



Dan and Phillipa Munday
Lamjung, Nepal

February 2023

Dear Friends,

Happy New Year! As we write this, we are preparing to leave Warwick and return to Asia in a few days. As you may remember from our last letter, we seem to be prone to unexpected happenings in our life! This time, having planned a short visit to spend Christmas with family, we found that our stay has been extended on two counts. After the challenges of the autumn, we felt the need for some time out to reflect and restore our energy levels. Also, Dan needed some medical checks and with the NHS in crisis, these things take longer. Happily, the results are good and we have enjoyed lots of extra family time. We are now getting ready for the next season, but first some updates.

Dyslexia Awareness and KISC EQUIP training:

The Differentiation training for teachers in Lamjung went well, with one teacher attending from each of the 15 schools. Since then, many of the participants have held mini-trainings in school to share their learning with colleagues. Unfortunately, for several reasons, Phillipa has been unable to attend these but is very encouraged by the way EQUIP colleagues have been able to follow up with the teachers and also begin to intentionally embed different needs awareness in their own subject-specific training sessions.

The Dyslexia Awareness Workshop at Tribhuvan University also finally happened at the end of November, with a packed hall of Education students and some of their lecturers. They watched a film and were very enthusiastic with thoughtful discussion on the subject. We're hoping to run a follow-up seminar in the next few weeks.



Sunita Project news:

The Sunita Project is progressing despite some challenges. Following our visits to Surkhet and Rukum in October we have negotiated to start work in these districts in the next couple of months. We will also continue our work in Lamjung District, although that will focus on two community hospitals and their surrounding health posts in the south of the district. It's great to see things emerging following the uncertainties regarding our work at District Hospital Lamjung. We still plan to do some work there, but that will be later this year.



Sunita project team meeting with KISC EQUIP

Our research team has started to collect data on the project exploring the palliative care needs of people in rural areas. The research will be focused on Lamjung and Rukum districts and should provide the insights we need to build a really appropriate and robust model of palliative care.

Our education team has also been working very hard, developing the training for Female Community Health Volunteers (FCHV) who we believe are the eyes and ears of the community and able to help direct people with advanced illness toward the care that they need. They have also been designing training for school students with help from Phillipa and the KISC-EQUIP team.

Return to Nepal via Bangalore...

The Indian Association of Palliative Care holds an annual conference in which Dan has participated for many years. This time it will be in Bangalore, and we are excited that there will be six oral presentations and posters from our Sunita project team members. They will have this wonderful opportunity to talk about the project and development of Palliative Care in Nepal. We are leaving Warwick for Bangalore for the conference on Monday 6th February and will meet the Sunita team, who are arriving from Nepal, at the conference.

Phillipa is also looking forward to visiting and sharing a workshop with a school in Bangalore that specialises in teaching children with both specific and general learning difficulties. It will be a wonderful opportunity to learn from them and to see such provision in the South Asian context; there is so little of this in Nepal.

...and Chinchpada.

Dan has also been collaborating with Indian doctors who run a general hospital in the very remote village of Chinchpada in northwest Maharashtra. We are very glad to have the opportunity to visit them after the Bangalore conference and Dan will also contribute to a Palliative Care training programme there.

Conferences

Before we left in December, we enjoyed a wonderful weekend of fellowship with the CMS Nepal group, just outside Kathmandu. (Our regional manager, Rhena lives in Bangalore and we are looking forward to spending some more time with her and her husband, Eric, next week). In December Dan also went to a Family Medicine Conference in Bali (World organisation has the unlikely name of WONCA!) It was a great opportunity to promote palliative care within primary care and family medicine.

This year there will be two further conferences where Dan will be taking part and where we hope to take the international development of primary palliative care further: one in Rotterdam in June, the other in Seoul, South Korea, in October. So, plenty more travelling in 2023!



Time to move!

As we look ahead to the next few months, we will need to think about relocating to the town of Pokhara. As we start the Sunita Project in other districts further west, it will be much more manageable to do this from Pokhara than from Besisahar. Dan's team is also based in Pokhara, so that is an added advantage of being there.

In all this, we trust in God's promises, so that his name will be uplifted and his love known, 'if I settle on the far side of the sea, even there your hand will guide me'. (Ps139:9)

We are so grateful for your prayerful support.

Dan and Phillipa



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Prayer pointers:

Safe travel to India and Nepal.

Indian Palliative Care conference, Feb 10-12th

Chinchpada visit 13-18th Feb.

Dyslexia awareness seminar tbc.

Strength for the challenges along the way.

Finding a new home in Pokhara.

God's name to be honoured in everything.