inspiring hope
new areas of work bring hope for the future
INF values

love
God’s love compels us to reach out to others

service
Serving others, as Jesus did

compassion
Having compassion for poor and marginalised people

forgiveness
Having forgiveness for each other

equality
Living equally, as all have equal worth

justice
Acting justly, especially for poor and marginalised people

reconciliation
Striving for right relationships between people and God

honesty
Being honest as an organisation and as individuals

excellence
Striving for excellence in our work

joy
Being joyful because of our relationship with God

hope
Bringing hope to hopeless people

INF's vision: Nepal people in Nepal and beyond experiencing fullness of life in Jesus Christ and serving with others to promote health, peace, justice and harmony with God and His world.

INF's mission: to live out the good news of Jesus Christ in word and deed by serving Nepali people through promoting health, fighting poverty and social injustice, working with and encouraging churches, and caring for creation. INF began in 1936 – Nepal was then a closed country, so INF served Nepali people in India. After Nepal opened its borders, INF was the first Christian mission to enter in 1952. In the same year Nepali INF members established Nepal's first church. 

Wings of hope

Be encouraged to PRAY|GIVE|GO|SHARE

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Mission personnel in INF
Life in Bajura in the Far Western Region of Nepal is hard. The mountainous landscape is vulnerable to landslides and floods. Men are forced to migrate to India for work, and women are left to raise their families alone. Many children grow up as orphans, as frustrated mothers choose to elope when their husbands are missing for long periods.

Adequate schools and functioning health facilities are few and far between, and local myths, traditions and caste discrimination play a significant role in society. Women normally give birth at home without medical assistance and the practice of chaupadi continues – forcing menstruating women to stay outside in the family cow shed until they are no longer considered ‘polluted’.

INF began working in Bajura in 2012 and is passionate about empowering the lives of those living in some of the harshest conditions in Nepal.

After just two years working in the remote area of Bajura, more than 100 Self-Help Groups [SHGs] formed by INF are creating real and lasting change in their communities. Pratibha Manaen reports.

What can INF offer Bajura?

Two years ago when INF began its work in Bajura, INF staff were met with curiosity and a lot of suspicion. Why were these outsiders caring for the wellbeing of Bajura’s residents? Many people feared INF as yet another group who talked development but delivered nothing. INF had to gently and effectively work alongside the local people to explain that its work sought to help people improve their own lives.

Over the past two years INF has been able to slowly and patiently work with Bajura locals, and today the fruits of that labour are evident. Today INF has helped facilitate and work alongside 115 SHGs in three villages - Wai, Jukot, and Sappata. This work includes: awareness-raising activities around health, sanitation, HIV/AIDS, disability and development issues; various training programmes related to health and development issues; education programmes for school children; running non-formal education classes for illiterate people; trainings to improve the livelihood status of people including agriculture and agro-production; the establishment of fruit orchards; material support for irrigation schemes, drinking water schemes, improved water mills and other needs of the area; and activities related to reforestation and greenery.

INF is committed to working in Bajura for at least another three years. At its core, INF seeks to bring hope to Bajura residents and that is already taking place. Attendance is increasing at health and safe motherhood classes, and people who had never had the chance to read or write are becoming literate. Women in SHGs are talking and listening to each others’ voices where previously they had been too shy to speak up. SHGs are now the most powerful forums in these villages and have seen real change and development implemented by local residents.

Through training in health, the environment and education, a handful of men and women are further empowering their own communities to find hope for the future.

We used to stay in our homes... now we feel brave and empowered.

PHOTO: INF BAJURA STAFF

Dwelling and Livelihood status, Bajura

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Through training in health, the environment and education, a handful of men and women are further empowering their own communities to find hope for the future.

PRAY | GIVE | GO | SHARE – Please pray for INF’s work in Bajura, that it would continue to see sustainable and long-term change for those communities, providing real hope for the future.
I moved to Bajura as a Programme Officer in February 2013 but have worked with INF since 2002. I was born in Mugu, a very rural part of Nepal, like Bajura, and finished my schooling there.

After school I moved to Kathmandu to attend university and it was not until that moment that I realized how different village life is to the big bustling city of Kathmandu. I had never seen a western-style toilet until I moved to Kathmandu. My life had been full of extreme hardship but, having gained an education, I knew my future could be different.

