

NEW FUTURES NEPAL

Namaste

ANNUAL REPORT & NEWS

Empowering disadvantaged children and adults of Nepal

2014

Registered Charity No 1142984

Chairmans Report

Fundraising during the last twelve months has been exceptional. A trek to Nepal in November last year raised nearly £45,000 which amount covers our core costs for three quarters of a year. Poofest, the great one day music festival in August raised over £10,000, in June the Ben Nevis challenge raised over £8000 and in September the cultural tour in Kathmandu raised £6000.

Apart from this you raised funds in many ways; by giving talks and making presentations, by producing cookery books and by presenting plays. You have achieved amazing results and my heartfelt thanks go to those of you who trekked, toured, walked, climbed, baked and donated for New Futures Nepal.

Serendipity again played a part in the charity's history when a chance conversation in a Market Harborough newsagents led us to meet Mr and Mrs Alex Maher whose company EBSCO UK are now fund raising for us in a dynamic way. We welcome them on board and look forward to working with them for many years to come.

Community initiatives

All of the above funds have been or will be used to support our projects, new and old and you can read about many of them inside. We're expanding our support of children with cerebral palsy, widening our educational reach, deepening our relationships with Nepal based NGOs, and investing further in community initiatives in Kalimpong.

On a salutary note though, inflation in both Nepal and India over the last couple of years has greatly increased the cost of supporting a child or young adult in both countries. It now costs on average £120 per month to support a child and £150 to support a young adult in further education. We need to raise over £5000 each month just



Hope Centre family
celebrate Christmas



Hornbeam boys

to cover these core costs yet our regular income from standing orders, sponsor a child, CAF, GAYE, and Virgin Money Giving, excellent as it is, only provides about 50% of this amount.

Thank you

So; our goal for the next year is to double the number of regular payments we receive each month. Please help us by setting up a standing order (there is a form inside) and it is easy to complete. If you already support us, thank you very much indeed and please could you consider whether you might be able to increase that regular payment. Again, its easy to do by phoning, writing to or visiting your Bank.

Inside you will find lots of news about our projects and fund raising events. Why not join us next year, at Kenilworth Theatre in February, at

Malvern in March, Walking the Sutherland Trail in May or at Poofest in August? In 2016 we will be running another fundraising trek in Nepal so if you are interested please email us at info@newfuturesnepal.org and we will keep you advised.

Finally, as always, I have to offer my sincere thanks to you for helping us both this year and in the past. From the children who staged a play for us at Malvern (the youngest was 4 years old) to the seniors who joined us in Kathmandu, your support has been outstanding. I'm grateful as well to the many professionals and small businesses who work for free or at heavily discounted rates; we couldn't do it without you. Please, consider making a regular donation.

Thank you. Lynne McCutcheon

The NEW Hornbeam House

Progress Report by Ally Rivers

Although clearance of the ground has been going on for some time it was just a year ago that groundworks began at the site of the new home for Betty, Arjun and the children. In November 2013 the elephants foot foundations had been dug, by hand, and we, Lynne, Charles and Ann were lucky enough to be able to lay the first foundations at a fantastic ceremony that Kiran Chettri had masterminded.

Eleven months on from that visit and the building is nearing completion. What an achievement! We can barely wait to see the results of everyones endeavours!

The building has been constructed with a concrete frame on five floors which will provide the family with bigger and more flexible accommodation than they have been used to. Betty will have a fantastic space for her excellent culinary skills and the centralised dining room will doubtless become the heart of the home.

The bedrooms will be less cramped than they are at the moment and the boys and girls will have separate, modern bathroom facilities. There will also be a study area which is becoming increasingly more important as the children grow up and need to concentrate and study for their exams. Betty and Arjun



... nearly finished

season or a shady area when the sun is beating down! This pitched roof will also allow for rainwater collection which, as mentioned in the Hornbeam Water report below, will be housed in an underground tank together with the City Source, for purification through the sand filtration system.

The Hornbeam family are as excited about their new home as we are and can't wait to move in.

