

Warm greetings and welcome to the fourth issue of our monthly newsletter “ICO Updates”. The main highlight of the month was the 66th INF Day celebrated at various INF offices across the country. There were some other important meetings such as Chairs & CEOs’ meetings, INF International’s AGM and SAT meetings to name a few. Last month we also said farewell to two of INF’s well-known figures: Phil Morris and Alastair Seaman. We have also published the INF Calendar and Pocket Planner for the year 2019.

More details are below:

1-15 November

CDMC meeting

- Community Development Management Committee’s meeting was held on 1-2 November at the Central Office. As the change process has already begun, it was the last meeting which was attended by the managers from the community development side, funding and technical areas.



The final CDMC meeting

Workshop on improving nutrition

- INF’s partner organisation Health Bridge organised a week-long workshop on Strengthening Health Systems from 12 November. The workshop focused on improving nutrition for mothers and children in Nepal and Vietnam. The workshop was attended by the INF Banke team led by **Dr Inge Baumann-may** [INF’s Public Health Advisor].



Participants from Canada, Vietnam and Nepal during the workshop

16-30 November

INF Day celebration

- INF marked its 66th anniversary this year, celebrating INF Day on November 16th. Each year INF Day marks the anniversary of the early founders who first arrived in Pokhara in 1952 and set up a medical clinic.
- INF Nepal organised a special programme at the Green Pastures Complex to reflect on, and acknowledge INF's work over the past 66 years serving the poor and marginalised of Nepal. The programme brought together board members as well as staff from across local and international offices.
Dr Deependra Gautam [former Executive Director of INF Nepal and Advisor of INF Nepal Board] opened the day in prayer and was followed by the guest of honour **Prakash Poudel** [Chairperson of Ward No. 15, Pokhara Metropolitan City] who lit a candle in the traditional Nepali way and cut the cake together with **RC Timothy** [Chairperson of INF Nepal].
- **Dhana Lama** [Treasurer of INF Nepal Board] welcomed everyone to the event and **Krishna Adhikari** [Executive Director of INF Nepal] briefly introduced the organisation and shared the challenges and opportunities ahead for INF. **Michael Jordan Thomas** [Chairperson of INF UK] and **Hari Ram Ghimire** also addressed those in attendance. **Alastair Seaman** [International Director of INF International] spoke about three important life lessons that can be learnt from INF's founders – sacrifice, endurance and a risk-taking attitude even when there is uncertainty in the days ahead.
- Participants were also privileged to hear personal stories of how INF's work had changed people's lives. **Giri Nath**, a leprosy patient from Parbat; **Basanti Thapa**, a spinal cord injury patient from Syangja and **Bharat Shrestha**, an ear patient from Pokhara, each shared their experience and gratitude towards INF for the life-changing treatment that had brought practical change and hope for their futures. Prizes were also given out to the winners of different sports activities that took place during the INF Sports Meet-2075 and **Indra Bahadur Ranabhat** was congratulated for 25 years of service in INF.
- The INF staff choir led the sessions with songs and hymns, and guest of honour, Prakash Poudel, expressed his gratitude for all the services INF has provided to the community especially in the health sectors. RC Timothy gave a token of thanks to Prakash Poudel, and to Alastair Seaman, as outgoing International Director.
- Staff and board members shared lunch after the official programme had finished. The programme was conducted by **Dipendra Pahari** [Manager, IIFS].
- Read more: <https://www.inf.org/news/celebrating-66-years/>
A short video report can be found here:
<https://youtu.be/zugg4rlqqTA>.



Guests during the programme



Guest of Honour inaugurating the event



Basanti Thapa telling her story



Congratulations to Indra Bahadur Ranabhat

Chair and CEOs meeting

- Chairpersons and CEOs of different INF families sat together to discuss the challenges and fellowshiped together on 17-18 November at Sundaridanda, Pokhara.

SAT meeting

- A Strategic Advisory Team meeting was held on 19 November at Green Pastures Complex, Pokhara. Directors from INF Nepal shared the achievements and challenges in their respective departments. The meeting was attended by Alastair Seaman, **Chris Drew** [Nepal Country Office Director, INFI], **John Reynolds** [CEO, INF UK], **Ben Thurley** [CEO, INF Australia], **Sean Martson** [Director, INF New Zealand], **Carol Scovil** [INF Canada], Krishna Adhikari and Department Directors from INF Nepal.

INF International AGM

- The Annual General Meeting of INF International held on 19 November at the INF Nepal Central Office, Simpani, saw Alastair Seaman, the International Director of INF International stepping down after 17 long years of service in various roles in INF. The newly formed INF International board includes **Ian Philip Lindsay** [Chair], **Terry Steven** [Treasurer], **Ravi Underwood**, Krishna Adhikari, **Rodger Vickers**, **Dhan Maya Gurung**, John Reynolds and Chris Drew.

Basic personal safety training

- Basic personal safety and first aid training were conducted for new staff on 21 November at GPH. The training focused on basic emergency management technique for personal and workplace safety. Training was facilitated by **Jyoti Chettri** [SRT Coordinator].

Calendar and Pocket Planner

- We have produced INF Calendar and Pocket Planner for the year 2019. This time the theme is the Sustainable Development Goals and how INF's work is helping towards achieving these goals. We also included infographics showing various statistics across the 12 different months.

EMMS cycle tour

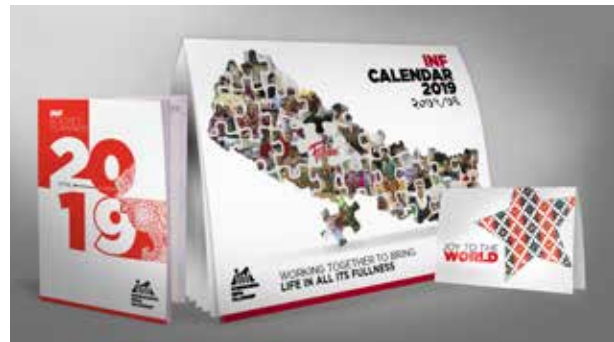
- INF's GPH welcomed a team of 15 participants from EMMS International Cycle Nepal 2018 event. These cyclists travelled 700 Km from Kathmandu-Hetauda-Sauraha-Pokhara to fundraise for the palliative care work at GPH. **Dr Dipak Maharjan** [Hospital Director], briefed the visitors regarding the services provided and gave them a hospital tour along with **Dr Bruce Hayes** [Medical Superintendent].



Chair and CEOs' meeting



Participants learning emergency evacuation techniques



INF Calendar and Pocket Planner



EMMS cyclists greeted at GPH

Upcoming meetings and events:

- 10 December 2018 INF Nepal Board meeting
8 January 2019 SMC meeting