

Tashi delek

and happy Losar (Tibetan New Year)! In Tibetan astrology, 2023 is the year of the water hare, a symbol of longevity, prosperity and peace.

Thank you so much for all your kindness and support in 2022. We know times have been tough for everyone in recent years, and your consistent generosity and compassion towards Tibetans and our work has been inspiring and greatly appreciated.

Tibetan astrology predicts this year to be one of hope, and we look forward to working with Tibetan communities to build hopeful and bright futures.

From all of us at Tibet Relief Fund, we send you our very best wishes for a happy and peaceful year ahead.

Philippa Carrick

Philippa Carrick, CEO



Paper making at Clean Upper Dharamsala

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Community Hub provides a springboard for success

Empowering the Vision is our long standing youth empowerment project based in Delhi. It recently opened a new community hub, Sontsa, in Majnu Ka Tilla thanks to your generous support.

In November 2022, our director, Apa, left us to pursue new avenues. Apa had been with us for over six years and will be much missed. We thank her for her time with us and wish her much fulfilment in her new path.

We are delighted to welcome Kunsang Tsephel to the team as our new Director.



I joined the team at a time when a much-needed community hub in Majnu Ka Tilla has finally opened. The co-working space has already attracted young Tibetans, especially job seekers, university students, and graduates, through our weekly events.

In the past two months, I have witnessed a broad range of programmes targeting Tibetan youth from schools, universities, graduates, dropouts, and the unemployed. The Tibetan Career Service programme has a free walk-in counselling facility that enables Tibetan youth to seek support in their exploring and identifying career options.

Recently, the Global Tibetan Professional Network (GTPN) dinner meeting in the Sontsa Hub saw incredible ideas of collaboration and commitment from 25 Tibetan professionals. Starting from Delhi, I envision growing a strong GTPN community across the global Tibetan diaspora within three years, which will become a resource pool for other programmes. This will channel the current programmes into a more impact-oriented approach, while instilling an inclusive community feeling and responsibility. I believe the milestone will be reached when we strategise to develop a close connection with all younger generations, and our trust becomes their reliable support system.

- Kunsang Tsephel



Right: Kunsang leading events at Sontsa, the Community Hub, Delhi

A lifelong love of reading

Last year, we began working with the Tibetan NGO in Ladakh, Shatsa, whose aim is to “build a community that embraces every child and provides encouragement to catch the reading bug ... setting children on the road to lifelong reading.”



With your support, Shatsa has set up the first community library in Leh, as well as a mobile library to serve more remote areas. Tibetan children in Ladakh now have access to thousands of books in English and Tibetan. Alongside this, Shatsa runs workshops for parents on the importance of early years literacy, so they can support and encourage their children’s confidence and reading habits.

Shatsa also works with Tibetan Children’s Village schools in remote regions of Ladakh. Molham (right), a counsellor at Empowering the Vision, visited one of these schools late last summer with Shatsa. Here she shares her reflections on their work and her visit:

“ They [Shatsa] help children develop a rich vocabulary, self-expression, and reading comprehension - tools needed to become successful readers and lifelong learners. I had an opportunity to be part of their Reading Intervention Programme at Changthang Hanley School in August. It’s located in a remote

village in Ladakh. As part of the program, I took a session with Class 4 and 5 students [10 and 11-year-olds] on career pathways and a parenting workshop with parents. I felt Shatsa is making a big difference in those children’s lives by reaching them since they don’t have internet access and a well-established library to learn. ”



Above and right: Molham working with students as part of the Shatsa Reading Intervention Programme, Ladakh

Fresh veg all year round for communities in Ladakh

The solar greenhouses in Ladakh have helped combat food shortages in local communities, even providing access to fresh vegetables throughout the harsh winter. They have also created a place for local communities to learn new skills, with children from nearby Tibetan schools involved in the growing process.



“ Students of all ages can learn how weather plays a role in how things grow. I learn the joy of hard work as I watch plants grow a little everyday. ”

- Tsering Chorol,
Tibetan Children’s Village School pupil

“ Tibetan organic farming in Leh has opened my eyes to the importance of organic plantation to save from diseases. ”

- Stanzin Padma,
Tibetan Children’s Village School pupil

The opening of one of the greenhouses at Tibetan Children’s Village school, Ladakh



A new chance at life at Rewa Recovery Centre

Last April, your donations helped establish the Rewa Recovery Centre in Rajpur - a rehabilitation clinic for Tibetans in north India. Unlike stricter regimes common in India, Rewa is run on the tenets of compassion and trust. Thanks to you, we can support the centre's vital rehab programme, as well as its core costs, which include rent and staff salaries.

