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FULLNESS OF LIFE
Living healthy, dignified and hope-filled lives in community

DIGNITY AND RESPECT IN ACTION

How do poor, illiterate women change their lives, their families and their communities?

She has been up extra early, fetched water, cooked, cleaned the house. By nine, the family has been fed, children sent to school, dishes washed. She grabs what little's left to eat. Finally, she rushes out with a ten rupee note clutched in her fist. Today's the day she's been looking forward to all week. There they are. About half a dozen excited, cheerful ladies welcome her to the monthly Women's Group Meeting!

There are many such women's groups formed through UMN's partner organisations to support and empower local women.

What all happens in a women's group?
Women's groups provide a forum for issues such as family health, women's rights and access to resources, income generation, and other challenges women face in their daily lives. Here are some of the activities you might find in a women's group.

- Workshops on life skills, e.g. leadership skills, decision-making, communication, problem solving, coping with stress
- Awareness programmes on sanitation hygiene, health issues, domestic violence
- Practical training: kitchen gardening, poultry/goat raising, candle making, food processing, etc.
- Saving and credit programmes which give access to loans to help start micro-enterprises
- Adult literacy classes

Family hierarchy and socio-cultural structures in Nepal are such that a wife/woman is the least important, least respected, least heard person. Women's groups help members who are otherwise confined to domestic chores to see the wider world. They learn skills and hear about values that help them build a strong family. They help each other to reach their potential, discuss possibilities, and see themselves as human beings who can contribute something to society. In fact, they can bring some financial contribution to the family, and even engage in community development projects. These women really can transform their families and communities through well-designed and well-tested empowerment programmes.



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Every house has a toilet !

Ward 3 in Magma VDC (5 hours from the Rukum District Centre) was declared an Open Defecation-Free (ODF) Zone on 6 June 2011. Every house in Magma Ward 3 now has its own toilet.

UMN's partner N-PAF (Nepal Public Awakening Forum) formed three women's groups in the area, empowering women with income generating activities, and raising awareness about health, sanitation and gender-based discrimination. A government campaign on sanitation and clean water sources helped, as did additional funding from UMN. N-PAF encouraged them, and gave NRS 1500 to each household as a subsidy.

Many guests from government agencies had attended this ceremony. The District Drinking Water and Sanitation Office representative said: "This is a women-led project, so it will be sustainable. We should try to support women in the future."

Compiled by Vijeta Manaen
Communications Advisor



DIGNITY & RESPECT (Interpersonal / Psycho-social)

Women gain dignity and respect when they **succeed in bringing change** in their communities.

WELL-BEING & SECURITY (Material)

Working together, women **improve health** and **increase household income**.

HOPE & FREEDOM (Religious / Cultural)

Women's groups challenge cultural practices and **help women reach their potential**.

Change in status

UMN's partner Nari Jagaran Kendra (NJK) has established 10 women's groups in Dhading district. The 20 women in each group include women from all the main castes, and various ages.

The Mahankali group of Khani Village is one of these. The women of Khani were very poor, unable to fulfil even their basic needs. They were unaware of their rights, and isolated inside the home. Their tradition is to hide health problems; they felt too shy to go to health facilities even in pregnancy and for delivery, and they don't know about the health services that were available.

NJK invited women to participate actively in the meetings. Now they can speak confidently in the group; they are now aware of their rights. They have discussed health issues, and started to use the services provided by health facilities. They have also started saving in their group (NRS 20, or USD 0.30 per meeting) and take loans from NJK's cooperative when needed. They have been trained by NJK and UMN, about HIV/AIDS, nutrition, women's health, and domestic violence.

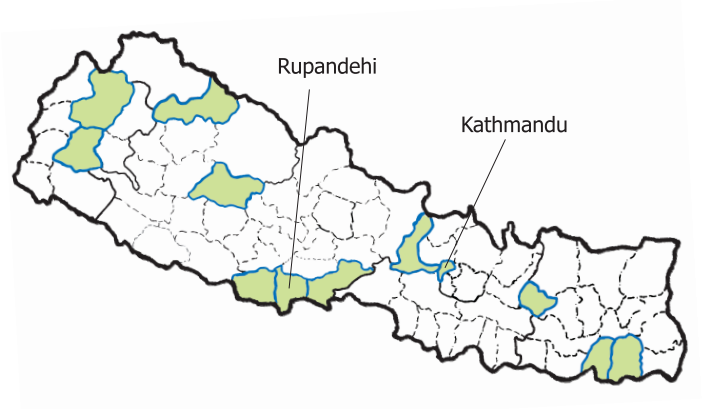
Now, women are providing leadership in the community. They raise their voices against social injustice and domestic violence. They are seeking additional support for toilets, water supply and sanitation.

