



**EMMS**International  
Health for Today, Hope for Tomorrow

# Nepal Tea-Fest

Host's Guide





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# *Welcome to* **Your Tea-Fest**

It's time to get the kettle on, gather your friends, and celebrate that good old British love of tea. People from around the UK are joining EMMS International to host their very own Tea-Fest, a fundraiser to support the vital work of EMMS International, in the countries where tea is produced. Choose a Tea Fest from Malawi, Nepal, or India – or all three!

A Tea-Fest is a wonderful opportunity to bring your family, friends, class, church, group, or colleagues together to raise vital funds whilst socialising over a brew and a cake. At your Tea Fest you can learn more about our work, the people we help, and why it's so important for us to help those very people who keep our tea cups full all year round.

You can immerse yourself in a little bit of the culture by drinking tea grown in Malawi, Nepal, or India, and if you like to go all-out, bake authentic cakes using the recipes provided.

You can order Nepali tea online or at specialist tea shops. Buying fair trade tea is another important way of supporting local communities and we recommend you find your local fair trade shop to maximise the impact of your Tea-Fest. We have sent you a couple of tea bags in the post to get you started.

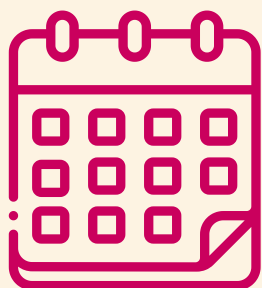
*Come on,  
let's brew this!*

# Fundraising Tips for your Tea-Fest

Thank you for signing up to take part in an EMMS International Tea-Fest.

Now that you have received your pack, which highlights some of the work that EMMS International does in the country you have chosen as the theme of your Tea-Fest, it is time to start planning.

**Here are some tips to help make your day a success.**



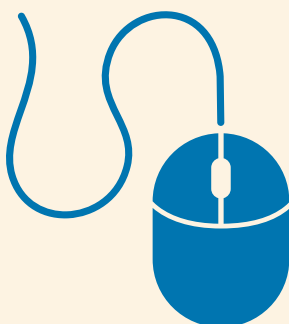
## Set the date, time and venue for your Tea-Fest.

Try and plan six weeks in advance so that you have plenty of time to let people know. Perhaps there's a particular date you can make the most of like National Tea Day (21st April 2023 ) or International Tea Day (21st May 2023).



## Set a fundraising target

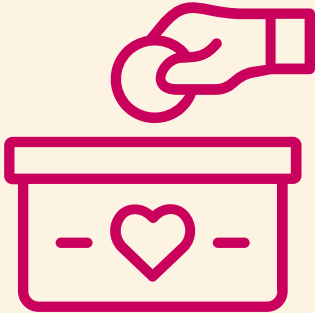
Having a target for the day can help get everyone excited and give you something to rally towards.



## Go online and get social

Create a JustGiving page to make it easy for people to donate. Even those who can't make it on the day might like to support your fundraising efforts.

Use the social media templates provided to invite your friends and colleagues on Facebook and WhatsApp. Remember to include the event details and your JustGiving link so people can start donating straight away. Ask them to share the link with anyone they think would like to donate.



### Bring a bucket

Bring a bucket or similar to your event to encourage donations on the day.



### Get the games rolling

Have some extra activities organised. Guess the number of sweeties in a jar, guess the weight of the cake, or similar games for £1 a go can help you reach your fundraising target.

### Get inspired

Your pack is full of information about the work of EMMS International, and real stories of people who have been helped by support like yours. You can share these stories on the day by:

- Asking people in your group to get involved and read these out to everyone
- Putting the facts into your baking (a little like a fortune cookie) then ask attendees to read out their facts at the gathering.
- If it is a work gathering where people are nipping in and out, put the stories on display so people can read them in their own time, or share these by email before the event to promote interest.

Above all, enjoy it and have fun with your friends. If you need any advice or support, your contact at EMMS International is Euan McIntyre, and you can contact him by email at [euan.mcintyre@emms.org](mailto:euan.mcintyre@emms.org)



# Recipe

## *Nepal* **Spiced Tea**

- 3 tbsp of black tea leaves (or 3 tea bags)
- 5 cups of boiling water
- 1 ¼ cups of milk, heated
- ⅓ - ⅔ cup of sugar
- 4 whole cloves
- 2 -3 cardamom pods, cracked open (or 1/2 tsp of ground cardamom)
- 1 cinnamon stick

1. Steep the tea in boiling water.
2. Add the milk, sugar, cloves, cardamom, and a cinnamon stick.
3. Simmer for 10 minutes to blend the flavours.
4. Strain and serve hot.
5. Enjoy!



