

ANNUAL REVIEW 2018

CHANCE for NEPAL



Our wings are small...
...but the ripples of our heart are infinite.

Amit Ray, Author & Spiritualist

ACHIEVEMENTS IN 2018

- Funded new Health Centre in Purandhara, Dang
- Funded 845 Nutritional Food baskets at the Kanti Children's Hospital
- 245 'Goody Bags' to children on the burns unit at Kanti Children's Hospital
- 3 Schools receiving 'Tiffin' Meal Programme funded by CHANCE
- 6 x 4-day skills training on elementary and advanced vegetable farming – training a total of 160 women
- 1050 dogs vaccinated against rabies
- Monthly Presentations in schools giving education on prevention of burns
- 35 children receiving educational sponsorship in schools/colleges/Universities
- Funded medicines for 6 health camps - 1510 people with Mountain Heart Nepal
- 30 School bags and 6 water filters for school in Khotang, 220kms from Kathmandu

FUNDRAISERS

Luca Maurantonio and Steven Taylor	£ 1,255
Heather Yeadon – Barcelona Marathon	£ 454
Quiz Nights	£ 1,755
CHANCE 100 Club	£ 4,000
Educational Sponsorships	£15,172
HM GIFT Aid received and expected	£ 4,750

DONATIONS

Aerobytes	£10,000
Herrod Foundation	£ 7,500
Brampton Charitable Trust	£. 3,000
Lee Valerie	£ 800
Eddie & Emma's wedding	£ 1,325
Martin Gordon	£ 1,200
General Donations of under £100	£ 1,300
Lockranza Pirnmill Church	£ 247
Charities Trust	£ 180
Philomena Jordan Patrikious	£ 200

TOTAL

£53,138

HIGHLIGHTS AND ACHIEVEMENTS

HEALTH



NEW Health Centre in Purandhara, Dang

Purandhara lies 600 kms west of Kathmandu – the new health centre gives medical aid to 500 families, a total of 3,000 people.

Built by GMIN (Grassroot Movement in Nepal) one of our main partners in Nepal. The Health Centre is in memory of Martin Lawson who loved Nepal. I met Martin's wife Gilly at one of our fund-raising events and she asked if she could fund a Health Centre after hearing we had successfully funded one the year before in Dhubichour. So, it came to be - a wonderful fitting tribute to Martin.

The new health centre is already proving a real benefit to the community who, prior to this new facility, had to walk over rough terrain for two hours to the nearest road to catch the one bus a day to the city, the city being a four-hour journey away. This meant an overnight stay, to get the bus back the next day. Needless to say, many were either too ill or not able to make the journey, because of the added cost of accommodation and bus fare!

The Health Centre cost £5,000 to build and CHANCE has committed to funding the running costs by paying the salary of a midwife, nurse and all medicines for three years. We bought chairs, a desk and solar panels to run a small fridge for medicines and for the lighting.

MOUNTAIN HEART NEPAL



CHANCE funded the medicines for 6 medical camps during 2018 which resulted in over 150 medical checks. We also bought a Haemocue which measures the child's haemoglobin. Iron deficiency is one of the main reasons for stunting in children.

These medical camps took place in:

28 April – 2-day camp: Khairahani Chitwan - 300 children.

14 May – Lamatar, Lalitpur -170 women and children.

19 July – Bhaktapur - Responding to epidemic outbreak following the flooding in Kathmandu Valley -200 adults and children.

28 July Bhaktapur, responding to epidemic outbreak following the flooding in Kathmandu Valley 200 adults and 150 children.

9 November – Shankarapur -170 children and 100 adults.

21 December - Sunkoshi rural municipality- 120 children -100 adults

We have supported this brilliant organisation for the past two years, funding medicines for health camps in remote areas and providing educational books selected for each child depending on their grade, this not only enhances reading, but also improves health and disease awareness, helping to change attitudes and practices.



Update November 2018. I was invited to be on one of the medical missions with MHN and had the most brilliant day!

