



# Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

[www.hexn.org](http://www.hexn.org)

## Trustees' Annual Report for the period 01/04/22 to 31/03/23

**Charity Name:** Health Exchange Nepal (UK). Other Name: HEXN

**Registered charity number:** 1124098

**Charity's address:** 9 Hill Croft, Clayton-le Woods, Chorley, PR6 7EF

<b>Names of the trustees:</b>	<b>Date Appointed</b>	<b>Appointed by</b>
1. Satyan Rajbhandari	30/03/2008	Executive Committee
2. Jeremy Ward	30/03/2008	Executive Committee
3. Anil Tuladhar	30/03/2008	Executive Committee

## Names of the Executive Committee Members

1. Jeremy Ward, Chairman
2. Satyan Rajbhandari, General Secretary
3. Sandesh Acharya, Communication Officer
4. Mohan Thapa, Treasurer
5. Stephen Ward, Committee Members
6. Bichhyan Rai, Committee Members
7. Ramesh Khoju, Committee Members

## Structure, Governance and Management:

HEXN is governed through its constitution. Membership for this charity is open to anyone who donates £5 per month. The number of active members varies between 95 - 105 as there are new members recruited and old members stopping subscriptions. The Executive committee is responsible for the day to day running of this charity. It can co-opt other executive members, as necessary. They are also responsible for appointing trustees. HEXN avoids administrative cost apart from when it is necessary. Therefore, all funds raised go towards the good cause. All communication is done through email to improve efficiency.

## Objectives & Activities:

The main aim of the charity is to promote the exchange of health professionals between Nepal and the UK. HEXN has been providing educational and clinical support to Nepal in various forms. We support several conferences in Nepal where UK experts take part. Similarly, we support Nepali Health Care Professionals come and train in the UK. HEXN also raises fund and help in specific projects related to health and education.

### Contact Address

Prof Satyan Rajbhandari  
Chorley & South Ribble Hospital, Chorley PR7 1PP, UK  
Tel: (44) 1257 245028  
[Satyan.rajbhandari@lthtr.nhs.uk](mailto:Satyan.rajbhandari@lthtr.nhs.uk)



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## Achievements and Performance during year 2022/23:

Following COVID, this year our usual activities resumed both in Nepal and the UK. We caught up with many training programme, which were withheld due to COVID.

**1 Training in Surgery:** As every year Mr Kamal Aryal & Mr Jeremy Ward led HEXN faculty to Nepal to conduct various training programme. We worked with Royal College of Surgeons of Edinburgh, Nepalese Doctors Association and local institutes for this. Our faculty were able to enjoy a nice Trek after this.



### Clockwise from top left:

Eighth laparoscopic surgery course in Dhulikhel Hospital

NOTSS course at Institute of Medicine, Kathmandu

Workshop on Laparoscopic Surgery in Manipal Hospital, Pokhara

'Future Surgeons Course' at Nepal Army Institute of Health Sciences



**2 Diabetes Meetings:** This year regional Diabetes Nepal was conducted in Birgunj. The annual Diabetes Meeting was combined with South Asian Federation of Endocrine meeting.



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**3 Clinical Meetings:** We supported other meetings this year for Society of Internal Medicine of Nepal, Nepalese Society for Critical Care Medicine, Society of Anaesthesiologists of Nepal and Nepal Society of Obstetrician and Gynaecologists.



**Clockwise from top left:**  
Workshop in Pokhara with SIMON.

Dr Irfan Chaudry at Nepalese Society for Critical Care Medicine. SAN Airway Workshop. Training community health volunteers in. Supporting Bindu Kafle Award with NESOG



**4 Training Nepalese Care Worker:** Working with Nepal Paediatric Society we continued our training programme in Child Protection to various institutes in Nepal at Banepa, Dhulikhel, Birgunj. We worked with "So The Child May Live" for this. We also supported Nepal Life Support Foundation to run Basic Life Support training at various places.



