

CHANCE for NEPAL ANNUAL REVIEW 2021

*Our wings are small...
...but the ripples of our heart are infinite. - Amit Ray
Author & Spiritualist*



Nima Academy School in Ramechhap

2021 was another challenging year with the pandemic continuing to make life very difficult for everyone in Nepal. However, the spirit of the Nepalese, their endurance and stoicism, shone through and towards the end of the year life began to take on a more normal feel. There were 873k Covid 19 cases with 11,600 deaths (according to Government figures). Facemasks became the norm for all, including school children. The vaccination programme stands at around 35%. The first Omicron cases are just starting to be recognised as at the beginning of January 2022. The government brought in a national lockdown from 26 April to the 4 August 2021, so on-line learning replaced the physical classes once again, and of course only available to those with internet access and a phone or laptop.

Our SOS Food Relief Appeal launched in May raised an incredible £8,270, which was sent without delay to three of our partners on the ground in Nepal who worked in collaboration with the local ward office of each district for the distribution of relief food parcels. Over 1200 families received a food parcel containing quality rice, lentils, oil and salt, being enough to feed a family of 4 for three weeks.

ACHIEVEMENTS IN 2021

- Funded medicines for two remote health posts in Dang plus a nurse's salary.
- Funded 1200 anti-rabies vaccinations for dogs
- Provided Sports Equipment for Shree Secondary School, Chitwan
- Funded the building of a toilet block with handwash basins for Nima Academy and 2 water tanks
- Funded desks, chairs, white boards, playground and windows for Nima Academy
- 25 students are receiving educational sponsorship
- Funded over 1200 relief food parcels, each feeding a family of 4 for three weeks
- Funded a librarian in Dhubichour School, Dang.
- Funded two, 4-day vegetable skills training work-shops for 75 women.
- Provided warm winter jackets for 35 street children
- Funded the food bill for Papa's Children's Home with 23 children
- Funded two Tiffin Meal Programmes for 165 children in two schools
- Funded 618 Physiotherapy sessions, 514 family counselling sessions, 248 food baskets and 123 Goody Bags on the Burns Unit at the Kanti Children's Hospital.

Donations

• Aerobytes	£10,000
• Brampton Charitable Trust	£ 5,000
• Martin Gordon	£ 2,400
• Valerie Lee	£ 1,500
• Joanna Lumley	£ 1,000
• Hubert Wagner	£ 1,000
• Jane Lewis	£ 1,000
• Geraldine Williams	£ 1,000
• Lesley Rushton	£ 1,000
• Keith Payne	£ 1,000
• Suria Solutions	£ 800
• David Long	£ 500
• St Mary's Church, York	£ 535
• Joy Wemms	£ 500
• Iva King	£ 500
• Ivy Tan	£ 500
• York Unitarians	£ 500
• Peter & Rosie Gent	£ 400
• Donations under £300	£ 3,583

Educational Sponsorships	£ 8,410
CHANCE 100 CLUB	£ 3,875

Gift Aid	£ 6,890
PayPal donations in 2021	£ 2,779
Virgin Money Giving donations	£ 1,194

FUND RAISING EVENTS

Crab Pot Café	£1,040
Steven Taylor – Couch to 5K.	£ 806
Andrea Matthews 'Table Top' Sale	£ 427
Lucy Evans birthday fund-raiser	£ 190
Stephen Dennison – Cranleigh Art Centre	£ 400
Total:	£ 2,863

GRAND TOTAL in 2021 - £58,720

During the first half of the year, as you will have read in our Summer Newsletter 2021, our fifth school building was opened, built by our long-term partner on the ground GMIN in Surkhet.

2 Vegetable Skills Training workshops for 65 underprivileged women, empowering them to earn money in their own right, enabling them to educate their children from the proceeds of what they sell.

Sports Equipment donated to Shree Secondary School, Chitwan

Medical Checks for 350 adults and children with Mountain Heart Nepal

School Equipment and water tanks for drinking water for Nima Academy and 1200 anti rabies vaccinations administered.

