

TIBET MATTERS

Autumn 2026



Photo Credit: Loptalogy

Standing alongside Tibetan communities in exile

Inside this issue:

Protecting a Living Heritage
Supporting Tibetan Youth
Stories from India and Nepal



Welcome

Welcome to the latest edition of *Tibet Matters*.

Over the coming pages you'll find stories from Tibetan communities in India and Nepal, updates from our programmes, and the people, places and traditions that your support helps to sustain.

You'll also discover ways to get involved, from supporting our appeals and sponsorship programme to fundraising, shopping with purpose and leaving a lasting legacy.

As our communications have developed, we're delighted to be bringing *Tibet Matters* back as a regular publication.

Alongside our website, monthly email newsletter and social media, it gives us the opportunity to share more in depth stories and introduce you to the communities at the heart of our work. We plan to publish *Tibet Matters* twice a year, bringing together the stories, updates and impact that are sometimes difficult to capture elsewhere.

Thank you for standing alongside Tibetan communities.

We hope you enjoy reading this edition.

The cover photograph for this edition has been kindly provided by Loptalogy. Turn to page 6 to discover how Loptalogy is supporting qualified Tibetan astrologers as they begin their professional careers while also supporting the work of Tibet Relief Fund.



Photo Credit: Raimond Klavins

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Discover More Online

Tibet Matters shares just some of the stories from our work. Visit our website to explore our programmes in more detail, read the latest Stories & Impact, learn about community sponsorship, and discover the many ways you can support Tibetan communities in India and Nepal.

Scan the QR code or visit:
www.tibetrelieffund.co.uk

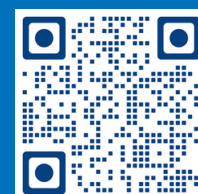


Photo Credit: Raimond Klavins



Voice from India

Since 2022, Tibet Relief Fund has supported Shatsa's reading programmes in Ladakh, India.

Panten, a library educator delivering the programme, shares what this work means to her and the children.



Where Language Lives: My Journey at Shatsa



My journey at Shatsa began with a belief that children need a safe place where they can enjoy books and find their voice.

As a library educator, my work goes beyond activities. The library connects children with books while keeping them close to the Tibetan language and their community.

Children come for many reasons. Some love stories. Others look for a particular book or spend time with friends after school. With time, the library becomes a place where they belong.

Encouraging Tibetan reading is meaningful to me. When Shatsa began in 2019, I started reading Tibetan children's books myself. I could not ask children to do so if they never saw me reading. Children do what they see, not what they hear.

Language lives when children use it naturally. Through *Character Alive* and puppet storytelling, we make Tibetan reading enjoyable. Children should know it as a language for laughter and imagination, not only as a school subject.

I look forward to our reading programmes in Jangthang, a nomadic region of Ladakh, where many children from nomadic families only have access to reading through school curriculum. **We combine stories with drawing and play to help them discover the joy of reading.**



At Shatsa, children who first came to meet friends have become regular readers. Some return to the same book until their reading improves. I have also seen them become kinder towards those who struggle to express themselves. **Such small changes matter deeply.**

We still need more Tibetan children's books and better access for those in remote areas. We also need to keep older children interested without making them feel that only long or difficult books are valuable.

If we want our language and culture to continue, we must make them meaningful to children. At Shatsa, I hope we are doing a small part of this work.



Temple Appeal: Protect a Living Heritage

Help preserve **Gangchen Ri Tenkhang**, a place where Tibetan faith, culture and community continue to thrive in exile.

High above the town of Darjeeling stands Gangchen Ri Tenkhang, a Tibetan Buddhist temple that continues to play an important role in the lives of the local Tibetan community.

It is here that people gather for prayers, religious observances and community celebrations, including the monthly Sang-sol, a traditional incense offering ceremony.

More than a building, the Tenkhang is a place where faith, culture and community continue to thrive, carrying traditions forward from one generation to the next.

Darjeeling has become home to a Tibetan community since the late 1950s, when Tibetans fleeing their homeland sought refuge in India.

As families rebuilt their lives in exile, Gangchen Ri Tenkhang became a place where they could continue to worship, come together as a community and preserve traditions that remain central to Tibetan identity today.



An Urgent Need

Years of harsh mountain weather have taken their toll. The ageing roof is allowing rainwater into the building, while poor drainage is threatening the structure beneath.

Although the community has carried out smaller repairs over the years, more substantial restoration is now needed to protect the Tenkhang for the future.

