

Trustees' Annual Report -Year ending 31st October 2023

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 every three months. 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 financial help to promote palliative care education and training for healthcare professionals working in end of life care and associated fields. We also provide 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 continued generous support towards this.

The charity has also played a significant part in the planning, design and financial assistance required to extend the current health post building. This now includes a dedicated birthing suite, a bathroom, an undercover waiting area, additional storage space as well as an improved clean water supply and waste disposal. 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.

Being mindful of the charity's aims to ensure sustainability of projects, the

building also includes solar panels and rain water collection. In addition we fund a project that enables disadvantaged women the opportunity to own a goat – worth \$100. Each goat is either pregnant or has a young kid. They are not required to repay the \$100 for two years, by which time they could potentially own a herd of goats! The money is repaid into the health post fund to help fund future running costs.

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. After demonstrating the need and desire by the students to continue their education, the government stepped in and took on the teacher's salary. The following year we funded the salary of a year 7 teacher. Again after demonstrating the need, the government stepped in. In 2023 we funded a year 8 teacher and are expecting the government to be paying all three salaries by summer 2024. The counselling corner established in 2021 at a large rural secondary

school to improve students access to health and welfare advice, has proved a valuable asset to both the students and staff members and helps them to address sensitive topics such as child marriage, trafficking, domestic and sexual abuse.

Additional projects funded over the past twelve months include:

In Makwanpur

The hugely successful small grant scheme was extended to include a fifth and sixth

women's cooperative. By the end of 2023 we expect the total number of women entrepreneurs to be over 200.

The charity jointly funded a project that provided ten disadvantaged women to receive training on how to make laundry soap. This was a joint initiative with the local government, enabling these women who are too poor to take on a large loan to work collaboratively to produce this much-needed product. They will sell the soap locally to other women and to women's cooperatives further afield.

Warm winter clothes packages were given to 200 primary school children.

One hundred educational packages, including backpacks, exercise books and writing materials were donated to 100 children.

Palliative care

Ten Graseby syringe drivers were donated to Hospice Nepal when we visited in March '23.

30cc syringes 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 comfort at the end of life. These particular items are not currently available in Nepal.

Palliative care training, which was funded by NEPAL-ease was delivered by palliative care specialists to seventeen members of staff in Nisikhola.

An ECG machine was purchased for Hospice Nepal to use to confirm that a patient has died prior to cremation.

Arnakot

We have continued to pay all costs associated with the day to day running of Arnakot health post.

In addition we have paid £1000 to cover the cost of Durga's specialist birthing training which we hope will happen early in 2024.

Wound care training was delivered to nurses in Nisikhola by one of our trustees, and a regular supply of bandages and specialist dressing were sent regularly to the health post in Arnakot.

Goat distribution project continues, and another six women received a nanny goat and kid.

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, maximising 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.

Financial review

Our financial year runs from 1st November to the 31st October.

Our main source of income has been through fundraising and donations. This has brought in over £22,000 this year.

We are very grateful to the Peter Stebbings Memorial Charity who gave us a grant of £5000 for the third year running.

We have also received over £4000 from our very generous donor Barbara Hickson. This covers all our admin and running costs as well as part funding the women's small grant scheme.

Fund-raising: In addition to two or three large events held each year, we hold regular coffee mornings.

We currently hold £3,000 in reserves, in line with our reserves policy.

A budget is set at the start of each financial year.

The chair of trustees and the treasurer meet bi-monthly to monitor income and expenditure and to jointly oversee any International payments.

The accounts have been audited by an independent auditor.

Future plans

- To continue providing funding to Arnakot health post until the local government takes over.
- To continue funding the goat distribution project.
- To continue monitoring and evaluating outcomes of the small grants scheme.
- To evaluate the impact of the palliative care training and identify additional training needs.
- To continue supplying wound care dressings to Arnakot health post on request.
- To continue supplying essential resources to Hospice Nepal as requested.
- To pay a living allowance for a year 9 teacher if a sufficient number of students wish to continue in education. We anticipate that this is the final year that this school will require our financial help.

Clare Selley

Chair of trustees.

INCOME & EXPENDITURE ACCOUNT FOR YEAR ENDING

31 OCTOBER 2023

NET BALANCE BROUGHT FORWARD YEAR ENDING 31 OCTOBER 2022 - £18,450.57

2022	EXPENDITURE	2023	2022	INCOME	2023
	£			£	
35.00	BRANNGO Membership	35.00	3,460.14	FUND RAISING AND DONATIONS	2,292.69
26,960.21	CHARITABLE GIVING	31,242.75	15,557.35	JUST GIVING (DONATIONS))	15,499.73
51.70	STATIONARY/PRINT /POSTAGE	58.05		BARBARA HICSON (PATRON)	4,006
00.00	WEBSITE	280.60	6,001.28	FUNDRAISING APPS.	129.35
52.86	CRAFT MATERIALS & MERCHANDISE	00.00	138.90	BANK FEE REFUND	00.00
246.92	INSURANCE	272.60	00.00	FLOAT FROM FUND-RAISING EVENT	150.00
315.00	INTERNATIONAL BANK FEES	350.00	300.00	REGULAR GIVING (RESTRICTED FUNDING)	455.00
40.00	DEVON C.C.	20.00	240.00	GRANT FROM PETER STEBBINGS CHARITY (RESTRICTED FUNDING)	5,000.00
236.00	JUST GIVING	302.40	5,000.00		
300.00	FLOAT FOR FUND-RAISING EVENT	210.00			
96.00	VENUE HIRE	00.00			
28,333.69	TOTAL EXPENDITURE	32,771.40	30,697.67	TOTAL INCOME	27,532.77
				LESS EXPENDITURE	32,771.40
					= - 5,238.63
				PLUS NET BALANCE 2021	18,450.57
					= 13,211.94
NET BALANCE IN HAND TO YEAR ENDING			1/11/22 TO 31/10/23 = £13,211.94		

Checked from information supplied and found correct.

