

## Media statement

29 July 2019

### Maleny nurse helping to shed light on Nepal

Maleny Soldiers Memorial Hospital Registered Nurse, Annette Richardson, is about to take her 16<sup>th</sup> trip to Nepal as part of her volunteer work with not-for-profit organisation Shed the Light Australia/Nepal.

As a volunteer for Shed the Light Ms Richardson travels to all parts of Nepal carrying out community consultation and health camps.

“Our wonderful charity was started by a Kenilworth local, Suzanne Kupiac, who sadly passed away in 2014. A small band of us are carrying on her legacy for the poor and marginalised in Nepal,” Ms Richardson said.

“I have had a long and varied nursing career, my Mum signed me up for nursing in the seventies to stop me roaming the world. Now all my skills have allowed me to do just that.

“While in Nepal, each day is unique. Sometimes our programs take place with very little notice, we’ll be required to gather what equipment or medicines we can, hire a 4-wheel troop carrier, grab some of our workers and go.

“Other days it’s wholesale shopping for our retail outlets we have in Maleny and Kenilworth, lots of haggling, drinking Chai and spreading the news of the work Shed the Light is doing,” she said.

“My own personal crusade has been to re-build a community school that was destroyed in the 2015 earthquakes. I’ve raised money selling silver jewellery and children’s clothing I make. I also organise crazy shirt and sock day at work to raise funds.

“After two-and-a-half years I am so proud the school is nearly completed.”

Her strong network in the Maleny community allows her to gather supplies that greatly benefit the areas she visits.

“I am a bit like a bower bird, collecting supplies off friends and acquaintances who are aware of my passion. I squash as many new toothbrushes, sanitary items and clothing into my bag each trip,” Ms Richardson said.

“The biggest joy I get is when I see the most beautiful smiles, humbleness and genuine gratitude on the faces of the Nepalese community when they realise we are doing it all from the heart. I don’t speak Nepali, but a lot of smiles and laughter go a long way in communication. This is something we can all remember in our daily lives.”

### **MEDIA OPPORTUNITY**

# Sunshine Coast Hospital and Health Service

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Media are invited for a photo and interview opportunity with Annette at Maleny Soldiers Memorial Hospital.

When: Wednesday, 31 July 2019 at 1pm

Where: Maleny Soldiers Memorial Hospital, Bean Street, Maleny.

**ENDS**

**Media contact: Alicia Temple | Alexia Kelly | 5202 0083 | 0408 713 747**

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