

DOCTORS FOR NEPAL

England & Wales · Charity number 1133441

Details

Status Registered

Legal form Trust

Registered 2010-01-04

Register [View on the Charity Commission register](#)

Contact

Address Highwell
Hamsey
Lewes
BN8 5TD

Phone 07525372597

Email KATE@DOCTORSFORNEPAL.ORG

Website www.doctorsfornepal.org

Activities

Objects: 1 TO ADVANCE THE EDUCATION OF MEDICAL STUDENTS IN NEPAL BY PROVIDING FINANCIAL ASSISTANCE TO ENABLE THEM TO PURSUE THEIR STUDIES.2 TO RELIEVE SICKNESS AND TO PRESERVE THE HEALTH OF PEOPLE LIVING IN NEPAL BY ASSISTING IN THE PROVISION OF HEALTHCARE.

Activities: DFN provides scholarships at Nepali medical schools for students from poor rural backgrounds. In return, the students undertake to work in remote and deprived rural areas of Nepal for an agreed period after qualifying. The charity supports students both during and after their studies, in liaison with local medical colleges; it also delivers health projects and disaster relief.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** NEPAL
- Nepal

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£46,680	£56,495	-	-
2023-12-31	£37,027	£55,032	-	-
2022-12-31	£77,850	£57,378	-	-
2021-12-31	£77,850	£57,378	-	-
2020-12-31	£66,859	£58,239	-	-

Trustees

Name	Role	Appointed
DOCTOR KATHERINE SARAH YARROW	Chair	2009-10-16
Anne Yarrow		
DR NATALIE THURTLE		2012-10-31
Dr Rasana Bajarcharya		2025-08-03
Dr Richard John Stammers Howell		2018-05-19
Nigel Lewers		2013-11-03

DOCTORS FOR NEPAL

England & Wales - Charity number 1133441

Accounts

DOCTORS FOR NEPAL

Doctors for Nepal (“DFN”)

Trustees’ Annual Report and Unaudited Financial Statements

Year ended: 31 December 2024

Charity No: 1133441

Reference and Administrative Information

Date registered as a UK charity

4 January 2010

Registered charity number in the UK

1133441

Governing document

Trust deed dated 16 October 2009

Trustees

Dr Kate Yarrow (chair)

Anne Yarrow (secretary)

Nigel Lewers (treasurer)

Chris Yarrow

Dr Natalie Thurtle

Dr. Richard Howell

(together the “**Trustees**”)

Operational address

Dr Kate Yarrow

Highwell,

Hamsey,

Nr.Lewes,

Sussex BN8 5TD

Other contact information

info@doctorsfornepal.org

www.doctorsfornepal.org www.justgiving.com/doctorsfornepal

Twitter/X: @DoctorsForNepal

Bank account details

Lloyds Bank
171/173 North Street
Brighton
BN1 1GL

Sort Code: 30-91-25
Account Number: 00284204

SWIFTBIC: LOYDGB21002
IBAN NO: GB67 LOYD 3091 2500 2842 04

1 Structure, Governance and Management

Governing document

Doctors for Nepal (“DFN”) is a registered charity, number 1133441, and is constituted under a trust deed dated 16 October 2009. New Trustees are appointed by the existing Trustees in accordance with the provisions set out in the trust deed. The trust deed provides for a minimum of 3 trustees.

Trustees

There were no changes to the Board of Trustees during the year.

All Trustees give their time voluntarily and receive no financial benefit from the charity. The Trustees bring wide and relevant experience to the charity. Three Trustees are medical doctors, 2 Trustees are working or have worked for Médecins Sans Frontières, 1 Trustee is a lawyer and former trustee of a school, 1 Trustee has long experience as a school governor, and 3 Trustees have experience working abroad. The Trustees are looking to recruit a Nepali national to the Board, either resident in Nepal or working in the UK.

The Trustees are committed to personally raise funds for the charity.

The charity employs a part-time UK Operations Manager, Caz Winter. It had been employing a part-time admin team in Nepal through one of our charity partners, PHASE Nepal; during the year this arrangement was terminated, and the charity directly recruited a part-time Nepal Liaison Officer, Rajee Daivasigamani.

Trustees are proud and delighted that Dame Joanna Lumley, who has a strong and high-profile commitment to Nepal, has agreed to become Patron of the charity.

Risk Management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The main risk to which the charity is subject is that of a student not completing the agreed time period of service as a doctor, nurse, or midwife in rural Nepal. DFN has, in co-operation with Patan Academy of Health Sciences (PAHS) and Karnali Academy of Health Sciences (KAHS) put in place measures to minimise this risk. In particular, the Academies both have a policy which provides that no medical, nursing or midwifery student on a DFN scholarship may receive his or her final degree

certificate until having served for an agreed number of years as a doctor/midwife/nurse in a rural area of Nepal (normally 2 years).

There is a risk of a student not completing their course for academic, social or personal reasons.

DFN is exposed to fluctuations in foreign currency as tuition and other fees for the students are paid in Nepalese rupees.

The charity is committed to holding a reserve fund to guard against financial risk, and ensure it can continue to fund its scholars through their studies.

2 Charitable objectives and aims

The trust deed provides that DFN's objectives are:

1. To advance the education of medical students in Nepal by providing financial assistance to enable them to pursue their studies; and
2. To relieve sickness and to preserve the health of people living in Nepal by assisting in the provision of healthcare.

Doctors for Nepal's aim is to improve healthcare in rural Nepal. DFN does this by sponsoring selected students from very poor backgrounds in Nepal to attend undergraduate or postgraduate medical, nursing, midwifery or health assistant courses in Nepal. In return, the students pledge to work for an agreed period post-qualification as doctors, midwives or nurses in Backward rural areas of Nepal (normally 2 years). Apart from providing scholarships, DFN may also implement health care projects (such as responding to emergencies and disasters, and delivering health camps), and provide continuing education for its graduates.

To ensure that DFN's work delivers its aims and meets the objectives as set out in the trust deed, the Trustees review its projects and fundraising activities on a regular basis throughout the year. On the basis of this review, the Trustees are able to plan DFN's future projects and fundraising activities.

3 Main activities, and how our activities deliver public benefit

In deciding what activities Doctors for Nepal should undertake, the Trustees have complied with their duty to have regard to the public benefit guidance as set out in section 4 of the Charities Act 2006. Our activities deliver a tangible public benefit by helping improve health care standards in rural Nepal.

We provide undergraduate scholarships for medical, nursing, and midwifery and health assistant students, who are funded for a full or partial scholarship depending on individual need and whether or not they have other funding (e.g. through a government scholarship or from another NGO). We may also support students who have other scholarships but could not continue without support for ancillary costs such as living and studying expenses. All our students sign an agreement to work in a rural area for two years following their graduation. Our model means that when our scholars qualify, they serve the remote regions that are lacking in medical staff and resources, and thereby healthcare in Nepal is improved in a sustainable and measurable way. During 2024 our qualified doctors and nurses worked in the following districts: Kalikot, Mugu, Jumla, Humla, Surkhet, Gorkha, Bajura and Dolpa.

In 2005, when the idea of DFN began, there were no doctors in the Karnali zone from that area. Today, DFN has produced 10 doctors from this region, as well as many nurses. They understand and are accepted by the communities within which they are working and are making a real difference to those living in this challenging environment. Not only do our doctors see many patients a week in a variety of low-resource settings, they often make time to impart their knowledge and experience to others to support a well-rounded health system.

This year we agreed a collaboration with Karnali Academy of Health Sciences (KAHS) to provide the first ever postgraduate scholarships to students from the Karnali Zone in the Far West, all of whom receive full tuition fees and a minimum of three years' forward employment at KAHS. These will be the future professors and health leaders in this remote area, raising both the standards of healthcare and medical education in western Nepal. As well as becoming faculty members at KAHS, they will be sent out to remote health posts within the college's catchment.

We partner with other NGOs who are employers in order to ensure work in a remote rural area for any scholars who are unable to gain government employment due to a lack of positions.

DFN's first Health Camp

The highlight of the year was undoubtedly DFN's first health camp- a women's health camp, held in Raskot, Kalikot district (in the far West), in collaboration with Karnali Academy of Health Sciences (KAHS). Health camps are a well-established and effective way of bringing healthcare to remote and under-served areas, they are mobile medical facilities run by doctors, nurses, midwives and other professionals to help impoverished patients to obtain free healthcare in relatively accessible locations in rural areas of Nepal. They are a lifeline for patients, allowing communities to benefit from screening, consultations, treatment and referrals that they would not otherwise access. Vitally, they increase the chance that patients will be seen early enough to improve their health outcomes.

It was decided to concentrate on women's health because maternal and infant mortality rates in rural Nepal remain stubbornly high; the camp would cover antenatal screening, symptomatic gynaecology (with screening), and family planning.

After nearly a year of complex preparations, the international team met in Kathmandu on 16 October: Dr. Kate Yarrow and Nigel Lewers (trustees), Alicia (UK co-coordinator), Dr Rasana (UK O&G consultant) and Gareth and Tania (filmmakers). Raskot is a series of mini-villages perched across a steep mountainside, accessible via a nail-biting journey along a mountain track. When the team and their precious medical equipment eventually reached Raskot, they were met by an opening ceremony by the mayor, and a such throng of women that the local police were called in to control the crowd.

Here is an extract from Dr. Kate's initial report, written straight after the camp:

"The first afternoon was a manic stream of activity, but this settled to a manageable level for the subsequent 2 days. Almost everyone complained of several symptoms (usually vague), so much of the time was spent conducting in-depth histories to ascertain who had pathology versus wanting a check-up. By the end of the first day, we had depleted stocks of certain medications (notably – antibiotics for urine infections, and Candida treatment), so we had to try and call in supplies from Manma (3–4-hour drive) and purchase them where possible from local pharmacies.

There were a few interesting patterns that emerged in the camp that are worth mentioning: Uterine and pelvic floor prolapses were extremely common; this is likely due to several factors; large numbers of pregnancy, uncontrolled deliveries, and working strenuously (heavy lifting). This was by far the most common onward surgical referral made by us to KAHS. Another interesting issue was

a reluctance to use long-acting contraception. Despite the high average parity (number of children), it was almost impossible to persuade anyone to have a coil or an implant. This is again, a complex social issue – and will be explored further when we analyse the data collected at the camp.

On day 3, the camp closed with another elaborate ceremony; swathes of scarves and certificates given and received. The feedback from the patients, staff, and community was overwhelmingly positive, and we were immediately invited back to offer another camp. I politely declined and said we would consider it after we had time to get home and reflect on the first camp! Tears were shed; a combination of relief, exhaustion, and overwhelm in equal measure.

I would like to reflect on how well the team worked together, especially given the unusual circumstances we found ourselves in. It was the first time we had ever brought our DFN team together to provide clinical care, but despite the range of experience levels, and different cultural backgrounds, the team jelled extraordinarily well. Of particular note – Satya (nurse) was clinically exceptional. But it would be unfair to name other individuals - other than to say that we are so proud of how the team came together and delivered such a successful camp. It was a true example of how training medics from these areas can deliver high quality care to their communities."

The camp provided healthcare to over 620 women, ranging in age from teenagers to women in their 70s; 30 prolapses were diagnosed and referred onward for treatment. All patients received menstrual hygiene packs and health education, which should bring lasting and long-term health improvements

The camp was attended by Dr Mangal Rawal, Vice-chancellor of KAHS, who commented that, of the over 50 health camps that he has attended, this was one of the best managed and most effective. Not least, it was a great training opportunity for DFN doctors and nurses. It gave the charity a unique opportunity to bring together for the first time our growing team of Nepal-trained healthcare professionals as working clinicians. They benefitted from bedside clinical teaching from two UK consultants, as well as receiving extensive group teaching before and during the camp. They gained not only clinical skills, but management and leadership experience, and also gained hugely from reinforcing their sense of group camaraderie: the "DFN family", as they like to be known. This was an experience that built strong personal bonds, and helped establish the support network and sense of family which will be so vital during their future careers in isolated and challenging settings.

The health camp brought the opportunity for the charity to work directly with government health workers (MOH clinicians) and with the local government, and gained attention in the national media, so further extending the positive reputation and working relationships of DFN, and raising our profile in the Nepali political and medical communities.

Subsequently, our film makers Gareth and Tanya (who donated their time to the charity), produced a moving film about the health camp and the DFN team, narrated by Dame Joanna Lumley. Film showings are planned in Manchester, London and Lewes (Sussex), and it will be available on the DFN website at <https://www.youtube.com/watch?v=-ViiaRbwEzg>, and will be used at future fund-raising events. The film is invaluable in raising awareness and understanding of the work of the charity and the healthcare challenges of western Nepal, and cultivates commitment to the charity, as well as financial contributions.

Our doctors, nurses and students:

By the end of 2024, DFN had supported 37 scholars:

- 1 qualified medical consultant
- 10 qualified doctors (of these, DFN is currently supporting 1 through postgraduate training)
- 3 additional postgraduate doctors (these are not counted in the 12 above as DFN did not support them to graduate)
- 13 qualified nurses (of these, DFN is currently supporting two through BNS training)
- 1 qualified midwife
- 4 current medical students
- 1 current nursing student
- 2 current health assistant students

All of the students that we were already supporting at the beginning of the year (two health assistant students, two medical students and one PHASE nursing student), continued to move forward with their studies in 2024.

Of our ten qualified doctors, two are currently working as interns at Patan Hospital and two others are working their two-year bonds at hospitals in the Far West. Our first DFN consultant doctor continues to work at Surkhet hospital in the Far West, the first obstetrician/gynaecologist in the District. He is working a four-year bond in return for support with his training.

