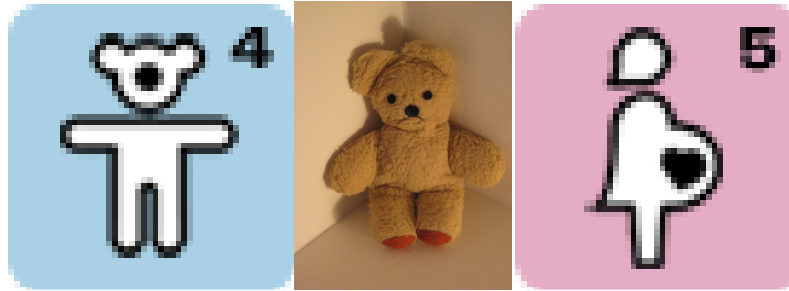


Millennium Development Goals 4 & 5



Reduce child mortality Improve maternal health

“Tackling child mortality isn't just about feeding starving children. To stay healthy, all children need clean water, food, healthcare and a home. Where you are born will determine whether your children have a chance in life...We can all do something to make the world a fairer place.”

Guardian.co.uk



1 in 10 Nepalese women suffer from painful uterine prolapse. They are often ridiculed or abused, but MRDF's support is enabling hundreds of women to live free from the physical & emotional pain of this condition, through corrective treatment including surgery and education.

Heavy lifting puts Nepalese women at high risk of uterine prolapse.

Photo © MRDF/K Smith

UK Action idea: Needles at Christmas don't just come on the tree... several charities offer inoculations as an “alternative Christmas present” – just what your family always wanted!