

# DOCTORS FOR NEPAL

**Doctors for Nepal (“DFN”)**

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

**Year ended: 31 December 2018**

**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 David Lawrence (to 19 May)

Catharine Church (from 19 May)

(together the “**Trustees**”)

### **Operational address**

Dr Kate Yarrow

Highwell,

Hamsey,

Nr.Lewes,

Sussex BN8 5TD

### **Other contact information**

[info@doctorsfornepal.org](mailto: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

## **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**

During May Dr. David Lawrence reluctantly tendered his resignation from the board; his other commitments and geographical isolation (rural Botswana) mean that he is unable to contribute to the charity as he would wish. Kath Church joined the board of trustees; she works in business management and has experience in bidding for grants, and reaching out to possible corporate and private supporters.

All Trustees give their time voluntarily and receive no financial benefit from the charity. The Trustees bring wide and relevant experience to the charity. Two Trustees are medical doctors, 2 Trustees are working or have worked for Médecins Sans Frontières, 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) 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 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 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 medical 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 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.

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. PAHS is dedicated to improving Nepal's rural health by training health workers for rural Nepal. It aims to produce graduates that will not only provide severely 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 destitute populations in Nepal. During the year we also began to develop links with a new medical and nursing school in the remote Mid-west region. Karnali Academy of Health Sciences (KAHS) in Jumla has similar aims to PAHS; it has the great advantage of being nearer the home districts of our students, although its isolation does present challenges for trustee visits.

## Our doctors

DFN now has two fully qualified doctors working back in their remote districts of Nepal during their bonded period for DFN. They are serving their communities and providing a vital service where healthcare is all but non-existent. Each of them faces significant challenges on a daily basis; some patients access care too late, as the journey to hospital can take many hours or days. The hospitals they reach are desperately under-resourced. But despite this, our doctors' skills and perseverance have saved many lives. Meena and Nahakul send stories of saving women's and babies lives in the most difficult of circumstances; with no power, no blood banks, without senior help, and with the potential ramifications of losing their community's trust. They deserve our congratulations, but also our ongoing support to allow them to grow and flourish in their careers as Doctors for Nepal.

Dr Meena, our first female DFN-sponsored student, is hard at work as one of only three doctors at her remote hospital in Mugu district in the far west of Nepal. Meena hopes to gain a long-term contract in the hospital so that she can make a difference on a more senior and managerial level. *She tells how she saved the life of a mother and baby, whilst working in the extremely resource-limited setting of her tiny mountain-side hospital. An extremely unwell women who had been in labour for over two days was brought to the hospital, but it took many hours to convince the family that a Caesarean was required to save her and the baby's lives. Eventually, after the sun (for solar power) had set behind the mountains, the family asked her to proceed with the surgery. It was extremely difficult to arrange blood for transfusion and staff to come in from their mountain homes. Fortunately, thanks to Dr Meena's medical training and her communication and coordination with the other staff in the tiny hospital, she was able to successfully deliver the baby in spite of the great challenges. We are happy to report that mother and baby are now doing really well.*

Dr. Nahakul continues to work in his remote hospital in Manma, Kalikot District.

*"The villagers remember me as the fun-loving little boy running around playing with a sock ball, and now I am their doctor.□ They are very happy to be treated by me as I really understand all their needs and can communicate with them on a different level to a doctor who does not come from my village.□ I would like to thank all the donors who have helped me to continue my work as a doctor.□ I promise to work very hard and would like to spend the rest of my life practicing medicine in my remote village.□ Thank you from my heart!"□*

Our first DFN doctor, Lalit, has now completed his four bonded years working in rural areas. We are pleased to report that his work has significantly contributed to healthcare in remote Nepal; he has for instance undertaken over 200 Caesarean sections, saving the lives of many mothers and babies. He is now also a skilled vasectomy surgeon, and has carried out over 1,000 procedures—a significant contribution to long-term contraception. The next stage of his medical career is postgraduate training, so that he can become a more effective doctor. Unfortunately Lalit was unable to secure postgraduate training within his home country, but during the year he succeeded in obtaining a government-funded postgraduate training position in Obstetrics and Gynaecology in Cairo. DFN agreed to fund his living and travel expenses to enable him to take up the position, with a successful fund-raising appeal through Global Giving . His scholarship includes a bond to serve back in Nepal for five years upon completion of his training, and he is also bonded with DFN to serve a minimum of four of those years in a remote rural area. The skills he will gain as a specialist will further his ability to save lives, impart his skills to others, and lead his community towards a better state of health.

We recognise that in future the charity is likely to be called on to support the postgraduate studies of other students, to enable them to become really effective doctors. The level of support required

from the charity will depend on the provision and funding of postgraduate medical training in the country, which is at present under review by the Nepal government.

### **Our medical and nursing students**

DFN currently supports six undergraduate medical students at Patan Academy of Health Sciences in Kathmandu. All students are from the remote west of Nepal. In 2018 all of the charity's students at PAHS passed their exams, and are doing well in their studies. They keep the charity updated with news of their studies, exams and practical placements, as well as family news. Three of the students are on full scholarships, and three are supported by the charity with living costs, laptops and exam fees. One of these three was added during the year; he is a PAHS full scholar but his family are unable to meet the living and studying costs, so DFN has undertaken to cover these so that he may continue with the course.

