

# DOCTORS FOR NEPAL

**Doctors for Nepal (“DFN”)**

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

**Year ended: 31 December 2022**

**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. Richard Howell

(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](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**

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 a lawyer and former trustee of a school, 1 Trustee has long experience as a school governor, and 3 Trustees have experience working abroad.

The Trustees are also committed to personally raise funds for the charity.

During the year our UK Operations Manager, Cesca Eaton, reluctantly gave up her position due to the pressure of other work commitments. She has contributed a great deal to the charity, particularly in fund-raising and in supporting the Nepal team. She is succeeded by our new UK Operations Manager, Caz Winter, who is already making her mark on the successful running of 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, 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).

There is a risk of a student not completing their course for academic, social or personal reasons.

DFN is exposed to fluctuations in foreign currency as tuition and other fees for the 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, nursing or midwifery courses 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 deliver a tangible public benefit by helping improve health care standards in rural Nepal.

In 2022 the work of the charity resumed a more normal course after the two years of Covid 19 upheavals. Our students could return to their colleges after the disruption of on-line learning during Covid lockdowns, and there was no longer the need to fund PPE and other equipment specific to the pandemic.

DFN continues to fund and support medical, nursing and midwifery training at Patan Academy of Health Sciences (PAHS) in Kathmandu and Karnali Academy of Health Sciences (KAHS) in Jumla (in the far west of the country). Both colleges are dedicated to improving Nepal's rural health by training health workers in rural community medicine. 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 continues to extend its collaboration with the relatively new college of KAHS, which has the great advantage of being nearer the home districts of most of our students, although its remote location presents challenges for trustee visits.

As more of our medical students graduate, we are extending our educational support to their post-graduate medical training, which is essential if our doctors are to be effective practitioners. With regards to our growing band of nurses, an issue that arose during the year was the lack of government-funded posts in remote areas, meaning that several of our graduate nurses were having difficulty in finding posts for their post-qualification years of bonding. After a great deal of discussion and negotiation, we have agreed to create DFN- funded posts for them in the Far West of Nepal with two partner organisations: PHASE Nepal (with whom we have collaborated for a number of years), and the Oda Foundation, a charity co-founded by a native of Kalikot, which builds local leadership, and supports health and education for those who need it most.

### ***By the end of 2022 DFN had supported 27 scholars:***

- 1 qualified medical consultant (Obstetrician Gynaecologist)*
- 7 qualified doctors*
- 7 qualified nurses*
- 4 current medical students*
- 6 current nursing students*
- 1 current midwifery student*

### ***Our impact in the community***

*Our model means that when our scholars qualify, they serve the remote regions that are lacking in medical staff and resources, and thereby healthcare in Nepal is improved in a sustainable and measurable way. Our qualified doctors and nurses are currently working in the following districts: Kalikot, Mugu, Jumla, Humla, Doti, Surkhet, Gorkha and Kathmandu*

*In 2005, when the idea of DFN began, there were 0 doctors in the Karnali zone from that area. Today, DFN has produced 8 doctors from this region.*

### ***The impact of DFN doctors in just one month (July 2022)***

*1032 outpatients seen by 1 DFN doctor at Karnali Hospital, Jumla*

*1 doctor in Doti district treated 282 patients. 30% of these were children*

*1 doctor in Doti district assisted 30 births*

*0 cases of maternal mortality in Mugu District Hospital, where one of our doctors works in obstetrics.*

*12 ultrasound scans conducted in 1 day by 1 doctor.*

### **Medical equipment and resources**

Trustees had agreed in principle to fund clinical resources at the expanding district hospitals in the Far West where our qualified doctors and nurses are working, so that they can practice more effectively. We consulted them on what equipment they would ideally need and would have the largest impact on patient care, and early in 2022 launched the “Equipment Appeal”. This raised about £9,000, thanks to the generosity of DFN supporters, and in particular a £6,000 corporate donation. Equipment has been supplied to Kalikot, Jumla and Mugu Hospitals in the Far West where our qualified doctors and nurses are working, and PAHS Hospital in Kathmandu, where DFN students train. The items include two portable CTG (cardiotocography) machines (to record fetal heartbeats and uterine contractions during pregnancy), three Caesarean section operating kits, and three portable ECG (electrocardiogram) machines.