It was while studying in Kathmandu that I began dreaming about how I could help change my village. I formed an informal group, ‘Mugu-Kathmandu contract forum’, with some fellow students and was elected secretary. That was my first step in trying to help people living with poverty. Many years later I joined INF to further my dream of helping the poor and marginalised of Nepal. INF has given me great opportunities to work in a variety of roles and locations. I am very grateful.

Mugu, my home village, and Bajura, my workplace, have a lot of similarities. Residents in both communities are often without safe drinking water and without electricity, telecommunication or internet. There is very little hope or joy in the life of Bajura’s residents. It was the right time for INF to begin its work to improve the health and quality of life for the people of Bajura.

I see a lot of opportunity for Bajura to develop. INF’s work has definitely seen positive changes. It is exciting to have grown up in similar villages to those I see around me but to be able to bring hope to the local people. My dream of so many years ago in Kathmandu has come true.

PRAY | GIVE | GO | SHARE – Please pray for Juwari Lal Karki as he lives out his dream and the INF vision to bring life in all its fullness to Bajura.

Nepal’s improving infrastructure: a road to nowhere? Rowan Butler reports

Red, foot-high letters, spray-painted onto the house fronting the road read “2.65”. This graffiti is official, painted by surveyors with a police escort, and is the distance in metres the front of the house will need to be moved back from the road edge, or more accurately, the amount that will be sliced off it. Right across Kathmandu, property walls must be moved back for the extensive road-widening programme and, if part of a building lies within the new boundary, illegally built there as many are or otherwise, then it is simply cut off – with no compensation in most cases. “It’s a land grab!” said one irate resident.

In other towns and cities across Nepal roads are being widened and improved to cope with the rapid increase in vehicle numbers. In the decade to 2013, registered vehicles in the Kathmandu Valley area roughly tripled*. The results have been an increase in traffic jams, accidents and air pollution. Where roads have markedly improved in Kathmandu, drivers and motorcycle riders often treat them like race tracks, making life dangerous for themselves, pedestrians and the ubiquitous cows.

In the hills and mountains, winding roads increasingly scar the steep slopes, opening up areas previously accessible only by foot. These new roads improve access to medical help, enable farmers to sell produce in previously unreachable markets, and bring commerce and modernisation to remote areas. They are, however, generally extremely rough, dust bowls in the dry season and often impassable in the monsoon with bog holes, wash-aways and landslides. The upkeep of a high standard road network in a country with limited resources is impossible, the demanding terrain making it even more difficult.

Rubble from roads cut into hillsides often falls down onto terraced fields, ruining scarce and valuable farmland. Fatal accidents are common on these frightening roads, with overcrowded buses and other vehicles going over the edge, as there are usually no safety barriers and drivers continually take risks. Nepal had the dubious distinction of being featured in an episode of the BBC’s ‘World’s Most Dangerous Roads’ series.

Like the owners of sliced up houses in Kathmandu paying the price for wider roads that benefit all, Nepal’s expanding road network that brings efficiencies in transport and advantages to many isolated communities, comes at a cost to a few.

[MaYa Fact Sheet #1, Urban Mobility in Kathmandu, Status and Trends].

PRAY | GIVE | GO | SHARE – Please pray for safety for those travelling on Nepal’s road network and for residents affected by the road widening work across the country.
Moving continents, starting a new job, setting up house and settling four kids into school would seem daunting to most families, but the Drews have done so seemingly effortlessly. Perhaps it’s because the Drews are no strangers to major change. Prior to taking on the Kathmandu-based role, Chris and his family had served with a Christian organisation in Afghanistan for seven years (in Kabul and a rural town Chris describes as similar to Surkhet). Chris is married to Debbie and they have four children - Rebekah, Sam, Tabea and Joshua. After leaving Afghanistan, the family spent a year back in their native UK where Chris completed his Masters, and since arriving in Kathmandu in November of 2014 they’ve been doing intensive language learning, settling into a house and finding new schools for the kids. The Drews now call Kathmandu home. Chris is married to Debbie and they have four children - Rebekah, Sam, Tabea and Joshua. After leaving Afghanistan, the family spent a year back in their native UK where Chris completed his Masters, and since arriving in Kathmandu in November of 2014 they’ve been doing intensive language learning, settling into a house and finding new schools for the kids. The Drews now call Kathmandu home.