The work itself presents another challenge. Because no vehicles can reach the site, every sheet of roofing, every tool and every bag of building materials must be carried up by hand before work can begin.

Careful planning and skilled restoration are essential to ensure this important place of worship is protected for generations to come.

How Your Support Helps

Your donation will help to:

- Replace the deteriorating roof and prevent further water damage.
- Improve drainage and protect the building's structure.
- Carry out the restoration needed to safeguard the Tenkhang for the future.
- Preserve an active place of worship and community for Tibetans living in Darjeeling.



Please Support our Temple Appeal

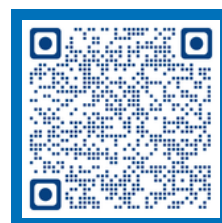
Gangchen Ri Tenkhang is more than a historic building. It remains a living place of worship where Tibetan faith, culture and community continue to thrive in exile.

By supporting this appeal, you will help ensure that this special place can continue to serve the Tibetan community for generations to come.

We need to raise **£15,554** by the **end of November** in order for essential restoration work to begin during Darjeeling's drier winter months.

You can support our Temple Appeal by:

- Completing the enclosed donation form.
- Calling Tibet Relief Fund on 07831 533676 to make a donation.
- Donating online using the QR code or visiting our website www.tibetreliefund.co.uk/templeappeal



Thank you for helping protect a living heritage.

If we raise more than needed, or cannot raise enough or complete the restoration, funds will support Tibet Relief Fund's wider charitable programmes in India and Nepal.

Preserving Tibetan Knowledge

Supporting a living tradition through our partnership with Loptalogy

Tibetan astrology is a tradition that has been passed from teacher to student for centuries. Becoming a qualified Tibetan astrologer takes years of dedicated study, drawing on classical texts, astronomy, the Tibetan calendar and generations of accumulated knowledge.

Yet, like many traditional skills, qualification is only the beginning. Building a career and finding opportunities to practice can be one of the greatest challenges for newly trained astrologers.

That is why we are delighted to partner with Loptalogy.

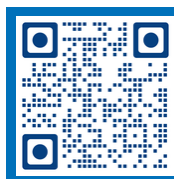
By connecting trained Tibetan astrologers with people seeking traditional readings, Loptalogy helps practitioners establish sustainable careers while ensuring this remarkable tradition continues to thrive.

Supporting Tibetan culture together

When you book a reading through Loptalogy, you are supporting qualified Tibetan astrologers as they begin their professional careers, while also helping to support the work of Tibet Relief Fund. A personal reading also makes a thoughtful and unique gift for a birthday, anniversary, or special occasion.

Tibet Relief Fund supporters receive **20% off** a personal reading using the code **TRFGIFT2026** until 31 December 2026.

Please scan the QR code or visit the Loptalogy website <https://loptalogy.com> to find out more.



Creating Opportunities for Young Tibetans

Help young Tibetans take the next step towards education, employment and self-reliance.

For many young Tibetans in India, the transition from education into employment can be challenging. Through our Empowering the Vision Project (EVP), we are helping young people develop the skills, experience and confidence they need to build independent futures.

Our current Fellowship Appeal will create **12 opportunities** for young Tibetans:

- 5 vocational and professional training fellowships
- 5 internships with employers
- 2 paid internships within the Empowering the Vision Project

Thanks to the generosity of our supporters, we have already raised £751. We still need to raise £5,234 to reach our target and provide all 12 opportunities.

Every donation, whatever its size, will help another young Tibetan build the skills, experience and confidence to shape their future.

Please support our Fellowship Appeal using the enclosed donation form, by calling Tibet Relief Fund, or by donating online using the QR code.



Sponsorship

From ensuring a child has the school materials to learn in the classroom to providing elders with the nurturing care they deserve in their later years, sponsorship helps Tibetans continue their education, live with dignity and keep their culture and identity alive.

By standing alongside Tibetan communities in exile, your sponsorship can offer opportunity, stability and connection for generations to come.



Our team at Tibet Relief Fund and our partner organisations in India and Nepal extend thanks and gratitude to the sponsors who support our programme and Tibetan communities in exile.

'Your generosity and selfless commitment have enabled us to achieve far more than we ever imagined, bringing hope and positive change to many lives in our community. We will always remain grateful for helping young people achieve their dreams and improving the livelihoods of our senior citizens.'

-Lodrik Welfare Fund

'Through the kindness of our sponsors, our young monks are able to pursue both academic learning and Buddhist studies, giving them the opportunity to build a brighter future while preserving our precious spiritual and cultural heritage. We offer our heartfelt gratitude to everyone who continues to walk this journey with us. Your kindness continues to inspire hope and transform lives.'

