

The Thaplung Women, Children's and Community Health Project, Nepal (2024) - Week Two

We have had the most amazing experience filled day - words can hardly describe it all! So many emotions, so much love and so many traditions, and all jam packed into one day!

PART 1:

We were welcomed by local government officials and checked out the venue for our training.

Then the locals invited to the village temple to celebrate the Shiva Festival. After we headed to drop off some supplies to the health clinic, followed by a climb up the hill to the Janata Primary School to distribute bags, notebooks and pencils to the children. This a project sponsored by the Rotary Club of Kathmandu.

We left feeling like we were movie stars! Even now featuring on Nepaleli teenagers ticktock videos



To view more photos - click below:-

<https://www.facebook.com/photo/?fbid=122130006950110447&set=pcb.122130009326110447>

PART 2:

After the school visit we headed to Balakachaur Health Clinic and Birthing Unit for a tour. We were lucky to meet a newborn too! We will be sending some of our supplies to this clinic also.

We were treated to honey straight from the hive and delicious chai tea at a local Social Workers home.



To view more photos - click below:

<https://www.facebook.com/photo/?fbid=122130013922110447&set=pcb.122130014882110447>

We had the privilege to attend a welcoming ceremony from the people of Thaplung village. We passed over all the items we brought for the clinic and were treated/invited to join in traditional celebrations after the welcome. We had such fun dancing and singing with the beautiful village people.



To view more photos - click below:

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To view a video - click below:-

<https://fb.watch/qIE1Kkxt-S/>

Education Time!

The team was welcomed to Shantipur by local Government Officials and then got straight into action.

Day one was all about safe pregnancy and respectful care.



To view more photos - click below:

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fbid=122130187076110447&set=pcb.122130187694110447](https://www.facebook.com/photo?fbid=122130187076110447&set=pcb.122130187694110447)

Day 2 of Training.

Some more role play, safe and respectful labour and birth.

The Community Health Workers have the blue Sari as a uniform.

there are 3 ladies are walking 3 hours each way to get to our training (6 hours walking per day!)



To view more photos - click below:

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[fbid=122130336296110447&set=pcb.122130337442110447](https://www.facebook.com/photo?fbid=122130336296110447&set=pcb.122130337442110447)

Beautiful lunchtime dancing and singing



To view a video - click below:-

<https://fb.watch/qL4flczOJz/>

Evening walks around Shantipur



To view photos - click below:

<https://www.facebook.com/photo/?fbid=122130328898110447&set=pcb.122130330776110447>

To view a video of our walk to work - click below:

<https://www.facebook.com/61553313424978/videos/744031664375336/>

How lovely, the students brought the teachers the Nepals National Flower.



Day 3, covered topics included but not limited to: helping babies to breathe, the normal new born baby, breastfeeding, and postnatal warning signs for both mother and baby.

It's been amazing to see the participants grow in confidence and positivity after only 3 days

The closing ceremony provided us with a real sense of the value, impact, and appreciation from all the communities and all the government officials involved.

The overwhelming concensus is that this project has, and will continue to have a huge impact at grass roots level, because of the wide geographical range of the participant's represented at the training, covering 8 regions and a population of 18,000 (mostly remote and rural communities, ie, at least 4 hours travelling to any medical facilities)

We would like to give a HUGE HEARTFELT thank all our Project Partners, without your support we could not have made the dream possible!!

To view photos - click below:

<https://www.facebook.com/photo?fbid=122130478646110447&set=pcb.122130480044110447>

We taught the ladies YMCA dance moves as a break from training.
We all had so many laughs!
We even threw in a sprinkler move too



To view a video - click below:-

<https://fb.watch/qNHI0te10s/>

Momta Gautam (Staff Nurse at Chaurah Hospital) & sister of Rajendra Gautam wrote:-

With the help of Chandrakot Rural Municipality Gulmi, New Zealand health workers conducted a 3-day training on Maternal and Child Health Care for some health workers and women health volunteers in Chandrakot Rural Municipality Gulmi. A total of 37 community women health volunteers and some health workers were present in the program by Chandrakot Rural Municipality and Bareng and Baglung Rural Municipality.

Many many thanks to respected dear brother Rajendra Gautam [Gautam Raaz](#) for giving me a golden opportunity to become a Language Translator (Facilitator) for facilitation in the program

After a long time, I am very happy to meet the mothers and sisters of the village where I grew up

Specially Thanks from my heart

TO Rajendra Gautam Vice President of Rotary club of Kathmandu (Project coordinator Nepal)

Jessica Hewitson Project coordinator Rotary club of Timaru New Zealand

Julie Dockrill Midwives Trainer Timaru New Zealand

Tina Hewitt Midwives Trainer Christchurch New Zealand

These 3 beautiful women from New Zealand is in our heart will miss you forever.

This project is possible and successful only with your support

Hope too see you again in Nepal like this project.

Thank you Jessica Hewitson, Julie Dockrill and Tina Hewitt for sharing your experience and everything

Word got around the village that after class we were planning a trip up the mountain to Timure Lake. (A popular tourist attraction of Shantipur)
We had to stop half way up because a welcoming party had formed waiting to greet us to their area.

SUCH a special moment in our day

We visited the lake with our wonderful hotel owner and her mother - they had not been up to the lake for 12 and 14 years. The government officials who supported this project and let us come to this beautiful region, guided us up the mountain road.

Video to follow of the trip back down!



To view photos - click below:

<https://www.facebook.com/photo/?fbid=122130685790110447&set=pcb.122130686678110447>

To view a video - click below:-

<https://fb.watch/qP89yJ3nRV/>

We had a quick pre-breakfast welcome/goodbye with some of the team at the Shantipur Red Cross division before we checked out of the village. Although I don't think we will ever 'check out' of the village - these special people and this special place will always be in our hearts. Our wonderful hoteliers said goodbye to us in the usual way and it was with very mixed emotions we headed back towards Butwal. We had a couple of food stops along the way, and a clothes stop during the 5.5hour journey. The next day we had a trip out to Lumbini, the birth place of Buddha, before we flew back to Kathmandu.



To view photos - click below:

<https://www.facebook.com/photo?fbid=122130831500110447&set=pcb.122130834758110447>

We visited the Nursing and Midwifery School next to the Bir Hospital in Kathmandu, and meet with two Professors specialising in midwifery training in Nepal.

They gave us a tour of the campus and Tina and Julie had wonderful discussions with them about the future of the Midwifery profession in New Zealand and in Nepal

We donated two of the Mama Natalie Birthing Mannequins used in our training. We can see that they will be put to excellent use here, a valuable addition to their simulation centre.

Our final project mission was to connect with a Midwife practising in the Karnali Province (North West Nepal). We have donated a TENS machine and a Fetal Heart Doppler for her to use as she carry out her amazing work. This project has connected Midwives far and wide across Nepal



To view photos - click below:

<https://www.facebook.com/photo?fbid=122130888644110447&set=pcb.122130889226110447>

What a team!

