

CHANCE for NEPAL

ANNUAL REVIEW 2022

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



Fun having a story for the kindergarten class on top of the world - at Yangchenma Academy

Firstly, may I wish you all a very Happy New Year. May it be filled with good health, happiness and loving kindness.

As we start 2023, I wish to say a massive *Thank You* from the team at CHANCE for NEPAL for your interest and generous support in one way or another. A small charity such as ours could not survive without *you*. I am truly grateful. With your help, we continued to have a positive impact on the lives of children in both our education and health related projects.

In November there was a severe earthquake with a magnitude of 5.7 in the district of Doti in the far west of Nepal, where 11 people lost their lives and there were many injured, 925 houses collapsed and over 5000 dwellings were badly damaged. Because of the remoteness, the fatalities were low compared to the horrific earthquake in 2015 which struck Kathmandu with 8000 lost.

During the year, the education system was not affected by closure due to Covid and all colleges and schools remained open. The general feeling is 'We have to get on with living our lives'.

ACHIEVEMENTS

- Funded a new school building in Banglachuli, Dang.
- Funded medicines for two health posts in the Dang region plus a nurse's salary.
- Funded 1200 anti-rabies vaccinations for dogs.
- Funded a 4-day skills training work shop in vegetable farming for 35 women.
- Funded the food bill for Papa's Children's Home with 21 children.
- Funded a daily Tiffin Meal Programme for over 110 children in two schools.
- Funded Physiotherapy and family counselling, nutritional food baskets and goody bags for the Burns Unit - Kanti Children's Hospital.
- Funded a school uniform, T-shirt and tracksuit for 65 students at MAV School.
- Funded uniform for Shree Charista School, Chitwan.
- Funded the printing of 1000 books on health education for schools and health camps.
- Funded a nurse's salary/medicines for two remote health posts in the region of Dang– 3723 men, women and children in need of medical support were seen during the year.
- Funded the construction of a pharmacy, medical store and café/shop at the Siddhasthali Rural Community Hospital in Hetauda.

Donations:

Donations		
Edmund O'Reilly Hyland	15,000	
Aerobytes	10,000	
David Pinnington estate	10,000	
Malcolm Lindley	5,000	
Martin Gordon	2,400	
Colin Banyard	2,100	
Brampton Charitable Trust	1,750	
Geraldine Williams	1,000	
Barbara Rubenstein	1,000	
Jo Robson estate	1,000	
Elizabeth Hodge	1,000	
Jane Lewis	1,000	
Rutland Group Ltd	1,000	
Hubert Wagner	750	
David Long	600	
York Unitarians	568	
Ivy Tan	500	
Sharon Yuen	420	
Education sponsors (20 students)	9,212	
Donations received less than £400	3,848	
CHANCE 100	4,300	
HMRC Gift Aid	4,044	
		£76,493
Fund-raising events:		
Quiz night	1,295	
Anna Thapa - London marathon	1,121	
Andrea Matthews table top sale	233	
These events raised	£2,649	
TOTAL		£79,141

HEALTH

Burns Violence Survivors (BVS)

We are humbled that we can make a massive difference by supporting children who come on to the burns unit at the Kanti Children's Hospital. This is the only hospital in Nepal specifically for children. We do this through BVS, our partner on the ground for over 15 years, who do such sterling work. To put into context, our support during the year to BVS was to provide 350 nutritional food baskets –65 goody bags (contains a soft cuddly toy, toothbrush, small game and stickers) – 934 physiotherapy sessions and 655 counselling sessions. In addition, an emergency fund of £2,000 was given to help families unable to afford medicines for their child's condition, or to help them return home to their village, in some cases this means more than a day of travel, food for their journey, clothes etc. BVS received over £8,000 from CHANCE during the year. I can only stress that without your marvellous support we wouldn't be able to fund this project so THANK YOU from the bottom of my heart. I cannot describe my heartache each time I visit the unit.