Additionally, £2,500 was given to PHASE Nepal for ultrasound equipment.

In practice, the procurement and delivery process proved difficult and time-consuming, so it has been decided that in future we shall make use of our partner NGO’s such as PHASE and Oda, which have experienced staff on the ground in Nepal. The equipment is now in place, and Dr. Lalit (our first DFN doctor) recently travelled to the hospitals to give training so that the equipment is used effectively.

*Dr Meena receiving the DFN-donated equipment at Mugu Hospital (right)*



*DFN nurse Parbati using a CTG probe (left)*



## **Our students**

During the year Jeevan passed his finals, to become DFN'S eighth doctor. He is currently undertaking his internship at Patan Hospital in Kathmandu. Our team of three medical students was joined by Man Darji, who is in his fourth year at PAHS. He was struggling financially because of new family health problems.

## **Our doctors and nurses**

Drs. Apsara and Kamal have obtained placements in their remote western home districts. They are both in their second year of DFN bonding. Apsara is working at Manma Hospital in Kalikot, and Kamal at Jumla Hospital.

Dr. Meena and Dr Nahakul have completed their four-year DFN bonds. Meena continues work in Mugu district, where she lives with her young family. Nahakul has returned to Kathmandu to study for postgraduate entrance exams. Dr Prakash is in the last year of his DFN bond, and works in Doti. All intend to apply for postgraduate training.

Our first DFN doctor, Dr. Lalit, has been working as a specialist in Obstetrics and Gynaecology in Surkhet Hospital, Western Nepal, since November 2021. He is the first-ever specialist O&G from his district. He has also set up a foundation to improve women's health, and is providing free care to impoverished women in a remote area by means of outreach services in Health Camps (more on Health Camps below). This is gaining national media interest. In exchange for his Government and DFN postgraduate scholarships, he is bonded to work for at least four years in a remote rural area of Nepal.

Binita Rai and Apsara Jirel, our first graduate nurses, have completed their bonded periods and continue to work with PHASE Nepal in the remote western region of Humla. Three other nurses, Prabha, Satya and Samina, are working their bonded periods with PHASE in Bajura and Gorkha districts.

During the year an issue arose with the employment of nurses in remote areas for their bonded periods (and beyond). KAHS and PAHS were unable to find government-funded posts for three of our graduate nurses; after a great deal of negotiation, they have taken up DFN-funded posts in the Far West with PHASE Nepal and the Oda Foundation.

**Trustee visits** to Nepal are absolutely vital to the effective work of the charity, to keep in touch with and build relationships with our students and graduates, and our partner training institutions and NGOs. In December this year our Chair, Dr. Kate Yarrow, Treasurer Nigel Lewers and new UK Operations Manager Caz Winter visited Kathmandu for the usual action-packed trip. They were able to meet with all the students, doctors and nurses based in or around the Kathmandu valley, and with PAHS and the Oda Foundation, but there was no time to travel to the Far West to visit KAHS and those working in remote areas.

Film-maker Gareth Taylor overlapped with the trustee visit for two days as he was filming another project in Nepal. He was able to film a number of interviews with DFN students, which will be used for a new promotional film about the charity. Film footage is a vital way to share our work, and has proved to be essential for effective fundraising.

The visit revealed some unexpected challenges with the employment of nurses in remote areas, and a satisfactory resolution would not have been possible without face-to face-meetings. .



*Trustee and student team-building day*

## **Electives**

An elective is a period spent away from UK medical school, giving the opportunity to experience healthcare outside the NHS. In 2022 DFN facilitated, through PAHS, the electives of three students from Bristol university. They spent time in Kathmandu and Gorka, and DFN organized their safe travel by jeep. In the months leading up to the trip, DFN helped them with communications with the medical school and advice about preparation. DFN also organized a group of our scholars to meet them at PAHS in order to welcome and support them. The group's elective fees were waived by PAHS and donated to DFN.