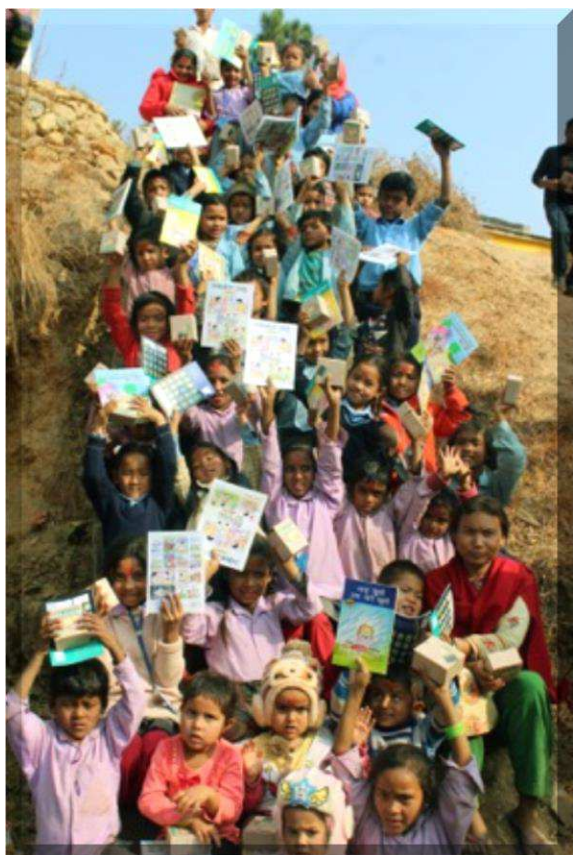


The medical camp was at Shree Baira Mahadev Adharbut, Vidhyulaya, which was badly affected during the 2015 earthquake. The top floor of the school was unsafe for the children to use and there are no funds to rebuild it.

This is a government school set in stunning scenery with lush vegetation and plenty of vegetables growing nearby. The children were all from extremely poor families, many walking over an hour to school each day. The school catered from Grade 1 to 7. We were at about 1500 metres, and in the mist when we first arrived. We received a very warm welcome from the teachers and parents followed by the children singing the National anthem and the deputy Mayor of the region came by to personally thank the team.



There were four doctors, a nurse and other health professionals from Mountain Heart Nepal and we saw around 130 children, some joining the medical camp from another village school in the locality. We also saw 70 adults. After our warm welcome and adorned with not one, but many marigold garlands each, we knuckled down and had a full and rewarding day. First, was registration, where the child's height and weight were taken, then to my station, where I took a blood sample to check the children's haemoglobin. Having done this for many years on other medical camps, I rallied to my role, after which I gave each child a packet of fun stickers and a toothbrush.



After this they moved on to the next station and were seen by one of the doctors, followed by a visit to the team's pharmacy and finally all the children were given a story book.

Each family also received soap, shampoo and a jar of Vaseline.

My thanks go to Amy Tan who funded the educational books for this medical camp and a further three camps. As you see here, these books are targeted at the child's age, and for them to keep. They gave enormous pleasure and delight. The school day had come to the end, the children started to walk home, clutching their books, toothbrushes and stickers, for some this journey would take over an hour!

BVS – (BURNS VIOLENCE SURVIVORS)

We have continued our support for the 10th year with BVS and fund the weekly, nutritional food hampers for the 23-bed unit at the Kanti Children's Hospital, plus a 15-bed ward at the Trauma Hospital, and 8 beds in the Teaching Hospital, all for burn patients. The cost of each food basket is 1000Nrs - £7.50. These food baskets contain high calories which are so important to promote optimal wound healing and aid towards a rapid recovery as well as minimizing the risk of complications, including infections during treatment.

We fund the counsellor who visits the wards 5 times a week. Counselling is a key element in the rehabilitation process, for the whole family to come to terms with a devastating injury which is often life changing for the patient and coming to terms with scarring and amputations.



The physiotherapist visits the patients 4 times a week and is also funded by CHANCE. This is another vital service. It is so important to encourage early exercise to mobilize the affected area and prevent contractures and circulation difficulties .

The Herrod Foundation continued their support to us by funding up to 30 skin graft operations during the year.