Seeta joined INF in 1993 as its Liaison Officer and has held so many responsibilities and covered so many gaps for so many years – all with incredible grace and a willingness to serve in difficult circumstances,” says INF’s International Director Alastair Seaman.

Seeta’s time in the role, providing leadership to the team in INF’s Kathmandu office and beyond. A humble and faithful woman with a great sense of humour, she will be missed by many, having dedicated the past 20 years to the organisation. “I am hugely grateful to Seeta for the way that she has held so many responsibilities and covered so many gaps for so many years – all with incredible grace and a willingness to serve in difficult circumstances,” says INF’s International Director Alastair Seaman.

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Rock for Justice

Just Rock

What do you get when a couple of young musicians from Queensland become inspired to advocate for the work of Green Pastures Hospital and Rehabilitation Centre [GPHRC]? A rock concert for justice. After travelling to Nepal on a vision trip in December 2014 ‘Animal Throwdown’ members, Jarek and Hayden, planned a fundraising concert at their local church. Supported by others from the vision trip, they organised a barbecue, a basketball competition and a live concert featuring local bands. All proceeds from the event went to GPHRC.

Fullness of Life

Rev Margaret Gibbs

Last September, INF/UK once again held its annual conference with the United Mission to Nepal [UMN]. It was an opportunity for staff, members and supporters to get together and consider the depth of meaning of Colossians 2:6-7. Many Nepalis resident in the UK attended the event along with some who had travelled from Nepal. The keynote speaker, Rev Margaret Gibbs, had previously served in Nepal. She delighted her audience, illustrating her talks by singing a rendition of ‘Every valley shall be exalted’ from Handel’s Messiah. There were a variety of seminars to choose from, and on the Saturday night participants celebrated UMN’s 60th birthday.

A Lasting Gift

Dr Tulloh

Not only was Monday 17 November INF’s 62nd birthday, it was also the day that marked the official opening of the Dr Tulloh Centre [INF Banke’s new main office building in Nepalgunj]. More than 60 staff and guests gathered to celebrate the dedication of the new building. This was made possible by the generosity of its main donor, Mrs Hilary Tulloh, who gave the gift in memory of her husband Dr Tulloh.

More than Spin

EMMS

A big thanks to EMMS International for organising a 350km cycle ride across the foothills of the Himalayas in November. More than twenty riders participated in the event, each raising funds for INF’s work with mothers and babies in Dang - an area with the worst maternal and infant mortality rates in the country.

To find out more, visit:
http://emms.org/cyclenepal

PRAY | GIVE | GO | SHARE – Please pray for the work and consider whether you might be able to financially support the fistula work in Surkhet. Donations to ‘fistula work’ can be made at www.inf.org/giving-inf

TURNING FLEAS INTO HAPPINESS

Inspired by INF’s fistula camps, two Austrians are organising innovative fundraising events to raise money for INF’s vision of a fistula centre in Surkhet, Nepal. Kylie Colville reports.

Marika Mayrdorfer-Muhr and Gabi Schaller are renaming their Austrian flea market stall [‘FLÖH-Markt’ in German] into a happy market stall [‘FROH-Markt’ in German] as part of a vision to raise 330,000 Euros for the planned fistula centre in Surkhet. Marika and Gabi are inspiring many around their lakeside town of Gmunden, Austria, to also support the work of INF; Marika first heard of INF’s fistula camps through Sandra Chinney [INF Camps Nurse]. Keen to be part of the work, she sought God’s guidance – should she come and help at the camps? God clearly told her “no”, and instead planted the idea of fundraising for the centre as her contribution. Marika had just finished building her own home in Austria and God told her it was now time to help build a house [fistula centre] in Nepal.

The planning for ‘Projekt 33’ began in January 2014 with the first major fundraising event in June 2014. Since then Marika, Gabi and others who have joined them have raised an incredible 33,000 Euros.

Not only is Marika helping to raise much needed funds, she is also sharing the stories of Nepali women whose lives have been transformed through INF’s fistula camps, and educating many in their communities who have previously never heard of fistula-related problems. ‘Projekt 33’ is also supported by a local newspaper, which runs monthly articles on their fundraising progress.