Day Centre project

Our project to support the mothers group caring for children with cerebral palsy on the outskirts of Kathmandu is continuing to go well. Since moving to new improved premises the group have now changed their name from the Ghataghar Mothers Group to 'Bhaktapur parents run day care centre' as this reflects more accurately their new location and structure.

Since our last visit in 2013 New Futures Nepal is pleased to announce that we have finalised a partnership agreement with the group and their supporting umbrella group (Cerebral Palsy self-help Group –SGCP). We have committed to support this group as one of our main projects and to help fund some of the general running costs of the group enabling them to manage and develop with more confidence and long term security.

Focus on improvement

We receive regular newsletters and feedback from the group via SGCP and it is heartening to learn of the difference the centre is making to the children's development.

For example, through the group's therapeutic interventions such as physiotherapy, a 4 year old boy with severe developmental delay who was previously unable to sit unsupported can now sit independently and is learning to walk!



Fun and games

All the children who attend benefit from the programme of activities and therapies offered by the team running the centre and the visiting health practitioners who provide advice. A focus on improving daily function and working towards achieving independence in activities of daily living, such as washing, eating, toilet training and mobility will enhance the lives of the children and the families caring for them.

In addition, many carers (in particular mothers) are able to earn some valuable income by undertaking employment activities whilst their

child is at the centre. Some of the mothers have been assisted with the purchase of a sewing machine and this income generation is an important aspect in helping families to cope and continue to care for their child at home.

NFN director Helen Crook visited the group again in September 2014 and is exploring further ways in which NFN can assist this group to further improve the lives of the disabled children and their families who use the centre.

Bright Futures for our young adults and higher education news

As the older children become young adults and leave the home to forge their way in the world most have secured places in higher education to learn a skill or to increase their knowledge, enhancing their employment opportunities. This opportunity funded by NFN is crucial to their future independence and affords them a chance to secure a good income and escape poverty. We are delighted to report that since completing her health studies course Nirmala has moved to a new town having secured a position running a health centre on the Nepal/India border. Congratulations Nirmala.

Bimala, who undertook a course on hotel management and hospitality, has now secured a job in Chitwan. Congratulations also to those passing their school leaving certificate this year; Gayatri, Arjun, Keepa, and Kumar, all from the Hope Centre.

Kumar and Arjun will be joining Suman and Umesh at engineering college having passed entrance exams with flying colours. Keepa plans to study a vocational tourism course to enable him to work in the trekking industry.

Gayatri has passed entrance exams for nursing and will be starting her course in October, while Angela from Hornbeam house is continuing to enjoy her nursing course in Calcutta.

We wish them all well with their studies and future employment. They are all set to succeed. Watch this space!



Umesh and Suman at college

News from Hornbeam House

The children living at Hornbeam house in Kalimpong continue to be happy in their family unit and are becoming increasingly excited about the prospect of moving house soon into their new larger purpose-built home. They have watched the building work with great interest and even helped lay a foundation stone in the ceremony held last November. The new home will not only give more indoor space but more outdoor space to continue growing produce in addition to play areas, all within sight of Kanchenjunga (the world's 3rd highest mountain).

They continue their studies in a local school and in addition receive some extra tuition after school with a tutor. Little Samrat who is not yet old enough for school also likes to join in and pretends to study. The children also participate in some extra-curricular activities



Looking forwards . . .

at school, Sunil in particular doing well in a recent badminton competition.

During the year they have also enjoyed participating in the various cultural and religious festivals but are especially happy when their elder 'sister' Angela returns from her nursing college for the festival period.

Hope Centre project

The Hope Centre children continue to thrive and the dedication, love and support they receive from the staff working on the ground in Nepal is manifested by their smiling faces. Their expressions now are very different from the troubled, empty look of a lost child, exhibited by many of them on arriving at the home. Putting their disadvantaged pasts behind them, they are growing in confidence and embracing life.

As you will see from our news on higher education, some of the older children are now finding their way in the world as young adults and gaining all important skills and knowledge through higher education. As older children leave the home is able to offer places to more children.