## **Looking ahead**

Under the new government procedures for the selection and funding of undergraduate and postgraduate medical students, the Government pledges to provide full or partial scholarships for the tuition fees of 75% of places, at both undergraduate and postgraduate level. The entrance exams are now nationalised; although there is no longer a system that positively discriminates towards students from marginalised backgrounds, a certain number of places at each medical school are allocated to students from disadvantaged backgrounds, such as remote areas. The allocation of students to a particular institution is decided nationally rather than by the individual medical schools. The courses continue to have a strong focus on community/remote medical care. There is still a need for DFN tuition fee scholarships to assist students from needy rural backgrounds if they are offered one of the 25% partial-funded, or 25% unfunded, places. There is no Government financial support for living and studying costs, so DFN has a vital role in providing subsistence scholarships that cover these additional costs, to enable applicants from poor rural backgrounds to take up their places.

DFN continues to offer help to existing students from remote areas who would have to drop out of their courses without additional financial support, because of changes in their family circumstances.

DFN is committed to supporting its doctors through postgraduate training, so that they can become effective practitioners, and leaders in medical care, and has assured Drs.Nahakul, Meena, Prakash and Apsara that DFN can potentially offer full scholarships, with a subsequent bonded period, if they are not offered government-funded places, and have to apply for training places at non-government (private) hospitals. There is currently a severe bottleneck with regards to the



small number of funded postgraduate places available, and therefore it is likely that DFN will be called on to fund postgraduate training of its doctors at private institutions. A generous UK doctor-donor has pledged to support Meena through her post-graduate training.

The issues this year with finding appropriate employment for nurses, and with purchasing and transporting equipment, have highlighted how vital it is to work in co-operation with other charities and NGOs in Nepal. We look forward to working with the Oda Foundation in providing nursing and midwifery scholarships for appropriate members of their staff, many of whom are dalits from very remote areas; Oda will then provide bonded employment, in posts financed by DFN. A generous DFN supporter has already agreed to finance one such scholarship.

One of the highlights of the trustee visit was a team-building exercise based around designing the content and delivery of a "Health Camp". These can be a very effective way of bringing healthcare to remote and under-served areas, and it is anticipated that we shall be initiating and supporting such initiatives by the DFN team in the future.

## **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.

The charity is particularly grateful to have received an anonymous legacy of £20,000. Another generous individual donated £10,000 towards a nursing/midwifery scholarship and the costs of the trustee visit to Nepal.

Two generous donations boosted the Equipment Appeal - a donation of £6,000 from FEST Medical Services, and a £1,000 individual donation.

Our annual story-telling evening by a professional storyteller moved into the atmospheric setting of Hamsey Church, near Lewes, introducing a new audience to the charity.

## **5 Statement of financial activities for the year ending 31 December 2022**

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

### **Income**

Over the year income from all sources totalled £68,229, a net decrease of nearly £10,000 from the previous year (which had included the very successful on-line appeal for covid equipment). At £15,061, standing orders again remained almost exactly the same as the previous year. .

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

### **Expenditure**

At £56,644, expenditure for the financial year was slightly down on 2021. Support for students amounted to about £15,000 (the same as the previous year). £10,664 was spent on medical equipment. Expenditure on student support was again relatively low, as we awaited clarification on future Nepali government support for medical and nursing training.

Costs continued to be minimised by much of the work being done by the trustees and other volunteers, who also covered most of their expenses. A part-time paid UK Operations Manager continues to give essential assistance with fund-raising, publicity, communications, and general administration. Our two invaluable part-time Nepali administrative staff in Kathmandu were funded by the Texel grant for the Karnali project up to July 2022.

#### **Reserves policy**

The charity had, at 31 December 2022, unrestricted reserves amounting to £138,831 in the bank account (much the same as at the end of 2021). 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.


In addition, the charity held £5,000 in a restricted fund, which was a donation specifically designated for a nursing/midwifery scholarship.

