

What your donations can help with:

Care and support for Arushi (below left), a young girl with acute cerebral palsy. She now has a tailor-made wheel chair and can attend school, visit the community centre library and take part in the kids' programme.



Refurbishing the library (above right) and making it more accessible. The books, which are mostly in Hindi, have been categorised simply and clearly so that children (and grown-ups) can easily find and choose books to read.



Nishtha UK Trust is a UK-based charitable trust set up to fund selected projects run by Nishtha Rural Health, Education and Environment Centre in the village of Sidhbari, in Himachal Pradesh, northern India – projects that advance education, promote and protect good health and relieve sickness within the surrounding community.

Nishtha Rural Health, Education & Environment Centre was founded in 1998 to benefit the hill people of the Kangra valley. It is a secular charity providing help for those in need, irrespective of ethnic origin, class or creed. Running the Health Centre is its primary activity.

GIFT AID DECLARATION

To qualify for Gift Aid, you need to be paying UK tax. We can reclaim is 20 pence for every pound donated.

Title..... Forename.....

Surname.....Email

Postcode.....Address.....

I wish Nishtha UK Trust to treat any donation I have made since 31st January 2007 and all future donations I may make as Gift Aided.

Your signatureDate.....

Please sign and send the Declaration and post it to the Treasurer at the address below.

Thank you!

Nishtha UK Trust, PO Box 203, Totnes, Devon TQ9 9BS. UK Charity Commission number: 1118248, Inland Revenue ref. XT2400 email: uktrust@nishtha-hp.org

How we use your information

Your contact and donation details are held by Nishtha UK in a database. This information will only be shared amongst the Trustees and with Nishtha India. Names and addresses will be sent to HMRC to claim Gift Aid taxation relief where you have approved this. Your information will not be disclosed to any external third parties. We will usually send you one annual update on Nishtha activities.

If you do not wish Nishtha UK Trust to send you annual updates, please tick this box



How you can help Nishtha and the people of the Kangra Valley

Tell your friends about Nishtha – pass on a leaflet or visit Nishtha UK Trust's Facebook page.

Visit Nishtha Health, Education and Environment Centre in Sidhbari.

Make a donation to Nishtha UK (enabling us to claim Gift Aid if you're a UK taxpayer) to help us to fund:

- The Health Clinic (salaries, medicines, patients' funds)
- The Community Centre (women's empowerment programmes, support for children & young people)

How to donate through Nishtha UK Trust

Your donations could qualify Nishtha UK to receive Gift Aid benefit of an additional £20 for every £100 donated: please complete the Gift Aid form below.

- **By cheque, made out to Nishtha UK Trust and sent to:**

Jennie Hazell (Treasurer) Nishtha UK Trust, PO Box 203, Totnes, Devon TQ9 9BS

- **By bank transfer or standing order (please inform the Treasurer so we know to expect it):**

Nishtha UK Trust: sort code 30 97 41 account number 00118802

BIC: LOYDGB21063; IBAN: GB82 LOYD 3097 4100 1188 02

To find out more about Nishtha India and Nishtha UK Trust

* Visit the website: www.nishtha-hp.org, * contact us: uktrusst@nishtha-hp.org, or * look up Nishtha UK Trust on Facebook

N i s h t h a U K T r u s t

Charity Commission registration no: 1118248; Inland Rev. ref: XT2400
supporting

Nishtha Rural Health, Education & Environment Centre

A village-based holistic clinic and community centre in Himachal Pradesh, India

A local health centre in tune with local needs

The clinic treats up to fifty patients a day from throughout the Kangra valley, many of whom are women with little or no access to health facilities. It has five local trained staff, and is managed by an Austrian medical doctor and long-time local resident, Dr Barbara Nath-Wiser, who uses conventional medicine along with homeopathy, acupuncture, ayurvedic techniques and medicines to treat patients appropriately and economically. The Centre runs a range of activities to address the biggest issues for the local community:

- A nutrition programme for local school children
- Health awareness and empowerment workshops for women and young people
- Single women's outreach
- Outreach clinics delivering health education and basic care to surrounding villages
- Clean water provision through three village filtration systems
- Nutrition, hygiene and personal development education
- Environmental awareness and ecological management projects
- Events to foster community co-operation and interest in local governance
- Herb cultivation and use of traditional herbal remedies

A community centre at the heart of the village

Nishtha Community Centre aims to foster social justice and empower disadvantaged sections of society. It provides a venue for:

- Social support, training and development programmes
- Community activities: youth club meetings, film evenings, workshops, study groups and sports, sewing training and crafts clubs, a children's activity programme
- Support with learning for poorer children who can't afford private schools or tuition
- Maintaining and sharing local traditions through folk song and dance training
- A community library and computer training centre
- A kitchen for patients and guests, children's nutrition programmes and community meals
- A refuge for the chronically or terminally ill, and women in need