



HEALTH



BUILD A NEW MEDICAL CENTRE FOR TRAFFICKED WOMEN AND CHILDREN TODAY.



# A New Medical Centre

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Thank you for considering this unique opportunity to give freedom by supporting the construction of a new medical centre in Pokhara, Nepal.

Once complete, the new facilities will provide trafficking survivors and the local community with access to healthcare services aimed at giving them the best medical support.

Construction of the new medical centre will begin once our funding target has been reached—and your generosity will take us a critical step towards achieving this important goal.

**“Healthy citizens are the greatest asset any country can have.”**

— E.R. Stettinius, Jr.

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# The Cause

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Health is a fundamental human right. Everyone, regardless of their race, religion, political belief, economic or social condition should have the opportunity to enjoy the highest attainable standard of health.

Globally, there has been extraordinary progress in protecting people from diseases, saving lives through immunisations and providing free basic healthcare. Nepal has achieved a number of major public health successes, however, there are still significant health inequalities, with the poorer and rural populations repeatedly experiencing worse health outcomes.

One of the primary drivers of health inequalities in Nepal is the socioeconomic divide. A significant proportion of the population lives in **poverty**, with limited access to education, clean water, and proper sanitation facilities.

This disparity directly impacts health outcomes, leading to higher rates of malnutrition, infectious diseases, and infant mortality among marginalised communities. Poverty can also force individuals to forgo necessary medical treatment due to financial constraints, which in turn can exacerbate existing health issues and lead to long-term consequences.

There are also **geographical challenges** to accessing healthcare, with Nepal's rugged terrain and remote communities posing problems in service delivery. Many patients are forced to walk for hours to reach the nearest health centre, and facilities in rural areas are often basic and lacking in diagnostic labs and medicines.

Alongside these challenges, Nepal faces a serious **shortage of skilled medical professionals** which strains an already stretched system. According to a study in The Lancet, the country has an estimated seven doctors and 28 nurses and midwives for 10,000 people, compared with 42 doctors and 152 nurses and midwives for 10,000 people in Australia.<sup>1</sup>

Women and children rescued from trafficking suffer from an array of physical and psychological health issues stemming from inhumane living conditions, poor sanitation, inadequate nutrition and physical assault. On top of this, they are more likely to be suffering from infectious diseases such as tuberculosis.

Preventative health care is virtually non-existent for these women and children, and health issues are typically not treated in their early stages. Consequently, they tend to fester until they become critical.

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<sup>1</sup>Source: <https://thelancet.com>

<sup>2</sup>Source: <https://nhrc.gov.np>



Then there's the **stigma** attached to victims of sexual exploitation. This ostracisation means women and children rescued from trafficking struggle to access basic healthcare as medical professionals refuse to treat them, or continually push them to the bottom of a long wait list.

It's not just people's physical health being impacted by these challenges. The magnitude of **mental ill-health** in Nepal is unknown. However, given the high proportion of the population living in poverty and the greater exposure these individuals have to exploitation, violence and abuse, there is a higher risk for individuals to suffer mental health problems.

Less than 1% of Nepal's total health budget is allocated to mental health services and the country suffers from an acute shortage of psychiatrists. According to the country's National Mental Health Survey conducted in 2020, nearly 80% of people who need mental health care in Nepal do not get it.<sup>2</sup>

Winston Churchill once said "healthy citizens are the greatest asset any country can have". By establishing and equipping a medical centre as part of The Pokhara Project, we are building a future where every individual, regardless of their background, has access to quality healthcare and the opportunity for a healthier life.



16,392

Nepali children under 5 died in 2021,  
many from preventable causes



0.18%

of Nepal's total health budget is  
allocated to mental health services



41%

of Nepali children under 5  
suffer from stunted growth

# Help Children Like Hasri

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*[Content trigger warning: child trafficking and sexual exploitation]*

**By partnering with us today you will forever change the lives of women and children in Pokhara, Nepal.**

Children like Hasri\*, whose devastating story not only serves as a reminder of the darkness that can lurk within the world, but embodies the strength and resilience of the human spirit.

Hasri's early years were not filled with the joy and love she deserved. After her mother died, she was raised by her grandmother in a small village in the foothills of the Himalayas.

But Hasri's family came from one of the lowest castes. The entrenched system, despite being officially outlawed by the Nepali government, sees people from the lowest castes violently targeted and forced to work menial, dirty and hazardous jobs.

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“ She needed a lot of medical assistance but no one wanted to help her.”

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They are some of the poorest people, with the worst educational and health outcomes of any other group in Nepal.



With few opportunities to provide for her grandchild, Hasri's grandmother was the perfect target for traffickers, who preyed on her vulnerabilities.

