

DOCTORS FOR NEPAL

Doctors for Nepal (“DFN”)

Trustees’ Annual Report and Unaudited Financial Statements

Year ended: 31 December 2019

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

Katherine Church (until 16 March)

Dr. Richard Howell (from 13 July)

(together the "**Trustees**")

Operational address

Dr Kate Yarrow

Highwell,

Hamsey,

Nr. Lewes,

Sussex BN8 5TD

Other contact information

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

Twitter: @DoctorsForNepal

Bank account details

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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

In March Kath Church tendered her resignation from the Board, as she was not finding it possible to give enough time to fulfilling the role of a trustee in taking informed responsibility for the governance and management of the charity as a whole.

In July Dr. Richard Howell joined the Board. He is a semi-retired obstetrician-gynaecologist and brings a broad understanding of undergraduate and postgraduate medical education. He has worked for short periods in Africa, and lectured in India.

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 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 risks associated with the coronavirus pandemic are discussed in section 6 below.

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, nursing or midwifery 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/midwife/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 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, midwives 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, and support postgraduate medical education.

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 and Karnali Academy of Health Sciences (KAHS) in Jumla. Both colleges are dedicated to improving Nepal's rural health by training health workers for rural Nepal. They aim to produce graduates that will not only provide sorely 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 impoverished communities in Nepal. The charity is extending its collaboration with the relatively new college of KAHS, which has the great advantage of being nearer the home districts of our students, although its remote location does present challenges for trustee visits.

Our doctors

This year we continued to support our first doctor, Dr Lalit, through his post graduate training in Obstetrics and Gynaecology at the University of Cairo. He obtained a Nepal Government scholarship for this, and DFN is funding his living, travel and exam expenses, as well as offering mentoring support in what is a very challenging placement. We are extremely proud to announce that he passed his all-important (and extremely tough) Part 1 exams at his first attempt, and is well on the way to becoming the first ever postgraduate-trained doctor for his district. The scholarship includes a 5-year bond to work in Nepal, and DFN's support includes a bond to work for at least 4 years of these years in a remote rural area.

Dr. Lalit writes: *"After the 1st part result, everyone responds in a better way, as I am the senior resident now. I am given more responsibility and trust during work, and given priority to operate the emergency and elective cases. More duty hours, so very very busy (no off day officially)."*

During the year he flew home to Nepal for a visit that coincided with a trustee visit, and he gave invaluable help at meetings. He visited his former school: *"I visited my school, interacted with students from 9 and 10 standards. Many of them want to become a doctor or nurse. I encouraged them to prepare for the entrance examination of Karnali Academy (KAHS) after 10 Grade exams. I requested the teacher to help those students to fill in the form and get information about the entrance examination of nursing in Jumla."*

DFN continues to have two fully qualified doctors working back in their remote home districts of western Nepal during their bonded period for DFN. They are serving their communities and providing a vital service where health care is all but non-existent. They both face challenges on a daily basis from lack of resources and staff, and patients who may arrive after a journey on foot of several days. Communication with the doctors is not easy, because internet access is poor and they work long hours, but some news does filter through.

Dr.Meena writes: *"Here I am well working at Mugu district hospital. Five days ago I went to a community health camp where I saw very many female patients. A 35 year female had been suffering from a breast abscess for 2 months. On examination there were multiple sites of burst abscesses. She had been applying herbal medicine, which does not work. I asked her to visit our hospital. It takes two days by walking. On third day she came to our hospital and I did incision and drainage, and IV medicine was started. Now she feels more comfortable and improving day by day. If I had not examined her in the health camp, her suffering may have lasted for a long time. These kinds of cases are hidden in communities".*

Dr. Meena is hoping to apply for a MDGP course (postgraduate General Practitioner training), in which case she would complete the remainder of her 4-year bond after obtaining the qualification. DFN in principle supports their doctors in obtaining this kind of appropriate and necessary postgraduate training.

Dr. Nahakul has successfully gained another year's employment in Manma hospital in Kalikot district, which includes 10 weeks of training to become an Advanced Skills Birth Attendant. This will enable him to also do complex deliveries and Caesarean sections. He is finding that he is particularly popular with the locals, who all ask to see him for treatment, as he is known and trusted - one of the great benefits of medics returning to their own communities.

In March DFN was proud to announce its fourth Doctor for Nepal. Dr. Prakash is now working for a year as an intern at PAHS, and next year hopes to get a placement in his home district of Achham.

Our medical 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 2019 all of the charity's students at PAHS passed their exams, and are flourishing in their academic and extra-curricular activities. Three of the students are on full DFN scholarships, and three are PAHS scholars supported by the charity with living costs, laptops and exam fees.

They keep the charity updated with news of their studies, exams and practical placements, as well as family news. *Second year medical student Santosh recently went on a rural posting to Makawanpur District, where he contracted the potentially fatal infection Dengue fever. It was a stark reminder that our doctors are as vulnerable as their patients to the endemic diseases of Nepal, and the effects of basic living conditions. Fortunately he made a good recovery, and is happily continuing his studies.*

Our nursing and midwifery students: the Karnali project

DFN currently supports 11 nursing students and 2 midwifery students, training in Kathmandu or Jumla.

