

ASHA-NEPAL

England & Wales · Charity number 1082581

Details

Other names	MAITI CHILDREN'S TRUST
Status	Registered
Legal form	Other
Registered	2000-09-25
Register	View on the Charity Commission register

Contact

Address	22 Goodramgate York YO1 7LG
Phone	01904 639667
Email	info@asha-nepal.org
Website	www.asha-nepal.org

Activities

Objects: 1) TO RELIEVE POVERTY, DISTRESS AND SICKNESS AMONGST NEPALESE CHILDREN AND YOUNG WOMEN BY ESTABLISHING AND MAINTAINING ANY SUCH HOMES, HOSPITALS, SHELTERS OR OTHER INSTITUTES AS ARE NECESSARY.2) TO ADVANCE THE GENERAL EDUCATION OF NEPALESE CHILDREN AND YOUNG WOMEN, AND IN PARTICULAR, REGARDING THEIR OWN MORAL WELFARE.3) TO ADVANCE PUBLIC EDUCATION IN THE MORAL DANGERS FACED BY CHILDREN AND YOUNG WOMEN.

Activities: A human rights organisation working for women and children in Nepal. Main activities are rehabilitation of women and children rescued from having been trafficked into India, support and refuge for women who have been physically and/or sexually abused, support for women and children who have contracted HIV. Educational, vocational & health projects. Refuge, half way home & HIV clinic.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Human Resources, Provides Buildings/facilities/open Space, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Accommodation/housing, Economic/community Development/employment
- **Who:** Children/young People, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups

Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE UNITED KINGDOM, NEPAL AND INDIA.
- India
- Nepal
- North Yorkshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£48,999	£48,011	-	-
2023-12-31	£33,103	£33,909	-	-
2022-12-31	£68,041	£107,642	-	-
2021-12-31	£58,072	£29,440	-	-
2020-12-31	£34,782	£41,002	-	-

Trustees

Name	Role	Appointed
Dr ANDREA RUTH UBHI BChD	Chair	2014-04-25
Dr Nicholas Timothy Jagar Ubhi MBBS BSc		2022-11-08
PETER MICHAEL BASHFORD		

ASHA-NEPAL

England & Wales - Charity number 1082581

Accounts

ASHA NEPAL (UK)

ANNUAL REPORT

For the year ended 31 December 2024

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CHARITY INFORMATION

For the year ended 31 December 2024

Charity Overview

Registered Charity Name:	Asha-Nepal
Other Known Names:	Asha Nepal UK
Charity Number:	1082581
Principal Office Address:	22 Goodramgate York YO1 7LG
Trustees:	Peter Bashford Andrea Ubhi Amy Baker Nicholas Ubhi



TRUSTEES' REPORT

For the year ended 31 December 2024

Introduction

We are really pleased to bring Asha Nepal's Annual Report for 2024 among our stakeholders and supporters.

This report is a glimpse of the activities conducted during 2024, which have primarily focused on safeguarding children at risk, strengthening families, supporting families in crisis, empowering our members, and bringing around sustainable changes to their lives. We are happy to present our work to you and welcome all feedback and suggestions from our stakeholders and supporters that would help us to make Asha Nepal stronger moving forward.

If you need further information about Asha Nepal and its work, you can contact us via email at andrea@asha-nepal.org.

Asha Nepal is a care and support-based organisation, rather than an advocacy group, lobbying and raising awareness. All the activities it carries out are driven from our experience of dealing with and supporting our beneficiaries and the desire to identify and meet the specific needs of any issues our beneficiaries are facing.

During the year Asha Nepal continued to focus on its three core project areas:

- Residential Services, including the Family Group Home
- Scholarship
- Keeping Family Safe in Community

Alongside and in support of these three core projects, we have also conducted various workshops and training sessions, with an aim to empower each beneficiary.

We appreciate the support of all our sponsor organisations, and would like to express our thanks to the following sponsors for their immense support:

- Asha Nepal, UK
- Project Didi, Australia
- Kat-Kids, Bermuda
- Ama Nepal, Spain
- RHEST, Nepal

We would also like to express our gratitude to our government body, CDO Kathmandu, the Social Welfare Council, the National Child Right Council, the Tokha Municipality, and all our partner organisations and executive committee members for their continuous support and guidance.

We would also like to thank all our friends, families, staff members and supporters who have directly or indirectly supported us for their dedication, which has enabled us to make these projects a success. And, finally, we would also like to thank our beneficiaries and their families, for believing and supporting us.

The Trustees

The trustees who served the company during the year were as follows:

- Peter Bashford
- Amy Baker
- Andrea Ubhi
- Nicholas Ubhi

Trustees are appointed in accordance with the Trust Deed. Trustees meet once or twice annually, and all decisions are reached by agreement. The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

Background

Asha Nepal is a small charitable organisation set up in the UK and working with Non-Governmental Organisations (NGO's) in Nepal since 1997.

Aware of a lack of person-centred support, for the hundreds of thousands of women and children in Nepal who suffer daily from extreme human rights, sexual and physical abuse, child labour, gender discrimination, caste discrimination and HIV / AIDS, Asha Nepal started to run its own grassroots programmes in 2008. The Nepal programmes are run by a group of dedicated Nepali women working on the ground, fighting for the original organisational remit for the rights of women and girls in Nepal. Asha is the Nepali word for hope.

Asha Nepal became a registered Non-Governmental Organisation in Nepal in 2008. Since then, Asha Nepal (UK) and Asha Nepal (NGO in Nepal) have worked hand in hand, as sister organisations, for the same cause, working with women and children whose lives have been disrupted by the horrific act of gender-based violence in the form of trafficking, sexual abuse, sexual exploitation, domestic slavery and severe domestic violence.

Our key focus is the victims of cross-border and international trafficking into the sex industries of India and Nepal, survivors of internal trafficking and girl survivors of severe violence and abuse. Through prevention, education, rehabilitation, healthcare and advocacy, Asha Nepal works to improve the lives of women and children, and now supports 97 families both through our residential service and in the community.

Asha Nepal aims to support violence affected families to rebuild their life socially, emotionally, and economically, by enabling them to enjoy life of safety, independence and dignity as valued members of their communities and society. Asha Nepal believes and operates in the value that every life is equally valuable.

Currently, we are proud to offer our services as a holistic approach, with focus on individualised care, based on the unique needs of each individual and family. Asha Nepal is working hard to raise the social status of the women it serves and to help the children of survivors break free from the vicious cycle of abuse and violence, by sustainably integrating them back into the community.

Our strength is working in depth with the whole family to create sustainable change and keep the families thriving in community. Our success in achieving this aim would not have been possible without our partners and well-wishers.

Asha Nepal believes and operates in the value that every life is equally valuable; therefore, change is possible by changing one person at a time.

Both Asha Nepal (UK) and Asha Nepal work hand in hand in delivering this change.

Objectives and Activities

Vision

Asha Nepal envisions a community where women and their families will be able to enjoy a life of dignity and independence.

Mission

The purpose of Asha Nepal is to assist the survivors of violence, women, children, and families to rebuild their lives socially, emotionally, and economically, enabling them to enjoy their lives of safety, independence and dignity as valued members of their community and society.

Organisational Strategy

Asha Nepal's provision of support is focused on identified areas that help to facilitate the reintegration process. We provide support for the whole family to remain in the community, through the facilitation of child-care facilities, education, health, psychosocial counselling and wellbeing for the children and their immediate family members (i.e. mother and siblings under 18).

Facilitation of vocational training options, assistance in job seeking and in making informed career choices, alongside follow-up support for their transition into employment, or from sheltered care into their families or independent living also helps us to support our beneficiaries.

Target Group

The target demographic of Asha Nepal is women and children whose lives have been disrupted by the horrific act of gender-based violence, in the form of trafficking, living with HIV, sexual abuse, sexual exploitation, domestic slavery, severe domestic violence and vulnerable families.

Current Projects

Asha Nepal is offering various services through three different projects, residentially and in community, through our offices located in Dhapasi Height-9, Tokha Road, Kathmandu.

These three projects are as follows:

Family Group Homes

Initiated in 2011 with the support of TDH, this service creates an opportunity for holistic development of children in alternative care. Asha Nepal is aware of the impact of institutionalisation in children and, in addition, looking after children who have been through traumatic experiences in their life can create further challenges. Therefore, we created this programme to foster holistic development, with individual attention to needy children. During this reporting period we served thirty-seven children through four family group homes.

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Implementation of this programme has taught us that even whilst being part of the family group homes, families are naturally assimilated into the wider community through children making friends outside and families receiving invitations to social occasions.

The process of taking children into our care is as follows:

- A referral is received from another organisation and an internal assessment of the referral is carried out.
- An assessment of the mother and family unit, and family living situation is carried out.
- The child is inducted into our residential service where they receive continuous support, focussed around preparing them for reintegration into their community.
- The child is reintegrated.

Objectives:

- Enhancing overall healthy growth and development of children in a family group atmosphere.
- Promoting health and education, both emotionally, physically, and socially.
- Providing residential facilities which protect children from any further forms of abuse, violence, and sexual exploitation.
- Strengthen and prepare families to receive their children back into the community.

- Provide quality education that enables children to secure their future and secure meaningful and self-sufficient means of employment.

Specific objectives / target:

- Running four small family group homes which consist of six to seven members, including the mother, providing for all their basic support needs.
- To provide quality education and essential extra activities for their physical, social and emotional development.
- To provide safe and empowering residential services for the children.
- To empower the children, educationally, to enable them to find jobs and successfully and sustainably reintegrate them into the community.

Activities:

The following activities were carried out as part of this programme:

- **Residential Support** – this year we provided shelter and care for children through our family-based care facilities. For the first half of the year, twenty-two children were supported across three family-based care units. In total twenty-two children were served this year. One male and twenty-one female. All of the children's basic needs were met under the supervision of the House Manager and dedicated House Mothers, who fostered a nurturing, family-like environment. 60 house meetings were conducted across the three family-based care units. These meetings addressed key concerns of both the mother and children.
- **Education Support** - all twenty-two children were admitted last year into school or college. Among them, six children were admitted into the government schools, Tilingatar H.S.S. and Dhapasi Ma Bi, seven children into Chetana Mahila, eight children into Mount Glory School, and one child into South Western College. All children passed with good grades and were promoted to the next grade. English language classes have also been ongoing at the shelter home for children in collaboration with Shakti Sumuha.
- **General health and wellbeing** – whilst in our care, the overall health and wellbeing of the children remains a top priority. Among the twenty-two children living in our family group homes this year, some experienced health issues such as gastritis, common colds with tonsillitis and the need for eye checkups. Over the year, children required hospital visits fourteen times, whereas for minor checkups they were taken to local clinics seventeen times. Additional twenty-six instances of seasonal illness were managed through home remedies.
- **Psychosocial Counselling** – To enhance their wellbeing, the children receive emotional assistance, as well as counselling and therapy. We presently have three intensive cases that have been referred to the teaching hospital or a Kanti Children's Hospital's psychiatric OPD. During the year two hundred and seventeen individual sessions were held for the benefit of eighteen children and four mothers. Furthermore, we held group sessions where children are given the opportunity to get to know themselves better. Six group meetings have been undertaken which included House Mothers and fourteen group sessions which involved the children and mothers together.
- **Social and recreational activities** - outings are planned for every three months. Further to this, all cultural functions are celebrated, and birthday celebrations, picnics, school outings and regular family visits are also encouraged. Children went to visit their family during the festive holidays and returned feeling happy and refreshed. This year, a picnic was organised at Jawlakhel Zoo, and the children also enjoyed two recreational outings to Fun Park, supervised by the House Mothers and Librarian. Additionally, they went to the cinema twice during the Dashain and Tihar holiday breaks. At the end of the academic year, following their final examinations, the children returned home to spend quality time with their families. Children's Day was celebrated at the shelter, where chocolates were distributed, and Teej was also joyfully celebrated.
- **Successful reintegration into society** - Assessing the willingness of the children and their families prior to reintegration is critical. Our reintegration strategies are planned with them in accordance with their preferences to either reintegrate into the family unit or independently into the community after completing SEE, whilst also bearing in mind their age and the

family's current situation. This year we were able to reintegrate fifteen children, most of which are being reintegrated with their families, and some are being supported in independent living. In two cases, reintegration with biological families was not possible, either due to the inability to locate the families or because the families were not prepared to accept the children. As a result, these two children were referred to like-minded partner organisations for continued care and support.

- **Case management service** – this service ensures that all beneficiaries are cared for on an individual basis, with their needs acknowledged individually and addressed accordingly. To maintain a peaceful environment and promote harmony among the twenty-two children at the shelter home, two children's meetings were conducted at the Asha Nepal premises. Additionally, one meeting was held with the children's parents to discuss the upcoming reintegration process and provide information about the closure of the family-based care service.
- **Extracurricular Activities** – This year, the children had a great time participating in all the extracurricular activities such as acrobatic (circus) classes, computer classes, library classes, audio-video classes, career orientation, common thread first and second phase, dance class, Taekwondo and tuition classes.
- **Life-skill and various awareness raising workshops** – The first phase of the Common Thread program was successfully started in 2024, with the second set to commence in 2025. As part of our ongoing commitment to education and personal development, a two-day career coaching workshop was organised for students in classes 9 and 10. In addition, acrobatic (circus) classes were held twice a month, with an emphasis on safety and self-defence. Throughout the year, a variety of educational and creative workshops were conducted, including art sessions, reading and sharing circles in collaboration with Books for Change. An educational workshop for children, enriching their learning experiences and fostering deeper engagement also took place.

Target number of beneficiaries: Twenty-four children.

Total beneficiaries served: Twenty-two children (One male and twenty-one female).

Scholarship Service

Asha Nepal strongly believes that "Education is a vehicle for change". Thus, to invest on good quality education for the children of survivors with the vision that they will choose better livelihood options than their mothers and transform their lives and those of their families.

Education is also one of the main needs expressed by the survivors themselves and a lack of education is often one of the primary reasons why they choose to leave their villages and their children behind in institutions.

As an organisation we have also learnt that if educational support remains available, even after reintegration, families are more likely to keep their children with them. As such, the scholarship scheme aims to open up further opportunities and help sustain our reintegration programmes.

Objectives:

- To ensure their right to access education and to invest in a better future for our beneficiaries.
- To break the vicious cycle of abuse through good quality education.
- To cover the educational costs for those children whose mothers are survivors of violence and able to look after them, but who are unable to afford school fees and supplies.

Specific objective / target:

- To cover the educational costs of one hundred children living in community and family group homes with their mother, based on their needs, until the child completes grade twelve.
- To follow their academic progress by visiting the school and family at their residence.

Activities:

- Coordinating with schools.
- Conducting admissions and paying annual fees directly to the school.
- Assessing the family's economic changes during the year to identify the amount of financial support required.
- Providing stationery and school supplies as necessary.
- Visiting schools at least every three months and meeting the children benefiting from the scholarship on a monthly basis to assess their progress.
- Keeping the child's file up to date with their educational developments and achievements.

The following specific activities were carried out as part of this programme:

- **Case management service** – the aim of this service is to assess and reduce the risk of abuse for an individual child and to maintain continuity of education. Following the assessment phase, the teamwork alongside the child to help them assess their choices, which are equally respected. They are also involved in making decisions in respect of their education, the family's ongoing economic situation, their admission to school and the settlement of fees. Children are further supported with the provision of school supplies and through regular three-monthly visits and follow up progress reports. After grade twelve children can request for their undergraduate or post-graduate, which will be funded as well. For undergraduates we pay full tuition fees, but for post-graduate we pay 50% of tuition fees.
- **Education Support** – the primary activity of this program is to provide financial support to enable children to be admitted into school, by paying their monthly fees and providing them with uniforms and school supplies, such as a calculator, school bag, pencils and pens. During the year one hundred and twenty-three children have benefited from the scheme. Among them two joined a masters program. Nine children are continuing their undergraduate studies and a further seven are in various three-year diploma courses run by CTEVT. One child is enrolled in a Diploma in Interior Design, and another is in her second year of a Dipolma in Health Assistance. Seventeen are in higher secondary education and are being supported to remain in education to grade ten. One child has enrolled on a course to be a heath-case assistant, another to become a chartered accountant and the remaining seventy are in nursery through to grade ten.
- **Hostel Support** – the hostels not only provide the environment for the children to learn to be independent, but it also prepares them to be able to cope with problems that life may throw at them. This year we have provided support to five individuals.

Target number of beneficiaries: One hundred children.

Total beneficiaries served: One hundred and twenty-three children.

Case Study: Education Support

This is a case of a child called Lalita, who along with her parents has PLHIV. Sadly, AIDS claimed her father's life and their financial situation became dire. Her mother works to maintain the household and is the family's only source of income, as they were expelled from their wider family following the father's death, so they fled to protect themselves.

Lalita was referred to Asha Nepal from Shakti Milan Samaj when she was 5 years old, and a student in class UKG. Asha Nepal gave the family regular psycho-social counselling along with educational support.

Even at a young age, Lalita consistently demonstrated remarkable wisdom and intelligence. She performed exceptionally well in her academic studies and recently completed her Secondary Education Examination (SEE), achieving a GPA of 3.52. Following her SEE, she applied for and successfully earned a scholarship through the Kathmandu Metropolitan City program. Through this opportunity, she chose to pursue her higher education at The Insight Vision College, Dhumbarahi, where she is currently enrolled in Grade 11 with a major in Hotel Management. In addition to her academic pursuits, she enrolled in a bakery training program at Cocina Militho Ghhs, after completing her SEE. She has completed training and is now continuing her learning through an internship at the same institution.

Asha Nepal is supporting Lalita by covering the costs of stationery and uniforms only, enabling her to continue both her formal and professional training without financial barriers.