“The biggest success, I would say, is not a single event - but the fact that so many people get involved with their gifts. The lady who made the little owls, she had no spare money but she had wool to give. The lady who made the soaps used her spare money to buy the materials for making the soap and covered them with wool from her own sheep – her two little girls aged five helped her. Another lady collects empty jars; with each jar she prays for the women in Nepal,” says Marika.

“The FROH-Markt brings fourfold happiness – people are happy that they can give, others are happy that they can buy beautiful things, the team is happy they are raising funds and the women of Nepal are happy because they receive help.”

PRAY | GIVE | GO | SHARE – Please pray for the work and consider whether you might be able to financially support the fistula work in Surkhet. Donations to ‘fistula work’ can be made at www.inf.org/giving-inf
Santosh Pariyar was left an orphan at the age of three, having suffered post-polio reverse paralysis aged two. Life has thrown more than its fair share of challenges his way.

After completing his high school education in Kathmandu he returned to Pokhara where he faced discrimination from relatives and friends. He became depressed and could only find work rowing passenger boats on Fewa Lake.

Santosh became so depressed that he attempted suicide and fractured his leg. This became a significant turning point in his life.

Police admitted him to the Western Regional Hospital where he came into contact with the INF-supported Social Care Unit. INF offered him free treatment and referred him to INF’s Partnership For Rehabilitation [PFR] Programme.

After receiving counselling, Santosh joined PFR’s Vocational Training Centre [VTC] and six months of tailoring training saw his smile and confidence begin to grow.

“I like the positive environment that it provides for us, especially for those who have lost meaning and hope in life. This training and support from my fellow trainees and staff, has changed my life. I am no longer a depressed person. Instead, I now have a dream to start my own business in tailoring and train and empower more like me and, with the skills I have learnt, I now feel I have the confidence to achieve it someday,” says Santosh.

INF’s vocational training centre has transformed Santosh Pariyar. Pulling him from the depths of despair into a life that promises real hope. Sangita Gurung reports.

Generating hope and transforming lives through livelihood skills is the main objective of INF’s Income Generation Programme [IIGP] [previously known as PFR’s VTC]. The IIGP is a section of INF Nepal operating independently to empower people with disabilities and other disadvantages, through training at its residential training centres and providing employment in different business projects while generating income to support its own activities as well as INF Nepal’s other areas of works. At present, IIGP has two units: the VTC and Farm. IIGP VTC provides training in a wide range of skills including tailoring, shop keeping, weaving and handicraft production, and at the farm in agricultural training where they learn safe and successful livestock keeping and farming techniques. Besides training, these units produce different products for local and international markets, creating employment opportunities for people with disability, leprosy, and HIV, and making a way for them to be self-sufficient. It currently employs 25 people and 10 trainees annually.

PRAY | GIVE | GO | SHARE – Please pray for those like Santosh who have experienced discrimination and for the work of INF’s Income Generation Programme that it would continue to transform lives.
Palliative care is relatively new to Nepal but, thanks to the dedication of two INF doctors, it is beginning to spread across the country and throughout INF’s work. Sangita Gurung reports.

Palliative care is the holistic, active care of patients with progressive, far advanced disease, for whom the focus of care is the relief and prevention of suffering, and maximizing quality of life. Palliative care seeks to control pain and other distressing symptoms, and to understand and assist the psychosocial, emotional and spiritual needs of the patient and their families.

There is an urgent need to integrate appropriate palliative care services into Nepal’s health care system so that the current unmet needs of patients and their families who confront serious life threatening and terminal illnesses can be better addressed. Patients with chronic illnesses [like leprosy], because they already have significant difficulties, tend to suffer more than others if they later develop other life-limiting illnesses like cancer.

Palliative care is a relatively new area of health care for Nepal. The first small hospice, Hospice Nepal, was established in Kathmandu in 2000. In 2009, INF Nepal has recognised the importance of palliative care teaching and educational material development, clinical support, research, and networking with other palliative care service providers in the Central Region.

At present there are very limited numbers of trained Nepali palliative care staff. INF has a vision to increase its focus on this area and develop a palliative care consultancy group, and a team of experienced professionals who could help build capacity across Nepal.