Trustees had stated their intention to increase our support for training at the new medical college (Karnali Academy of Health Sciences) in Jumla, a remote and neglected area of the country, and this year we were very fortunate to receive a major grant from the Texel Foundation, enabling DFN to extend and expand its work in the remote West. This Karnali project extends our mission from a primarily Kathmandu base, to consolidate and establish a cohort of health professionals in the Karnali Zone. DFN had already commenced the training of 2 nurses in Karnali in recognition of the pressing needs of this deprived and isolated rural area, and through this we have built strong relationships with the medical training college in Jumla (KAHS) and its management team.

The Karnali programme will over a three year period fund the training of a new cohort of DFN-funded nurses and midwives, and will complete the training of 2 nurses and one postgraduate doctor. During the year we recruited four nursing students to the nursing degree course at KAHS on full scholarships and one on a half scholarship, and two midwifery students to the new course at KAHS - the first degree-level midwifery course in Nepal. Trustees are keen to support midwifery training, as in Nepal there are high rates of maternal and infant mortality in rural areas. In addition the charity agreed to help an existing KAHS nursing student whose father has become very ill, so that she is unable to continue without extra funding.

DFN also supports 4 nursing students who are training in Kathmandu

Five of our nursing students were selected in collaboration with PHASE (Practical Help Achieving Self Empowerment), an NGO that aims to empower isolated communities through health, education and livelihood opportunities. This partnership both eases the selection process, and ensures appropriate employment with PHASE for the graduate in a remote area.

The Karnali project requires in-country administration and student liaison, especially because nurse and midwife students speak little English and have day-to-day support needs which are best met on-site. Again with the help of PHASE, we have this year recruited two part-time administrative staff with excellent English, based in Jumla. They are already proving invaluable in easing communication and supporting our students, and helping with trustee visits to Nepal. They helped organise the selection process for the Karnali project nursing and midwifery students,

which included "skype" interviews with trustees in the UK. This was quite a challenge from western Nepal, and Dr. Nahakul and student nurse Prabha also lent a hand.

This was just one example of how our DFN "team" is mutually supportive, with older students encouraging the newer ones. As well as vital financial under-pinning, the DFN scholars are getting a support network, with the self-confidence and self-respect that can bring. The annual DFN-funded trip back home is another essential element of student success, both to their well-being while they are studying, and to maintaining links with the communities to which they will be returning when qualified.

Trustee visits to Nepal are vital to nurturing the DFN team and keeping in touch with the situation in the country. During 2019 Kate Yarrow made a very intensive short trip to meet our medical and nursing scholars, and with our partners, including PAHS, KAHS and PHASE, and other potential partners. This time spent face-to-face is absolutely invaluable in building and maintaining relationships, and appreciating first-hand the challenges and needs.

Looking ahead

At present the Nepali government is re-thinking the selection and scholarship process for medical training at Nepali medical colleges. Until it becomes clearer how DFN can fit into the process, trustees have agreed to concentrate on supporting fully their existing students, including with postgraduate training if required. It is likely that the charity will increase its support for the new midwifery training programme, to help address the high maternal and infant mortality in rural areas. We are very conscious of our role in supplying on-going support and encouragement to our newly-qualified doctors, nurses and midwives, who have to work in extremely challenging conditions, usually with little equipment and few trained colleagues to support them.

4 Fund-raising and donations

As always, a huge thank-you to all those who have given of their money, time and skills to support DFN during the year. The charity would not exist without you. A quote from nursing student Binita: *"When I got my scholarship from DFN I was so happy and glad; my family also felt great. After my father died our financial condition deteriorated, so I am having difficulties with managing my finances."*

The charity is very grateful to the Texel Foundation for a generous three-year grant to enable the Karnali project. Other major supporters this year included Bryanston School and several individual donors..

Supporters again raised substantial sums by running the Brighton 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. 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 2019

A summary of income and expenditure is given on page 11 below.

Income

Over the year income from all sources totalled **£57,816**, a decrease of nearly 19% from the previous year's £70,973.

At £16,019, standing orders were almost the same as the previous year. Major donations decreased by about £5,000, there were fewer income-generating events and marathon runners, and a Global Giving appeal the previous year had raised over £1,000,

Donors are encouraged to confirm that they are eligible for Gift Aid, which substantially increases their donation.

Expenditure

Expenditure for the financial year decreased from £61,224 to £31,385. Outgoings in 2018 had included a final payment of £13,600 into the reserve fund. Payment of PAHS scholarships decreased substantially because about £9,200 of 2019 scholarships has been carried forward to 2020. Running costs of the charity decreased slightly this year.

