



**CHIMALAYA
CHARITY**

**IMPROVING MATERNAL
AND CHILD HEALTH**

**FRIENDS OF CHIMALAYA CHARITY
SPONSORSHIP PROPOSAL**



THE PROBLEM

- In Nepal, the number of infants dying is approx. 10 times higher than in Denmark.
- Every year, **33,000 children** under the age of five die from diseases combined with malnutrition.
- **36 %** of Nepal's children are under- or malnourished to such an extent that it causes physical and mental damage.

WE ARE CHIMALAYA CHARITY

Chimalaya Charity is a Danish voluntary association with NGO status in Nepal. The organization runs a health clinic in the town of Bode outside Kathmandu.

Chimalaya specializes in offering **home visits** to mothers and newborns, as in Denmark, and offers **mother groups** held at the Chimalaya Clinic. Chimalaya Charity provides support for breastfeeding mothers and provide important information about health, nutrition and hygiene.

To reach the most vulnerable women, Chimalaya Charity's health professionals arrange **outreach camps** to remote factories, where women and children live and work in extremely poor conditions. Nepal is Asia's poorest country and has one of the world's highest infant mortality rates and many children are malnourished.

Pia Torp, who is a psychotherapist, founded Chimalaya Charity in 2009 when she visited the country for the first time. The living conditions of

the local women made a deep impression on her. Often the women are left alone to fight for their babies' survival. Early intervention in the child's life is necessary if more children are to survive and avoid physical and mental injuries.

In 2018, **Chimalaya Charity managed 600 home visits, 100 mother groups and 20 outreach camps** within a limited budget. The demand of our services is increasing and we hope to get funding to expand our life-supporting work.

"Chimalaya Charity's model to help mothers and newborns in Nepal is very well-functioning. Our ambition is that one day it will be possible for the Nepalese state to take over this system"

BASUNDHARA SHARMA
Senior Public Health Officer
Ministry of Health and Population,
Government of Nepal



"Successful breastfeeding is essential to prevent malnutrition. By offering guidance on breastfeeding, nutrition and hygiene, Chimalaya Charity saves lives of newborns in Nepal and prevents physical and mental damage from malnutrition."



LIVE ELIN TORHEIM
Professor of Public Health Nutrition,
Oslo Metropolitan University
Chairman of the Norwegian Nutrition
Council

BECOME A FRIEND AND SUPPORT OUR CLINIC

Our blue clinic outside Kathmandu in the community of Bode is the center of all our work. Here our doctors and nurses examine mothers and children and the mothers receive health education while their children can have a bath or play in our garden.

You can help us perform all our life enhancing activities; education, counselling, examinations, health check-ups or administrative work in order to give the best possible start in life to children and newborns. Become a "Friend of Chimalaya Charity" by spon-

soring a room in our clinic. Each room in the clinic has a unique purpose and special activities that your sponsorship will cover. The sponsorship agreement of a room has a duration of minimum 12 months from signing the contract.

It is our hope to build long lasting friendships, and we will contact you 5 months prior to the expiration date and hope to continue our collaboration.

CLINIC FACTS

- The clinic is located in Bode, Bhaktapur district near Kathmandu, Nepal.
- Our services are free of charge for mothers and children
- We arrange 100 mother groups and 800 homevisits and 24 outreach camps in 2019
- The Health Team consists of 2 pediatric doctors, 2 nurses, 5 health workers
- Our Friends, Skovshoved Rotary, Rotary DK and Rotary International Help Foundation will support and sponsor a total building upgrade renovation of the clinic in 2019-20.

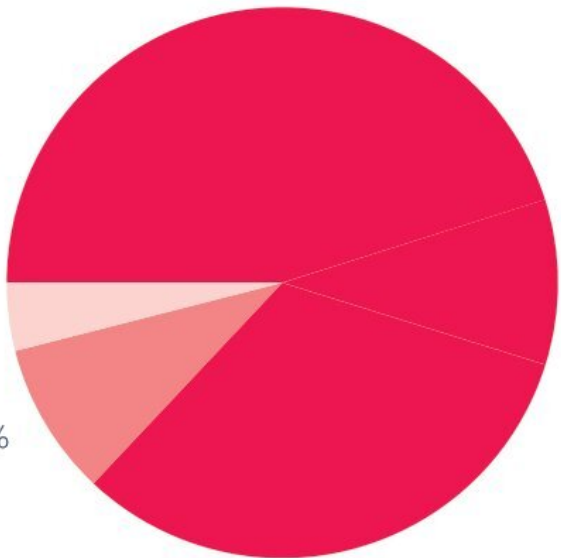


DISTRIBUTION OF FUNDS

Children and mothers 87 %

Clinic equipment 4 %

Administration 9 %





GROUND FLOOR



DENTAL ROOM

In our Dental Room, we offer treatment and provide dental hygiene. Dental caries and infections in gums are a big problem in Nepal and many families cannot afford regular dental screening for school children. A freelance dentist is affiliated with the clinic.

DOCTOR'S EXAMINATION ROOM

Here doctors examine children suffering from diarrhea, common childhood problems and viruses. The doctors also examine and offer counselling about the mothers' and children's general well being and growth.



WELCOME ROOM

In our Welcome Room we meet and greet our children and their parents. Here we make a journal and story of each child. By sponsoring this area, you support our important work to collect important information and data on each individual child. In Nepal, there is no overview of the individual child's health as in Europe.

