

# TIBET MATTERS

Issue 35 | NEW YEAR 2020



**60**  
YEARS WORKING  
WITH TIBETANS

Tashi Delek and happy  
Losar (Tibetan New Year)!  
2020 is the year of the  
metal rat, a symbol of  
imagination, humor and  
friendliness.

Thank you so much for  
all your support, kindness  
and compassion for Tibetans.  
And all our best wishes  
for a positive and happy  
2020!

Philippa Cruick  
CEO



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# Field trip scrapbook

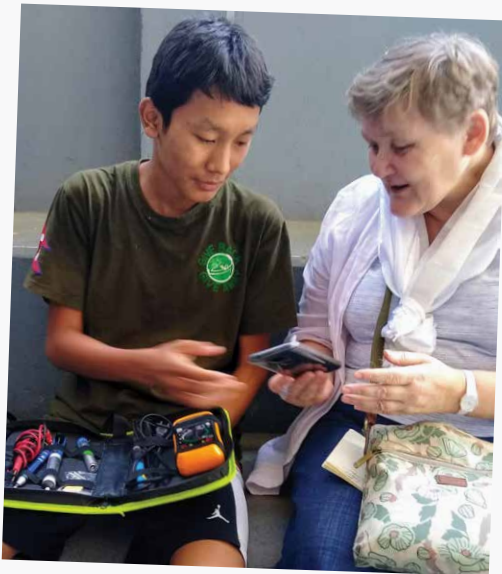
Late last year I went on a field trip to visit projects we support in Nepal and India. For the first two weeks, I was joined by Terri, our Sponsorship Coordinator. It was her first visit to India and Nepal, so a lot to take in! This trip also included visits to new and upcoming projects which were key to help us further develop our work. It's always inspiring and motivating to meet the amazing people we work with. I came back greatly moved and raring to make even more progress in 2020.

Philippa Carrick, CEO

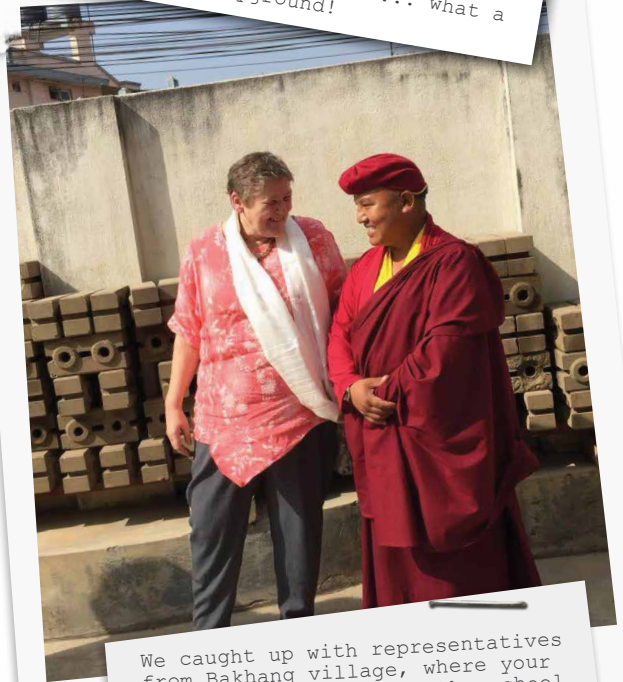


Tashi Palkhiel settlement near Pokhara, Nepal ... what a view to have from your school's playground!

## Nepal



In Parljorling it was incredibly motivating to meet Tenzin Tsepal who received skills training via Tibet Relief Fund. Although still at school, Tenzin has completed a course in mobile phone repair. He checked out my phone and pronounced it healthy!



We caught up with representatives from Bakhang village, where your donations have rebuilt the school and 14 family homes. Next up is a health clinic that will serve Bakhang and two other villages - a total population of 2,000! Here we are standing in front of lots of lego-like earthquake-resistant bricks!



Whilst visiting Dekyiling settlement we met some of the elders who receive stipends from Tibet Relief Fund. It was very moving to hear how your generosity helps Mrs Namgyal Doma and her husband Mr Chhophel access the vital medicines he needs.

On our drive back to Kathmandu from Pokhara, we visited Jampaling settlement where I had the privilege of meeting former Tibetan freedom fighter, Lobsang Monlam, again. You might remember him from a past appeal. He is now in his 90s and despite his health issues and losing his wife, he is still so positive and welcoming!





