

**Doctors for Nepal (“DFN”)**

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

**Year ended: 31 December 2013**

**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

Dr Stephanie Tilston

Anne Yarrow

Chris Yarrow

Dr Natalie Thurtle

Dr Rhian Edwards

Nigel Lewers (from 3 November)

(together the “**Trustees**”)

### **Operational address**

Dr Kate Yarrow

9, Clermont Terrace,

Brighton

BN1 6SH

### **Other contact information**

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

[doctorsfornepal@gmail.com](mailto:doctorsfornepal@gmail.com)

[www.justgiving.com/doctorsfornepal](http://www.justgiving.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**

All Trustees give their time voluntarily and receive no financial benefit from the charity. The Trustees bring wide and relevant experience to the charity. 4 Trustees are medical doctors, 2 Trustees have worked for Doctors without Borders, 1 Trustee is a member of the Board of Governors of a primary school, 1 trustee is a lawyer and 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 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 student may receive his or her final degree certificate until having served for at least 4 years as a doctor in a rural area of Nepal.

DFN is exposed to fluctuations in foreign currency risk as tuition and other fees for the medical students are paid in Nepalese rupees.

### **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 school in Nepal. In return, the students pledge to return to rural Nepal to practice medicine for a certain amount of time (4-5 years). 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 fourth 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, Lalit Shahi, graduated in November 2012, and gained a place on the Nepal medical register in December 2103. Trustee Kate Yarrow attended his graduation ceremony in Kathmandu in December. Lalit has been successful in obtaining a Ministry of Health post in Kalikot, his home District. The charity's two students at Patan Academy of Health Sciences (PAHS), Meena Kafle Chaulagain and Nahakul Shahi, passed their pre-clinical exams, and are now in their third year of studies. In December Prakash Joshi, from Acham, became the fourth DFN scholar.

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

We continue to help UK medical students to travel to Kalikot for their "elective", and DFN has now set up a formal process with PAHS, which arranges an urban and a rural placement for each student, the latter with a DFN doctor or student.

In 2013, fundraising activities included an open-air film evening in a Brighton square, and participating in events including the Royal Parks Half Marathon. A Surrey choir used one of its concerts as a DFN fund-raising event.

During 2013, a documentary film-maker offered his time to DFN to make a film about the charity and its work. Filming was completed during Kate Yarrow's visit to Nepal in December, and the

material is being used to create a film that can be used as a fund-raising tool for the charity, and to raise awareness of the plight of health services in rural Nepal.

Our main activities from 2014 onwards will include continuing to support students at PAHS; and to help our student and newly-qualified doctors in their clinical practice. In particular, we are keen to support the DFN scholarship recipients once they return to their communities. Our first area of focus continues to be Kalikot, which is located in the far West of Nepal, and where our first doctor is now in post. Dr Kate Yarrow, the Founder and Chairman of DFN, practiced in this community as part of a Doctors without Borders mission. Two of our students (Lalit Shahi and Nahakul Shahi) come from this area. It is intended to award another full-time scholarship at PAHS in 2014, if a suitable candidate is selected, and an additional half-scholarship if funds allow.

The activities of DFN will evolve in the future and may not be limited to the activities described above. In particular, the Trustees are 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 2013, unrestricted reserves amounting to £15,935 in the bank account, and owed PAHS £2,513, as shown on page 7 of these financial statements. 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.

#### **Future Developments**

Support for existing students will cost an estimated £12,300 in 2014. In addition, a new full scholarship at PAHS will cost £4,400 in 2014 and subsequent years, and a half scholarship £6,260 for the first year and £2,600 four successive years. 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 this will increase significantly the need for fundraising.

## **5 Statement of Financial Activities for the year ending 31 December 2013**

A summary of income and expenditure is given on pages 7 and 8 below.

### **Income**

At 31 December 2013 there were regular donations from 18 standing orders (an increase of three), totalling £3,047 in the year. It is hoped to increase the number of donations given this way. Sponsored events raised about £4500, the film show £814, and other fund-raising activities and donations totalled £4711. Many donations came through Justgiving, which reclaims Gift aid on the charity's behalf, but a formal recovery of Gift aid from HMRC on other donations was delayed until 2014.

### **Expenditure**

Expenditure for the financial year was limited because payment for training was delayed until March 2014, and marathon fees had been pre-paid in 2012. The main expenses of £2,876 were related to the chairman's visit to Nepal and film-making.

Costs were minimised by the majority of work being done by the trustees and other volunteers, who also donated most of their expenses.

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

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Chris Yarrow – Trustee and Hon. treasurer

Charity Name	No (if any)

### Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01-Jan-13		31-Dec-13

## 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	2,788	-	-	2,788	3,859
Donations through CAF(excl. Orders)	55	-	-	55	405
Fund-raising and other donations	10,233	-	-	10,233	13,595
Gift Aid tax refund	-	-	-	-	1,170
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	13,076	-	-	13,076	19,029
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	13,076	-	-	13,076	19,029
<b>A3 Payments</b>					
Student training payments		-	-	-	12,465
Bank and other charges	216	-	-	216	293
Promotional film	1,496	-	-	1,496	-
PAHS Nepal visit	1,377	-	-	1,377	-
UK administration	1,561	-	-	1,561	1,649
Fundraising expenses	59	-	-	59	3,538
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	4,709	-	-	4,709	17,945
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	4,709	-	-	4,709	17,945
<b>Net of receipts/(payments)</b>	8,367	-	-	8,367	1,084
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	7,522	-	-	7,522	-
<b>Cash funds this year end</b>	15,889	-	-	15,889	1,084

## 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>	Cash in bank	15,335	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	15,335	-	-
	(agree balances with receipt and payments accounts)	Agreement Emar	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	Details			
	Funds held by PAHS for future fees	Minus 2513	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Payments to PAHS in 2014		12,300	