



# LEHARA ANNUAL REPORT

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November 2023



## About Lehara



Following a two month visit to Nepal in 2019, Lehara's founder Lisa Jelly went trekking in the Khumbu Valley on the Everest Base Camp trail and saw firsthand the reliance of the communities on the trekking industries, evidenced by the abundance of tea houses and porters.

She was amazed by the generosity and kindness she was shown by the local Nepalese- without a thought for themselves. She listened to many personal stories of those who have lost loved ones on the mountain, or have sustained injuries and therefore can no longer work.

Lisa wanted to give back to an area and community she had fallen in love with, so the idea for Lehara was born.

After listening to an inspirational podcast in 2021 on sustainable giving – Lisa discovered a way to combine her experience of mobilizing community healthcare services, and her passion for high-altitude trekking, and the idea of Lehara was born; a Sports Massage service for trekkers, delivered by paid local Nepalese, where all profit get invested back into the local communities to benefit education, health and the environment.

The response so far has been phenomenal and Lehara hopes to ripple this program throughout other areas of the world.

### **Lehara means Ripple in Nepali.**

The name and brand itself is grounded within Nepalese culture, and has a positive ripple effect across the entire community.

Lehara invests in teaching a skill and giving the resources and confidence to use that skill to locals. This empowers them to earn a living, provide for their families, and support their local communities.

## Founder's Report

In September 2023 experienced tutors and graduates of the London School of Soft Tissue Therapy (LSSM) delivered a 2-week Sports Massage training course, held in Namche Bazaar, Khumbu Valley, Nepal.

This education time was invested in the trainees; by getting to know each individual and ensuring they were confident and competent in all the skills they require.

The initial 2-week Lehara massage course educated the trainees in Anatomy and physiology, Manual therapy techniques, how to run a clinic, and Communication Skills.

Following a verbal theory exam and a practical exam, over 60% of our trainees passed the course and qualified as a Lehara Massage Therapist, and work within the Lehara Sports Massage Service.



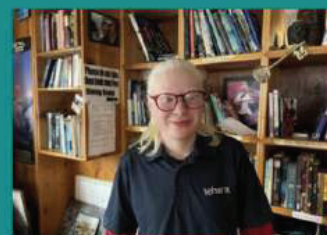
The Sports Massage Course started with 11 participants and resulted in 7 qualified therapists. 6 of those therapists chose to take up employment with Lebara as a Sports Massage therapist. Please see the photos below of the entire Lebara Therapists team.



Yanji Sherpa



Namgyal Doma Sherpa



Manisha Baraile



Chhetan Doma Sherpa



Tashi Doma Sherpa

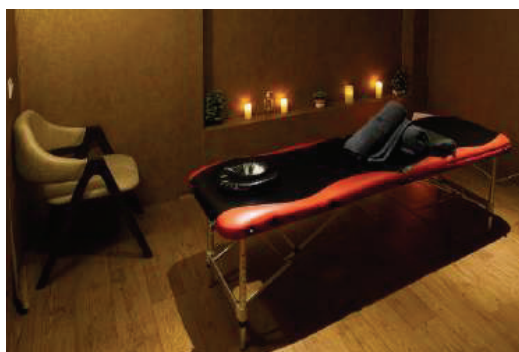


Nima Jangmu Sherpa



The 6 therapists offer sports massage to trekkers in the Khumbu region from 2 clinics that were strategically established along the Everest Base Camp trek – Namche Bazaar and Dingboche.

The first clinic established was at the Khumbu Lodge, Namche Bazaar, at 3400m above sea level. Trekkers arrive in Namche after 2 days of trekking. With an acclimatization day built into the majority of schedules, it's the perfect time to get a massage to help tired muscles recover, ready for the following days' climb up the valley.



The second clinic was established in Dingboche. Dingboche is the location for the majority of 2nd day acclimatization. With just 2 days of trekking left to Everest Base Camp, it is a good opportunity for trekkers to make their legs recovered and ready.



The trained therapists have now delivered over 250 sports massages to the trekkers in their first season. The trekkers are overwhelmingly happy with the new service, with some examples of trekker feedback/testimonials

below:



"I would recommend anyone trekking or climbing to visit 'Lehara' for a massage. It will increase your chances of success."