# India



Our visit to Tibetan Homes Foundation Mussoorie and the wonderful celebrations they organised to mark our 60th year will always live with me. The day started with an amazing display by the school's brass band, including bagpipes and a traditional welcome ceremony that had me taking a pinch of tsampa and throwing it over my shoulder! Later we were treated to an afternoon of music and dance performances.



I have often visited Clementtown with its amazing stupa, but had never been to Chushi Gangdrug old people's home. The elders who live there feel very lucky as not only are there three monasteries in the settlement representing three different Tibetan Buddhist traditions, but they can make a daily circumambulation of the stupa at 5:30 in the morning! Here our Project Liaison Officer, Tenzin Nyima, is listening to Bushu's story.



Our stay in Dharamsala overlapped with the Dharamsala International Film Festival where the staff of Empowering the Vision (our youth project) were running workshops. It was great to feel the buzz, soak up the atmosphere and catch up with everyone from EVP!

free  
TIBET

In 2015, Tashi Wangchuk asked China to protect the Tibetan language.

He is now serving a five-year prison sentence.

Find out more: [freetibet.org/tashi](http://freetibet.org/tashi)



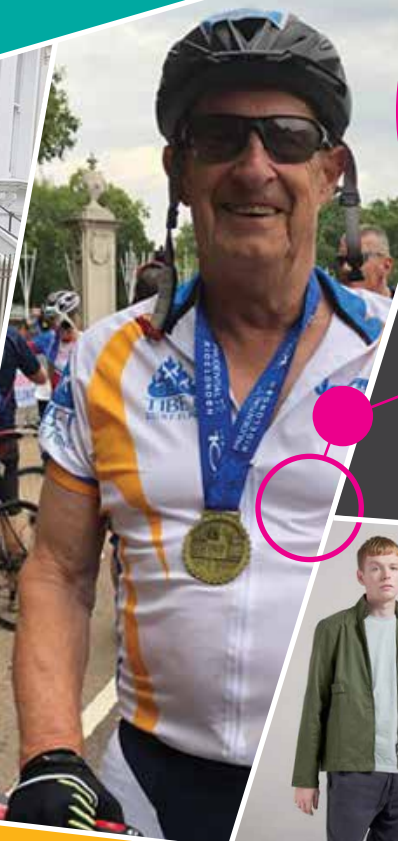
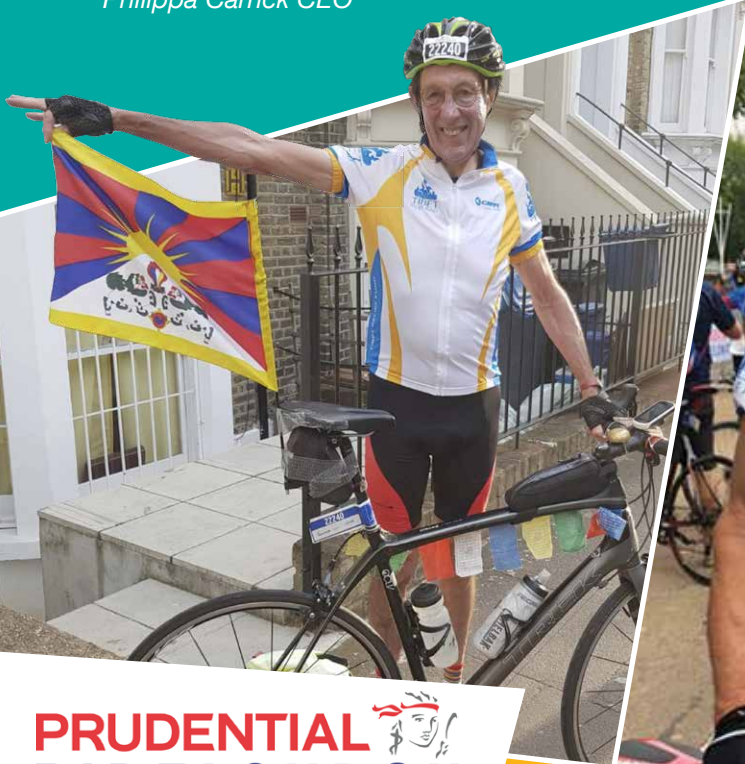
# Get Involved

“A huge thank you for making 2019 such a successful year and raising money in such imaginative ways to help Tibetans. None of our work would be possible without you! Here's how you can get involved in 2020 and help create a bright future for Tibetans.”