Ngawang Nyima, Rewa's founder and owner, shares his insights and philosophy on rehabilitation within the Tibetan exile community:

Ngawang Nyima, founder and owner of Rewa Rehabilitation Centre, Rajpur



“ I've been clean and sober for many years. I now live in Dehradun, India, with my lovely wife and two beautiful daughters. For the past 18 years, I have worked with thousands of Tibetans who are battling addiction, and the number is still growing. In April 2022, with the help of Tibet Relief Fund, I was able to realise my dream of opening the Residential Rehabilitation Centre “Rewa”, which means hope in Tibetan.

As a refugee, I have dealt with many of the issues that Tibetans encounter in different countries - like language barriers, identity crisis, mixed cultural values, and most of all, drug and alcohol abuse. There's a huge number of young Tibetans who have dropped out of school, are unemployed, have broken families, have experienced trauma, suffer from mental health issues, and even instances of premature death due to drug overdose.

My goal in starting Rewa is to give Tibetans suffering with addiction a new chance at life. I am concerned when I see and hear about Tibetans falling victim to addiction, because I have lived this life and know how dreadful it is. Since Rewa's founding last year, we have assisted around 30 patients in recovering from addiction and today they are living a normal life. Rewa also helped some patients get jobs by recommending them in their respected field. Rewa also conducts substance abuse awareness programs in schools and settlements throughout India. I believe we still have a long way to go.

”

Appeal updates

Healthy mothers and healthy families

Our project partner has done an amazing job reaching pregnant women living in remote areas of Tibet with the support they need, successfully preventing complications and maternal deaths due to prenatal anaemia. This has included ensuring that women in remote areas can get the blood tests they need to identify if they are anaemic. They are then supported with an improved diet and, in rare cases, blood transfusions and restorative care. They have also taught pregnant women about the importance of nutrition during pregnancy, as well as providing key information about childbirth so that they can prepare.

Thanks to your generous support of our autumn appeal last year, the team has been making big plans for 2023 and beyond, so they can reach more women with the help they need, and improve the health of mothers and their families through training in local biodiversity, nutrition and diet.



The remote areas of Tibet where expectant mothers are now receiving prenatal healthcare and education



A good education for children in Pokhara

Your generous donations to our 2022 summer appeal provided salaries for five well-trained teachers in Pokhara in central Nepal, enabling Tibetan children to receive a good quality modern education, while learning their own rich culture, history and language.

Most families in this area live in poverty, and without your support, the school would not have been able to afford to pay the teachers. Better still, thanks to you, these teachers are being paid a proper, fair salary, helping them stay motivated and feel valued for the amazing work they are doing. Your kindness has supported teachers and children alike to thrive - thank you!



Did you know?

Food plays a large part in the Losar celebrations, including all the favourites like *khapse* (a type of biscuit), *dresil* (a sweet rice dish) and, of course, *momos* (Tibetan dumplings). We are delighted to share the recipe for a less famous Tibetan snack eaten during Losar, thanks to Yeshi and Julie from Taste Tibet restaurant in Oxford ...

Honey Nut Granola Bars

In Yeshi's village in Tibet, where walnut trees are plentiful, these bars are widely enjoyed as snacks during the New Year celebrations.

Ingredients:

300g walnuts
150g cashews
150g almonds
50g sesame seeds
Coconut powder or *tsampa*
(roasted barley flour),
for sprinkling
200g caster sugar
100g runny honey

Method:

Crush the nuts and place them in a bowl. Add the sesame seeds and mix well.

Line a baking tray with baking paper, and sprinkle over some coconut powder or *tsampa* – just enough to cover the base.

Place a large saucepan over a low heat, and add the sugar and honey. Stir well with a wooden spoon for several minutes until the mixture

starts to bubble. Now add all the nuts and stir everything through gently, but thoroughly for a couple of minutes.

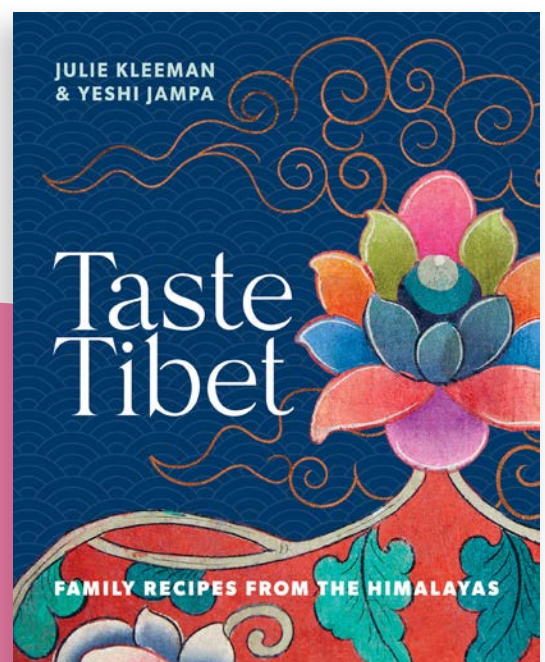
Empty the mixture onto the baking tray and press it down gently with the wooden spoon, getting into all the corners and making it as even as possible in the tray.