# Recipe

## Nepali Peda

**Traditional spiced milk sweet treat**

- 3 cups whole milk
- 1 cup half-and-half (half whole milk, half thick double cream)
- 1/4 cup sugar
- 1 teaspoon of ghee or butter
- 12 sliced pistachio nuts
- 1 tsp lemon juice
- 1/2 tsp cardamom powder

1. In a large pot boil the milk and half-and-half with few drops of lemon juice. This will make the milk separate and solidify into curds and whey from which you need to keep the curds.
2. Now, heat a pan, melt the ghee/butter and then add the milk curds to it.
3. Add sugar and cardamom powder and cook it over a low heat stirring continuously.
4. Then, beat the mixture well and remove it from the heat.
5. Let the mixture cool and when it has cooled down, take small portions of the mixture and make them into a ball shape, flattening them slightly in your palm.
6. Place the balls on a greased tray.
7. Finally, decorate the peda by topping the balls with sliced pistachio.
8. Enjoy!



# Recipe

## *Nepali*

# Masala Chai Cake

- 190 ml full-fat milk
- 2 heaped tbsp of masala chai tea powder
- 8-10 cardamom pods, roughly crushed
- 1-inch cinnamon stick
- 100g butter, room temperature
- 30g castor sugar
- 100g roasted hazelnuts, chopped
- 130g plain flour
- 210g condensed milk
- 1 ¼ teaspoon baking powder
- ½ teaspoon baking soda

1. Preheat the oven to 375F or 180C.
2. Prepare the masala chai in a pan by combining the milk, tea powder, cardamom, cloves, and cinnamon. Bring to a boil, strain, and set aside to cool.
3. Next, in a bowl, combine the all-purpose flour, baking powder, baking soda, and roasted chopped hazelnuts. Mix well and set aside.
4. In another bowl, beat the butter and sugar until light and fluffy. Add the condensed milk and continue beating.
5. Now add the tea and beat until well combined. Add the flour mixture to the batter and fold well - make sure there are no lumps.
6. Use a 7-inch baking pan greased and dusted with flour. Pour in your batter.
7. Bake the cake for 50-60 mins or until an inserted skewer comes out dry.
8. Enjoy!





# Suntali's Story

Suntali is a widow with two young children from a small village in Nepal. Having lost her husband, she found herself penniless and homeless. Her health was very fragile. She was in daily pain from leprosy and she had been diagnosed with malignant skin cancer.

Suntali had reached the point where she could easily question if life held any hope for her. But still, she hoped and prayed for help and support. She hoped the pain would stop. She hoped for a safe place for her children to grow up, she hoped to recover and not just survive but thrive.

Suntali became a patient at the EMMS International-funded Palliative Care Centre at Green Pastures Hospital in Pokhara. Her young family moved into a Christian children's home near the hospital where they are safe and happy and can continue with their education. Suntali receives person-centred care and is now in remission and managing her symptoms.

Suntali now has hope for a brighter future. She knows that her life matters.



# Providing Care when there isn't a cure

Did you know that in Nepal, only 1.7% of families needing palliative care have access to it?

In rural, resource-poor communities in Nepal, where healthcare is often inaccessible, diagnoses of life-limiting illnesses like cancer are often made late when the condition is well advanced, or not at all, making each case devastating. The cost of travelling for tests and often futile treatment can add up to a crippling debt for families. Moreover, the burden of care often falls to young girls, who give up their education to look after sick family members. Along with giving up their education, these girl young carers are giving up their hopes and dreams for the future.

EMMS International has established itself as an expert in high quality, dignified, equitable palliative care. It has seen specialist services developed, improved access to essential medicines, established degree-level training programmes and worked with governments to ensure palliative care is a recognised healthcare priority.

The quality and effectiveness of this work has been recognised by the UK government, who are currently funding their third partnership with EMMS International to improve palliative care for hard-to-reach families living in poverty.

EMMS International has opened Nepal's first-ever Palliative care centre of excellence in Pokhara – ensuring that people with a terminal illness receive the care that they deserve. Furthermore, our new project Sunita will mean that for the first time in rural Nepal 20,000 families facing terminal illness and poverty will have access to palliative care at or close to home. This holistic care – aimed at addressing not just patient's medical needs but also the economic, social and emotional needs of them and their families– will mean that over 1,500 girls like Sunita will be able to return to school and pursue their own hopes for the future, safe in the knowledge that their loved ones are getting the best care possible.