Because of this, the status of the women of the Mahankali group is increased; they feel independent and respected in the community.

Kalpana Bhattarai
Senior Programme Office – Health
Dhading Cluster

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Cluster Connection



Rupandehi

Region: Inner Terai, Western Nepal

Population: 737,880

Life Expectancy: 60.5 years

UMN Team Leader: Himali Gurung

Number of staff: 16

Number of partners: 13

Cluster Activities:

HIV & AIDS prevention and empowerment, care and support.
Women's empowerment through social and health awareness, and enterprise development.
Multi-lingual education and resource development.
Livelihoods support through enterprise development and agricultural improvement.
Health interventions, including nutrition, support for maternal and child health through health posts, and awareness-raising about rights and services.
Peacebuilding, through interfaith dialogue and practical community interventions.



Meet Himali

I started my work in the development sector as a member of a women's group in a village. That gave me the opportunity to understand the various factors of social development. My proactive leadership in these groups brought me to UMN in 2005 as an Organisational Development Officer in Dhading Cluster, and then a couple of years later I took on the role of Team Leader.

Currently, I am the Cluster Team Leader in Rupandehi. My role requires me to lead, guide and monitor the team members, partners and programmes.

It is very encouraging to see how our partners work for the poor and the marginalised people, to see people find a new hope and a dignified life. To see people with HIV infection living a new life and involv ed in income-generation activities is very exciting. The programmes of the women's groups are beginning to influence the community. It gives me joy to see the women in these villages gaining respect in their families because of their involvement in the groups. Recently, a village of slum dwellers with 350 households got a safe drinking water facility for their village.



I would like to thank my team, my colleagues, and my mentors for believing in me and for allowing me to be a part of such a great mission.

Himali Gurung
Cluster Team Leader

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Grandmother Shibini

At 41, Shibini is young for a grandmother. But she married at 14, not unusual in Nepal. Like many other women, Shibini was mistreated by her husband and abused by her in-laws. She was beaten, forbidden to go out to the market alone, and seldom got enough to eat.

Now, Shibini is a member of a women's group formed through UMN's partner BCLC in Rupandehi. Her life has been changed through the intervention and training that were given to the women's group in her village. The training and campaigns to stop violence against women had powerful impacts in the community. Timid and diffident women are now confident enough to approach their abusive husbands and tell them that what they are doing is wrong.

Narayani, the chairperson of this women's group, says: "Any husband drinking alcohol and troubling his wife can be reported to me, and we will hold a meeting in that house and warn the husband."

Shibini laughs and says: "It's amazing how my husband listens to me now. I think he is scared of the women's group!"

To see Shibini talk and laugh with so much life, walk around the village without apprehension and cook, eat and feed the family with new energy is incredibly encouraging.



Shibini (right) hands her grandson over to her daughter-in-law for a feed.

A Safe Place to Give Birth

If there's one time a woman needs dignity and respect, it's when she's ready to have her baby. UMN's partner, Adharvut Co-operative, has been working with the Dubiya Sub-Health Post to establish a 24-hour birthing centre for local women. With UMN's assistance, the building has been wired for electricity, safe water provided, and a waste pit and toilet constructed. An Auxiliary Nurse Mid-Wife (ANM) has been appointed, and mattresses and a delivery kit provided by the District Health Office. So far, 11 babies have been safely delivered.



ANMs Kalpana Khanal and Sarita Belbase in the delivery room at Dubiya Sub-Health Post.

Please pray:

- Pray for the UMN team in Rupandehi. During the monsoon, flooding, mosquitoes and heat can make life, and travel, uncomfortable and difficult.
- Pray for Himali, as she manages a large team and a complex set of programmes, across two districts. The responsibility is huge.
- There are many Christian churches and organisations in the area. Pray for Ramesh, Rupandehi's Integral Mission Officer, as he seeks to establish and nurture productive relationships with them.

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News

Linking to Learn

Rampur Higher Secondary School in Doti, a UMN partner for three years, is now linked up with Waterloo School in England through the Global School Partnership program (GSP), run by the British Council. The two schools have exchanged pictures, emails and have started to do some activities together.

In September, two teachers from Waterloo will visit Rampur, then later two teachers from Rampur will visit England. During the visits, the teachers will get to know each other and the situation at each school, and exchange ideas and plans for a "joint curriculum project".



This is a great opportunity to have well trained and experienced teachers to work with the children of Rampur. When this first exchange program is finished, the schools could apply for further exchange programmes - maybe next time with students visiting each other.

