The difference a smoke hood makes is incredible.

Saraswoti is 26 years old and lives in a small mountainous village in the Makwanpur district south of Kathmandu, with her husband and their two young daughters. She can still remember what life was like before she had a smoke hood, her home was dark, filled with thick black smoke that spread everywhere. Her eyes would water and she could feel the effects of breathing in this smoke on her chest.

She knew of the dangers caused by the fire she used every day to feed her family and keep them warm but, for a long time, she was helpless to change this. “I had the children with me when I cooked. I would worry as they used to complain about the smoke. I knew about smoke related disease, but I had no choice.”

But with their new smoke hood, made and installed by Practical Action, life for Saraswoti and her family is very different. Now the smoke is drawn out through the hood and they no longer fear illnesses caused by breathing it in every day: “The main thing is that we are now free from smoke related illness, we now don’t have to worry.”

HOW YOUR DONATION TODAY COULD HELP CHILDREN BREATHE

£170.37 could build and install smoke hoods in 3 homes, bringing clean air to families like Kumari’s.

£416.65 could train 5 members of the local community to install smoke hoods.

£851.85 could bring life-saving smoke hoods to 5 homes, helping families like Kumari’s to breathe more easily.

Donate today by visiting practicalaction.org/smoke2016, calling 0800 389 1624 or returning the donation form.

Practical Action is a registered charity in England and Wales. Registered Charity Number 247257

Photo credits: Liz Bates, Prabin Gurung & Teo Sanchez

Some images and names have been changed to protect people’s identities.
This project will work with 36,000 homes in the districts of Gorkha, Dhading, Makwanpur, Rasuwa and Nuwakot in central Nepal. In these mountainous areas, and across rural Nepal, cooking on a traditional stove on an open fire is common for families like Kumari’s. It can take up to 3 hours to prepare each meal, and for every hour the fire is lit, thick black smoke fills their home and lungs. However, Kumari has no other way of feeding her family, and during the freezing winter months, the fire is vital in keeping her family warm. A gift from you today could help provide the solution to save children like Rajan from breathing in this deadly smoke.

The metal hood draws smoke from the fire up through a chimney – reducing household air pollution by up to 82%.

Eaves – ventilation gaps between the roof and walls – bring more clean air in.

The smoke hood is locally made.

The smoke hood enables fires to burn more efficiently, saving fuel.

As winter approaches and temperatures drop, families like Rajan’s will continue to rely on the stove in their home to cook their meals and keep them warm, breathing in even more thick black smoke.

A donation from you today could change all this:

• Installing a smoke hood in a home reduces household air pollution by over 82%, drawing out the thick black smoke and helping a family to breathe more easily.
• Children can grow healthier, with a reduced risk of developing life-threatening diseases such as pneumonia, strokes, heart disease and cancer.
• Smoke hoods are made locally, so as well as helping to protect families, you can help to create jobs by training local people to manufacture and install smoke hoods.

DONATE TODAY BY VISITING PRACTICALACTION.ORG/SMOKE2016, CALLING 0800 389 1624 OR RETURNING THE DONATION FORM