Keeping Family Safe in Community

Support provided to vulnerable families in and around Kathmandu

Asha Nepal's Keeping Family Safe in the Community (KFSC) project seeks to support vulnerable individuals with a package of support for individuals in and around Kathmandu, who have either suffered from trafficking experiences or those who are deemed at high-risk of being trafficked in the first instance.

Our local partner, Asha Nepal (Nepal), have been operating the KFSC project since 2014, with a special focus on supporting extremely vulnerable single parent mothers and their children. Single parents have included mothers who have previously been trafficked, as well as parents whose children have been trafficked or are at high-risk of being so. Given the extreme nature of the cases enrolled, Asha Nepal seeks to enrol families on the project until children conclude their education, at aged eighteen. This means that Asha Nepal expects cases to be enrolled for an average of four to six years, during which time individuals receive all three key stages of support offered by Asha Nepal.

This year we found that many of our beneficiaries who lost their jobs due to the COVID-19 pandemic were able to look for alternative employment and as such the impact has reduced significantly over the year. However, families still struggled to manage their basic daily expenses and for some families it was difficult to survive. As such families continued to receive financial support, wherever possible.

As travel became easier, we were also able to restart our training workshops, such as our life-skill based workshops on child abuse and human trafficking for schoolteachers. Further to this, we were able to resume monthly or at least quarterly home visits for needy families, alongside regular contact via phone calls.

Objectives:

- To provide immediate stability to the families in the community.
- To improve mental health and enable families to have stable living conditions.
- To strengthen individuals through counselling and regular visits.
- To encourage regular school attendance.
- To sustain family reintegration.
- To enable families to become self-sustained, with increased consistency in family activities and improved quality and standards of living.

Activities:

- **Case management service:** This service ensures that all the beneficiaries are cared for on an individual basis, whereby their individual needs are acknowledged and addressed accordingly. The sole objectives of implementing case management are to assess and reduce a child's risk of abuse and to maintain the child's care and education. The child has been regarded as a person since the evaluation stage, and choices that affect them have been made with their involvement. In community this year we served one hundred and twenty-three children from ninety-nine families. During the year we closed ten cases, with five placed on hold as they might need support in future. We also took on three new cases to provide educational support. All the children are living with their families and are doing well.
- **Health Service:** During this year we provided health services to nine families. Among them one child was supported with nutritional food support. Our social workers visited hospital thirty-five times in follow-up with doctors, including regular monthly check-ins and visits for hospital assistance. One child suffered a finger fracture and underwent a successful operation with our support. Her finger has now fully recovered. Another child had a fracture in his left hand, for which we provided necessary medical assistance. One individual experienced a spinal dislocation due to an accident. It was later determined that surgery was required for proper recovery. Due to the high costs of the procedure, we supported him with a month's supply of medication. A child who had previously undergone eye surgery experienced vision problems this year. We facilitated a comprehensive eye check-up, and who was prescribed corrective glasses. Another individual underwent surgery to remove a steel implant from her leg, placed after a previous fracture. Due to her dire

economic situation, she is currently receiving medications for high blood pressure and seizures. Other incidents included a diagnosis of Hydrocephalus, Liver Cirrhosis, where sadly she passed away during care, and another was referred to the Koshish Rehabilitation Centre for mental health treatment, where we covered one month of her rehabilitation. Lastly, a child underwent emergency ear surgery due to a severe infection. He had a history of hearing issues and the operation was performed to address this.

- **Family and Social Relationship:** Throughout the year, social workers visited families at home one-hundred and forty-seven times. Families also came to Asha Nepal's office five-hundred and sixty-four times to meet with social workers and counsellors. Further to this, social workers were able to visit children at school one-hundred and twenty-seven times and throughout the year families were checked up on through phone calls one-thousand, eight-hundred and forty-one times.
- **Social welfare support:** Families in community come across various crises during their stay. While they are under our care, we aim to support them by providing financial support for good nutrition and to cover any outstanding rents and provide emergency health support to help them stay in the community which happened twice during the year. During this reporting period thirty-one families have received this service. Rent assistance was granted seventeen times and fourteen families received food support. In addition, we distributed winter jackets and socks to twenty-three needy children and also purchased clothes for three needy children in the community on the occasion of Dashain.
- **Independent living:** Children who are reintegrated from Asha Nepal's shelter home after completing their SEE and are unable to live with their family are given this support. We support them with food and rent so that they can sustain themselves. This service will continue while the person is looking for a steady job and will only end once they have securely found one. During this period, fourteen individuals were assisted with food support and sixteen times with rent support.
- **Psychosocial counselling and emotional support:** our full-time psychosocial counsellor provided counselling and facilitates family meetings to discuss issues and assist decision-making. This year twenty-nine beneficiaries benefited from individual sessions, ranging from one to twenty-five sessions, with an overall total of one-hundred and sixty sessions. Family counselling sessions were also conducted twelve times for four families. Alongside this, a psychiatric consultation was also carried out for four children.
- **Extracurricular Activities:** This year children enjoyed all the extracurricular activities, i.e. Taekwondo classes, audio-video classes, circus, computer classes and library classes. We also facilitated life-skills and parenting workshops and some of the children also attended the Mental Health fair organised by Shine Together in celebration of Global CARE Aware Day. The children also attended Sajha Dhago's Common Thread exhibition on the theme 'Threads of Resilience' held at the Chaya Centre.

Target number of families served:	Eighty-five families
Total beneficiaries served:	Ninety-Nine families One-hundred and twenty-three children

Case Study: Mental Health

Kalpi, a 38-year-old woman, is one of Asha Nepal's beneficiaries. She is separated from her husband. Whilst overseas, she initially worked but was later dismissed from her job due to behavioural challenges. Upon her return, Kalpi underwent a medical check-up where she was diagnosed with a mental health condition. She received immediate treatment and gradually stabilised. Following her recovery, she began earning a living as a street vendor selling bottled water, before renting a small space to run a hotel business.

Sadly, after seven months, she experienced a relapse in her mental health, which made it difficult for her to continue managing the hotel. She was eventually forced to close the business.

Asha Nepal has been providing educational support for her daughter, and so recognising her situation, Asha Nepal collaborated with KOSHISH, an organisation specialising in mental health support and over a five-month period, she received medical treatment, counselling and psychosocial care, alongside support for food, rent and medicine. With this combined support she gradually recovered and was reintegrated into the community.

Volunteer and visitor visits

Volunteers have been one of the major sources of skill enhancement for the Asha Nepal team, with the organisation seeking volunteer support from highly qualified and professional individuals whose expertise enhance the capabilities of the established team. During the year the local and national government visited several times for various monitoring purposes. The SWC, NCRC, Tokha municipality and Ward officials also visited. We also received groups of volunteering visitors from Bulgaria, Australia and the UK, and also from Nepal. A total of thirteen volunteers visited Asha Nepal this year. These volunteers gave lessons to the children in life discipline, first aid, women's health, balanced diets, media literacy, and mental health awareness.

Challenges

As an organisation, Asha Nepal has faced the following challenges over the past year:

- One common challenge has been children's lack of motivation for their studies. For example, one of the most prevalent problems among kids is a lack of interest in studying; other common problems include learning challenges, peer pressure, external distractions, a lack of autonomy and engagement, emotional wellbeing, etc. Children have placed their mind more of an emphasis on generating income than on education.
- Mental health is often neglected, with many of our beneficiary not taking mental health issues seriously. This lack of attention can lead to worsening problems within families. The absence of early detection and timely intervention often results in individuals struggling silently, which can further impact their well-being and relationships.
- After children completed Secondary Level of schooling, we coordinate with our partner organizations like The Umbrella Foundation Nepal and Cocina Mitho Chha where we requested for extracurricular activities for children, such as: Barista, Computer workshop and vocational trainings. Some of our beneficiaries are irregular in attending activities, while others discontinue it. Therefore, this causes lack of trust between partnership organizations.
- Inconsistencies among college-aged children have caused educational drift, which has resulted in a decline in academic performance. Despite the coordination and frequent meetings with the social worker and college coordinator, their regularity has not improved either. Furthermore, it has proven difficult to deal with children's absences from vocational training. They appear distracted and prefer to complete tasks at their own pace when a social worker conducts routine follow-ups.
- A major obstacle originates from underlying family issues that resurface repeatedly. Short-term resolutions often achieved through emergency social welfare support fails to address the deeper root that is Economic hardship. Persistent financial instability undermines the stability of relationships within the household and family members.
- Economic hardship fuels financial pressure, which harms mental health leading to increased family conflict and disrupted parenting. Without sustainable economic solutions, short-term support isn't enough, and families remain trapped in a cycle of stress and relational strain.
- Despite providing urgent aid, beneficiaries often remain trapped in a cycle of subsistence-level work. The lack of stable, meaningful employment perpetuates financial strain, which directly impacts familial relationships and the overall atmosphere at home.
- Most of the beneficiaries worked as a daily wage labour thus they don't get a holiday even for a day. This makes them challenging to manage their work and to attend any workshop conducted by Asha, specially focused for mothers.
- Some beneficiaries exhibit a lack of commitment to the workshops leading to frequent absenteeism. This not only hinders their personal growth but also raises questions about the effectiveness of our efforts. Despite our dedication to delivering these sessions the recurring absence of participants challenges the impact of our initiatives.
- We are deeply saddened to report the loss of two of our beneficiaries this year: One beneficiary passed away due to liver cirrhosis. Despite providing extensive medical and hospital support, her condition had progressed beyond the point of recovery. Years of alcohol dependency had severely deteriorated her health and although we offered ongoing counselling and follow-up care, we were unable to prevent this tragic outcome. The second beneficiary loss was a 13-year-old child suffering from muscular dystrophy. We had been

supporting him with regular nutritional care on a quarterly basis. Sadly, he passed away during a surgical procedure. These losses have deeply impacted us emotionally, mentally, and as an organization committed to the well-being of those we serve.

Learning

- We are learning to acknowledge that each situation has its advantages and disadvantages, and that instead of worrying it is better to tackle issues and solve them as they arise.
- Determine the underlying problems the children are having, whether it be a lack of comprehension in particular subjects, bad study habits, trouble staying organized, or something else entirely. Knowing the underlying cause will enable us to customize interventions and support.
- Establish an atmosphere that is more empathetic, compassionate, and inspiring so that children feel appreciated and motivated to learn.
- Collaborate with the school and parents to establish a strong, encouraging network that supports the child's education.
- Maintaining resilience and preventing burnout among staff requires intentional practices such as self-care, setting healthy boundaries, and seeking support when needed. Recognizing the emotional demands of working with vulnerable children and families, we have prioritized staff well-being through regular supervision, stress management initiatives, and upcoming Trauma-Informed Care training. These actions were informed by the recent program review of our Keeping Families Safe in the Community service. The review emphasized that such trainings are not just beneficial but essential for staff to remain effective, compassionate, and emotionally grounded in their roles. Investing in our team's well-being ultimately strengthens the quality of care and support we provide to the communities we serve.
- Planning to make a gathering session of our 11 and 12 grade's beneficiaries on quarterly basis, it will have the opportunity to share their experiences with each other and help to learn new ideas from each other. It also might help to organise for taking update on reintegrated beneficiary's situations.
- We realized necessity of parents to attend Positive Parenting workshop, which emphasizes the understanding between parents and children that will help to improve and strengthen relationship within the family.
- We have observed that family and community is important to children's personal and social development. In response, our initiative is evolving from the "Keeping Family Safe in Community" program into a more holistic **Family Strengthening Project**. It is a shift that emphasizes not only safety but also empowerment, connection, and resilience for families within their communities. This initiative seeks to strengthen families through empowering every individual in the family with in educational, economic and social aspects supporting long term reintegration with dignity.
- Given the highly sensitive nature of our work with children and families, it is crucial for our staff to prioritize stress management and self-care. Our roles also demand a strong sense of self-awareness and emotional sensitivity qualities that are essential for responding thoughtfully, respectfully, and effectively to the needs of vulnerable children and their families. As part of our commitment to continuous improvement, we recently reviewed and evaluated our Keeping Families Safe in the Community program. Based on the recommendations from this evaluation, we have identified the need for Trauma-Informed Care training for our staff. This training will equip them with the necessary knowledge and tools to better understand and respond to the effects of trauma; ultimately enhancing the quality of care and support we provide.
- We recognize the importance of initiating career coaching from Class 8 through Class 12, as it supports students in navigating their future academic and career paths. Early career guidance allows young learners to explore their personal strengths, interests, and aspirations fostering self-awareness and informed decision-making. Particularly during middle and high school,

students are beginning the critical process of forming their identity and occupational inclinations so this might be a great help for them.

Achievements

- We had great Teej celebration on 28th September 2024 and on October 16th we had small celebration of Children's Day by simply providing them chocolates.
- With the aim of instilling the importance of education in children, Asha Nepal was able to organize a facilitation programme on the occasion of Asha Nepal's 16th annual Day celebration, for three beneficiaries who had completed their bachelor's degree.
- The first phase of the Financial Literacy program was held on January 25th for students of classes 10 to 12, in collaboration with THE FINANCONOMIC, at the Asha Nepal premises.
- One of our beneficiaries completed CAP I of Charter Accountant with remarkable number.
- We successfully commenced phase one of common thread sessions, where our children participate for 14 weeks. This provides a great opportunity to embrace their inner self by finding out and working on their weaknesses thus helping them in their inner healing.
- The SEE (Secondary Education Examination) results was published in which: Out of 10 students who appeared, 7 passed with good results, 2 students will need to retake a back paper. 1 student, after multiple subject failures is discontinuing formal education and expressing interest in pursuing animal husbandry, a field where she was previously involved in. We are planning to support her in IG support. 3 students are interested in applying for a PCL Nursing degree scholarship offered by CTEVT (Council for Technical Education and Vocational Training). Other eligible students plan to apply for the Kathmandu Metropolitan City Scholarship (2082) available for students entering grades 11 and 12.
- Class 12 Results Update: The Class 12 exam results have been released for this reporting period: 8 students took the final exam, 3 students passed, 4 students are scheduled to retake their exams, and 1 student deferred her exam until the following year. Among those who passed: One student is preparing for the scholarship entrance exam for a Bachelor in Computer Engineering at Pulchowk Campus. One student plans to pursue a Bachelor in Business Studies. Another student wishes to take a break and join the workforce.
- Two children have been referred to other organization due to unstable home situations and difficulty locating their biological parents. As we move forward with closing our Family-Based Care home, these two children have been referred for alternative care arrangements.
- Distributed 100 water bottles and 81 umbrellas to children receiving educational support from Asha Nepal.
- We have observed that family and community is important to children's personal and social development. In response, our initiative is evolving from the "Keeping Family Safe in Community" program into a more holistic **Family Strengthening Project**. It is a shift that emphasizes not only safety but also empowerment, connection, and resilience for families within their communities. This initiative seeks to strengthen families through empowering every individual in the family with in educational, economic and social aspects supporting long term reintegration with dignity.
- This year, our board members conducted a review of the *Keeping Families Safe in the Community* support service, which included direct feedback/review from our beneficiaries. The evaluation highlighted the value of such reviews in identifying areas for growth and ensuring the provision of quality services. Based on the findings, it was recommended that similar evaluations be conducted annually to continuously improve our work and better meet the needs of the families and children we support.

Structure, governance, and management

Asha-Nepal was established by a charitable trust deed on the twelfth day of June 2000.

The charity's objectives are:

- To eradicate the trafficking of girls and young women into sexual slavery from Nepal into India, the Gulf States, and other parts of the world.

- To create awareness of legal trafficking of girls and young women in Nepal to the public and world governments.
- To prevent, through education, the risk of girls and young women being lured into sexual slavery, to teach self-sufficiency through education and work skills to at risk girls and young women rescued from enforced prostitution.
- To rescue and rehabilitate girls and young women trafficked into sexual slavery and either reunite them with their families or care for them until they are self-sufficient.
- To care for girls and young women who have contracted terminal illnesses during captivity
- To rehabilitate abandoned girls through education, counselling and providing a safe refuge
- To offer a safe home to all girls at risk either from or after abduction.

Objectives, activities, achievements, and performance

Under the terms of the Trust Deed, the Trustees have wide discretionary powers as to distributions of income and capital in pursuance of the objects of the Trust as stated above. The Trustees meet annually to identify projects worthy of support. The Asha-Nepal strategy is to provide support for projects in Nepal with local partner organisations, which directly meet the objectives for the Charity.

In the Trustees' view, the reserves should provide the charity with adequate financial stability and the means for it to meet its charitable objectives for the foreseeable future.

The Trustees review the amount of reserves that are required to ensure that they are adequate to fulfil the charity's continuing obligations on an annual basis at their Trustees meeting.



Dr Andrea Ubhi

Dated: 21.10.25

INDEPENDENT EXAMINER'S REPORT

For the year ended 31 December 2024

I report on the accounts of Asha Nepal (UK) for the year ended 31 December 2024, which are set out on pages 17-21.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act
- To follow the procedures laid down in the General Directions given by the Charities Commission under section 145(5)(b) of the 2011 Act
- To state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees consequently no opinion is given as to whether the accounts present a "true and fair view", and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - To keep accounting records in accordance with section 130 of the 2011 Act
 - To prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

Have not been met, or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Nicola Ainscough FCA BSc
Chartered Accountant
Equilibrium Accountants Ltd
48 Goodramgate, York, YO1 7LF

17 October 2025

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 December 2024

	Notes	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 24 Total £	Year to 31 Dec 23 Total £
INCOME					
Incoming and endowments from:					
Donations and legacies	2	-	48,999	48,999	32,876
Charitable activities		-	-	-	-
Other trading activities		-	-	-	-
Investments		-	-	-	-
Other income		-	-	-	227
Total incoming resources		-	48,999	48,999	33,103
EXPENDITURE					
Expenditure on:					
Raising funds	3	-	216	216	216
Charitable activities	4	30,381	6,710	37,091	32,950
Other	5	-	10,704	10,704	743
Total resources expended		30,381	17,630	48,011	33,909
Net income / (expenditure) for the year		(30,381)	31,369	988	(£806)
Transfer from general to restricted funds		30,381	(30,381)	-	-
RECONCILIATION OF FUNDS					
Total funds brought forward as at 1 Jan 24		14,739	2,833	17,572	18,378
Total funds carried forward as at 31 Dec 24		14,739	3,821	18,560	17,572

The notes on pages 19-21 form a part of these financial statements.