The case studies below are an example of children who found themselves on the burns unit with horrendous injuries. Many burns are easily preventable, but it is important to appreciate many of these tragic accidents, which happen with alarming frequency, occur through lack of education, understanding and carelessness. Many families live in remote villages and in cramped conditions, often just one room with poor ventilation, with an open fire to cook on and keep warm by. No modern kitchen work tops here, or space for them, often no electricity, nowhere to put hot things out of reach of tiny enquiring hands, children running around, rough and tumble, mother takes her eye off the boil, or goes to the toilet (probably outside), or to fetch water - that's all it takes, a split second and a life changed forever.

All names have been changed for protection and permission given by the parents.



Baby Simran

Simran is a 16-day old baby girl who lives with her parents in a rented room in Kathmandu. This is their first baby. After her mother had given her a massage with warm oil, a regular custom for babies and small children in Nepal, her mother wrapped hot ashes from the fire in between the blankets to keep her baby warm. Tragically Simran's body overheated and she was burned. As soon as her mother heard her baby cry she rushed her to the renowned burns unit at the Kanti. Simran made a good recovery and returned home. The weekly food baskets in this case were eagerly accepted by the family.



Baby Amit

Amit is 7 months old and lives in Bagmati, 138 kms from Kathmandu. His father is a farmer and his mother a housewife. Their economic background is very poor. They live in a remote rural area. Amit's mother left him near the open cooking fire. She had gone to the field near their home to do agriculture work with her husband. His mother was unaware she had forgotten to completely extinguish the fire after cooking food and had left Amit alone asleep. He woke up and somehow managed to roll into the embers and was badly burned. A few hours later when his parents returned home they immediately rushed to the District Hospital in Sindhuli where he received first-aid treatment. They referred him to Kanti Children Hospital for further treatment. He suffered 15%, 2nd degree burns to both legs and groin. Tragically, because of the severity of the burns, he needed to have some of his toes amputated. Their journey to Kathmandu was horrific, as they first had to travel 134 kms by public bus to the first treatment centre, then 140kms by ambulance to the Kanti.



Bisesh

Bisesh is 3 years old and from Chitwan. Her father is a driver and mother a housewife. Bisesh was helping his mother as she prepared the buffalo fodder.

She had placed the fodder on the ground to cool and then busied herself clearing hay. Bisesh was playing near the hot vessel when accidentally he slipped and fell into the fodder. Hearing him cry, his mother immediately rushed to help him and poured cold water over the burn and applied aloe-vera. She contacted other family members, one of whom was a pharmacist. He arrived with ointment for the burn and pain killers. Bisesh was referred to Bharatpur Hospital for further treatment. There, he was put on a saline drip. Due to the lack of burn facilities, he was again referred to the burns unit at the Kanti Children's Hospital. He suffered 10%, 3rd degree burns to his neck, hands, chest, tummy and groin area. He was in hospital for several weeks and now back home.



Sunita

Sunita is aged 7 and comes from the Dang region. Her father lives and works abroad. Her mother was planting rice in the paddy fields near their home. Sunita and her brother were playing at home being looked after by their grandmother. Sunita decided to go to see her friend next door. Their neighbour had boiled water to wash meat before cooking and as he carried the hot water outside, he collided with Sunita who got badly burned. Her grandmother ran to help and applied eggs and aloe-vera, A message was sent to her mother who came rushing back and she took Sunita to Tulsipur City hospital for some first aid treatment, on the same day they referred them to Bheri Hospital where she received some dressings and medicines and stayed one night. Due to the severity of the wounds, Sunita was transferred by plane to the Kanti Children's Hospital for further treatment the following day. She suffered 10%, 2nd degree burns to her shoulder, stomach and back. After several weeks she was allowed home.

All these stories make harrowing reading. Better education is needed for new mothers, as grandparents are not always on hand to help, husbands working abroad and sending money home - though all too often time elapses, the money stops, and the father never returns..... so much pressure!