You can read in more detail about these projects in our Summer Newsletter on our website.

DURING THE SECOND HALF OF 2021

Mountain Heart Nepal

Mission Accomplished! Well done Mountain Heart Nepal (MHN) and all those involved in getting vital food supplies to 120 families in Langtang at the beginning of September. During the monsoon the rough terrain made it impossible to get much needed supplies to this remote area which was cut off for several months because of the destruction of the trails caused by the heavy monsoon rains.

We funded these relief food parcels for the Langtang mission which consisted of 25 Kg of branded rice, 5 kg of lentils, sugar, vegetable oil, salt and 2kg of wheat flour, enough to feed a family of four for three weeks. We funded three such food relief missions with MHN in other remote areas with over 420 families with MHN receiving this aid.



Food Distribution MHN

Langtang is a popular tourist trekking area, with no road access. The valley is heavily dependent on tourism for income. Avalanches and landslides following the 2015 earthquake had completely destroyed the village killing around one-third of the population. A new Langtang village was built 100 meters above the ruins of the old one. New tea houses were built and so were the trails which slowly recovered from the physical and economic damage. However, COVID-19 and lockdown further impacted tourism which had started to pick up, depriving many locals of regular seasonal income and pushing them into huge debts.



Vital supplies on their way to Langtang



Langtang distribution

With **MHN**, we supported a telephone helpline with a qualified counsellor in Hetaurda in conjunction with the Plymouth Rotarians, enabling people in remote areas access to professional advice on what to do if they suspect Covid. This was helped by a radio jingle transmitted daily giving out the free number to call.

Hospital Update with Mountain Heart Nepal

The construction workers are busy building a modern 4500 square-foot main complex of **Siddhasthali Rural Community Hospital**. The workers have completed the construction of the oxygen plant building, the formwork of the second storey of the main complex and are now working on the walls, partitions and external finish.

The ground floor will have an emergency & radiology department, reception, sterilization room, minor OT and laboratory, while the first and second floors will hold the patient units, administration and a meeting hall.



How the new hospital will look.

Siddhasthali Rural Community Hospital Update

The construction of the Siddhasthali Rural Community Hospital progressed to the second storey by the end of 2021, and the workers are now working on the walls, partitions and external finish. In addition, the hospital received funding of USD 106,120 to set up an oxygen manufacturing plant. The construction of the building to house the oxygen plant has now been completed and set up. The hospital is projected to complete during 2022, and once built, will serve patients from underserved populations, including low-income families, elders, people with disabilities, and will provide a range of inpatient, clinical, and diagnostic services.

The COVID-19 and continuous lockdown caused several delays in the construction work due to layoffs when many workers returned to their village to take care of their families who suffered from the infection. As well as during the monsoon, we saw furlough labourers for harvesting crops.

Additionally, the construction materials and the transportation costs went up due to the COVID-19 induced lockdown for a prolonged period which significantly affected the availability of the funds to complete the project. However, we continued our construction work despite being short-staffed and financial distress - *we need your support to complete this project.*

"I would like to thank our partner organisation, CHANCE for NEPAL, for supporting the hospital in various ways. A beautiful sensory garden dedicated to Jenny Bradshaw will be built in the hospital with support from her parents (Dave and Jackie) and CHANCE for NEPAL. Because of the initiative of CHANCE, the hospital garden will be designed for free by Andy Sturgeon, 8 times gold medallist at the Chelsea Flower Show.

CHANCE has also raised funds to support 15 hospital beds, an incubator, wheelchair, ECG machine and by offering two disadvantaged women from the local area to attend a vegetable skills training course with the Women's Cooperative Society. The training will enable the women to return to the hospital site with the knowledge (and support for each other), to grow vegetables which in turn they will sell to the hospital to feed staff and patients.