Philippa Carrick CEO

Could you introduce us to your networks?

If you have any contacts with companies, trusts or foundations you think might be interested in supporting our work then we would love to hear from you. Please do get in touch on **020 3119 0041** or email [fundraising@tibetrelieffund.co.uk](mailto:fundraising@tibetrelieffund.co.uk)



**PRUDENTIAL**  
**RIDE LONDON**

## On Your Bike!

Could you RideLondon-Surrey for us?

A huge thank you to our 2019 Prudential RideLondon-Surrey 100 cyclists, Chris and Philip, who raised over £10,000!

This popular cycle ride takes you through iconic parts of London and the beautiful Surrey countryside. We have six places for 2020 and expect them to go fast. Get in touch on **020 3119 0041** or email [caroline@tibetrelieffund.co.uk](mailto:caroline@tibetrelieffund.co.uk) if you would like to join our team and can raise £750 or more.

## Raffle 2020

Our 60th anniversary raffle last year raised over £12,000 - thank you so much! This will make a real difference to our work with Tibetans.

We are really excited about our raffle this year as we have already secured 15 exciting prizes for you, including several from brand-new ethical companies; Arc'teryx, The Basket Room, Ocelot Chocolate, PHB Ethical Beauty and Yogi Tea and we are delighted to still be supported by Komodo and ethicalWARES.

**Please look out for more information in April when the raffle will officially launch!**



# Will Power

A gift in your will can change the future for Tibetans

We can't overstate the importance gifts in wills make to our work. A gift in your will can change the future, helping Tibetans to thrive long after you are gone. No matter how large or small, your gift means a lot to us.

Visit [www.tibetrelieffund.co.uk/willpower](http://www.tibetrelieffund.co.uk/willpower) or call us on **020 3119 0041** for more information or, if you are already in the process of making your will, all you need in order to leave us something is our charity number: 1061834.



**Meditate for Tibet**  
**2020**

Thank you to all of you who took time out of your day to Meditate for Tibet last year! You created a lot of connection and positive energy and raised over £3,000 for our work with Tibetans around the world.

This year we have a brand-new guided meditation for you on the theme of compassion, something which feels increasingly important in these turbulent times. Donate £10 for a download or CD. You can use this to meditate at any time and, if you can, join our mass meditation on Saturday 4 July at 3pm.

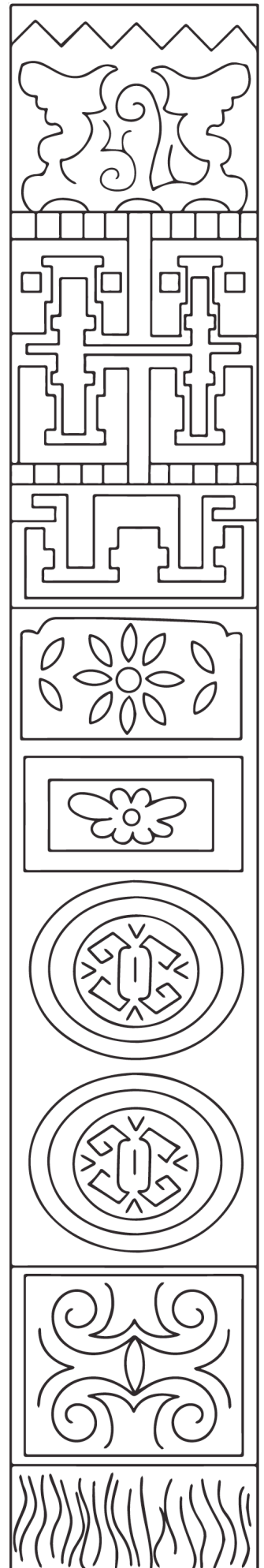
Visit [www.enlightenedgifts.org/meditatefortibet](http://www.enlightenedgifts.org/meditatefortibet), call **020 3119 0041** or simply send a cheque for £10 with your name and address to Meditate for Tibet 2020, 2 Baltic Place, London N1 5AQ.



## Mindful

Here's a mindfulness colouring exercise for you!

If you liked this, you'll love our *Fabric of Tibet* colouring book, available from Enlightened Gifts: [enlightenedgifts.org/the-fabric-of-tibet-colouring-book](http://enlightenedgifts.org/the-fabric-of-tibet-colouring-book)





A huge thank you to everyone who already sponsors through Tibet Relief Fund. Your support has provided education, food and health care to hundreds of Tibetan children, elders, monks and nuns living in exile communities.