Mountain Heart Nepal (MHN)



Book distribution on medical mission

In November, soon after the earthquake near Doti which took 14 lives and destroyed many homes a medical mission was deployed by MHN to Bajhang, far West Nepal which lies 885kms from Kathmandu. Over 400 children received one of the educational health related books during a medical camp which was set up at the Bhageshwor Secondary School. The books, designed and written by Dr Aban Gautam, founder of MHN, are in both Nepali and English and encourage vulnerable children to learn about good hygiene practices and nutrition. Many thanks to Jane Lewis and Ivy Tan who funded the printing of these books through our 'Magic Read' programme.

Siddhasthali Rural Community Hospital



Construction of the Siddhasthali Rural Community Hospital

The construction of the Siddhasthali Rural Community Hospital is continuing well and nearing completion. The official date for the opening will be Saturday 8th October and I will be there!

We plan to hold a fundraising event in the Spring of 2023 and this will support the construction of the new wing.

The wing will accommodate:

- Dental and radiology services and surgical interventions.
- X-Ray room
- Laboratory services to provide histopathology services.
- Maternity and Obstetric unit.
- Immunization for 700 children per month.
- Physiotherapy services for 300 patients per month.
- Accommodation for specialist doctors, acute care nurses and guests.
- 24- hour cafeteria services for patients and family members.
- Training in a well-equipped conference hall to support health workers.
- Health education, motivation and counselling to patients on maternal and child health, non-communicable disease, and nutrition through establishment of a wellness centre.

I thank so many of Chance supporters who have followed with interest as the hospital evolves. All 15 beds with bedding have been individually sponsored through supporters of Chance along with an incubator, ECG machine and two wheelchairs, not forgetting the garden design by the renowned Andy Sturgeon which will be the last part of the design to be completed. However, some trees have already been planted. The hospital will also have a small temple. For more information about the hospital visit <https://www.siddhasthalihospital.org/>

As I go to print, I had a virtual tour of the hospital with Aban walking me all around the outside and inside on his phone camera, it is big! Showing me where each department will be, then onto the roof where the solar panels will be fixed providing 50KvA electricity. The construction of a separate building housing the pharmacy, medical store and a café/shop for the visitors, was funded by Edmund O'Reilly Hyland, a trustee of Chance. I was super impressed by everything I saw, such a massive undertaking. This will be a truly wonderful hospital, serving the local communities and beyond. Why? because it will be a hospital of excellence due to one man's vision - Dr Aban Gautam!

Update from Dr Aban

“We are two months away from completion! The civil work is nearly complete with three floors and a separate building for the pharmacy. The laborers are working with the highest pace to clear the site for landscaping and finishing work. The walls and ceilings have received their first coat. Granites on the corridors and stairs are in, plumbing installed, wiring for electricity and networking has been completed. Over the next two months we will be installing lighting fixtures, doors and windows after which the work for the cabinets and countertops will commence.

The hospital will formally open on the 8th October 2023. However, it will provide service to the community from March 2023. In the beginning of 2023, we received a donation of 150,000 USD to implement green technology initiatives for our hospital from Direct Relief USA.

Our new rehabilitation wing is hoping to receive support from CHANCE for Nepal to enter the construction phase. A 6500 sq. ft addition will adjoin the hospital to provide a maternity and obstetric unit - x ray – laboratory - dental unit - physiotherapy and much more. Initially the laboratory, x ray and obstetric unit will be in the main hospital until the new wing is completed.

This fully- fledged building will play a pivotal role in treating maternal emergencies, diagnostics and rehabilitation services. The wing will come as a boon to the patients living in rural Nepal who otherwise have to visit bigger cities including Kathmandu, 5 hours drive away for treatment.” - Dr Aban Gautam

GMIN - A nurse's salary and Medicines for two Health Posts

During 2022, we funded medicines for two remote Health Posts, in Purandhara, Kaptaney and Dhubichour both in the Dang region. A total of 3723 people received medical help. The construction of the Health Post in Kaptaney operating since 2018 was funded by CHANCE. 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 limited public transport to the nearest city and often a long walk to the **one** bus a day, thus the expense of an overnight stay in the city, to catch the bus back the following day. This prevents many from seeking medical help because of the financial strain and the distance to travel.