#### **Future financial commitments**

It is anticipated that about £10,000 will be required for support of existing students in 2023, and about £20,000 for administration and overheads. It is also expected that expenditure on student support will pick up again next year: now that the pandemic has passed and the future position on government support for medical and nursing training has become clearer. Trustees have already agreed in principle to allocate £20,000 for the living costs of additional students: £10,000 for postgraduate support; and £15,000 for clinical equipment. Funds will also be needed for students from remote areas who are not successful in obtaining government tuition scholarships for nursing training posts with our collaborators PHASE and Opa during nurses' bonded periods, and for new initiatives such as health camps.

All sums are dependent on exchange rates.

The financial statements were approved by the Board of Trustees on 9 July 2023 and were signed on its behalf by:



Nigel Lewis  
Trustee and Hon. Treasurer



**Receipts and payments accounts**

CC16a

For the period from	Period start date	To	Period end date
	01/01/2022		31/12/2022

**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 £
<b>A1 Receipts</b>					
Standing orders	15,061	-	-	15,061	15,716
CAF donations	455	-	-	455	445
Easyfundraising	292	-	-	292	184
Justgiving	7,346	-	-	7,346	30,799
Virgin Money	-	-	-	-	475
Fundraising events	4,316	-	-	4,316	3,947
Donation for equipment	-	7,000	-	7,000	-
Donation to support trustee visit	-	5,000	-	5,000	-
Donation for scholarship	-	5,000	-	5,000	-
Other donations	22,911	-	-	22,911	23,055
Electives	781	-	-	781	-
Nepal visit expenses	-	-	-	-	1,693
Interest on reserve	13	-	-	13	-
Miscellaneous	67	-	-	67	1,536
<b>Sub total (Gross income for AR)</b>	<b>51,242</b>	<b>17,000</b>	<b>-</b>	<b>68,242</b>	<b>77,850</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>51,242</b>	<b>17,000</b>	<b>-</b>	<b>68,242</b>	<b>77,850</b>
<b>A3 Payments</b>					
PHASE internships	3,181	-	-	3,181	3,333
PAHS scholarships	11,358	-	-	11,358	7,708
KAHS scholarships	407	-	-	407	3,013
Graduate support	-	-	-	-	967
Covid relief	-	-	-	-	15,000
PHASE Covid treatment	-	-	-	-	2,185
Medical equipment	1,164	7,000	-	8,164	-
PHASE medical equipment	2,500	-	-	2,500	-
Administration	13,282	-	-	13,282	9,203
Administration Nepal	75	-	-	75	631
PHASE administration	1,546	-	-	1,546	1,614
Visit by trustees and operations manager to Nepal	6,988	5,000	-	11,988	6,207
Filming costs	1,350	-	-	1,350	2,684
Justgiving	446	-	-	446	331
Printing	149	-	-	149	135
Event costs	156	-	-	156	608
Venue hire	160	-	-	160	-
Bank charges	285	-	-	285	424
Administration expenses	66	-	-	66	372
Website	363	-	-	363	284
Merchandise	293	-	-	293	891
Other fundraising costs	875	-	-	875	1,788
<b>Sub total</b>	<b>44,644</b>	<b>12,000</b>	<b>-</b>	<b>56,644</b>	<b>57,378</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>44,644</b>	<b>12,000</b>	<b>-</b>	<b>56,644</b>	<b>57,378</b>
<b>Net of receipts/(payments)</b>	<b>6,598</b>	<b>5,000</b>	<b>-</b>	<b>11,598</b>	<b>20,472</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>106,715</b>	<b>-</b>	<b>-</b>	<b>106,715</b>	<b>86,243</b>
<b>Cash funds this year end</b>	<b>113,313</b>	<b>5,000</b>	<b>-</b>	<b>118,313</b>	<b>106,715</b>

**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 £
<b>B1 Cash funds</b>	Working cash	88,277	5,000	-
	Reserve	25,036	-	-
	Cash	-	-	-
	<b>Total cash funds</b>	<b>113,313</b>	<b>5,000</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details			
	Balance of unspent Nepal expenses	595	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details			
		Fund to which asset belongs	Cost (optional)	Current value (optional)