



CBRS Update  
August  
2022

Sally and David Lund, two of WMT's trustees had planned to visit Nepal in 2020 but travel restrictions throughout the Covid pandemic meant that the visit had to be delayed until May 2022.

Before visiting CBRS in Pokhara, they trekked up to Lo Manthang in the Upper Mustang valley; sometimes referred to as the hidden (Tibetan) Kingdom. The trek took 10 days and involved walking 190km with 9,000m of ascent.

The day after they returned they met Krishna, the WMT accountant, Bindu, and two new workers – Rati Thapa and Chandra Bandan.



Between them the two workers have 578 clients, so they see them about twice a month. They usually see 4-6 clients a day depending on how long each visit takes.

After the usual introductions, there was a birthday celebration for Krishna who is 56, Here he cuts the cake then feeds to first mouthful to those around!

CBRS now have 32 workers, 5 funded or partly funded by WMT. David signed off the donation certificate for the next year and handed over \$500 for a wage increase for two outreach workers.

Bindu was left to show Sally and David around – during lock-downs the whole building was repainted and the David Hicks Hall has had the floor tiled in beautiful marble effect tiles.

CBRS then used their jeep to take Sally and David to the slum area beside the Seti river to see three clients. This meant they experienced the real traffic in Pokhara – in the centre it is getting like Kathmandu with so many scooters.





CBRS Update  
August  
2022

The slums by the Seti river in Pokhara.



The first child was a three year old girl who had a high temperature at birth. Now she cannot sit unaided, does not speak and has had seizures for a year. She is on sodium valproate. CBRS are providing physiotherapy and instruction to the mother.

CBRS have also provided an IGP project for the parents – they have 38 chickens now 28 days old. At 3 months they will be sold for RS500 per kilo. The parents are renting the house and grounds, which were full of tall maize, beans and banana palms.



The second child was a 14yr old boy who is severely autistic. He is partly continent. He does not speak at all. CBRS have been seeing him for 10yr and are trying to improve his concentration by playing games with him.

His father retired from the Indian army 3 years ago and is on an army pension – this house looked better than the others we saw. The father was active in the local community and supportive of CBRS.





CBRS Update  
August  
2022

The third visit was to a young women who CBRS has supported for several years. She has cerebral palsy affecting her ability to walk and her right hand. She is studying for a degree in Business, mainly remotely, because it takes her two and half hours with her walker (pictured) to do a 15min walk uphill to the college.

While he was there the CBRS jeep driver driver measured her for a new walker as the old one was looking distinctly the worse for wear.



Later they went to see a fourth child who lives up several flights of stairs in a very small apartment in the centre of Pokhara. This boy who is 16 years old, has severe cerebral palsy, he did not speak at all but understood and was able to roll over, get onto his knees and sit but could not quite make it onto the bed alone. He had a walker and back support, but this could only be used on a clear area on the roof. His family carried him downstairs to go out. His father and brother worked in the business, the stores for which were on the landings on the way up to the tiny apartment .

Chandra said there was little support for some of their clients as they become adults. At the moment there is no provision for long term adult care, they are entirely dependent upon their families.