I am very thankful for the assistance to date from CHANCE and it has kept me inspired to keep going". Dr Aban Gautam - Founder, President, Mountain Heart Nepal

More information about the hospital is available from its website: www.siddhasthalihospital.org

NIMA ACADEMY

Bimala Ghising, co-founder of the Nima Academy is one very special lady! She and her sister are working tirelessly to provide an excellent education for 60 students, with the intention to build up to over 130 students in time. The new school is set in the remote area of Doramba, Ramechhap (which stands at 3400m above sea level) and is now fully operational. The school is run on Buddhist lines and at the start of each day the children line up outside for group exercises and singing. This is followed by meditation inside. The teacher pupil ratio is high and there is an even split between boys and girls. Children bring their Tiffin (packed lunch) to school and those whose parents are struggling financially are given a free school meal. Montessori teaching aids are used extensively, encouraging children to work things out for themselves with guidance from the teachers. There are 6 classrooms and a library room. Six of the children walk 5 hours every day from home to school and school to home!



During the year we funded school desks, chairs, whiteboards, books and sports equipment through a generous donation from The Bramptom Charitable Trust, who are donating £1,500 to the school annually.

Sharon Yuen, a long-term supporter of CHANCE has funded two new water tanks and the pipe work installation giving the children drinking and washing water.

CHANCE has funded the building of a toilet block with basins, and windows for the classrooms - having windows on each side of the classroom gives as much natural light as possible. Power cuts and an inconsistent electricity supply means there are no lights in the classrooms, so natural light is a must.

A nurse's salary and Medicines for two Health Posts



Kaptney Health Post

We funded medicines for two remote Health Posts, one in Kaptney the other in Dubichour in the region of Dang. The Health Post in Kaptney has been operating for the past four years and we funded the new building in 2018. Numbers increase year by year and in 2021, 2018 patients were seen in Kaptney and 2561 in Dubichour. We also funded the salary of a qualified CMA nurse. There is no electricity or phone network in the area so people in nearby villages depend on having a nurse to meet their medical needs. There is very limited public transport to the nearest city and often a long walk to the **one** bus a day, incurring the expense of an overnight stay in the city, and to catch the bus back the following

day, preventing many from seeking medical help because of the financial strain!

Our fourth year of support at Dhubichour School in Dang where we fund the salary of a librarian - there is a well-stocked library where students go if the teacher is sick, or for the sheer enjoyment of reading.

We funded a dental and hygiene workshop at Kaptney School for 65 children who each received a toothbrush, paste, soap and flannel.

We have been working with the brilliant organisation **Grassroot Movement in Nepal** (GMIN) for over 10 years. In this time, we have funded 5 new school buildings, several teacher training workshops, a new one roomed dwelling for a family who lost their home in a landslide. Built a Health Post in Dang.



Dental & Hygiene Workshop

KANTI CHILDREN'S HOSPITAL

With our long-term partner of 15 years, BVS (Burns Violence Survivors) we continue to support physiotherapy and family counselling at the Teaching Hospital as well as at the Burns Unit at The Kanti along with nutritional food baskets and Goody Bags to all children coming onto the Burns Unit. Each month BVS send their comprehensive report detailing the patients CHANCE has helped.

Pooja is aged 3 and from the district of Sarlahi which lies 220 kms from Kathmandu. She has an older sister and two older brothers. Her father works the land and her mother looks after the family. Her mother was meal of vegetable curry on an open fire when running inside and accidentally tumbled onto the curry and was badly burnt. Immediately her applied ointment to the wound and she was taken nearest district hospital where she received first treatment. She suffered 15-20% deep burns to arm, chest and thigh, bottom and foot. After four the lack of burns facilities she was transferred to Unit at the Kanti Children's Hospital where she underwent a skin graft and two debridements. After three weeks she was well enough to be discharged.