Cover with a sheet of baking paper and use your hands to press it down onto the surface.

Leave to cool and set for about an hour, then cut into small pieces to serve.



Find lots more delicious recipes and insights into Tibet's culinary culture in *Taste Tibet: Family recipes from the Himalayas* by Julie Kleeman with Yeshi Jampa (Murdoch Books, £25) available from their website: tastetibet.com.



Enlightened Gifts

Our online shop has had another busy year, and we'd like to thank all of you who made a purchase on enlightenedgifts.org. When you shop with us, you are helping us continue our work with the Tibetan exile community, while supporting Tibetan-run businesses.

In the coming months, we'll add lots more new items, including more from Tibetan social enterprises like Clean Upper Dharamsala and Exile Creations ...

Clean Upper Dharamsala

An environmental initiative operating since 1994, Clean Upper Dharamsala collects waste paper, cardboard and cotton from the local area and processes it to produce 100% handmade recycled paper and card based products. They have been one of our suppliers for over ten years, and this year we will add new notebooks, writing paper and more to the shop!

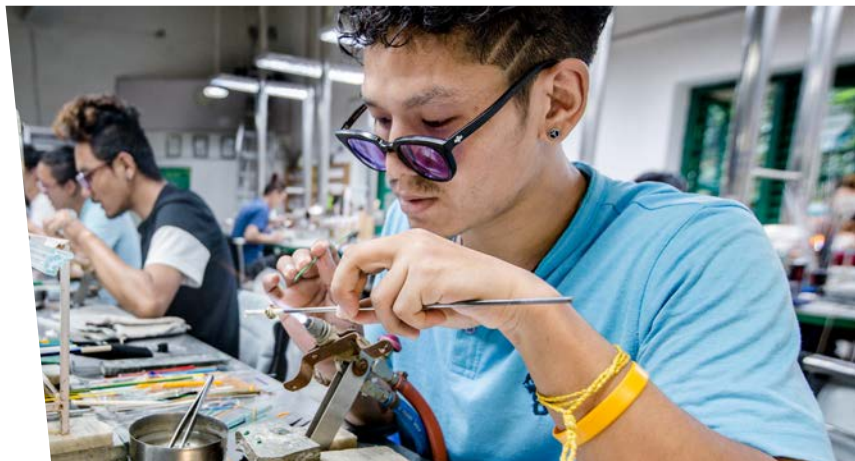
Exile Creations

In 2012, two third generation Tibetans founded Exile Creations, importing fine Italian glass rods to produce high quality "lamp work glass" jewellery. Based in the Tibetan settlement of Dekyiling (where our Dekyiling incense is made), they started small and now employ over 40 Tibetans of all abilities and ages, providing training and a sustainable future. Their reputation was enhanced when they became a supplier to the famous Danish company Trollbeads.

We have been ordering from them since 2017. Unfortunately, in the last couple of years, we haven't been able to, but are excited to bring back some of their beautifully made pieces this year.



Clean Upper Dharamsala



Exile Creations



As always, we will continue to offer a wide range of incense and prayer flags, so be sure to check us out in time for Losar (21 February)!

Visit enlightenedgifts.org, and sign up to our mailing list to be first to hear about new stock at tibetrelieffund.co.uk/emailupdates.

Become a Hope Giver today and inspire change that will last

Regular gifts from our wonderful community of **Hope Givers** are an essential resource, enabling us to continue helping Tibetans inside Tibet and in exile. Having a predictable stream of funds that we know we can count on allows us to plan ahead, so we can reach more people, and respond quickly when emergencies like Covid-19 arise.



Hope Givers inspire change that will last. Every month, you can help us provide healthcare in remote areas, support Tibetans to gain an education or complete training courses, feed elderly refugees, and work with communities to make them healthier and stronger. You will stand side by side with us and our partnering communities in building a better future for Tibetans.

