

NEW FUTURES NEPAL

Registered Charity No 1098661



ANNUAL REPORT 2009



Helping disadvantaged children and adults of Nepal

Chairman's Statement

Because of the world financial crisis this has been a challenging year for all of us and the charity was no exception. But thanks to your continued support we have managed once again to meet all our commitments to our projects in Nepal.



Our major fundraising project for 2010 is 'Hornbeam Virtual House'. Its aim is to raise £100,000 to build a purpose built children's home in Kalimpong in place of the rented accommodation we have at present. You can read about it here - then go to our website www.newfuturesnepal.org/buyabrick for more information. And please encourage all your contacts and friends to do the same.

But that isn't our only challenge in 2010. More of the children at our present homes will be approaching further education with costs much higher than ordinary school fees. We hope many of you will be moved to support these older children by sponsoring them individually.

Looking further ahead, Tracey Burge has volunteered to organise another Nepal Charity Trek in 2011, this time to the Everest region, and it promises to be exceptional. Read about it on page 7 but, if you want to join this adventure of a lifetime, you need to register as soon as possible!

None of our achievements this year would have been possible without your long-term help and continued donations and sponsorships. My special thanks to everyone involved in the year's very successful fundraising events and particularly to Martyn Harrison for sponsoring and Colin Culley for organising the Harrison Trek at Castle Howard in June which raised over £12,000!

Lynne McCutcheon
Chairman and Trustee

New Futures Nepal launches 'Hornbeam Virtual House'!



Hornbeam House, our second children's home is situated in a Himalayan town close to the Nepalese border in Northern India. The area has a high concentration of Nepalese people, including orphaned children who crossed the border in the last decade due to the difficulties in Nepal. However, the home is rented and we have only until October 2010 to find alternative accommodation.

Our experience has shown that moving homes is unsettling and distressing for abandoned children and so we want to build a permanent new home for them. But this needs funding, which is why we are launching 'Hornbeam Virtual House' on our website (www.newfuturesnepal.org/buyabrick).

We hope by the time you read this article you can go straight to the website and watch the house grow. But for that to happen we need everyone, plus their family and friends to buy one, two or a thousand bricks! There is also a shopping list of items required for the house, so if you want to buy for someone you love a different and worthwhile present, why not choose to buy them a bed, a cooker or a dining table at the 'Hornbeam Virtual House'.

Please visit the site, then email all the contacts in your address book asking them to do the same thing. If everyone participates, we could even be laying the foundations of the real Hornbeam House by this time next year. It's a massive undertaking but we can do it. Let's use the power of the web!

Help us to help them...

a personal message from Trustee, Andrew Small

We all know that families provide the first line of care and protection for children and that the further children are from their families, the more likely they are to face abuse. In Nepal there are estimated to be over 800,000 orphans. Although most live with other family members, many thousands, especially in urban areas such as Kathmandu, are abandoned to a life on the streets where they are left unprotected from violence and sexual exploitation, are at greater risk of contracting HIV/AIDS, and are easy targets for traffickers and drug peddlers.

Nepal has institutional care facilities for only a small number of orphaned children and most provide only the most basic care with untrained staff, crowded conditions, and little chance for recreational activities. By helping New Futures Nepal, you help combat this tragedy. Homes such as the Hope Centre and Hornbeam House cannot fully take the place of family life but they can and do provide the continuity and security of a loving

and caring environment, with guidance in the development of the vital social skills needed for successful integration with the community and independence.



If you can find the way to increase your annual giving by even just a few pounds you will be giving at least one more child in Nepal the chance of a better life. To increase your donation please email me at info@newfuturesnepal.org. Thank you.

Andrew Small
Trustee

New futures for Anita and Nirmala



Anita's story

Anita came to the Hope centre in 2007 aged 6 years. As a baby she had been badly burned, resulting in severe scarring and damage to her legs and feet. She could not straighten her legs to stand upright and was only able to crawl on her knees. Her family was unable to afford any medical treatment and her mobility was severely restricted.

Following her mother's death, her father found it increasingly difficult to care for her and contacted the Hope Centre in search of a better future for his daughter. Subsequently Anita has bravely endured several operations aimed at reducing her scarring and improving her mobility. Throughout this time she has shown great courage and strength of character and is always smiling and full of energy.

After her first stage of surgery she was able to stand upright and walk with a bamboo frame and now she is the proud owner of a pair of special boots and a prosthetic limb, enabling her to walk unaided for the first time in her life.