In Nepal, provision of palliative care is almost entirely confined to the Kathmandu Valley, apart from the service at BP Koirala Memorial Cancer Hospital, Bharatpur, and two palliative care beds re-opened in 2013 at INF’s GPHRC in Pokhara, West Nepal. So, four of the five geographical regions [including most of the remote and disadvantaged communities] of Nepal still have no, or almost no, palliative provision at all.

INF and Palliative Care

INF Nepal has recognised the importance of palliative care, and since 2008 has been facilitating introductory palliative care training for both INF and non-INF staff. In early 2013, two palliative care specialists, Dr Dan Munday from the UK and Dr Ruth Powys (Russell) from Australia, moved to Nepal to further develop palliative care in the country, living in Kathmandu and Pokhara respectively. Both doctors have been involved in palliative care teaching and educational material development, clinical support, research, and networking with other palliative care service providers in the Central Region.

A relative recently came to the palliative care unit at GPHRC. She had an incurable stomach sore.

PRAY | GIVE | GO | SHARE – Please pray for those participating in the training that what is learnt might be put into practice in Nepal to help alleviate poverty. Consider going to Nepal to fill the new positions available for medical, nursing and allied health professionals with palliative care experience.

Mina had asked the counsellor of her terminally ill father not to reveal what disease he had. Lal Bahadur had cancer and had suffered for a long time but his family thought it was better he didn’t know. He thought he had an incurable stomach sore.

Over time, INF staff member Ruth Pariyar counselled his family to accept his illness and share the truth with their father. It was difficult initially but, with counselling, Lal Bahadur grew to accept his illness. Ruth believes this may have been, in part, because of his faith.

He met his family and neighbours for the last time in his home and then moved into the palliative care unit at GPHRC.

“He was so prepared; he looked forward to meeting his creator,” Ruth says. He soon died surrounded by people who cared for him.

Families like Lal Bahadur’s can become emotionally and physically exhausted looking after their loved ones. The financial burden can weigh heavily as cancer treatments are very expensive in Nepal.

Ruth explains how difficult it can be to watch a loved one die. She has witnessed many families fight with whatever little they have, right to the end, to try and save their loved ones.

A relative recently came to the palliative care celebrations at GPHRC and spoke gratefully for all the support and care the nurses had given to her dying father. A sum of 10,000 NPR was also donated by the grateful family. “I had watched many cancer victims die uncomfortably but my father died with so much dignity. Thinking of his end with so much support and care heals my pain,” said the family member.

*Mina and Lal Bahadur’s names have been changed to protect their anonymity.*

PRAY | GIVE | GO | SHARE – Please pray for families like Mina’s as they cope with the death of a loved one and for the staff at GPHRC who support them in this difficult journey.
Finding their voice

We sat before community members in a village that had partnered with INF for two years. They introduced themselves and we asked how INF had encouraged them.

I was speechless. Merely being able to introduce themselves to complete strangers meant they now had the confidence to have a voice where previously there were scared to speak. They now felt confident to sell their produce and discuss issues that they saw in their community. It was a simple thing, having ownership over your own name and voice, but to a person who was born into a history of disempowerment, it’s the world.

Thank you INF for helping people to find their voice.

Laura-Jane MacNamara Australia

Sharing the INF story

At our recent AGM we decided to give INF a regular monthly gift as part of your campaign to find 400 new supporters in 40 days. As a small church, with limited resources, we think it’s important that we are kept well informed about the missions we support. You have made lots of resources available to us, including ‘7 Days in Nepal’, which we found interesting and valuable.

Judith Graham Church Treasurer UK

LIKE what INF is doing in Nepal?

Want to SHARE the story of God’s work with the poor and marginalised?

Become a FRIEND of INF on Facebook and invite your friends to LIKE us too.

SHARE NEPAL

Launched in November 2014, SHARE NEPAL has brought Nepal into the homes of people all around the world; it’s been so popular, we’ve already ordered a second print run. This collection of photographs, taken by INF staff, captures the people, the extraordinary landscape, the lifestyle, and the diversity and colour of Nepali culture. Whether you already know and love Nepal or are yet to experience this wonder of God’s creation, we hope this book will inspire you to share Nepal with others.