We also support four nursing students. Apsara and Binita are on a 3-year nursing degree course in Kathmandu, and Prabha is studying in Jumla, at the Karnali Academy of Health Sciences, in the remote mid-west. During the year the charity also undertook to support Yuna Shahi, who is studying nursing at Patan Academy Nursing College in Kathmandu, and whose father has been killed on a construction site in the Middle East. Without the support of DFN she would not have been able to complete her studies. Our nurses are bonded with DFN to return to remote areas to practice for a minimum of 2 years after graduation.

Our Jumla student was recruited in collaboration with PHASE (Practical Help Achieving Self Empowerment), an NGO that aims to empower isolated communities through health, education and livelihood opportunities.. Prabha was an auxiliary nurse midwife (lower level of health worker) with PHASE, and she will return to a remote area with PHASE to practice for a minimum of 2 years. This partnership both eases the selection process, and ensures appropriate employment for the graduate in a remote area. We intend to increase our support for training in Jumla, a remote and neglected area of the country.

Trustees have in principle decided to support midwifery training as soon as courses become available in Nepal. At present there is no degree-level midwifery training in the country, which contributes to the high rates of maternal and infant mortality in rural areas.

As our band of doctors, medical and nursing students grows, we must ensure that they can continue to thrive. Simple things can make a big difference - for instance, led by a trustee, supporters in Australia are funding a high-quality stethoscope for each third-year medical student. We also fund a trip back to visit their home district every year - an essential building block to success when they return to serve their communities, as relationships must be nurtured and maintained. The growing DFN "family" of doctors and students is mutually self-supporting; mentoring by older students can be an enormous help to new students who may for the first time be living days away from home and in an unfamiliar urban setting.

The annual trustee visit to Nepal is another vital link in nurturing the DFN family. During 2018 two of our trustees (Chairman Kate Yarrow and treasurer Nigel Lewers, as well as Cesca Eaton, our UK part-time Operations Manager) made a very successful short trip to see our medical and nursing scholars, and meet with our partners, including PAHS, KAHS and PHASE. This time spent face-to-face is absolutely invaluable in building and maintaining relationships, and appreciating first-hand their challenges and needs.

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 Nepal for their “elective”, and DFN has a formal process with PAHS, which arranges a placement for each student. Medical students visiting PAHS were mentored by our students there, and those in Kalikot were mentored by Dr. Nahakul - a mutual learning opportunity. The fees that PAHS charges for arranging electives are instead donated to DFN.

The activities of DFN will evolve in the future and may not be limited to the activities described above. As well as post-graduate education, midwifery training is another field into which the charity may be able to expand if funds are available. The charity continues 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.

## **4 Fund-raising and donations**

A huge thanks to all those who have given of their money, time and skills to support DFN during 2018. The charity would not exist without you - to quote Dr. Lalit: *"My sponsors are my living GOD... Thank you very much to all my sponsors!"*

Supporters again raised substantial sums by running the Brighton Marathon and Half marathon.

Others organised classical concerts in Lewes and Redhill, a story-telling evening by a professional storyteller who gives his time free, and fungus forays.

There were two more showings of the documentary film "Namaste - A Himalayan Journey".

The charity received support this year from organisations including BPL Global, Bryanston School and Minehead Rotary.

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 2017**

A summary of income and expenditure is given on page 9 below.

### **Income**

Over the year income from all sources totalled £73,000, an increase of over 20% from the previous year's £59,274.

Standing orders again increased, from £14,444 to £16,357. Income was boosted by a major donation from BPL Global, and other significant donations from individuals and organisations including Bryanston School and Minehead Rotary.

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 £60,299 to £63,322. Payment of scholarships for medical and nursing training totalled £27,028, a slight increase on the previous year. £13,624 was added to the reserve, which is now complete at £25,000.

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.

## **Reserves policy**

The charity had, at 31 December 2018, unrestricted reserves amounting to £51,192 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 Developments**

Support for existing students cost £27,028 in 2018. It is anticipated that about £31,000 will be required for 2019. All sums are dependent on exchange rates. In addition, funds will be required to support our first doctor in his post-graduate training.

It is hoped to increase the number of medical scholarships at PAHS by at least one per year, and to increase nursing scholarships at PAHS and KAHS, and this will increase significantly the need for fundraising. The forthcoming midwifery course at the Karnali Academy of Health Sciences offers Doctors For Nepal the opportunity to offer the first ever midwifery scholarships in Nepal, and we look forward to exploring this further in 2019.

The financial statements were approved by the Board of Trustees on .....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



## CC16a

31/12/2018

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<b>Total receipts</b>	<b>73,000</b>	<b>-</b>	<b>-</b>	<b>73,000</b>	<b>59,274</b>
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<b>Total payments</b>	63,322	-	-	63,322	60,299
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A5 Transfers between funds	13,624	-	-	13,624	11,200
A6 Cash funds last year end	16,509	-	-	16,509	18,154
<b>Cash funds this year end</b>	<b>51,192</b>	<b>-</b>	<b>-</b>	<b>51,192</b>	<b>16,509</b>

**Endowment funds**  
to nearest £

(agree balances with receipts and payments  
account(s))

### B3 Investment assets

Current value  
(optional)

**Current value  
(optional)**