Her father, who still visits her, is thankful for the care and support she is receiving at the Hope Centre. As a result of her operations and her continued education she has now the chance of a better future.

Nirmala's story

Nirmala is one of the older girls at the Hope Centre. When she was 12 years old she was involved in a truck accident which killed both her parents. Both of her legs were badly injured in the accident; while her left leg required amputation, her right knee was crushed and continues to give her intermittent pain. When we first met Nirmala she was using a wooden crutch to move around.

Over the years New Futures Nepal has funded orthopaedic assessment and treatment, including the provision of several artificial legs as she grew, enabling her to discard her crutches. Having an artificial leg improved her mobility as well as helping to increase her confidence and self esteem.

However, Nirmala continued to walk with a pronounced limping gait largely due to the weight of her artificial limb and the need for some specific physiotherapy. New Futures Nepal, with the help of supporters' funding, was able to provide physiotherapy for her and purchase an improved lightweight and more aesthetically pleasing limb which can be adjusted as she continues to grow.

The combination of physiotherapy, the new limb and Nirmala's determination means her dream of walking more normally has been realized.

Nirmala is now aged twenty and is about to leave the home to embark on higher education and an independent adult life. Through your support and the hard work of everyone at the Hope Centre, Nirmala has a new and better future. We wish her well for the future.

A personal message



... from two of our children

The extract below is from a letter written by Nirmala Bhandari and Anita Lama, two of our older children. It describes what New Futures Nepal is all about - helping children to develop into independent adults by providing a loving family home, medical care when

needed, education and support. You can read their full letter on www.newfuturesnepal.org/whatwedo/hopecentrenews.

'We are really heartily grateful to NEW FUTURES NEPAL and the HOPE CENTRE family as they help us to change our life. The Hope Centre has provide us proper education, good health, teach us how to use our rights and perform our duties in a good manner and in a proper way and help us how to live with a positive thoughts and adjust in society. So, we are very thankful to everybody, Hope Centre and as well as to New Futures Nepal family.

Thank you,

Anita Lama and Nirmala Bhandari, Hope Centre, Kathmandu'

Help us to help Sapana

The Hope Centre has recently become home for two new children. One recently orphaned boy aged 12 years and a six year old girl with disabilities.

The little girl, Sapana, is in need of reconstructive surgery to her deformed left ankle and foot to enable her to walk more easily. She will need several stages of surgery and limb lengthening to correct her deformity and this will cost around £1,500. We hope to commence her surgery soon as without correction her deformity will worsen as she grows and cause her greater problems for the future.



We need people to help raise the £1,500 towards her surgery. Can you help us by holding an event, doing a sponsored walk or fundraising in any other way?

The Hope Centre goes green

Prompted by continual shortages of electricity and fuel, rising prices and the need to encourage and provide a more environmentally friendly, sustainable and cheaper way to overcome these problems the Hope Centre now has solar lighting and a new fuel briquette cooker.



Solar Lighting

Those of you who have visited Nepal will know that many areas do not have electricity, while those that do, such as in the capital Kathmandu, have frequent power cuts due to insufficient generating capacity for the number of people requiring supplies.

Although Nepal has plenty of areas that could produce hydro electricity it does not have the finance or resources to harness this power source. Consequently electricity remains an expensive and unreliable luxury that most people can't afford. More recently the power cuts have become longer and more frequent due to reduced water levels at the few existing hydro electric plants and in the dry season civilians and business have been experiencing power cuts of **16 hours per day!**

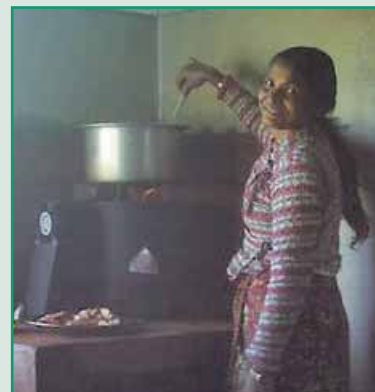
The Hope Centre was no exception. Fortunately we had the use of an emergency generator generously funded by one of our supporters, but this is expensive to use and the children and carers struggled to continue their daily activities. For example the children were getting up at 4.00 am to study prior to school as it would be too dark on their return to do their homework.

It is expected that this situation will continue each year until Nepal is able to generate enough electricity and even with foreign aid it is thought this may take at least five to ten years. As a result New Futures Nepal has begun to look at alternatives. We decided on a solar

system which would provide 120 watts of power, enough to run twelve lights and the computer. To cover the cost we held a specific fundraising event at the Kathmandu restaurant in Bristol. Thank you to all those who supported the event as the home now has an efficient, cost effective reliable and sustainable source of electricity.

