



NEW FUTURES NEPAL

Namaste

ANNUAL REPORT & NEWS

Empowering disadvantaged children and adults of Nepal

2015

Registered Charity No 1142984

Chairmans Report

On 25 April 2015 the Charity launched a special fundraising appeal in direct response to the Nepal earthquake. The earthquake had a magnitude of 7.8 and killed more than 8,800 people and injured more than 23,000. Aftershocks continued regularly with a further major shock on 12 May.

Thankfully, none of the Hope Centre family nor our team in Kathmandu were injured although many lost their family homes. Read Tilak Shrestha's moving story on page 2.

This year has also been affected by Nepal's long debated new political Constitution. It was put into effect in September giving rise to protests and blockades of essential items such as cooking fuel and petrol. On top of that, tourists are not travelling to Nepal so the country's biggest source of income has dried up.

In this, our thirteenth year, we face our biggest challenges ever.

Your response to our special earthquake appeal was magnificent; we received over £20,000 and to this we added £12,000 which was designated by the trustees from its pre-existing funds.

50% was spent immediately on providing grants for essentials, such as tarpaulins and roofing materials. The rest of the fund is ring-fenced and we will be considering applications before the end of this year. We would love to be able to provide funds to help rebuild whole villages but sadly we don't have nearly enough to do this.

For most people in Nepal daily life has resumed and schools and colleges are open. In the countryside, tented accommodation is now the norm and the rebuilding of homes started as soon as the monsoon finished. The courageous Nepali people are, above all, survivors and they will get through this catastrophic year with good humour and resolution.

There has been lots of good news this year which you can read about inside. The new Hornbeam House was opened in November last year and it is now home to 13 children and four more children have been welcomed into the Hope Centre in Kathmandu.



Above: sheltering after the earthquake

Left: opening ceremony new Hornbeam House

“ At 11:56 suddenly all the things were beginning to move and the floor, windows, doors and other things were shaking. The children were crying and were frightened. After few minutes when we were all outside another big aftershock came. We looked around and many people were screaming and crying on the road and they were looking for safe and open places. We saw in front of our eyes many old build houses were collapsed and situation was very terrible. ”

Two agreements were signed during the year with the Bhaktapur Mothers Group, a subsidiary of Cerebral Palsy Nepal, to provide funding for two years and to acquire a specially adapted vehicle.

Fundraising has been tremendous, your efforts know no bounds. You've walked, cycled, baked, cleaned muddy boots, acted, danced and sung all for the benefit of New Futures Nepal; I can't thank you enough.

Last year our goal for 2015 was to double the amount of regular donations we receive and we've made a start, we increased them by 35%, which is brilliant. My wholehearted thanks go to all of you who joined the club in 2015. If you don't regularly donate please consider doing so. Just go to our website newfuturesnepal.org and download the standing order form.

Finally, my sincere thanks to the guest contributors Susi, Ally and Steve, to fellow trustees and to the many professionals and small businesses who work for free or at heavily discounted rates. Most importantly to you, our loyal volunteers and supporters, my heartfelt thanks. We really couldn't do it without you.

Lynne McCutcheon

News from the Hope Centre

This year will be a memorable year for everyone at the Hope Centre for mixed reasons. Clearly the earthquakes that hit Nepal earlier in the year will be etched on the memories of all the children and staff at the Hope Centre. It was a traumatic time for them as it was for all those in Nepal. Thankfully, the Hope Centre building remained intact and emergency evacuation plans worked well. Everyone remained safe, including family members of the team who work at the centre.

Tilak Shrestha, General Manager of the Hope Centre writes here about his experiences during the earthquake:-

“ On April 25th a big earthquake suddenly occurred at 11:56 AM. It was about 7.9M scale and the epicentre point was in Barpak of Gorkha district (west of Kathmandu). At that time I was in the Hope Centre's office, preparing paper documents. The Hope Centre children were doing their homework and Soni was teaching them in the study room. Some were taking rest as their school was off that day. At 11:56 am suddenly all the things were beginning to move and the floor, windows, doors and other things were shaking. The children were crying and they seemed nervous. Soni and me suggested to them to hide under the bench, beds, tables. As there were no way to do other things to save the life. I was comforting and encouraging them and look after all the children. I felt this is my first duty and most important job to save the children. After a few moments that big earthquake stopped and immediately we all went outside in the playground. The Hope Centre has got a big family, so we started to count all the children when we were gathering on the playground. We found that all the Hope Centre family are ok. Children began sharing their own experience each other and with their friends when they came outside the building.

