

Hi church family,
This is a quick update from my time in Nepal.

My time in the rural hospital was incredible and I lived with local families and learnt so much and gained valuable physiotherapy experience!

At the end of my time there I joined the physio community work out in the field visiting people in rural locations with a range of disabilities where we provided support, education and rehab.



I then spent some time traveling and exploring other parts of the country where I enjoyed meeting people, going on walks, local transport and seeing wildlife!

I am now trekking in the Everest region with a group of younger people, I am having such an amazing time.

I have been struck by God's protection and provision and met so many amazing people!



I am safe and all good and not in the area affected by the floods, but praying for all those involved and affected. The situation is very sad and there has been so much damage so please do also be praying. Thank you all for your prayers and support, I am looking forward to coming back to the UK in early September, lots of love, Beka

