

Tibet Healthcare Project Newsletter 3 (August 2008)

Welcome to the third edition of the Tibet Healthcare Project newsletter; all this information and more can be found on our website: www.tibethealthcare.com

Project Updates

General

- Due to the unrest and potential complications caused by the Olympic protests, we have postponed our volunteer clinics until 2009 (so this will be the only newsletter this year).
- I am pleased to report continued strong interest by volunteer UK and International Optometrists, Dentists and Midwives; we are planning a larger, multi-disciplinary team of professional volunteers next year.
- Our 6 students have greatly enjoyed their first two terms of study at Hainan College and have shown promising exam results ([read more](#)).

Optician

- Our Ophthalmologist is continuing to run a weekly clinic. She sees and treats approximately 30 patients in each session.
- 4,500 pairs of spectacles donated from Vision Aid Overseas have safely arrived in the clinic bringing the total to approximately 15,000 pairs.
- Topcon has kindly agreed to donate and ship a very generous quantity of equipment which will allow us to perform eye examinations to a much higher standard.

Dentist

- Plans are being drawn up to equip the dental clinic. We have received some quotations for equipment and have secured 2 generous sponsors to fund this.
- We intend to have the dental clinic completed before the 2009 clinics commence.

Midwife

- We recruited a full time experienced midwife who taught sex education to students in the Rokpa School and surrounding schools. She also ran several ante and post natal clinics as well as being involved in at least 2 deliveries. Due to a new local rule she is unable to work in our clinic as all deliveries must be in the local hospital or at home. As a result, we have put this project on hold until our students have qualified.

General Health

- The price of food has risen considerably worldwide making healthy options even less affordable for the impoverished people of Yushu. We have produced a leaflet describing foods and lifestyle changes which promote good health. These have been translated into Tibetan and will be proof read and distributed for free from our clinic.

Road Safety

- With assistance from the Department of Transport we have produced a safety document for all road users (from pedestrians to lorry drivers). This will be translated into Tibetan, proof read and distributed for free from our clinic.

Current Fundraising Focus

[Sponsor a Student](#) (annual target £2,160)

- We have selected six Rokpa Orphanage school students, two are studying optometry, two are studying dentistry and two are studying midwifery. They will graduate in 2010 and qualify in 2013 where they will work in our hospital for at least three years.

Thank You

I would like to extend my deepest heartfelt thanks to all our sponsors, friends and supporters. With your help we will make a fundamental difference to the quality of life of the poor through the provision of free healthcare.

I Want to Help

To ensure the success and self-sufficiency of this Project, please consider making a donation or organising a fundraising event.

- £11 funds the eye clinic for one day (in which time we can see and treat 30 patients).
- £30 would sponsor the higher education of one of our six students for a month.
- £360 would sponsor the higher education of one of our students for a year.

Please Donate Now

With many thanks and best wishes on behalf of all our patients,

Christian Dutton BSc (Hons.) MScClinOpt MCOptom
Project Founder

If you would like to unsubscribe from our biannual newsletter, please click [here](#) and accept our apologies.