-Pal Ewam Namgyal Monastic School



From school activities to holy celebrations, our sponsored children, monks, nuns and elders have been busy over the spring and summer months. These photos provide a brief glimpse into the daily lives of the individuals you support in Tibetan schools, monasteries and communities in India and Nepal.



An annual school cultural competition filled with musical and dance performances.



The elderly community of Jampaling settlement enjoying the spring weather.



Students participating in a Kangyur recitation during the Saga Dawa Düchen.



Students gathering together to share their appreciation on Teacher's Day.

Stories of Impact & Opportunity

For over 60 years, our sponsorship programme has touched the lives of thousands of Tibetan children, monks, nuns, and elders. With the support of our sponsors, our partner organisations in India and Nepal ensure Tibetan communities can continue to grow and thrive.

The impact of sponsorship goes far beyond the financial contributions you make, touching the lives of many and changing the future for generations to come.

Hear how sponsorship led Yama and Tenzin, two former sponsored children, to educational opportunities and careers within the Tibetan community.



With the generous support from my sponsor, I completed my schooling from TCV Bylakuppe and pursued a Bachelor of Business Administration course from Dalai Lama Institute for Higher Studies in Bangalore. After obtaining my business degree, I attended a yoga teacher's training, with the goal of starting my own yoga centre.

Now, I am back in Bylakuppe, teaching yoga in the Tibetan settlement to monks, nuns, and many more.

It's a dream come true, after all these years of help from TCV school and Tibet Relief Fund. With the kind support from TRF and my sponsor, I am able to stand on my own feet.

I am truly grateful and forever indebted for your kindness. My sponsor's support helped me receive an enriching education and achieve my aspirations.

-Yama C.



My sponsorship began in 2017, where I was able to attend school at TCV Bylakuppe. Through my education journey, my sponsor supported me and enabled me to complete Class 12 and pursue further studies. I completed my Bachelor in Commerce in Higher Education from Dalai Lama Institute and my Master in Commerce from St. Philomena's College in 2025.

I am now working at FTCL Bylakuppe, one of the Tibetan Cooperative Societies in India. I work in hospitality and am in charge of the FTCL Cottage. I really enjoy my job as I get to learn new things every day, providing me with new experiences.

I would like to sincerely thank the Tibet Relief Fund for supporting my education throughout my school life. Your support has helped me complete my studies and achieve my goals. I am truly grateful for the kindness and encouragement of my sponsor. Thank you so much!

-Tenzin R.



Programme Updates

Mount Kailash School

For more than 60 years, Mount Kailash School has been providing education for Tibetan children and children from remote Himalayan communities in Nepal.

Today, 139 students attend the school from the Tibetan settlement of Tashi Palkhiel and mountain regions including Mustang, Manang and Dhorpatan.

The school is at the heart of its community. Alongside their studies, pupils enjoy art, sport, environmental activities and cultural celebrations that help build confidence, strengthen friendships and celebrate their Tibetan heritage.

This year's 95% pass rate reflects the hard work of both students and teachers.

Behind every lesson are dedicated teachers. One of the school's greatest challenges is meeting the cost of their salaries, as school fees alone do not cover the cost of providing an education.

Tibet Relief Fund is proud to be the only organisation providing annual support towards teachers' salaries at Mount Kailash School. Your support helps retain experienced teachers, ensuring that children continue to receive a high-quality education for years to come.



Keeping the Hospital Running

For almost 30 years, an underground water tank has supplied the Tibetan Primary Health Centre at Dekyiling with the water needed to keep the hospital running each day.

The tank provides water for patient wards, the TB isolation unit, the kitchen, staff accommodation and sanitation facilities.

After decades of continuous use, it has deteriorated and is now leaking, making renovation essential to ensure a safe and reliable water supply.

By supporting this project, Tibet Relief Fund is helping to protect an essential part of the hospital's infrastructure, ensuring patients, staff and visitors continue to have access to the water they rely on every day.

A Vital Piece of Equipment

Phende Hospital, in Hunsur Tibetan Settlement, provides essential healthcare to Tibetan and neighbouring Indian communities.

Until recently, the hospital had limited access to a defibrillator for cardiac emergencies.



With support from Tibet Relief Fund donors, the hospital has now purchased a defibrillator and trolley, helping medical staff respond quickly and provide potentially life-saving care when it is needed most.