Immediately I had tried to contact the other older children who live in college's hostel, but mobile and land line phone had network problem. After a moment luckily I was able contact to all our college, hostel boys and girls and I found they were all ok and gone to a safe place. Thank God! Then I had another sigh of relief in the terrible time!

After few minutes when we were all outside another big aftershock came. We looked around and many people were screaming and crying on the road and they were looking for safe and open places. Some of them came to Hope Centre's ground for few hours then they went back their own places. We saw in front of our eyes many old build houses were collapsed and situation was very terrible.

The Hope compound is very big and has large open place so that we felt more safe. The children were busy sharing their own experience and helped them cope more easily. I found that all the Hope Centre family are very brave and they didn't fear as much like other people. I spent most of the time with them during the hard time.

From April 25th all the children were staying outdoors under the tents during the day and night time for nearly two weeks. To divert the children's mind from the scary thoughts, we did camp fire most of the night, some of the children were singing, some of them were telling funny story and jokes etc.

After two weeks the situation was returning to normal slowly and we felt that our Hope Centre building is very safe and were able to move back into our own beds inside. So all children have got their own beds and good sleep after two weeks of the terrible hard time.

After 5 weeks of the big earthquake things are getting more better and colleges and school were

reopened from 1st of June and children are back to college and school and getting normal life.”

All schools and colleges were closed following the earthquake and the older college students returned to live at the Hope Centre during this time. They helped Tilak and staff in caring for the children and also in doing some schoolwork with them to keep them occupied. The children also spent some time to write their own letters to those who sponsor them through our sponsor a child scheme.



The older children helping the others to study during the school closures and sheltering in the Hope Centre grounds used during the earthquake.

Many New Futures Nepal supporters were in contact with Tilak and he was heartened to have this support. The continued diligence of Tilak and his team enables us to give the children and adults the education, healthcare and safety of a family home. Tilak and his team not only gave shelter to the Hope Centre family but their neighbours too, whilst caring for their own families. Without them, and of course you, our supporters, our job would have been very difficult.

A ray of sunshine

Congratulations to Anita on the birth of her baby girl!

We are delighted to inform you that Anita who previously lived at the Hope centre is now the proud mother of a beautiful baby girl. Anita left the Hope Centre to undertake a health studies course in the south of Nepal. On qualifying she secured a job in a local pharmacy and subsequently met and married a fellow college student last year. Anita gave birth to her lovely daughter just days after the earthquake hit Nepal and brought joy and hope to all. She is truly enjoying motherhood and her sister Bimala who now lives and works in the same area is also enjoying being an aunty. Anita is the first 'child' from the Hope centre to marry and have her own family, we wish her all the best for the future with her new family!



Anita's baby

The Hornbeam Family continues to grow and thrive!

Hornbeam House is now home to 6 girls and 7 boys. Three new girls have been welcomed since our last newsletter: Shamiksha (9), Karishma (8) and Sagarika (6). The girls lived locally in difficult circumstances. They are happy and hard-working, and seem to be blossoming now in the company of their new siblings. Karishma has some long term medical needs but is being well cared for following a long stay in hospital.

Bishal, Hornbeam's eldest son, who is over school age, has taken over some of the day-to-day household responsibilities, and is now paid a small wage and is learning to drive. He is a great support to Betty and Arjun. Samrat, the youngest member of the family, has started school. Bishan and Alisha, both 15 years old, passed their public exams to begin their ICSE studies. Alisha wants to become a teacher, helping under-privileged children, and, like Sunil (14), Bishan wants to join the Nepali army.