A Statement of Total Recognised Gains and Losses is not required as all gains and losses are included in the Statement of Financial Activities.

There is no difference between the net income / (expenditure) for the year above and the historical cost equivalent. All activities are continuing.

BALANCE SHEET

For the year ended 31 December 2024

	Notes	£	As at 31 Dec 24 £	As at 31 Dec 23 £
FIXED ASSETS				
Tangible assets			-	-
CURRENT ASSETS				
Stocks		-	-	-
Debtors		238	-	-
Cash at bank and in hand		25,843	17,576	
		<u>26,081</u>		
Creditors: Amounts falling due within one year			(7,521)	(4)
Net Current Assets / (Liabilities)			<u>18,560</u>	<u>17,572</u>
Total Assets less Current Liabilities			<u>18,560</u>	<u>-</u>
Creditors: Amounts falling due after more than one year			-	-
Net Assets			<u>18,560</u>	<u>17,572</u>
FUNDS	6			
Unrestricted funds			3,821	2,833
Restricted funds			14,739	14,739
Total Funds			<u>18,560</u>	<u>17,572</u>

The notes on pages 19-21 form a part of these financial statements.

Trustee benefits: advances, credit and guarantees

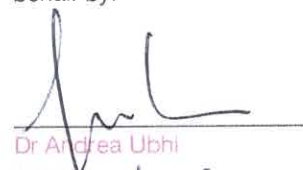
During the year no benefits, in the form of advances, credit and guarantees, were conferred upon trustees of the charity.

Guarantees and other financial commitments

During the year no guarantees or other financial commitments were made.

The financial statements have been prepared in accordance with the Charities Act 2011, with respect to accounting records and the preparation of accounts.

The financial statements on pages 17-21 were approved by the Board of Trustees and signed on its behalf by:



Dr Andreea Ubhi

Date: 21/10/25

NOTES TO THE ACCOUNTS

For the year ended 31 December 2024

1. ACCOUNTING POLICIES

a) Statutory Information

Asha-Nepal is a registered charity in the UK with the Charities Commission, registration number 1082581.

b) Basis of preparation and assessment of going concern

The accounts have been prepared under the historical cost convention and on the receipts and payment basis.

The financial statements are prepared in sterling, which is the functional currency of the charity.

The principal accounting policies, which have been applied consistently in the year, are set out below.

c) Compliance with accounting standards

The financial statements have been prepared in accordance with the Charities Act 2011, the Accounting and Reporting by Charities for Smaller Entities: Statement of Recommended Practice applicable in the UK and Republic of Ireland (FRS 102) (Effective January 2015) – (Charities 'SORP' FRS 102): the provisions of FRS 102 Section 1A – Small Entities and other applicable accounting standards in the United Kingdom.

d) Funds structure

Earmarked funds, as shown in the notes to the accounts, represent funds set aside by the Trustees for use on specific projects.

Amounts shown as Restricted Funds, on the Statement of Financial Activities and the Balance Sheet, represent funds donated for specific projects in accordance with the Charities Act definition.

e) The Asha-Nepal My World My View Trust Fund

The Asha-Nepal My World My View Trust Fund was created to support the twenty-two girls who took part in the My World, My View project to assist them towards self-sufficiency at age eighteen, on leaving SOS Bahini.

The fund comprised money raised from sales of photographs by the twenty-two girls from SOS Bahini, from sales of the book 'My World, My View' and from donations given expressly to the girls of SOS Bahini.

Each girl is entitled to an equal share in the Fund plus interest, at or after they reach age eighteen (or prior to this date, at Asha-Nepal's discretion), for Tertiary studies, establishing their own business or household, or other needs providing its purpose is first approved by Asha-Nepal staff in Kathmandu, and then by Asha-Nepal UK.

In December 2019, the board of Trustees ratified a decision to transfer the funds from the Mr World My View fund to the newly created Education Support Fund. As part of this, the trustees agreed to honour any legitimate claim for funds previously held in the My World My View fund.

f) Income recognition

Income is recognised only on receipt.

g) Trustees' remuneration and expenses

During the year £4,410 (2023: £3,420) was paid out to Smriti Khadka as a salary, in recognition of services performed on behalf of the Charity in running the centre in Nepal. In addition to this, £9,812 (2022: £0) was paid out in respect of travel expenses for Andrea Ubhi, Amy Baker and Nicholas Ubhi (Trustees).

- h) **Refunds of tax from gift aid donations**
Refunds of taxation received as a result of claims made relating to donations given under Gift Aid are treated as Unrestricted Income.
- i) **Trustee travel expenses**
The trustees have agreed that their travel costs may be covered by the charity, but that costs associated with a decision to upgrade a flight or have anyone else accompany them must be reimbursed to the charity. For accounting purposes, the reimbursement is treated as a donation.

2. DONATIONS AND LEGACIES

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 24 Total £	Year to 31 Dec 23 Total £
Donations and legacies				
General	-	48,999	48,999	32,876
Other Trading Activities				
Event Income	-	-	-	-
Other Income				
Bank Interest Received	-	-	-	227
Misc Income	-	-	-	-
	<u>-</u>	<u>48,999</u>	<u>48,999</u>	<u>33,103</u>

3. RAISING FUNDS

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 24 Total £	Year to 31 Dec 23 Total £
Just Giving Charges	-	216	216	216
	<u>-</u>	<u>216</u>	<u>216</u>	<u>216</u>

4. CHARITABLE ACTIVITIES

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 24 Total £	Year to 31 Dec 23 Total £
Asha Office	-	6,710	6,710	17,650
Education Support	-	-	-	15,300
Keep Families Safe	16,628	-	16,628	-
Family Group Home	13,753	-	13,753	-
	<u>30,381</u>	<u>6,710</u>	<u>37,091</u>	<u>32,950</u>

5. OTHER

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 24 Total £	Year to 31 Dec 23 Total £
Travel	-	9,812	9,812	-
Bank Charges	-	158	158	163
Advertising	-	76	76	4
	<u>-</u>	<u>10,046</u>	<u>10,046</u>	<u>167</u>

Supplies	-	118	118	-
Accountancy	-	540	540	576
	-	10,704	10,704	743

6. FUNDS

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 24 Total £	Year to 31 Dec 23 Total £
Unrestricted Fund				
General	-	3,821	3,821	2,833
Ear-marked	-	-	-	-
Restricted Fund				
Family Group Homes	-	-	-	-
Keeping Families Safe	-	-	-	-
Education Support	14,739	-	14,739	14,739
	<u>14,739</u>	<u>3,821</u>	<u>18,560</u>	<u>17,572</u>

Fund reallocations

In December 2019, it was resolved by the board of trustees of Asha Nepal UK to reallocate funds held within the restricted fund accounts. This included closing three historical funds (Foster Home, Kumundi and the Family Preservation Programme), which were no longer in use; creating three new restricted funds (Small Group Homes, Keeping Families Safe and the Education Support funds) to align with the three core projects within the organisation and transferring funds from the remaining active restricted funds to the new Education Support fund. As some historical funds (Children's Reintegration Centre, Asha Nepal Scholarship Fund and Community Centre) were in credit, general funds were transferred to cover these balances.

It should be noted that the basis for the decision to close the earthquake appeal fund was that general funds were used to fund one hundred child through schools in an earthquake town, to rebuild a house in Bhaktapur that had been destroyed in the earthquake, to carry out maintenance following the earthquake and to give residential care to two children, following the death of their mother in the earthquake.



Charity Accounts Annual Return Declaration Form

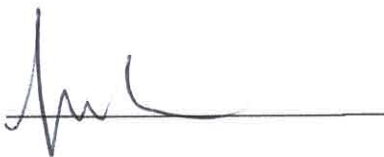
Enclosed is a copy of the information that will be transmitted to the Charity Commission, once authorised by you. The copy includes all completed supplementary pages & attachments. Before transmitting the return (or amendment) information to the Charity Commission using the Charity Commission's Online Service, your adviser must provide you with a copy of your return (or amended return) information for you to declare that the information is correct and complete to the best of your knowledge and belief and approve submission to the Charity Commission. If you give false information or conceal any part of your income or chargeable gains you may be liable to financial penalties. It is recommended that you retain a copy of the Return (or amended return information) transmitted to the Charity Commission.

Declaration

I understand that when I advise Equilibrium that I have approved this copy they will be entitled to submit my return (or amended return) information using the Charity Commission Online Service.

Name: AWBH

Date: 21/10/25

Signature: 

ASHA-NEPAL

England & Wales - Charity number 1082581

Accounts

ASHA NEPAL (UK)

ANNUAL REPORT

For the year ended 31 December 2022

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CHARITY INFORMATION

For the year ended 31 December 2022

Charity Overview

Registered Charity Name:	Asha-Nepal
Other Known Names:	Asha Nepal UK
Charity Number:	1082581
Principal Office Address:	22 Goodramgate York YO1 7LG
Trustees:	Peter Bashford Andrea Ubhi Amy Baker Nicholas Ubhi



TRUSTEES' REPORT

For the year ended 31 December 2022

Introduction

We are really pleased to bring Asha Nepal's Annual Report for 2022 among our stakeholders and supporters.

This report is a glimpse of the activities conducted during 2022, which have primarily focused on safeguarding children at risk, strengthening families, supporting families in crisis, empowering our members, and bringing around sustainable changes to their lives. We are happy to present our work to you and welcome all feedback and suggestions from our stakeholders and supporters that would help us to make Asha Nepal stronger moving forward.

If you need further information about Asha Nepal and its work, you can contact us via email at andrea@asha-nepal.org.

Asha Nepal is a care and support-based organisation, rather than an advocacy group, lobbying and raising awareness. All the activities it carries out are driven from our experience of dealing with and supporting our beneficiaries and the desire to identify and meet the specific needs of any issues our beneficiaries are facing.

During the year Asha Nepal continued to focus on its three core project areas:

- Residential Services, including the Family Group Home
- Scholarship
- Keeping Family Safe in Community

Alongside and in support of these three core projects, we have also conducted various workshops and training sessions, with an aim to empower each beneficiary. We are happy to write that all these activities went smoothly and were completed successfully and that during the period we were able to reach 251 people, in various levels of support, during the year.

We appreciate the support of all our sponsor organisations, and would like to express our thanks to the following sponsors for their immense support:

- Asha Nepal UK
- Rosie May Foundations, UK
- Project Didi, Australia
- Kat-Kids, Bermuda
- Ama Nepal, Spain
- RHEST, Nepal

We would also like to express our gratitude to our government body, the Social Welfare Council, the National Child Right Council, the Tokha Municipality, all our partner organisations and executive committee members for their continuous support and guidance.

We would also like to thank all our friends, families, staff members and supporters who have directly or indirectly supported us for their dedication, which has enabled us to make these projects a success. And, finally, we would also like to thank our beneficiaries and their families, for believing and supporting us.

The Trustees

The trustees who served the company during the year were as follows:

- Peter Bashford
- Andrea Ubhi

- Amy Baker
- Nicholas Ubhi

Trustees are appointed in accordance with the Trust Deed. Trustees meet once or twice annually, and all decisions are reached by agreement. The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

Background

Asha Nepal is a small charitable organisation set up in the UK and working with Non-Governmental Organisations (NGO's) in Nepal since 1997.

Aware of a lack of person-centred support, for the hundreds of thousands of women and children in Nepal who suffer daily from extreme human rights, sexual and physical abuse, child labour, gender discrimination, caste discrimination and HIV / AIDS, Asha Nepal started to run its own grassroots programmes in 2008. The Nepal programmes are run by a group of dedicated Nepali women working on the ground, fighting for the original organisational remit for the rights of women and girls in Nepal. Asha is the Nepali word for hope.

Asha Nepal became a registered Non-Governmental Organisation in Nepal in 2008. Since then, Asha Nepal (UK) and Asha Nepal (NGO in Nepal) have worked hand in hand, as sister organisations, for the same cause, working with women and children whose lives have been disrupted by the horrific act of gender-based violence in the form of trafficking, sexual abuse, sexual exploitation, domestic slavery and severe domestic violence.

Our key focus is the victims of cross-border and international trafficking into the sex industries of India and Nepal, survivors of internal trafficking and girl survivors of severe violence and abuse. Through prevention, education, rehabilitation, healthcare and advocacy, Asha Nepal works to improve the lives of women and children, and now supports 97 families both through our residential service and in the community.

Asha Nepal aims to support violence affected families to rebuild their life socially, emotionally, and economically, by enabling them to enjoy life of safety, independence and dignity as valued members of their communities and society. Asha Nepal believes and operates in the value that every life is equally valuable.

Currently, we are proud to offer our services as a holistic approach, with focus on individualised care, based on the unique needs of each individual and family. Asha Nepal is working hard to raise the social status of the women it serves and to help the children of survivors break free from the vicious cycle of abuse and violence, by sustainably integrating them back into the community.

Our strength is working in depth with the whole family to create sustainable change and keep the families thriving in community. Our success in achieving this aim would not have been possible without our partners and well-wishers.

Asha Nepal believes and operates in the value that every life is equally valuable; therefore, change is possible by changing one person at a time.

Both Asha Nepal (UK) and Asha Nepal work hand in hand in delivering this change.

Objectives and Activities

Vision

Asha Nepal envisions a community where women and their families will be able to enjoy a life of dignity and independence.

Mission

The purpose of Asha Nepal is to assist the survivors of violence, women, children, and families to rebuild their lives socially, emotionally, and economically, enabling them to enjoy their lives of safety, independence and dignity as valued members of their community and society.

Organisational Strategy

Asha Nepal's provision of support is focused on identified areas that help to facilitate the reintegration process. We provide support for the whole family to remain in the community, through the facilitation of child-care facilities, education, health, psychosocial counselling and wellbeing for the children and their immediate family members (i.e. mother and siblings under 18).

Facilitation of vocational training options, assistance in job seeking and in making informed career choices, alongside follow-up support for their transition into employment, or from sheltered care into their families or independent living also helps us to support our beneficiaries.

Target Group

The target demographic of Asha Nepal is women and children whose lives have been disrupted by the horrific act of gender-based violence, in the form of trafficking, living with HIV, sexual abuse, sexual exploitation, domestic slavery, severe domestic violence and vulnerable families.

Current Projects

Asha Nepal is offering various services through three different projects, residentially and in community, through our offices located in Dhapasi Height-9, Tokha Road, Kathmandu.

These three projects are as follows:

Family Group Homes

Supported by Asha Nepal UK, Didi Project, Australia, Ama Nepal, Spain, and RHEST, Nepal.

Initiated in 2011 with the support of TDH, this service creates an opportunity for holistic development of children in alternative care. Asha Nepal is aware of the impact of institutionalisation in children and, in addition, looking after children who have been through traumatic experiences in their life can create further challenges. Therefore, we created this programme to foster holistic development, with individual attention to needy children. During this reporting period we served thirty-two children through four family group homes.

Implementation of this programme has taught us that even whilst being part of the family group homes, families are naturally assimilated into the wider community through children making friends outside and families receiving invitations to social occasions.

The process of taking children into our care is as follows:

- A referral is received from another organisation and an internal assessment of the referral is carried out.
- An assessment of the mother and family unit, and family living situation is carried out.
- The child is inducted into our residential service where they receive continuous support, focussed around preparing them for reintegration into their community.
- The child is reintegrated.

Objectives:

- Enhancing overall healthy growth and development of children in a family group atmosphere.
- Promoting health and education, both emotionally, physically, and socially.

- Providing residential facilities which protect children from any further forms of abuse, violence, and sexual exploitation.
- Strengthen and prepare families to receive their children back into the community.
- Provide quality education that enables children to secure their future and secure meaningful and self-sufficient means of employment.

Specific objectives / target:

- Running four small family group homes which consist of six to seven members, including the mother, providing for all their basic support needs.
- To provide quality education and essential extra activities for their physical, social and emotional development.
- To provide safe and empowering residential services for the children.
- To empower the children, educationally, to enable them to find jobs and successfully and sustainably reintegrate them into the community.

Activities:

The following activities were carried out as part of this programme:

- **Residential Support** through the provision of safe shelter services to thirty children (two male and twenty-eight female). This year we admitted three new children in different family-based care units. All the basic needs were met in coordination with the house manager, house mother and where possible with children living in respective units. During the year forty-eight house meetings were conducted to discuss, plan, and implement activities in creation of a family environment, and to support the relationships between mothers and their children.
- **Education Support** all thirty children were admitted last year into school or college. Among them, seventeen children were admitted into the government schools, Tilingatar H.S.S. and Dhapasi Ma Bi, three children into Chetana Mahila, nine children into Mount Glory School, and one child into Skylark. All children passed with good grades and were promoted to the next grade. The children are also enjoying the return to physical classes in school, following the disruption during the COVID-19 pandemic.
- **Career Coaching** Follow-up individual sessions of three days career coaching for children from grade 8 to 10 was conducted for grade 10 children to help them decide on the faculty they want to join for their chosen career path.
- **General health and wellbeing** – whilst with us, if the children experience any issues with their health, we take care of them. All thirty children have benefited from this service. During the year children had different health issues, such as gastritis, tonsillitis, colds and eye issues, all of which recovered after hospital check-ups or the administration of home remedies. One child was diagnosed with a kidney stone, which required an operation and all three of the new children who entered the facility received a whole-body check-up after enrolling in the Asha Family based care unit program.
- **Psychosocial Counselling** - The children are support through the provision of therapy and emotional support to improve their mental health. The intensive cases are referred to a psychiatric OPD, if they required psychiatric intervention regularly. During the year thirty children and four mothers benefited from individual counselling, with sessions ranging from one to ninety-three. In total, two-hundred and sixty-four sessions were held. In addition, we have also conducted eighteen group sessions with children and thirty-three group meetings with mothers.
- **Social and recreational activities** are supported, with outings planned for every three months. Further to this, all cultural functions are celebrated, and birthday celebrations, picnics, school outings and regular family visits are also encouraged. Children went to visit their family during the festive holidays, which was a welcome return to normal social activities, following the COVID-19 pandemic. In addition, two picnics were organised in celebration of the office's 14th anniversary. A movie day was also held, and the children celebrated their final exams with their families.
- **Successful reintegration into society** is dependent on the willingness of the children and their families, therefore our reintegration strategies are planned with them in accordance with

their preferences to either reintegrate into the family unit or independently into the community. This year we were only able to reintegrate two children, as fewer new children were taken in during the pandemic.