Post-graduate training is essential if our doctors are to become effective practitioners, and DFN can offer financial support to those who are not awarded one of the limited number of government MD scholarships. Four of our doctors have completed their bonds and sat postgraduate exams in 2024. Of these, two were awarded government scholarships and the other two are to be supported through this training by further DFN scholarships. During the year DFN set up a new collaborative scheme with Karnali Academy of Health Sciences to expand the provision for postgraduate scholarships there. Through this project, DFN have so far awarded postgraduate scholarships to three more doctors, who upon qualifying will be employed by KAHS as consultants.

One nursing student qualified this year, joining our other nurses who are working in the Far West. Of the first nurses who trained through our partner PHASE, financed by DFN, two have now passed beyond their bonded periods but are still working with PHASE in remote areas, which is exactly the desired outcome; the third has begun studying for a nursing degree. Of the five nurses that qualified last year, all have gone on to work in the Far West. Two of our qualified nurses have returned to study for their bachelor in nursing, supported by their second DFN scholarships. They will go on to do further bonded periods in rural Nepal upon qualifying.

As reported last year, issues had arisen in finding government-funded nursing jobs in remote areas, and we came to an agreement to create DFN-funded nursing posts in the Far West with our two partner organisations: PHASE Nepal (with whom we have collaborated for a number of years), and the Oda Foundation, a charity co-founded by a native of Kalikot, which builds local leadership, and supports health and education for those who need it most. This arrangement is working well, and four nurses completed their bonded periods in remote areas with our partners PHASE and Oda, with their posts financed by DFN. The two PHASE nurses continue to work with PHASE; one of the Oda nurses is now studying for a BNS degree at KAHS, supported by DFN.

Trustee visits:

Trustee visits to Nepal are absolutely vital to the effective work of the charity, to keep in touch with and build relationships with our students and graduates and our partner training institutions and NGOs, and plan and develop projects and collaborations.

This year's first visit was perhaps the most productive one to date, with a packed schedule of meetings helping to indicate the future direction of the charity, and strengthening collaborative bonds with KAHS, the ODA Foundation and the Nick Simons Institute. It included a meeting with the Minister of Health, helping to forge important political connections and awareness of the charity). The second visit was to participate in the health camp (see above)..

Electives:

An elective is a period spent away from UK medical school, giving the opportunity to experience healthcare outside the NHS. In 2024 DFN facilitated, through PAHS, the electives of two students from Plymouth University, who spent time in Kathmandu. In the months leading up to the trip, DFN helped them with communications with the medical school and advice about preparation. DFN also organized a group of our scholars to meet them at PAHS in order to welcome and support them. The group's elective fees were waived by PAHS and donated to DFN.

Looking ahead:

Through working with KAHS and meeting the health minister at the Ministry of Health in 2024, it has become clearer that there are continuing needs for clinical specialists (consultants) willing to work in remote areas. To help address this, DFN will continue to expand its support for postgraduate education, by providing scholarships for doctors to become specialist consultants . These scholarship recipients will be bonded for a further three years of work in remote districts, once they achieve their postgraduate qualifications. DFN is committed to extending its fruitful collaboration with KAHS, and trustees have agreed to fund two further postgraduate scholarships there in 2025,

In addition, some of our more junior nurses (auxiliary nurse-midwives (ANMs), or basic nurses) have requested upskilling to gain their bachelor in nursing. This qualification allows them to undertake more procedures, and work independently to a higher level, and accords with the Nepalese national aim to upskill all ANMs. Therefore DFN is expanding its bachelor of nursing and midwifery scholarships, including for some of our scholars who have already been supported by DFN through their basic training in nursing (in other words, some nurses will be offered a second scholarship with DFN).

Following the success of the 2024 health camp, it is anticipated that DFN will build on this by providing the funding to collaborate again with KAHS and others in running further DFN camps in the Karnali zone over the coming years, to benefit more rural communities.

DFN continues to offer help to existing students from remote areas who would have to drop out of their courses without additional financial support, because of changes in their family circumstances.

4 Fund-raising and donations

As always, a huge thank-you to all those who have given of their money, time and skills to support DFN during the year. The charity would not exist without you.

Income this year was boosted by £9,560 of sponsorships for individual students and a grant of £10,000 from the Texel Foundation towards the health camp, as well as a number of generous smaller donations from individuals.

5 Statement of financial activities for the year ending 31 December 2024

A summary of income and expenditure is given on page 11 below.

Income

Over the year income from all sources totalled £63,240, an increase of £26,213 from the previous year. Income this year included £9,560 of sponsorships for individual students and a grant of £10,000 from the Texel Foundation towards the health camp.

At £15,236, standing orders again remained almost exactly the same as the previous year. .

Donors are encouraged to confirm that they are eligible for Gift Aid, which substantially increases their donation. Income this year was boosted by a 3-year gift aid reclaim of £9,947.

Expenditure

At £78,055, expenditure for the financial year was £23,000 up on 2023. This was largely accounted for by health camp expenditure of £22,530. Other costs associated with the health camp were filming expenditure and a second trustee visit. Support for students amounted to £20,437 (about £9,000 less than the previous year). It should be noted that the expenditure figure for student support does not necessarily reflect the actual student numbers that year, as expenditure depends on when the colleges submit invoices for payment.

Costs continued to be minimised by much of the work being done by the trustees and other volunteers, who also donated most of their expenses. A part-time paid UK Operations Manager continues to give essential and invaluable assistance with fund-raising, publicity, communications, and general administration. She has been backed up by our two part-time Nepali administrative staff in Kathmandu, replaced during the year by a part-time Nepal Liaison Officer..

Reserves policy

The charity had, at 31 December 2024, unrestricted reserves amounting to £85,493 in the bank account (£14,815 less than at the end of 2023). The policy of continuing to hold solely an unrestricted reserve is deemed appropriate by the Trustees given the size and the nature of the charity. The Trustees do not foresee any need to change this policy.

Of this sum, £25,500 is held in reserve to ensure that student fees can be met; the remainder is working cash or held in an instant access savings account.

Future financial commitments

It is anticipated that about £29,500 will be required for support of existing students in 2025 (four postgraduate students, four medical students, two nurses doing BNS degrees, one nursing student, two health assistant students). One of the postgraduate students and the two health assistant students are being funded through the generosity of sponsors (totalling about £10,000 in 2025),

In addition, it is likely that one more, or possibly two, of our trained doctors will during the year request financial assistance in order to accept postgraduate training offers.

About £14,000 will be needed for administration and overheads, and final health camp reimbursements will be due to KAHS.

The financial statements were approved by the Board of Trustees on 12 August 2025 and were signed on its behalf by:

X *Nigel Lewers*

Nigel Lewers
Trustee and Hon. Treasurer



CHARITY COMMISSION
FOR ENGLAND AND WALES

(Decisions for the year)

(to the nearest £)

Receipts and payments accounts

CC16a

For the period
from

01/01/2024

31/12/2024

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					
Standing orders	15,236	-	-	15,236	15,196
CAF donations	530	-	-	530	555
Easyfundraising	266	-	-	266	213
Just Giving	4,763	-	-	4,763	7,195
Gift Aid	9,947	-	-	9,947	-
Fundraising events	1,789	-	-	1,789	2,485
Donations	4,672	-	-	4,672	10,101
Sponsorship	3,000	16,560	-	19,560	-
Electives	384	-	-	384	656
Health camp reimbursement	4,017	-	-	4,017	-
Interest on reserve	301	-	-	301	220
Interest on savings	915	-	-	915	-
Miscellaneous	860	-	-	860	406
Sub total (Gross income for AR)	46,680	16,560	-	63,240	37,027
A2 Asset and investment sales, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	46,680	16,560	-	63,240	37,027
A3 Payments					
PHASE scholarship	2,415	-	-	2,415	-
PAHS scholarships	-	-	-	-	4,479
KAHS scholarships	6,192	6,560	-	12,752	13,743
ODA nurse support	270	5,000	-	5,270	11,453
Women's health camp	12,530	10,000	-	22,530	-
Film costs	8,895	-	-	8,895	2,090
Administration	12,802	-	-	12,802	14,829
Trustee visit to Nepal	8,841	-	-	8,841	4,593
Medical equipment	219	-	-	219	639
Giving.com	216	-	-	216	216
Printing	158	-	-	158	780
Bank charges	309	-	-	309	260
Administration expenses	379	-	-	379	203
Website	213	-	-	213	390
Merchandise	720	-	-	720	909
Entertaining	555	-	-	555	-
Other costs	1,781	-	-	1,781	348
Sub total	56,495	21,560	-	78,055	55,032
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	56,495	21,560	-	78,055	55,032
Net of receipts/payments	- 9,815	- 5,000	-	14,815	- 18,005
A5 Transfers between funds					
A6 Cash funds last year end	95,308	5,000	-	100,308	118,313
Cash funds this year end	85,493	-	-	85,493	100,308

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	Reserve	25,558	-	-
	Savings	25,915	-	-
	Working cash	34,020	-	-
	Total cash funds	85,493	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
		11	-	-
		-	-	-
		-	-	-
		-	-	-



Receipts and payments accounts

CC16a

For the period
from

1/1/2024

12/31/2024

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Standing orders	15,236	-	-	15,236	15,196
CAF donations	530	-	-	530	555
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Sponsorship	3,000	16,560	-	19,560	-
Electives	384	-	-	384	656
Health camp reimbursement	4,017	-	-	4,017	-
Interest on reserve	301	-	-	301	220
Interest on savings	915	-	-	915	-
Miscellaneous	860	-	-	860	406
Sub total (Gross income for AR)	46,680	16,560	-	63,240	37,027
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	46,680	16,560	-	63,240	37,027
A3 Payments					
PHASE scholarship	2,415	-	-	2,415	-
PAHS scholarships	-	-	-	-	4,479
KAHS scholarships	6,192	6,560	-	12,752	13,743
ODA nurse support	270	5,000	-	5,270	11,453
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Sub total	56,495	21,560	-	78,055	55,032
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	56,495	21,560	-	78,055	55,032
Net of receipts/(payments)	- 9,815	- 5,000	-	- 15,574	- 18,005
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	95,308	5,000	-	100,308	118,313
Cash funds this year end	85,493	-	-	84,985	100,308

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	Reserve	25,558	-	-
	Savings	25,915	-	-
	Working cash	34,020	-	-
	Total cash funds	85,493	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	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

Independent examiner's report to the trustees of Doctors for Nepal on accounts for the year ended 31 December 2024 set out on pages 3 to 11

Charity Number: 1133441

I report to the trustees on my examination of the accounts of Doctors for Nepal (DfN) for the year ended 31 December 2024.

Responsibilities and basis of report

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

I report in respect of my examination of DfN'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

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do 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 order to enable a proper understanding of the accounts to be reached.

Signed

A handwritten signature in black ink on a light beige background. The signature is cursive and appears to read 'Chris A.' with a period at the end.

18 August 2025

Christopher John Maidment, ACA Crest, Paddockhurst Lane,
Balcombe, West Sussex, RH17 6QZ

DOCTORS FOR NEPAL

England & Wales - Charity number 1133441

Accounts

DOCTORS FOR NEPAL

Doctors for Nepal (“DFN”)

Trustees’ Annual Report and Unaudited Financial Statements

Year ended: 31 December 2023

Charity No: 1133441

Reference and Administrative Information

Date registered as a UK charity

4 January 2010

Registered charity number in the UK

1133441

Governing document

Trust deed dated 16 October 2009

Trustees

Dr Kate Yarrow (chair)

Anne Yarrow (secretary)

Nigel Lewers (treasurer)

Chris Yarrow

Dr Natalie Thurtle

Dr. Richard Howell

(together the “**Trustees**”)

Operational address

Dr Kate Yarrow

Highwell,

Hamsey,

Nr.Lewes,

Sussex BN8 5TD

Other contact information

info@doctorsfornepal.org

www.doctorsfornepal.org www.justgiving.com/doctorsfornepal

Twitter: @DoctorsForNepal

Bank account details

Lloyds Bank
171/173 North Street
Brighton
BN1 1GL

Sort Code: 30-91-25
Account Number: 00284204

SWIFTBIC: LOYDGB21002
IBAN NO: GB67 LOYD 3091 2500 2842 04

1 Structure, Governance and Management

Governing document

Doctors for Nepal (“DFN”) is a registered charity, number 1133441, and is constituted under a trust deed dated 16 October 2009. New Trustees are appointed by the existing Trustees in accordance with the provisions set out in the trust deed. The trust deed provides for a minimum of 3 trustees.

Trustees

There were no changes to the Board of Trustees during the year.

All Trustees give their time voluntarily and receive no financial benefit from the charity. The Trustees bring wide and relevant experience to the charity. Three Trustees are medical doctors, 2 Trustees are working or have worked for Médecins Sans Frontières, 1 Trustee is a lawyer and former trustee of a school, 1 Trustee has long experience as a school governor, and 3 Trustees have experience working abroad. The Trustees are looking to recruit a Nepali national to the Board, either resident in Nepal or working in the UK.

The Trustees are committed to personally raise funds for the charity.

The charity employs a part-time UK Operations Manager, Caz Winter, and a part-time admin team in Nepal who are employed through one of our charity partners, PHASE Nepal.

Risk Management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The main risk to which the charity is subject is that of a student not completing the agreed time period of service as a doctor, nurse, or midwife in rural Nepal. DFN has, in co-operation with Patan Academy of Health Sciences (PAHS) and Karnali Academy of Health Sciences (KAHS) put in place measures to minimise this risk. In particular, the Academies both have a policy which provides that no medical, nursing or midwifery student on a DFN scholarship may receive his or her final degree certificate until having served for an agreed number of years as a doctor/midwife/nurse in a rural area of Nepal (normally 2 years).

There is a risk of a student not completing their course for academic, social or personal reasons.