Last year two children, one boy (Sujan aged 10 years) and one girl (Sunita aged 12 years) joined the centre. Both of these children are disabled. Sujan has a deformed right

arm, whilst Sunita has a severe form of Arthogryphosis causing difficulties in moving all four of her limbs due to muscle contractions and seized joints. It is hoped that surgery later in the year will enable her to straighten her legs so that she can stand and mobilize more easily. Sunita is very happy in her new home and enjoys going to school with the other children. Those who met her after the NFN trek in 2013 will remember the smiling girl who, despite all her problems, danced for us. Truly inspiring.



Working hard

Highlights from some of this years events

Ben Nevis challenge June 2014

On June 14th twenty supporters took part in New Futures Nepal's challenge to summit the UK's highest mountain, Ben Nevis in Scotland (approx. 1200m). The walkers were supported by a band of wives, and girlfriends (WAGS) who welcomed the walkers at the end with cheers and a well-earned drink in the Ben Nevis Inn.

Everyone enjoyed a great weekend and rose to the challenge on what was an unusually hot and humid day for Scotland. Despite the heat, approaching the summit involved crossing a snow field and added to the sense of height and achievement.

We would like to thank all the participants for their sterling efforts in climbing the mountain and in raising the grand total of over £8,000 as a group for New Futures Nepal. These funds will be used to support our projects.

If you feel inspired by this why not consider joining our next fundraising challenge?



Q. Which way now ?
A. (From the guide) – 'UP!'



Poofest

If you missed Poofest* No 4 this year you'll be kicking yourself. This fantastic friendly and fun one day music festival in the village of Pootings, Kent raised £10,296 for NFN. Thanks to the phenomenal hard work of David, Ally and Charlie Rivers, and the members of the PooCrew, almost 1000 people enjoyed a whole day of music from an array of unsigned local talent – and what talent! We kicked off in traditional style with the TWUNTS (Tunbridge Wells Ukelele Night Thing) – it is impossible not to smile and tap your feet to their rollicking sing-along set. There was something for everyone, including the now famous "Poobeer" from local Westerham Brewery, delicious curry and other food offerings (including a great cooked breakfast next morning for the many plucky campers among us).

The party atmosphere at Poofest* is always so warm, and this year was no exception. Parents were able to relax with a picnic and listen to the acts while youngsters took part in a raft of activities, or just enjoyed the freedom and safety of the site. Our patron, Doug Scott, supported with signed pictures of his various expeditions for sale in the NFN tent. The Queen's Gurkha Engineers, who were very generous with their support, treated us to a stunning display of their legendary Kukri Dance heralded by the lone piper.

As the light faded on a rain free, balmy day, and the audience of all ages, by then very much in party mode, drew close to the stage, the evening climaxed in a superb set by local favourites the Charlie Rivers Band.

And the great news is that Poofest* 2015 is already in the planning and will take place on 22 August 2015, again for the benefit of New Futures Nepal.

Malvern 2014

This year saw us back at Malvern St James' for our annual supporters' AGM weekend. After our usual convivial Friday night meeting up with friends old and new, and settling in, we set off on Saturday morning for a spectacular walk on the Malvern Hills - brilliant sunshine this year and very different views after a foot of snow in 2013. Tom Ellam and friends beat all the grown-ups back!

Saturday evening was a lot of fun as ever and a splendid fundraiser. Sophie did not

disappoint with her popular quiz, we all signed up to Sue's soups, and who could forget Archie Small's spectacular marathon hoopla session raising nearly £200! It was such a treat to see the children throw themselves into the fundraising – my personal favourite was their superb play on Sunday morning which had us all rolling in the aisles. We had musical contributions, and some classy donations to the auction thanks to friends in Greece and their guest house, and our Patron Doug Scott whose signed posters were a big hit.