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**5 Support to various Institution:** We supported various hospitals and institutions this year. (Clockwise from Top Left: Donation to construct for Patient Waiting Hall to be named after Late Bibek Pradhan at Bhaktapur Cancer Hospital. Support KAHS Teaching Hospital, Jumla with Bronchoscope. Oxygen plant, which we supported during COVID delivered at Kathmandu Institute of Child Health Hospital, Damak. Support development of National Simulation Lab in Bir Hospital. Helping Model Hospital develop service to provide cost-effective chemotherapy unit in Kathmandu



**6 Produce Educational Film on Diabetes:** We worked with famous comedians Madan Krishna and Hari Bansha to produce second part of film on diabetes, which was released this year. Both parts are available to view in YouTube. If you have not watched it please use the link below to watch.

Part 1: [https://youtu.be/58Z\\_qboyTAQ](https://youtu.be/58Z_qboyTAQ) & Part 2: <https://youtu.be/INb4zdOuNF4>



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**7 Support Nepalese doctors for UK Training:** Due to COVID, travelling to the UK was on hold. This year we were able to support 4 doctors with HEXN UK Fellowship.



**Clockwise from Top Left:**  
Dr Agya Shrestha, in Histopathology, Dr Tina Shrestha in Ophthalmology, Dr Punya Kharbuja in Surgery and Dr Pankaj Pant in Respiratory. All were attached to Lancashire Teaching Hospital.

**8 Nepali Health Mela:** We were able to hold cardiovascular health check and provide health counselling to Nepalese community in Catterick (Left) and Manchester (Right).



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**9 Fundraising:** Mr Jeremy Ward completed his 14 day cycling from Lands End to Joan O Groats and raised money. As every year a group of volunteers took part in Manchester 10K to raise fund. We had donations from many individuals and organisations too.



## Financial Review:

### Income:

Our fundraising improved this year. Our activities also increased substantially as there were many pending projects and training programme. This year we were £8583 over spent but as we have surplus from previous years our finances are looking healthy.

INCOME	AMOUNT
Members Donation	£6,164
Just Giving Fund Raising	£16,178
Other donations	£16,365
So The Child May Live	£2,500
Movie Fund Raising	£7,968
<b>TOTAL</b>	<b>£ 49,175</b>

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## Expenditures:

This year our main expenditure has gone to provide clinical and educational support to Nepal. We also supported various hospitals to pump prime funds to start new services. This has resulted in more expenditure in comparison to fundraising.

EXPENSES	AMOUNT
Manchester 10 K Expenses	£1,865
HEXN Training in Nepal	£20,103
UK Training for Nepali doctors	£2,303
Manchester Health Event	£690
Other Costs	£1,388
Equipment for Nepal	£13,590
Diabetes Movie Cost	£8,294
Simulation Training Cost	£5,775
Other Training in Nepal	£3,751
<b>TOTAL</b>	<b>£ 57,758</b>

Balance Carried forward from last year	£ 82,824
Balance this year	- £8,583
<b>New Balance on 31st March 2022</b>	<b>£ 74,241</b>

## Declaration:

There has not been any significant event this year and our charity has performed as expected.

Signed on behalf of trustees

Prof Satyan Rajbhandari  
General Secretary, HEXN

**Date:** 18<sup>th</sup> January 2024

## Contact Address

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**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