At a time when the cost-of-living crisis, COVID-19 and climate change are wreaking havoc in the lives of people in Nepal, the Sunita project is fostering communities which work together to support the most marginalised, vulnerable families.



# Healthcare Career Pathways

In Nepal, girls and women often do not get the same opportunities as men when it comes to education, training and employment. Many girls have not returned to school after COVID 19's long school closures, and early marriage and teenage motherhood are too often seen as the only option for girls. Recent stats indicate that in Nepal 38% of girls marry before the age of 18. Moreover, 90% of women workers in Nepal work in the informal employment sector, making them vulnerable to irregular income, lack of social security or protection and difficult working conditions.

EMMS International has launched an ambitious fundraising drive to recruit, train and find sustainable employment for 300 young women as healthcare workers across the three countries where we work. The programme will especially target vulnerable young women and girls from poor families, giving them a rare opportunity to gain a profession and pursue their dreams of a career that will lift them and their families out of poverty.

The programme will address acute shortages of health workers in the poorest parts of Nepal by developing the healthcare workforce in a range of professions - from auxiliary nurses and lab technicians to doctors and senior leaders. We have identified specific gaps in local health workforces and will support marginalized girls to train and qualify for these roles. We will go further than traditional scholarship schemes which are often not enough to guarantee successful outcomes for the most vulnerable girls. Our programme will address barriers to girls' education and provide support to students facing poverty such as course costs, books and accommodation. We will coach and mentor girls through their studies and transition into employment, guaranteeing their first jobs at our partner hospitals and health centres once they complete their training and qualify.



The funds that you raise today could help support a girl to follow her dream of a career in healthcare, through which she can help change the lives of thousands of people living in rural Nepal.

# More about EMMS International

EMMS International's vision is of a just world in which all people have access to good quality and dignified healthcare.

## **EMMS International is Scotland's international healthcare charity.**

EMMS International currently works in India, Nepal, Malawi, and Scotland, responding to health crises; reducing the impact of gender inequality, disease, and climate change on health; improving rural healthcare; training vulnerable girls as health workers; and developing holistic palliative care for the poorest families. In the last seven years alone, we have helped over one million people.

As one of Scotland's oldest charities – founded in Edinburgh in 1841, the offices have been based there ever since. The team comprises six staff members in the UK, working alongside trusted international partners in some of the poorest and hardest-to-reach communities in the world. As a lean, agile organisation, overheads are kept low, meaning that 87p in every £1 raised is spent on life-transforming projects.



## **A few key achievements in 2021/22:**

- We helped 246,276 poor and vulnerable people.
- Our work meant that 18,959 people received emergency healthcare including COVID-19 care.
- 12,197 palliative care patients with chronic illnesses and disabilities were cared for, and 60,985 family members supported.
- We supported 46 people – mostly women and girls - to train for healthcare careers in India, Nepal and Malawi.
- We began work building a new College of Nursing in Bihar, India's poorest state.
- 1,100 pupils at six schools in Malawi improved their knowledge of sexual health and girls rights.
- We set up seven tuberculosis committees in rural Malawi, which help to protect local communities and provide better access to testing.



# Transferring Your Funds to EMMS International

Thank you so much for raising money and awareness of EMMS International's work to relieve poverty and sickness through compassionate, high-quality healthcare for some of the world's most vulnerable people. There are a few ways to get the funds that you raise to EMMS International:

## **JustGiving**

If taking your donations through a JustGiving page, all the money that you raise will come directly to EMMS International. Please remember that if donations are eligible, ticking the gift aid box means a gift of £1 becomes £1.25, at no extra cost to you.

## **Posting a Cheque**

If you would like to pay by cheque, please make this out to EMMS International and send it to our office:

EMMS International, 57 Norton Park, Albion Road, EH7 5QY

## **Bank Deposit**

You can pay donations directly into our bank account (please reference your name and Tea-Fest)

Bank Name: Bank of Scotland  
Account Name: EMMS International  
Account No: 06000668  
Sort Code: 80-02-28



*Thank you for  
brewing this!*





# Join us for a *Nepal* Tea-Fest

In aid of  
**EMMS**International  
Health for Today, Hope for Tomorrow

**Date:**

**Time:**

**Location:**



# EMMSInternational

Health for Today, Hope for Tomorrow

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