Thank you.

# 60 LIVES

and beyond!

At the end of July last year, Tibet Relief Fund turned 60!

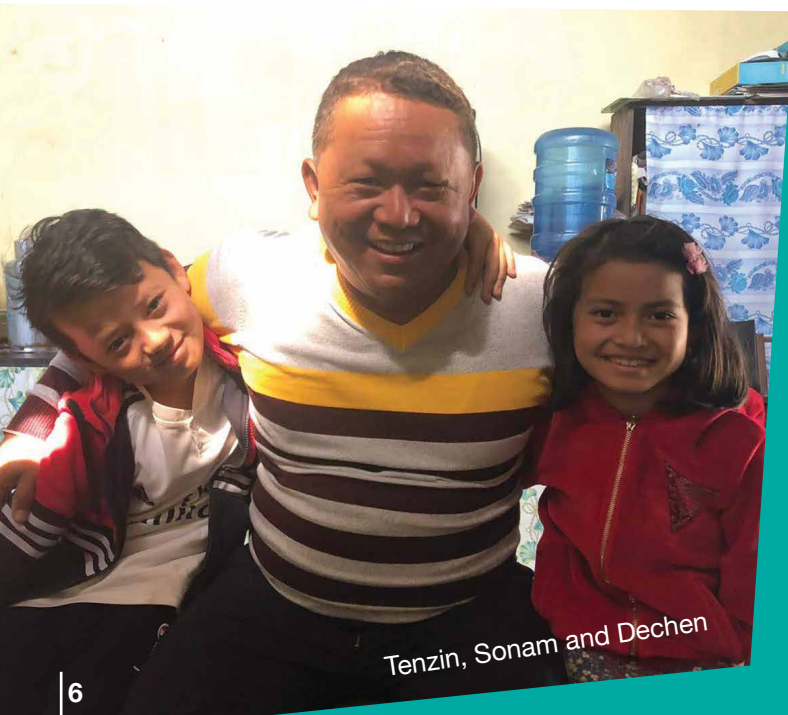
To commemorate this and to expand the wonderful opportunities our sponsorship programme gives, we launched an ambitious new initiative: **60 Lives**.

We are seeking 60 sponsors to transform the lives of 60 Tibetans - children, elders, nuns or monks.

**Will you help us reach our target and make our 60th year one to remember?**

For less than the cost of a daily newspaper you can change a life - you can sponsor a Tibetan child through their education to give them a future with choices; you can bring comfort and security to a Tibetan elder living in exile from their home country or you can support a Tibetan nun or monk to study and uphold unique Tibetan Buddhist practices.

**Be part of 60 Lives and change a life today!**  
**Visit [www.tibetreliefund.co.uk/60lives](http://www.tibetreliefund.co.uk/60lives)**  
**or call Terri on 020 3119 0041**



Tenzin, Sonam and Dechen

When we visited Tashi Palkhiel settlement near Pokhara in Nepal, it was lovely to meet Tenzin Thinley, his father, Sonam Gyalpo, and sister, Dechen. Tenzin was very excited to learn he had recently been sponsored through **60 Lives** and his father told Terri what this means to his family's future ...

“ Sponsorship is really helping my son's education. He is such a clever boy and always attains first position in his class. I'm doing all I can to encourage Tenzin to value his studies as when I was a little boy I was never able to access education. Life is financially tough for us as a family so sponsorship is very important to us; Tenzin has a head start in life. This makes me very happy and so very proud. ”

Sonam Gyalpo



Visiting Namgyal Pal Ewam Monastic School in Nepal. The young monks were fascinated by their reflections. They loved looking at themselves and me!

## A note from Terri

Our sponsorship coordinator, Terri, joined our CEO, Philippa, for part of her field trip to India and Nepal ...

