



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

Trustees' Annual Report for the period 01/04/23 to 31/03/24

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

Names of the trustees:	Date Appointed	Appointed by
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 operates under its constitution, with membership available to anyone who donates £5 per month. The active membership fluctuates between 95 and 105 due to new recruits and cancellations. The Executive Committee manages the charity's daily operations and can co-opt additional members as needed. They also appoint trustees who oversee the running of charity. To minimize administrative costs, HEXN ensures that all funds raised are directed towards its cause. Communication is conducted via email to enhance efficiency.

Objectives & Activities:

The primary goal of HEXN is to facilitate the exchange of health professionals between Nepal and the UK. The charity offers educational and clinical support to Nepal in various ways. This includes sponsoring conferences in Nepal with participation from UK experts and supporting Nepali healthcare professionals to train in the UK. Additionally, HEXN raises funds for specific health and education projects as needed.

Contact Address

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



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Achievements and Performance during year 2023/24:

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

General Medicine Training in Nepal

This year, we collaborated closely with the Society of International Medicine of Nepal and the Royal College of Physicians of Edinburgh to further develop postgraduate medical training in Nepal. We organized the visit of Prof. Andrew Elder, the RCPE President, to Nepal and participated in the SIMON International Conference in 2023. HEXN conducted workshop in Acute Medicine in National Academy of Medical Science. We also helped in Roll Signing Ceremony of RCPE in Nepal where many Nepali doctors were awarded FRCP Diploma. Our strong relationship with the UK college facilitated the establishment of the MRCP PACES Centre for South Asia in Kathmandu, with support from the Federation of the Royal Colleges of Physicians. The first exam was successfully conducted in March 2023 at Medciti Hospital.



Clockwise from top left: With examiners and volunteers during the first MRCP PACES in Nepal at Medciti Hospital. RCPE President Prof Elder addressing Roll signing Ceremony. Acute Medicine Workshop in National Academy of Medical Science, Bir Hospital Newly elected FRCP at RCPE Roll signing ceremony in Kathmandu, Nepal.

Diabetes meeting:



HEXN conducted a short training programme in diabetes to community health workers in Dakshinkali, Nepal and distributed Glucose monitoring device.

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Training in Surgery

This year, as always, we conducted laparoscopic surgery training at Dhulikhel Hospital and added another session in Pokhara. We also held a NOTTS (Non-Technical Skills for Surgeons) course. Kamal Aryal played a key role in organising these courses.



Clockwise from top left: Annual Laparoscopic surgery course in Dhulikhel Hospital. NOTTS course in TUTH, Kathmandu. Kamal helping trainee in Pokhara at simulation training.

Kathmandu Institute of Child Health (KIOCH):

We introduced KIOCH in the UK by inviting its founder, Bhagwan Koirala, to the Speaker's House in the Palace of Westminster. Sir Lindsay Hoyle welcomed him and introduced him to MPs and many distinguished guests. We also helped organise local meetings and raised funds for KIOCH, which were handed over to a newly formed charity called KPALS UK.



From Top left: Meeting at Speaker's House, with speaker, KIOCH Hospital under construction

Maxillofacial surgery



We have supported the Cranio-facial Centre in Janakpur since its inception, facilitating visits from numerous UK surgeons. This year, Rabin Pratap Singh led the 3rd Kathmandu Head & Neck Surgery course, which is accredited by the Royal College of Surgeons of Edinburgh and was very well-received.

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Charity Ball

We celebrated HEXN's 15th Anniversary Crystal Charity Ball on 29th September 2023. The event was graced by the Speaker of the UK Parliament, Sir Lindsay Hoyle, as the chief guest. It was attended by ambassadors, presidents of Royal Colleges, members of parliament, and many other distinguished guests. Sanita played a key role in organising this memorable event.



Clockwise from top left: Chief guests, Charity dinner pre-dinner drinks, Relaxing after dinner,

Clinical Meetings:

This year, we supported numerous other meetings. Shambhu Acharya assisted with a difficult airway workshop for the Society of Anaesthesiologists of Nepal. Additionally, we supported the Himalayan Vascular Society's first meeting in Kathmandu and the Nepal Society of Obstetricians and Gynaecologists with their annual award.



From Left: Supported Bindu Kafle Award, Workshop in Medciti and NAMS

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Training Nepalese Care Worker:

In collaboration with So The Child May Live and the Nepal Paediatric Society, we continued our Child Protection training program across various institutes in Nepal. Additionally, we supported the Nepal Life Support Foundation in conducting Basic Life Support training sessions for diverse groups, including police officers, school staff, members of parliament, and social workers.



