

DOCTORS FOR NEPAL

Doctors for Nepal (“DFN”)

Trustees’ Annual Report and Unaudited Financial Statements

Year ended: 31 December 2017

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 David Lawrence (together the "**Trustees**")

Operational address

Dr Kate Yarrow

Highwell,

Hamsey,

Nr.Lewes,

Sussex BN8 5TD

Other contact information

info@doctorsfornepal.org

www.doctorsfornepal.org www.justgiving.com/doctorsfornepal

Twitter: [@DoctorsForNepal](https://twitter.com/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

There were no changes to the board of trustees during the year.

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). Our nursing students have been recruited through the charity PHASE, and are contracted to work with PHASE in a remote rural area for at least two years after graduating.

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, and ensure that it can continue to fulfil its obligations to its students.

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 eighth 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 students pledge to work for an agreed period post-qualification as doctors or nurses in rural areas of Nepal.

The provision of scholarships to medical and nursing students remains the key area of focus of DFN. During the year the charity awarded a new scholarship at Patan Academy of Health Sciences (PAHS) to an applicant from Kalikot District in the far west. In 2017 all of the charity's students at PAHS passed their exams - three students on full scholarships, and two whom the charity is supporting with living costs, books and exam fees. All students are from the remote mid-west of Nepal.

The first DFN scholar, who graduated in November 2012, has now completed his four-year bond to work in a rural area. During the year he continued to work as a doctor with the Nick Simons Institute in rural Nepal. He unsuccessfully applied for a government-funded place for post-graduate training at PAHS, and is investigating other avenues to post-graduate training in obstetrics and gynaecology. Trustees recognise that their graduates are likely to seek post-

graduate training in order to become more effective doctors, and are considering what financial and other support the charity may be able to offer.

The two scholars who graduated in 2015 have completed their in-house year at Patan Hospital, and are now at work in their home districts in the west. They continue to send the charity updates about their work.

Last year the charity broadened its scope into the nursing field, and began supporting three students starting 3-year nursing degree courses at Kathmandu nursing schools; they will then return to remote areas to practice for a minimum of 2 years. During this year one of the students dropped out of the course as she was offered a secure government nursing job, and she re-paid the charity the support she had received. Two students have been awarded DFN scholarships for the nursing course at Kalikot Academy of Health Sciences in the far west, which has the advantage of training students in or near their communities. In our nursing scholarship programme we continue to collaborate with PHASE, an NGO working in health and education; the scholars are recruited from PHASE staff, and will work with PHASE in remote areas after graduation.

In April two trustees had an intensive and productive visit to Nepal, meeting with students, doctors, PAHS and KAHS staff, government officials and NGOs. The trip gave trustees a deeper understanding of some of the wider issues and challenges affecting the DFN scholars and of current political changes affecting health provision, plus some insight into the measures being taken by the Ministry of Health to address problems of health provision in rural areas. Trustees met with various parties with which the charity may potentially collaborate. Our Nepal DFN team is a strong one, with excellent personalities developing, and a real feel of "togetherness" as a group of DFN scholars. All our doctors have taken on leadership roles in relation to the junior students, and it is clear that they are mentoring them well.

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 charity organised a number of fund-raising events during the year, including showings of the documentary film "Namaste - A Himalayan Journey", a sell-out concert in Lewes at which the professional musicians performed for free, and a "Just Walk" sponsored walk across the South Downs with about 20 walkers of all ages from 9 years to over 70. DFN supporters raised substantial sums in the Brighton Marathon and Half-marathon, and through film showings, storytelling, concerts and fungus forays. As well as directly raising funds, events such as film-showings and concerts raise the profile of the charity and usually result in standing orders, which are so important to the charity's financial planning.

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.

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 there.

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 2017, unrestricted reserves amounting to £28,330 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.

Last year trustees agreed that a reserve of at least £20,000 should be held, to ensure that student fees can be met, and during this year this earmarked reserve has been built up to £11,100.

Future Developments

Support for existing students cost £26,607 in 2017. It is anticipated that about £31,000 will be required for 2018. All sums are dependent on exchange rates. In addition, funds are likely to 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 continue with nursing scholarships, and this will increase significantly the need for fundraising.

5 Statement of Financial Activities for the year ending 31 December 2017

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

Income

Over the year income from all sources totalled £59,274, an increase of nearly 20% from the previous year's £49,491.

Standing orders again increased, from £9,811 to £14,444. One-off donations through Justgiving also increased. Donors are encouraged to confirm that they are eligible for Gift Aid, which substantially increases their donation, and the year's income was boosted by a 2 year Gift Aid claim.


A substantial new fund-raising effort during the year was a Global Giving appeal which netted £4,065.

Expenditure

Expenditure for the financial year decreased, from £70,432 to £60,198. Payment of scholarships for medical and nursing training totalled £26,607, down from £38,383 the previous year. Additional expenditure included an overdue re-vamping of the website (for which the web designer charged a much-reduced fee), and a stock of clothing with the DFN logo for marathon runners and students.

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.

The financial statements were approved by the Board of Trustees on 27 September 2018 and were signed on its behalf by:

 Recoverable Signature

X Anne E Yarrow

Anne E Yarrow (Secretary)

Signed by: Anne Yarrow



Nigel Lewers – Trustee and Hon. treasurer



CHARITY COMMISSION
FOR ENGLAND AND WALES

DOCTORS FOR NEPAL

1183411

Receipts and payments accounts

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For the period
from

01/01/2017

31/12/2017

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Standing orders	14,444	-	-	14,444	9,811
CAF donations	3,210	-	-	3,210	4,145
Easyfundraising	222	-	-	222	419
JustGiving	20,040	-	-	20,040	15,366
Global Giving	5,745	-	-	5,745	-
Gift Aid	4,498	-	-	4,498	-
Fundraising events	11,045	-	-	11,045	13,901
Other donations	70	-	-	70	8,745
Sub total (Gross income for AR)	59,274	-	-	59,274	49,491
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	59,274	-	-	59,274	49,491
A3 Payments					
Administration	10,841	-	-	10,841	11,407
Documentary film	-	-	-	-	7,381
PHASE scholarships	3,337	-	-	3,337	5,000
PAHS scholarships	23,270	-	-	23,270	33,363
Donations to PHASE	-	-	-	-	2,000
Trustee visit to Nepal	2,642	-	-	2,642	3,156
JustGiving	468	-	-	468	321
Global Giving appeal	1,680	-	-	1,680	-
Printing	425	-	-	425	1,090
Event fees	1,036	-	-	1,036	980
Travel expenses	-	-	-	-	138
Venue hire	110	-	-	110	192
Bank charges	26	-	-	26	245
Administration expenses	508	-	-	508	-
Website	1,500	-	-	1,500	-
Promotional merchandise	1,607	-	-	1,607	-
Reserve	11,200	-	-	11,200	-
Other fundraising costs	1,648	-	-	1,648	5,129
	-	-	-	-	-
	-	-	-	-	-
Sub total	60,298	-	-	60,298	70,432
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	60,298	-	-	60,298	70,432
Net of receipts/(payments)	- 1,024	-	-	- 1,024	- 20,941
A5 Transfers between funds	11,200	-	-	11,200	-
A6 Cash funds last year end	17,633	-	-	17,633	-
Cash funds this year end	27,809	-	-	27,809	17,633

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Working cash	16,509	-	-
	Cash reserve	11,300	-	-
	Total cash funds	27,809	-	-
<small>(agree balances with receipts and payments account(s))</small>				
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details			
B4 Assets retained for the charity's own use	Details			
		0	-	-
		-	-	-
		-	-	-