I am often asked by people who follow the projects of CHANCE why there are so many horrific burns in Nepal and why more education is not given to prevent such tragedies! It is, we are trying! For the second year we funded a monthly, 30-minute radio broadcast, through BVS, where doctors, parents and the children themselves talk about preventative measures, what to do if you get burned and parents and children tell moving accounts of what happened to them. This programme is broadcast across Nepal. The message *IS* getting through!

To give you an idea, it costs £3,000 for the broadcasts over a 12-month period. Each patient who now comes onto the burns unit is asked if they have heard the broadcasts and we are hearing more and more, yes, they have heard and thus knew what to do!



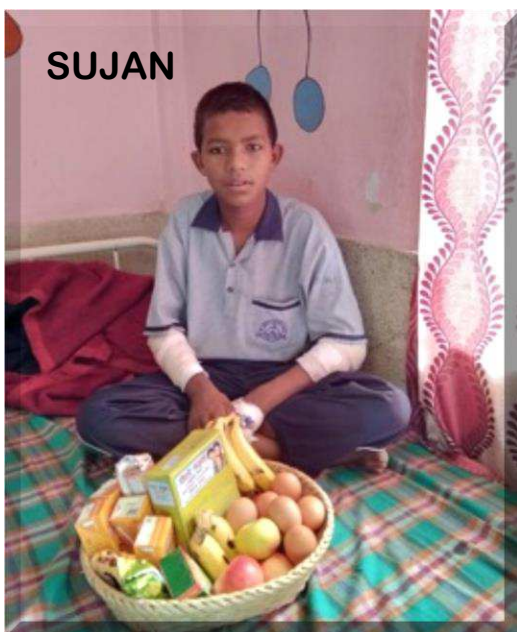
BVS preventative measures also extend to the team visiting different schools once a month to give a Powerpoint presentation on the prevention of burns which is done most effectively, thus increasing awareness. Education is the key to changing individual behaviour to create a safer environment for all.

November Update.....

On my annual visit with the BVS team to the burns unit at The Kanti Children's Hospital I never fail to be moved and amazed in equal measure. Moved by so many tiny babies and small children, with horrific burns, aware so many could have been prevented, and amazed at the total dedication of the nursing staff and the BVS team, who tirelessly give so much compassion and care to these children in an upbeat way. From my first visit to the unit 15 years ago, when it was a more sombre experience for the children on the ward, hardly any toys in the playroom and no TV, now with brightly coloured murals adorning the walls of the well-equipped playroom with sit on toys, puzzles and games, a TV with fun videos, most of these funded by CHANCE, this is somewhere where parents can meet and take comfort from speaking to other parents and the children can make new friends.

It is important to appreciate the cultural differences and the hardship just to survive in remote villages where many will have received no formal education.

I hear the same story many times over, the mother has several children, she is alone in her house, there is an open fire burning for warmth and to cook on. There is no running water, wood needs to be gathered and brought into the house for the fire, father may be working abroad to send money home, or out in the field working, or have left the family! Mother has to walk to the nearest well for water, maybe an hour's round trip. Maybe she says to her neighbour, 'keep your eye on my children' maybe not. She leaves the older ones to look after the younger ones; disaster strikes, toddler crawls into the hot embers of the fire, child standing too close to the open fire and clothes catch alight! The older ones get bored and go outside to play, leaving a toddler asleep, who then wakes up! There are so many reasons the mother does not constantly have her eyes on her children. She turns to give her attention to one child, a bowl of hot water is on the floor to cool, another child trips into it. A bowl of lentils is left to cool, on the ground, (no kitchen worktops in these huts) where a family of 5 sleep, eat and survive every day! So yes, accidents happen....and regularly. I handed out the nutritional food baskets during my visit, I cannot express how grateful the parents are for this, just so humbling, words cannot express. We move around the three wards of the burns unit, from bed to bed, hearing one traumatic story after another....



Sujan is 14 years old and comes from Bajura which lies 420 Kms from Kathmandu.

His father works as a labourer and his mother a housewife, looking after her 10 other children. Sujan suffered 15% 3rd degree burns to both arms and his right thigh.