Sunday morning is always the business bit! We heard from supporters and trustees about what has been going on during the year, and David Rivers filled us in on how the New Hornbeam House in Kalimpong was coming along. We're thrilled to say that we'll be hearing from him in Malvern again in 2015 with a full report on the opening of the home on 17 November 2014! Not to be missed. Malvern St James' School, 28-30 March 2015. See you there!

Angela Bowen



How can **you** help?

As always, we need funds to continue to support our various projects. You can help by sponsoring a child, making a regular donation, contributing to the higher education fund, setting up a standing order or by holding or participating in an event to raise funds.

Over the next 2 years New Futures Nepal and our supporters are organising several events and we hope you will feel inspired to join us.

Charity Theatre evening on 11th February 2015 for the benefit of New Futures Nepal

Nigel Macbeth is producing YES MINISTER at The Priory Theatre, Kenilworth and the whole theatre has been booked for friends of the charity. Please join us. It will be a fun evening.

Tickets and information from any trustee or from info@newfuturesnepal.org

Our annual Open Meeting and Walking Weekend March 27 – 29, 2015

Regular attendees of the weekend away will already have put the date in their diaries – but have you! The Charity have prebooked St James in Malvern for the date as shown above and the plans are already in hand to make the weekend special.

So register now with Andrew Small on andrew@newfuturesnepal.org to be sure of a place in Malvern March 2015.

Costs have yet to be determined but will be around £90 pp for the weekend.



Sutherland Trail (Scotland)

23rd May-30th May 2015

We would love you to join us for this stunning 5 day walk across the north western corner of Scotland. Starting from Lochinver and finishing in The Kyle of Tongue, this route covers 65 miles of dramatic scenery. An optional ascent of Ben Loyal is also possible at the end of the walk or you can simply enjoy a day of leisure soaking up the views and surroundings before returning home.

Luggage will be moved daily between locations leaving walkers to enjoy the walk carrying only items needed for each day. The mileage each day ranges from 10 miles, to 16 miles on the longest day. Walkers will be accompanied by a fully qualified mountain leader.

Transfer from Inverness airport will be available if requested

To secure your place on this trip please send £100 deposit and completed booking forms (available on the website) to New Futures Nepal before 1st December 2014 to secure your place. We have just 4 places left.

The cost of this trip is approx. £800 (plus deposit total required £900). We have not set a fundraising target but ask that you raise as much as you can for New Futures Nepal

We need a minimum of 10 people for this trip to run. If you are interested and wish more information please contact Helen Crook helen@newfuturesnepal.org or check out the events page on the website. **Book now to avoid disappointment.**



Water/wastewater project

Hope Centre, Kathmandu and Hornbeam House, Kalimpong

As we all know, the challenges of a project such as this in Kathmandu are plentiful. One of the statistics we were told last year, at a meeting with Water Aid, is that there are five sewage treatment plants in the city – none of them work! Result – raw sewage going straight into the Bagmati river!!

With the monies raised at Poofest and with the help of St James Place Foundation we are now in a position to press on with rectifying the problems with the waste water at the Hope Centre. This will entail removing the existing cess pits which are no longer fit for purpose and replacing the system with a reed bed treatment plant that will provide everyone at the Hope Centre with a hygienic method of dealing with the waste generated.

In addition, rainwater harvesting and well water will be introduced, with water being stored in underground tanks, purified and pumped to the building when required. The sporadic government supply will continue but will also be stored and pumped with the gathered rainwater. This water will be cleaned through a system including bio-sand filtration for general use in conjunction with UV filters which will provide the house with good drinking water.

The requirement for clean water and waste water in Kalimpong is obviously very similar to the needs of Kathmandu. However, unlike the Hope Centre there is no well at Hornbeam House but their existing supply which comes from the City Source (basically a stream in the mountains!) will also be supplemented with



Work is starting on the first reed bed

rainwater harvesting. Both supplies will be stored in underground tanks and pumped and purified before use.

The same specialist team are carrying out the works as at the Hope Centre in Kathmandu.