DFN is exposed to fluctuations in foreign currency as tuition and other fees for the students are paid in Nepalese rupees.

The charity is committed to holding a reserve fund to guard against financial risk, and ensure it can continue to fund its scholars through their studies.

2 Charitable objectives and aims

The trust deed provides that DFN's objectives are:

1. To advance the education of medical students in Nepal by providing financial assistance to enable them to pursue their studies; and
2. To relieve sickness and to preserve the health of people living in Nepal by assisting in the provision of healthcare.

Doctors for Nepal's aim is to improve healthcare in rural Nepal. DFN does this by sponsoring selected students from very poor backgrounds in Nepal to attend undergraduate or postgraduate medical, nursing or midwifery courses in Nepal. In return, the students pledge to work for an agreed period post-qualification as doctors, midwives or nurses in Backward rural areas of Nepal (normally 2 years). Apart from providing scholarships, DFN may also implement health care projects (such as responding to emergencies and disasters), and provide continuing education for DFN's graduates.

To ensure that DFN's work delivers its aims and meets the objectives as set out in the trust deed, the Trustees review its projects and fundraising activities on a regular basis throughout the year. On the basis of this review, the Trustees are able to plan DFN's future projects and fundraising activities.

3 Main activities, and how our activities deliver public benefit

In deciding what activities Doctors for Nepal should undertake, the Trustees have complied with their duty to have regard to the public benefit guidance as set out in section 4 of the Charities Act 2006. Our activities deliver a tangible public benefit by helping improve health care standards in rural Nepal.

Our model means that when our scholars qualify, they serve the remote regions that are lacking in medical staff and resources, and thereby healthcare in Nepal is improved in a sustainable and measurable way. During 2023 qualified doctors and nurses worked in the following districts: Kalikot, Mugu, Jumla, Humla, Doti, Surkhet, Gorkha and Kathmandu.

In 2005, when the idea of DFN began, there were no doctors in the Karnali zone from that area. Today, DFN has produced 10 doctors from this region, as well as many nurses. They understand and are accepted by the communities within which they are working, and are making a real difference to those living in this challenging environment. Not only do our doctors see many patients a week in a variety of low-resource settings, they often make time to impart their knowledge and experience to others to support a well rounded health system. For instance, Dr. Kamal recently delivered training to a group of female volunteers, whom he described as 'the bridge between the community and the national health system'.

DFN nurse Yuna Shahi has been doing great work raising awareness of family planning in her role at Oda Foundation in Kalikot. The initiative has started to shift understanding and uptake in the community, leading to positive and lasting outcomes. Here are extracts from Yuna's report:

Upon my arrival in the community, it became apparent that there was a significant lack of awareness about family planning methods and their benefits. Many families were experiencing challenges due to unplanned pregnancies and complications arising from the use of certain methods without proper understanding.

To address these issues, I initiated a comprehensive educational campaign focused on family planning. I organized a community workshop with the help of another staff member and sessions to educate people about the various aspects of family planning, including its importance in ensuring the health and well-being of both mothers and children. I explained the different types and methods of family planning available, emphasizing their pros and cons. This was particularly crucial as I observed cases where women were suffering from health complications due to inadequate knowledge about family planning methods.

Following the educational sessions, community members approached me with questions and concerns related to family planning. I provided personalized guidance, addressing their queries and alleviating any misconceptions. The follow-up sessions allowed me to gauge the effectiveness of the education provided and ensure the individuals were comfortable with the information they had received.

One of the most gratifying outcomes of this initiative was observing a shift in the community's attitudes and behaviours. Previously considered a taboo topic, family planning became a subject that people felt comfortable discussing openly. This new-found openness enabled individuals to share their experiences, seek advice, and make informed decisions about their reproductive health.



Nurse Yuna addresses a community workshop

Dr. Meena sent us this case study from her time working in Mugu. Meena and her colleagues' quick actions and decisions led to a positive outcome for a young mother and her baby, despite working in a setting with limited resources. It is just one of the many, many cases that show the

vital importance of having quality maternity care within reach of patients, to decrease the levels of maternal and infant mortality in the region.

'A 19-year-old female from Mugu was brought to our emergency department with a complaint of per vaginal bleeding for one hour at eight months pregnant. I got call from emergency duty at 6pm. After 15 minutes walking I reached the hospital. Then I examined her. While examining the patient she was pale, her pulse was feeble and blood pressure was 80/60 mm of hg and there was continuous per vaginal bleeding. I called for help, for a sister and another medical officer. After five minutes of resuscitation her per vaginal bleeding stopped. She was continuously monitored and in total five pints of normal saline was given and there was only 10ml of urine in the urobag. Foetal heart sound was 152 beat per minutes regular and there was low lying placenta on ultrasonographic examination and no other significant finding. After an hour of resuscitation there was a blood pressure of 100/60mmof hg and the patient felt better but there was only 20ml of urine in urobag. Again there was per vaginal bleeding at approximately 500ml.

I was so scared and call to a doctor at Karnali Academy of Health Sciences. He suggested that I do an emergency LSCS (caesarean section). I was worried that intraoperative bleeding would occur and also about low urine output, but the KAHS doctor suggest that I go ahead with the LSCS which is the definitive treatment of choice. We planned for emergency LSCS at 10:30 pm and at least three pints of blood were arranged. The emergency LSCS was done and both mother and baby were good. There was an intraoperative blood transfusion at two pints. There was no intraoperative complication.

A single live female was born with a birth weight of 3400gm . The patient was shifted to the postoperative room. Her vitals were maintained, and urine output gradually increased.



Both mother and baby were discharged on day seven.'

Dr.Meena at work

In November 2023 the west of Nepal was rocked by a 6.8 magnitude earthquake, impacting the remote communities that are home to our DFN team. Many of the injured were treated in the hospitals in which our DFN doctors and nurses work. Several of our doctors and nurses were available to treat injured patients at Surkhet hospital, and Dr Lalit travelled to the affected villages to directly care for pregnant women and their unborn babies. Newly qualified DFN nurse, Sita, had just started her first job at Surkhet hospital when she and her colleagues, including DFN doctors Lalit and Purna, were called upon to help victims of the

disaster. Injuries ranged from soft tissue wounds and fractures to severe head injuries, pneumothorax, renal impairment, and acute stress response.

Our doctors, nurses and students:

By the end of 2023, DFN had supported 30 scholars.

- 9 qualified doctors
- 1 qualified medical consultant (Obstetrician Gynaecologist)
- 12 qualified nurses-
- 1 qualified midwife
- 4 current medical students
- 1 current nursing student
- 2 health assistant students

DFN continues to fund and support medical, nursing and midwifery training at Patan Academy of Health Sciences (PAHS) in Kathmandu and Karnali Academy of Health Sciences (KAHS) in Jumla (in the far west of the country). Both colleges are dedicated to improving Nepal's rural health by training health workers in rural community medicine. They aim to produce graduates that will not only provide sorely needed medical care in rural Nepal, but will also eventually become leaders in health care policy, dedicated to improving the health of the remote and impoverished communities in Nepal. The charity continues to extend its collaboration with the relatively new college of KAHS, which has the great advantage of being nearer the home districts of most of our students, although its remote location presents challenges for trustee visits.

During 2023 two of our medical students passed their final exams and are now working their internship year at PAHS. Five of our nursing students qualified during the year.

Two DFN students continue their medical studies at PAHS in Kathmandu, and during the year we agreed to support two further medical students. One was already studying in the first year at KAHS on a partial government scholarship, but struggling to pay the remainder of his fees and in danger of dropping out of the course. The second has secured a place at KAHS, followed by employment with the ODA Foundation, but again he has only a partial scholarship, and could not take up his place without help with the rest of the fees.

Of our ten qualified doctors, two are currently working as interns at Patan Hospital; two others are working their two-year bonds at hospitals in the Far West. Four doctors have completed their bonds and are currently studying for post-graduate entrance exams. Post-graduate training is essential if our doctors are to become effective practitioners, and DFN can offer financial support to those who are not awarded government MD scholarships. A generous donor has offered to support a doctor through their post-graduate training; she is a doctor herself, and these scholarships are in memory of her mother. Our first DFN doctor consultant continues to work at Surkhet hospital in the Far West, the first Obstetrician/Gynaecologist in the District. He is working a four-year bond in return for support with his training.

Our qualified nurses are working in the Far West, Of the first nurses who trained through our partner PHASE, financed by DFN, two have now passed beyond their bonded periods but are still

working with PHASE in remote areas, which is exactly the desired outcome; the third has begun studying for a nursing degree. As reported last year, issues had arisen in finding government-funded nursing jobs in remote areas, and we came to an agreement to create DFN- funded nursing posts in the Far West with our two partner organisations: PHASE Nepal (with whom we have collaborated for a number of years), and the Oda Foundation, a charity co-founded by a native of Kalikot, which builds local leadership, and supports health and education for those who need it most. This arrangement is working well, and there are now four nurses working their bonded periods in remote areas with our partners PHASE and Oda, with their posts financed by DFN.

A generous donor has offered two nursing scholarships, and these have been awarded to two Oda auxiliary nurses, to train at KAHS as Health Assistants - a role which is both clinical and administrative. It is expected that they will be employed by Oda on completion of their training. We are also supporting a student doing a nursing degree at KAHS, and have agreed to support two PHASE nurses through further training.

Medical equipment and resources:

By early 2023 all the equipment purchased through our equipment appeal had finally reached its destinations in hospitals in Karnali in the Far West, and Patan teaching hospital in Kathmandu. The process took a year, with complex and time-consuming problems over sourcing and movement. DFN supported Dr. Lalit, our first DFN Consultant, to travel to the Kalikot hospitals to train staff in the use of the new equipment, to ensure that it is used effectively..

A donation from DFN has enabled PHASE to purchase an ultrasound machine for use in the Far West, and PHASE has trained 12 nurses in its use. The machine is used to monitor pregnant women in labour, and diagnose cardiac conditions, which will have a significant impact in improving patient outcomes in remote hospitals.

Trustee visits:

Trustee visits to Nepal are absolutely vital to the effective work of the charity, to keep in touch with and build relationships with our students and graduates, and our partner training institutions and NGOs.

This year's visit included very productive meetings with senior staff at KAHS, who are keen to extend and deepen collaboration with DFN. This college has the great advantage of offering training and work placements close to the homes of students from remote areas. In contrast, our ties are weakening with Kathmandu-based PAHS.

The highlight of the trip was a 3-day meeting near Kathmandu, drawing together the experiences of some of our senior Nepalese medics to start planning the content and delivery of a health camp for 2024 (see below). It was also great to see the DFN team in action during a team-building day in Kathmandu, involving six DFN doctors, two medical students and one of our nurses.

Electives:

An elective is a period spent away from UK medical school, giving the opportunity to experience healthcare outside the NHS. In 2023 DFN facilitated, through PAHS, the electives of four students from Cardiff University, who spent time in Kathmandu. In the months leading up to the trip, DFN helped them with communications with the medical school and advice about preparation. DFN

also organized a group of our scholars to meet them at PAHS in order to welcome and support them. The group's elective fees were waived by PAHS and donated to DFN.

Website:

This year the website was enhanced by a new 5-minute film introducing DFN and its work. The film is based on material shot on a recent trustee visit by professional film-maker and DFN supporter Gareth Taylor, who makes no charge for his time working for the charity. We are delighted and very grateful that Dame Joanna Lumley, who is well known for her support for Nepali causes, enthusiastically agreed to narrate the voiceover for the film.

Looking ahead

Although the Nepal government provides full or partial scholarships for the tuition fees of 75% of places at medical school, at both undergraduate and postgraduate level, there is still a need for DFN tuition fee scholarships to assist students from needy rural backgrounds if they are offered one of the 25% partial-funded, or 25% unfunded, places. There is no Government financial support for living and studying costs, so DFN has a vital role in providing subsistence scholarships that cover these additional costs, to enable applicants from poor rural backgrounds to take up their places.

DFN continues to offer help to existing students from remote areas who would have to drop out of their courses without additional financial support, because of changes in their family circumstances.

There continues to be a bottleneck with regards to the small number of funded postgraduate places available, and therefore it is likely that DFN will be called on to fund postgraduate training of its doctors at private institutions.

There have been issues recently with finding appropriate employment for nurses in remote rural areas. KAHS candidates will be supported by DFN on the basis that the college finds appropriate government posts. We continue to collaborate in this with our partners Oda and PHASE, by providing nursing and midwifery scholarships for appropriate members of staff; the organisations then provide bonded employment, in posts if necessary financed by DFN.

An exciting initiative for 2024 is a DFN health camp. Health camps are a well-established and effective way of bringing healthcare to remote and under-served areas. They are mobile medical facilities run by doctors, nurses, midwives and other professionals to help impoverished patients to obtain free healthcare in accessible locations in rural areas of Nepal. They are a lifeline for patients, allowing communities to benefit from screening, consultations, treatment and referrals that they would not otherwise access. Vitally, they increase the chance that patients will be seen early enough to improve their health outcomes. The DFN team will be working in collaboration with KAHS and our partner NGOs. The camp is likely to take place in the autumn, and will be based on a health centre in Kalikot or Jumla District. Women of reproductive age will be invited, and it is likely that they will be offered screening and contraception, and health education and advice including family planning, menstrual hygiene and nutrition.

4 Fund-raising and donations

As always, a huge thank-you to all those who have given of their money, time and skills to support DFN during the year. The charity would not exist without you.

Our income this year was boosted by substantial donations totalling over £10,000 (although this was much less than the nearly £40,000 received the previous year).

Fund-raising efforts by supporters included a memorable performance of Handel's "Messiah" by a Lewes choir; a sponsored bike ride by a trustee and friend; fungus walks by a trustee; and a magnificent £4,000 raised by a UK doctor whose life was saved by local medical care while travelling in Nepal.