Briquette Cooker

Although many homes in Nepal traditionally use open wood fires for cooking these cause respiratory problems, increase the risk of fire and have consequences for the environment in terms of air pollution and deforestation.



As an alternative the use of kerosene stoves was encouraged by the government, but since 2002 people have been experiencing hardship due to shortages of kerosene and the rising price of cooking fuel. The Hope Centre was no exception and we began to investigate the option of alternative cooking devices for the home.

Solar cooking was explored initially but it was not considered to be viable for the home and briquette cookers were suggested as a better option. Briquettes are relatively cheap to purchase but they can also be home-made from a variety of waste materials including clothing, paper, rice husks or sawdust and the Hope Centre does both.

The new briquette cooker and vent for cooking fumes was installed in October 2008. The result - a cost-effective source of fuel and an environmentally friendly way of reducing household and other urban waste. You can find more information and pictures on our website at www.newfuturesnepal.org.

Health Project Nepal - congratulations to Helen & Tracey!

Helen Crook (Trustee and community children's nurse) and Tracey Burge (physiotherapist) have been awarded grants by the British Medical Association to facilitate their trip to Nepal in April 2010. The grant was awarded in recognition of the charity's work in aiding disadvantaged children and adults and Helen and Tracey plan to build on their work from previous visits.

They will review the children's health, initiate treatment plans for the disabled children, train the carers in the homes in health promotion and first aid and transfer knowledge and skills as required.

They also aim to increase links with local health professionals for the future.

Financial Review

Summary of the Accounts for the year ended 31 July 2009

'Annual income twenty pounds, annual expenditure nineteen pounds nineteen and six, result happiness.... Annual expenditure twenty pounds ought and six, result misery'

David Copperfield (Charles Dickens)

- In July 2008 we reported that the income of New Futures Nepal was likely to be significantly reduced due to the effect of the anticipated global economic recession on both our individual supporters and our commercial sponsors.
- As it turns out, we were right to be concerned when reviewing our reserves policy. However, it is probably true to say that the depth and breadth of the global recession caught the whole world by surprise.
- The global slowdown and its knock-on effects have been greater than many had envisaged.
- Inflation in Nepal was 12.9% in the last year (20% over the past two years). This is mainly due to the escalating price of imported fuel and food from India.
- Our financial year to the 31st July 2009 was a tale of two halves. A fantastic start with contributions to funds of approximately £43,000 from the 'Charity Trek in Nepal' and over £14,000 from the 'Challenge4Nepal' event at Castle Howard.
- However, due to the global economic recession, the second half of the year was a real challenge with a significant drop in

income and the cancellation of several regular donations. This resulted in the charity having to use £22,050 of its precious reserves to meet project commitments.

- With a reduced income and increasing project costs the charity is looking at new ways to increase fundraising, whilst remaining prudent with project funding and without compromising standards.
- The trustees continue to review regularly the financial health of the charity and have acted to safeguard the future of the charity and its existing projects and commitments. Several fundraising projects are planned which it is hoped will help restore the charity's income and reserves.
- The trustees are of the opinion that, because of its prudence last year, the charity has sufficient income and reserves to see it through the next two years. It is anticipated that by 2011 global economic conditions will have improved and charitable giving may be more favourable to smaller niche charities such as New Futures Nepal.



A summary of our figures for 2009 is set out below

- The Charity continued to contain its administration and management costs to 1.7% of net income, meaning that 98.3p in every pound is available for our charitable aims.
- Total net income for charitable application reduced from £95,504 to £41,146, a 56.9% decrease.
- Despite a fall in income, New Futures Nepal was able to fulfil its project commitments with an increase in its distributions in furtherance of its charitable projects from £51,784 to £61,888 a 19.5% increase.
- A Book-keeper has been recruited during the year to assist the Treasurer with the management of the charity's finances and migration of its financial management information to the Sage Online 50 for Charities software system. This will speed up financial reporting and production of management information.
- Total reserves as at 31 July 2009 were £103,758 (of which £60,726 was restricted to meet known commitments.). This leaves reserves of £43,032 appropriated for the Hope Centre and Hornbeam House projects, representing just under one year's project costs.

Whether you are an individual, a group, a company or an organisation able to organise a fundraising event or give assets and cash, however big or small - please help us to help the children in the Hope Centre and Hornbeam House.