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 2019, unrestricted reserves amounting to £77,623 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 financial commitments

Support for students cost £11,599 in 2019. It is anticipated that about £19,000 will be required for 2020, plus £10,480 owed for 2019 and £1,655 due for administration in Nepal. All sums are dependent on exchange rates. In addition, about £2,330 will be required to continue supporting our first doctor in his post-graduate training.

6 **Coronavirus and the charity**

In the current financial year (2020), the global coronavirus pandemic poses risks to the charity and its work which the trustees are keeping under review. In particular:

- Implications for fund-raising and other income: fund-raising events (eg marathons, concerts, auctions) have been a significant element in the charity's income, and are now affected by restrictions on gatherings etc. Because of the economic effects of the pandemic, and effects on confidence, donors large and small are likely to have less money available for charitable giving.

At the end of October 2020 DFN had cash reserves of £85,857, and projected income to the year-end of about £11,500 (standing orders and other committed income). Expenditure commitments to the year-end amounted to £21,429, and this sum includes payment of scholarship fees for 2021 for all current students. Taking into account the cash position and forecasts of expenditure and income including committed expenditure, the trustees are confident that the charity will be able to pay its liabilities as and when they fall due over the next 12 months from date of signing and therefore believe that the charity is a going concern.

- Implications for recruitment of additional students: although the charity has plenty of reserves to cover next year's commitments, trustees are considering carefully the extent it would be prudent to recruit further students at this time. The charity remains in close contact with training institutions, and is keen to support further midwifery scholarships as and when the opportunity arises.
- Effects on our students' teaching and training programmes: The training establishments in Kathmandu sent their students home in April at the beginning of national lockdown; the majority were able to reach their homes in their remote villages. From there, they are required to undertake their learning via web-based teaching tools. Some students were not able to reach their home before national lockdown, and have been housed with friends or relatives in Kathmandu. Students are experiencing difficulties with Internet coverage in remote areas, and there is the loss of hands-on "clinical" training which may have long-term implications for medical education during this period. The medical schools have yet to announce details of how they will enable the students to overcome this deficit in their clinical education.
- Postgraduate exams continue to be advertised and run nationally, and our doctors are continuing to revise and sit these exams where appropriate.
- Implications for safe working for our students and doctors: adequate PPE is in short supply in Nepal, and therefore trustees have organised a fund-raising effort (on-line auction) specifically to fund PPE for our students and doctors.
- Restrictions on travel to and from Nepal: the pandemic is making international travel more or less impossible, but the charity has good online links with PAHS and KAHS, its students and doctors, and its administrative staff in Nepal, and makes use of online meeting programs.

The financial statements were approved by the Board of Trustees on 30 October 2020 and were signed on its behalf by:

X 

Nigel Lewers
Trustee and Hon. Treasurer



CHARITY COMMISSION
FOR ENGLAND AND WALES

or Nepal

No (if any)

Receipts and payments accounts

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For the period from	01/01/2019	To	31/12/2019
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Section A Receipts and payments

	Unrestr cted funds to the nearest £	Restri cted funds to the nearest £	Endow ment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Standing orders	16,019	-	-	16,019	16,357
CAF donations	385	-	-	385	340
Easyfundraising	211	-	-	211	189
Justgiving	9,697	-	-	9,697	14,490
Global Giving	-	-	-	-	1,149
Virgin Money	524	-	-	524	-
Fundraising events	3,550	-	-	3,550	4,519
Other donations	26,991	-	-	26,991	31,921
Interest	14	-	-	14	-
Miscellaneous	425	-	-	425	2,008
Sub total(Gross income for AR)	57,816	-	-	57,816	70,973
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	57,816	-	-	57,816	70,973

A3 Payments

Administration UK	12,435	-	-	12,435	12,862
Administration Nepal	369	-	-	369	-
PHASE scholarships	4,263	-	-	4,263	5,000
PAHS scholarships	4,322	-	-	4,322	20,088
Graduate scholarship	3,014	-	-	3,014	1,940
Trustee visits to Nepal	2,414	-	-	2,414	2,263
Justgiving	216	-	-	216	328
Printing	120	-	-	120	877
Event costs	1,748			1,748	1,468
Travel expenses	-			-	110
Venue hire	1,060			1,060	373
Bank charges	203			203	92
Administration expenses	186			186	244
Website	154			154	-
Merchandise	422			422	387
Reserve	-			-	13,624
Other fundraising costs	459	-	-	459	1,568
Sub total	31,385	-	-	31,385	61,224

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-

Total payments	31,385	-	-	31,385	61,224
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Net of receipts/(payments)	26,431	-	-	26,431	9,749
A5 Transfers between funds	-	-	-	-	
A6 Cash funds last year end	51,192	-	-	51,192	41,443
Cash funds this	77,623	-	-	77,623	51,192

year end

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

Categories	Details	Unrestr cted funds to nearest £	Restri cted funds to nearest £	Endow ment funds to nearest £
B1 Cash funds	Working cash	52,609	-	-
	Reserves	25,014	-	-
		-	-	-
	Total cash funds	77,623	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestr cted funds to nearest £	Restri cted funds to nearest £	Endow ment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)