# OUR WORK TO DATE

Since NPR stared in 2015, we have created Pain Relief Stations (PRS) in the following places

# CHARIKOT, DOLAKHA (18<sup>TH</sup> OCT – 28<sup>TH</sup> NOV 2019) – 6 WEEK HEALTH CAMP WITH ICOM

Full six-week health camp. Two volunteers from the International College of Oriental Medicine (ICOM) in the UK, Anne-Marie .... and Caroline Crowther conducted a six-week health camp.

### CHARIKOT, DOLAKHA (APRIL 2018) – 10 DAY HEALTH CAMP WITH ICOM

A 10 Day Health camp and visit by Professor of Acupuncture Deborah Woolf from the International College of Oriental Medicine (ICOM) in the UK.

# CHARIKOT, DOLAKHA (MARCH 2018) – 5 DAY HEALTH CAMP WITH HOLGER WENDT

A 5 Day Health Camp funded and conducted solely by Holger Wendt, a renowned Chinese medicine expert from Sweden.

# CHARIKOT, DOLAKHA (1<sup>ST</sup> NOVEMBER – 15<sup>TH</sup> DECEMBER 2017) – 6 WEEK HEALTH CAMP

Full six-week health camp. Two volunteers, Jussi Roivanen from Finland and Kelly Butler from Canada. Made our first local hire, Nita Raut for 8-week full time Project Coordinator position.

## CHARIKOT, DOLAKHA (MARCH 2017) – PILOT CLINIC WITH TUKI

Doshan & Lucy. Initial set up, orientation for the permanent NPR clinic and five day health camp for TUKI staff and local people.

## KATHMANDU/GORKHA (JUNE 2016 - AUGUST 2016) - WELLNESS HOSPITAL

Volunteer project based in Kathmandu, developing hospital partnerships including field health camps in rural mountain areas including Gorkha. Chelsea Peters and Lidia Flores from America.

# SINDHUPALCHOWK (MAY 2016 – JUNE 2016) – WOMEN FOR PEACE AND DEMOCRACY

Six week volunteer project in the field focusing delivering sustained patient centered pain relief allowing for repeat treatment and more longer lasting sustainable results. Kim Reid and Priscilla Sullivan from America.

## **ARMY INFANTRY CAMP KATHMANDU (AUGUST 2015)**

Week end health camp offering pain relief services and support to infantry soldiers during intensive relief operations.

#### PANAUTI – ETAY NAMO BUDDHA SCHOOL (IULY 2015- AUGUST 2015)

Pilot project post earthquake to develop protocols of safe practice, establish relations with the social welfare council and put into practice for NPR internal procedures.

# KASKI GURKHA WELFARE TRUST, RESIDENCE HOME AND BRITISH CAMP STAFF (MAY 2015)

Short term health camps offering relief for both the staff of Gurkha Welfare Trust and their families to provide support during the intensive relief operations.

## THAMUDI, POKHARA (MAY – JUNE 2015) – GORKHAS

Immediate response in the aftermath of the earthquake providing four weeks of trauma care in an evacuation setting.

TEMPLE	E SCHOOL EVACUATION CENTRE, POKHARA (MAY – JUNE 2015)	
	te response in the aftermath of the earthquake providing four weeks of trauma care	e ir
GURKH	IA WELFARE TRUST KATHMANDU, (APRIL 2015)	
Reconnai	ssance expedition into Gorkha Epicentre region.	