

6 FOSTER LANE  
LONDON  
EC2V 6HH

23<sup>rd</sup> September 1996

Dear Friends,

As many of you will know Doctor Shelagh FitzGibbon and I visited the Spiti Valley again this year. We took with us 100 kilos of medical supplies kindly donated by various pharmaceutical companies. Thai Airways gave us 100 kilos extra baggage allowance free of charge. We also took 3,000 US dollars in cash generously donated by many of you.

After a short night in Delhi we drove to Simla for the night on the first leg of our journey. The next morning we met our jeep and driver then set off on what we thought was a 12 hour drive to Lari in the Spiti Valley. We avoided land slides and road blocks, driving through the valley where it was extremely hot. We reached the border check post at Chamdo but due to the Kalachakra initiation ceremony being held at Tabo Monastery by H.H. Dalai Lama to celebrate its millennium, the security control was very strict. Our Spiti Permits were in order but what was very sad to see was many monks and pilgrims who had travelled from far and wide being turned back by the Indian Police, because they did not have the necessary permit to attend their own religious ceremony.

We drove on from there, finally reaching the house of Palden and Tenzin by 1am. This is where we were to stay for the next ten days. We were given a tremendous welcome and exchanged our news, and finally went to bed at 3am.

The next day we drove the 3 hour journey up this spectacular valley to visit the hospital. It had become a very active clinic. Mr Tuidhar, a teacher and his wife Pam, a paramedic have moved into the building with their small son for a six month trial period, to see if they can tolerate the high altitude (12,000 feet) and the cold winter. I am sure we all wish them well in their good work.

Two rooms are being constructed on the third and top floor of the building, which will provide accommodation for the staff. A greenhouse is being built (donated by the Swedish Embassy) to grow vegetables for the staff and patients.

The fund raising continues for the equipment and medicines for the people of this valley. This is a wonderful place for western doctors who are interested in furthering their experience to take advantage of the opportunity to work in this hospital. Apart from treating disease, this clinic is to teach health and hygiene in all its aspects to the children and adults so that they can enjoy a better lifestyle.

Those of you who have visited Spiti will remember Jamyang and Sangye and the wonderful hospitality they gave us in their village of MANE. Very sadly Sangye contracted Tuberculosis which affected her fallopian tubes, as a result of this she has been unable to produce the much desired son and heir.

After much investigation I have found a research programme at St Georges Hospital which may be able to help them.

I will be taking a tour to India departing on 28<sup>th</sup> September. After the tour I will be staying on and returning on 26<sup>th</sup> October. I am hoping to bring Jamyang and Sangye back to England with me to see if they can be selected by St Georges for the special programme. They will be in England for three to six months. In between seeing doctors they will be free to visit friends. If any of you feel you would like to have them to stay, it would be extremely generous of you and much appreciated by Jamyang and Sangye.

I find myself in an awkward situation as I am about to move house, but won't be in the new house until December. The address above is the office address of my new husband, it's the only thing that is not going to move in the foreseeable future! This is the best place to contact me with offers of any help or assistance.

Many thanks once again for your wonderful support.

With very best wishes

Joan Pollock