EDUCATION

Yangchenma Academy (previously known as Nima Academy)

From January 1st 2023 Nima Academy will be recognized as Yangchenma Academy. (The Tibetan goddess of knowledge is referred to by her Tibetan name, Yangchenma). Bimala says ‘We pray that this shift in name brings prosperity and auspiciousness.’

Bimala Ghising, co-founder of this school has achieved the unachievable through perseverance, belief in the good of mankind, and the power of love and pure motivation! She and her team work tirelessly to provide an excellent education for 78 students, increasing annually to reach a capacity of 130 students. The school is set in the remote area of Doramba, Ramechhap, standing at 3100m above sea level and is run in the Buddhist tradition. Each day starts with exercise and singing followed by meditation. (Maybe we should take note!) The teacher pupil ratio is high with 34 boys and 43 girls, with 16 students in the school hostel set 100 metres up the hill from the school. Run on Montessori lines, the 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. The school now needs to extend its nursery and kindergarten space to give the opportunity for these tiny tots to be able to move around, dance, express themselves and take a nap in the afternoons. The additional room will cost around £10,000, (the high cost is because all building materials need to be brought from Kathmandu and carried up the hilly terrain, so very labour intensive). This extra space will make a great addition. My thanks to The Brampton Charitable Trust, who through Chance, has been supporting this school for the last 3 years. Donations are most welcome to achieve the new nursery/kindergarten and equip the library with book shelves and more books.



Yangehenma Academy



Yangehenma Academy outdoor classes

GMIN - New School – Shree Jankalyan Primary School

Our deepest gratitude goes to David Pinnington who tragically passed away in December 2021 aged 53. In July this year, I received a cheque for £10,000, which was sent by his sisters, following David's wish to bequeath this donation to Chance. I contacted his sisters and suggested, with this most generous donation, a new school building in David's name could be built and his memory live on in a country he loved. They were delighted with the idea. I'm sure he would be thrilled to know what a difference he will have made to the education of many children who will pass through this school.

This will be our 7th school building with the fantastic organisation (**Grassroot Movement in Nepal**) The school is situated in Bangalachuli, near Hansipur, in the Dang region, which lies 410kms west of Kathmandu. In the earthquake of 2015, the class rooms for the junior school were severely damaged and in November sustained further damage in the 5.7 magnitude earthquake and were deemed unfit for purpose. The new build will have good foundations with concrete tie beams and accommodate 100 students. The senior school, Grade 5 – 8, is 7kms away which is a long walk in this hilly terrain! The building is under construction and will be completed by the Spring of 2023.

Shree Chitasari Secondary School, Chitwan

Our 7th year of supporting a daily 'Tiffin' meal programme for 55 children at this government school of 400 students. The menu changes daily and offers a balanced and varied nutritious meal which may include – pasta, fruits, grains, eggs, rice, vegetables, milk and lentils. The result is clear to see with increased energy levels and better levels of concentration during the afternoon. This in turn boosts the morale of the teachers, with interested and engaged children and parents happy to know their children have eaten something nutritious. We also funded the material and making up of a school uniform for 350 students.



Tiffin Meal - Shree Chitasari Secondary School

SHENPEN

Mitra Aadharbhut Vidhayala (MAV)

Our other Tiffin programme through Shenpen, our long-term partner on the ground, is at MAV in Kathmandu which we have supported for the past four years. Numbers at the school rose when the Tiffin was introduced and parents in this poor neighbourhood are most appreciative knowing their child has this meal, maybe their first of the day! We also provided a t-shirt and track suit as part of their uniform.