Sometimes it is the smaller projects that make a lasting difference, providing hospitals with the tools they need to deliver safe and efficient care.



Fundraise for Tibet Relief Fund

People raise money for Tibet Relief fund in all sorts of ways.

It might be a coffee morning with friends, a sponsored walk, a bake sale, a quiz night, a birthday celebration or a challenge you've always wanted to take on. There isn't a right way to fundraise--only the way that feels right for you.

Whatever you choose to do, you'll be helping us continue standing alongside Tibetan communities living in exile in India and Nepal through education, healthcare, support for older people, opportunities for young people and the preservation of Tibetan culture.

If you're looking for inspiration, visit our Get Involved pages at www.tibetrelieffund.co.uk/get-involved, where you'll find fundraising ideas, organised challenge events, treks and practical advice to help you get started.

The Difference We Leave Behind

There are many ways we leave our mark on the world. For some, it is also through the causes that have remained close to their heart.

By remembering Tibet Relief Fund in your Will, your compassion can continue helping Tibetan communities living in exile for generations to come.

Your gift could help children access education, young people build brighter futures, older people receive the care they need and Tibetan language and culture continue to thrive.

Every legacy, whatever its size, becomes part of that lasting impact.

To find out more about leaving a gift in your Will, please visit our website or contact me for an informal conversation with no obligation. I'd be delighted to answer any questions you may have.



Do You Know Someone Who Could Help?

Sometimes the biggest opportunities begin with a simple introduction.

Many companies support charities through Charity of the Year partnerships, employee fundraising volunteering, matched giving or by sponsoring projects that make a real difference.

You may work for a company that does this--or perhaps a family member, friend or former colleague does.

If someone comes to mind, we'd love to hear from you.

An introduction could help us begin a conversation that leads to lasting support for Tibetan communities living in exile in India and Nepal. Whether it's helping children access education, supporting healthcare, caring for older people or preserving Tibetan culture, every new partnership has the potential to create a lasting impact.

If you think you could open a door, however small, I'd be delighted to start a conversation.



Photo Credit: Jochen Burkhard

Call Lee on 07831 533676 or email lee@tibetrelieffund.co.uk.

TIBETMATTERS

Every Purchase Has a Story

Enlightened Gifts is more than an online shop.

It is a collection of products that reflect Tibetan culture, craftsmanship and tradition, while helping support the work of Tibet Relief Fund.

Around half of the products we stock are sourced directly from Tibetan enterprises living in exile.

From colourful prayer flags and handcrafted jewellery to incense, cards and traditional gifts, every purchase helps support artisans and businesses working to preserve skills that have been passed down through generations.

Alongside these beautiful handcrafted items, you'll also find our popular 'Gifts of Hope', where your purchase helps fund practical support for Tibetan communities. Whether it's providing care for older people, supporting healthcare or creating opportunities for young people, each gift represents something real that will make a lasting difference.

Whether you're looking for a meaningful gift or something special for yourself, every purchase helps us continue standing alongside Tibetan communities in exile.

Visit www.enlightenedgifts.org to explore the collection.



Looking a Little Closer

One of the things I've come to appreciate since joining Tibet Relief Fund is that the most important stories are often the ones we don't notice at first.

At first, you might see a school. Then you discover the teachers who make learning possible.

You might see a temple. Then you meet the community that has gathered there for generations.

You might notice a colourful string of prayer flags or a handcrafted gift, before learning about the artisan whose skills have been passed down through generations.

Sometimes it's a piece of medical equipment. Sometimes it's a water tank beneath a hospital. They are not stories that usually make headlines, but they are often the things that make everything else possible.

As we've put together this edition of *Tibet Matters*, I've been reminded that the work of Tibet Relief Fund is often found in these quieter places. It is there in the determination of young people building their futures, in the dedication of teachers, in the care given to older people, and in the commitment of communities preserving their language, culture and traditions while living in exile.

I hope the stories in these pages have helped you get to know the people and communities behind Tibet Relief Fund's work.

Thank you for taking the time to read *Tibet Matters*. Most of all, thank you for being part of the journey. Your kindness and generosity help ensure that these stories continue - not just today, but for generations to come.

-Lee



Photo Credit: Sachin Mittal

Thank you for reading *Tibet Matters*.

If you've enjoyed this edition, we'd love to keep in touch.

Visit our website for the latest news and stories, sign up for our monthly newsletter, Voices from Tibetan Communities in Exile, or follow us on social media to see more of the people, communities and projects you have read about in these pages.

You can look forward to our next *Tibet Matters* in Spring 2027.



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