Charity Name  
**Health Exchanger Nepal**

No (if any)  
**1124098**

**CC16a**

## Receipts and payments accounts

For the period from	Period start date 1st April 2022	To	Period end date 31st March 2023
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Members Donation	£6,164	-	-	6,164	-
Just Giving Fund Raising	£16,178	-	-	16,178	-
Other donations	£16,365	-	-	16,365	-
So The Chile May Live	£2,500	-	-	2,500	-
Movie Fund Raising	£7,968	-	-	7,968	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
<b>Sub total</b> (Gross income for AR)	<b>49,175</b>	<b>-</b>	<b>-</b>	<b>49,175</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>49,175</b>	<b>-</b>	<b>-</b>	<b>49,175</b>	<b>-</b>
<b>A3 Payments</b>					
Manchester 10 K Expenses	£1,865	-	-	1,865	-
HEXN Training in Nepal	£20,103	-	-	20,103	-
UK Training for Nepali doctors	£2,303	-	-	2,303	-
Manchester Health Event	£690	-	-	690	-
Other Costs	£1,388	-	-	1,388	-
Equipment for Nepal	£13,590	-	-	13,590	-
Diabetes Movie Cost	£8,294	-	-	8,294	-
Simulation Training Cost	£5,775	-	-	5,775	-
Other Training in Nepal	£3,751	-	-	3,751	-
<b>Sub total</b>	<b>57,758</b>	<b>-</b>	<b>-</b>	<b>57,758</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>57,758</b>	<b>-</b>	<b>-</b>	<b>57,758</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>- 8,583</b>	<b>-</b>	<b>-</b>	<b>- 8,583</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>82,825</b>	<b>-</b>	<b>-</b>	<b>82,825</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>74,242</b>	<b>-</b>	<b>-</b>	<b>74,242</b>	<b>-</b>



## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			Satyan Rajbhandari	12/27/2022



**CHARITY COMMISSION  
FOR ENGLAND AND WALES**

**Independent examiner's report  
on the accounts**

**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Health Exchange Nepal

**On accounts for the year  
ended**

31st March 2023

**Charity no  
(if any)**

1124098

**Set out on pages**

3 - 4

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

**Responsibilities and  
basis of report**

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent  
examiner's statement**

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [ ] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect,:

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

**Signed:**

**Date:**

24/01/2024

**Name:**

Jonathan Muller

**Relevant professional  
qualification(s) or body  
(if any):**

Fellow Certified Public Accountant

**Address:**

GMR Accountants LTD

1st Floor, 8-12 London Street

**Section B**

**Disclosure**

**Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).**

**Give here details of any items that the examiner wishes to disclose.**



## Section B Statement of assets and liabilities at the end of the period

Category	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		74242		
	<b>Total cash funds</b>	74242		
	(agree balances with receipts and payments account(s))			

Category	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>				


Category	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>				

Category	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>				

Category	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>				

Signed by one or two trustees on behalf of all the trustees

CCXX R2 accounts (SS)

Signature	Print Name	Date of approval
	Satya Rajbhandari	07/11/2023



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Health Exchanger Nepal

1124098

## Receipts and payments accounts

CC16a

For the period from	1st April 2022	To	31st March 2023
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### Section A Receipts and payments

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<b>A1 Receipts</b>					
Members Donation	£6,164	-	-	6,164	-
Just Giving Fund Raising	£16,178	-	-	16,178	-
Other donations	£16,365	-	-	16,365	-
So The Chile May Live	£2,500	-	-	2,500	-
Movie Fund Raising	£7,968	-	-	7,968	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>49,175</b>	-	-	<b>49,175</b>	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	<b>49,175</b>	-	-	<b>49,175</b>	-
<b>A3 Payments</b>					
Manchester 10 K Expenses	£1,865	-	-	1,865	-
HEXN Training in Nepal	£20,103	-	-	20,103	-
UK Training for Nepali doctors	£2,303	-	-	2,303	-
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Simulation Training Cost	£5,775	-	-	5,775	-
Other Training in Nepal	£3,751	-	-	3,751	-
<b>Sub total</b>	<b>57,758</b>	-	-	<b>57,758</b>	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	<b>57,758</b>	-	-	<b>57,758</b>	-
<b>Net of receipts/(payments)</b>	<b>- 8,583</b>	-	-	<b>- 8,583</b>	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	<b>82,826</b>	-	-	<b>82,826</b>	-
<b>Cash funds this year end</b>	<b>74,242</b>	-	-	<b>74,242</b>	-