

Trustee's Annual Report – Year ending 31st October 2022

Structure, Governance and Management

Nepal-ease (the Charity) is a registered charity governed by its constitution. The charity was originally created in March 2015, but was not fully established until August 2016 when it achieved charitable status and adoption of its current constitution.

We have five trustees. All of the trustees have personal experience of visiting some of the projects the charity supports in Nepal.

Trustees are appointed, or re-appointed annually at the AGM.

The full body of the Trustees meets bi-monthly. In addition the members of the finance committee meet separately.

All trustees give their time voluntarily and receive no remuneration or other benefits.

Objectives and Activities

The charity's objects are:

'The relief of those in need, by reason of youth, age, ill health, disability, financial hardship or other disadvantage living in Nepal in such ways as the trustees shall determine.'

To achieve our objects we work closely with local community groups and women's cooperatives in Nepal, helping them to identify sustainable projects that promote health, wellbeing and increase economic independence by providing small start up grants, or initial project costs. The grants are mainly aimed at women and children, but the outcomes of successful projects benefit the whole family, and in many cases, the whole community.

We also work closely with members of the Nepalese palliative care National body (NAPcare). We offer help to promote palliative care education, partake in training for healthcare professionals and supply materials and resources to enable healthcare professionals working in this specialty, to offer good symptom control and end of life care.

Whilst developing and managing this charity the trustees are mindful of the Charity Commission's guidance on Public benefit.

We achieve this by offering opportunities to some of the poorest women in rural Makwanpur to partake in community projects giving them the opportunity to improve their economic situation as well as that of the community. Being part of a community led project also promotes social inclusion, which is an important consideration in a country with a poor education record and a caste system.

Throughout the last twelve months we have continued to financially support the running of the Health post in Arnakot Duerali. This has enabled the 3000 people living in this remote mountain top community to access free health care and medications. We are extremely grateful to the Peter Stebbings memorial charity for their continue generous support.

The charity has also played a significant part in the design and financial assistance required to extend the current health post building, to include a dedicated birthing suite. This additional, much needed facility, has been welcomed by the local government who have tentatively agreed to take over the running costs in the near future.

In 2021 the charity financed the cost of a Year 6 teacher in a small disadvantaged community in Makwanpur. Twenty-five children from four small primary schools enrolled in the class and have since progressed to year 7. The government acknowledged the need for extending students education past year 5, and have now taken on the salary of the year 6 teacher, with NEPAL-ease funding year 7. In 2023 it is expected that the government to fund both years 6 and 7 whilst NEPAL-ease funds year 8.

Additional projects funded over the past twelve months include:

- The hugely successful small grant scheme was extended to include a forth women's cooperative.
- A counselling corner has been established at a large rural secondary school. This is part of a project to improve students' access to health and welfare advice.
- Warm winter clothes packages were given to 150 children.
- One hundred educational packages, including school uniform, back packs and education materials were donated to 100 children.
- 30cc syringes and extension sets were sent out regularly to Hospice Nepal. This enables them to deliver large volumes of medications via a syringe driver. Which in turn helps to improve patient comfortable at the end of life. These particular items are not currently available in Nepal.

Projects are identified directly by the communities or palliative care providers after lengthy discussion with individuals, community organisations and women's cooperatives.

Whenever possible we work in partnership with local agencies or charities, maximizing local knowledge and increasing the chances of sustainability. Projects are managed by community leaders, elected officials and by trusted individuals resident in Nepal. The charity trustees are sent regular updates and progress reports, which help us to evaluate the success of the projects. We are extremely grateful to these individuals, without whom the Charity could not function effectively, reaching those that most require assistance.

Clare Selley

Chair of trustees.

INCOME & EXPENDITURE ACCOUNT FOR YEAR ENDING

31 OCTOBER 2022

NET BALANCE BROUGHT FORWARD YEAR ENDING 31 OCTOBER 2022 - £16,086.59

2021	EXPENDITURE	2022	2021	INCOME	2022
	£			£	
50.00	BRANNGO Membership	35.00 ✓	3,841.86	FUND RAISING AND DONATIONS	3,460.14
14,398.60	CHARITABLE GIVING	26,960.21 ✓	1,150.00		
	STATIONARY/PRINT /POSTAGE		7,054.86	JUST GIVING (DONATIONS))	15,557.35 ✓
148.10		51.70 ✓		BARBARA HICSON (PATRON)	6,001.28 ✓
28.78	WEBSITE	00.00	5,221.80		
	CRAFT MATERIALS & MERCHANDISE		131.93	FUNDRAISING APPS.	138.90
54.35		52.86 ✓			
226.11	INSURANCE	246.92 ✓	20.00	BANK FEE REFUND	00.00 ✓
	INTERNATIONAL BANK FEES				
335.00		315.00 ✓	00.00	FLOAT FROM FUND-RAISING EVENT	300.00 ✓
20.00	DEVON C.C.	40.00 ✓			
			250.00	REGULAR GIVING (RESTRICTED FUNDING)	240.00 ✓
216.00	JUST GIVING	236.00 ✓			
00.00	FLOAT FOR FUND-RAISING EVENT	300.00 ✓		GRANT FROM PETER STEBBINGS CHARITY (RESTRICTED FUNDING)	5,000.00 ✓
			5000.00		
00.00	VENUE HIRE	96.00 ✓			
15,476.94	TOTAL EXPENDITURE	28,333.69 ✓	22,670.45	TOTAL INCOME	30,697.67 ✓
				LESS EXPENDITURE	28,333.69 ✓
					= 2,363.98 ✓
				PLUS NET BALANCE 2021	16,086.59 ✓
					= 18,450.57
NET BALANCE IN HAND TO YEAR ENDING			1/11/21 TO 31/10/22 = £18,450.57 ✓		

Checked from information supplied and found correct.

S A W COLLIER
14 / 3 / 2023

INCOME & EXPENDITURE ACCOUNT FOR YEAR ENDING

31 OCTOBER 2022

TREASURER'S REPORT

The treasurer has examined the books and records of the charity and obtained the information required to satisfy herself that they correct in accordance with;

Clare Selley – Chairperson

Clare Selley

Sue Burton – Treasurer

S Burton

INCOME & EXPENDITURE ACCOUNT FOR YEAR ENDING

31 OCTOBER 2022

BREAKDOWN OF CHARITABLE PAYMENTS FOR YEAR ENDING 31/10/22

ARNAKOT:

Health post costs including living allowance for the three healthcare workers, plus medications, essential equipment, wound care dressings and sustainability projects.

= £7,000 + £261.39 = £7,261.39

Birthing suite extension = £2,600

TOTAL TO ARNAKOT = £9,861.39

MAKWANPUR:

Women's cooperatives = £3,916.35

Teacher for Year 7 = £1,249.80

Counselling corner set up costs = £845.79

Warm winter clothes and educational packages for children

= £5000 + £3842.06 + £1001.93 = £9,843.99

Anil; set up, support visits, evaluation and monitoring costs = £1000.00

TOTAL TO MAKWANPUR = £16,855.93

HOSPICE NEPAL

Syringe driver extension set = £208.20

Luer lock syringes = £34 69

TOTAL TO HOSPICE NEPAL = £242.89

TOTAL AMOUNT OF CHARITABLE GIVING = £26,960.21

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Sue Burton – Treasurer

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