He has been in the Kanti since the beginning of December. He studies in grade-9 at a government school in his village but is mentally challenged and the family's economic condition is extremely poor. He was transferred to Patan Hospital for treatment on the 26th November during the afternoon, and somehow, he managed to leave the hospital on his own. While he was walking along the street, he touched a naked wire on an electrical pole and was electrocuted. He was unconscious when the police came and they managed to find his parents. He was then rushed to the Kanti

Children's Hospital. His wounds are deep and he is still under treatment. He has had two debridement's and one skin graft to date and will need further treatment and probably will not be discharged until February.

Milan is 8 months old and comes from Mugu, 360kms from Kathmandu. His father works on a farm and his mother is a housewife. Milan has an older brother and sister. His father is staying with him in hospital.

Milan's parents had gone to the farm and left Milan sleeping near the open-cooking fire. When he woke up he started playing and accidentally put his hands into the ashes! He was immediately rushed to the health post where he was given first-aid treatment and was transferred to the Zonal Hospital, the closest hospital to where he lives. Due to the lack of specialised burn care, he was transferred again to the Kanti Children Hospital. The severity of the burn to his left hand was so deep that tragically he needed to have his fingers amputated. This is of course life changing and he is only 8 months old! He also had a debridement and a skin graft. The Herrod Foundation supports CHANCE for skin grafts and this was one such case that received their help.



Bisa is 3 years old, he lives with his family 300 kms from Kathmandu. His father is a labourer, working in India, trying to earn money to send back to his family. They come from a very poor financial background.

His mother was at home looking after Bisa and his 18-month-old brother, when early in the morning, as she was doing household chores, his grandmother and aunt were in the kitchen cooking. There was a leak from the LPG gas stove and when the grandmother tried to light the stove it exploded and the whole kitchen caught fire.

Bisa was severely burned, 40% of his tiny frame covered with second- and third-degree burns. The others in the kitchen also got burned but not so severely. Bisa will need debridement and skin grafts, these will be funded by The Herrod Foundation through CHANCE.

*The names of all three children have been changed for their protection.
All cases are heartbreakingly sad.*

Another initiative of CHANCE is the 'Goody Bag'- twice a month, Anamika, (Shenpen's coordinator) visits the burns unit and gives a 'Goody Bag' to every child. As you can imagine, this is always met with excitement by the children, some of them, having been on the unit for over a month, know what's coming! Each bag contains, knitted comfort doll, children's stickers and a toothbrush (these I take with me each year). They also include a hand-held brick game for the older children, and a Rubik cube to keep those hands moving (aiding mobility) as well as solving the cube!

EDUCATION

We are delighted to fund our second 'Tiffin Programme' through Shenpen, at the Shree Sharadha Madhiyamik Vidhalaya School in Kathmandu and continue to fund the 'Tiffin' at the MAV School where we supplied books, toys and posters as well as water for the water tank.

The children now have water to wash their hands after going to the toilet and before eating their Tiffin. Since funding the Tiffin programmes, we have seen numbers raise in the school. The morale of the teachers improved as the children are not lethargic and sleepy in the afternoon, because now they have had something to eat.



Our first 'Tiffin' at the Government Shree Secondary School in Chitwan is now in its 6th year and has gone from strength to strength.



November update:

I had a great day, always given a warm welcome by Surya, the headmaster and all the children, who over many years remember my visits. The Tiffin is of high quality, cooked by the teachers themselves after standards deteriorated with an outside caterer.



I presented the lower school with a set of 'Ferris the Frog' puppets to aid interaction between teachers and children and child to child. A large story book accompanies the puppets and the morale of helping others and good manners is told through the exciting adventures of Ferris.



SCHOOL LIBRARY at Dubichour, Dang - funded by CHANCE

The school library has proved to be really successful and now as well as the books we funded last year, we now fund the salary of a librarian, so the library is open daily. We donated a further £250 for books and now other schools nearby come and use the library facility. I hear the library is constantly used and the students really appreciate having this wonderful facility.

KHAGENDRA NEW LIFE SPECIAL EDUCATION SECONDARY SCHOOL

November Update....