In Appreciation for our Colleague, Ghanshyam Sharma

Ghanshyam Sharma, UMN's longest-serving staff member, is retiring after working with UMN for 43 years! After moving from Burma to Nepal with his family at the age of 11, Ghanshyam supported his family by planting rice and tutoring children, until he joined the BTI* training programme in 1968. After completing the training in 1972, he worked at BEW** as an Accountant, then Senior Accountant, until 1982. He joined UMN as Accountant at HQ and has worked in the UMN Finance Team ever since.

Ghanshyam is not sure where he will settle down. He is planning to spend some time in Butwal, where his elderly mother lives with two of his siblings, who have disabilities. His son lives and works in the USA, and his daughter and her husband are here in Kathmandu. There are many transitions and decisions ahead, and we pray that God will be with Ghanshyam through each step on his life journey.

Ghanshyam had several opportunities over the years to work for another INGO for a much bigger salary – but he says there are things that are more important than money.



He deserves our deep appreciation for his patience, adaptability, hard work and loyalty to UMN for so many years. Thank you, Ghanshyam – we will miss you!

Becky Thorson
Expact Coordinator-
Orientation and Support

* Butwal Technical Institute – Established and run by UMN until early 2000's

** Butwal Engineering Works – a company established by and part of BTI

Reminder! Nepal Conferences

UK:
30 September to 2 October 2011
Contact Philip Kearney
at nepal.conference.admin@inf.org.uk
Or phone [0] 121 472 2425

Sweden:
7 to 9 October 2011
Contact Sue and Kjell Daven
at sueochkjell.daven@gmail.com

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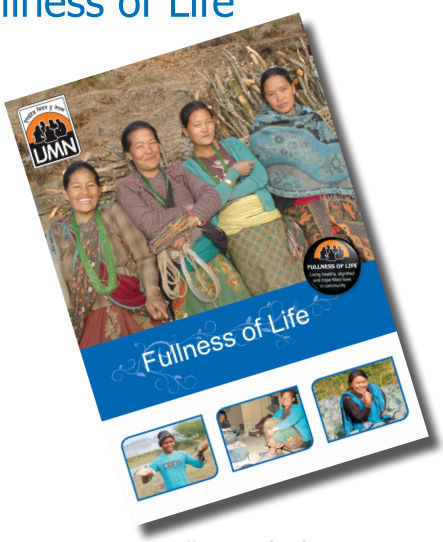
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Children, the Rights Holders!



The Child Centred Community Development Project (CCCDP) has begun in two VDCs (Village Development Committee areas) in Dhading and Sunsari districts. The objective of this programme is to improve the well-being of children who live in poor communities and are excluded from mainstream development. CCCDP, a joint partnership between Baptist World Aid Australia (BWAA) and UMN, aims to educate communities about human and child rights so that children can realise their full potential, enjoying their rights and entitlements to survival, protection, participation and development.

Fullness of Life



Have you seen our Fullness of Life DVD yet? It shows how UMN's work affects the lives of people in three different parts of Nepal. If you would like a copy, please contact us at communications@umn.org.np or you can watch it on the following link.
www.umn.org.np/video

Who's Who?

Damodar Pandit
Rehabilitation Co-ordinator

When one meets Damodar, it's hard not to pull up a chair, sit and listen to him. He is full of exciting and heart-touching stories of how lives have been transformed.

A physiotherapist by profession, he had a rich experience in working among people with disabilities even before he joined UMN in 2003.

As UMN's Rehabilitation Co-ordinator, Damodar has been able to bring joy to so many families by arranging treatment of their young ones. Burns, club foot, cleft palate, cerebral palsy, amputations – these are the common cases he deals with and refers for treatment. Damodar is totally serious about every case he takes. Damodar doesn't fail to follow them up regularly, and he knows every child by name.

Another thing about Damodar is the love and respect the community people have for him. He has a special bond with all the families he's worked with, and spends time with them while on his frequent field trips.

Damodar is also working hard in raising awareness about the rights of people living with disabilities, and in changing the attitudes of people in villages to overcome the discrimination and injustice people with disabilities experience.

He says: "As a physically disabled person myself, I am doing what I have always wanted to do - to serve the children with disability. This is what gives me satisfaction."



Damodar with Manisha Pariyar, one of the disabled children he supports.

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Join Us

UMN's work to ensure that all Nepalis can live dignified, hope-filled lives, respecting themselves and others, depends largely on our staff teams of Nepali and expatriate professionals. There are many opportunities to serve in Nepal with UMN, sharing skills and demonstrating God's loving concern for all people, particularly the poorest and most vulnerable. On this page, we list three of our most urgent needs.