We'll never know if Hasri's grandmother sold her for the money, or was lured by the false promise of a better life, or perhaps a combination of both.

Terrified and alone, Hasri was trafficked across the border into India, where she was made to work in one of the many brothels—forced to do unspeakable things. Her tiny body was so badly abused she had little energy to fight.

Hasri doesn't know how long she was kept as a sex slave, but when she did manage to escape, she could no longer walk properly. She was just eight years old when she came to the women's safe haven.

Staff at 3 Angels Nepal desperately tried to get her the medical attention she needed, but the stigma attached to her as a victim of sexual exploitation, coupled with her caste, made her untouchable.

"We fought for six months to get her treatment," explained Sarah, co-founder of 3 Angels Nepal.

"It was one of the most painful situations I have witnessed. Her legs were covered in sores, which were badly infected. She could barely stand and struggled to walk.

"She needed a lot of medical assistance but no one wanted to help her."

Thanks to the dogged determination of staff at 3 Angels Nepal, Hasri eventually got the medical intervention she needed. But the mental and physical scars left behind from her trauma deeply affected her.

She stayed at the women's safe haven for five years, receiving counselling, love and support, before moving on to a home for trafficked teenage girls.

**Your support today will give girls like Hasri the immediate medical intervention they need, and prevent the continued suffering and long wait times they are currently facing.**

*\*Name changed and representational image used to protect Hasri's identity*



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# Health

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At Give Freedom we have a vision to see a world free from human trafficking and exploitation, where every person is able to reach their potential. Health is key to realising this vision. A healthy body and mind will empower previously trafficked women and children to determine their own futures.

In 2015, the leaders of all the United Nations Member States agreed to the 2030 Agenda for Sustainable Development—a set of universally applicable commitments to be achieved by 2030. It is a blueprint for peace and prosperity for people and the planet, now and into the future.

At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for global action. They recognise that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth.



Goal 3 is to ensure **healthy lives and promote well-being for all at all ages.**

It targets maternal health, childhood mortality, communicable diseases and promotes mental health and wellbeing as well as striving for universal health coverage and access to sexual healthcare services.

By choosing to partner with us today you will be contributing towards this vital global goal and helping trafficked women and children to reach their full potential.