- **Case management service** – this service ensures that all beneficiaries are cared for on an individual basis, with their needs acknowledged individually and addressed accordingly. All activities were resumed following the disruption caused by the COVID-19 pandemic.
- **Life-skill and various awareness raising workshops** – five Life Skill Training days and one Orientation Day about legal issues, crimes, and punishments according to law, were run during the year. In addition, three Women’s Wellness training days were provided to all of the girls of menstrual age, to provide knowledge on menstrual hygiene and care.

Total beneficiaries served: Thirty children (Two male and twenty-eight female).

Scholarship Service

Supported by Asha Nepal, UK, and RHEST, Nepal.

Asha Nepal strongly believes that “Education is a vehicle for change”. Thus, to invest on good quality education for the children of survivors with the vision that they will choose better livelihood options than their mothers and transform their lives and those of their families.

Education is also one of the main needs expressed by the survivors themselves and a lack of education is often one of the primary reasons why they choose to leave their villages and their children behind in institutions.

As an organisation we have also learnt that if educational support remains available, even after reintegration, families are more likely to keep their children with them. As such, the scholarship scheme aims to open up further opportunities and help sustain our reintegration programmes.

Objectives:

- To ensure their right to access education and to invest in a better future for our beneficiaries.
- To break the vicious cycle of abuse through good quality education.
- To cover the educational costs for those children whose mothers are survivors of violence and able to look after them, but who are unable to afford school fees and supplies.

Specific objective / target:

- To cover the educational costs of one hundred children living in community and family group homes with their mother, based on their needs, until the child completes grade twelve.
- To follow their academic progress by visiting the school and family at their residence.

Activities:

- Coordinating with schools.
- Conducting admissions and paying annual fees directly to the school.
- Assessing the family’s economic changes during the year to identify the amount of financial support required.
- Providing stationery and school supplies as necessary.
- Visiting schools at least every three months and meeting the children benefiting from the scholarship on a monthly basis to assess their progress.
- Keeping the child’s file up to date with their educational developments and achievements.

The following specific activities were carried out as part of this programme:

- **Case management service** – the aim of this service is to assess and reduce the risk of abuse for an individual child and to maintain continuity of education. Following the assessment phase, the teamwork alongside the child to help them assess their choices, which are equally respected. They are also involved in making decisions in respect of their education, the family’s ongoing economic situation, their admission to school and the settlement of fees.

Children are further supported with the provision of school supplies and through regular three-monthly visits and follow up progress reports.

- **Education Support** – the primary activity of this program is to provide financial support to enable children to be admitted into school, by paying their monthly fees and providing them with uniforms and school supplies, such as a calculator, school bag, pencils and pens. During the year ninety-three children have benefited from the scheme. Among them one joined a postgraduate program, and one other is awaiting admission into graduate studies. Seven children are continuing their undergraduate studies and a further seven are in various three-year diploma courses run by CTEVT. Thirteen are in higher secondary education and are being supported to remain in education to grade ten.

Total beneficiaries served: Ninety-three children.

Case Study: Health Support

Priya is an 8-year-old girl who has been referred to us by Kumudini for her safety and to prevent her from further abuse. She is a rape survivor. When her mother eloped with another man, her father (who is a painter by profession) took on more work to provide for the family. However, the lack of adult presence in her household attracted people with criminal intent, who took advantage of the situation.

The father became aware of the situation and supported and fought for his little girl. Due to the concern for her safety, she was sent to Kumudini by the Tokha Municipality. After her case hearing she was then referred to Asha's family-based care home for further care.

The incident has traumatised her so much that she is still wetting the bed, which was a challenging situation for the House Mother. Priya was taken for a physician's consultation, and from there she was sent for a psychiatric consultation, which confirmed she is experiencing complex PTSD; she is now being given weekly therapy sessions as a result. She misses her father and younger brother so much that she keeps asking to visit them. This reporting period we had a family meeting with her father to explore the possibility of her being reintegrated into the family. However, her father has clearly stated that he feels inadequate to take care of both of his children, as he would be the only one providing care for them both, whilst simultaneously trying to earn enough to support them. We have therefore advised him to think and plan for Priya's reintegration as soon as he can. She is studying in grade 1, but she is not performing at a satisfactory standard at this level.

Keeping Family Safe in Community

Supported by Rosie May Foundation, UK and Asha Nepal, UK

Asha Nepal's Keeping Family Safe in the Community (KFSC) project seeks to support vulnerable individuals with a package of support for individuals in and around Kathmandu, who have either suffered from trafficking experiences or those who are deemed at high-risk of being trafficked in the first instance.

Our local partner, Asha Nepal (Nepal), have been operating the KFC project since 2014, with a special focus on supporting extremely vulnerable single parent mothers and their children. Single parents have included mothers who have previously been trafficked, as well as parents whose children have been trafficked or are at high-risk of being so. Given the extreme nature of the cases enrolled, Asha Nepal seeks to enrol families on the project until children conclude their education, at aged eighteen. This means that Asha Nepal expects cases to be enrolled for an average of four to six years, during which time individuals receive all three key stages of support offered by Asha Nepal.

This year we found that many of our beneficiaries who lost their jobs due to the COVID-19 pandemic were able to look for alternative employment and as such the impact has reduced significantly over the

year. However, families still struggled to manage their basic daily expenses and for some families it was difficult to survive. As such families continued to receive financial support, wherever possible.

As travel became easier, we were also able to restart our training workshops, such as our life-skill based workshops on child abuse and human trafficking for schoolteachers. Further to this, we were able to resume monthly or at least quarterly home visits for needy families, alongside regular contact via phone calls.

Objectives:

- To provide immediate stability to the families in the community.
- To improve mental health and enable families to have stable living conditions.
- To strengthen individuals through counselling and regular visits.
- To encourage regular school attendance.
- To sustain family reintegration.
- To enable families to become self-sustained, with increased consistency in family activities and improved quality and standards of living.

Activities:

- **Case management service:** This service ensures that all the beneficiaries are cared for on an individual basis, whereby their individual needs are acknowledged and addressed accordingly. In community we are serving ninety-three children from sixty-six families. During the year we closed seven cases, with an additional case kept on hold as they might need support in future. We also took on five new cases to support in community. All the children are living with their families and are doing well.
- **Health Service:** During this year we provided health services to ten families. Among them one child was supported with nutritional food support. Among other health issues there were three mothers who went through surgery, one for a heart problem, the other one for a broken leg and the third one for a tumour. Our on-staff social worker visited the hospital forty-one times to check-up and follow-up, and three times brought nutritional food supplements.
- **Family and Social Relationship:** Throughout the year, social workers visited families at home one-hundred and twelve times. Families also came to Asha Nepal's office three-hundred and three times to meet with social workers and counsellors. Further to this, social workers were able to visit children at school fifty-nine times and throughout the year families were checked up on through phone calls one-thousand, four-hundred and forty-two times.
- **Social welfare support:** Families in community come across various crises during their stay. While they are under our care, we aim to support them by providing financial support for good nutrition and to cover any outstanding rents and provide emergency health support to help them stay in the community. During this reporting period eleven families have received this service. In addition, five families received food support, eight families received rent support and seventeen children received new clothes during the festival.
- **Psychosocial counselling and emotional support:** our full-time psychosocial counsellor provided counselling and facilitates family meetings to discuss issues and assist decision-making. This year nineteen beneficiaries benefited from individual sessions. Eight family counselling sessions were also conducted. Alongside this, a psychiatric consultation was also carried out for one child.
- **Extracurricular Activities:** This year children enjoyed all the extracurricular activities, i.e. Taekwondo classes, music class, yoga, dance class, with the continuation of computer classes and library reading circle.

In addition to the activities carried out to support families, Asha Nepal also supports the community through its extra-curricular activity centre. Activities provided are:

- **Martial-Art Training (Taekwondo):** Taekwondo classes are available to children from 6-7.30pm three days a week. The trainer, from the National Taekwondo Association, comes and trains them.

- We have realised that we need to maintain the funding for crisis management during the preparation of the annual organisational budget.

Achievements

- We reached thirty-one families this period, including providing food support for them and rental support for fifteen of our most needy beneficiaries.
- During this year we were able to reintegrate two children in our community with their families.
- Two of our girls have decided to continue their education up to a graduate level, and seven of our girls are perusing undergraduate degrees.
- Career counselling training has been provided to our class 9 and 10 children by Career Disha Nepal.
- Thirty children have benefited from our residential services and among them ten children were reintegrated into their families.
- Asha Nepal's CPP is presented to all staff members and the communications of these requirements are kept up to date.
- All of our staff are orientated on child protection and safeguarding policies.
- Members of staff participated in various workshops and training including:
 - 'Victim identification' by AATWIN;
 - 'Trafficking in person and child protection' by CELLERD;
 - 'Case management and software update' by NCRC;
 - 'Care for care giver' by For the One;
- Two-day workshop on social justice, gender equality and sustainable development by Tokha Municipality.
- This year's General Assembly was conducted successfully on Mangsir 10.
- Dental camp was conducted at the office premises and was carried out by Universal Dental Clinic.
- We provided Women Wellness training to our children, as well as Life Skill training which is facilitated by our psycho-social counsellor.
- One of our beneficiaries who studied Education as an undergraduate degree managed to successfully get a job as an ECD teacher in a government run school in Tokha Municipality.
- All the residential staff (House Mothers) participate in Psychosocial orientation training.
- One of the girls got her birth Certificate.
- Our children studying in classes 8 to 10 have been able to take part in a three-day educational skills workshop.
- We ran a two day Food Handling and Hygiene course for all four of our House Mothers, and all the residential children and House Mothers attend two days of training on Self Defence, First Aid and Fire Control training.

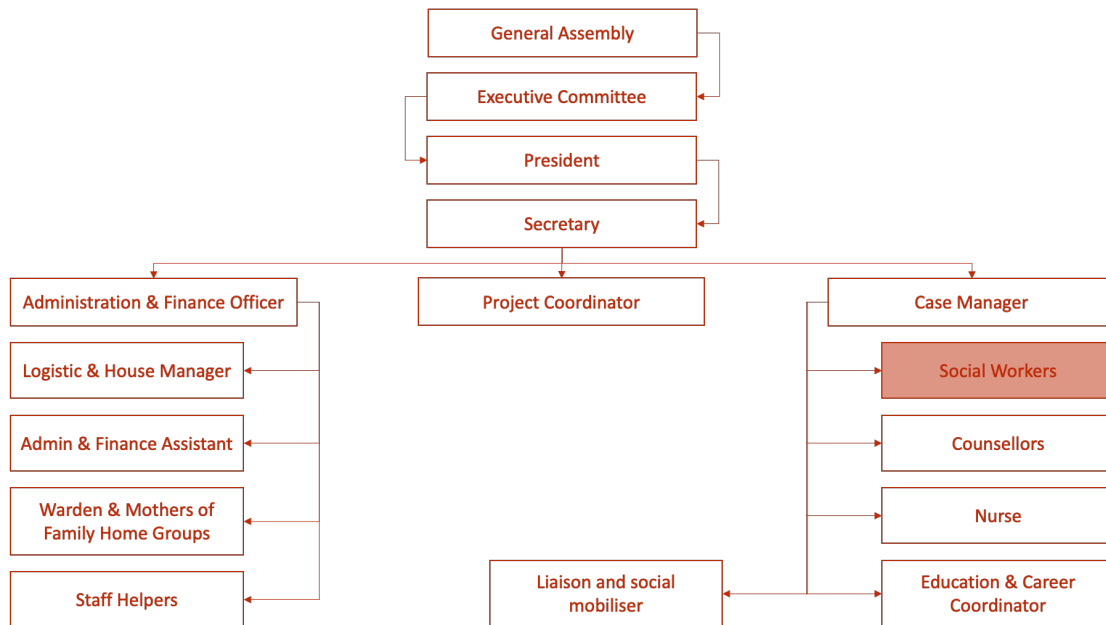
Structure, governance, and management

Asha-Nepal was established by a charitable trust deed on the twelfth day of June 2000.

The charity's objectives are:

- To eradicate the trafficking of girls and young women into sexual slavery from Nepal into India, the Gulf States, and other parts of the world.
- To create awareness of legal trafficking of girls and young women in Nepal to the public and world governments.
- To prevent, through education, the risk of girls and young women being lured into sexual slavery, to teach self-sufficiency through education and work skills to at risk girls and young women rescued from enforced prostitution.
- To rescue and rehabilitate girls and young women trafficked into sexual slavery and either reunite them with their families or care for them until they are self-sufficient.
- To care for girls and young women who have contracted terminal illnesses during captivity
- To rehabilitate abandoned girls through education, counselling and providing a safe refuge
- To offer a safe home to all girls at risk either from or after abduction.

The organisation structure of Asha Nepal is detailed below:



Objectives, activities, achievements, and performance

Under the terms of the Trust Deed, the Trustees have wide discretionary powers as to distributions of income and capital in pursuance of the objects of the Trust as stated above. The Trustees meet annually to identify projects worthy of support. The Asha-Nepal strategy is to provide support for projects in Nepal with local partner organisations, which directly meet the objectives for the Charity.

In the Trustees’ view, the reserves should provide the charity with adequate financial stability and the means for it to meet its charitable objectives for the foreseeable future.

The Trustees review the amount of reserves that are required to ensure that they are adequate to fulfil the charity’s continuing obligations on an annual basis at their Trustees meeting.

Andrea Ubhi

Andrea Ubhi (Oct 20, 2023 16:26 GMT+1)

Dr Andrea Ubhi
Trustee

Dated: 20/10/2023

INDEPENDENT EXAMINER'S REPORT

For the year ended 31 December 2022

I report on the accounts of Asha Nepal (UK) for the year ended 31 December 2022, which are set out on pages 15-19.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act
- To follow the procedures laid down in the General Directions given by the Charities Commission under section 145(5)(b) of the 2011 Act
- To state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items of disclosures in the accounts and seeking explanations from you as trustees consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - To keep accounting records in accordance with section 130 of the 2011 Act
 - To prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

Have not been met, or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Nicola Ainscough FCA BSc
Chartered Accountant
Equilibrium Accountants Ltd
48 Goodramgate, York, YO1 7LF

12 October 2023

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 December 2022

	Notes	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 22 Total £	Year to 31 Dec 21 Total £
INCOME					
Incoming and endowments from:					
Donations and legacies	2	1,500	66,529	68,029	58,055
Charitable activities		-	-	-	-
Other trading activities		-	-	-	-
Investments		-	-	-	-
Other income		-	12	12	17
Total incoming resources		1,500	66,541	68,041	58,072
EXPENDITURE					
Expenditure on:					
Raising funds	3	-	216	216	216
Charitable activities	4	54,427	40,070	94,497	28,387
Other	5	-	12,929	12,929	837
Total resources expended		54,427	53,215	107,642	29,440
Net income / (expenditure) for the year		(52,927)	13,326	(39,665)	28,632
Transfer from general to restricted funds		52,947	(52,947)	-	-
RECONCILIATION OF FUNDS					
Total funds brought forward as at 1 Jan 22		14,229	43,750	57,979	29,347
Total funds carried forward as at 31 Dec 22		14,249	4,129	18,378	57,979

The notes on pages 17-19 form a part of these financial statements.

A Statement of Total Recognised Gains and Losses is not required as all gains and losses are included in the Statement of Financial Activities.

There is no difference between the net income / (expenditure) for the year above and the historical cost equivalent. All activities are continuing.

BALANCE SHEET

For the year ended 31 December 2022

	Notes	£	As at 31 Dec 22 £	As at 31 Dec 21 £
FIXED ASSETS				
Tangible assets			-	-
CURRENT ASSETS				
Stocks		-	-	-
Debtors		64	-	-
Cash at bank and in hand		18,314	57,979	
Creditors: Amounts falling due within one year			-	-
Net Current Assets / (Liabilities)			18,378	57,979
Total Assets less Current Liabilities			18,379	57,979
Creditors: Amounts falling due after more than one year			-	-
Net Assets			18,314	57,979
FUNDS	6			
Unrestricted funds			4,129	43,750
Restricted funds			14,249	14,229
Total Funds			18,378	57,979

The notes on pages 17-19 form a part of these financial statements.

Trustee benefits: advances, credit and guarantees

During the year no benefits, in the form of advances, credit and guarantees, were conferred upon trustees of the charity.

Guarantees and other financial commitments

During the year no guarantees or other financial commitments were made.

The financial statements have been prepared in accordance with the Charities Act 2011, with respect to accounting records and the preparation of accounts.