Thank you and I look forward to hearing your success stories during the next twelve months.

Paul Crook
Treasurer and Trustee



**New Futures Nepal
needs you now!**

Harrison Trek raises over £12,000 and still growing ...

The Harrison Trek for children in Nepal took place in the grounds of Castle Howard, North Yorkshire, on Saturday 20 June 2009. Now an established and popular event on our calendar, this important fund raiser attracted more than 350 supporters, almost double last year's total, and raised £12,100. In a period of recession, this is an admirable achievement and it is interesting to note that participants came from as far afield as Scotland and Cornwall. This is the second year that the York based company S Harrison Developments Ltd has sponsored our event and the total raised from the two treks is an impressive £26,011.

a rousing Gurkha send off



Once again we were privileged to have the backup of 246 Gurkha Signal Regiment from York who, along with their families, provided invaluable support both in the base camp as well as on the walks. They also served traditional Nepali food which proved to be extremely popular and added significantly to the fund raising. Participants enjoyed a choice of walks in and around the grounds of North Yorkshire's famous stately home,

Castle Howard, and trekkers received a fitting send-off when a piper from the Gurkha regiment led them on their way. At the base camp there were a number of quality stalls and we were particularly pleased to see local scouts and cubs represented this year. The Castle Howard Gardens were the finishing point where all the participants were able to relax in the wonderful surroundings at the end of an exhilarating day.



Said Martyn Harrison, whose family joined him on the trek, 'The New Futures Nepal team have managed to create a real carnival atmosphere at base camp. Those participating were not only raising funds for a very worthy cause, they were clearly having great fun doing it at what was a truly child-friendly event.'

thanks to our sponsors and organisers

Our special thanks go to Martyn Harrison but also to the trek organiser, trustee Colin Culley, and the Yorkshire Support Group (Bill & Jill McPate, Chris Hearn, Colin Linley, Janet Locke, Sandra Culley, Roger Othick, Maggie Walsh, Jack & Therese Walton) for once again making the event such a success. Next year's trek at Castle Howard will take place on Sunday 20 June. So why not join us and put the date in your diary. You can register your interest at www.newfuturesnepal.org or go directly to www.challenge4nepal.org.

Charity Golf Tournament

New Futures Nepal and The Street Children of Nepal Trust, co-hosted our first ever Charity Golf Tournament at The Kendleshire Golf Club, near Bristol on 1 October 2009. The event was a great success raising £5,670 for the charities. Fifteen corporate and private teams took part and it was a truly International tournament, with players from Trinidad, Zimbabwe, Sweden, Scotland, Wales, England and the USA.

After bacon rolls and coffee on arrival, there followed an 18-hole tournament, during which players were seen to drive, slice, hook, putt, birdie and eagle, arriving back at the 19th hole for a well deserved drink. In the evening there was a prize giving dinner for the players and guests and an auction of some really fantastic items donated by various businesses, including a balloon flight and an overnight stay in a top class London Hotel.

Thanks to the many people and organisations for supporting us and helping us to stage this event. We would also like to thank the players and the teams for entering and supporting the event and making it so much fun. A provisional date of 7 October 2010 has been set for next year's Charity Golf Tournament. If you are interested in entering a team of four players, please let Paul Crook or Andrew Small know as soon as possible by e-mailing info@newfuturesnepal.org.

2009 YHA Walking Weekend & AGM

For the last four years we have organised a Youth Hostel (or B&B) Walking Weekend which provides an opportunity for supporters to meet the trustees and attend our Annual General Meeting. This year it was held at the brand new National Forest YHA near Ashby de la Zouch in Derbyshire. Nearly sixty supporters attended including members of the New Futures Nepal 2008 Charity Trek meeting for their first reunion.

The main walk started at the hostel and followed a circular route passing through a mix of very new plantations which needed the imagination to be seen as the forest of the future to other centuries old countryside and villages. The homeward bound route took us through Birchington House to Netherseal where, in the late 1800s, a large colliery produced 500 tons of coal per day with around 500 men employed. The evening was a chance for supporters to meet and enjoy each other's company over dinner and on Sunday morning we held our AGM, more details of which are to be found on our website, www.newfuturesnepal.org.

The 2010 Walking Weekend will take place from Friday 19 March to Sunday 21 March at the YHA Ilam Hall, Ilam, Ashbourne, DERBYSHIRE. Ilam Hall is a large country house and accommodation is of a very high quality. The break will include dinner on Friday and Saturday nights and breakfasts on Saturday and Sunday. Contact Andrew Small for more details at andrewsmall64@aol.com.