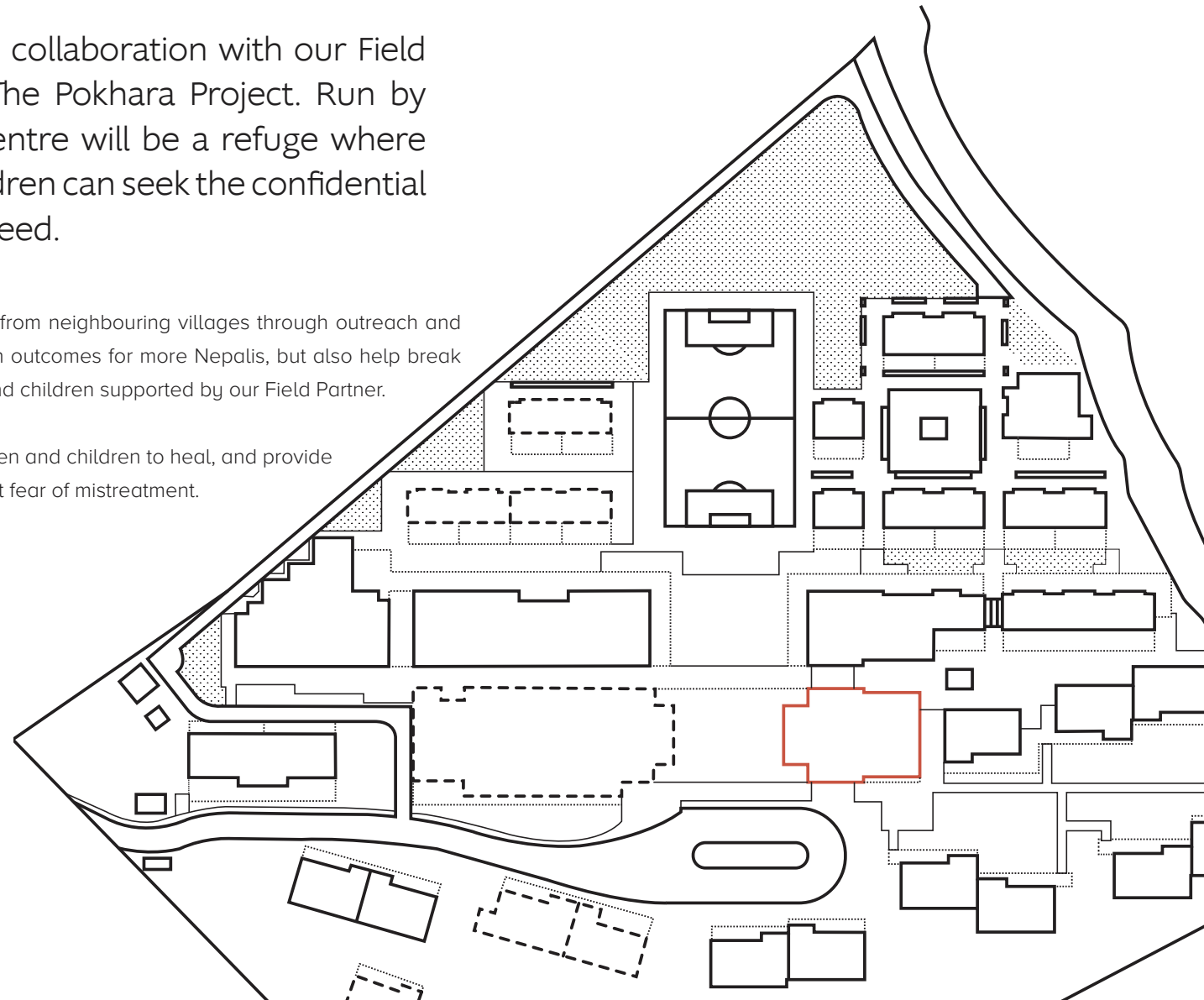


# The Medical Centre

A new medical centre will be built in collaboration with our Field Partner 3 Angels Nepal as part of The Pokhara Project. Run by trained medical professionals, the centre will be a refuge where trafficked and at-risk women and children can seek the confidential care and medical intervention they need.

It will also be a community hub, bringing together families from neighbouring villages through outreach and educational programs. This will not only improve the health outcomes for more Nepalis, but also help break down the damaging stigma faced by many of the women and children supported by our Field Partner.

Your support will enable us to build a health centre for women and children to heal, and provide a safe space for them to discuss their medical needs without fear of mistreatment.



*Dotted lines represent future expansion of the development site to accommodate the predicted growth of 3 Angels Nepal. Solid lines will be constructed as part of The Pokhara Project.*



## Urgent Care

A triage room, equipped with dressings and first aid supplies, will provide women and children with a safe, clean, private space to be assessed when they first arrive. Wounds can be cleaned and dressed to prevent infection, and mandatory testing for communicable diseases such as HIV conducted.



## On-Site Medical Support

3 Angels Nepal aim to hire a qualified doctor to oversee the care of all the women and children. Similar to a GP, they will be the first point of contact if anyone feels unwell or has a health concern, leading to earlier diagnosis and treatment of illnesses.



## Vaccination Clinic

Equipped with the necessary refrigerators and freezers required to keep vaccines cold, the clinic will assist in the delivery of routine vaccinations. These will not only be for the women and children living in the safe haven and vulnerable children's homes, but also available to the wider community.



## Community Centre

A flexible community space will give medical staff a place to conduct education and awareness programs for the wider community. Aimed at promoting healthy lifestyles, workshops will cover a wide range of health-related topics including basic first aid skills, self-care, disease awareness and prevention, as well as human trafficking awareness.





# Healthcare: A Vital Lifeline

By Dr Steve Raymond, Co-Founder and Director of Give Freedom International

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**Access to healthcare is not just a fundamental human right, but it also serves as a crucial pillar of any thriving society.**

The availability of medical attention when needed, especially in times of emergency, can be a matter of life and death. It is something we take for granted here in Australia.

As a qualified doctor and surgeon with 40 years experience, I have seen firsthand the life-changing impact timely medical attention can have on people's lives. Immediate medical intervention can prevent complications, reduce the severity of conditions, save countless lives and significantly increase the chances of recovery.

But it takes an efficient healthcare system to do this and sadly, Nepal is still a long way from achieving this status.

Healthcare goes beyond emergencies and acute conditions. Regular checkups and preventative care are essential for maintaining good health and detecting potential issues early on.

These checkups should be available to all, regardless of socio-economic status, ethnicity, or geographical location. This is why The Pokhara Project includes a medical centre.

With easy access to healthcare services, women and children living at the site will be able to proactively manage their health, preventing the development of chronic diseases and ensuring a higher quality of life. By providing healthcare services to this underserved community, we can address the health inequality they face on a daily basis.

Access to healthcare is not a privilege—it is a basic human right that must be safeguarded for the wellbeing of individuals. As we continue to progress as a society, we must prioritise accessible healthcare for those less fortunate than ourselves. It is the cornerstone of a healthier, happier and more successful future for all.