All of the children are incredibly appreciative of their new surroundings, overlooking the Darjeeling Hills and the Teesta valley. Betty and Arjun create a very loving, secure unit with high expectations for all the children, who take good care of each other. We are bombarded on every visit with the children's requests to pass on their thanks for everything to the supporters of New Futures Nepal – so, **THANK YOU!**



The Hornbeam family has grown

The opening of the new Hornbeam House on 17 November 2014 was a long-awaited, exciting and emotional occasion. The Hornbeam Family lived for 10 years in a small rented house in Kalimpong but as the children grew, and increased in number, it was bursting at the seams. They needed a home of their own, and security for the future.

Kiran Chettri arranged a marvellous opening ceremony, honouring all of the local businesses and individuals who had supported in any way. New Futures Nepal too, was much celebrated, and it was a stunning moment when Lynne, with all the family gathered round, drew back the curtain on the

commemorative plaque acknowledging the work of the charity and the tireless efforts of all of our loyal supporters.

The only sadness was not to share the event with David and Ally Rivers. Despite David's huge contribution to the project, due to a family bereavement, they were not able to make the trip. They were in everyone's hearts and minds, nonetheless, and we are immensely grateful for all that they have done.

The next day we helped Betty, Arjun and the children to move in – so much fun, everyone wreathed in smiles and then sitting down in the evening for a celebration first dinner in their fantastic new home. Unforgettable.

New From The Day Centre Bhaktaphur Parents Self Help Group

New Futures Nepal continues to support the day centre for disabled children with cerebral palsy, in Bhaktaphur which is under the umbrella of the Self Help Group for Cerebral Palsy (SGCP), Nepal. Dr Bimal Shrestha who oversees the group reports back to us that the progress at the centre and of their wider organisation is going well.

Thankfully all of the staff and children who attend the centre remained safe during the earthquake, and the building itself was also undamaged. This meant that once the immediate danger was over their vital work was able to continue. We are also pleased to report that the children who were visited in their own homes by trustee Helen Crook and the SGCP outreach worker last year are also safe. Although their house was destroyed, the family living in Sankhu town (a town almost completely devastated) were not at home at the time and are now living elsewhere with other family members. However, many people across

the Kathmandu valley and other areas of Nepal were not so lucky. It was heartening to hear that the doctors and staff from SGCP were able to help with immediate relief efforts and that they have also been instrumental in providing longer term relief for families affected, especially those with disabled children.

At the day centre in Bhaktaphur, life is slowly returning to normal and the centre continues its work. New Futures Nepal has, over the past two years, been raising funds towards a vehicle for the centre and we are delighted to say that the vehicle has recently been purchased and is now in use by them. Having their own vehicle will reduce running costs by negating the need to hire taxis. The van will prove a valuable resource for the centre. On arrival the van was given a blessing ceremony, as per custom in Nepal, and a driver employed. The staff at the centre wish to thank everyone for helping to make this possible and for giving them hope for the future after such a difficult time.



The new vehicle receiving a blessing

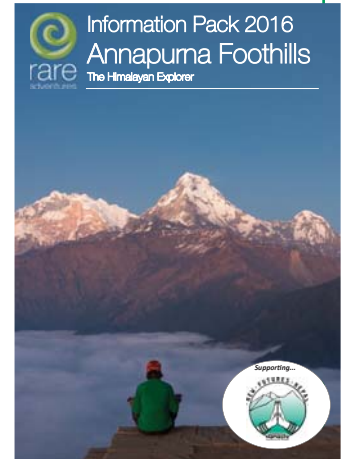
Fundraising Trek to the Annapurna Foothills of Nepal 15 - 27 October 2016

The date of departure is 15 October 2016 and the return date is 27 October 2016, i.e. a 13-day trip. We plan to trek for 6 days and it will be a variant of the Poon Hill trek. In addition to the trek, we plan to spend 2-3 days in Kathmandu relaxing, acclimatizing, sight-seeing and of course visiting our Hope Centre project. And we'll also spend one full day in Pokhara immediately after the trek - it has a beautiful lake and will be the perfect place to reflect on how well you did in the mountains!