5 Statement of financial activities for the year ending 31 December 2023

A summary of income and expenditure is given on page 11 below.

Income

Over the year income from all sources totalled £37,027, a net decrease of £31,215 from the previous year (which had included several sizeable donations).

At £15,196, standing orders again remained almost exactly the same as the previous year. .

Donors are encouraged to confirm that they are eligible for Gift Aid, which substantially increases their donation.

Expenditure

At £55,032, expenditure for the financial year was very slightly down on 2022. Support for students amounted to £29,675 (about double the previous year). It should be noted that the expenditure figure for student support does not necessarily reflect the actual student numbers that year, as expenditure depends on when the colleges submit invoices for payment.

Costs continued to be minimised by much of the work being done by the trustees and other volunteers, who also donated most of their expenses. A part-time paid UK Operations Manager continues to give essential and invaluable assistance with fund-raising, publicity, communications, and general administration. She is backed up by our two part-time Nepali administrative staff in Kathmandu.

Reserves policy

The charity had, at 31 December 2023, unrestricted reserves amounting to £100,308 in the bank account (about £18,000 less than at the end of 2022). The policy of continuing to hold solely an unrestricted reserve is deemed appropriate by the Trustees given the size and the nature of the charity. The Trustees do not foresee any need to change this policy.

Of this sum, £25,000 is held in reserve to ensure that student fees can be met; the remainder is working cash.

In addition, the charity held £5,000 in a restricted fund, which was a donation specifically designated for a nursing/midwifery scholarship

Future financial commitments

It is anticipated that about £12,400 will be required for support of existing students in 2024, and about £13,000 for administration and overheads.

The projected health camp will involve substantial expenditure, probably of at least £25,000, to cover travel to Nepal for the UK team; travel, accommodation and subsistence within Nepal; equipment, medicine and health post costs, etc. Trustees plan targeted fund-raising for this project. .

The financial statements were approved by the Board of Trustees on 23 September 2024 and were signed on its behalf by:

X *Nigel Lewers*

Nigel Lewers
Trustee and Hon. Treasurer

	CHARITY COMMISSION FOR ENGLAND AND WALES	Charitable Name	UIC (if any)		CC16a
		Receipts and payments accounts			
		For the period from	Period start date 01/01/2023	Period end date 31/12/2023	

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Standing orders	15,196	-	-	15,196	15,061
CAF donations	555	-	-	555	455
Easyfundraising	213	-	-	213	292
Justgiving	7,195	-	-	7,195	7,346
Fundraising events	2,485	-	-	2,485	4,316
Donations	10,101	-	-	10,101	39,911
Electives	656	-	-	656	781
Interest on reserve	220	-	-	220	13
Miscellaneous	406	-	-	406	67
Sub total (Gross income for AR)	37,027	-	-	37,027	68,242
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	37,027	-	-	37,027	68,242
A3 Payments					
PHASE internships	-	-	-	-	3,181
PAHS scholarships	4,479	-	-	4,479	11,358
KAHS scholarships	13,743	-	-	13,743	407
ODA nurses support	11,453	-	-	11,453	-
Medical equipment	639	-	-	639	8,164
PHASE medical equipment	-	-	-	-	2,500
Administration	14,829	-	-	14,829	13,282
Administration Nepal	-	-	-	-	75
PHASE administration	-	-	-	-	1,546
Visit to Nepal by trustee & operations manager	4,693	-	-	4,693	11,988
Filming costs	2,090	-	-	2,090	1,350
Justgiving	216	-	-	216	446
Printing	780	-	-	780	149
Event costs	-	-	-	-	156
Venue hire	-	-	-	-	160
Bank charges	260	-	-	260	285
Administration expenses	203	-	-	203	66
Website	390	-	-	390	363
Merchandise	909	-	-	909	293
Other fundraising costs	348	-	-	348	875
Sub total	55,032	-	-	55,032	56,644
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	55,032	-	-	55,032	56,644
Net of receipts/payments)	- 18,005	-	-	- 18,005	11,598
A5 Transfers between funds					
A6 Cash funds last year end	118,313			118,313	106,715
Cash funds this year end	100,308			100,308	118,313

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	Working cash	75,051	-	-
	Reserve	25,257	-	-
		-	-	-
	Total cash funds	100,308	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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)
		-	-	-
		-	-	-
		-	-	-



CHARITY COMMISSION
FOR ENGLAND AND WALES

Doctors for Nepal

No (if any)

CC16a

Receipts and payments accounts

For the period
from

Period start date

01/01/2023

Period end date

31/12/2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Standing orders	15,196	-	-	15,196	15,061
CAF donations	555	-	-	555	455
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Electives	656	-	-	656	781
Interest on reserve	220	-	-	220	13
Miscellaneous	406	-	-	406	67
Sub total (Gross income for AR)	37,027	-	-	37,027	68,242
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	37,027	-	-	37,027	68,242
A3 Payments					
PHASE internships	-	-	-	-	3,181
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Justgiving	216	-	-	216	446
Printing	780	-	-	780	149
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Venue hire	-	-	-	-	160
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Sub total	55,032	-	-	55,032	56,644
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	55,032	-	-	55,032	56,644
Net of receipts/(payments)	- 18,005	-	-	- 18,005	11,598
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	118,313	-	-	118,313	106,715
Cash funds this year end	100,308	-	-	100,308	118,313

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	Working cash	70,051	5,000	-
	Reserve	25,257	-	-
		-	-	-
	Total cash funds	95,308	5,000	-
	(agree balances with receipts and payments account(s))			

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	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
Nigel Lewers

Print Name

Nigel Lewers

Date of approval

2.9.24

Independent examiner's report to the trustees of Doctors for Nepal

I report to the trustees on my examination of the accounts of Doctors for Nepal (DfN) for the year ended 31 December 2023.

Responsibilities and basis of report

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

I report in respect of my examination of DfN'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.

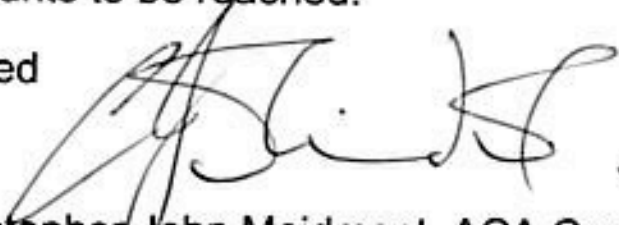
Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with the accounting records;

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

Signed



Christopher John Maidment, ACA Crest, Paddockhurst Lane,
Balcombe, West Sussex, RH17 6QZ

2 September 2024

Accounts

DOCTORS FOR NEPAL

Doctors for Nepal (“DFN”)

Trustees’ Annual Report and Unaudited Financial Statements

Year ended: 31 December 2022

Charity No: 1133441

Reference and Administrative Information

Date registered as a UK charity

4 January 2010

Registered charity number in the UK

1133441

Governing document

Trust deed dated 16 October 2009

Trustees

Dr Kate Yarrow (chair)

Anne Yarrow (secretary)

Nigel Lewers (treasurer)

Chris Yarrow

Dr Natalie Thurtle

Dr. Richard Howell

(together the “**Trustees**”)

Operational address

Dr Kate Yarrow

Highwell,

Hamsey,

Nr.Lewes,

Sussex BN8 5TD

Other contact information

info@doctorsfornepal.org

www.doctorsfornepal.org www.justgiving.com/doctorsfornepal

Twitter: @DoctorsForNepal

Bank account details

Lloyds Bank
171/173 North Street
Brighton
BN1 1GL

Sort Code: 30-91-25
Account Number: 00284204

SWIFTBIC: LOYDGB21002
IBAN NO: GB67 LOYD 3091 2500 2842 04

1 Structure, Governance and Management

Governing document

Doctors for Nepal ("DFN") is a registered charity, number 1133441, and is constituted under a trust deed dated 16 October 2009. New Trustees are appointed by the existing Trustees in accordance with the provisions set out in the trust deed. The trust deed provides for a minimum of 3 trustees.

Trustees

There were no changes to the Board of Trustees during the year.

All Trustees give their time voluntarily and receive no financial benefit from the charity. The Trustees bring wide and relevant experience to the charity. Three Trustees are medical doctors, 2 Trustees are working or have worked for Médecins Sans Frontières, 1 Trustee is a lawyer and former trustee of a school, 1 Trustee has long experience as a school governor, and 3 Trustees have experience working abroad.

The Trustees are also committed to personally raise funds for the charity.

During the year our UK Operations Manager, Cesca Eaton, reluctantly gave up her position due to the pressure of other work commitments. She has contributed a great deal to the charity, particularly in fund-raising and in supporting the Nepal team. She is succeeded by our new UK Operations Manager, Caz Winter, who is already making her mark on the successful running of the charity.

Risk Management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The main risk to which the charity is subject is that of a student not completing the agreed time period of service as a doctor or nurse in rural Nepal. DFN has, in co-operation with Patan Academy of Health Sciences (PAHS) and Karnali Academy of Health Sciences (KAHS) put in place measures to minimise this risk. In particular, the Academies both have a policy which provides that no medical, nursing or midwifery student on a DFN scholarship may receive his or her final degree certificate until having served for an agreed number of years as a doctor/midwife/nurse in a rural area of Nepal (2-4 years, depending on scholarship received).

There is a risk of a student not completing their course for academic, social or personal reasons.

DFN is exposed to fluctuations in foreign currency as tuition and other fees for the students are paid in Nepalese rupees.

The charity is committed to holding a reserve fund to guard against financial risk, and ensure it can continue to fund its scholars through their studies.

2 Charitable objectives and aims

The trust deed provides that DFN's objectives are:

1. To advance the education of medical students in Nepal by providing financial assistance to enable them to pursue their studies; and
2. To relieve sickness and to preserve the health of people living in Nepal by assisting in the provision of healthcare.

Doctors for Nepal's aim is to improve healthcare in rural Nepal. DFN does this by sponsoring selected students from very poor backgrounds in Nepal to attend medical, nursing or midwifery courses in Nepal. In return, the students pledge to work for an agreed period post-qualification as doctors, midwives or nurses in rural areas of Nepal. (2-4 years, depending on scholarship received). Apart from providing scholarships, DFN may also implement health care projects and provide continuing education for health care staff such as midwives and nurses, and support postgraduate medical education.

To ensure that DFN's work delivers its aims and meets the objectives as set out in the trust deed, the trustees review its projects and fundraising activities on a regular basis throughout the year. On the basis of this review, the trustees are able to plan DFN's future projects and fundraising activities.

3 Main activities: How our activities deliver public benefit

In deciding what activities Doctors for Nepal should undertake, the Trustees have complied with their duty to have regard to the public benefit guidance as set out in section 4 of the Charities Act 2006. Our activities deliver a tangible public benefit by helping improve health care standards in rural Nepal.

In 2022 the work of the charity resumed a more normal course after the two years of Covid 19 upheavals. Our students could return to their colleges after the disruption of on-line learning during Covid lockdowns, and there was no longer the need to fund PPE and other equipment specific to the pandemic.

DFN continues to fund and support medical, nursing and midwifery training at Patan Academy of Health Sciences (PAHS) in Kathmandu and Karnali Academy of Health Sciences (KAHS) in Jumla (in the far west of the country). Both colleges are dedicated to improving Nepal's rural health by training health workers in rural community medicine. They aim to produce graduates that will not only provide sorely needed medical care in rural Nepal, but will also eventually become leaders in health care policy, dedicated to improving the health of the remote and impoverished communities

in Nepal. The charity continues to extend its collaboration with the relatively new college of KAHS, which has the great advantage of being nearer the home districts of most of our students, although its remote location presents challenges for trustee visits.

As more of our medical students graduate, we are extending our educational support to their post-graduate medical training, which is essential if our doctors are to be effective practitioners. With regards to our growing band of nurses, an issue that arose during the year was the lack of government-funded posts in remote areas, meaning that several of our graduate nurses were having difficulty in finding posts for their post-qualification years of bonding. After a great deal of discussion and negotiation, we have agreed to create DFN- funded posts for them in the Far West of Nepal with two partner organisations: PHASE Nepal (with whom we have collaborated for a number of years), and the Oda Foundation, a charity co-founded by a native of Kalikot, which builds local leadership, and supports health and education for those who need it most.

By the end of 2022 DFN had supported 27 scholars:

- 1 qualified medical consultant (Obstetrician Gynaecologist)*
- 7 qualified doctors*
- 7 qualified nurses*
- 4 current medical students*
- 6 current nursing students*
- 1 current midwifery student*

Our impact in the community

Our model means that when our scholars qualify, they serve the remote regions that are lacking in medical staff and resources, and thereby healthcare in Nepal is improved in a sustainable and measurable way. Our qualified doctors and nurses are currently working in the following districts: Kalikot, Mugu, Jumla, Humla, Doti, Surkhet, Gorkha and Kathmandu

In 2005, when the idea of DFN began, there were 0 doctors in the Karnali zone from that area. Today, DFN has produced 8 doctors from this region.

The impact of DFN doctors in just one month (July 2022)

1032 outpatients seen by 1 DFN doctor at Karnali Hospital, Jumla

1 doctor in Doti district treated 282 patients. 30% of these were children

1 doctor in Doti district assisted 30 births

0 cases of maternal mortality in Mugu District Hospital, where one of our doctors works in obstetrics.

12 ultrasound scans conducted in 1 day by 1 doctor.

