

# NEW FUTURES NEPAL

## NewsLetter

Helping the disadvantaged people of Nepal

Autumn 2008



### Chairman's Report



**Namaste and a warm welcome to our latest newsletter. Amidst all the prevailing financial gloom I bring you some very good news.**

The last six months have seen two major trekking events which will contribute between them over £54,000 to the charity. The effort involved by all who took part in both treks, the sponsors, the organisers and the trustees has been phenomenal. You can read more about both events in the following pages. To all of you who sponsored, organised, trained, participated and encouraged us, my sincere thanks. The Harrison Trek will take place again next year at Castle Howard, Yorkshire on 20<sup>th</sup> June 2009. Please make a note in your diary now and join us at this entertaining event.

The month of October saw four trustees in Nepal and in Kalimpong. Three took part in the charity trek and Charles Barton undertook our annual audit and monitoring visit. The following reports on the children and our

projects are therefore bang up to date and make heart warming reading.

We trustees have also been reviewing our business plan for the next three years and our budgets reflect two particular increases. The first is the increasingly high rate of inflation in Nepal and in India. The unstable world markets have touched the poorest people first, pushing up the prices of staple foods such as rice and flour. We will have to try to increase our regular monthly income to cater for this.

The second increase in our budgeted expenditure is the provision of funds to support the older children in their transition to independent adulthood. This may be via further education or vocational training. In either case the cost is high, much higher than the cost of school fees. We are looking for sponsors to assist with these expenses. If you would like to support one of these children into their adult lives please contact Paul Crook, whose details are on the final page, or any one of the trustees.

The business plan and much more will be presented at our AGM to be held on Sunday 22<sup>nd</sup> March 2009 at the YHA National Forest, Derbyshire as part of our walking weekend.

There are just a few places left so if you would like to attend either the weekend or just the AGM please contact Andrew Small whose details are on the final page.

Our charity attains its outstanding results through your support and the hard work of our voluntary trustees and helpers. The tasks involved are too numerous to mention here, but imagine running a limited company entirely through voluntary help, whilst having to answer to and comply with the Charity Commission rules and regulations. If you would like to help us or indeed feel you have skills and experience to offer, please contact me. Again, my contact details are on the final page.

Finally, if you are looking to buy a Christmas present that will give pleasure and support a worthy cause, what better idea than our CD "Notes for Nepal". Charles Barton has produced an entertaining and eclectic mixture of music to entertain all age groups and satisfy all musical tastes.

May I take this opportunity to wish you a happy Christmas and a very rewarding New Year.

**Lynne McCutcheon**  
Chairman

## CASTLE HOWARD EVENT RAISES OVER £14,000!

**Over 250 walkers took part in the 2008 Harrison Trek for Children in Nepal held at Castle Howard on 21<sup>st</sup> June. An impressive total of £14,009 was raised to support New Futures Nepal's projects.**

The family event was generously sponsored by Yorkshire company S. Harrison Developments Ltd and involved a choice of three walks, from two miles to fifteen miles, in and around the grounds of Castle Howard. Participants ranged from members of the Ryedale Stroke Group, who negotiated the two mile walk in their wheel chairs, to several energetic teams from local businesses who made the fifteen miles look like a stroll in the park! The weather was kind to us for most of the day and participants were able to enjoy the magnificent views of the Howardian Hills and the picturesque gardens of Castle Howard.

On the day we received outstanding organisational support from the officers and soldiers of the 246 Gurkha Squadron, based at the Imphal Barracks in York. They



efficiently and effectively manned the road crossings and car park as well as monitoring the routes and organising a profitable and entertaining raffle. We were delighted that many of their wives and children attended the event, giving it a true Nepali atmosphere.

Trustee Colin Culley, who organised the day, would like to thank all those who participated and urges everyone to come along again next year, bringing as many friends as possible. He

has already won the support of Harrisons for the 2009 event and Castle Howard has agreed to host next year's walk again, which will take place on 20<sup>th</sup> June 2009.

Colin received a cheque on behalf of all walkers and supporters from Harrison chairman Martyn Harrison at the company's York office and the presentation was attended by representatives of the local Gurkha regiment based in Fulford, York together with their families. (see picture).