The financial statements on pages 15-19 were approved by the Board of Trustees and signed on its behalf by:

Andrea Ubhi

Andrea Ubhi (Oct 20, 2023 16:26 GMT+1)

Dr Andrea Ubhi
Trustee

Date: 20/10/2023

NOTES TO THE ACCOUNTS

For the year ended 31 December 2022

1. ACCOUNTING POLICIES

a) Statutory Information

Asha-Nepal is a registered charity in the UK with the Charities Commission, registration number 1082581.

b) Basis of preparation and assessment of going concern

The accounts have been prepared under the historical cost convention and on the receipts and payment basis.

The financial statements are prepared in sterling, which is the functional currency of the charity.

The principal accounting policies, which have been applied consistently in the year, are set out below.

c) Compliance with accounting standards

The financial statements have been prepared in accordance with the Charities Act 2011, the Accounting and Reporting by Charities for Smaller Entities: Statement of Recommended Practice applicable in the UK and Republic of Ireland (FRS 102) (Effective January 2015) – (Charities ‘SORP’ FRS 102): the provisions of FRS 102 Section 1A – Small Entities and other applicable accounting standards in the United Kingdom.

d) Funds structure

Earmarked funds, as shown in the notes to the accounts, represent funds set aside by the Trustees for use on specific projects.

Amounts shown as Restricted Funds, on the Statement of Financial Activities and the Balance Sheet, represent funds donated for specific projects in accordance with the Charities Act definition.

e) The Asha-Nepal My World My View Trust Fund

The Asha-Nepal My World My View Trust Fund was created to support the twenty-two girls who took part in the My World, My View project to assist them towards self-sufficiency at age eighteen, on leaving SOS Bahini.

The fund comprised money raised from sales of photographs by the twenty-two girls from SOS Bahini, from sales of the book ‘My World, My View’ and from donations given expressly to the girls of SOS Bahini.

Each girl is entitled to an equal share in the Fund plus interest, at or after they reach age eighteen (or prior to this date, at Asha-Nepal’s discretion), for Tertiary studies, establishing their own business or household, or other needs providing its purpose is first approved by Asha-Nepal staff in Kathmandu, and then by Asha-Nepal UK.

In December 2019, the board of Trustees ratified a decision to transfer the funds from the My World My View fund to the newly created Education Support Fund. As part of this, the trustees agreed to honour any legitimate claim for funds previously held in the My World My View fund.

f) Income recognition

Income is recognised only on receipt.

g) Trustees’ remuneration and expenses

During the year £4,570 (2021: £4,310) was paid out to Smriti Khadka as a salary, in recognition of services performed on behalf of the Charity in running the centre in Nepal. In addition to this, £10,995 (2021: £0) was paid out in respect of travel expenses for Andrea Ubhi (Trustee) and a team of volunteers who visited Nepal in September 2022 to provide strategic and pastoral support to the directors of the Charity in Nepal. They also took the residents of the Care Homes on a day out and formed part of the team of adult supervisors for the children. This team included Nicholas, Matthew and Elizabeth Ubhi,

who are the children of Andrea Ubhi, and Amy Baker, an employee of Andrea Ubhi's company Andrea Ubhi Ltd, and her partner. All members of the team provided voluntary support to the Charity in Nepal and following the trip both Amy and Nicholas became Trustees of Asha Nepal UK.

- h) **Refunds of tax from gift aid donations**
Refunds of taxation received as a result of claims made relating to donations given under Gift Aid are treated as Unrestricted Income.
- i) **Trustee travel expenses**
The trustees have agreed that the chairperson's travel costs may be covered by the charity, but that costs associated with a decision to upgrade a flight or have anyone else accompany the chairperson must be reimbursed to the charity. For accounting purposes, the reimbursement is treated as a donation.

2. DONATIONS AND LEGACIES

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 22 Total £	Year to 31 Dec 21 Total £
Donations and legacies				
General	1,500	66,529	68,029	58,055
Other Trading Activities				
Event Income	-	-	-	-
Other Income				
Bank Interest Received	-	-	-	-
Misc Income	-	12	12	17
	<u>1,500</u>	<u>66,541</u>	<u>68,041</u>	<u>58,072</u>

3. RAISING FUNDS

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 22 Total £	Year to 31 Dec 21 Total £
Just Giving Charges	-	216	216	216
	<u>-</u>	<u>216</u>	<u>216</u>	<u>216</u>

4. CHARITABLE ACTIVITIES

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 22 Total £	Year to 31 Dec 21 Total £
Asha Office	54,427	40,070	94,497	28,387
	<u>54,427</u>	<u>40,070</u>	<u>94,497</u>	<u>28,387</u>

5. OTHER

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 22 Total £	Year to 31 Dec 21 Total £
Travel	-	11,059	11,059	-
Bank Charges	-	734	734	333
Advertising	-	285	285	-
Supplies	-	411	411	-
Accountancy	-	504	504	504
	-	12,993	12,993	837

6. FUNDS

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 22 Total £	Year to 31 Dec 21 Total £
Unrestricted Fund				
General	-	4,065	4,065	43,750
Ear-marked	-	-	-	-
Restricted Fund				
Small Group Homes	-	-	-	-
Keeping Families Safe	-	-	-	-
Education Support	14,249	-	14,249	14,229
	14,249	4,065	18,314	59,979

Fund reallocations

In December 2019, it was resolved by the board of trustees of Asha Nepal UK to reallocate funds held within the restricted fund accounts. This included closing three historical funds (Foster Home, Kumundi and the Family Preservation Programme), which were no longer in use; creating three new restricted funds (Small Group Homes, Keeping Families Safe and the Education Support funds) to align with the three core projects within the organisation and transferring funds from the remaining active restricted funds to the new Education Support fund. As some historical funds (Children's Reintegration Centre, Asha Nepal Scholarship Fund and Community Centre) were in credit, general funds were transferred to cover these balances.

It should be noted that the basis for the decision to close the earthquake appeal fund was that general funds were used to fund one hundred child through schools in an earthquake town, to rebuild a house in Bhaktapur that had been destroyed in the earthquake, to carry out maintenance following the earthquake and to give residential care to two children, following the death of their mother in the earthquake.



Charity Accounts Annual Return Declaration Form

Enclosed is a copy of the information that will be transmitted to the Charity Commission, once authorised by you. The copy includes all completed supplementary pages & attachments. Before transmitting the return (or amendment) information to the Charity Commission using the Charity Commission's Online Service, your adviser must provide you with a copy of your return (or amended return) information for you to declare that the information is correct and complete to the best of your knowledge and belief and approve submission to the Charity Commission. If you give false information or conceal any part of your income or chargeable gains you may be liable to financial penalties. It is recommended that you retain a copy of the Return (or amended return information) transmitted to the Charity Commission.

Declaration

I understand that when I advise Equilibrium that I have approved this copy they will be entitled to submit my return (or amended return) information using the Charity Commission Online Service.

Name: Andrea Ubhi

Date: 20/10/2023

Signature: *Andrea Ubhi*
Andrea Ubhi (Oct 20, 2023 16:26 GMT+1)






ADC069 | Asha Nepal Financial Accounts 2022

Final Audit Report

2023-10-20

Created:	2023-10-20
By:	Equilibrium Accountants (nikki@equilaccs.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAAAppgLuPkvhZxmL_4EwMXRRwwiMY1jRurt

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-  Document created by Equilibrium Accountants (nikki@equilaccs.co.uk)
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ASHA-NEPAL

England & Wales - Charity number 1082581

Accounts

ASHA NEPAL (UK)

ANNUAL REPORT

For the year ended 31 December 2021

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CHARITY INFORMATION

For the year ended 31 December 2021

Charity Overview

Registered Charity Name:	Asha-Nepal
Other Known Names:	Asha Nepal UK
Charity Number:	1082581
Principal Office Address:	22 Goodramgate York YO1 7LG
Trustees:	Peter Bashford Andrea Ubhi Kate Keating



TRUSTEES' REPORT

For the year ended 31 December 2021

Introduction

We are really pleased to bring Asha Nepal's Annual Report for 2021 among our stakeholders and supporters.

This report is a glimpse of the activities conducted during 2021, which have primarily focused on safeguarding children at risk, strengthening families, supporting families in crisis, empowering our members, and bringing about sustainable changes to their lives. We are happy to present our work to you and welcome all feedback and suggestions from our stakeholders and supporters that would help us to make Asha Nepal stronger moving forward.

If you need further information about Asha Nepal and its work, you can contact us via email at andrea@asha-nepal.org.

Asha Nepal is a care and support-based organisation, rather than an advocacy, lobbying and raising awareness. All the activities it carries out are driven from our experience of dealing with and supporting our beneficiaries and the desire to identify and meet the specific needs of any issues our beneficiaries are facing.

During the year Asha Nepal continued to focus on its three core project areas:

- Residential Services, including the Family Group Home
- Scholarship
- Keeping Family Safe in Community

Alongside and in support of these three core projects, we have also conducted various workshops and training sessions, with an aim to empower each beneficiary. We are happy to write that all these activities went smoothly and were completed successfully.

This year Asha Nepal has also targeted its activities on 'safeguarding' children at risk, strengthening families, empowering our members, beneficiaries and team and supporting families in crisis to help bring about sustainable change in their lives.

We are happy to confirm that most of these activities were undertaken successfully and that during the period we were able to reach 367 people, in various levels of support, during the year.

We appreciate the support of all our sponsor organisations, and would like to express our thanks to the following sponsors for their immense support:

- Asha Nepal UK
- Rosie May Foundations, UK
- Project Didi, Australia
- Sanctuary4Kids, Canada
- TAI Foundation, Spain
- Teka Samuha, Nepal
- RHEST, Nepal

We would also like to express our gratitude to our government body, the Social Welfare Council, the National Child Right Council, the Tokha Municipality, all our partner organisations and executive committee members for their continuous support and guidance.

We would also like to thank all our friends, families, staff members and supporters who have directly or indirectly supported us for their dedication, which has enabled us to make these projects a success. And, finally, we would also thank our beneficiaries and their families, for believing and supporting us.

The Trustees

The trustees who served the company during the year were as follows:

- Peter Bashford
- Andrea Ubhi
- Kate Keating

Trustees are appointed in accordance with the Trust Deed. Trustees meet once or twice annually, and all decisions are reached by agreement. The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

Background

Asha Nepal is a small charitable organisation set up in the UK and working with Non-Governmental Organisations (NGO's) in Nepal since 1997.

Aware of a lack of person-centred support, for the hundreds of thousands of women and children in Nepal who suffer daily from extreme human rights, sexual and physical abuse, child labour, gender discrimination, caste discrimination and HIV / AIDS, Asha Nepal started to run its own grassroots programmes in 2008. The Nepal programmes are run by a group of dedicated Nepali women working on the ground, fighting for the original organisational remit for the rights of women and girls in Nepal. Asha is the Nepali word for hope.

Asha Nepal became a registered Non-Governmental Organisation in Nepal in 2008. Since then, Asha Nepal (UK) and Asha Nepal (NGO in Nepal) have worked hand in hand, as sister organisations, for the same cause, working with women and children whose lives have been disrupted by the horrific act of gender-based violence in the form of trafficking, sexual abuse, sexual exploitation, domestic slavery and severe domestic violence.

Our key focus is the victims of cross-border and international trafficking into the sex industries of India and Nepal, survivors of internal trafficking and girl survivors of severe violence and abuse. Through prevention, education, rehabilitation, healthcare and advocacy, Asha Nepal works to improve the lives of women and children, and now supports 97 families both through our residential service and in the community.

Asha Nepal began its transitional centre in 2009. Initially caring for nine children, we have now served two-hundred and twenty-two children, to date. In this year we served one-hundred and twenty-three children (ninety-four families) in the community and a further thirty-seven (thirty-two families) in residential services. We were also able to reintegrate six children with family members. Two were referred to another organisation for long-term care and seven families were closed at the end of the academic year as the children completed their grade 12. For new entry this year, thirty-six new cases were referred by various organisations and individuals for different services of Asha Nepal, of which twenty-five cases were accepted.

Currently, we are proud to offer our services as a holistic approach, with focus on individualised care, based on the unique needs of each individual and family. Asha Nepal is working hard to raise the social status of the women it serves and to help the children of survivors break free from the vicious cycle of abuse and violence, by sustainably integrating them back into the community.

Our strength is working in depth with the whole family to create sustainable change and keep the families thriving in community. Our success in achieving this aim would not have been possible without our partners and well-wishers.

Asha Nepal believes and operates in the value that every life is equally valuable; therefore, change is possible by changing one person at a time.

Both Asha Nepal (UK) and Asha Nepal work hand in hand in delivering this change.

Objectives and Activities

Vision

Asha Nepal envisions a community where women and their families will be able to enjoy a life of dignity and independence.

Mission

The purpose of Asha Nepal is to assist the survivors of violence, women, children and families to rebuild their lives socially, emotionally and economically, enabling them to enjoy their lives of safety, independence and dignity as valued members of their community and society.

Organisational Strategy

Asha Nepal's provision of support is focused on identified areas that help to facilitate the reintegration process. We provide support for the whole family to remain in the community, through the facilitation of child-care facilities, education, health, psychosocial counselling and wellbeing for the children and their immediate family members (i.e. mother and siblings under 18).

Facilitation of vocational training options, assistance in job seeking and in making informed career choices, alongside follow-up support for their transition into employment, or from sheltered care into their families or independent living also helps us to support our beneficiaries.

Target Group

The target demographic of Asha Nepal is women and children whose lives have been disrupted by the horrific act of gender-based violence, in the form of trafficking, living with HIV, sexual abuse, sexual exploitation, domestic slavery, severe domestic violence and vulnerable families.

Current Projects

Asha Nepal is offering various services through three different projects, residentially and in community, through our offices located in Dhapasi Height-9, Tokha Road, Kathmandu.

These three projects are as follows:

Family Group Homes

Supported by Asha Nepal UK, Didi Project, Australia, TAI, Spain, and RHEST, Nepal.

Initiated in 2011 with the support of TDH, this service creates an opportunity for holistic development of children in alternative care. Asha Nepal is aware of the impact of institutionalisation in children and, in addition, looking after children who have been through traumatic experiences in their life can create further challenges. Therefore, we created this programme to foster holistic development, with individual attention to needy children. During this reporting period we served thirty-two children through four family group homes.

Implementation of this programme has taught us that even whilst being part of the family group homes, families are naturally assimilated into the wider community through children making friends outside and families receiving invitations to social occasions.

The process of taking children into our care is as follows:

- A referral is received from another organisation and an internal assessment of the referral is carried out
- An assessment of the mother and family unit, and family living situation is carried out
- The child is inducted into our residential service where they receive continuous support, focussed around preparing them for reintegration into their community
- The child is reintegrated

Objectives:

- Enhancing overall healthy growth and development of children in a family group atmosphere.
- Promoting health and education, both emotionally, physically, and socially.
- Providing residential facilities which protect children from any further forms of abuse, violence, and sexual exploitation.
- Strengthen and prepare families to receive their children back into the community.
- Provide quality education that enables children to secure their future and secure meaningful and self-sufficient means of employment.

Specific objectives / target:

- Running three small family group homes which consist of six to seven members, including the mother, providing for all their basic support needs.
- To provide quality education and essential extra activities for their physical, social and emotional development.
- To provide safe and empowering residential services for the children.
- To empower the children, educationally, to enable them to find jobs and successfully and sustainably reintegrate them into the community.

Activities:

The following activities were carried out as part of this programme:

- **Residential Support** through the provision of safe shelter services to thirty-two children (three male and twenty-nine female)
- **Education Support** all thirty-two children were admitted last year into different schools, based on their performance and interests. Among them, eighteen children were admitted into the government school, Tilingatar H.S.S., one child into Chetana Mahila, eleven children into Mount Glory School, one child into Active College and one child into the Teresa Academy. Among these two graduated, after passing their SEE exam. One has stayed on in education and is studying pure science and the other has returned home to Solukhumbu. All the children have used laptops to take their online classes and later in the academic session, we were able to buy Samsung tabs for the children to take to class.
- **Career Coaching** In-between lockdowns this year we were able to organise one group career coaching session for twenty-four children from grade eight to ten with the aim to help them to understand their field of interest and choose a better career path in future. This coaching helped the children to choose which subjects to continue studying post-SEE, with many of them opting to take CTEVT diploma courses.
- **General health and wellbeing** – whilst with us, if the children experience any issues with their health, we take care of them. All thirty-two children have benefited from this service. During the year twenty-four children had different health issues, such as gastritis, tonsillitis, colds and eye issues, all of which recovered after hospital check-ups or the administration of home remedies.
- **Psychosocial Counselling** - The children are supported through the provision of therapy and emotional support to improve their mental health. The intensive cases are referred to a psychiatric OPD, if they required psychiatric intervention regularly. During the year thirty-two children and three mothers benefited from individual counselling, with sessions ranging from one to twenty-seven. In addition, we have also conducted eighteen group sessions and thirty house meetings.
- **Social and recreational activities** are supported, with outings planned for every three months. Further to this, all cultural functions are celebrated, and birthday celebrations, picnics, school outings and regular family visits are also encouraged. However, due to COVID-19 we were only able to manage one outing from group homes, and one picnic organised by the school. All other outings remained on hold, as will recommence as soon as the situation improves, and we are free to travel again.
- **Successful reintegration into society** is dependent on the willingness of the children and their families, therefore our reintegration strategies are planned with them in accordance with

their preferences to either reintegrate into the family unit or independently into the community. During the year we were able to reintegrate 10 children, all with their families.

- **Case management service** – this service ensures that all beneficiaries are cared for on an individual basis, with their needs acknowledged individually and addressed accordingly. Due to COVID-19 we were not able to conduct our regular planned activities, however, we managed to facilitate a common thread workshop for fifteen girls. We were also able to conduct orientation on Child Rights and Child Protection to the children older than twelve years living with us and a few from the local neighbourhood too.