Medical equipment and resources

Trustees had agreed in principle to fund clinical resources at the expanding district hospitals in the Far West where our qualified doctors and nurses are working, so that they can practice more effectively. We consulted them on what equipment they would ideally need and would have the largest impact on patient care, and early in 2022 launched the “Equipment Appeal”. This raised about £9,000, thanks to the generosity of DFN supporters, and in particular a £6,000 corporate donation. Equipment has been supplied to Kalikot, Jumla and Mugu Hospitals in the Far West where our qualified doctors and nurses are working, and PAHS Hospital in Kathmandu, where DFN students train. The items include two portable CTG (cardiotocography) machines (to record fetal heartbeats and uterine contractions during pregnancy), three Caesarean section operating kits, and three portable ECG (electrocardiogram) machines.

Additionally, £2,500 was given to PHASE Nepal for ultrasound equipment.

In practice, the procurement and delivery process proved difficult and time-consuming, so it has been decided that in future we shall make use of our partner NGO's such as PHASE and Oda, which have experienced staff on the ground in Nepal. The equipment is now in place, and Dr. Lalit (our first DFN doctor) recently travelled to the hospitals to give training so that the equipment is used effectively.

Dr Meena receiving the DFN-donated equipment at Mugu Hospital (right)



DFN nurse Parbati using a CTG probe (left)

Our students

During the year Jeevan passed his finals, to become DFN'S eighth doctor. He is currently undertaking his internship at Patan Hospital in Kathmandu. Our team of three medical students was joined by Man Darji, who is in his fourth year at PAHS. He was struggling financially because of new family health problems.

Our doctors and nurses

Drs. Apsara and Kamal have obtained placements in their remote western home districts. They are both in their second year of DFN bonding. Apsara is working at Manma Hospital in Kalikot, and Kamal at Jumla Hospital.

Dr. Meena and Dr Nahakul have completed their four-year DFN bonds. Meena continues work in Mugu district, where she lives with her young family. Nahakul has returned to Kathmandu to study for postgraduate entrance exams. Dr Prakash is in the last year of his DFN bond, and works in Doti. All intend to apply for postgraduate training.

Our first DFN doctor, Dr. Lalit, has been working as a specialist in Obstetrics and Gynaecology in Surkhet Hospital, Western Nepal, since November 2021. He is the first-ever specialist O&G from his district. He has also set up a foundation to improve women's health, and is providing free care to impoverished women in a remote area by means of outreach services in Health Camps (more on Health Camps below). This is gaining national media interest. In exchange for his Government and DFN postgraduate scholarships, he is bonded to work for at least four years in a remote rural area of Nepal.

Binita Rai and Apsara Jirel, our first graduate nurses, have completed their bonded periods and continue to work with PHASE Nepal in the remote western region of Humla. Three other nurses, Prabha, Satya and Samina, are working their bonded periods with PHASE in Bajura and Gorkha districts.

During the year an issue arose with the employment of nurses in remote areas for their bonded periods (and beyond). KAHS and PAHS were unable to find government-funded posts for three of our graduate nurses; after a great deal of negotiation, they have taken up DFN-funded posts in the Far West with PHASE Nepal and the Oda Foundation.

Trustee visits to Nepal are absolutely vital to the effective work of the charity, to keep in touch with and build relationships with our students and graduates, and our partner training institutions and NGOs. In December this year our Chair, Dr. Kate Yarrow, Treasurer Nigel Lewers and new UK Operations Manager Caz Winter visited Kathmandu for the usual action-packed trip. They were able to meet with all the students, doctors and nurses based in or around the Kathmandu valley, and with PAHS and the Oda Foundation, but there was no time to travel to the Far West to visit KAHS and those working in remote areas.

Film-maker Gareth Taylor overlapped with the trustee visit for two days as he was filming another project in Nepal. He was able to film a number of interviews with DFN students, which will be used for a new promotional film about the charity. Film footage is a vital way to share our work, and has proved to be essential for effective fundraising.

The visit revealed some unexpected challenges with the employment of nurses in remote areas, and a satisfactory resolution would not have been possible without face-to face-meetings. .



Trustee and student team-building day

Electives

An elective is a period spent away from UK medical school, giving the opportunity to experience healthcare outside the NHS. In 2022 DFN facilitated, through PAHS, the electives of three students from Bristol university. They spent time in Kathmandu and Gorka, and DFN organized their safe travel by jeep. In the months leading up to the trip, DFN helped them with communications with the medical school and advice about preparation. DFN also organized a group of our scholars to meet them at PAHS in order to welcome and support them. The group's elective fees were waived by PAHS and donated to DFN.

Looking ahead

Under the new government procedures for the selection and funding of undergraduate and postgraduate medical students, the Government pledges to provide full or partial scholarships for the tuition fees of 75% of places, at both undergraduate and postgraduate level. The entrance exams are now nationalised; although there is no longer a system that positively discriminates towards students from marginalised backgrounds, a certain number of places at each medical school are allocated to students from disadvantaged backgrounds, such as remote areas. The allocation of students to a particular institution is decided nationally rather than by the individual medical schools. The courses continue to have a strong focus on community/remote medical care. There is still a need for DFN tuition fee scholarships to assist students from needy rural backgrounds if they are offered one of the 25% partial-funded, or 25% unfunded, places. There is no Government financial support for living and studying costs, so DFN has a vital role in providing subsistence scholarships that cover these additional costs, to enable applicants from poor rural backgrounds to take up their places.

DFN continues to offer help to existing students from remote areas who would have to drop out of their courses without additional financial support, because of changes in their family circumstances.

DFN is committed to supporting its doctors through postgraduate training, so that they can become effective practitioners, and leaders in medical care, and has assured Drs.Nahakul, Meena, Prakash and Apsara that DFN can potentially offer full scholarships, with a subsequent bonded period, if they are not offered government-funded places, and have to apply for training places at non-government (private) hospitals. There is currently a severe bottleneck with regards to the

small number of funded postgraduate places available, and therefore it is likely that DFN will be called on to fund postgraduate training of its doctors at private institutions. A generous UK doctor-donor has pledged to support Meena through her post-graduate training.

The issues this year with finding appropriate employment for nurses, and with purchasing and transporting equipment, have highlighted how vital it is to work in co-operation with other charities and NGOs in Nepal. We look forward to working with the Oda Foundation in providing nursing and midwifery scholarships for appropriate members of their staff, many of whom are dalits from very remote areas; Oda will then provide bonded employment, in posts financed by DFN. A generous DFN supporter has already agreed to finance one such scholarship.

One of the highlights of the trustee visit was a team-building exercise based around designing the content and delivery of a "Health Camp". These can be a very effective way of bringing healthcare to remote and under-served areas, and it is anticipated that we shall be initiating and supporting such initiatives by the DFN team in the future.

4 Fund-raising and donations

As always, a huge thank-you to all those who have given of their money, time and skills to support DFN during the year. The charity would not exist without you.

The charity is particularly grateful to have received an anonymous legacy of £20,000. Another generous individual donated £10,000 towards a nursing/midwifery scholarship and the costs of the trustee visit to Nepal.

Two generous donations boosted the Equipment Appeal - a donation of £6,000 from FEST Medical Services, and a £1,000 individual donation.

Our annual story-telling evening by a professional storyteller moved into the atmospheric setting of Hamsey Church, near Lewes, introducing a new audience to the charity.

5 Statement of financial activities for the year ending 31 December 2022

A summary of income and expenditure is given on page 11 below.

Income

Over the year income from all sources totalled £68,229, a net decrease of nearly £10,000 from the previous year (which had included the very successful on-line appeal for covid equipment). At £15,061, standing orders again remained almost exactly the same as the previous year. .

Donors are encouraged to confirm that they are eligible for Gift Aid, which substantially increases their donation.

Expenditure

At £56,644, expenditure for the financial year was slightly down on 2021. Support for students amounted to about £15,000 (the same as the previous year). £10,664 was spent on medical equipment. Expenditure on student support was again relatively low, as we awaited clarification on future Nepali government support for medical and nursing training.

Costs continued to be minimised by much of the work being done by the trustees and other volunteers, who also covered most of their expenses. A part-time paid UK Operations Manager continues to give essential assistance with fund-raising, publicity, communications, and general administration. Our two invaluable part-time Nepali administrative staff in Kathmandu were funded by the Texel grant for the Karnali project up to July 2022.

Reserves policy

The charity had, at 31 December 2022, unrestricted reserves amounting to £138,831 in the bank account (much the same as at the end of 2021). The policy of continuing to hold solely an unrestricted reserve is deemed appropriate by the Trustees given the size and the nature of the charity. The Trustees do not foresee any need to change this policy.

Of this sum, £25,000 is held in reserve to ensure that student fees can be met: the remainder is working cash.

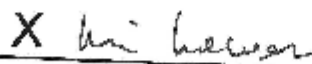
In addition, the charity held £5,000 in a restricted fund, which was a donation specifically designated for a nursing/midwifery scholarship.

Future financial commitments

It is anticipated that about £10,000 will be required for support of existing students in 2023, and about £20,000 for administration and overheads. It is also expected that expenditure on student support will pick up again next year, now that the pandemic has passed and the future position on government support for medical and nursing training has become clearer. Trustees have already agreed in principle to allocate £20,000 for the living costs of additional students: £10,000 for postgraduate support; and £15,000 for clinical equipment. Funds will also be needed for students from remote areas who are not successful in obtaining government tuition scholarships for nursing training posts with our collaborators PHASE and Oba during nurses' bonded periods, and for new initiatives such as health camps.

All sums are dependent on exchange rates.

The financial statements were approved by the Board of Trustees on 9 July 2023 and were signed on its behalf by:



Nigel Lezard
Trustee and Hon. Treasurer

CC16a

Period end date
31/12/2021

1

Cash funds this year end	106,715	-	-	106,715	86,243
---------------------------------	----------------	----------	----------	----------------	---------------

Endowment funds	
to nearest £	

	Details	asset belongs	Cost (optional)	(optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-



Receipts and payments accounts

For the period from	Period start date 1/1/2022	To	Period end date 12/31/2022
---------------------	-------------------------------	----	-------------------------------

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 £
A1 Receipts				
Standing orders	15,061	-	-	15,061
CAF donations	455	-	-	455
Easyfundraising	292	-	-	292
Justgiving	7,346	-	-	7,346
Virgin Money	-	-	-	-
Fundraising events	4,316	-	-	4,316
Donation for equipment		7,000		7,000
Donation to support trustee visit		5,000		5,000
Donation for scholarship		5,000		5,000
Other donations	22,911	-	-	22,911
Electives	781			781
Nepal visit expenses	-			
Interest on reserve	13			13
Miscellaneous	67	-	-	67
Sub total (Gross income for AR)	51,242	17,000	-	68,242
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	51,242	17,000	-	68,242
A3 Payments				
PHASE internships	3,181	-	-	3,181
PAHS scholarships	11,358	-	-	11,358
KAHS scholarships	407	-	-	407
Graduate support	-	-	-	-
Covid relief	-	-	-	-
PHASE Covid treatment	-	-	-	-
Medical equipment	1,164	7,000	-	8,164
PHASE medical equipment	2,500	-	-	2,500
Administration	13,282			13,282
Administration Nepal	75			75
PHASE administration	1,546			1,546
Visit by trustees and operations manager to Nepal	6,988	5,000		11,988
Filming costs	1,350			1,350
Justgiving	446			446
Printing	149			149
Event costs	156			156
Venue hire	160			160
Bank charges	285			285
Administration expenses	66			66
Website	363			363
Merchandise	293			293
Other fundraising costs	875	-	-	875
Sub total	44,644	12,000	-	56,644
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-

<i>Total payments</i>	44,644	12,000	-	56,644
<i>Net of receipts/(payments)</i>	6,598	5,000	-	11,598
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	106,715	-	-	106,715
<i>Cash funds this year end</i>	113,313	5,000	-	118,313

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Working cash	88,277	5,000
	Reserve	25,036	-
	Cash		-
	Total cash funds	113,313	5,000
	(agree balances with receipts and payments account(s))	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets	Balance of unspent Nepal expenses	595	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

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

Signature	Print Name

CC16a

Last year

to the nearest £

15,716
445
184
30,799
475
3,947
23,055
-
1,693
1,536
77,850

-
-

77,850

3,333
7,708
3,013
967
15,000
2,185
-
-
9,203
631
1,614
6,207
2,684
331
135
608
-
424
372
284
891
1,788
57,378

-

57,378

20,472
-
86,243
106,715



**Endowment
funds**
to nearest £

-
-
-
-

OK

**Endowment
funds**
to nearest £

-
-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-
-
-
-
-

**When due
(optional)**

Date of
approval



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

Charity Name

Doctors for Nepal

On accounts for the year
ended

31 December 2022

Charity no
(if any)

1133441

Set out on pages

11 and 12

(remember to include the page numbers of additional sheets)

Responsibilities and
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended ~~DD / MM / YYYY~~ 31 12 2022

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of 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 in connection with the examination ~~(other than that disclosed below*)~~ which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities 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 July 2023

Name:

CHRISTOPHER JOHN MAIDMENT

Relevant professional
qualification(s) or body

ACA

(if any):

Address:

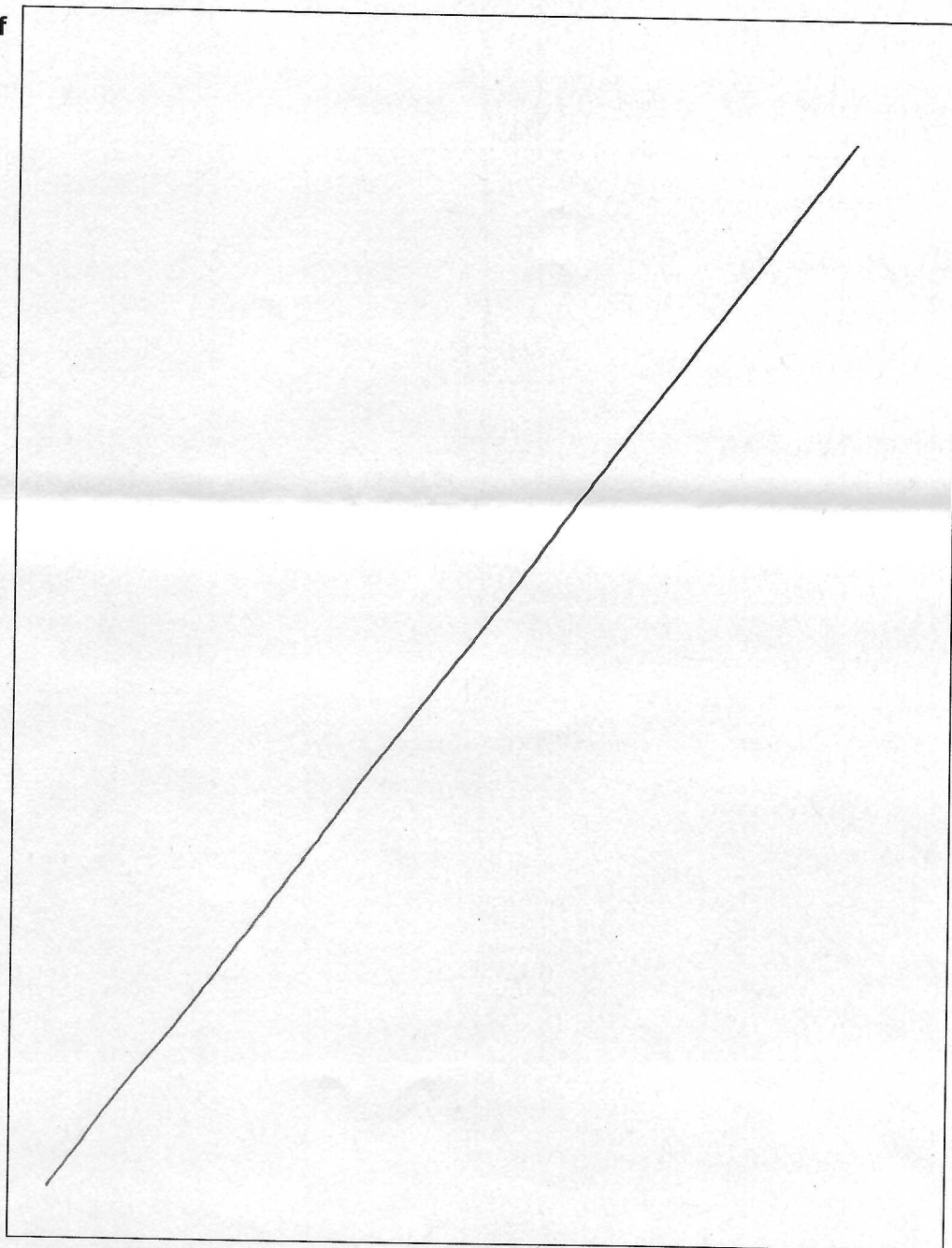
Crest Paddockhurst Lane
Balcombe
West Sussex RH17 6QZ

Section B

Disclosure

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

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



DOCTORS FOR NEPAL

England & Wales - Charity number 1133441

Accounts

DOCTORS FOR NEPAL

Doctors for Nepal (“DFN”)

Trustees’ Annual Report and Unaudited Financial Statements

Year ended: 31 December 2021

Charity No: 1133441

Reference and Administrative Information

Date registered as a UK charity

4 January 2010

Registered charity number in the UK

1133441

Governing document

Trust deed dated 16 October 2009

Trustees

Dr Kate Yarrow (chair)

Anne Yarrow (secretary)

Nigel Lewers (treasurer)

Chris Yarrow

Dr Natalie Thurtle

Dr. Richard Howell

(together the “**Trustees**”)

Operational address

Dr Kate Yarrow

Highwell,

Hamsey,

Nr.Lewes,

Sussex BN8 5TD

Other contact information

info@doctorsfornepal.org

www.doctorsfornepal.org

www.justgiving.com/doctorsfornepal

Twitter: @DoctorsForNepal

Bank account details

Lloyds Bank
171/173 North Street
Brighton
BN1 1GL

Sort Code: 30-91-25
Account Number: 00284204

SWIFTBIC: LOYDGB21002
IBAN NO: GB67 LOYD 3091 2500 2842 04

1 Structure, Governance and Management

Governing document

Doctors for Nepal (“DFN”) is a registered charity, number 1133441, and is constituted under a trust deed dated 16 October 2009. New Trustees are appointed by the existing Trustees in accordance with the provisions set out in the trust deed. The trust deed provides for a minimum of 3 trustees.

Trustees

There were no changes to the Board of Trustees during the year. Consideration of new trustees was deferred until after the covid pandemic has passed, in the interests of stability and continuity.

All Trustees give their time voluntarily and receive no financial benefit from the charity. The Trustees bring wide and relevant experience to the charity. Three Trustees are medical doctors, 2 Trustees are working or have worked for Médecins Sans Frontières, 1 Trustee is a lawyer and former trustee of a school, 1 Trustee has long experience as a school governor, and 3 Trustees have experience working abroad.

The Trustees are also committed to personally raise funds for the charity.

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The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The main risk to which the charity is subject is that of a student not completing the agreed time period of service as a doctor or nurse in rural Nepal. DFN has, in co-operation with Patan Academy of Health Sciences (PAHS) and Karnali Academy of Health Sciences (KAHS) put in place measures to minimise this risk. In particular, the Academies both have a policy which provides that no medical, nursing or midwifery student on a DFN scholarship may receive his or her final degree certificate until having served for an agreed number of years as a doctor/midwife/nurse in a rural area of Nepal (2-4 years, depending on scholarship received).

There is a risk of a student not completing their course for academic or social reasons.

DFN is exposed to fluctuations in foreign currency as tuition and other fees for the students are paid in Nepalese rupees.

The charity is committed to holding a reserve fund to guard against financial risk, and ensure it can continue to fund its scholars through their studies.

The continuing covid 19 pandemic during 2021 continued to pose risks to the charity and its work which the trustees kept under review. In particular:

- Implications for fund-raising: live fund-raising events (eg marathons, concerts, auctions) continued to be affected by lockdowns and restrictions on gatherings through much of the year. However, overall income continued to hold up well, and the charity has ample reserves to meet commitments to its current students.
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A trustee meeting to Nepal in December 2021 did not expose any long-term education issues as a result of the Covid pandemic, and the academic faculties' were confident that the long-term education of the students had not resulted in inferior levels of medical knowledge or experience.

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The trust deed provides that DFN's objectives are:

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Doctors for Nepal's aim is to improve healthcare in rural Nepal. DFN does this by sponsoring selected students from very poor backgrounds in Nepal to attend medical, nursing or midwifery courses in Nepal. In return, the students pledge to work for an agreed period post-qualification as doctors, midwives or nurses in rural areas of Nepal. (2-4 years, depending on scholarship received). Apart from providing scholarships, DFN may also implement health care projects and provide continuing education for health care staff such as midwives and nurses, and support postgraduate medical education.

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On the basis of this review, the trustees are able to plan DFN's future projects and fundraising activities.

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In deciding what activities Doctors for Nepal should undertake, the Trustees have complied with their duty to have regard to the public benefit guidance as set out in section 4 of the Charities Act 2006. Our activities focus on the improvement of health care standards in rural Nepal and therefore deliver a tangible public benefit there. We are now looking towards measurable outcomes to evaluate the impact of the charity.

DFN's main focus continues to be the funding and support of medical, nursing and midwifery training at Patan Academy of Health Sciences (PAHS) in Kathmandu and Karnali Academy of Health Sciences (KAHS) in Jumla (in the far west of the country). Both colleges are dedicated to improving Nepal's rural health by training health workers in rural community medicine. They aim to produce graduates that will not only provide sorely needed medical care in rural Nepal, but will also eventually become leaders in health care policy, dedicated to improving the health of the remote and impoverished communities in Nepal. The charity continues to extend its collaboration with the relatively new college of KAHS, which has the great advantage of being nearer the home districts of our students, although its remote location does present challenges for trustee visits. As more of our medical students graduate, we are extending our educational support to their post-graduate medical training, which is essential if our doctors are to be effective practitioners.

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- 7 nurses

They currently work in the following districts: Kalikot, Mugu, Jumla, Humla, Doti, Kathmandu.

DFN in Nepal: year 2 of covid 19

Covid was a dominant feature of life for a second year running, and students were sent home during a second national lockdown between May and September 2021. This time, covid reached remote rural areas which had been spared the first wave. Medical services were overwhelmed, and we received desperate messages from our doctors working in remote hospitals where lack of oxygen for patients was the main issue. DFN promptly launched a **fund-raising appeal for covid relief**. Generous responses to the appeal raised a total of over £18,000, plus a grant of £5,000 from the Texel Foundation. This purchased eight life-saving oxygen concentrators for the hospitals where our doctors work and a generator for Kalikot Hospital, as well as pulse oxymeters and PPE. The equipment was quickly and efficiently sourced and delivered by our partner PHASE, and will continue to be useful post-covid.



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During the year Purna passed his finals, to become DFN'S seventh doctor. He is currently working his internship in Kathmandu.

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Dr. Prakash continues to work his bond as the only doctor in the extremely remote Far West district of Doti , mainly doing ante-natal work. He aims for postgraduate training.

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Dr. Meena gave birth to a baby boy during the year and is currently on maternity leave. She has every intention of continuing with a government post in her home district of Mugu.

Dr. Nahakul completed his 4 year DFN bond, and is working in Kathmandu while preparing for postgraduate exams.

For the first half of the year Dr. Lalit continued with his postgraduate training in Obstetrics and Gynaecology at the University of Cairo, with tuition funded by a Nepal Government scholarship, and DFN funding his living, travel and exam expenses. This was a challenging placement, with gruelling hospital work at the same time as studying for his exams and preparing his exam thesis. In the summer we were proud to announce that Lalit had passed his exams at the first sitting, to become DFN's first doctor with a post-graduate qualification. Following a brief holiday with his family, whom he had not seen for 2 years, he has taken up a post as the first-ever obstetrics and gynaecological specialist at Surkhet Hospital in the Far West. In exchange for his Government and DFN postgraduate scholarships he is bonded to work for at least 4 years in a remote rural area of Nepal.

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The highlight of the journey from Manma to Jumla was that we were greeted by Lalit's family who had walked three hours to meet us – just for 10 minutes (it was the first time they had seen him after he had returned from Egypt). It really hit home where our students come from, and the challenging lives and upbringing from which they originate.

Looking ahead

There have been significant changes to the selection processes and funding of undergraduate and postgraduate medical students over the last two years. The entrance examinations for both undergraduate and postgraduate education are now nationalised, so all potential candidates sit the same exams irrespective of their location or training institution of preference.. Although there is no longer a system that positively discriminates towards students from marginalised backgrounds, a certain number of places at each medical school will be allocated to students from disadvantaged backgrounds, such as remote areas. The allocation of students to a particular institution is decided nationally rather than by the individual medical schools. The courses will continue to have a strong focus on community/remote medical care. In future the Government will provide full scholarships for tuition fees for 75% of places, at both undergraduate and postgraduate level, which will lessen the need for DFN tuition fee scholarships. However, there will be no Government financial support for living and studying costs, so DFN will have a vital role in providing subsistence scholarships that cover these additional costs. This will enable applicants from poor backgrounds to take up their places.

DFN will continue to offer help to existing students who would have to drop out of their courses without additional financial support, because of changes in their family circumstances.

DFN is committed to supporting its doctors through postgraduate training, so that they can become effective practitioners, and leaders in medical care. Drs.Nahakul, Prakash, Apsara, and Kamal are all eager to progress onto postgraduate education as quickly as possible. There is to be an increased number of government-funded places for postgraduate training, at government institutions such as KAHS and PAHS. However, there is no financial support for training places at non-government (private) hospitals. There is currently a severe bottleneck with regards to the

small number of funded postgraduate places available, and therefore it is likely that DFN will be called on to fund postgraduate training of its doctors at private institutions.

Trustees have also agreed in principle to fund clinical resources at the expanding district hospitals in the Far West where our qualified doctors and nurses are working, so that they can practice effectively. We will be asking our qualified doctors and nurses what equipment they would ideally need and have the largest impact on patient care

4 Fund-raising and donations

As always, a huge thank-you to all those who have given of their money, time and skills to support DFN during the year. The charity would not exist without you.

The charity is very grateful to the Texel Foundation for its continuing grant to enable the Karnali project.

The online appeal for covid equipment raised over £18,000 - a tremendous response. Our annual story-telling evening by a professional storyteller moved on-line as a live broadcast - not the same atmosphere as crowded around him in person, but it meant that supporters around the world could enjoy and contribute to the event. A few live fund-raising events were possible in spite of the continuing pandemic, including a supporter opening her garden to the public, raising £1,200 in an afternoon..

As well as directly raising funds, events raise the profile of the charity and often result in standing orders, which are so important to the charity's financial planning.

5 Statement of financial activities for the year ending 31 December 2021

A summary of income and expenditure is given on page 11 below.

Income

Over the year income from all sources totalled £77,850, a net increase of £11,000 from the previous year's £66,859. This is mainly accounted for by the very successful on-line appeal for covid equipment.

We are very encouraged that the charity managed to increase its income in spite of fund-raising difficulties during the pandemic. At £15,710, standing orders remained almost exactly the same as the previous year. .

Donors are encouraged to confirm that they are eligible for Gift Aid, which substantially increases their donation.

Expenditure

At £57,378, expenditure for the financial year was slightly down on 2020. Support for students amounted to £15,000, and covid relief to over £17,000.