To obtain more information and register for the 2009 event visit [www.challenge4nepal.org](http://www.challenge4nepal.org). Or you can contact Colin on 01751 460250 or e-mail him on [info@challenge4nepal.org](mailto:info@challenge4nepal.org).



# THE HOPE CENTRE

## Children's health

Generally the children's health has been good over this past year with just the usual coughs, cold and stomach bugs as expected in children of their age. Tilak (Hope Centre Manager) takes them regularly to the local doctor for health checks and they are also seen very promptly by the doctor if they become unwell.



Anita

Following the surgery reported in our last newsletter Anita Shrestha has had further surgery aimed at improving her mobility. The aim was for reconstructive plastic surgery to her right foot stump to enable her to walk with provision of a special boot. The surgery took place in February 2008 in the Sushma Koirala Memorial Hospital for plastic and reconstructive surgery in Kathmandu.

Unfortunately, although the initial surgery went well, her wound became severely infected. As a result Anita had to undergo further surgery to amputate the infected part of her limb, leaving her with a below knee amputation. She recovered well from this surgery and is hoping to have a new artificial limb soon. Anita was in hospital for nearly two months, during which time her father stayed with her. We are sure you will agree she is a very brave little girl who kept smiling throughout (see photo). After recovering from her surgery Anita said she was very happy as she thought she would never be able to walk again.

## Physiotherapy

Whilst in Nepal for the charity trek, Tracey Burge (physiotherapist) and Helen Crook (paediatric Nurse) spent several days reviewing the disabled children's mobility problems. Time was spent teaching the helpers and staff at the home how to assist and encourage Umesh, Nirmala and Anita with specific exercises and stretches to improve their mobility and limb function. Contact has also been made through Tilak to fund and enable a Nepali Physiotherapist to visit the home for one hour each day to work with these children for a minimum period of three months.

Following discussion and assessment of Nirmala's mobility the purchase of a new improved prosthetic leg was agreed and arranged - (see article on the charity trek on page four). Umesh was given new supportive boots and a new walking frame for Anita was arranged.

Tracey and Helen will continue to keep in touch and review the children's progress.

## Education

The children continue to work hard in their studies at Vidya Byayam English High School in Kathmandu. In their April end of year exams all the children did well, passing with good grades. Special congratulations to the children who achieved high distinction grades. These were Umesh Bomjan, Kalpana Shrestha, Suman Shrestha, Sujan Bista and Samyok Sunawar.

This year is an important year for Nirmala Bandari and Anita Lama who are now in their final year at school and will sit their school leavers certificate in April. Tilak and Ram are planning with both girls for their future. Currently Nirmala wishes to study accountancy and Anita wishes to train as nurse. We are in the process of investigating the cost for these courses and college placement opportunities in Kathmandu. We will be working closely with the Hope Centre to seek appropriate ways to ease both girls into independent adult life and to facilitate achievement of their future careers and dreams. Watch this space!

## Other news

Following a request from the children at the Hope Centre, the courtyard now has a simple basketball pitch. The children are very happy with this and spend many hours practising their skills.



## Hornbeam House (Kalimpong)

All the children have settled well into the new home. They have formed strong friendships and help each other in all sorts of ways. Recently they celebrated a special ceremony together called Rakhi in which brothers and sisters tie a sacred thread around each others wrist and become firm family members. Betty and Arjun, the house managers, have given a warm family feel to the home.

## Children's health

Following their admission to the home all the children received a health check and some specialist advice was sought for those with specific problems. In particular Kritika had investigations regarding her speech problems and is now receiving weekly speech therapy. As a result her speech is slowly improving and her swallowing difficulties are reducing.

Gopal now has glasses to correct his nystagmus and has received vitamin A to correct his night blindness.

## Education

The children are very happy to be attending school, some of them for the first time, with others having had a break from schooling due to

their individual circumstances. Bishal, aged 13, who had to stop school when his parents died, cried as he put his new school uniform on, declaring he was so happy as he thought he would never get the chance to go to school again.