*“Late last year I had the pleasure of visiting many of the exile communities we work with. It was a fantastic opportunity for me to meet some of the hundreds of Tibetans who benefit from the programme and I personally saw how your generous contributions impact the communities we strive to support.*

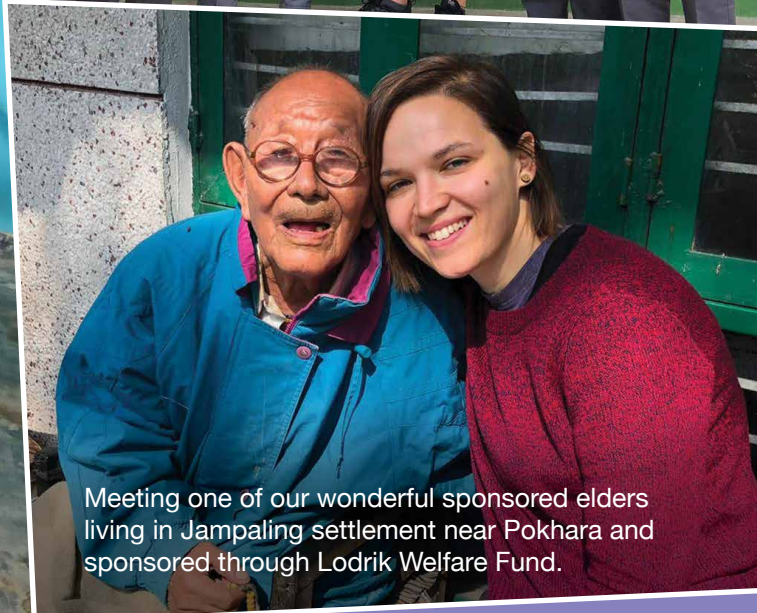
*It was particularly poignant to be visiting during the year that marks 60 years of Tibetans living in exile, and of Tibet Relief Fund's work with Tibetans. Although a reflective time for the entire community, everyone I met proved to me time and time again that the spirit of Tibet is alive and well!*”



Tsering Dolkar is 37 and has learning difficulties. Sponsorship provides the extra support she needs to enable her to sustain a living working as a weaver at Tibetan Women's Centre in Dehradun, India.



One of the gang! Posing with the students from Tibetan Homes Foundation in Rajpur.



Meeting one of our wonderful sponsored elders living in Jampaling settlement near Pokhara and sponsored through Lodrik Welfare Fund.

## How your sponsorship money is spent ...

Unlike other sponsorship programmes, 85% of your gift will be sent overseas directly to the agency caring for your child, elder, monk or nun. It is not used for any other purpose. The remaining 15% helps us to run the programme in the UK, raise awareness and find new sponsors.



# Sponsorship

Every year our sponsorship programme helps hundreds of Tibetans to live in safety and security with access to education and healthcare. Sometimes our partner agencies send us special cases; here we highlight two. Due to their unique circumstances, Pasang Lhamo and Tenzin Tselha urgently need your help. By sponsoring today, you can transform their lives.



## Pasang Lhamo

Pasang Lhamo was born in Tibet but fled to Nepal when she was 20 to start what should have been a new life with her husband and two children. Sadly Pasang lives with HIV having contracted the virus from her husband. She is now a widow and her children live abroad. Her medication is subsidised by the Nepali government, but alone and without an income Pasang needs your help to buy food and other basic necessities.

**£360 per year**

## How to sponsor Pasang or Tenzin

If you would like to sponsor Pasang Lhamo or Tenzin Tselha, please call Terri on **020 3119 0041** or email [sponsorship@tibetrelieffund.co.uk](mailto:sponsorship@tibetrelieffund.co.uk)



## Tenzin Tselha

Tenzin Tselha is 19 and halfway through a four-year nursing degree in Chandigarh. She dreams of providing healthcare to Tibetan communities in need. Unfortunately Tenzin's previous sponsor has been unable to continue supporting her and without it she won't be able to complete her studies. You can help her become an asset to the medical profession and achieve her dreams.

**Tenzin's nursing degree costs  
£1,800 per year or £150 per month**

## 60 Lives

We wanted to highlight one of our **60 Lives**: six year old Tenzin Yougyal. He is being brought up in south India up by his father with help from his grandparents. There is very little work in the settlement where they live so his dad can't afford to send Tenzin to school. As you can see, Tenzin loves to paint! He also loves being with his friends and eating his favourite food, momos! You can give Tenzin the start in life every child deserves and make sure he can go to school and build a better future.

**£360 per year**



All our **60 Lives** are featured on [www.tibetrelieffund.co.uk/60-lives](http://www.tibetrelieffund.co.uk/60-lives) where you can find out more or take out a sponsorship online.



**60**  
YEARS WORKING  
WITH TIBETANS

Patron: Tenzin Gyatso,  
14th Dalai Lama  
  
Chairman: Philip Wilson  
  
Reg. Charity No: 1061834

**Tibet Relief Fund**  
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