From Top Left: Child protection training programme at TU Teaching Hospital, Basic Life support training to police officers in Nepal



Support to various Institution in Nepal:

We supported Bhaktapur Cancer Hospital by providing anaesthetic instruments, including monitors, disposable laryngeal masks, and bronchoscopes, with the help of Ramesh Khoju. Additionally, we assisted in constructing a patient waiting room at the hospital. The oxygen plant we helped establish during COVID was donated to Damak Hospital. We also donated advanced airway equipment to the National Simulation Lab at Bir Hospital.



From Left: Oxygen plant to Damak, Anaesthetic equipment to NAMS, Patient waiting room

Manchester 10K:

As every year we raised fund with Manchester 10 K run on 21st May 2023.



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Other works:



This year we supported Dr Sujan Poudel at Alderhey Hospital for Paediatric Orthopaedic Training. Dr Ramesh Khoju represented HEXN in Nepal Embassy meeting. Pramita represented HEXN in KIOCH meeting.

Financial Review:

Income:

Our fundraising improved this year. Our activities also increased substantially as there were many pending projects and training programme. This year our fund collection was augmented with gift aid refund. So our finances are looking healthy.

INCOME	AMOUNT
Members Donation	£ 6,389
Charity Ball Fund Raising	£ 14,781
Manchester 10 K Fund Raising	£ 11118
KIOCH Fund Raising	£ 8069
HMRC GiftAid	£ 17472
Individual Donation from various people	£ 12552
Bank Interest	£ 1421
So The Child May Live	£ 1500
RCPE	£ 1500
Other Donation	£ 2065
TOTAL	£ 76867

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	£ 3735
KPALS	£ 9599
HEXN Training in Nepal	£ 7682
UK Training for Nepali doctors	£ 2400
Charity Dinner cost	£ 7677
SIMON RCPE Cost	£ 2146
Equipment for Nepal	£ 1948
Just Giving Subscription Cost	£ 360
Website cost	£ 299
UK faculty Travel	£13501
TOTAL	£ 49,347

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Balance Carried forward from last year	£ 74,241
Balance this year	£ 27,519
New Balance on 31st March 2023	£ 101,760

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: 30th November 2024

HEXN

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Tel: (44) 1257 245028
Satyan.rajbhandari@lthtr.nhs.uk



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 2023	To	Period end date 31st March 2024
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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 £
A1 Receipts					
Members Donation	£6,389	-	-	6,389	-
Charity Ball Fund Raising	£14,781	-	-	14,781	-
Manchester 10k Fund raising	£11,118	-	-	11,118	-
KIOCH Fund Raising	£8,069	-	-	8,069	-
HMRC Giftaid	£17,472	-	-	17,472	-
Other Donation	£14,617	-	-	14,617	-
So the Child May Live	£1,500	-	-	1,500	-
Royal College	£1,500	-	-	1,500	-
Bank Interest	£1,421	-	-	1,421	-
Sub total (Gross income for AR)	76,867	-	-	76,867	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	76,867	-	-	76,867	-
A3 Payments					
Manchester 10 K Expenses	£3,735	-	-	3,735	-
KPALS	£9,599	-	-	9,599	-
UK Training for Nepali doctors	£2,400	-	-	2,400	-
Charity Dinner Cost	£7,677	-	-	7,677	-
SIMON RCPE Cost	£2,146	-	-	2,146	-
Equipment for Nepal	£1,948	-	-	1,948	-
JustGiving Subscription	£360	-	-	360	-
Website cost	£299	-	-	299	-
HExN Training in Nepal	£21,183	-	-	21,183	-
Sub total	49,347	-	-	49,347	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	49,347	-	-	49,347	-
Net of receipts/(payments)	27,520	-	-	27,520	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	74,241	-	-	74,241	-
Cash funds this year end	101,761	-	-	101,761	-

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		50,339	-	-
		-	-	-
		-	-	-
	Total cash funds	50,339	-	-
	(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			
	95 Day Liquidity Manager Fund	51,422	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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	11/30/2024	



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 2024

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:

[Signature]

Date:

30/01/2025

Name:

JPS MULLER

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

CERTIFIED PUBLIC ACCOUNTANTS
011810094

GMR

ACCOUNTANTS LTD

1st Floor 8-12 London Street
Southport Merseyside PR9 0L

Address:

GMR Accounts 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.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Health Exchanger Nepal

No. of accounts
1124098

CC16a

Receipts and payments accounts

For the period from	1st April 2023	To	31st March 2024
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	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
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Sub total	-	-	-	-	-
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Sub total	-	-	-	-	-
Total payments	49,347	-	-	49,347	-
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A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	74,241	-	-	74,241	-
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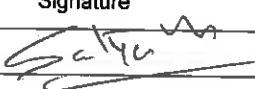
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	95 Day Liquidity Manager Fund	51,422	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Satyan Rajbhandari	30/11/2024