Ally Rivers



MORE INFO: <http://www.newfuturesnepal.org>

Cultural Tour to Nepal September 2014

A report by Jemma Knight (20 years)

On September 7th, I was lucky enough to go on the 'seniors' (as it became known) culture tour to Nepal. And what a tour it was! We managed to fit so much in to just one week. We visited the impressive Boudhanath stupa, the Hindu temples of Pashupatinath, the ancient city of Bhaktapur and had a shopping trip in Thamel. I found it extremely interesting how many people in Nepal consider themselves part of more than one religion – I think it shows an understanding and peace between the two main religions in the country, Hinduism and Buddhism.

The temples and the city are amazing, but for me, the most memorable part of these couple of days in Kathmandu, was the people. Everyone looked after each other and the sense of community was huge. There is clearly a lot in Kathmandu that needs to be addressed to make it a more sustainable and less polluted place to live, but I don't think we should strive to change too much about these peoples way of life.

After a few days, we left the mayhem of Kathmandu and headed for the hills, to the lovely village of Nagarkot. A very early morning start allowed us to get a glimpse of the Himalayas through the mist! We also got

a chance to do a mini trek, which with the help of several guides and helpers everyone managed, despite aches and pains!

So I have left the most important part of our trip till last... the Hope Centre! Visiting this wonderful place was one of the most emotional and memorable experiences for me ever. It goes without saying that Tilak and the rest of the gang have brought up some amazing kids.

The hospitality and kindness they showed to us was overwhelming. I will never forget the party that was put on for us at the end of our visit with all the beautiful costumes and dancing (slightly better than the English senior's dance moves). For me, someone who hasn't been at all involved in the charity, visiting the Hope Centre was a privilege and a great introduction to New Futures Nepal. I plan to be much more involved in the organisation and help where I can. But for a lot of our group, the experience was even more personal and touching. For the people who have followed and supported NFN for many years, it must have been amazing to see how their hard fundraising efforts had been used and to see how the children had grown to be such impressive young adults.



Wedding congratulations

We are delighted to announce the first wedding of one of the young adults from the Hope Centre. Anita, who lived at the Hope centre from the age of 8 after her parents were tragically killed in a landslide, now has a new family. She left the Hope Centre to undertake health studies in Chitwan, completed her course and secured employment in a pharmacy. Earlier in the year she married one of her fellow students and is very happy in her new married life. The couple live in Chitwan near her husband's family and have been joined by Anita's younger sister, Bimala, who now lives with them. They are now a fully independent happy family unit and we wish them all good luck for the future.

In Summer 2014, I had the good fortune of spending ten weeks volunteering with Cerebral Palsy Nepal. Whilst I was there, I was able to witness the extraordinary difference the charity makes to people's lives.

MAKING A DIFFERENCE IN MAKWANPUR

by Charlie Howarth

Cerebral Palsy is Nepal's 'hidden catastrophe'. Due to a lack of education, health services and support, and acute social stigma, many children with cerebral palsy have to endure great suffering.

Cerebral Palsy Nepal is Nepal's only non-governmental and non-profit organization dedicated to supporting people with cerebral palsy and their families. Through programmes such as a 'rehabilitation centre', a school, vocational skills training, and outreach programmes, they are transforming the lives of hundreds of children and their families.

Whilst volunteering, I became interested in their 'Home Visit/Outreach Programme'. I accompanied home visitors in the Kathmandu Valley, and also made a special trip to Nepalgunj in Southern Nepal.

Huge difference

I found their work very inspirational. The home visitors travel around their district providing physiotherapy, occupational therapy and speech therapy to at least thirty families a month. Their work directly makes a huge difference to the development of children with cerebral palsy. At the same time, they train mothers so that long-term they can take a central role in mitigating the effects of such a debilitating condition, and ensuring their child has the quality of life they deserve.

While the help home visitors give to children directly is the most obvious benefit of the programme, the emotional and practical support they give to mothers cannot be



“ We feel very fortunate that our son was accepted and has the opportunity to get training and exercise. We could never ask for a better program than this for our son. Thank you BDCC, one and all. ”

underestimated. Many mothers believe that having a child with cerebral palsy is punishment for sins they themselves have committed in a past life, and face isolation from family and the community. In some cases, the home visitor may be mothers' only source of comfort.