Providing long term care for ten such needy children is a huge and costly commitment. We need more sponsors urgently to take care of their education, health and general welfare until they are old enough to care for themselves.



# Financial Review

## Summary of the Accounts for the year ended 31st July 2008

Taking everything into consideration the year to the 31<sup>st</sup> July 2008 has been a good year in terms of fundraising. An increase of 20% over 2007 meant we were able to make greater distributions to existing projects and have the confidence to start considering and planning new projects. But inflation in Nepal and Northern India has remained high and it seems likely that the global recession will impact negatively for the next two to three years. Consequently we need to consider our reserves policy and reflect on long term commitments.

During the year, in addition to our ongoing support of the Hope Centre in Kathmandu, we funded the opening of Hornbeam House and the care, education and medical requirements of ten new children at the home in Kalimpong. We also funded the Clean Water Project to the school and local community at Bong Busty and made a significant donation to The Street Children of Nepal Trust to assist it with its programme in Kathmandu.

A summary of our figures for 2008 is set out below and our audited Annual Report will be available shortly. Please contact me if you would like to receive a copy.

### Overview

- The charity's net income increased by 20% and was able to support all its planned projects.
- We maintained our low administration cost of 0.86%, **meaning that over 99p in every pound is available for our charitable aims.**

### Income and Expenditure

- Despite the general increase in net income, New Futures Nepal experienced a 16% fall in unrestricted donations during the twelve month period. This was due mainly to a significant reduction in one off donations.
- Total net income for charitable application increased from £79,277 to £95,243, a 20% increase.

- However, due to the success of our Challenge 4 Nepal event at Castle Howard in June and our Charity Trek to Nepal in October 2008, overall income increased by 46%.
- This enabled us to increase distributions to charitable projects from £38,714 to £51,254 over the year, a 39% increase.

**I want to encourage all our supporters, whether you are individuals, groups, companies or organisations, to find new regular donors and consider organising a fundraising event, however big or small. And why not enter as a group or family the second Challenge 4 Nepal event to be held at Castle Howard in June 2009 and make it an even bigger success than this year's.**


**My thanks to everyone for your wonderful support.**  
**Paul Crook**  
Treasurer and Trustee

## Hornbeam Water Project (Kalimpong)

This project, generously sponsored by Hornbeam Ivy Ltd, involved laying 1,000 metres of pipe-work from a clean-water source down to the Deaurali Primary School in the extended mountain village of Bong Busty.

A network of pipes and holding tanks connected the village to a clean water source higher up on the hill. The project was completed in February 2008 much to the delight of the local school and villagers.


Having clean running water at the school will help transform both the health and hygiene of all the children and can also be used by the neighbouring villagers who previously had no clean running water.



## Notes for Nepal

*A cocktail, an eclectic mix, of music from humorous to serious. Local and professional musicians providing a hint of jazz, a flurry of folk, a touch of contemporary along with something to make you smile. BUT all in a good cause.*

*Your purchase will be a direct donation to New Futures Nepal's 30 orphaned, disadvantaged, disabled children & their carers.*

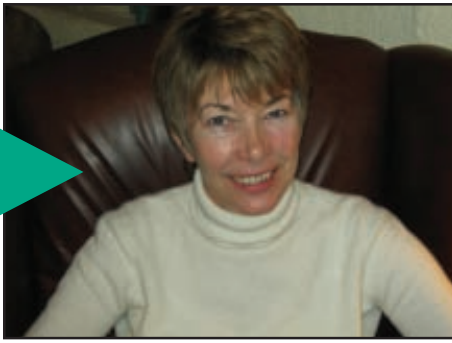


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**New Futures Nepal**  
[www.challenge4nepal.org](http://www.challenge4nepal.org)  
[www.newfuturesnepal.org](http://www.newfuturesnepal.org)  
Reg Charity 1098661



## Trustee Profile



Each issue we will be profiling one of the trustees who volunteer their time to the charity. This issue we hear from Lynne McCutcheon who chairs the charity. Lynne lives near Carcassane in the south of France but comes back to England regularly to visit family and friends and attend trustee meetings.