*S A W COWEN
21/4/2024*

INCOME & EXPENDITURE ACCOUNT FOR YEAR ENDING

31 OCTOBER 2023

TREASURER'S REPORT

The treasurer has examined the books and records of the charity and obtained the information required to satisfy herself that they are correct.

Clare Selley – Chairperson

Clare Selley

Sue Burton – Treasurer

SBurton

INCOME & EXPENDITURE ACCOUNT FOR YEAR ENDING

31 OCTOBER 2023

BREAKDOWN OF CHARITABLE PAYMENTS FOR YEAR ENDING 31/10/23

ARNAKOT:

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

= £8,576.02

Additional training = £3000

TOTAL = 11,576.02

Birthing suite extension = £6,742.52

TOTAL TO ARNAKOT = £18,318.54

MAKWANPUR:

Women's cooperatives = £4,076.03

Teacher for Year 7 = £1,500

Warm winter clothes and educational packages for children = £4,000

Anil; set up, support visits, evaluation and monitoring costs = £1,100

Cleft lip repair and welfare support for Sumitra = £1000

Additional school materials = £500

TOTAL TO MAKWANPUR = £12,176.03

HOSPICE NEPAL

ECG machine = £710

Luer lock syringes and bandages = £38.18

TOTAL TO HOSPICE NEPAL = £748.18

TOTAL AMOUNT OF CHARITABLE GIVING = £31,242.75

INCOME & EXPENDITURE ACCOUNT FOR YEAR ENDING

31 OCTOBER 2023

NET BALANCE BROUGHT FORWARD YEAR ENDING 31 OCTOBER 2022 - £18,450.57

2022	EXPENDITURE	2023	2022	INCOME	2023
	£			£	
35.00	BRANNGO Membership	35.00	3,460.14	FUND RAISING AND DONATIONS	2,292.69
26,960.21	CHARITABLE GIVING	31,242.75	15,557.35	JUST GIVING (DONATIONS))	15,499.73
51.70	STATIONARY/PRINT /POSTAGE	58.05		BARBARA HICSON (PATRON)	4,006
00.00	WEBSITE	280.60	6,001.28	FUNDRAISING APPS.	129.35
52.86	CRAFT MATERIALS & MERCHANDISE	00.00	138.90	BANK FEE REFUND	00.00
246.92	INSURANCE	272.60	00.00	FLOAT FROM FUND-RAISING EVENT	150.00
315.00	INTERNATIONAL BANK FEES	350.00	300.00	REGULAR GIVING (RESTRICTED FUNDING)	455.00
40.00	DEVON C.C.	20.00	240.00	GRANT FROM PETER STEBBINGS CHARITY (RESTRICTED FUNDING)	5,000.00
236.00	JUST GIVING	302.40	5,000.00		
300.00	FLOAT FOR FUND-RAISING EVENT	210.00			
96.00	VENUE HIRE	00.00			
28,333.69	TOTAL EXPENDITURE	32,771.40	30,697.67	TOTAL INCOME	27,532.77
				LESS EXPENDITURE	32,771.40
					= - 5,238.63
				PLUS NET BALANCE 2021	18,450.57
					= 13,211.94
NET BALANCE IN HAND TO YEAR ENDING			1/11/22 TO 31/10/23 = £13,211.94		

Checked from information supplied and found correct.

*SAW COURER
21/4/2024*

INCOME & EXPENDITURE ACCOUNT FOR YEAR ENDING

31 OCTOBER 2023

TREASURER'S REPORT

The treasurer has examined the books and records of the charity and obtained the information required to satisfy herself that they are correct.

Clare Selley – Chairperson

Clare Selley

Sue Burton – Treasurer

SBurton

INCOME & EXPENDITURE ACCOUNT FOR YEAR ENDING

31 OCTOBER 2023

BREAKDOWN OF CHARITABLE PAYMENTS FOR YEAR ENDING 31/10/23

ARNAKOT:

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

= £8,576.02

Additional training = £3000

TOTAL = 11,576.02

Birth suite extension = £6,742.52

TOTAL TO ARNAKOT = £18,318.54

MAKWANPUR:

Women's cooperatives = £4,076.03

Teacher for Year 7 = £1,500

Warm winter clothes and educational packages for children = £4,000

Anil; set up, support visits, evaluation and monitoring costs = £1,100

Cleft lip repair and welfare support for Sumitra = £1000

Additional school materials = £500

TOTAL TO MAKWANPUR = £12,176.03

HOSPICE NEPAL

ECG machine = £710

Luer lock syringes and bandages = £38.18

TOTAL TO HOSPICE NEPAL = £748.18

TOTAL AMOUNT OF CHARITABLE GIVING = £31,242.75