Total beneficiaries served: Thirty-two children (Three male and twenty-nine female).

Scholarship Service

Supported by Sanctuary4children, Canada, and RHEST, Nepal.

Asha Nepal strongly believes that “Education is a vehicle for change”. Thus, to invest on good quality education for the children of survivors with the vision that they will choose better livelihood options than their mothers and transform their lives and those of their families.

Education is also one of the main needs expressed by the survivors themselves and a lack of education is often one of the primary reasons why they choose to leave their villages and their children behind in institutions.

As an organisation we have also learnt that if educational support remains available, even after reintegration, families are more likely to keep their children with them. As such, the scholarship scheme aims to open up further opportunities and help sustain our reintegration programmes.

Objectives:

- To ensure their right to access education and to invest in a better future for our beneficiaries.
- To break the vicious cycle of abuse through good quality education.
- To cover the educational costs for those children whose mothers are survivors of violence and able to look after them, but who are unable to afford school fees and supplies.

Specific objective / target:

- To cover the educational costs of one hundred and thirty children living in community and family group homes with their mother, based on their needs, until the child completes grade twelve.
- To follow their academic progress by visiting the school and family at their residence.

Activities:

- Coordinating with schools.
- Conducting admissions and paying annual fees directly to the school.
- Assessing the family’s economic changes during the year to identify the amount of financial support required.
- Providing stationery and school supplies as necessary.
- Visiting schools at least every three months and meeting the children benefiting from the scholarship on a monthly basis to assess their progress.
- Keeping the child’s file up to date with their educational developments and achievements.

Total beneficiaries served: One hundred and six children.

Case Study: Health Support during the COVID-19 pandemic

Mona is a trafficking survivor with two children. One son, who is studying for a diploma in computer engineering and, with the support from Asha Nepal, a daughter who is in grade eight, and part of our family-based care centre.

As a consequence of being trafficked, Mona had struggled with both emotional and social trauma, but despite all this, she was managing life, living with her son, and working two part time jobs to support herself. Then the pandemic hit, and both she and her son tested positive, leaving her without the means or funds to continue supporting herself. As a result, she began to struggle both mentally and physically with the impact of COVID-19, even to the point of contemplating suicide.

Our social workers, who remained in contact with Mona during the crisis, recognised the issues she was facing and coordinated with Asha Nepal to ensure that she received psychiatric support she needed.

Keeping Family Safe in Community

Supported by Rosie May Foundation, UK

Asha Nepal's Keeping Family Safe in the Community (KFSC) project seeks to support vulnerable individuals with a package of support for individuals in and around Kathmandu, who have either suffered from trafficking experiences or those who are deemed at high-risk of being trafficked in the first instance.

Our local partner, Asha Nepal (Nepal), have been operating the KFC project since 2014, with a special focus on supporting extremely vulnerable single parent mothers and their children. Single parents have included mothers who have previously been trafficked, as well as parents whose children have been trafficked or are at high-risk of being so. Given the extreme nature of the cases enrolled, Asha Nepal seeks to enrol families on the project until children conclude their education, at aged eighteen. This means that Asha Nepal expects cases to be enrolled for an average of four to six years, during which time individuals receive all three key stages of support offered by Asha Nepal.

Although we still worked to the original milestones and indicators, through this time we had to manage remote support to many of the individuals and families. We had to stop our workshops; life-skill based workshop for parents, youths, and young children, we also cancelled our workshop on child abuse and human trafficking for schoolteachers. Due to restricted mobility, home visits were reduced to a minimum and most contact was made through phone calls.

Objectives:

- To strengthen enrolled families to live healthy, responsible living together in community of independently.
- To support enrolled children to live free of abusive experiences and reduce their exposure to the risk of trafficking.
- To enable all enrolled girls to complete their secondary education, up to grade twelve (aged eighteen).

Activities:

- Social welfare support: Families in community come across various crises during their stay. While they are under our care, we aim to support them by providing financial support for good nutrition and to cover any outstanding rents and provide emergency health support to help them stay in the community. During this reporting period ten families have received this service.
- Psychosocial counselling and emotional support: our full-time psychosocial counsellor provided counselling and facilitates family meetings to discuss issues and assist decision-making. This year the counsellor conducted one hundred and fifty-nine sessions, including six family counselling sessions. Alongside this, a psychiatric consultation was also carried out for one child.

- Asha Nepal organises and facilitates separate monthly workshops on life skills for parents and children. Unfortunately, due to the pandemic, this activity was stopped during the year.
- After a review of our services, we ran small group sessions with between five and six mothers at one time.
- Home visits and family mentoring: Social workers visit the family, meet them at the office, or conduct a telephone check in at least once a month to make sure everything is fine within the family when a child is reintegrated. During these visits, mothers and children are made aware of various social issues and efforts are made to improve their income and social relationships. Due to the pandemic, our mentoring services were suspended, but typically our social worker would conduct two hundred and thirty-eight home visits, three-hundred and seventy-eight office meetings, eighty school visits and one thousand, eight hundred and eight telephone check ins.
- Capacity development: Only three different capacity building training sessions have been carried out for organisational development during the year.

In addition to the activities carried out to support families, Asha Nepal also supports the community through its extra-curricular activity centre. Before COVID-19 we were able to run a variety of extracurricular activity classes, however, once the pandemic hit these were paused. Pre-pandemic these activities were:

- **Martial-Art Training (Taekwondo):** Taekwondo classes are available to children from 6-7.30pm three days a week. The trainer, from the National Taekwondo Association, comes and trains them.
- **Musical instrument and vocal classes:** These classes also run for at least one hour every Monday and Tuesday. The interested children learn either keyboard or guitar. A total of twenty-one children showed interest in our music and vocal classes.
- **Library class:** A total of forty-two children have benefited from this service during the year. Like other classes, library class is also divided into two groups. A visual class is run every Friday and a group reading class runs every Thursday.
- **Computer class:** The computer class is conducted every evening from 6-7pm.
- **After school tuition class:** Children have their tuition class every day for at least an hour.
- **Futsal class:** Once a month children participate in the futsal game.
- **Yoga and meditation:** This year, instead of acrobatics, we carried out yoga and meditation classes for the children. They attend the class for two hours each week.
- **Child Club:** Asha Nepal also initiated its Asha Child Club. In this club only child beneficiaries participate and the club organising various activities, led by the children themselves, but under the supervision of Asha Nepal.

Total beneficiaries served:

Eighty-seven families
 One hundred and six children
 (Two hundred and fifty-one direct beneficiaries)

Case Study: Seed Money Support

Nancy is a mother of three, who fled from her home to save her life from the violence of her husband and his family, following his decision to bring home another wife. Her trauma left her in need of both psychiatric and physical support. As a result, her children became scattered, with her two daughters working as domestic workers and her son remaining in her husband's home.

However, with Asha Nepal's support, she has been able to reunite her family, learn to manage and medicate her anxiety and build her confidence. All three children received support to study and have now graduated their grade 10 and her son is now studying for his diploma in civil engineering.

After building up her confidence, she decided to rent some land and start a vegetable farm. She researched all the things required to run the farm as a commercial, sustainable, business entity and used her savings to rent the land for two years, building a shed and digging a well for water. She then came to Asha Nepal and requested Seed Money Support to buy seeds and manure and other items required to further the development of the farm. Impressed by her initiative, the support was granted, and she is eternally grateful for the support she has received.

Volunteer and visitor visits

Volunteers have been one of the major sources of skill enhancement for the Asha Nepal team, with the organisation seeking volunteer support from highly qualified and professional individuals whose expertise enhance the capabilities of the established team. During the year Asha Nepal, the pandemic prevented any international volunteers from visit us. But we did receive visitors from local government, the Social Welfare Council, the National Child Right Council, the Tokha Municipality, and Woda.

Challenges

As an organisation, Asha Nepal has faced the following challenges over the past year:

- Low self-esteem, suffered by carers when children bounce back with their notorious behaviour.
- Occupying the attention of children during the long periods of lockdown
- The impact of COVID-19, which prevented us from reaching beneficiaries physically and thus reducing our ability to make proper interventions
- Due to COVID-19, our scholarship program remained on hold till October 2021

Learning

- We must adapt our project activities to respond to these new circumstances and take account of the changing needs of our families
- We have learnt that to survive we need to remain flexible and be prepared to adapt to new circumstances
- During this pandemic we felt that emotional support and guiding roles have helped our beneficiaries to handle their issues themselves, which has helped them become more self-reliant and independent
- Counselling over the phone did help our beneficiaries to release their stress and anxiety and helped them to cope during the lockdown period

Achievements

- Proper management of our facilities to prevent the impact of COVID-19 in our residence programs
- We were able to keep all the children and house staff safe from COVID
- Thirty-two children have benefited from the residence service and among them ten children were reintegrated into their families
- Asha Nepal is identified as working for children among local governments, including the Women and Children Department and National Child Rights Council and the Social Welfare Council

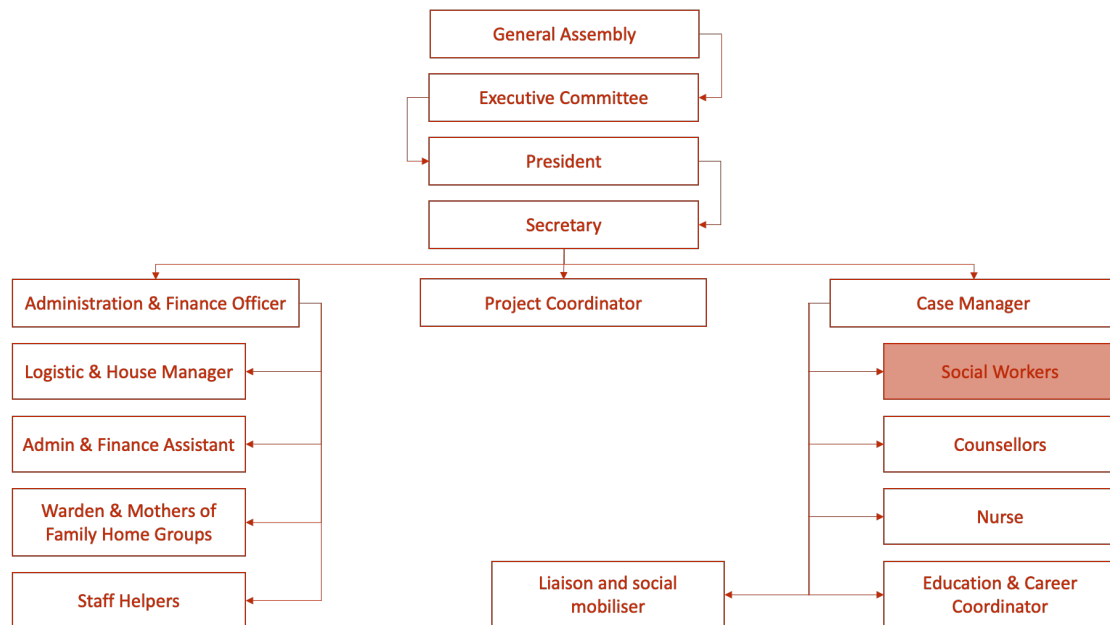
Structure, governance, and management

Asha-Nepal was established by a charitable trust deed on the twelfth day of June 2000.

The charity's objectives are:

- To eradicate the trafficking of girls and young women into sexual slavery from Nepal into India, the Gulf States, and other parts of the world.
- To create awareness of legal trafficking of girls and young women in Nepal to the public and world governments.
- To prevent, through education, the risk of girls and young women being lured into sexual slavery, to teach self-sufficiency through education and work skills to at risk girls and young women rescued from enforced prostitution.
- To rescue and rehabilitate girls and young women trafficked into sexual slavery and either reunite them with their families or care for them until they are self-sufficient.
- To care for girls and young women who have contracted terminal illnesses during captivity
- To rehabilitate abandoned girls through education, counselling and providing a safe refuge
- To offer a safe home to all girls at risk either from or after abduction.

The organisation structure of Asha Nepal is detailed below:



Objectives, activities, achievements, and performance

Under the terms of the Trust Deed, the Trustees have wide discretionary powers as to distributions of income and capital in pursuance of the objects of the Trust as stated above. The Trustees meet annually to identify projects worthy of support. The Asha-Nepal strategy is to provide support for projects in Nepal with local partner organisations, which directly meet the objectives for the Charity.

In the Trustees’ view, the reserves should provide the charity with adequate financial stability and the means for it to meet its charitable objectives for the foreseeable future.

The Trustees review the amount of reserves that are required to ensure that they are adequate to fulfil the charity’s continuing obligations on an annual basis at their Trustees meeting.



Dr Andrea Ubhi
Trustee

Dated: 26/6/22

INDEPENDENT EXAMINER'S REPORT

For the year ended 31 December 2021

I report on the accounts of Asha Nepal (UK) for the year ended 31 December 2021, which are set out on pages 14-18.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act
- To follow the procedures laid down in the General Directions given by the Charities Commission under section 145(5)(b) of the 2011 Act
- To state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - To keep accounting records in accordance with section 130 of the 2011 Act
 - To prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

Have not been met, or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Nicola Ainscough ACA BSc
Chartered Accountant
Equilibrium Accountants Ltd
48 Goodramgate, York, YO1 7LF

6 April 2022

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 December 2021

	Notes	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 21 Total £	Year to 31 Dec 20 Total £
INCOME					
Incoming and endowments from:					
Donations and legacies	2	-	58,055	58,055	19,561
Charitable activities		-	-	-	-
Other trading activities		-	-	-	15,216
Investments		-	-	-	-
Other income		-	17	17	5
Total incoming resources		-	58,072	58,072	34,782
EXPENDITURE					
Expenditure on:					
Raising funds	3	-	216	216	9,687
Charitable activities	4	970	27,417	28,387	29,800
Other	5	-	837	837	1,514
Total resources expended		970	28,470	29,440	41,002
Net income / (expenditure) for the year		(970)	29,602	28,632	(6,220)
RECONCILIATION OF FUNDS					
Total funds brought forward as at 1 Jan 21		15,199	14,148	29,347	35,567
Total funds carried forward as at 31 Dec 21		14,229	43,750	57,979	29,347

The notes on pages 16-18 form a part of these financial statements

A Statement of Total Recognised Gains and Losses is not required as all gains and losses are included in the Statement of Financial Activities.

There is no difference between the net income / (expenditure) for the year above and the historical cost equivalent. All activities are continuing.

BALANCE SHEET

For the year ended 31 December 2021

	Notes	£	As at 31 Dec 21 £	As at 31 Dec 20 £
FIXED ASSETS				
Tangible assets			-	-
CURRENT ASSETS				
Stocks		-	-	-
Debtors		-	-	-
Cash at bank and in hand		57,979	29,347	
Creditors: Amounts falling due within one year			-	-
Net Current Assets / (Liabilities)			57,979	29,347
Total Assets less Current Liabilities			57,979	29,347
Creditors: Amounts falling due after more than one year			-	-
Net Assets			57,979	29,347
FUNDS	6			
Unrestricted funds			43,750	14,148
Restricted funds			14,229	15,199
Total Funds			57,979	29,347

The notes on pages 16-18 form a part of these financial statements

Trustee benefits: advances, credit and guarantees

During the year no benefits, in the form of advances, credit and guarantees, were conferred upon trustees of the charity.

Guarantees and other financial commitments

During the year no guarantees or other financial commitments were made.

The financial statements have been prepared in accordance with the Charities Act 2011, with respect to accounting records and the preparation of accounts.

The financial statements on pages 14-18 were approved by the Board of Trustees and signed on its behalf by:



Dr Andrea Ubhi
Trustee

Date: 29.05.22

NOTES TO THE ACCOUNTS

For the year ended 31 December 2021

1. ACCOUNTING POLICIES

a) Statutory Information

Asha-Nepal is a registered charity in the UK with the Charities Commission, registration number 1082581.

b) Basis of preparation and assessment of going concern

The accounts have been prepared under the historical cost convention and on the receipts and payment basis.

The financial statements are prepared in sterling, which is the functional currency of the charity.

The principal accounting policies, which have been applied consistently in the year, are set out below.

c) Compliance with accounting standards

The financial statements have been prepared in accordance with the Charities Act 2011, the Accounting and Reporting by Charities for Smaller Entities: Statement of Recommended Practice applicable in the UK and Republic of Ireland (FRS 102) (Effective January 2015) – (Charities ‘SORP’ FRS 102); the provisions of FRS 102 Section 1A – Small Entities and other applicable accounting standards in the United Kingdom.

d) Funds structure

Earmarked funds, as shown in the notes to the accounts, represent funds set aside by the Trustees for use on specific projects.

Amounts shown as Restricted Funds, on the Statement of Financial Activities and the Balance Sheet, represent funds donated for specific projects in accordance with the Charities Act definition.

e) The Asha-Nepal My World My View Trust Fund

The Asha-Nepal My World My View Trust Fund was created to support the twenty-two girls who took part in the My World, My View project to assist them towards self-sufficiency at age eighteen, on leaving SOS Bahini.

The fund comprised money raised from sales of photographs by the twenty-two girls from SOS Bahini, from sales of the book ‘My World, My View’ and from donations given expressly to the girls of SOS Bahini.

Each girl is entitled to an equal share in the Fund plus interest, at or after they reach age eighteen (or prior to this date, at Asha-Nepal’s discretion), for Tertiary studies, establishing their own business or household, or other needs providing its purpose is first approved by Asha-Nepal staff in Kathmandu, and then by Asha-Nepal UK.