Track suit distribution

Women's Co-operative Society (WCS) – SHENEPN Vegetable Skills Training



Making organic pesticide

In May we funded a 4-day elementary skills training on seasonal and off-season vegetable farming at Shankharapur, Nangle - 35 women participated in this training. Each training costs £700. Once they have achieved the elementary training and put into practice their new-found skills, the majority apply the following year for the advanced training with emphasis on the business side, accounting, rotating crops to achieve the best yield and selling at market. The aim is to enhance self-employment, empowerment and economic productivity. Many of the women earn enough through selling their vegetables at market to educate their children That is a massive win win!

Papa's Home



Family meal time – always much to share about their day



We continue our support of Papa's Home, now in its 10th year. We fund the food programme, along with gas and water which comes to £6,000pa. There are 22 children in total. The two eldest, JP who is reading engineering and Maan, reading business are in their second year of university. They were the first two boys at Papa's Home when they arrived aged 9. Two others are at college. Six are sponsored through CHANCE with English sponsors.

Sneha's Care Animal Shelter – Anti Rabies Vaccinations

Our support for the fifth year running to Sneha's Care vaccination programme where we funded 1200 anti-rabies vaccinations. Vaccinating dogs is the most cost-effective strategy for preventing rabies in people. 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 is a special place. 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.



Sneha's Care



Sneha's - Care Anti Rabies Vaccination Programme



Anna Thapa – London Marathon

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 2022. You are wonderfully generous and make my heart sing. Be assured that you have changed so many lives for the better, in both health and education.

To our wonderful Patron Dame **Joanna Lumley** - and trustees **Edmund O'Reilly Hyland**, **David Smail** and **Roger Nash**, along with **Chris Blizard** our treasurer, all of whom are there for me and the smooth running of CHANCE.

To **Adrienne Golightly** who runs our CHANCE 100 Club which raised £4,300 this year! We currently have 100 members. To put in context, over the past 10 years, the funds raised from the CHANCE 100 Club could have built the equivalent of 10 schools! If you would like further information about joining CHANCE 100 please contact us, info@chancefornepal.org

Michelle Wilkes, a partner in AZETS, who has audited our accounts for free for the past 14 years.

Aerobytes our corporate sponsor for the last 7 years.

Eddie and Emma Forrester - Two of the kindest and most generous people EVER!

Thanks to **Jane and Brian**, landlords of **The Keep** in Guildford who have run our quiz nights for the past 10 years. Their generosity and support is amazing. They donate a light supper for all the teams. Funds raised from these quiz nights fund the education of Addesh, a student they have sponsored for 10 years who is now at college and doing remarkably well, coming top of his year and 16th overall in his college of 400 students.

Thank you, **Anna Thapa** who ran the London Marathon for Chance in October and raised a staggering, £1,160, 50% of which went to BVS and 50% to Triple Gem School, for musical instruments for their music department. **Andrea Matthews** who for the fifth year running ran a 'table top' sale raising £235 for us.

Thanks to all our educational sponsors for 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. We have 3 students at University, 6 at college, and 10 at school.

Paul Lamberty who looks after our website - <https://boonwag.co.uk/>

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

Is there anyone who would like to fund raise for us? As you know 2022 was a tough year in which to fund raise with the pandemic, the ongoing war in Ukraine, the cost of living crisis - all have taken their toll resulting in fewer donations.

Well done to everyone involved and huge gratitude.

Without your continued support none of the above would be possible.

With warmest wishes,

Barbara

Founder CHANCE for NEPAL

www.chancefornepal.org

Email: info@chancefornepal.org

Facebook: <https://www.facebook.com/chancefornepal.org> - where I regularly post about our activities.

For non-Facebook users, visit our website www.chancefornepal.org and go to 'Get Social' on the Home page, where you can catch up with all our news.

If you would be interested in supporting any of our projects or require further information please do not hesitate to get in touch.