After my visit last year, I was excited to return again this year with more pencils, felt tips, books, stickers, dolls and toothbrushes. I was given a warm welcome by the head Mr Raghab Prasad Bhattarai, himself with only one leg. He leads his great team of teachers by example and it is indeed uplifting to see. There is something so special about this school of 85



physically challenged and 220 mainstream students. As I arrived, the children were gathered together outside for the school assembly, able bodied and those physically challenged. The music teacher, who is blind, standing with his guide dog in front of the lower school, burst into song with his glorious voice and then the children repeated in song. I found this very moving.

It was to this school I asked the BVS team to give their presentation of burns awareness and what to do. Marrying up two of our projects, brings much contentment!

The children all treated equally, all helping each other, each bringing their own strengths to the class, awesome!

I handed out knitted dolls, toothbrushes and children's stickers to the lower school to the delight of the children.

TRIPLE GEM SCHOOL

November update

It is always a pleasure to visit the head, Lama Kondan and his brilliant team of teachers. Our support in 2018 was to provide two water tanks, for both the lower and upper school, enabling the children to wash their hands before eating and after going to the toilet. We continue to fund the lower school children a warm mug of milk every day. I was welcomed with singing and dancing performances from some of the children in front of the entire school.

We have 6 children receiving an educational sponsorship at this school.

Altogether, through CHANCE we have 35 children with English sponsors receiving an education in schools, colleges and Universities.

PAPA'S CHILDREN'S HOME

We have been funding the food for all 23 children at Papa's Children's Home for the past 6 years. They have a varied menu that changes throughout the week. They have meat once a week along with fresh fruit and milk twice a week as well as eggs, soya beans, pulses, rice, vegetables, noodles and of course dal-bhat!

Momos are a firm favourite. The children like to help with the cooking and in holidays they like making momos!



Making momos

November update.....

We met at the cinema after I had said I would like to take everyone to see a film of their choice as a treat! I was amazed by the 6-story building with the cinema on the top. Popcorn to the ready we watched a swashbuckling yarn with sword fights, firing cannons, heroes and villains called Thugs of Hindustan - for two hours followed by an interval, then another 2 hours! I think I stayed awake throughout! The children certainly loved every minute.

The children as always, a delight, so well behaved, always appreciative and their English excellent.

I made two visits to Papa's, hard to keep away!



Each month we fund a fun activity, be it a trip to the cinema, an educational tour, swimming, singing and drawing competition etc..... as well as Taekwondo classes, a good discipline and exercise for the children who get so much enjoyment from this activity. They have all achieved their yellow belt to date.



SCHOOL BAGS AND WATER FILTERS

NEW Many thanks go to Sharon Yuen, of Suria Tarot who has funded 30 school bags for children in grade 4 and 5 at Mahindra Dhayia Higher Secondary School, in the district of Khotang, which lies 220kms north east of Kathmandu. Sharon also funded 7 water filters and extra candles, used to help filter the water. This was organised through Shenpen.

The children seen here were delighted to receive their first ever school bag! The school is in a very remote area and it is important for the children to have clean drinking water.



SNEAH's CARE – RABIES VACINATIONS

We funded 1050 rabies vaccinations along with leaflets and badges which are given out at schools when the team go to give talks on how to treat street dogs and what to do if bitten.

This is a fantastic organisation with progressive ideas and Sneha and her husband are totally devoted to rescuing injured dogs, spaying and vaccinating, making them well again and then released back on the street.



November Update

I was impressed by my visit to Sneha's Care though was not prepared when on opening the gate, 175 street dogs came bounding towards me, barking, but pleased to say, with wagging tails. I was with Anamika, who monitors this project for us and she clung onto me in terror! I was equally terrified on seeing so many dogs at once. However, after a few minutes, the dogs lost interest in two new faces and quietened down!

I was also impressed by how clean Sneha's Care was. During our visit all the dogs were being washed. They have many volunteers from all over the world helping out. Every day new dogs arrive and other dogs released back onto the street, some find new homes abroad.

SKILLS TRAINING (Empowering Women!)

During 2018, WCS (Women's Cooperative Society) gave a total of 6 trainings to 160 women in both elementary and advanced vegetable farming. These trainings run over 4 days. The advanced training includes financial management and making organic pesticides. Each training costs around £450, which is funded by CHANCE.