In December 2019, the board of Trustees ratified a decision to transfer the funds from the My World My View fund to the newly created Education Support Fund. As part of this, the trustees agreed to honour any legitimate claim for funds previously held in the My World My View fund.

f) Income recognition

Income is recognised only on receipt.

g) Trustees’ remuneration and expenses

During the year £4,310 (2020: £2,050) was paid out to Smriti Khadka as a salary, in recognition of services performed on behalf of the Charity in running the centre in Nepal.

h) Refunds of tax from gift aid donations

Refunds of taxation received as a result of claims made relating to donations given under Gift Aid are treated as Unrestricted Income.

i) **Trustee travel expenses**

The trustees have agreed that the chairperson's travel costs may be covered by the charity, but that costs associated with a decision to upgrade a flight or have anyone else accompany the chairperson must be reimbursed to the charity. For accounting purposes, the reimbursement is treated as a donation.

2. DONATIONS AND LEGACIES

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 21 Total £	Year to 31 Dec 20 Total £
Donations and legacies				
General	-	58,055	58,055	19,561
Other Trading Activities				
Event Income	-	-	-	15,216
Other Income				
Bank Interest Received	-	-	-	5
Misc Income	-	17	17	-
	-	58,072	58,072	34,782

3. RAISING FUNDS

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 21 Total £	Year to 31 Dec 20 Total £
Just Giving Charges	-	216	216	216
Advertising	-	-	-	99
Fundraising event costs	-	-	-	9,373
	-	216	216	9,688

4. CHARITABLE ACTIVITIES

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 21 Total £	Year to 31 Dec 20 Total £
Asha Office	970	27,417	28,387	29,800
	970	27,417	28,387	29,800

5. OTHER

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 20 Total £	Year to 31 Dec 19 Total £
Travel	-	-	-	673
Bank Charges	-	333	333	337
Accountancy	-	504	504	504
	-	837	837	1,514

6. FUNDS

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 21 Total £	Year to 31 Dec 20 Total £
Unrestricted Fund				
General	-	43,750	43,750	14,148
Ear-marked	-	-	-	-
Restricted Fund				
Small Group Homes	-	-	-	-
Keeping Families Safe	-	-	-	-
Education Support	14,229	-	14,229	15,199
	<u>14,229</u>	<u>43,750</u>	<u>59,979</u>	<u>29,347</u>

Fund reallocations

In December 2019, it was resolved by the board of trustees of Asha Nepal UK to reallocate funds held within the restricted fund accounts. This included closing three historical funds (Foster Home, Kumundi and the Family Preservation Programme), which were no longer in use; creating three new restricted funds (Small Group Homes, Keeping Families Safe and the Education Support funds) to align with the three core projects within the organisation and transferring funds from the remaining active restricted funds to the new Education Support fund. As some historical funds (Children's Reintegration Centre, Asha Nepal Scholarship Fund and Community Centre) were in credit, general funds were transferred to cover these balances.

It should be noted that the basis for the decision to close the earthquake appeal fund was that general funds were used to fund one hundred child through schools in an earthquake town, to rebuild a house in Bhaktapur that had been destroyed in the earthquake, to carry out maintenance following the earthquake and to give residential care to two children, following the death of their mother in the earthquake.

ASHA-NEPAL

England & Wales - Charity number 1082581

Accounts

ASHA NEPAL (UK)

ANNUAL REPORT

For the year ended 31 December 2020



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CHARITY INFORMATION

For the year ended 31 December 2020

Charity Overview

Registered Charity Name:	Asha-Nepal
Other Known Names:	Asha Nepal UK
Charity Number:	1082581
Principal Office Address:	22 Goodramgate York YO1 7LG
Trustees:	Peter Bashford Andrea Ubhi Kate Keating



TRUSTEES' REPORT

For the year ended 31 December 2020

Introduction

We are really pleased to bring Asha Nepal's Annual Report for 2020 among our stakeholders and supporters.

This report is a glimpse of the activities conducted during 2020, which have primarily focused on safeguarding children at risk, strengthening families, supporting families in crisis, empowering our members and bringing around sustainable changes to their lives. We are happy to present our work to you and welcome all feedback and suggestions from our stakeholders and supporters that would help us to make Asha Nepal stronger moving forward.

If you need further information about Asha Nepal and its work you can contact us via email at andrea@asha-nepal.org.

Asha Nepal is a care and support based organisation, rather than an advocacy, lobbying and raising awareness. All the activities it carries out are driven from our experience of dealing with and supporting our beneficiaries and the desire to identify and meet the specific needs of any issues our beneficiaries are facing.

During the year Asha Nepal continued to focus on its three core project areas:

- Residential Services, including the Family Group Home;
- Scholarship, and
- Keeping Family Safe in Community

Alongside and in support of these three core projects, we have also conducted various workshops and training sessions, with an aim to empower each beneficiary. We are happy to write that all these activities went smoothly and were completed successfully.

This year Asha Nepal has also targeted its activities on 'safeguarding' children at risk, strengthening families, empowering our members, beneficiaries and team and supporting families in crisis to help bring about sustainable change in their lives.

We are happy to confirm that most of these activities were undertaken successfully and that during the period we were able to reach 251 people, in various levels of support, during the year.

We appreciate the support of all our sponsor organisations, and would like to express our thanks to the following sponsors for their immense support:

- Asha Nepal UK
- Rosie May Foundations, UK
- Project Didi, Australia
- Sanctuary4Kids, Canada
- TAI Foundation, Spain
- Teka Samuha, Nepal
- RHEST, Nepal

We would also like to express our gratitude to our government body, the Social Welfare Council, the National Child Right Council, the Tokha Municipality, all our partner organisations and executive committee members for their continuous support and guidance.

We would also like to thank all our friends, families, staff members and supporters who have directly or indirectly supported us for their dedication, which has enabled us to make these projects a success. And, finally, we would also thank our beneficiaries and their families, for believing and supporting us.

The Trustees

The trustees who served the company during the year were as follows:

- Peter Bashford
- Andrea Ubhi
- Kate Keating

Trustees are appointed in accordance with the Trust Deed. Trustees meet once or twice annually, and all decisions are reached by agreement. The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

Background

Asha Nepal is a small charitable organisation set up in the UK and working with Non-Governmental Organisations (NGO's) in Nepal since 1997.

Aware of a lack of person-centred support, for the hundreds of thousands of women and children in Nepal who suffer daily from extreme human rights, sexual and physical abuse, child labour, gender discrimination, caste discrimination and HIV / AIDS, Asha Nepal started to run its own grassroots programmes in 2008. The Nepal programmes are run by a group of dedicated Nepali women working on the ground, fighting for the original organisational remit for the rights of women and girls in Nepal. Asha is the Nepali word for hope.

Asha Nepal became a registered Non-Governmental Organisation in Nepal in 2008. Since then, Asha Nepal (UK) and Asha Nepal (NGO in Nepal) have worked hand in hand, as sister organisations, for the same cause, working with women and children whose lives have been disrupted by the horrific act of gender-based violence in the form of trafficking, sexual abuse, sexual exploitation, domestic slavery and severe domestic violence.

Our key focus is the victims of cross-border and international trafficking into the sex industries of India and Nepal, survivors of internal trafficking and girl survivors of severe violence and abuse. Through prevention, education, rehabilitation, healthcare and advocacy, Asha Nepal works to improve the lives of women and children, and now supports 97 families both through our residential service and in the community.

Asha Nepal began its transitional centre in 2009. Initially caring for nine children, we have now served two-hundred and twenty-two children, to date. In this year we served one-hundred and twenty-three children (ninety-four families) in the community and a further thirty-seven (thirty-two families) in residential services. We were also able to reintegrate six children with family members. Two were referred to another organisation for long-term care and seven families were closed at the end of the academic year as the children completed their grade 12. For new entry this year, thirty-six new cases were referred by various organisations and individuals for different services of Asha Nepal, of which twenty-five cases were accepted.

Currently, we are proud to offer our services as a holistic approach, with focus on individualised care, based on the unique needs of each individual and family. Asha Nepal is working hard to raise the social status of the women it serves and to help the children of survivors break free from the vicious cycle of abuse and violence, by sustainably integrating them back into the community.

Our strength is working in depth with the whole family to create sustainable change and keep the families thriving in community. Our success in achieving this aim would not have been possible without our partners and well-wishers.

Asha Nepal believes and operates in the value that every life is equally valuable; therefore, change is possible by changing one person at a time.

Both Asha Nepal (UK) and Asha Nepal work hand in hand in delivering this change.

Objectives and Activities

Vision

Asha Nepal envisions a community where women and their families will be able to enjoy a life of dignity and independence.

Mission

The purpose of Asha Nepal is to assist the survivors of violence, women, children and families to rebuild their lives socially, emotionally and economically, enabling them to enjoy their lives of safety, independence and dignity as valued members of their community and society.

Organisational Strategy

Asha Nepal's provision of support is focused on identified areas that help to facilitate the reintegration process. We provide support for the whole family to remain in the community, through the facilitation of child-care facilities, education, health, psychosocial counselling and wellbeing for the children and their immediate family members (i.e. mother and siblings under 18).

Facilitation of vocational training options, assistance in job seeking and in making informed career choices, alongside follow-up support for their transition into employment, or from sheltered care into their families or independent living also helps us to support our beneficiaries.

Target Group

The target demographic of Asha Nepal is women and children whose lives have been disrupted by the horrific act of gender-based violence, in the form of trafficking, living with HIV, sexual abuse, sexual exploitation, domestic slavery, severe domestic violence and vulnerable families.

Current Projects

Asha Nepal is offering various services through three different projects, residentially and in community, through our offices located in Dhapasi Height-9, Tokha Road, Kathmandu.

These three projects are as follows:

Family Group Homes

Supported by Asha Nepal UK, TDH, United Nations, UNICEF, UNHCR, Nepal.

Initiated in 2011 with the support of TDH, this service creates an opportunity for holistic development of children in alternative care. Asha Nepal is aware of the impact of institutionalisation in children and, in addition, looking after children who have been through traumatic experiences in their life can create further challenges. Therefore, we created this programme to foster holistic development, with individual attention to needy children. We are currently serving twenty-nine children through five family group homes.

Implementation of this programme has taught us that even whilst being part of the family group homes, families are naturally assimilated into the wider community through children making friends outside and families receiving invitations to social occasions.

The process of taking children into our care is as follows:

- A referral is received from another organisation and an internal assessment of the referral is carried out
- An assessment of the mother and family unit, and family living situation is carried out
- The child is inducted into our residential service where they receive continuous support, focussed around preparing them for reintegration into their community
- The child is reintegrated

Objectives:

- Enhancing overall healthy growth and development of children in a family group atmosphere.
- Promoting health and education, both emotionally, physically and socially.
- Providing residential facilities which protect children from any further forms of abuse, violence and sexual exploitation.
- Strengthen and prepare families to receive their children back into the community.
- Provide quality education that enables children to secure their future and secure meaningful and self-sufficient means of employment.

Specific objectives / target:

- Running three small family group homes which consist of six to seven members, including the mother, providing for all their basic support needs.
- To provide quality education and essential extra activities for their physical, social and emotional development.
- To provide safe and empowering residential services for the children.
- To empower the children, educationally, to enable them to find jobs and successfully and sustainably reintegrate them into the community.

Activities:

The following activities were carried out as part of this programme:

- **Residential Support** through the provision of safe shelter services to thirty-two children (three male and twenty-nine female)
- **Education Support** that saw all thirty-two children be admitted into different schools, based on their performance and interests. Among them, eighteen children were admitted into the government school, Tilingatar H.S.S., one child into Chetana Mahila, eleven children into Mount Glory School, one child into Active College and one child into the Teresa Academy. Among these two graduated, after passing their SEE exam. One has stayed on in education and is studying pure science and the other has returned home to Solukhumbu. All the children continued classes online during the pandemic. Two girls have dropped out of education, but the remaining children are also progressing well with good grades.
- **Career Coaching** whereby children from grade eight to ten participated in a career coaching training session that helped them to understand their field of interest and choose a better career path, whilst also being realistic about the options available to them. Despite the pandemic, we were able to organise one group career session for twenty-four children during the year. This coaching aimed to help the children to choose which subjects to continuing studying post-SEE, with many of them opting to take CTEVT diploma courses.
- **General health and wellbeing** – whilst with us, if the children experience any issues with their health, we take care of them. All thirty-two children have benefited from this service. During the year twenty-four children had different health issues, such as gastritis, tonsillitis, colds and eye issues, all of which recovered after hospital check-ups or the administration of home remedies.
- **Psychosocial Counselling** - The children are support through the provision of therapy and emotional support to improve their mental health. The intensive cases are referred to a psychiatric OPD, if they required psychiatric intervention regularly. During the year forty children and three mothers benefited from individual counselling, with sessions ranging from one to twenty-seven. In addition, we have also conducted eighteen group sessions and thirty house meetings.
- **Social and recreational activities** are supported, with outings planned for every three months. Further to this, all cultural functions are celebrated, and birthday celebrations, picnics, school outings and regular family visits are also encouraged. However, due to COVID-19, national lockdowns prevented these outings taking place. As soon as the situation improves and we are able to travel, these will be reinstated.
- **Successful reintegration into society** is dependent on the willingness of the children and their families, therefore our reintegration strategies are planned with them in accordance with their preferences to either reintegrate into the family unit or independently into the community.

- **Case management service** – this service ensures that all beneficiaries are cared for on an individual basis, with their needs acknowledged individually and addressed accordingly. Due to COVID-19 we were not able to conduct our regular planned activities, however, we managed to facilitate a common thread workshop for fifteen girls.

Total beneficiaries served: Thirty-two children (Three male and twenty-nine female).

Scholarship Service

Supported by Sanctuary Children, Canada and RHESI, Nepal.

Asha Nepal strongly believe that “Education is a vehicle for change”. Thus, to invest on good quality education for the children of survivors with the vision that they will choose better livelihood options than their mothers and transform their lives and those of their families.

Education is also one of the main needs expressed by the survivors themselves and a lack of education is often one of the primarily reasons why they choose to leave their villages and their children behind in institutions.

As an organisation we have also learnt that if educational support remains available, even after reintegration, families are more likely to keep their children with them. As such, the scholarship scheme aims to open up further opportunities and help sustain our reintegration programmes.

Objectives:

- To ensure their right to access education and to invest in a better future for our beneficiaries.
- To break the vicious cycle of abuse through good quality education.
- To cover the educational costs for those children whose mothers are survivors of violence and able to look after them, but who are unable to afford school fees and supplies.

Specific objective / target:

- To cover the educational costs of one hundred and thirty children living in community and family group homes with their mother, based on their needs, until the child completes grade twelve.
- To follow their academic progress by visiting the school and family at their residence.

Activities:

- Coordinating with schools.
- Conducting admissions and paying annual fees directly to the school.
- Assessing the family's economic changes during the year to identify the amount of financial support required.
- Providing stationery and school supplies as necessary.
- Visiting schools at least every three months and meeting the children benefiting from the scholarship on a monthly basis to assess their progress.
- Keeping the child's file up to date with their educational developments and achievements.

Total beneficiaries served: Eighty-seven families and one hundred and six children.

Case Study: Health Support during the COVID-19 pandemic

Mona is a trafficking survivor with two children. One son, who is studying for a diploma in computer engineering and, with the support from Asha Nepal, a daughter who is in grade eight, and part of our family-based care centre.

As a consequence of being trafficked, Mona had struggled with both emotional and social trauma, but despite all this, she was managing life, living with her son, and working two part-time jobs to support herself. Then the pandemic hit, and both she and her son tested positive, leaving her without the means or funds to continue supporting herself. As a result, she began to struggle both mentally and physically with the impact of COVID-19, even to the point of contemplating suicide.

Our social workers, who remained in contact with Mona during the crisis, recognised the issues she was facing and coordinated with Asha Nepal to ensure that she received psychiatric support she needed.

Keeping Family Safe in Community

Supported by Trócaire May Foundation, UK

Asha Nepal's Keeping Family Safe in the Community (KFSC) project seeks to support vulnerable individuals with a package of support for individuals in and around Kathmandu, who have either suffered from trafficking experiences or those who are deemed at high-risk of being trafficked in the first instance.

Our local partner, Asha Nepal (Nepal), have been operating the KFC project since 2014, with a special focus on supporting extremely vulnerable single parent mothers and their children. Single parents have included mothers who have previously been trafficked, as well as parents whose children have been trafficked or are at high-risk of being so. Given the extreme nature of the cases enrolled, Asha Nepal seeks to enrol families on the project until children conclude their education, at aged eighteen. This means that Asha Nepal expects cases to be enrolled for an average of four to six years, during which time individuals receive all three key stages of support offered by Asha Nepal.

This year we found that many of our beneficiaries lost their jobs as most of them were working on a daily wage basis. We anticipate that with our input and the input of older children the families would be financially viable but due to COVID they became poorer. Most struggled to manage their basic daily expenses and it was soon evident that financial support was vital for these families to survive. Fortunately, the project was able to offer this practical support and in doing so families felt cared for and supported.

Although we still worked to the original milestones and indicators, through this time we had to manage remote support to many of the individuals and families. We have to stop our workshops; life-skill based workshop for parents, youths and young children, we also cancelled our workshop on child abuse and human trafficking for school teachers. Due to restricted mobility, home visits were reduced to a minimum and most contact was made through phone calls.

Objectives:

- To strengthen enrolled families to live healthy, responsible living together either in community or independently.
- To support enrolled children to live free of abusive experiences and reduce their exposure to the risk of trafficking.
- To enable all enrolled girls to complete their secondary education, up to grade twelve (aged eighteen).

Activities:

- Social welfare support: Families in community come across various crises during their stay. While they are under our care, we aim to support them by providing financial support for good nutrition and to cover any outstanding rents and provide emergency health support to help them stay in the community. During this reporting period thirty-seven families have received this service.
- Psychosocial counselling and emotional support: our full-time psychosocial counsellor provided counselling and facilitates family meetings to discuss issues and assist decision-making. This year the counsellor conducted one hundred and fifty-nine sessions, including six family counselling sessions. Alongside this, a psychiatric consultation was also carried out for one child.
- Asha Nepal organises and facilitates separate monthly workshops on life skills for parents and children. Unfortunately, due to the pandemic, this activity was stopped during the year.
- We managed to run a common thread workshop for fifteen girls who have experienced trauma in their life, with the session aimed at helping to heal from trauma.
- After a review of our services, we ran small group sessions with between five and six mothers at one time.