Inspire

After seeing the home visitors' work, I was inspired to raise funds to start a programme in Makwanpur, one of Nepal's 75 districts with a population of 450,000. For the good it does, the yearly costs were minimal. I also wanted to inspire people to give their money to this: much charitable fundraising engenders cynicism, but in this case, you can see directly how donations can make a huge difference to people's lives.

Working with New Futures Nepal, I raised €2,000 to start the programme in May 2014. That pays the home visitors' salary, administrative costs, and expenses.

After completing training, the new home visitor has started seeing families. I am travelling to Nepal in October 2014, and will visit her in the field to see her work first hand. That should provide plenty of stories on which to base fundraising for 2015...

I want to reiterate my thanks to New Futures Nepal for their support.



MORE INFO: <http://www.newfuturesnepal.org>

“Chameli” Comic Book Fights Human Trafficking

At 1,000 US Dollars, New Futures Nepal became one of the major financial backers for a New York led Human Trafficking Comic Book project being spearheaded by Cause Vision, a 501(c)(3) charitable organisation. As a result, New Futures Nepal was donated 4,500 copies and we're now using our partner organisations in Nepal to distribute "Chameli" as widely as possible.

The comic book aims to teach a very wide audience about the dangers of human trafficking and tells the story of a family in Nepal, where traffickers prey on impoverished Himalayan mountain villages. "Chameli" (the main character) is 13-years-old and loves school. Her family works hard to keep their farm going, but their debt is snowballing.

Money lenders start to press her parents to send Chameli to nearby India to "work"! Chameli is created for all members of the Nepali communities – children, young men and women, parents, grandparents. It is estimated that 10,000-15,000 Nepali women and girls are trafficked to India annually and many are trafficked onto other countries. Our distribution is currently taking place with Nepal based human rights and community development organisations. Please email info@newfuturesnepal.org if your organisation would benefit from these comics.

Financial Report 2013 / 2014

We achieved a major milestone for the charity this financial year, which was to have "turned-over" our millionth pound; it was truly a momentous point in our brief history. Thank you to anyone and everyone who has ever given us a pound or a euro, trekked with us, done a challenge, created a cookbook, sponsored a child or anything - YOU have really helped us make a difference.

During the year to March 2014 the charity's total incoming resources increased to £144,521 and the costs of our charitable activities also increased to £113,095. The building of the new orphanage in Kalimpong and an increasing number of young adults in higher education underpins this spending increase. This higher than normal expenditure caused us to suffer a loss in year of £12,636 which we had already planned to fund from our reserves. The good news though is that income received from regular monthly donations increased by about 10% when compared to last year; **regular income that we can depend upon is our lifeblood**, which we continue to try and increase.

Other good news is that our Governance costs favourably reduced again this year to be only 5.2% of total income and we were able to fund all of these from the HMRC Gift Aid scheme. This means that donations were not eroded at all by the costs of our Governance.

Looking forward, our forecast for the year to March 2015 is that expenditure will remain high at about the same level as this year whilst we complete the new orphanage in Kalimpong and continue with the refurbishment of the Hope Centre orphanage in Kathmandu. We are also predicting that income from fundraising events will be down. This combination means that losses are likely to be even higher in the year to March 2015 and that our reserves will continue to fall to concerning levels.

We really need a **big PUSH** on local fundraising events and new donors - please visit the "Help Us" page on our website if you would like to help.



To find out how you can donate visit
www.newfuturesnepal.org



Happy to be going to school

To help with our work, please send any donations to: New Futures Nepal, 9 Sherlock Mews, London W1H 6DP



If you would like to receive future communications by email and help us keep down our overheads, please notify your email address to:
info@newfuturesnepal.org

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MORE INFO: <http://www.newfuturesnepal.org>

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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 any of the trustees whose contact details are shown above.

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