Costs continued to be minimised by the majority of work being done by the trustees and other volunteers, who also donated most of their expenses. A part-time paid organiser continues to give

essential assistance with fund-raising, publicity and communications, and general administration, and the Texel grant for the Karnali project includes support for two part-time Nepali administrative staff in Kathmandu.

Reserves policy

The charity had, at 31 December 2021, unrestricted reserves amounting to £132,310 in the bank account. The policy of continuing to hold solely an unrestricted reserve is deemed appropriate by the Trustees given the size and the nature of the charity. The Trustees do not foresee any need to change this policy.

Of this sum, £25,000 is held in reserve to ensure that student fees can be met; the remainder is working cash.

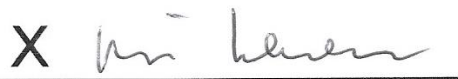
Future financial commitments

It is anticipated that about £10,000 will be required for support of existing students in 2022, and about £20,000 for administration and overheads.

In addition, trustees have agreed in principle to allocate £20,000 for the living costs of additional students; £10,000 for postgraduate support; £15,000 for clinical equipment, and £5,000 for PPE.

All sums are dependent on exchange rates. .

The financial statements were approved by the Board of Trustees on 4 September 2022 and were signed on its behalf by:



Nigel Lewers
Trustee and Hon. Treasurer



Nigel Lewers
Trustee and Hon. Treasurer

CC16a

For the period from	Period start date 01/01/2021	To	Period end date 31/12/2021
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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	Working cash	106,715	-	-
	Reserve	25,023	-	-
	Cash	572	-	-
	Total cash funds	132,310	-	-
	(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		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
11				
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-

DOCTORS FOR NEPAL

Doctors for Nepal (“DFN”)

Trustees’ Annual Report and Unaudited Financial Statements

Year ended: 31 December 2021

Charity No: 1133441

Reference and Administrative Information

Date registered as a UK charity

4 January 2010

Registered charity number in the UK

1133441

Governing document

Trust deed dated 16 October 2009

Trustees

Dr Kate Yarrow (chair)

Anne Yarrow (secretary)

Nigel Lewers (treasurer)

Chris Yarrow

Dr Natalie Thurtle

Dr. Richard Howell

(together the “**Trustees**”)

Operational address

Dr Kate Yarrow

Highwell,

Hamsey,

Nr.Lewes,

Sussex BN8 5TD

Other contact information

info@doctorsfornepal.org

www.doctorsfornepal.org www.justgiving.com/doctorsfornepal

Twitter: @DoctorsForNepal

Bank account details

Lloyds Bank
171/173 North Street
Brighton
BN1 1GL

Sort Code: 30-91-25
Account Number: 00284204

SWIFTBIC: LOYDGB21002
IBAN NO: GB67 LOYD 3091 2500 2842 04

1 Structure, Governance and Management

Governing document

Doctors for Nepal ("DFN") is a registered charity, number 1133441, and is constituted under a trust deed dated 16 October 2009. New Trustees are appointed by the existing Trustees in accordance with the provisions set out in the trust deed. The trust deed provides for a minimum of 3 trustees.

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The hospital is undergoing a period of rapid growth and expansion in line with government policy to turn all district hospitals into 50 in-bed facilities. Whilst there is a lot of building work, they still seem to be severely lacking in equipment, power supply, and retention of staff.

The highlight of the journey from Manma to Jumla was that we were greeted by Lalit's family who had walked three hours to meet us – just for 10 minutes (it was the first time they had seen him after he had returned from Egypt). It really hit home where our students come from, and the challenging lives and upbringing from which they originate.

Looking ahead

There have been significant changes to the selection processes and funding of undergraduate and postgraduate medical students over the last two years. The entrance examinations for both undergraduate and postgraduate education are now nationalised, so all potential candidates sit the same exams irrespective of their location or training institution of preference.. Although there is no longer a system that positively discriminates towards students from marginalised backgrounds, a certain number of places at each medical school will be allocated to students from disadvantaged backgrounds, such as remote areas. The allocation of students to a particular institution is decided nationally rather than by the individual medical schools. The courses will continue to have a strong focus on community/remote medical care. In future the Government will provide full scholarships for tuition fees for 75% of places, at both undergraduate and postgraduate level, which will lessen the need for DFN tuition fee scholarships. However, there will be no Government financial support for living and studying costs, so DFN will have a vital role in providing subsistence scholarships that cover these additional costs. This will enable applicants from poor backgrounds to take up their places.

DFN will continue to offer help to existing students who would have to drop out of their courses without additional financial support, because of changes in their family circumstances.

DFN is committed to supporting its doctors through postgraduate training, so that they can become effective practitioners, and leaders in medical care. Drs.Nahakul, Prakash, Apsara, and Kamal are all eager to progress onto postgraduate education as quickly as possible. There is to be an increased number of government-funded places for postgraduate training, at government institutions such as KAHS and PAHS. However, there is no financial support for training places at non-government (private) hospitals. There is currently a severe bottleneck with regards to the

small number of funded postgraduate places available, and therefore it is likely that DFN will be called on to fund postgraduate training of its doctors at private institutions.

Trustees have also agreed in principle to fund clinical resources at the expanding district hospitals in the Far West where our qualified doctors and nurses are working, so that they can practice effectively. We will be asking our qualified doctors and nurses what equipment they would ideally need and have the largest impact on patient care

4 Fund-raising and donations

As always, a huge thank-you to all those who have given of their money, time and skills to support DFN during the year. The charity would not exist without you.

The charity is very grateful to the Texel Foundation for its continuing grant to enable the Karnali project.

The online appeal for covid equipment raised over £18,000 - a tremendous response. Our annual story-telling evening by a professional storyteller moved on-line as a live broadcast - not the same atmosphere as crowded around him in person, but it meant that supporters around the world could enjoy and contribute to the event, A few live fund-raising events were possible in spite of the continuing pandemic, including a supporter opening her garden to the public, raising £1,200 in an afternoon..

As well as directly raising funds, events raise the profile of the charity and often result in standing orders, which are so important to the charity's financial planning.

5 Statement of financial activities for the year ending 31 December 2021

A summary of income and expenditure is given on page 11 below.

Income

Over the year income from all sources totalled £77,850, a net increase of £11,000 from the previous year's £66,859. This is mainly accounted for by the very successful on-line appeal for covid equipment.

We are very encouraged that the charity managed to increase its income in spite of fund-raising difficulties during the pandemic. At £15,710, standing orders remained almost exactly the same as the previous year. .

Donors are encouraged to confirm that they are eligible for Gift Aid, which substantially increases their donation.

Expenditure

At £57,378, expenditure for the financial year was slightly down on 2020. Support for students amounted to £15,000, and covid relief to over £17,000.

Costs continued to be minimised by the majority of work being done by the trustees and other volunteers, who also donated most of their expenses. A part-time paid organiser continues to give

essential assistance with fund-raising, publicity and communications, and general administration, and the Texel grant for the Karnali project includes support for two part-time Nepali administrative staff in Kathmandu.

Reserves policy

The charity had, at 31 December 2021, unrestricted reserves amounting to £132,310 in the bank account. The policy of continuing to hold solely an unrestricted reserve is deemed appropriate by the Trustees given the size and the nature of the charity. The Trustees do not foresee any need to change this policy.

Of this sum, £25,000 is held in reserve to ensure that student fees can be met; the remainder is working cash.

Future financial commitments

It is anticipated that about £10,000 will be required for support of existing students in 2022, and about £20,000 for administration and overheads.

In addition, trustees have agreed in principle to allocate £20,000 for the living costs of additional students; £10,000 for postgraduate support; £15,000 for clinical equipment, and £5,000 for PPE.

All sums are dependent on exchange rates. .

The financial statements were approved by the Board of Trustees on 4 September 2022 and were signed on its behalf by:

X 

Nigel Lewers
Trustee and Hon. Treasurer

X

Nigel Lewers
Trustee and Hon. Treasurer

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Working cash	106,715	-	-
	Reserve	25,023	-	-
	Cash	572	-	-
	Total cash funds	132,310	-	-
	(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)
			-	-
			-	-
			-	-
			-	-
11			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-

Independent examiner's report to the trustees of Doctors for Nepal

I report to the trustees on my examination of the accounts of Doctors for Nepal (DfN) for the year ended 31 December 2021.

Responsibilities and basis of report

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

I report in respect of my examination of DfN'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.

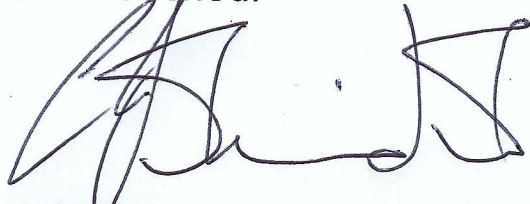
Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with the accounting records;

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

Signed



Christopher John Maidment, ACA Crest, Paddockhurst Lane,
Balcombe, West Sussex, RH17 6QZ

8 October 2022

DOCTORS FOR NEPAL

England & Wales - Charity number 1133441

Accounts

DOCTORS FOR NEPAL

Doctors for Nepal (“DFN”)

Trustees’ Annual Report and Unaudited Financial Statements

Year ended: 31 December 2020

Charity No: 1133441

Reference and Administrative Information

Date registered as a UK charity

4 January 2010

Registered charity number in the UK

1133441

Governing document

Trust deed dated 16 October 2009

Trustees

Dr Kate Yarrow (chair)

Anne Yarrow (secretary)

Nigel Lewers (treasurer)

Chris Yarrow

Dr Natalie Thurtle

Dr. Richard Howell

(together the “**Trustees**”)

Operational address

Dr Kate Yarrow

Highwell,

Hamsey,

Nr.Lewes,

Sussex BN8 5TD

Other contact information

info@doctorsfornepal.org

www.doctorsfornepal.org

www.justgiving.com/doctorsfornepal

Twitter: @DoctorsForNepal

Bank account details

Lloyds Bank
171/173 North Street
Brighton
BN1 1GL

Sort Code: 30-91-25
Account Number: 00284204

SWIFTBIC: LOYDGB21002
IBAN NO: GB67 LOYD 3091 2500 2842 04

1 Structure, Governance and Management

Governing document

Doctors for Nepal (“DFN”) is a registered charity, number 1133441, and is constituted under a trust deed dated 16 October 2009. New Trustees are appointed by the existing Trustees in accordance with the provisions set out in the trust deed. The trust deed provides for a minimum of 3 trustees.

Trustees

There were no changes to the Board of Trustees during the year. Consideration of new trustees was deferred until after the covid pandemic has passed, in the interests of stability and continuity.

All Trustees give their time voluntarily and receive no financial benefit from the charity. The Trustees bring wide and relevant experience to the charity. Three Trustees are medical doctors, 2 Trustees are working or have worked for Médecins Sans Frontières, 1 Trustee is a lawyer and former trustee of a school, 1 Trustee has long experience as a school governor, and 3 Trustees have experience working abroad.

The Trustees are also committed to personally raise funds for the charity.

Risk Management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The main risk to which the charity is subject is that of a student not completing the agreed time period of service as a doctor or nurse in rural Nepal. DFN has, in co-operation with Patan Academy of Health Sciences (PAHS) and Karnali Academy of Health Sciences (KAHS) put in place measures to minimise this risk. In particular, the Academies both have a policy which provides that no medical, nursing or midwifery student on a DFN scholarship may receive his or her final degree certificate until having served for an agreed number of years as a doctor/midwife/nurse in a rural area of Nepal (2-4 years, depending on scholarship received).

DFN is exposed to fluctuations in foreign currency as tuition and other fees for the students are paid in Nepalese rupees.

The charity is committed to holding a reserve fund to guard against financial risk, and ensure it can continue to fund its scholars through their studies.

The covid 19 pandemic poses risks to the charity and its work which the trustees are keeping under review. In particular:

- Implications for fund-raising: fund-raising events (eg marathons, concerts, auctions) have been affected by lockdowns and restrictions on gatherings. However, overall income has held up well, and the charity has ample reserves to meet commitments to its current students.
- Effects on our students' teaching and training programmes: The training establishments sent their students home in April at the beginning of national lockdown, and teaching has been web-based since then. But students have limited internet coverage in their remote home areas, and there is the loss of hands-on "clinical" training which may have long-term implications for medical education during this period. We still await details from the medical schools of how they will enable the students to overcome this deficit in their clinical education.
- Our students and doctors are at risk from inadequate PPE, and therefore trustees organised a targeted fund-raising effort.
- Pandemic restrictions make communication more difficult with our students, doctors, and training colleges: No trustee visits have been possible since the beginning of the pandemic (the last visit was immediately prior to UK lockdown, in March 2020), and it is a challenge to keep in touch with their remote home locations, but the part-time administrative staff in Nepal are proving invaluable as a link.

2 Charitable objectives and aims

The trust deed provides that DFN's objectives are:

1. To advance the education of medical students in Nepal by providing financial assistance to enable them to pursue their studies; and
2. To relieve sickness and to preserve the health of people living in Nepal by assisting in the provision of healthcare.

Doctors for Nepal's aim is to improve healthcare in rural Nepal. DFN does this by sponsoring selected students from very poor backgrounds in Nepal to attend medical or nursing school in Nepal. In return, the students pledge to work for an agreed period post-qualification as doctors, midwives or nurses in rural areas of Nepal. (2-4 years, depending on scholarship received). Apart from providing scholarships, DFN may also implement health care projects and provide continuing education for health care staff such as midwives and nurses, and support postgraduate medical education.

To ensure that DFN's work delivers its aims and meets the objectives as set out in the trust deed, the trustees review its projects and fundraising activities on a regular basis throughout the year. On the basis of this review, the trustees are able to plan DFN's future projects and fundraising activities.

