

# DOCTORS FOR NEPAL

**Doctors for Nepal (“DFN”)**

**Trustees’ Annual Report and Unaudited Financial Statements**

**Year ended: 31 December 2016**

**Charity No: 1133441**

## **1 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 Rhian Edwards (until 24 April)

Dr David Lawrence (from 11 July) (together the “**Trustees**”)

### **Operational address**

Dr Kate Yarrow

Highwell,

Hamsey,

Nr.Lewes,

Sussex BN8 5TD

### **Other contact information**

**info@doctorsfornepal.org**

[www.doctorsfornepal.org](http://www.doctorsfornepal.org)    [www.justgiving.com/doctorsfornepal](http://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

## **2 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**

During the year Dr. Rhian Edwards resigned from the Board due to pressure of other commitments, and Dr. David Lawrence was appointed in her place.

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 also on the board of a charity working in Africa, 1 Trustee is a member of the Board of Governors of a primary school, 1 trustee is a lawyer and former trustee of a school, 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**”) put in place measures to minimise this risk. In particular, PAHS has put in place a policy which provides that no medical or nursing 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/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 medical students are paid in Nepalese rupees. The charity is committed to building a reserve fund to guard against financial risk.

### **3 Objectives and Activities**

#### **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 aims to do this by sponsoring poor students from rural Nepal to attend medical or nursing school in Nepal. In return, the students pledge to return to rural Nepal to practice medicine for a certain amount of time (2-4 years, depending on scholarship received). Apart from providing scholarships, DFN will also be implementing health care projects and provide continuing education for health care staff such as midwives and nurses.

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

#### **Main activities**

DFN was established in 2007 and this is the seventh annual report since it achieved charitable status in January 2010. It was established with the main purpose of supporting the training costs of selected medical students from very poor backgrounds in Nepal. In return, our medical students pledge to work for an agreed period post-qualification as doctors in rural areas of Nepal.

The provision of scholarships to medical students remains the key area of focus of DFN. The first DFN scholar, who graduated in November 2012, continued to work as a doctor with the Nick Simons Institute in rural Nepal. In 2016 all of the charity's students at Patan Academy of Health Sciences (PAHS) passed their exams. The two final year students passed their final exams, and carried on to clinical internships at Patan Hospital. Another student entered his fourth year, and two others passed into their third year. All students are from the remote mid-west of Nepal.

A full scholarship was awarded in 2016 to another candidate from Kalikot district. Trustees had agreed to give priority to female applicants, as women face additional problems gaining access to education in Nepal, but no appropriate candidate came forward. In addition, the charity agreed to support an additional student with board and lodging, books, and newly-introduced exam and

library fees. The new scholarship student failed his first exams because of poor English, but he was able to re-sit the 6 months for free, as is the agreement at PAHS (DFN only paid for his board and lodging during this period).

A new venture for the charity during the year was broadening its scope to include the training of nurses, as lower trained health workers (especially females) struggle to gain further training beyond the most basic, and there is a shortage of “middle trained” workers such as nurses – who carry the burden of healthcare workload in remote areas. Three students have begun their 3-year nursing degree courses in Kathmandu. We have collaborated with PHASE (Practical Help Achieving Self Empowerment), an NGO that aims to empower isolated communities through health, education and livelihood opportunities. Our nursing students were auxiliary nurse midwives (lower level of health worker) with PHASE, and we are sponsoring their studies to become nurses; they will then return to remote areas to practice for a minimum of 2 years.

In June three trustees visited Nepal, to improve communications with PAHS, show the "Namaste" film in Kathmandu, carry out teaching sessions for PAHS students; meet with students and the first DFN doctor; and investigate nursing scholarships in Western Nepal.

Kate Yarrow, Chair of Trustees, continues to serve on the International Advisory Board of PAHS.

We continued to help UK medical students to travel to Kalikot for their “elective”, and DFN has a formal process with PAHS, which arranges a placement for each student.

The documentary film "Namaste - A Himalayan Journey" was completed early in 2016, which necessarily involved fairly significant but short-term expenditure. It highlights the plight of health services in the mountains of Nepal, and incorporates the terrible after-effects of the two earthquakes which rocked the country in 2015. Written and presented by Kate Yarrow, its intention is to raise awareness of the problems, and the need for DFN. The film-makers either donated their time or charged much reduced rates. The 58-minute film has been supplemented by an 4-minute film, introducing the charity. "Namaste" has been awarded Feature Documentary Award of Excellence from Hollywood International Independent Documentary Awards 2016, and the Sir Edmund Hillary award in the Mountain Film Festival, USA.

The film previewed to a full house in Hove in February, and has since been shown in Lewes, London, Birmingham and Manchester, raising both awareness and funds. It continues to be used by the charity at fund-raising functions.

The activities of DFN will evolve in the future and may not be limited to the activities described above. Trustees are considering whether the charity should aim to offer financial support to the post-graduate training of its doctors. They continue to be mindful of the importance of helping communities as a whole and the links between education, health and economic development; and of the importance of ensuring that potential candidates from remote rural areas have the educational opportunities they need to apply to medical school.

### **How our activities deliver public benefit**

Our activities focus on the improvement of health care standards in rural Nepal and therefore deliver a tangible 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.

## **4 Financial Review**

### **Reserves policy**

The charity had, at 31 December 2016, unrestricted reserves amounting to £18,154 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.

During the year trustees agreed that a reserve of at least £20,000 should be held, to ensure that student fees can be met.

### **Future Developments**

Support for existing students cost £33,383 in 2016 (part of this was a back-payment for 2015). In addition, a new full scholarship at PAHS will cost £7,000 in 2017. All sums are dependent on exchange rates.

It is planned to increase the number of scholarships at PAHS by at least one per year, and to continue with nursing scholarships, and this will increase significantly the need for fundraising.

## **5 Statement of Financial Activities for the year ending 31 December 2016**

A summary of income and expenditure is given on page 8 below.

### **Income**

Over the year income from all sources totalled £49,491, a significant decrease from the previous year's £61,973. Income in 2015 had been swelled by a post-earthquake appeal, and in 2016 the charity lost a major corporate donor.

At 31 December 2016 there were regular donations from standing orders totalling £9,811 in the year, an increase of £3,319 on the previous year. Many one-off donations came through Justgiving, which reclaims Gift aid on the charity's behalf. Donors are encouraged to confirm that they are eligible for Gift Aid, which substantially increases their donation.

Fund-raising events during the year included Brighton Full and Half Marathons and film showings, as well as a variety of smaller events including story-telling and fungus hunts.

### **Expenditure**

Expenditure for the financial year was very significantly increased, from £31,264 to £70,432. Payment to PAHS for medical training covered both 2016 and 2015, totalling £33,383, and 3

nursing scholarships were added. There have been one-off costs associated with the film in both 2016 and 2015, which are yielding benefits in additional support, particularly standing orders.

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 organiser was taken on during the year to assist with fund-raising, publicity and communications, and general administration.

The financial statements were approved by the Board of Trustees on 9 October 2017 and were signed on its behalf by:

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Anne E Yarrow (Secretary)

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Nigel Lewers – Trustee and Hon. treasurer