"Really friendly therapists, and their English is so good."



"I get regular sports massages back home, and that was honestly one of the best I've ever had."



The plan in the future is for any surplus revenue generated by these locally delivered sports massages, to go into a community fund that will support initiatives to increase education, improve healthcare, and support conservation

The community fund will then be distributed by the newly established local Trustee Board, consisting entirely of local community representatives.

On behalf of the Trustees, I would like to thank the therapists, local stakeholders, trekkers, and charity supporters who have contributed to such a successful first season for Lehara.

We look forward to building on this solid foundation for many more successful seasons.

**LISA JELLY, FOUNDER AND TRUSTEE**

## Testimonials

### NAMGYAL DOMA TAMANG, SHOMARE

“Lehara has given me an option of earning a good wage, while staying close to my home village. The whole of the Lehara team are really close and we help and support each other. I'm really looking forward to helping Lehara grow and see the benefit to my local communities”



### YANGJI SHERPA, THAME

“Guiding on Chomolungma (Everest) can be very dangerous. Lehara allows me to earn a living in a safe and enjoyable way. I am also helping my family and my community. My life is much better now I have a good job and I'm part of the wonderful Lehara team”





**LEHARA**

**Registered UK Charity 1200702.**

**Registered Nepal NGO 331220/080/081**



# **Trustees' Report and Financial Statements**

## **Trustees' Report**

The Trustees present their report and the financial statements for the year ending 30 November 2023.

### **Charitable mission**

Lehara's mission is to provide people from rural communities with a skill, that empowers them to earn a sustainable living they can be proud of, while in turn supporting the local community to thrive

### **Objectives**

1. The prevention or relief of poverty in Nepal's Khumbu Valley, by providing: vocational training, grants, sustainable skilled employment and services to individuals in need and/or charities, or to other organizations working to prevent or relieve poverty.
2. For the public benefit to provide vocational training for people in the Khumbu valley, Nepal in such ways as the charity trustees think fit, including by:
  - Awarding to such persons fully funded vocational trainee positions
  - The advancement of public education across the Khumbu Valley, Nepal, by providing grants to local charities already supporting local education institutions for persons under the age of 25 years.
3. The relief of financial hardship, either generally or individually, of people living in The Khumbu Valley, Nepal, by providing long term, safe employment opportunities, and providing grants to local charitable organizations that support and benefit the local communities. Beneficiaries of grants must demonstrate sustainable development for the benefit of the public by the promotion of sustainable means of achieving economic growth and community development. Sustainable development means "development which meets the needs of the present without compromising the ability of future generations to meet their own needs.

### **Main activities**

The purpose of Lehara is to provide Nepalese people from high altitude and remote communities with a skill that empowers them to earn a sustainable income they are proud of, whilst, in turn, financially supporting their family and local communities.

Lehara will achieve this by setting up a vocational school in Namche, in the heart of Nepal's Khumbu Valley. The school will provide fully funded training positions for locals to become trained in sports therapy. Once qualified, they will be offered full-time employment, providing sports massage to trekkers passing along the Everest Base Camp trail. During this employment, local therapists will be provided with a monthly salary, based on hours worked, during the trekking season which lasts six months (March-May and October - December) and 'a retainer' during the rest of the year (June-September and January - February) which will be 50% of the salary they earned in the previous period. Furthermore, each individual therapist, once qualified and earning a living providing sports therapy, will be paired with a local charitable organization of their choice. Each month during the trekking season, double the therapists' salary will be donated, as a regular investment, to their chosen organization, therefore benefiting the whole community.

### **Future aims and objectives**

The future aim of Lehara is for any surplus revenue generated by these locally delivered sports massages, to go into a community fund that will fund initiatives to increase education, improve healthcare, and support conservation. The community fund will then be distributed by the newly established local Trustee Board, consisting entirely of local community representatives

#### **Address of UK principal office**

17 Oaks Ave  
Upper Norwood  
London  
SE19 5PD

#### **Trustees**

The Charity is administered by Trustees, who provide their services free of charge, comprising of:

- Lisa Jelly
- James Laslett
- Stuart Paterson

None of the Trustees have been employed by the Charity during the year.

