

41 WOODSFORD SQUARE  
LONDON W14 8DP

1<sup>st</sup> September 1998

Dear Friends,

Six of us recently returned from a visit to the Spiti valley and the hospital.

We met up with Dr Laji in Manali on our way through to Spiti. The money you so generously donated was handed over, Laji's face lit up and he said now he can finalize equipping the hospital. The equipment for the operating theatre, recovery room and wards will be obtained mostly from Chandigarh, a large town two days drive from Kaza, thus keeping it all within the local area.

Laji planned to get things moving as soon as possible. There were "13 major surgeries" on the waiting list.

We now feel that our task is completed as far as the Spiti Hospital Project is concerned. The hospital is up and running with a surgeon, junior doctor and trained nurse who work on a monthly rotation basis from the Lady Willingdon Hospital in Manali.

Apart from Surgery, there is a huge emphasis on teaching basic hygiene and a good diet especially to the children. Health and First Aid courses are being set up at the hospital to teach the young teenagers from the villages to improve the general well being of their local community.

I would like to thank you all for your tremendous support and generosity over the last five years. You can rest assured that your money has contributed substantially to the health of the ten thousand people who live in this beautiful valley.

We won't be losing contact altogether with the valley. As some of you may know, we have set up "The Swinnerton Spiti Women's Foundation". In other words a craft center to preserve the local crafts, to encourage the women to earn money in their own right and give them a feeling of self worth.

The centre has been built in Lari at the lower end of the valley near the World Heritage 1000 year old monastery of Tabu. It will be a meeting place for the women. Inside are two shawl looms, a carpet loom and in time a spinning wheel which will be put to good use in the winter once the snow comes and all farming stops. We hope many tourists will visit the craft centre in the summer and buy locally produced goods.

On a final note, I would like to pass on a request from our wonderful friends Jeet and Samden, whom some of you may have met during their stay in England. Jeet has enclosed a note which will explain the desperate need for a water pump in his village. During our stay there in August, we have researched this and they would need;

PUMP WITH SUITABLE ENGINE,  
PLASTIC PIPING TO REACH EITHER SIDE OF THE VALLEY  
TWO WATER STORAGE TANKS,  
THE COST OF THIS WOULD BE APPROXIMATELY £3,000

This would help over 900 people in winter when temperatures fall to minus 40. The pump would be built over a natural spring, piped on either side of the valley to tanks in Upper and Lower Mane.

Your kind donation to buy a pump would make a tremendous difference to the lives of the people of the two villages. Please make your donation in favour of "Spiti Hospital Project" and mention in your letter that the money is for the pump and I will send it to Jeet. This will save extra bank charges.

Thank you again for all your help and support, this is much appreciated by the local people.

Joan Pollock

### **Project "Easy Yoke"**

**Project Area:** The project area is situated in Mane Village in Spiti. Mane village is at 12,000 feet ASL, 5 km away from the main road opposite the old Kingdom of Dankar. Mane village is divided by a Nulla & the houses are situated at either side of this Nulla. Manej Village consists of 78 houses and 560 people. The upper Mane Yongma has 42 houses and 330 individuals.

**Problem addressed:** Irrigation water for the village is brought to the village through a small channel from a nearby lake 3 km away from the village. But the drinking water source is a spring at the foot of the village, about 700 meters away from the houses. Women of the village have to walk this distance many times a day to collect this drinking water and carry it in plastic cans weighing about 20 kg. Following this hard and strenuous labour, they have to work in the field the whole day. This exercise takes a lot of time and wears their strength, leading to backache and early arthritis.

**Solution:** A small generator-cum-water pump that can be installed near the spring would be the solution to this problem; it will pump water to the centre of the village, enabling women easy access to collect their drinking water, thus giving them more time and energy for other household work.

**Project proposal:** This project addresses the difficulty faced by women in Mane village and hopes to find a solution through the installation of a "Genset" which will ease the burden of these women and make their Yoke Easy.

I submit this project for a "Genset" for Mane Village for your kind consideration and approval.

Jeet Singh