



## Tashi delek

and happy Losar (Tibetan New Year)! In Tibetan astrology, 2022 is the year of the water tiger, symbolising adaptability and the ability to remain calm in times of difficulty; two qualities we've all had to exercise in recent years.

A huge thank you for all your support and generosity in 2021. You showed great compassion towards Tibetans and our work through the challenging times we all faced.

We look forward to continuing our work with Tibetan communities in 2022 as they recover from the Covid-19 pandemic and strive to build a brighter future.

All our best wishes for a happy and positive year ahead from everyone at Tibet Relief Fund!

*Philippa Carrick*

Philippa Carrick, CEO

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## Appeal updates

Thank you for your brilliant response to our appeals this year. When you donate to an appeal, you support small Tibetan-run projects like these, and help Tibetan communities flourish. We hope you enjoy seeing the impact of your generous donations over the past few months!



### Tenzin is doing well

You might remember Tenzin (left and on the cover with his mother, Yangchen) from our 2020 winter appeal. Your donations kept him, and many other Tibetan children with special needs, safe over the winter, ensuring their families had the resources they needed to protect their children from Covid-19 and money for treatment if they got sick. Our project partner Tibetan Ability also continued their telehealth, remote physiotherapy services and nutritional grants for children with special needs, so their families weren't left without support during lockdowns.

Our Project Liaison Officer TenNyima recently visited Tibetan Ability Centre and was so pleased to see little Tenzin in great spirits and thriving.



### Delhi Community Kitchen opens to the public

In September 2021, the new Community Kitchen opened at its permanent location in Majnu-ka-Tilla, the Tibetan area of Delhi. It is now serving free hot meals daily to disadvantaged Tibetans, and low-cost meals to students and low-waged workers.



Above left: Visitors to the Community Kitchen  
Above right: The Community Kitchen staff

This is a huge achievement and we want to thank you, our donors, and our project partner Tibetan Cancer Society for making this happen. Just as we dreamed, the kitchen is fast becoming a thriving community hub where Tibetans can get together and share a meal, and have somewhere to turn in times of need.





Tenzin, who needs medical care for her spinal issues  
Tibetan Homes Foundation, India

## Emergency medical fund for Tibetan children

Thanks to your response to our autumn appeal, we have provided Tibetan Homes Foundation with an emergency medical fund that can help cover costs for any child who needs medical care or surgery.

Many children at Tibetan Homes Foundation have families back in Tibet, far away in India or Nepal, or are on a low income. Now, children can receive medical treatment regardless of their family's ability to pay. Your donation gives them the security of knowing they will be cared for if they fall ill.

Mr Kunga, a former  
freedom fighter, Nepal



## Joanna Lumley's appeal: elderly Tibetan freedom fighters in Nepal

We were delighted that national treasure Joanna Lumley, who was recently honoured with a Damehood, made our winter appeal, asking you to support elderly ex-freedom fighters through the winter. Joanna has a lifelong connection to Tibet and feels strongly about giving the elders the dignity and comfort they deserve after such hard lives.

Your donations made sure elderly Tibetans in Nepal had nutritious meals, medicines and enough to cover their daily expenses over winter. Thank you!

*I am deeply touched that so many of you responded to my appeal to help bring comfort and security to Mr Kunga and Tibetan elders like him this winter. A heartfelt thank you to you all.*

*On behalf of the elders, thuk-je-che (thank you) and many Losar Tashi Deleks (new year greetings).*

- Joanna Lumley



*Please join me in  
helping to bring  
comfort and security  
to Tibetan elders  
exiled in Nepal*  
Joanna Lumley

**Donate to our current appeal at  
[www.tibetrelieffund.co.uk/appeal](http://www.tibetrelieffund.co.uk/appeal)**



# Sponsorship

Our sponsorship programme empowers the Tibetan community living in India and Nepal through education and healthcare. By supporting an exiled Tibetan child, elder, nun or little monk, you can make a real difference. Sponsorship costs **£30 a month or £360 a year (just under one pound a day)**.