- Home visits and family mentoring: Social workers visit the family, meet them at the office, or conduct a telephone check in at least once a month to make sure everything is fine within the family when a child is reintegrated. During these visits, mothers and children are made aware of various social issues and efforts are made to improve their income and social relationships. Due to the pandemic, our mentoring services were suspended, but typically our social worker would conduct two hundred and thirty-eight home visits, three-hundred and seventy-eight office meetings, eighty school visits and one thousand, eight hundred and eight telephone check ins.
- Capacity development: Only three different capacity building training sessions have been carried out for organisational development during the year.

In addition to the activities carried out to support families, Asha Nepal also supports the community through its extra-curricular activity centre. Before COVID-19 we were able to run a variety of extracurricular activity classes, however, once the pandemic hit these were paused. Pre-pandemic these activities were:

- **Martial-Art Training (Taekwondo):** Taekwondo classes are available to children from 6-7.30pm three days a week. The trainer, from the National Taekwondo Association, comes and trains them.
- **Musical instrument and vocal classes:** These classes also run for at least one hour every Monday and Tuesday. The interested children learn either keyboard or guitar. A total of twenty-one children showed interest in our music and vocal classes.
- **Library class:** A total of forty-two children have benefited from this service during the year. Like other classes, library class is also divided into two groups. A visual class is run every Friday and a group reading class runs every Thursday.
- **Computer class:** The computer class is conducted every evening from 6-7pm.
- **After school tuition class:** Children have their tuition class every day for at least an hour.
- **Futsal class:** Once a month children participate in the futsal game.
- **Yoga and meditation:** This year, instead of acrobatics, we carried out yoga and meditation classes for the children. They attend the class for two hours each week.
- **Child Club:** Asha Nepal also initiated its Asha Child Club. In this club only child beneficiaries participate and the club organising various activities, led by the children themselves, but under the supervision of Asha Nepal.

Total beneficiaries served:

Eighty-seven families

One hundred and six children

(Two hundred and fifty-one direct beneficiaries)

Case Study: Seed Money Support

Nancy is a mother of three, who fled from her home to save her life from the violence of her husband and his family, following his decision to bring home another wife. Her trauma left her in need of both psychiatric and physical support. As a result her children became scattered, with her two daughters working as domestic workers and her son remaining in her husband's home.

However, with Asha Nepal's support, she has been able to reunite her family, learn to manage and medicate her anxiety and build her confidence. All three children received support to study and have now graduated their grade 10 and her son is now studying for his diploma in civil engineering.

After building up her confidence, she decided to rent some land and start a vegetable farm. She researched all the things required to run the farm as a commercial, sustainable, business entity and used her savings to rent the land for two years, building a shed and digging a well for water. She then came to Asha Nepal and requested Seed Money Support to buy seeds and manure and other items required to further the development of the farm. Impressed by her initiative, the support was granted, and she is eternally grateful for the support she has received.

Volunteer and visitor visits

Volunteers have been one of the major sources of skill enhancement for the Asha Nepal team, with the organisation seeking volunteer support from highly qualified and professional individuals whose expertise enhance the capabilities of the established team. During the year Asha Nepal, the pandemic prevented any international volunteers from visit us. But we did receive visitors from local government, the Social Welfare Council, the National Child Right Council, the Tokha Municipality, and Woda.

Unplanned activities

Nepal, unfortunately, has not escaped the global impact of COVID-19 and as communicated the main impact for our beneficiaries has been the deterioration of their daily wages, as a result Asha Nepal has sought to support thirty-seven families with food, funds for rent and psychological support during the year.

Challenges

As an organisation, Asha Nepal has faced the following challenges over the past year:

- Low self-esteem, suffered by carers when children bounce back with their notorious behaviour.
- Occupying the attention of children during the long periods of lockdown
- The impact of COVID-19, which prevented us from reaching beneficiaries physically and thus reducing our ability to make proper interventions
- Due to COVID-19, our scholarship program is now on hold

Learning

- We must adapt our project activities to respond to these new circumstances and take account of the changing needs of our families
- We have learnt that to survive we need to remain flexible and be prepared to adapt to new circumstances
- During this pandemic we felt that emotional support and guiding roles have helped our beneficiaries to handle their issues themselves, which has helped them become more self-reliant and independent
- Counselling over the phone did help our beneficiaries to release their stress and anxiety and helped them to cope during the lockdown period

Achievements

- We have successfully reached forty-seven families and provided food and rent support during the pandemic
- Proper management of our facilities to prevent the impact of COVID-19 in our residence programs
- We were able to keep all the children and house staff safe from COVID
- Thirty-two children have benefited from the residence service and among them ten children were reintegrated into their families
- Asha Nepal is identified as working for children among local governments, including the Women and Children Department and National Child Rights Council and the Social Welfare Council

Structure, governance and management

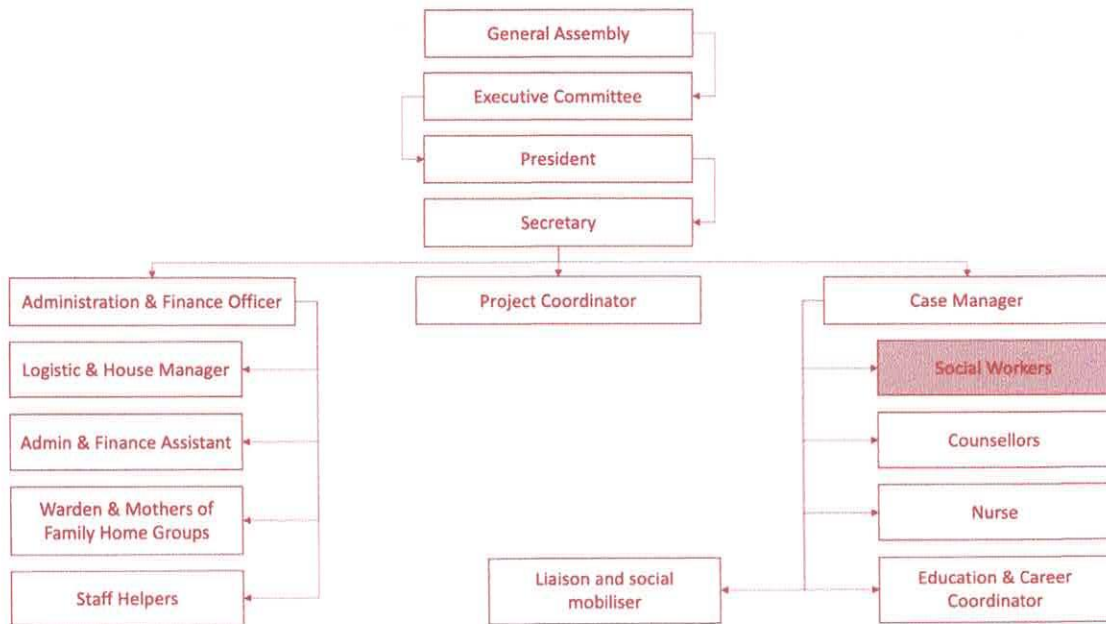
Asha-Nepal was established by a charitable trust deed on the twelfth day of June 2000.

The charity's objectives are:

- To eradicate the trafficking of girls and young women into sexual slavery from Nepal into India, the Gulf States and other parts of the world.
- To create awareness of legal trafficking of girls and young women in Nepal to the general public and world governments.

- To prevent, through education, the risk of girls and young women being lured into sexual slavery, to teach self-sufficiency through education and work skills to at risk girls and young women rescued from enforced prostitution.
- To rescue and rehabilitate girls and young women trafficked into sexual slavery and either reunite them with their families or care for them until they are self-sufficient.
- To care for girls and young women who have contracted terminal illnesses during captivity
- To rehabilitate abandoned girls through education, counselling and providing a safe refuge
- To offer a safe home to all girls at risk either from or after abduction.

The organisation structure of Asha Nepal is detailed below:

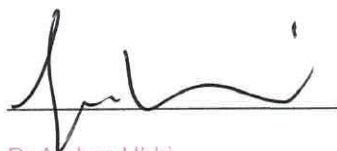


Objectives, activities, achievements and performance

Under the terms of the Trust Deed, the Trustees have wide discretionary powers as to distributions of income and capital in pursuance of the objects of the Trust as stated above. The Trustees meet annually to identify projects worthy of support. The Asha-Nepal strategy is to provide support for projects in Nepal with local partner organisations, which directly meet the objectives for the Charity.

In the Trustees' view, the reserves should provide the charity with adequate financial stability and the means for it to meet its charitable objectives for the foreseeable future.

The Trustees review the amount of reserves that are required to ensure that they are adequate to fulfil the charity's continuing obligations on an annual basis at their Trustees meeting.



Dr Andrea Ubhi
Trustee

Dated:

21/10/21.

INDEPENDENT EXAMINER'S REPORT

For the year ended 31 December 2020

I report on the accounts of Asha Nepal (UK) for the year ended 31 December 2020, which are set out on pages 15-18.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act;
- To follow the procedures laid down in the General Directions given by the Charities Commission under section 145(5)(b) of the 2011 Act; and,
- To state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - To keep accounting records in accordance with section 130 of the 2011 Act; and
 - To prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

Have not been met, or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Nicola Ainscough ACA BSc
Chartered Accountant
Equilibrium Accountants Ltd
48 Goodramgate, York, YO1 7LF

12 October 2021

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 December 2020

	Notes	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 20 Total £	Year to 31 Dec 19 Total £
INCOME					
Incoming and endowments from:					
Donations and legacies	2	1,125	18,436	19,561	48,445
Charitable activities					-
Other trading activities		-	15,216	15,216	-
Investments					-
Other income		-	5	5	17,916
Total incoming resources		1,125	33,657	34,782	66,361
EXPENDITURE					
Expenditure on:					
Raising funds	3	-	9,688	9,687	(7,360)
Charitable activities	4	-	29,800	29,800	(13,455)
Other	5	-	1,514	1,514	(24,263)
Total resources expended		-	41,002	41,002	(45,078)
Net income / (expenditure) for the year		1,125	(7,345)	(6,220)	21,283
RECONCILIATION OF FUNDS					
Total funds brought forward as at 1 Jan 20		14,074	21,493	35,567	14,284
Total funds carried forward as at 31 Dec 20		15,199	14,148	29,347	35,567

The notes on pages 17-18 form a part of these financial statements

A Statement of Total Recognised Gains and Losses is not required as all gains and losses are included in the Statement of Financial Activities.

There is no difference between the net income / (expenditure) for the year above and the historical cost equivalent. All activities are continuing.

BALANCE SHEET

For the year ended 31 December 2020

	Notes	£	As at 31 Dec 20 £	£	As at 31 Dec 19 £
FIXED ASSETS					
Tangible assets			-		-
CURRENT ASSETS					
Stocks		-	-		-
Debtors		-	-		-
Cash at bank and in hand		29,347		35,567	
Creditors: Amounts falling due within one year			-		-
Net Current Assets / (Liabilities)			<u>29,347</u>		<u>35,567</u>
Total Assets less Current Liabilities			<u>29,347</u>		<u>35,567</u>
Creditors: Amounts falling due after more than one year			-		-
Net Assets			<u>29,347</u>		<u>35,567</u>
FUNDS	6				
Unrestricted funds			14,148		21,493
Restricted funds			15,199		14,074
Total Funds			<u>29,347</u>		<u>35,567</u>

The notes on pages 17-18 form a part of these financial statements

Trustee benefits: advances, credit and guarantees

During the year no benefits, in the form of advances, credit and guarantees, were conferred upon trustees of the charity.

Guarantees and other financial commitments

During the year no guarantees or other financial commitments were made.

The financial statements have been prepared in accordance with the Charities Act 2011, with respect to accounting records and the preparation of accounts.

The financial statements on pages 15-18 were approved by the Board of Trustees and signed on its behalf by:



Dr Andrea Ubhi

Trustee

Date: 21/10/21

NOTES TO THE ACCOUNTS

For the year ended 31 December 2020

1. ACCOUNTING POLICIES

- a) **Statutory Information**

Asha-Nepal is a registered charity in the UK with the Charities Commission, registration number 1082581.
- b) **Basis of preparation and assessment of going concern**

The accounts have been prepared under the historical cost convention and on the receipts and payment basis.

The financial statements are prepared in sterling, which is the functional currency of the charity.

The principal accounting policies, which have been applied consistently in the year, are set out below.
- c) **Compliance with accounting standards**

The financial statements have been prepared in accordance with the Charities Act 2011, the Accounting and Reporting by Charities for Smaller Entities: Statement of Recommended Practice applicable in the UK and Republic of Ireland (FRS 102) (Effective January 2015) – (Charities 'SORP' FRS 102): the provisions of FRS 102 Section 1A – Small Entities and other applicable accounting standards in the United Kingdom.
- d) **Funds structure**

Earmarked funds, as shown in the notes to the accounts, represent funds set aside by the Trustees for use on specific projects.

Amounts shown as Restricted Funds, on the Statement of Financial Activities and the Balance Sheet, represent funds donated for specific projects in accordance with the Charities Act definition.
- e) **The Asha-Nepal My World My View Trust Fund**

The Asha-Nepal My World My View Trust Fund was created to support the twenty-two girls who took part in the My World, My View project to assist them towards self-sufficiency at age eighteen, on leaving SOS Bahini.

The fund comprised money raised from sales of photographs by the twenty-two girls from SOS Bahini, from sales of the book 'My World, My View' and from donations given expressly to the girls of SOS Bahini.

Each girl is entitled to an equal share in the Fund plus interest, at or after they reach age eighteen (or prior to this date, at Asha-Nepal's discretion), for Tertiary studies, establishing their own business or household, or other needs providing its purpose is first approved by Asha-Nepal staff in Kathmandu, and then by Asha-Nepal UK.

In December 2019, the board of Trustees ratified a decision to transfer the funds from the Mr World My View fund to the newly created Education Support Fund. As part of this, the trustees agreed to honour any legitimate claim for funds previously held in the My World My View fund.
- f) **Income recognition**

Income is recognised only on receipt.
- g) **Trustees' remuneration and expenses**

During the year £2,050 (2019: £4,755) was paid out to Smriti Khadka as a salary, in recognition of services performed on behalf of the Charity in running the centre in Nepal.
- h) **Refunds of tax from gift aid donations**

Refunds of taxation received as a result of claims made relating to donations given under Gift Aid are treated as Unrestricted Income.

i) **Trustee travel expenses**

The trustees have agreed that the chairperson's travel costs may be covered by the charity, but that costs associated with a decision to upgrade a flight or have anyone else accompany the chairperson must be reimbursed to the charity. For accounting purposes, the reimbursement is treated as a donation.

2. DONATIONS AND LEGACIES

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 20 Total £	Year to 31 Dec 19 Total £
Donations and legacies				
General	1,125	18,436	19,561	48,445
Other Trading Activities				
Event Income	-	15,216	15,216	-
Other Income				
Bank Interest Received	-	5	5	-
Transfer from unrestricted fund	-	-	-	17,916
	<u>1,125</u>	<u>33,657</u>	<u>34,782</u>	<u>66,361</u>

3. RAISING FUNDS

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 20 Total £	Year to 31 Dec 19 Total £
Just Giving Charges	-	216	216	216
Advertising	-	99	99	228
Fundraising event costs	-	9,373	9,373	6,916
	<u>-</u>	<u>9,688</u>	<u>9,688</u>	<u>7,360</u>

4. CHARITABLE ACTIVITIES

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 20 Total £	Year to 31 Dec 19 Total £
Asha Office	-	29,800	29,800	13,455
	<u>-</u>	<u>29,800</u>	<u>29,800</u>	<u>13,455</u>

5. OTHER

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 20 Total £	Year to 31 Dec 19 Total £
Travel	-	673	673	5,257
Bank Charges	-	337	337	314
Accountancy	-	504	504	500
Gift to Staff	-	-	-	215
Resources	-	-	-	61
Transfer to restricted funds	-	-	-	17,916
	<u>-</u>	<u>1,514</u>	<u>1,514</u>	<u>24,263</u>

6. FUNDS

	Restricted Funds £	Unrestricted Funds £	Year to 31 Dec 20 Total £	Year to 31 Dec 19 Total £
Unrestricted Fund				
General	-	14,148	14,148	21,493
Ear-marked	-	-	-	-
Restricted Fund				
Small Group Homes	-	-	-	-
Keeping Families Safe	-	-	-	-
Education Support	15,199	-	15,199	14,074
	<u>15,199</u>	<u>14,148</u>	<u>29,347</u>	<u>35,567</u>

Fund reallocations

In December 2019, it was resolved by the board of trustees of Asha Nepal UK to reallocate funds held within the restricted fund accounts. This included closing three historical funds (Foster Home, Kumundi and the Family Preservation Programme), which were no longer in use; creating three new restricted funds (Small Group Homes, Keeping Families Safe and the Education Support funds) to align with the three core projects within the organisation and transferring funds from the remaining active restricted funds to the new Education Support fund. As some historical funds (Children's Reintegration Centre, Asha Nepal Scholarship Fund and Community Centre) were in credit, general funds were transferred to cover these balances.

It should be noted that the basis for the decision to close the earthquake appeal fund was that general funds were used to fund one hundred child through schools in an earthquake town, to rebuild a house in Bhaktapur that had been destroyed in the earthquake, to carry out maintenance following the earthquake and to give residential care to two children, following the death of their mother in the earthquake.