Making a gift in your will

A supporter contacted INF about making a gift in her will. She wrote: “No doubt there will be quite a large number of people who will appreciate guidance about a legacy and I trust and pray there will be a generous response. God is doing great things in and through INF and it has been simply wonderful to see Him at work through his beloved children.”

Would you consider making a gift in your will for the work of INF? If so, please contact your nearest INF office [details on page 2] for information.

Praying for INF

INF could not function without prayer. If you’d like to pray for INF, please contact your nearest office [details on page 2] for our regular prayer newsletters. Also available is the annual ‘Partners in Prayer’ [pictured], a comprehensive guide to INF personnel and their work. There may be an INF prayer group in your local area which you could join – if not, maybe we could help you start one?

Feeling listless?

Are you on the mailing list for ‘Today in Nepal’ magazine? If you’re not, and you’d like to be, contact your nearest INF office [details on page 2], or sign up online [www.inf.org/sign-keep-touch] and let us know you’d like to receive ‘Today in Nepal’. Please include your name and address. If your personal details are incorrect or you would like to be removed from the mailing list please let us know.

Pass it on!

According to recent surveys, two or three people read each copy of a contemporary mission magazine. After reading it, why not pass on your copy of ‘Today in Nepal’ to a friend? Or ‘share’ the magazine online at www.inf.org
new faces

Please pray for INF’s ‘new faces’:

**Lucy Dalby** arrived in October to do a short-term volunteer placement as an Occupational Therapist (OT) at GPHRC; she will be working for eight months with the OT technicians.

**Chris and Debbie Drew** with Rebekah, Sam, Tabea and Josh arrived in October. Following six months of language learning, Chris began his role as Director of NCO in March. Debbie is managing their home and continuing language learning. Their children attend KISC and a Nepali kindergarten.

**Ian and Claire Ferrer** returned to Nepal in January. Having served in Nepal in the 80’s and then at various times since then to support camp work, Ian and Claire will now be based long-term in Pokhara, for six months of each year. They will work as training co-ordinators for GPHRC, and the Ear Hospital and Training Centre when it opens.

Meryl Beddoe will arrive in May 2015 for a short-term volunteer placement to assist with the tutorial group in Surkhet for 10 weeks.

**Naomi Clegg** joined INF Nepal as HR Advisor in January and will be based in Pokhara. Naomi will also work part-time as Personnel Advisor for NCO.

Please pray for all our new arrivals:

- that all would have good health, and transition well into their new roles and homes
- that they would make progress with their language learning, and build good relationships with colleagues and neighbours

**Austria**

James Chinnyer
Sandra Chinnyer

**Brazil**

Celinda Castro Daniel – APMT
Denny Daniel – APMT

**Germany**

Christoph Eiset – FW
Damaris Eiset – FW
Tina Gomer – Provide
Uli Gomer – Provide
C Meier – Provide
T Meier – Provide
Artur Neumann – FW

**Nepal**

Samuel Budnathoki

**Netherlands**

Pauline van Ooijen – GZB

**New Zealand**

Deborah Gough
Julie Lincoln – SIM
Matt Watson

**Sweden**

Ulrika Engerbrectsson – ISW
Peder Eriksson – ISW
Ulla Eriksson – ISW

**Switzerland**

Salome Berger – WEC
Alois von Flüe – WEC

**United Kingdom**

Alan Barker – BMS
Megan Barker – BMS
Karen Baxter
Cynthia Chadwell – BMS
Ian Chadwell – BMS
Naomi Clegg
Lucy Dalby
Lois Dingley
Chris Drew – BMS
Debbie Drew – BMS
Hilary Fergusson
Neil Fergusson
Ian Ferrer
Claire Ferrer
Shirley Heywood

**Partner missions**

Denny Daniel – APMT

**INF children** [+ year of birth]

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**INF children**

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INF children listed on page 2
Want to give a REALLY GOOD GIFT?

Gifts from our latest gift catalogue are not just for Christmas; they make great gifts for birthdays, graduations, anniversaries and thank you gifts all year round.

To order a printed catalogue, call or email your nearest INF office [details page 2].

YOU CAN BUY GIFTS ONLINE AT WWW.INF.ORG/GIFTS