A regular donation, no matter how small or large, helps us support Tibetans to deliver sustainable change in their lives. As a Hope

Giver, you can either set up a regular gift, and we will use your money where it will have the most impact, in the most cost-effective way possible at that time. Or you can choose the project you want to support, and your monthly gift of £3 or £5 will directly fund that work.

Setting up a regular gift is quick and hassle free - simply sign up online at tibetrelieffund.co.uk/hopegivers and your donations will be put to work immediately, without you ever worrying about actively making another donation (unless you want to, of course)!

Above: A young visitor to the Manjushri Educational Services library, Dharamsala, where your donations support early literacy development for Tibetan children

Get Involved

There are lots of ways to support Tibetans - from the comfort of your home or up a mountain! Your support means a lot to us and the communities we work with, no matter how you choose to show it.

Supporter spotlight

Thank you to everyone who has fundraised for Tibet Relief Fund - your kindness and generosity of spirit continue to blow us away.

Shout out to Girls on Top (below) who were the first all-women's motorcycle team to ride from Kathmandu to Lhasa and Mount Everest base camp! Inspired by the Tibetan people they met along the way, they spoke about their experiences and raised £400 to support Tibetan communities. Sam from Girls on Top says:

“ Tibet and the Tibetan people touched our hearts during our visit. We felt this charity would be a fantastic way to give something back to Tibet and Tibetans. ”

Thanks also to our trustee Greg Bruno (above), who put on his running shoes for us in October, and completed the London Marathon in an impressive 4 hours and 6 minutes. Aside from completing a marathon, Greg also raised over £2,000, showing the impact we can have when we come together as a group.

A big thank you to everyone who has donated to these or any other fundraising efforts.



Take on a challenge

If you're a fan of a challenge, why not sign up to a local half marathon or take on a mighty hike, and fundraise for Tibetans with every step you take! Eager to get moving?

Send us an email at info@tibetrelieffund.co.uk and let us know your ideas.





Bakhang school, Nepal

Tibet Bazaar

A huge thank you to everyone involved in the latest Tibet Bazaar. Every bid you made was a wonderful display of support for Tibetan people.

Together, we raised over £2,200 to pay Tibetan teachers in Bakhang and Tsagam, ensuring children in these communities get a good education in their own language and culture.

Leave a lasting legacy

Leaving a gift in your Will is a gift that keeps on giving to Tibetan communities for years to come. We know that it is a big decision and we appreciate it so much - it's your life meaning the most to someone else's by giving them the opportunity to achieve their potential and build a better future for their community.

We can never predict exactly what the future may hold, but with the help of amazing people like you, we can better plan ahead and reach

more communities with the support they need to change their lives forever. We spend every pound given carefully, making sure that we use these gifts in the best possible way, ensuring that each community gets the support that is right for them, and that will last well into the future.

If you would like to use our free Will writing service, or simply want to speak with someone, please don't hesitate to contact us at legacies@tibetrelieffund.co.uk.



A resident of Pandhra Mile Tibetan settlement, India, where your donations supported improving sanitation facilities

Sponsorship

This year, you could change someone's life. By sponsoring a Tibetan child, elder, nun or little monk, you can provide healthcare, education and security to someone who needs it. You can make a real difference and help the Tibetan exile community build a brighter future.



Tenzin L.

Tenzin is five years old and lives in Kathmandu. He is a friendly little boy who likes to draw, watch cartoons and play with his friends. Tenzin's mum works at a local handicraft centre, and his dad is a thangka painter. Due to the long lasting effects of the Covid-19 pandemic, he is getting a lot less work, and has been unable to find another form of employment. Their combined income is just not enough to pay for Tenzin's schooling. Please sponsor Tenzin today and give him the life-changing gift of education.

£30 a month or £360 a year



Tenzin T.

Tenzin is a 22 year old nurse studying in southwest India. She recently began a postgraduate course and hopes to specialise in gynaecology. Kind and hard-working, Tenzin enjoys watching films and reading in her spare time. Tenzin's dad is in the armed services, and her mum works as a weaver, but their combined income is barely enough to provide for their family's everyday necessities, let alone Tenzin's education. By sponsoring Tenzin, you can ensure she can complete her course and help make her dreams come true.

£150 a month or £1,800 a year

How to sponsor

If you would like to sponsor Tenzin L or Tenzin T, please email our Sponsorship Coordinator, Amber, at sponsorship@tibetrelieffund.co.uk or write to **Sponsorship Coordinator, Tibet Relief Fund, 99 Kentish Town Road, London, NW1 8PB**

To find out more visit: tibetrelieffund.co.uk/be-a-sponsor. Thank you.



Patron: Tenzin Gyatso, 14th Dalai Lama
CEO: Philippa Carrick
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