Here is how the costs breakdown:

- When you register with Rare Adventures (our ATOL challenge holiday provider) you will be charged a non-refundable fee of £345 (£295 if you are a full-time student).
- Additionally there is a Fundraising Target of £3,200 which will need to be received by New Futures Nepal:
 - a payment of £2,000 to secure your place, and
 - a donation of at least £1,200 which can be paid in one lump or spread evenly over 12, 24 or 36 monthly donations.

About the trekking part of the holiday: the Annapurna mountain range is home to some of Nepal's most breathtaking views. Following ancient footpaths, this trekking route winds through tiny Himalayan villages and panoramic ridge tops. You will spend each night in welcoming, family-run lodges, dining on hearty home-cooked meals. The culmination of the adventure is watching a spectacular sunrise from the legendary Poon Hill. An experience you will never forget.



If you are interested to come, just contact Andrew Small on andrew@newfuturesnepal.org or on his mobile +44 (0) 7966 235 965

These photos show how your funds were used

25th April 2015

A massive earthquake magnitude 7.8 hits Nepal.



In the remote communities of Bung, Cheshkham and Gudel south of Everest, 3000 people are left without shelter.



With your support and funds raised NFN works with locals to provide aid



Sherpas and porters from the communities volunteer to help

We received a cry for help from 3000 villagers living on the south side of Everest. All their homes were destroyed, the monsoon was on its way and they needed shelter.

At least 8,000 lose their lives, many more are injured or left homeless in the capital Kathmandu and in the hills



Tarpaulins arrive in Kathmandu for sorting



Distributing Tarpaulins in the villages





Exam Success at Hope Centre

Despite the difficult year all the children have continued to do well at school. The end of year exams were taken before the earthquake hit and all the children at the Hope centre did very well, moving up to the next class. In particular two of the older children Mingma and Sujit sat and passed their school leaving certificate. They have both subsequently taken and passed entrance exams to their chosen college courses. Mingma will be studying business at the British Gorkha College in Kathmandu and Sujit computer engineering at the Kathmandu institute of technology. Both will be leaving the Hope Centre to live in college hostel accommodation along with some of their other brothers and sisters who previously lived at the Hope Centre. We wish them good luck for the future.

Would you like to sponsor a child?

If you would like to know more about the children New Futures Nepal supports through the Hope Centre and Hornbeam House please consider sponsoring a child.

New Futures Nepal is in need of sponsors to help us fund and support the education and welfare of the children living in the homes. Each sponsor will receive an annual update regarding the child they support. If you are interested in joining the scheme you will need to set up a regular standing order with your bank.

Here's how:

- Download a standing order form from the website www.newfuturesnepal.org
- Complete the form with your details and bankers order. Your donation will go further if you are able to tick the gift aid box.
- Complete the sponsor a child box, stating any preference for gender of the child you wish to support.
- Send the form to our registered office address
- NFN will contact your bank for you and contact you regarding information on the child you will be supporting

We hope you will decide to join the scheme and help to fund the education and care needed by the children.

to help some victims of the earthquake

Tarpaulins loaded on to jeeps for the next stage of the journey



High into the hills



Shelter provided from the Monsoon rains



We provided immediate funding to buy 500 tarpaulins which arrived from India and were distributed by Sherpas and porters from the villages. Everyone had shelter from the rain.

Up into the hills by mule and local porter power



"Millions of thanks for the great help. We really impressed from the bottom of our hearts by the humanity you all have shown to us."



New Futures Nepal also wishes to thank you for your support in raising funds to help the victims of the earthquake.

Sutherland Trail 2015

In May a group of 10 supporters from New Futures Nepal participated in the Sutherland trail challenge walk across 95 miles of the remotest corner of the UK mainland in Scotland, from Lochinver to Tongue. Despite some atrocious weather the group successfully completed the walk and raised over £3000 for



Caption

NFN. This trail was a real delight; the group saw stunning views, waded across swollen rivers and traversed areas of Scotland only accessible by foot, in an area where people are outnumbered by deer and other wild life.