#### **Results**

Lehara raised £24,593 during the year and payments totaling £14,733  
The total cash in hand was £11,835

#### **Reserves Policy**

The Trust maintains an unallocated cash reserve which is sufficient to protect ongoing projects from the risk of disruption and to enable the Trust to meet administration costs, while at the same time ensuring that income is not retained for longer than required.

The Board of Trustees agree to allocate a level of reserves sufficient to cover six months of operation as per the Lehara Reserves Policy. This position is reviewed on an annual basis.

#### **Independent Examiner**

Abhinandan Jain, from Magee Gammon Corporate Ltd has been appointed as Independent Examiner.

On behalf of the Trustees

Trustee: Stuart Paterson     *Stuart Paterson*

Date: 24/09/2024



## **Statement of Trustees' Responsibilities**

The Trustees are responsible for preparing the Trustee's Report and the financial statements in accordance with applicable law and regulation.

The Trustees are required to prepare financial statements for each financial year in accordance with United Kingdom Accounting Standards, comprising FRS 102 "The Financial Reporting Standards applicable in the UK and Republic of Ireland", and applicable law (United Kingdom Generally Accepted Accounting Practice). The Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources for the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Statement of Recommended Practice: Accounting and Reporting by Charities (2019) ("Charities SORP");
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards, comprising FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity. The accounting records enable the Trustees to ensure that the financial statements comply with the Isle of Man Charities Registration and Regulation Act 2019 and Charities Regulations 2020, the UK Charities Act 2011, the Charities SORP and the documents constituting the Charity. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

## LEHARA

### RECEIPTS AND PAYMENTS ACCOUNT FOR THE PERIOD ENDED 30 NOVEMBER 2023

	2023 £
<b>RECEIPTS</b>	
<u>Charitable Activities</u>	
Donations	22,911
Fundraising	1,682
	<hr/> 24,593
<u>Other Incoming Resources</u>	
Loan from subsidiary	1,975
	<hr/> 1,975
Total Receipts	<hr/> <hr/> 26,568
<b>PAYMENTS</b>	
<u>Charitable Activities</u>	
Marketing	2,554
Professional fees	310
Bank charges	216
Equipment and clothing costs	2,436
Sundry expenses	449
Insurance	239
IT costs	561
Travel and subsistence	7,965
	<hr/> 14,730
<u>Capital Transactions</u>	
Purchase of shares in subsidiary	3
	<hr/> 3
Total Payments	<hr/> <hr/> 14,733
<b>NET RECEIPTS</b>	11,835
Cash at Bank and In Hand Carried Forward	<hr/> <hr/> 11,835

All charity funds are unrestricted.



**LEHARA**

**STATEMENT OF ASSETS**  
**AS AT 30 NOVEMBER 2023**

	<b>2023</b> <b>£</b>
<b>CASH FUNDS</b>	
Current Account	9,232
PayPal Account	1,484
Cash in Hand	1,119
	<u>11,835</u>
<b>OTHER MONETARY ASSETS</b>	
Gift aid donation due from subsidiary	1,420
	<u>1,420</u>
<b>INVESTMENT ASSETS</b>	
Investment in subsidiary	3
	<u>3</u>
<b>LIABILITIES</b>	
Loan from subsidiary	1,975
Accrued expenses	480
	<u>2,455</u>

*JS Laslett*

**James Laslett, Trustee**

24 September 2024

# **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE**

## **LEHARA**

### **ON THE ACCOUNTS FOR THE YEAR ENDED 30 NOVEMBER 2023**

I report to the trustees on my examination of the accounts of the above Charitable Incorporated Organisation ("the CIO") for the year ended 30 November 2023.

#### **Responsibilities and basis of report**

As the charity trustees of the CIO, 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 CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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.

*Abhinandan Jain*

#### **Abhinandan Jain**

Magee Gammon Corporate Limited  
Henwood House  
Henwood  
Ashford  
Kent  
TN24 8DH

Date: 27 September 2024





**Issuer** Magee Gammon Corporate Limited

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#### Parties involved with this document

Document processed	Party + Fingerprint
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Mon, 30th Sep 2024 12:46:15 BST	Abhi - Signer (df7ceaf27947f4fa2a01a541ff03b397)

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