

WIND

ISSUE 12



INCLUDING HIMALAYAN COMMUNITIES

CHARITY NO: 802974

HORSE

AUGUST 2018



NEW MEANS OF INDEPENDENCE FOR YOUNG WOMAN



Laxmi with her new wheelchair

Laxmi wore her best outfit at the presentation of her new wheelchair (opposite), the provision of which was sponsored after it became apparent to one of our Nepalese team that her old one was so worn out that it could no longer be repaired. One of T.E.R.A.'s UK supporting members heard about this unfortunate situation & kindly stepped-in to fund our endeavours in providing a new wheelchair for Laxmi.

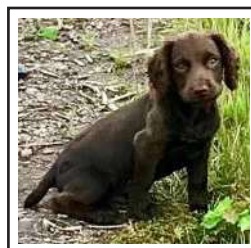
Laxmi is 28 years old & lives in Kathmandu, Nepal. Her mother & father are no longer alive, & she lives with her uncle whom she also helps to support. Without the use of her wheelchair it is impossible for Laxmi to make a living, let alone cope with her day-to-day activities. Laxmi's story & its conclusion are a wonderful example of how T.E.R.A. works at its best & is able to facilitate helping someone in need.

Due to our dedicated representatives, contacts, voluntary Executive Members, supporters & donors, T.E.R.A. - as a small charity - is able to help in areas of need that larger charities are unable to. This does not diminish the value of T.E.R.A.'s work & the huge impact it has on the lives of those that benefit - like Laxmi & her uncle.

More stories from Nepal on Page 2



YEAR OF THE

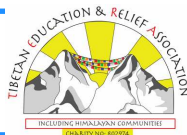


DOG



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NEPAL



Above: One of our sponsored students about to receive his certificate, Khata & Tika blessing

Right: Student receiving a Tika from Lhakpa

Left: Students getting ready for their performance

FAREWELL PARTY FOR GRADUATING STUDENTS

T.Ē.R.A.'s Class 10 sponsored students in Nepal have been taking part in a school leaving celebration, as they have come to the end of their High school education. Along with their Certificate, a blessing for their future endeavours which was expressed in the form of a 'tika' (red mark on the forehead from the Hindu tradition) given by T.Ē.R.A. representative Lhakpa & a blessing scarf (Khata from the Tibetan tradition). On the day there was also a show performed by the students. All at T.Ē.R.A. wish the students of Class 10 every success for the future.

DEVELOPMENT AWARD



Ritu receiving her award

Opposite: Ritu Shrestha receives an award from The Inner Circle President for her strong work in community development. All at T.Ē.R.A. would like to congratulate Ritu, & feel it is a well deserved award for her long term efforts. T.Ē.R.A. has benefitted from her help for many years, as have many of our sponsored students.



The Lhari Trust is T.Ē.R.A.'s soon to be registered charitable organisation in Kathmandu, Nepal - the details are being finalised this month. The Trust will enable T.Ē.R.A. to extend help outside of Kathmandu, to villages which were & are still affected by the earthquakes in 2015. Lhakpa Shrestha our representative in Nepal will be Chairman, Ram Govinda Shrestha -Treasurer, Ritu Shrestha- Secretary, Tsering Dolma - member, Amit Shrestha - member.

'RETURN TO THE HILLS OF KATHMANDU'



at www.tera-charity.org



INDIA



GATHERING OF SOME OF T.E.R.A.'S INDIAN FAMILIES

Some of T.E.R.A.'s sponsored families gathered together in Tashi Jong for a Coca Cola & chat with our representatives (as seen below). The families are doing well & are grateful for the continued support from T.E.R.A.. With the help of Jaygo (local businessman) who is a respected member of the community & useful source of information is now acting as an assistant to Lama Thapchok. T.E.R.A. will extend its help to more families in the area, once we



Some of the families supported by T.E.R.A. with our representatives



have a clearer idea from our representatives as to which families are in need of T.E.R.A. support. Kulbhushan (above right) had been working as an assistant to Lama Thapchok, but is now looking for full time work. All at T.E.R.A. would like to thank Kulbhushan & wish him every success in his future employment.



Lama Thapchok sharing a Coco Cola



View from one of the properties above Tash Jong of the Kangra Valley



Right: A view of some of the villagers properties

MOMENTS TO MAKE A DIFFERENCE

Supporting a charity has never been easier if you are prepared to take a few minutes out of your day. If you cannot donate money directly, your online purchases made at various retailers will raise free donations for T.E.R.A. (or a charity of your choice) at no extra cost to you, after you have registered with www.giveasyoulive.com. If you need help, log on to our website to find out details for completing the application.

www.giveasyoulive.com/charity/tera



A warm THANK-YOU goes out to Nutri Advanced & Staff. Who will be kindly donating supplements again which will help support our projects in Nepal, India & Tibet.



TIBETAN EDUCATION & RELIEF ASSOCIATION Executive Committee Members would like to wish all our students & families in Nepal, India & Tibet love & best wishes in this year of the Dog.

T.E.R.A.'s Active Members



Togden Acho
Spirifual Inspiration



Lama Thapchok
Co-ordinator, India



Lhakpa Shrestha
Lhari Trust Chairman
Child Welfare
Representative,
Nepal Co-ordinator



Sydney Leijenhorst
Voluntary Dutch Representative

T.E.R.A.'s UK voluntary team



Mark Jennings
Sponsorship Secretary



**Dr Chrissie
Coburn-Krzowska**
Chairperson



Johanna Widdowson
Treasurer



Carole Dyer
Executive Member



David Scholes
Newsletter Editor



Lynn Drinkwater
Secretary



Cath Baxter
Fundraising Assistant

TIBETAN EDUCATION & RELIEF ASSOCIATION. (including Himalayan Communities) U.K. voluntary team would like to express their thanks & gratitude to one & all, for your continued support.