If you are interested in any of the positions below, or if you would like to ask about other opportunities for expatriates within UMN, please contact Anne Penn at expat.recruitment@umn.org.np to learn more. Please send your CV or resumé with your email.



All advisor posts involve mentoring, coaching and training Nepali staff and partners.

ADVOCACY ADVISOR
(Kathmandu-based with travel to other areas)
While the rich get richer, the poor lose what little they have. It's not fair, and it can be changed. UMN's Advocacy Team works to empower communities to speak up for justice for themselves, the environment, and the most vulnerable in society. The team needs an advisor with practical advocacy skills, and qualifications and experience in community mobilisation, human rights, legal or public policy work, and a passion to see that justice is done.

HEALTH ADVISOR
(Kathmandu-based)
Addressing health is an essential component in tackling poverty, as poverty and health are inextricably linked. Our Health Team seeks to improve the health of people in Nepal through community health programmes and through working in collaboration with the government health system to strengthen community health services. A Health Advisor needs experience in community health (with a focus on nutrition, sanitation, hygiene or mental health) and Public Health or medical qualifications.

PEACEBUILDING ADVISOR
(Kathmandu-based with travel to other areas)
Nepal has undergone more than a decade of armed conflict based on political ideologies. In addition, there are deep divisions in society around gender, ethnicity, disability, caste and religion. UMN's Peacebuilding Team seeks to help build more peaceful, just, harmonious and secure communities for all. A Peacebuilding Advisor is needed to help people develop new and creative responses, particularly to post-conflict needs. Qualifications and experience are required in peace and reconciliation work and particularly the post-conflict needs such as psycho-social and trauma healing, etc.

Please note: Expatriate team members do not receive a salary or remuneration of any kind from UMN directly, but are self-supported volunteers or supported by a "sending mission organisation" or church in their home country that provides for all their financial needs during their assignment.

Please visit www.umn.org.np for more information about opportunities to serve in UMN.

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PRAY

So many people in Nepal are denied the dignity and respect that is their due, as people created in God's image and loved by him. Gender, ethnicity, caste, economic or social status, health or age – none of these should impair a person's ability to reach their potential. Please join us in prayer over these two issues raised by our cluster team leaders.

DHADING



Women and children are often in danger in their own homes, within their families. Violence against women is a worldwide concern but women continue to silently suffer physically and psychologically. Sadly, they are unable to protect themselves, for fear of further repercussions.

We often hear sad stories of women who are not being allowed to live with dignity.

Recently, an angry mob of about 2000 women gathered at a local police station. A few days before, a woman in her early 30s had been stabbed by her husband. She had always been mistreated by him. To escape from the crime, he put a bottle of poison beside her body and some in her mouth. Local women's groups (formed through UMN's partner) fought for justice and pressured the authorities to arrest him. He has been found guilty and is currently in jail.

Please pray:

For UMN's partner organisations in Dhading that work closely with women. Pray that the work will continue to bring changes in the lives of women.

That women's groups will continue to provide support and a safe place for women to discuss their difficulties.

That the women of Nepal will be treated with dignity and respect, as they deserve to be.

Sashi Ghalan
Team Leader

DOTI



305 men, 427 women and 52 children are living with HIV & AIDS in Doti. Seasonal migrant labourers to India are the main reason for this rate of HIV infections.

Sadly, only 234 people with HIV are taking anti-retroviral drugs (ARV) for their condition.

ARV is only given in the district headquarters, so many don't travel to get the treatment. UMN, along with partner CEAD (Centre for Equal Access Development Nepal) is helping 65 people living with AIDS and their families to travel to the district headquarters to take ARV and receive tests and other treatment. UMN and CEAD also provide emergency nutrition support, and training on kitchen gardening, goat raising and other income generation activities.

UMN is also working closely in communities raising awareness about HIV and AIDS, and also counselling families and communities to challenge stigmatisation of people who are fighting the disease.

Please pray :

For change in the behaviour and attitude in the community towards the people living with HIV and AIDS.

For the infected people, that the UMN activities they are involved in would help them live a dignified life.

For government support to make services available at the local level, and for the political parties' support and funds for people living with HIV and AIDS.

Prem Singh Shintan
Senior Programme Officer

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GIVE

Dignity and respect are gifts without price, but your donations to UMN do help us work with poor and vulnerable communities, empowering them and helping them achieve a more independent, hope-filled life.

You can designate the kind of work you want to support – women's groups (pages 6-7), children with disabilities (page 11), or domestic violence interventions (pages 9 & 13), for example. Or you can direct your support to one of our clusters, like Rupandehi (pages 8-9).