Between 25 and 30 women attend each training session and all have taken out a micro finance small loan with minimum interest charged. Many women continue year after year, some increasing their loan to rent more land to increase their yield.

The trainings took place in the following areas; Sankha – Kamal Binayak – Balaju – Chapagaun – Kamal Binayak – Lagankhel.

November Update.....



I attended one of the training sessions, accompanied by Anamika, (Shenpen's Coordinator) we listened as the trainers instructed the women on advanced methods of rotating crops to give higher



yields. The women were motivated and eager to learn . There was a lively discussion with questions and answers at the end. Then outside to put into practice what they had learned by preparing a strip of ground and sowing some seeds, on my visit the chosen vegetable to sow was cauliflower. One expects a good

crop and good profit from cauliflowers. There were 23 participants who attended the training and each one received a packet of seeds to take away with a certificate of attendance.

The women feel empowered by their achievement of providing for their families, selling their produce at market and educating one of their children from their small business. Depending on the size of their plot, and the amount of effort they put in, the women can earn between 25000Nrs. (£170) to 50000Nrs. (£340) per month!

FUNDRAISERS DURING THE YEAR

Luca Maurantonio and **Steven Taylor** raised £1,255 by challenging themselves to do a motor bike challenge from Kathmandu to Muktinath.

Heather Yeldon who ran the Barcelona Marathon for us raised £454.

Jane and Brian, landlords of The Keep in Guildford who hold regular quiz nights for CHANCE. Through the funds raised from these quiz nights, two children received educational sponsorship.

We welcome and invite you to support us, perhaps a tennis tournament, a golf day, running a marathon; without your support we would not be able to achieve all we do, I am immensely grateful and appreciative and although I keep saying so, I cannot say it enough!



Dear Friends,

My Annual Report would not be complete without giving my thanks to so many:

*I would like to say a huge THANK YOU to everyone who has supported CHANCE for NEPAL during 2018. We have had a good year, culminating in my annual November visit. It is so humbling and rewarding to see the difference CHANCE makes on a day-to-day basis in health and education and none of this would be possible without your support. Special thanks to **Joanna Lumley**, our wonderful Patron and trustees **Edmund O'Reilly Hyland** and **David Smail**.*

*A massive thank you to **Viv Craggs**, who does the reconciliation of the accounts, **Adrienne Golightly**, who runs the CHANCE 100 Club, no small feat, both hers and Viv's spread sheets are legendary! **Chris Blizzard** who manages gift aid for CHANCE. They all willingly give their time and support, how special is that!*

*Thanks to all our **educational sponsors** and **members** of the CHANCE 100 Club.*

*A special mention to **Paul Lamberty**, founder of Boonwag Digital Marketing - <https://boonwag.co.uk/>, who keeps our website at the top of the search engine and is helping throughout the year with adding my posts to our website.*

*My deep gratitude to **Eddie Forrester** of Aerobytes and **Michael Jones** of the Herrod Foundation for their amazing generous financial support again this year.*

*Thanks to **Raissa Distefano** who monitors our education programme. With 28 students attending school, college and university this is a huge task. There could be no education programme without her.*

*Thanks to **Anamika Aryal**, project coordinator of Shenpen our main partner on the ground who we have worked with for 12 years. Anamika monitors our projects in Skills Training, Rabies Vaccinations, two Tiffin Programmes and our 'Goody Bags' for the Kanti Children's Hospital.*

***Mahatma Parajuli** who monitors our food programme and care at Papa's Children's Home.*

Two long term supporters of CHANCE and educational sponsors came out to Nepal in November on separate occasions whilst I was there and visited a couple of our projects. They were impressed!

Through my journey over 18 years, and it has been quite a journey, filled with so many special moments, my heart fills - brimming over at times when I see first-hand the difference we have made to so many children in Nepal, I am moved beyond words by the generosity of so many.

Barbara

Founder CHANCE for NEPAL [Facebook/chancefornepal.org](https://www.facebook.com/chancefornepal.org)

If you would be interested in supporting any of our projects or would like further information, please email: info@chancefornepal.org