### How I got involved with New Futures Nepal.

In 1989 I went with my husband on our first trek in the Annapurna region. It was a revelation - so much beauty, such generous, noble people amid such grinding poverty.

In 2000 I did another trek to the Annapurna Sanctuary with my husband and a group of friends. Our guide was Ram Thapa and we became friends. We were once again moved by the poverty of the majority of the Nepali people and touched by their warmth and generosity. Like many others we wanted to help but didn't know where to start. Ram kept in touch by email and in 2001 he visited the UK as our guest. He told us of his involvement with a refuge for disabled and orphaned children and his problems in finding finance to run it. He was using his trekking tips to subsidise the refuge.

We had to find a way to help. My family, friends and work colleagues agreed to get involved and we plunged into fund raising. Word spread and many people gave up their time and money. The following year another of Ram's trekking groups were moved to do exactly the same as us and in 2002 we joined forces. In 2003 we formed a charitable trust.

I am very proud of our achievements to date, having raised nearly £500,000 in the last five years.

### How I see New Futures Nepal five years from now.

I want all our current projects to continue but I am particularly keen to secure funding for the transition of the older children to an

independent life. I am also aware that some of the children will need care for the rest of their lives, so it would be good to start an endowment fund to provide for them. Where do we stop? The need for aid will always be there and we can't ignore it.

### My favourite Nepali word.

It has to be Namastey – it always gets you a smile in return!

If you are interested in getting involved with the charity please see the contact details at the end of the newsletter or go to [www.newfuturesnepal.org](http://www.newfuturesnepal.org).

### Charity Trek to Nepal

A group of 20 supporters and trustees recently completed a seven day trek across the Himalayas to raise money for New Futures Nepal.

### What did the trek comprise?

A twelve day visit to Nepal, visiting Kathmandu and the Hope Centre with seven days trekking.

### How many went on the trek?

There were twenty in all. Some were long-term supporters of the charity while others were new to us, but all of them were interested in seeing our work. The trekkers were from all walks of life and there was a mixture of age ranges from fourteen to 69. Many had not been to Nepal before.

### Where did the trek take the group?

Through the Annapurna region in the foothills of the Himalayas, experiencing the beauty and culture of Nepal and climbing to nearly 14,000 feet, with the reward of stunning views of the Himalaya.

### What was the trek's purpose?

Apart from providing a challenging and memorable holiday for the group the trek raised money for the charity. Trekkers were required to secure their place with a registration fee of £300, then to raise a minimum sponsorship of £2,500. Once trek fees and flights were paid the balance raised went directly to New Futures Nepal to fund our

projects. The trek used local people entirely through Ram Thapa's own registered trekking company 'Destination Himalaya', cutting out payment to a 'middle man' or large corporate bodies. This meant all the benefit will go directly to Nepali people, providing paid work for sherpas, porters, lodge owners and many more. The remainder will improve the lives of the disadvantaged and disabled children and adults at the Hope Centre and Hornbeam House as well as other projects that our charity supports.

### How was it organised?

Paul Crook managed the financial organisation, dealing with sponsorship and gift aid etc. Tracey Burge took charge of arranging flights, insurance, liaison with trekkers and collating general advice. Helen Crook liaised with Ram in regard to general organisation in Nepal, including trek logistics, route planning, and the all important T-shirts for trekkers!

### And the result?

The trek surpassed all fundraising expectations, raising a total of over £40,000. Well done to the trekkers for their hard work in raising such a fantastic amount of money. This will be used to benefit both current and future projects. As just one small example, we have identified and agreed to use some of the money to replace the worn flooring in the children's bedrooms at the Hope Centre with hard wearing carpet. We have also funded a new prosthetic leg for Nirmala at a cost of £500. It is more lightweight, adjustable and cosmetically improved. Nirmala is delighted and we hope it will improve her gait and confidence for the future.

Thank you to all those who participated and fundraised and also to everyone who sponsored the trekkers.

### Some of the feedback:

To come.

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## New Futures Nepal

Helping the most disadvantaged people of Nepal

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Visit our website: [www.newfuturesnepal.org](http://www.newfuturesnepal.org)