Please indicate your preference when you donate – all undesignated gifts will be used where needed most.

DONATE ONLINE

www.umn.org.np
Give via credit or debit card from anywhere in the world. *For UK donors, this site offers tax-efficient giving.*

INTERNET BANKING & MONEY TRANSFER

Set up a payment or monthly standing order to transfer funds.

UK & EUROPEAN CURRENCIES
Pay to: **United Mission to Nepal**
Sort Code: **60-91-99**
Account Number: 10078177 (Sterling account)
10615512 (Euro account)

US & NEPAL CURRENCIES
Transfer or wire to:
Standard Chartered Bank Nepal Ltd.
PO Box 3990, Nayabaneswar, Kathmandu, Nepal
Account Number:
Swift Code: SCBLNPKA
01-0488798-51 (USD account)
01-0488798-01 (NRS account)

MAIL DONATIONS

Post directly to Nepal
Make cheque to *United Mission to Nepal*
in Euros, Sterling, Australian, Canadian or USD

Mail to:
Finance Team (32), UMN
PO Box 126
Kathmandu, Nepal

TAX - EFFICIENT GIVING

United States
Make cheque payable to
"Hospitals Revitalisation Programme UMCOR #982168"
with a note that it is for UMN.

Mail to:
Cherian Thomas, MD
Executive Secretary, Health and Welfare
Global Ministries U.M.C.
475 Riverside Drive, Room 330
New York, NY 10115

Australia
Mail to:
Mrs. Marlene Stewart
Finance Officer
PO Box 231, Bayswater VIC 3153
17/653 Mountain Hway, Bayswater, Australia

Make cheque payable to
"Interserve" with a note that it is for UMN.

OTHER OPTIONS

Contact fin@umn.org.np
For advice on leaving a bequest to UMN
For instructions for UK tax-efficient giving by post
To designate your gift for a certain cluster or area of work

Urgent Need
At the moment, UMN's Rehabilitation Programme for children with disabilities needs additional funding. This programme identifies and assesses children with disabilities, arranges for treatment for them, and helps the community to better support them. It costs an average of USD500 to provide these services for just one child.

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Tell Others

UMN Ambassadors

God is doing great things in Nepal through UMN, and we would love to get the word out! You could help us, by becoming a UMN Ambassador.

Sounds rather grand, doesn't it? We're looking for people from across the world who would be willing to tell others about UMN's work, share prayer points, and distribute materials. There's a whole range of things you could do – and we don't expect that you'll do everything. It's up to you to select what you think you'd like to do to share the UMN story in your church, fellowship, denomination, or even your country!

What you could do, as a UMN Ambassador

Easy

- Get extra copies of UMNews and give them out in your church or fellowship group.
- Send UMN prayer points to your church's or denomination's prayer convenor.
- Put up a UMN poster in your church, school or office.
- Tell others about UMN's financial needs, and encourage them to give.

A Bit Harder

- Talk to the Missionary Committee in your church about UMN, and encourage them to support a project or a type of work or a staff member.
- Ask your church to support UMN's Christmas Appeal or other special appeals. Organise a collection!
- Arrange to show a UMN DVD in your church or fellowship group, or as a lunchtime activity in your office or staff room.
- Try to get a UMN story published in your church (or denominational) magazine, or on your church's (or denomination's) website.
- Organise a special "Pray for Nepal" afternoon or evening.

A Real Challenge

- Link up with other UMN Ambassadors in your district or country, and arrange a "get-together" to share ideas and pray for Nepal and for UMN.
- Arrange to run a UMN stall at a church or mission conference.

How UMN will help

- We'll provide whatever resources you need: publications, posters, DVDs…
- Every second month, we'll send you a story and some "Sharing" ideas.
- We'll set up a special page on our website, where you can get up-to-date news and download additional resources.
- We'll connect you with other UMN Ambassadors in your area or country.
- We'll let you know when UMN people are visiting or speaking near you.

Interested? Think you could make a contribution? Remember, you don't have to do everything! You can tailor the job to your own skills and circumstances.

To sign up, either

- Fill in the enclosed form and post it to UMN Ambassadors, PO Box 126, Kathmandu, Nepal, **OR**
- Go to www.umn.org.np and click on UMN Ambassadors.



You can be a voice for the voiceless! Help share the stories of how UMN's work is having an impact on people's lives, by becoming a UMN Ambassador.

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[The Lord our God] lifts the poor from the dust
and raises the needy from their misery.
He makes them companions of princes,
and puts them in places of honour.

1 Samuel 2:8

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