



Green Tara Trust Fact Sheet



BODHI donates A\$1,500/cUS\$1200 to Green Tara Trust for Dr Jane Stephens' administrative expenses. We realise how vital and scarce such donations are. Dr Stephens (left) works as GP in Britain for half the year to support her work in Nepal for Green Tara Trust and Mitini Nepal.

Anyone willing to help with fundraising or interested in donating funds or time is requested to contact her at doctorjane99@hotmail.com.

Dr Stephens says:

Vision

Our vision is of a world in which every human being can have access to basic health care and education. This, we believe, empowers individuals to exercise choice and take the steps needed to improve their lives and that of their communities.

Mission

We aim to contribute to this vision by providing a range of health-related services to some of the most disadvantaged.

We believe that the only realistic hope for change is a community-led participatory approach through Health Promotion. Working in this way optimises community participation in all levels of planning, recruitment of local staff, fundraising and decision-making.

This ensures operational sustainability and encourages community ownership of the project. We combine this approach with working through National Government channels, facilitating health training and policy changes. In this way, we work from a grassroots through to a national level.

Aims and activities

>To train nurse-midwives as health promoters to provide extra support and expertise, working alongside the local government health system in project areas to deliver the programme

>To reduce the incidence of diarrhoeal disease & acute respiratory illness in under 5s, the main killers in this group

>To increase access and quality of antenatal care for mothers and to increase the number of trained assistants at delivery.

>To provide sexual health education to young people thus improving knowledge and decreasing risk-taking behaviour

>To facilitate young women in tackling gender discrimination and menstrual taboo

Through education and support to assist marginalised groups in understanding their rights and accessing basic health services

>At a National level, to lead on curriculum and policy changes with the Ministry of Health in Health Promotion and Health Communication

For photographs and more information on Green Tara Trust's work , please see the following brochure.

How to help

Please support our work with a donation or regular contribution!

Just send the form to: Green Tara Trust
4 Canal Cottages, Parnell Road, London E3 2JU

Banker's Order Form

TO THE MANAGER Name of bank:

Address of Bank

Post code

Bank sort code: Account number:

Please pay the Green Tara Trust £

(please circle) Monthly Quarterly Annually
starting on (allow 28 days from today)

Name in which account is held:

Account address:

Post code

Telephone no.

Email

Signature

Our Bank Account: GREEN TARA TRUST, LloydsTSB Bank plc
Account No. 1114169 Sort Code: 300001

THE NEED FOR HEALTH EDUCATION

"I lost my baby during the delivery... the health worker advised me to go to the hospital but my husband and mother in law didn't think it was necessary. When I got there, it was too late. My baby was hardly moving and never made it into this world. I've been very sad..."

I think that not only women but their mothers in law and husbands need to know that we *must* go to hospital when the [health] worker tells us, not just when *they* believe its right".

"My husband wanted me to deliver at hospital. I used to oppose his idea. My mother-in-law had given birth to all her children at home without any problems. She was also experienced in assisting delivery and was living together with me..."

I had also heard that nurses are cruel to women who go to hospital from the village. I had labour pain for three days. As I was getting weaker due to persistent pain, and my mother-in-law, sisters-in-law and husband found my condition getting worse, they took me to hospital, which was only some five-minute's walking distance. I walked slowly with their help and reached the hospital. Thanks to the nurse, I was able to deliver my baby after two hours with her help. I was happy that it was all done without any operation and the rumours I had heard from others were baseless."



Dr. Jane Stephens (Dh Karunamati)
Founder and Director

In 1993, whilst waiting to hear from India about a teaching post, 19-year-old Karunamati agreed to go to Nepal instead. Even though she preferred to work in the Kathmandu area, her father's mistake (ticked the wrong box) sent her to a remote area in the Himalayan region of Nepal. Karunamati loved the place and its people and stayed there for the whole year. On her return home, she went on to train as a Doctor in London and kept going back to work in Nepal at least twice a year. In 1995 she set up the Helambu Women's Development Association and in 1999 the Green Tara Trust. Currently, Karunamati works as a GP in London for few months which helps partly finance her work in Nepal the rest of the year.

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Helping people provide their own solutions to health problems

GREEN
TARA
TRUST





Nepal

Landlocked between India and China, Nepal is a country of geographic and cultural wonders, including the Himalayan peaks, ancient temples, and colourful market-places. Nepal is one of the poorest countries in South Asia with 1 in 2 people living in poverty. Worsening civil conflict and poverty are the major obstacles to development. More than 12,000 people, mainly civilians, have died during the conflict since 1996.

More women and children die during or just after birth in Nepal compared to most other countries in the world. The situation is much worse in rural compared with urban areas. Maternal and infant mortality are linked to young pregnancies, lack of antenatal care, no trained assistant at delivery and poor post natal follow up. HIV and other sexually transmitted infections are increasing rapidly, mainly due to community fragmentation.

The Nepali health system has little money. There are only 5 doctors for 100,000 people, health workers in rural areas are poorly motivated and they seldom attend refresher training. Health indicators, sexual violence and sexual exploitation of women and children have worsened since the start of the civil war.

GREEN TARA TRUST

Our vision is of a world in which every human being can have access to basic health care and education. This, we believe, empowers individuals to exercise choice and take the steps needed to improve their lives and that of their communities.

Our mission: we aim to contribute to this vision by providing a range of health-related services to some of the most disadvantaged children, women and men in rural areas of Nepal.

Dr Jane Stephens, who has been working in rural mountainous areas of Nepal since 1993, established the Green Tara Trust in 1999. Her main work has been the training and education of women, whose only economic alternative was to work in the sex industry in Kathmandu or India. This work has enabled thousands of women to stay with their children and earn a living with dignity.

We are a small charity that has been working in conjunction with the **Ministry of Health** in Nepal. Based on extensive and focused research as well as hands on experience, we have developed programmes in education and training that embrace cultural autonomy.

We aim to work with poor, rural communities where geographical access to healthcare and education is difficult. In such areas, most women and girl children are marginalized, as well as sex workers and Dalit people. Our initial work focuses on the poorest 30% in these communities then expands to incorporate the whole community.

Our approach

We believe that the only realistic hope for change is a community-led participatory approach through **Health Promotion**.

Working in this way optimises community participation in all levels of planning, recruitment of local staff, fundraising and decision-making. This ensures operational sustainability and encourages community ownership of the project. We combine this approach with working through National **Government channels**, facilitating health training and policy changes. In this way, we work from a grassroots through to a national level.

Our main aims and activities

- > To train nurse-midwives as health promoters to provide extra support and expertise, working alongside the local government health system in project areas to deliver the programme.
- > To reduce the incidence of diarrhoeal disease & acute respiratory illness in under 5s, the main killers in this group.
- > To increase access and quality of antenatal care for mothers and to increase the number of trained assistants at delivery.
- > To provide sexual health education to young people thus improving knowledge and decreasing risk-taking behaviour.
- > To facilitate young women in tackling gender discrimination and menstrual taboos.
- > Through education and support to assist marginalised groups in understanding their rights and accessing basic health services.
- > At a National level, to lead on curriculum and policy changes with the Ministry of Health in Health Promotion and Health Communication.