Pooja

land and her preparing a Pooja came hot pot of mother to the aid her hand, days, due to the Burns



Santosh

Santosh is aged 2 and lives with his parents and sister in Kathmandu. His father farms land and his mother cares for the family. His mother was washing dishes outside and Santosh and his sister were sitting close to an open fire to keep warm when suddenly Santosh's clothes caught alight. His mother came running in and immediately poured cold water over the wound and called her husband. At first Santosh was taken to Jaiarkot Hospital where he was given pain killers, then transferred to Bheri Hospital where he stayed for 5 hours. Because of the severity of his wounds he was transferred again to Kirtipur Hospital, a private hospital. Unbelievably, he was refused treatment there because his parents couldn't afford to pay due to their poor financial status. He was then transferred to the burns unit at the Kanti. He suffered 10%, 2nd degree burns to his head, face, chest and hand. After several

weeks he was well enough to be discharged home. It is an absolute tragedy and incomprehensible that he was refused treatment because his parents had no money. One cannot imagine the feelings of panic and desperation by them.

Kabita is 8 months old and lives with her parents in Dharding which lies 50km from Kathmandu. Her father had gone to market to buy seeds and her mother, who is hard of hearing, had prepared lunch but then forgot to completely extinguish the open fire. She left Kabita asleep at home alone and went to the forest to cut grass to feed their cattle. Kabita woke up and put her left leg in the hot embers of the fire. She suffered 7%, 3rd degree burns to her leg and foot. Her mother returned home and called her husband to come quickly and he took Kabita to the nearest health post for first aid treatment. After 22 days, her wounds became infected and she was referred to the burns unit at the Kanti. Tragically she needed to have her toes amputated on her left foot.



Kabita

Names changed for protection and permission granted by parents to share their story.

The most common accidents I see are from open cooking fires, and cords from electric kettles left within reach of tiny hands or hot liquids left on the floor to cool.

A split second is all it takes to change a life forever! Reading the cases above, it's important to put into context how so many of these tragic accidents happen and with such frequency. Open fires used for cooking and warmth are often made on the dirt floor. Conditions in the home, often just one room, are very cramped with poor ventilation. Father may be working away in another country sending home money for the family, or working as farm labourer, mother at home looking after 2, 3, or more children. Cooking always from scratch, little in the way of cupboards and work surfaces, no convenience foods, or takeaways here! Children playing rough and tumble as they do, around her feet, a pot of water, soup, lentils cooking on the open fire, or put on the floor to cool and there it is, a disaster waiting to happen!

Each year, we fund an emergency fund of £1,000 for BVS to help families on the lowest income and in dire circumstances. As you have read, many patients travel great distances to reach the Kanti - they have little money to return home or buy necessary medicines and food for the journey once they leave the hospital so are helped by this fund.

BVS do a truly amazing job and Chance have been supporting BVS for over 15 years.

Should anyone like to donate specifically to increase this fund so we can do more, please contact me: info@chancefornepal.org

Sneha's Care Animal Shelter – Anti Rabies Vaccinations



Rabies Vaccinations

Sneha's Care, established in 2014 by animal advocate Sneha Shrestha to protect street and community dogs from torture, cruelty or ill usage of any kind. Each year in Nepal, approximately 16,000 people are treated for dog bites and up to 200 die an excruciatingly painful death from rabies, most of them children, with up to 500 animal deaths. Our support for the fourth year running funded 1200 anti rabies vaccinations. Vaccinating dogs is the most cost-effective strategy for preventing rabies in people. Sneha is an exceptional young woman who dedicates her life to the wellbeing of animals.

Shenpen

Shree Mitra Adharbhut Vidhyalaya (MAV) . Our initiative to have a mini library with a good selection of books for each classroom was fulfilled at MAV thanks to our long-standing partner on the ground **Shenpen**, who organised the purchasing of books and a wall hanging to store them fitted in each classroom. The students in this school come from very poor backgrounds and never get the chance to read the books that are out of their syllabus or for pleasure. Now, with lots of story books to enhance their imagination and targeted for their age, story time is fun and opens up the enchanting world of adventure and dreams and hopefully develops a lifetime habit of reading. What child doesn't like to be told a story! Such a simple pleasure, but here a gift! MAV is a government school and apart from exercise books, text books were scarce. Thank you to Jane Lewis and Ivy Tan for funding books through CHANCE for the third year.



