



Nepalese Doctors' Association (UK)

(Established 1985)

www.ndauk.org.uk

24 Norfolk Road
Edgbaston
Birmingham
UK
B15 3PZ

Tel: 07752948637
Email: tdrdhir@gmail.com

Chairman
Dr Bharat Shrestha

Vice-Chairman
Dr Arun K Jha

General Secretary
Dr Badri Man Shrestha

Treasurer
Dr Siri Gautam

Joint Secretary
Dr Dhiraj Tripathi

Executive Members
Dr Ramesh Khoju
Dr Robin Serchan
Dr Beena Subba
Dr Phauda Thebe

4th February 2012

Dear Members and Friends

NDA(UK) CHARITY DINNER 28th April 2012
The Clarendon Suites,
2 Stirling Road (off Hagley Road)
Edgbaston,
Birmingham
B16 9SB
Time: 7.00 pm

Nepalese Doctors Association (UK) is pleased to host a charity dinner on Saturday 28th April 2012 at the Clarendon Suites, Birmingham.

This year we are supporting MHFA (Mental Health First Aid) training programme in Nepal. MHFA is the help offered to a person developing a mental health problem or experiencing a mental health crisis. The First Aid is given until appropriate professional help is received or until the crisis is over. The MHFA programme was originally created in 2001 by two Australian experts - Betty Kitchener and Professor Tony Jorm. It became international in 2003 and by 2010 it has been adopted and adapted by fifteen countries including Nepal. The important factor in its rapid spread has been the continuing attention to research and evaluation in the programme. The MHFA course does not teach people to provide diagnosis or therapy. It teaches how to recognise the signs and symptoms of different mental illnesses and crises, how to offer and provide initial help and how to guide a person towards appropriate treatments and other supportive help. Please visit the NDA (UK) website for more details.

We have a limited number of places for the charity dinner and the places are given on first come first serve basis. We sincerely hope that you can come to the dinner and support us. Please make your cheque for £50 per person payable to Nepalese Doctors' Association (UK) and send it to me with the payment form at 24 Norfolk Road, Birmingham, B15 3PZ by **28th March 2012**. Do not forget to write your name on the back of the cheque. Please indicate whether or not you require a vegetarian diet or have any other special dietary requirements. There is plenty of free parking, and many hotels near the venue should you require overnight accommodation.

If for some reason you cannot make it to the dinner, your generous contributions are highly appreciated.

Yours sincerely

Dr Dhiraj Tripathi,
NDA(UK) Joint Secretary