The six people on these pages all need a sponsor to give them security and a brighter future. What better way to start the new year than to bring positive change to their lives?



## Tenzin K.

Tenzin (above) is eight years old and lives in Pokhara, western Nepal. Tenzin enjoys drawing, singing and dancing, but her dream is to become a doctor. Tenzin's parents are both farmers who work in a nearby settlement, but their income is just not enough to support their daughter's education. You can sponsor Tenzin today and help make her dream come true.

## Lachoe D.

Lachoe (above left) is 19 years old and lives in Himachal Pradesh, India. When she was seven she became a little nun at a nearby nunnery where she learnt to read and write Tibetan scriptures. She wants to continue to study Buddhist philosophy and return to her original nunnery to teach younger nuns to continue Tibetan Buddhism's unique traditions. Unfortunately, due to her family's low income, they can't pay for Lachoe to pursue her dream. Your support could make it a reality.

## Tenzin Z.

Tenzin (left) is a joyful eight-year-old who loves playing with his favourite toy cars. Tenzin's parents are separated. His mother, Tsering, is the sole breadwinner for the family. She struggles to support both Tenzin and her own mother, as there are few opportunities for work in Nepal. It would bring Tsering peace of mind if Tenzin was given the gift of education today.



## Mr Gyalpo

Mr Gyalpo was born in Tibet in 1932. He fled to India in 1959 following China's invasion. After settling in India he joined the army and served for 20 years. For many years, Mr Gyalpo and his wife fostered Tibetan children who had become separated from their families. After his wife passed away, Mr Gyalpo has found it hard to deal with her death and is struggling. Having devoted so much of his life to others, sponsorship will provide Mr Gyalpo with comfort and security so he can better withstand his loss.

## Tsering D.

Tsering is 17 years old and lives in Chauntra, north India. Tsering is a very determined student! She always does well at school and would love to go to university. Tsering lives with her stepmother who runs a small stall selling clothing and trinkets to tourists, but her income isn't enough to support Tsering's final two years of school. To have a sponsor would help Tsering fulfil her potential and build a brighter future.

## Tenzin G.

Tenzin is a 43-year-old former weaver living in Madhya Pradesh, central India. Following a bout of tuberculosis he has ongoing health issues and is unable to work. Having lost both his mother and brother, Tenzin has no family he can turn to. Sponsorship would ensure he receives the medical care he desperately needs and would bring him peace of mind.

## How to sponsor

If you would like to sponsor Tenzin G, Tenzin K, Mr Gyalpo, Lachoe D, Tenzin Z or Tsering D please email our Sponsorship Coordinator, Amber, at [sponsorship@tibetrelieffund.co.uk](mailto:sponsorship@tibetrelieffund.co.uk)

or write to:

**Sponsorship Coordinator, Tibet Relief Fund,  
99 Kentish Town Road, London, NW1 8PB**

You can also visit our sponsorship pages on our website for others who are hoping to be sponsored:  
[tibetrelieffund.co.uk/be-a-sponsor](http://tibetrelieffund.co.uk/be-a-sponsor)

**Thank you to  
all our sponsors!**



# Silent sponsorship

Would you prefer to sponsor a community rather than an individual? From as little as £5 a month you can now sponsor a school or monastic school in Nepal, or a care home in India.



Little monks at Namgyal Monastic School in Pokhara, Nepal

Through our silent sponsorship initiative, your contribution brings essential resources such as books, furniture, clean water, electricity, food and healthcare to a school or care home and benefits everyone living within that community.

Thousands of Tibetan children, elders, nuns and little monks may never be sponsored. Silent sponsorship ensures they have access to necessities that make an enormous difference to their lives and means no one is ever left behind.



Residents and staff at Tibetan Homes Foundation elders home, north India

## How to start your silent sponsorship

If you would like to become a silent sponsor, please email our Sponsorship Coordinator, Amber at [sponsorship@tibetrelieffund.co.uk](mailto:sponsorship@tibetrelieffund.co.uk) or write to:

**Sponsorship Coordinator, Tibet Relief Fund,  
99 Kentish Town Road, London, NW1 8PB**

You can also set up your sponsorship online:  
[tibetrelieffund.co.uk/silent-sponsorship](https://tibetrelieffund.co.uk/silent-sponsorship)

We look forward to welcoming new sponsors. You will receive a welcome pack and an annual update from the community you have chosen to support.