3 Main activities: How our activities deliver public benefit

In deciding what activities Doctors for Nepal should undertake, the Trustees have complied with their duty to have regard to the public benefit guidance as set out in section 4 of the Charities Act 2006. Our activities focus on the improvement of health care standards in rural Nepal and therefore deliver a tangible public benefit there.

DFN's main focus continues to be the funding and support of medical and nursing training at Patan Academy of Health Sciences (PAHS) in Kathmandu and Karnali Academy of Health Sciences (KAHS) in Jumla (in the far west of the country). Both colleges are dedicated to improving Nepal's rural health by training health workers in rural community medicine. They aim to produce graduates that will not only provide sorely needed medical care in rural Nepal, but will also eventually become leaders in health care policy, dedicated to improving the health of the remote and impoverished communities in Nepal. The charity continues to extend its collaboration with the relatively new college of KAHS, which has the great advantage of being nearer the home districts of our students, although its remote location does present challenges for trustee visits.

Students currently supported by DFN (at the end of 2020):

- 1 post-graduate medical student (studying in Cairo)
- 4 medical students (studying in Kathmandu)
- 2 midwifery students (studying in Jumla – far west Nepal)
- 9 nursing students (studying in Kathmandu and Jumla)

Graduates from DFN scholarships:

- 6 doctors
- 2 nurses

They currently work in the following districts: Kalikot, Mugu, Jumla, Humla, Doti, Kathmandu.

Our doctors, nurses and students: year 1 of covid 19

The year began with the rest of the world looking on anxiously as China struggled to deal with a new variety of coronavirus. Within a few months the world was in the grip of a pandemic, and for the rest of the year covid 19 dominated the lives of DFN doctors and students, and the work of the charity. The Nepal government imposed a national lockdown between March and July, and cases and deaths peaked in the autumn after this was lifted (although limited testing limits the accuracy of statistics).

The training establishments in Kathmandu and Jumla sent their students home in April at the beginning of national lockdown; the majority were able to reach their homes in

their remote villages. Our medical, nursing and midwifery students have since then been desperately trying to keep up with their studies via online learning in their distant and isolated villages, usually with limited internet access and electricity supply. They at the same time are expected to help out with daily chores in the family home, such as tending to crops and animals, and many have been personally affected by covid in their families. They are inevitably suffering from limited support from their seniors, and are unable to undertake the normal clinical "bedside" learning. It is possible that courses will have to be extended to compensate, and DFN may be called on to support our students for an extended period.

Adequate PPE is in short supply in Nepal, with implications for safe working for our students and doctors, as well for the spread of covid. Therefore during the year trustees organised a fund-raising on-line auction specifically to fund PPE for our students and doctors, which raised over £2,000. The equipment was purchased and distributed promptly by our partner PHASE, to the Kathmandu hospitals where our students and trainee doctors are working, and the hospital in Jumla.

During the year Dr. Prakash completed his internship year at Patan Hospital, and is now working for the Nick Simons Foundation (a Nepal rural healthcare NGO), His posting is in the extremely remote Far West district of Doti (unfortunately not his home area).

In June DFN was proud to announce the graduation of its fifth and sixth doctors. Dr Apsara and Dr. Kamal are both now working for a year as interns at Patan Hospital Kathmandu, before seeking placements in their remote home districts.

| Drs. Nahakul and Meena continue to work as government-employed doctors in their remote home districts (Kalikot, and Mugu).

Dr.Lalit continues with his post-graduate training in Obstetrics and Gynaecology at the University of Cairo. His tuition is funded by a Nepal Government scholarship, with DFN funding his living, travel and exam expenses. Trustees also give mentoring support in what is a very challenging placement, compounded by a nasty bout of covid from which he is now thankfully fully recovered. The government scholarship includes a 4-year bond to work in Nepal, and DFN's support includes a bond to work these years in a remote rural area. As well as gaining invaluable experience as a hospital doctor in Obstetrics and Gynaecology, he this year completed his thesis and will be taking his final exams in 2021, so is well on the way to becoming DFN's first doctor with a post-graduate qualification.

Binita Rai and Apsara Jirel both graduated as nurses, and have returned to work with PHASE Nepal in the remote western regions of Mugu and Humla.

No new students could be taken on during the year, as colleges suspended recruitment during the pandemic.

Trustee visits to Nepal are vital to the effective work of the charity, to keep in touch with and build relationships with our students and graduates, and our partner training institutions and NGOs. Fortunately two trustees had made an intensive visit, crammed with meetings, just before the UK and Nepal lockdowns. A second visit planned for the autumn could not take place because of covid restrictions.

Communications with the remote parts of Nepal are never easy at the best of times, and covid hasn't helped. But our students and doctors do manage to find time to get news through to us, with stories of putting in place hospital covid precautions with limited resources, helping the poor and needy with food and medical care, and familiar problems of trying to reassure people that it's safe to seek medical care at this time. Our two part-time administrative staff with excellent English, based in Jumla, are invaluable in communicating with and supporting our students, especially the ones locked down in remote areas and with little or no English. In May DFN set up a Zoom meeting with some of our student doctors and nurses - even with its shortcomings and sometimes language difficulties, it was wonderful to have live contact, to offer our support and find out how covid is affecting their education, work and families.

Looking ahead

Because of the covid pandemic and uncertainty about the future Nepal Government funding process for medical education, the training colleges put student recruitment on hold during 2020. However, DFN continues to offer help to existing students who would have to drop out of their courses without additional financial support, because of changes in their family circumstances.

The Nepal Government has now announced changes to the funding and selection process of medical education in the country, with implications for DFN and its work. In future it appears that up to 75% of medical, nursing and midwifery tuition fees will be funded by the government, which will also select students. However, students will have to find the funds for board and lodging, travel to and from home, laptops and books, so DFN will still have a vital role in offering this support to students from poor families in remote areas who would otherwise not be able to take up their government scholarships.

In view of the disruption of the pandemic and the uncertainties of the future Nepal Government funding programme for medical education, DFN will for the time being concentrate on

- supporting its current students, doctors and nurses, including through postgraduate training;
- the training of nurses and midwives, and public health training;
- additional support for needy scholarship students (board and lodging etc)

4 Fund-raising and donations

As always, a huge thank-you to all those who have given of their money, time and skills to support DFN during the year. The charity would not exist without you.

The charity is very grateful to the Texel Foundation for its continuing grant to enable the Karnali project. Other major supporters this year included BPL, Bryanston School and several individual donors.

A few fund-raising events were possible in spite of the pandemic. Our annual story-telling evening by a professional storyteller who gives his time free had fortunately happened before lockdown. A special online auction during lockdown (many thanks to the individuals and organisations that generously donated prizes) raised £2,000 specifically for covid PPE for our doctors and students and their colleagues. A classical concert in Redhill and fungus forays were possible in the autumn with covid precautions in place. As well as directly raising funds, events raise the profile of the charity and usually result in standing orders, which are so important to the charity's financial planning.

5 Statement of financial activities for the year ending 31 December 2020

A summary of income and expenditure is given on page 10 below.

Income

Over the year income from all sources totalled **£66,859**, an increase of just over £9,000 from the previous year's **£57,802**. This is mainly accounted for by a delayed Gift Aid claim.

We are very encouraged that the charity managed to maintain the same level of income in spite of fund-raising difficulties during the pandemic. At £15,710, standing orders were slightly down on the previous year. Other categories of income stayed much the same.

Donors are encouraged to confirm that they are eligible for Gift Aid, which substantially increases their donation.

Expenditure

Expenditure for the financial year increased from £31,385 to £58,239. This includes payment of about £9,200 of PAHS scholarships and £5,000 of KAHS scholarships carried forward from 2019. Running costs of the charity decreased slightly this year.

Costs continued to be minimised by the majority of work being done by the trustees and other volunteers, who also donated most of their expenses. A part-time paid organiser continues to give essential assistance with fund-raising, publicity and communications, and general administration, and the Texel grant for the Karnali project includes support for two part-time Nepali administrative staff in Jumla.

Reserves policy

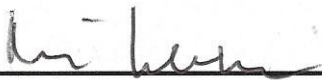
The charity had, at 31 December 2020, unrestricted reserves amounting to £111,264 in the bank account. The policy of continuing to hold solely an unrestricted reserve is deemed appropriate by the Trustees given the size and the nature of the charity. The Trustees do not foresee any need to change this policy.

Of this sum, £25,000 is held in reserve to ensure that student fees can be met; the remainder is working cash.

Future financial commitments

Support for students cost £32,627 in 2020. It is anticipated that about £10,000 will be required for 2021, and £770 for administration in Nepal; plus covid support. All sums are dependent on exchange rates. In addition, about £2,500 will be required to continue supporting our first doctor in his post-graduate training.

The financial statements were approved by the Board of Trustees on 30 October 2021 and were signed on its behalf by:

X 

Nigel Lewers
Trustee and Hon. Treasurer

 CHARITY COMMISSION FOR ENGLAND AND WALES		(Doctors for Nepal)		(No. (if any))	
Receipts and payments accounts					
For the period from		To		CC16a	
01/01/2020		31/12/2020			
Section A Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Standing orders	15,710	-	-	15,710	16,019
CAF donations	360	-	-	360	385
Easyfundraising	238	-	-	238	211
JustGiving	7,428	-	-	7,428	9,697
Global Giving	203	-	-	203	-
Virgin Money	351	-	-	351	524
Fundraising events	5,236	-	-	5,236	3,550
Other donations	26,169	-	-	26,169	26,991
Interest	-	-	-	-	14
Giftaid	8,965	-	-	8,965	-
Miscellaneous	2,199	-	-	2,199	423
Sub total (Gross income for AR)	66,859	-	-	66,859	57,816
A2 Asset and investment sales, (see table),					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	66,859	-	-	66,859	57,816
A3 Payments					
Administration	10,904	-	-	10,904	12,435
Administration Nepal	400	-	-	400	369
PHASE scholarships	3,333	-	-	3,333	4,263
PHASE administration	3,190	-	-	3,190	-
PHASE Covid treatment	2,000	-	-	2,000	-
PAHS scholarships	15,707	-	-	15,707	4,322
Graduate support	5,378	-	-	5,378	3,014
KAHS scholarships	10,209	-	-	10,209	-
Trustee visit to Nepal	2,298	-	-	2,298	2,414
JustGiving	216	-	-	216	216
Printing	240	-	-	240	120
Event costs	49	-	-	49	1,748
Venue hire	1,000	-	-	1,000	1,060
Bank charges	616	-	-	616	203
Administration expenses	260	-	-	260	186
Website	1,701	-	-	1,701	154
Merchandise	348	-	-	348	422
Other fundraising costs	391	-	-	391	459
Sub total	58,239	-	-	58,239	31,385
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	58,239	-	-	58,239	31,385
Net of receipts/(payments)	8,620	-	-	8,620	26,431
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	77,623	-	-	77,623	51,192
Cash funds this year end	86,243	-	-	86,243	77,623
Section B Statement of assets and liabilities at the end of the period					
Categories	Details	Unrestricted funds	Restricted funds	Endowment funds	
		to nearest £	to nearest £	to nearest £	
B1 Cash funds	Working cash	86,243	-	-	
	Reserve	25,021	-	-	
	Total cash funds	111,264	-	-	
	(agree balances with receipts and payments account(s))	Agreement	Error	OK	OK
	Details	Unrestricted funds	Restricted funds	Endowment funds	
		to nearest £	to nearest £	to nearest £	
B2 Other monetary assets		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
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	



Receipts and payments accounts

For the period
from

1/1/2020

To

12/31/2020

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 £
A1 Receipts				
Standing orders	15,710	-	-	15,710
CAF donations	360	-	-	360
Easyfundraising	238	-	-	238
Justgiving	7,428	-	-	7,428
Global Giving	203	-	-	203
Virgin Money	351	-	-	351
Fundraising events	5,236	-	-	5,236
Other donations	26,169			26,169
Interest	-			
Giftaid	8,965			8,965
Miscellaneous	2,199	-	-	2,199
Sub total (Gross income for AR)	66,859	-	-	66,859
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	66,859	-	-	66,859
A3 Payments				
Administration	10,904	-	-	10,904
Administration Nepal	400	-	-	400
PHASE scholarships	3,333	-	-	3,333
PHASE administration	3,190			3,190
PHASE Covid treatment	2,000			2,000
PAHS scholarships	15,707	-	-	15,707
Graduate support	5,378	-	-	5,378
KAHS scholarships	10,209			10,209
Trustee visit to Nepal	2,298			2,298
Justgiving	216	-	-	216
Printing	240	-	-	240
Event costs	49	-	-	49
Venue hire	1,000			1,000
Bank charges	616			616
Administration expenses	260			260
Website	1,701			1,701
Merchandise	348			348
Other fundraising costs	391	-	-	391
Sub total	58,239	-	-	58,239
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	58,239	-	-	58,239
Net of receipts/(payments)	8,620	-	-	8,620
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	77,623	-	-	77,623
Cash funds this year end	86,243	-	-	86,243

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Working cash	86,243	-
	Reserve	25,021	-
		-	-
	Total cash funds	111,264	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
			-
			-
			-
			-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name

CC16a

Last year

to the nearest £

16,019
385
211
9,697
-
524
3,550
26,991
14
-
425
57,816

-
-

57,816

12,435
369
4,263
-
-
4,322
3,014
-
2,414
216
120
1,748
1,060
203
186
154
422
459
31,385

-

31,385

26,431
-
51,192
77,623



**Endowment
funds**

to nearest £

-
-
-
-

OK

**Endowment
funds**

to nearest £

-
-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-
-
-
-
-

**When due
(optional)**

Date of
approval