MAV Mini Library



MAV Tiffin Programme

We continued to fund the Tiffin Programme for the poorest children at MAV from kindergarten to grade 5, providing a hot nourishing snack in the middle of the day, giving full tummies so better concentration during the school day. Numbers at the school rose when Tiffin was introduced 4 years ago as parents in this poor neighbourhood were grateful for their child to have this meal, maybe their first of the day! During lockdown, the most disadvantaged children continued to receive Tiffin.

Through Shenpen, we also funded two vegetable skills training workshops with Women's Co- operative Society (WCS) earlier in the year - warm winter jackets for 35 homeless children – and rabies vaccinations with Sneha's Care.



Winter Jackets

My Special thanks to special people

Firstly, I would like to say a massive *THANK YOU* to everyone who has supported Chance for Nepal during 2021. You melt my heart with happiness with your generosity and compassion to make a difference. Be rewarded by knowing that so many lives have been saved and helped by your actions..... **my deep gratitude.**

To our wonderful Patron, **Joanna Lumley** - delighted to see Joanna received a Damehood in the 2022 Honours List, and to trustees **Edmund O'Reilly Hyland** and **David Smail**, who are always there for me and the smooth running of CHANCE.

A new trustee for CHANCE! I am delighted to share that **Roger Nash** has accepted our invitation to become a trustee of CHANCE from 2022. I have known Roger for 15 years. He has been a great supporter of CHANCE in so many ways. Roger has just retired as an Underwriter with Faraday, London and will bring new skills, ideas and be invaluable going forward.

Thank you to **Viv Craggs**, who does the bank reconciliation for our accountants AZETS . **Michelle Wilkes**, a partner in AZETS, who has audited our accounts for free for the past 14 years. **Adrienne Golightly** who runs our CHANCE 100 Club and **Chris Blizard** who manages the Gift Aid for Chance. They give their time and support freely, and Chance couldn't operate without their invaluable help and support.

A special mention and thanks to **Eddie Forrester** of Aerobytes who for the last 6 years has been a corporate sponsor for us. One of the kindest and most generous of men EVER!

Thanks to all our educational sponsors, **YOU** are giving the gift of an education, what better gift can you give a child which moulds their future, enabling them to get a good job and securing a brighter future.

Members of the CHANCE 100 Club where we currently have 98 members and would like 100! Please email info@chancefornepal.org if you would like to come on board. Just £5 per calendar month, with the chance to win one of three monthly cash prizes of £120 - £80 and £50 respectively. Over the past 10 years CHANCE 100 has raised enough to fund three school buildings in remote areas, showing how your support really helps.

Super news, **Paul Lamberty**, our website designer has given us a 'GET SOCIAL' tab on the 'Home Page' of our website. This means if you don't use Facebook, you can see the regular posts I make on that platform and keep abreast of our involvement with our programmes.

Raissa Distefano who monitors our education programme. There could be no education programme without her careful and thoughtful monitoring.

Special thanks to our partners on the ground in Nepal with whom I'm in regular monthly contact: Shenpen (Rangjung Yeshe Shenpen) - Grassroot Movement in Nepal (GMIN) - Mountain Heart Nepal (MHN) - Sapana Village Social Impact (SVSI in Chitwan) Burns Violence Survivors (BVS)

Is there anyone who would like to fund raise for us? As you can imagine, 2021 was a really tough year in which to fundraise with the pandemic and lockdowns and everyone being understandably cautious of being in enclosed spaces. We haven't managed to hold our regular quiz nights at The Keep in Guildford for the past two years, so are around £4,000 down on that funding alone! Suggested ways to fundraise could include: run a marathon, a table top sale - a tennis or bridge tournament - quiz night.....We would LOVE to hear from you.

For the second year running, I was unable to travel to Nepal to visit our projects, which left a massive void and I am so sad. I am determined, God willing, to be there in October/November this year.

May 2022 bring good health, light and happiness to you all,

Barbara