Register now for the New Futures Nepal Charity Trek

Following our very successful charity trek in Nepal in 2008 we are delighted to announce the next charity trek will take place from 9 - 20 February 2011.

Last year 20 enthusiastic supporters trekked through the Annapurna region of the Himalayas, experiencing the stunning views of the Himalayas and culture of Nepal and climbing to nearly 14,000 feet. They were from all walks of life with an age range from 14 to 70 years of age and many had not been to Nepal before. These fantastic people surpassed all fundraising expectations and raised between them over £43,000 for the charity.

Already we have ten people registered for the 2011 trek and we would love you to join us.

It promises to be a superb 11 day experience, which includes 6 days trekking to Thyagboche in the Everest region of the Himalayas to a maximum altitude of 3,800m, a tour of Kathmandu and a visit to the Hope Centre to meet the children and our team who work there.

The trek uses hotels and trek lodges as accommodation and employs only local people, thereby putting more money to where it counts, in Nepalese wages. And the money you raise



will improve the lives of many disadvantaged and disabled children and adults in Nepal.

For more information and to obtain a booking form visit www.newfuturesnepal.org/about-us/fund-raising. Or you can email Tracey Burge, the trek organiser, at info@newfuturesnepal.org or call her on 01842 810399.

You can secure your place with a registration fee of £400. Then you have a whole year to raise the further sponsorship of £2,800.

Go on, do it today and make 2011 your year to remember!

Recycle your used ink cartridges and old mobile phones and raise money for New Futures Nepal in the process!

Here's how ...

We have set up a link through Greensource Solutions based in Bristol who recycle used mobile phones and used ink cartridges. It's easy and free! You collect and send your used ink cartridges or old mobile phones in designated free post bags. In return the charity will receive a quarterly payment based on the number of items recycled. The payment per item is small, so the more you collect and the more people who collect on our behalf the better.

How do I collect and send the items?

With this newsletter you will have received a free post bag with our charity logo on it. (If you did not receive a bag or would like more bags please contact us on info@newfuturesnepal.org). When you have filled your bag, send it free post to the address on the bag. Please also put your name and address on the bag so that you can be logged on to their database and a new bag will be sent back to you to continue collecting on our behalf.

Which items can I collect?

Small inkjet cartridges and mobile phones can be collected and posted in the freepost bags provided. Larger laser jet cartridges would require courier collection (see below).

Can my business collect for New Futures Nepal?

If you are a business or large organisation and can recycle your larger ink cartridges. Please contact us by email: info@newfuturesnepal.org, so we can set up the courier service for you with Greensource Solutions. Alternatively you can contact Greensource Solutions directly on

recycling@greensource.co.uk or tel 0117 304 2390. Courier collections can be arranged from any location in the UK. Collections are usually with Fedex and collected in 1-3 days. Larger palletised collections are made by Hills couriers. There is a charge of £2.50 per courier collection deductible from the amount raised so please bear this in mind when collecting and send larger quantities to make it cost effective.

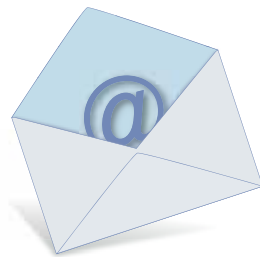
How much is raised per mobile or cartridge?

A different amount is raised for every recyclable cartridge and mobile phone. If you can collect 75 units per collection it is more cost effective and our return will be better. For example the return on one inkjet cartridge can range from 25p to £1 per cartridge. Mobile phones have higher returns but are generally collected in smaller quantities. If enough people collect on our behalf, we can help to boost our funds significantly. Remember, the more you collect the more we raise!

Our Website gets better and better!

Thanks to Charles and Gemma our website, www.newfuturesnepal.org, has developed considerably over the past twelve months. If you haven't done so recently, please take a look. You might like to add it to your Favourites or Bookmarks so you can access it easily.

May we also request that everyone who has an email address notifies us at newfuturesnepalnews@orange.fr. This will enable us in future to save postage and keep our administrative costs to a minimum.



*If you would like to receive future communications by email and help us keep down our overheads, please notify your email address to:
newfuturesnepalnews@orange.fr*

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We are always looking for volunteers to give of their time and skills in working for the charity. If you would like to help, please contact me, lynnemccutcheon@orange.fr or any of the trustees whose contact details are shown above

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New Futures Nepal

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