**Tibet Relief Fund would like to give a special thanks to Bridge of Hope Foundation for sponsoring 20 children across India and Nepal. Bridge of Hope is a registered charity supporting the education of children and young adults in developing countries around the world.**

(Follow Bridge of Hope on Instagram @bridgeofhopeuk)





# Did you know?

Find out more about life for Tibetans in exile in our new regular feature! In this issue, we focus on **life in Tibetan settlements** ... we hope you enjoy this insight into the lives of the people we work with.



A resident of Tibetan Homes Foundation elders home praying with prayer beads and prayer wheel, north India



A weaver at Dekyiling Handicraft Centre in Dekyiling settlement, north India



Children at the creche in Miao, north east India



Shedup Choepelling temple and stupa Mussoorie, north India

Soon after Tibetan refugees first began arriving in India in 1959, the Indian government gave land to establish settlements where they could live for as long as they needed. There are now 58 Tibetan settlements in India, Nepal and Bhutan.

Originally founded to reflect the main livelihoods of the people living in the settlement, usually agriculture or handicrafts, there are now wider variations between settlements. But the sense of community remains strong, with a focus on preserving Tibetan culture and traditions. Tenzin Nyima, Project Liaison Officer in India, says:

“Tibetan Buddhism is an all-encompassing philosophy of life, and for many people their day begins with a prayer at their home or at the local monastery.”

In agricultural settlements people then go to work the fields and cultivate crops. In handicraft-based settlements, the day's work might include weaving carpets, making noodles, printing prayer flags or making incense. Tenzin says,

“Parents keep their kids at the settlement creche so they can go to work. Elders spend some time during the day at the monastery doing their kora (circumambulating the monastery) and reciting prayers.”

Most settlements have a monastery and a small school for those children too young to go to one of the Tibetan boarding schools. In the larger settlements in south India, such as Bylakuppe, communities are more vibrant with larger monasteries and schools, like Tibetan Children's Village and Sambhota. Many children's education is sponsored by supporters like you!

Eating together is a big part of Tibetan family life. In the evenings families gather to share a meal and walk around the settlement's monastery or stupa.



## Get involved

We want to thank all of you who support Tibetan communities, whether you donate, run a marathon, bid on an auction item or tell a friend about our work. Your support is essential.

### Tibet Bazaar

It was wonderful to see your great response to our Tibet Bazaar online auction in September! Your enthusiastic bidding raised over £4,000.

**Look out for the next Tibet Bazaar this spring...**

### Marathons in London and Madrid

Thank you to our fabulous marathon runners!

Chris (above left), a Tibet Relief Fund trustee, ran the Madrid marathon in September and raised £600. Graham (above right) ran the legendary London Marathon in October and raised over £2,000. Graham says:

“ I enjoyed every stride. The atmosphere and support was unbelievable! ”



Above: We Must Learn, one of the ten NFTs by Alex Echo

### Alex Echo

We're really excited to be part of a groundbreaking new fundraising project by artist Alex Echo (right) for Tibet Relief Fund!



Alex has created ten unique NFTs, each approved by the Dalai Lama's office. 108 editions of each are available to buy on **Hypr.com**. We've put a full story on our website, including what NFTs are and how to buy them: [bit.ly/TRF-AlexEcho](https://bit.ly/TRF-AlexEcho)

A huge thank you to Alex for his hard work and dedication to this project.

### Could you leave a gift in your will?

Thank you to the many supporters who have left gifts in their wills to Tibet Relief Fund. You have made our future work with Tibetans secure and given them a brighter future.

If you can leave us a gift, please use our charity number: **1061834**. Call **020 3119 0041** for your free information pack, or head to [tibetrelieffund.co.uk/willpower](https://tibetrelieffund.co.uk/willpower) to make your free online will.