**By addressing the health inequity faced by trafficked women and children in Nepal, we are enabling them to live life to the fullest and giving them the freedom to reach their full potential.**



# Take Action

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Your generosity today will give trafficked women and children access to life-changing healthcare.

We invite you to consider funding the new medical centre in its entirety or a specific area that appeals to you directly—find out more in the supporting proposals.

The medical centre is part of The Pokhara Project, a sustainable building development that will also include vulnerable children's homes, a women's safe haven, self-funding school and vocational training facilities.

So far, the land for the new facilities has been purchased, architectural designs are ready to go, and vital engineering works to stabilise the riverbank have been completed. Now we need to raise the funds required to complete the build.

We have carefully planned the most efficient and cost-effective approach to ensure the construction process—including the medical centre—achieves the best outcome for our Field Partner and their beneficiaries.

The Pokhara Project will take time and resources to do well—and for good reason! This project will be built to last, providing care and education to vulnerable women and children for many, many generations to come. But the sooner we reach our funding goals, the sooner construction can begin.





## Our Promise to You

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Your generosity will be maximised by our 100% Giving Model, which guarantees that every dollar you give goes directly to the field. Our model is highly unique among Australian charities and is made possible by our generous Give Freedom Foundation members who cover all operating costs, including fundraising and administration.

# FAQs

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## **Why is a medical centre needed?**

Women often arrive at the safe haven in poor health and require urgent medical attention. Sadly, the stigma attached to them as trafficking victims means they are treated poorly in the hospitals, face excessive wait times, and are frequently not given the care and attention they need.

The Pokhara Project site, which will house the new women's safe haven and vulnerable children's homes, is also a 30-minute drive on unreliable roads to the nearest hospital. Having medical facilities on site will enable staff to seek timely interventions when required, as well as easily keep up-to-date with necessary vaccinations and checkups for the women and children.

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## **What services will the medical centre offer?**

It will be a fully equipped medical centre where women and children will have access to emergency and preventative healthcare. An on-site doctor will be available to immediately assess and treat women and children when they first arrive; vaccination programs will ensure everyone is up-to-date with their necessary shots.

There will be developmental check-ins for the children and sexual health clinics for the women. Importantly, the medical centre will also run outreach programs for the local community.

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## **Will the medical centre be sustainable?**

Yes! Architects have purposefully planned the building to ensure its longevity using earthquake-proof engineering and passive solar principles.

High quality, cost-effective building materials will maintain the structural integrity long into the future, and the project will be locally managed and maintained. All these factors mean 3 Angels Nepal will be the owner of this new medical centre now and for generations to come.












# A Life-Changing Venture

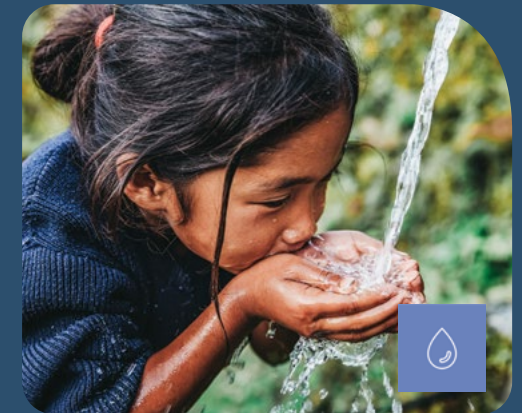
Health is one of seven key international development objectives of The Pokhara Project—a sustainable building development designed to increase the capacity and impact of established anti-human trafficking work in Nepal.

This life-changing venture will also include vulnerable children’s homes, a self-funding school and community medical centre, all designed to bring new life and hope back into the lives of those who have been trafficked.

Construction of the new facilities will begin once funding targets have been reached—and your generosity will take us a critical step towards achieving this important goal.

The Pokhara Project and its land is not owned by any individual entity and is legally protected to be used indefinitely for its intended purpose. This means, should 3 Angels Nepal cease as a charity or should The Pokhara Project be taken on by a new charity, the facility can only be utilised for education—such as schooling, vocational training, awareness programs—and all the buildings used for their original, intended purpose.

-  Education
-  Sustainability
-  Children
-  Women
-  **Health**
-  Protection
-  Water & Sanitation







## Questions?

Our partnership managers are available to answer your questions and talk with you about this giving opportunity in more detail. You can contact them on **1300 081 190** or **[partners@givefreedom.org.au](mailto:partners@givefreedom.org.au)**

Thank you! Your generosity will make a significant and lasting impact in the lives of vulnerable and at-risk children. You can give online or contact our partnership managers for more ways to give.

Simply call **1300 081 190** or email **[partners@givefreedom.org.au](mailto:partners@givefreedom.org.au)**



# GIVE FREEDOM

Free. Restore. Educate. Empower.