BATHING ROOM

The bathing facilities makes it possible for the most vulnerable families to shower and learn about personal hygiene and how to bathe their newborn child. Many families live without access to running water and bath room facilities. The services provided in the bathing room covers covers soap, towels, nails cutting, teeth brushing and examination/treatment for lice and skin diseases. The facility will have shower cabins, bathtubs for small children, sinks with mirrors and toilets. The staff will teach the mothers and children about hygiene and prevention of diseases in their daily environment.



FIRST FLOOR



BAG4LIFE ROOM

Bag4Life is a changing bag for new mothers and it is the core element in our lifesaving home visit program. Bag4Life provides important remedies for Nepalese mothers in the baby's early days; thermometer, disinfectant, fabric diapers, clothes etc. In the Bag4Life Storage Room we stock all items for the bag, do stock control, forecast and order all the items needed in the bags. We also educate a Bag4Life stock manager in all aspects of purchasing, keeping track, controlling and monitoring the use of the bags.



NURSE'S ROOM

In our Nurse's Room, we offer health checkups to pregnant women and mothers with children up to the age of 2 years. The checkups are done by our doctors and health workers. We follow and monitor all pregnant women and mother group attendees and monitor height, weight, blood pressure and other health related issues. Fighting and overcoming malnutrition also mean continuous counselling in nutrition and hygiene for the mothers and their families.

PREGNANT WOMEN ROOM

Early moments matter. At Chimalaya Charity we offer counselling in pregnancy and invite pregnant women to come and learn more about the changes in the body. We aim to follow the child for its first 1000 days which starts during pregnancy. We conduct targeted workshops and counselling programs with focus on birth preparedness, physiotherapy, early breastfeeding, mother's nutrition, bonding between mother and child and we do psychological counseling as well. We also give after birth information and exercise.

MOTHER GROUP ROOM 1

In our Mother Group Room 1, we host mother groups for families and their children aged 2.5 years. The new mothers receive counselling and education in breastfeeding techniques, nutrition, hygiene, bonding, motor skills and diseases. We also teach how to dress the babies to suit the climate and guide them in various topics like sleeping habits, caretaking and security. There is always a doctor, a nurse and sometimes a volunteer present. We serve a light meal to all attendees.





SECOND FLOOR

KITCHEN

In our kitchen, the staff prepare food for all attendees at mother groups. We also offer kitchen hygiene courses, handling of food and preparation of healthy, nutritious food for the babies and the entire family. By sponsoring our kitchen, you help us teach a new generation of mothers about nutritious and healthy food and proper hygiene which has a high priority in our program.



PLAY GARDEN

The Play Garden is an approx. 2000 m2 green area surrounding our clinic, where we can perform our Mother group services and families can meet. Playing is the best way to stimulate and develop a child's brain. It also enhances children's fine and gross motor skills. Meeting in lush green garden gives families a recreational place and strengthens the social skills. In the garden, we counsel mothers about growing vegetables and healthy nutrition. By sponsoring our play garden, you support not only a green recreative place but the important development through playing. The contribution includes education material, toys, the acquisition of new grass, small bushes, fences and a sun canopy to provide shade during the warm months.



OFFICE

The Office Room sponsor help our team administrate the Nepal operation including book keeping, accounting and all feedback reporting. Your contribution includes WIFI, technical support, laptops, screens and continuous development of our local admin team.



MOTHER GROUP ROOM 2

When the child has reached 1.5 years, we offer the mother information about the needs of a child from toddler stage to pre-school. The children can develop their gross motor skills here and play with jigsaw puzzles, toy scooters or bikes, play music and tumble around. By sponsoring our Mother Group Room 2, you make education and play possible in a safe environment.



SPONSOR BENEFITS

What can be more meaningful than saving a newborn child's life?

Supporting Chimalaya Charity is a true heart business and our cause is based on one of the world's most serious problems: malnutrition, which is killing hundreds of thousands of children each year.

By supporting Chimalaya Charity you help meet UN's sustainable development goals. Goal no. 2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

At the same time, you show, that you/your company lead with the heart and empower your employees by engaging them in a meaningful cause. We are happy to tailor-make

your sponsorship. And you also get:

1. Email signature. Let your employees show the outside world that you support Chimalaya Charity.
2. Talks held by Chimalaya staff at social events for employees or customers
3. Visit our clinic in Nepal. We collaborate on a unique VIP-trip for you and your family, your customers or employees (management hospitality trips, team building, sales or marketing kick off)
4. A Friends sponsorship diploma you can hang on your wall
5. Your name on a plaque in the sponsored clinic room
6. Possibility to promote the sponsorship on all channels of communication
7. Info mail and feedback from Chimalaya Charity about the work in the clinic
8. Possibility to give meaningful X-mas gift cards or company gifts e.g. the popular Bag4Life



”As a company, we cannot save the world, but we can take responsibility. It feels good to help improve dental health in one of the world's poorest countries, and my employees appreciate working for a company that supports a good cause.

HANNE LADEKARL
Dentist and owner, Tandlægerne i Møllegade, Gilleleje
Sponsor of the clinic's "Dental room"



”I have chosen to support Chimalaya Charity because I know exactly where my money ends up. Chimalaya administration costs are minimal and the association gets the maximum out of every penny.

LARS PETER BUSCH
Entrepreneur, Charlottenlund
Sponsor of the clinic's "Office"



*We look forward to
cooperating with you.*



PIA TORP
Founder and chairman,
Chimalaya Charity



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