Charity Trek again organised the logistics for the event and provided us with an excellent guide who kept everyone going by telling a joke every mile! We laughed all week and have many happy memories, new friendships and a sense of achievement on completing the trail. It was a truly unique and memorable experience. Thank you to everyone who participated and helped to make it such a successful and enjoyable event. If this inspires you to take part in one of NFN's events, raise funds and have fun at the same time take a look at the notice for our trek in the Annapurna region of Nepal next year.



Helen Crook's Lands End to John O'Groats Challenge

In July this year trustee Helen Crook took on and successfully completed the major challenge of cycling from Lands End to John O'Groats covering a distance of 1034 miles in 15 days. After a year of planning and training she was pleased to complete the distance and amazed that she didn't have to repair any punctures!

Encountering many long, tough ascents it was the 40mph winds that proved most challenging but Helen enjoyed her times cycling on her own, allowing her to enjoy the views and to ponder on the children that she was supporting in this challenge.

Fellow NFN supporters accompanied Helen at various points, as well as family and friends, not to mention her husband Paul who was her support team. She has raised an amazing £7000, which is to be split equally between NFN and Spinal Muscular Atrophy Support UK (another charity close to Helen's heart).

Helen would like to thank everyone who sponsored and supported her challenge, helping to make it a successful fundraiser.

Malvern – March 2015

The AGM and annual get together is a great chance to see everyone involved in the charity, having a good catch up as well as another chance of raising much needed monies whilst having a great time amongst wonderful, inspirational people, doing great things for the charity throughout the year.

We are relatively new members and as well as sponsoring a child we like to think of ways to raise further funds for the children in both homes. Following on from our successful recipe booklet "Soup for Thought", Ria Porter and I have now produced "Favourite Bakes" which consists of recipes from close friends and family illustrated by our children and available in a handy cd case. These are still available to purchase.

The sale of cakes went down well with the returning hikers; we were ably assisted by the children who also put together a play and performed it in front of everyone on the Sunday morning. A boot cleaning station was very busy until late in the night, following a muddy walk and we auctioned one of our little fundraiser's paintings. It is good to see the children getting involved and starting to think about fundraising, after all they are the next generation of NFN volunteers

Susi Gallion

Poofest 2015

22 August dawned bright and sunny. Somebody must have been looking out for us, as the day got progressively hotter and the mercury soared closer and closer to 30 degrees. Needless to say, the Poobeer went down very well on such a sultry Saturday afternoon as did the chilled wine and Pimms!

As usual, the day was a fun-filled, relaxed, family affair. Then there was the music - the stage was graced by fourteen bands and musicians playing throughout the day and everything ran like clockwork – big sigh of relief from the Poocrew!

There was plenty for the kids to get in a sticky mess with – cake decorating and of course eating, followed by a good old bounce on the inflatable castle!



It was good to see some familiar NFN faces in the crowd (largest so far, coming in at over 1,000). All things considered Poofest raised just over £4,000 for NFN this year, which was a great effort!!

Ally Rivers



New Futures Nepal and splendid Steampunkery!

. . . so what, exactly, is Steampunk?

The ethos of Steampunk is encapsulated in two words: 'Be Splendid'. It is about recycling and reusing, creating something new from the old. It is about a re-imagined Victoriana age. It is about manners and being the best you can be. It is about tea drinking and cogs and goggles. It sprang from Victorian science fiction (HG Wells, Frankenstein) but arrived via the Cyberpunk literary genre. But there is so much more to it. There is no age range to it, and the only limit is your imagination.

With an anticipated launch date of January 2016, 'Steam Flashes' is an anthology of Steampunk flash fiction (most tales are around 500 words) raising funds for New Futures Nepal. 20 authors have generously donated works, covering such aspects of Nepal as mechanical yeti, the Kumari, private investigators, the future of books, Ghurkas and much, much more. In addition to the short stories, there will be photographs from the launch event in July, details about tea duelling (a Steampunk sport), three "how to make things" pieces, and lots of other interesting and fascinating snippets from the



Steampunk world. There will also be images from Nepal and the Hope Centre, taken by myself over the years, and a specially written introduction from Lynne McCutcheon.

Costing is not finalised, but it is expected it will retail at £10, with all profits going to New

Futures Nepal (the publishers, Tenebrous Texts, have said they will take no cut at all, donating their percentage to NFN).

Raising Steam – a musical introduction to Steampunk music

Launched last year, 'Raising Steam' is a 22 track download, available through Bandcamp, with eleven bands from the Steampunk and alternative scene each having generously donated a pair of tracks to. Retailing at only a fiver (yes, £5 for 22 songs!), about £200 has already been raised for NFN, and the download includes folk, cabaret, rock, experimental, dance songs and much, much more. To have a listen before you buy, point your browsers at: <https://raisingsteam.bandcamp.com/releases>

Raising Steam – II

And that's not all! A second Raising Steam compilation is currently being prepared, which sixbands/artists have already signed up for contributing to, before its even been officially announced!

Steven C. Davis
Author, DJ, Steampunk.

Welcome to new members of the Hope Centre family

As the older children leave the Hope Centre to go to college or work this enables the Hope Centre to take in more children in need of love, care and support. In December 2014 following the departure of Gayatri, Arjun, Keepa and Kumar a further 4 children joined the growing family. We would like to welcome Kabita, Shrijana, and sisters Binu and Prassana. The four girls have settled in very well and are now attending school with the other children. They are pictured here

with some of the other girls at the centre.

If you would like to sponsor any of the children in the Hope centre or Hornbeam house please see our information regarding NFN's sponsor a child scheme.

Just go to www.newfuturesnepal.org and download a form to sponsor one of these children.

New prosthetic arm for Kabita

Kabita who joined the Hope centre in December 2014 has been helped by provision of a prosthetic left forearm. She was born with a malformation of her forearm, meaning a part of her lower arm and hand was missing, making it difficult for her to do everyday things we take for granted. Soon after coming to the home she was taken for orthopaedic assessment in Kathmandu and a prosthetic forearm funded by New Futures Nepal. Kabita is very happy with her new arm and pleased to be able now to do things independently for her herself.



Financial Report 2014 / 2015

During the year to 31 March 2015, the charity's incoming resources amounted to £133,184 and total payments to our projects in Nepal and India amounted to £111,881. Overall donations were up from £62,142 to £69,012, an increase of 11%. It's very encouraging to see the continued increase in the amount of regular donations over the last few years; this is our lifeblood, which we continue to try and increase. Approximately one-quarter of the charity's income is now received from regular monthly donations.

In an effort to contain to a minimum our overhead costs (or Governance costs), we have appointed from this year a new Independent Examiner, who is retained on a voluntary basis. We have managed to reduce our in-year overhead costs from 5% to 3.5% and we will continue to seek out ways of keeping these costs to a minimum.

Reserves Policy

The charity operates a Reserves Policy for its Unrestricted Funds and the level of these at our year-end is £82,661 (£99,006 in 2013/14).

The level of funds Designated by the Directors at our year end is £73,420 and is broken down as follows:

- £60,420 which is a rolling two-year income guarantee for our two long-term orphanage projects. This guarantee is on a reasonable endeavours basis and is not a legally binding arrangement.
- £10,000 which is the estimated cost to completion of the new orphanage built in Kalimpong, India. The orphanage opened in November 2014 and is fully operational but requires some finishing to the infrastructure.
- £3,000 which is the funding provision for 2015/16 agreed to in a memorandum of understanding between the charity and Self Help Group for Cerebral Palsy.

The level of Free Reserves at our year end is £9,241



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

To help with our work, please send any donations to:

New Futures Nepal, 9 Sherlock Mews, London W1U 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

Trustees

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.

Charles Barton
charles@newfuturesnepal.org

Date for your diaries

Annual Walking Weekend 2016

Our Annual Open Meeting and Walking Weekend will take place on Friday 1st to Sunday 3rd APRIL 2016. We have booked St James College in Malvern and if you would like to register your place please contact Andrew Small on Andrew@newfuturesnepal.org.



Alisha and Bishan proud of passing their final exams



Hope Centre family all safe after the earthquake



New Futures Nepal Limited is a registered charity in England and Wales (1142984) and a company limited by guarantee registered in England No 7492988

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