

## CHANCE for NEPAL ANNUAL REVIEW 2023



**Inauguration of Siddhasthali Rural Community Hospital - Hetauda**

May I start by wishing you all a very Happy New Year and may 2024 be filled with good health, happiness and loving kindness.

After a four-year absence mainly due to the pandemic and last year a severe outbreak of Dengue fever in Nepal - this year I was finally able to visit our projects during September and October. A highlight was to be at the inauguration of the Siddhasthali Rural Community Hospital in Hetauda and to share the experience with Roger Nash, a trustee of CHANCE, who came for a week with his wife, Pamela, for the opening, as well as visiting some other Chance projects.

You will have read in the national press an earthquake, magnitude 5.7, struck Jajarkot District at 11.25pm on the 3<sup>rd</sup> November killing 154 and injuring 375. Heartbreakingly over 50% were children. Because of the hour almost everyone would have been asleep. The high level of deaths were attributed to substandard construction of most of the houses which were mainly built from logs and rocks. Over 26,500 houses were destroyed or damaged. One of our partners deployed a medical mission.

## ACHIEVEMENTS during the year

### Funding for -

- a new school building, books and play area in Banglachuli, Dang.
- a Digital x-ray machine for the Siddhasthali Rural Community Hospital
- 2000 educational books on health and hygiene with Mountain Heart Nepal
- 1200 anti-rabies vaccinations for dogs.
- 16 educational sponsorships for students in schools, college and university
- library repairs and books for Yangchenma Academy
- daily milk programme at Triple Gem School
- daily Tiffin programme at Shree Chitasari Secondary School - Chitwan.
- food, gas and water, new bedding at Volunteer Foundation Nepal for 16 children.
- physiotherapy - family counselling - nutritional food baskets - goody bags, emergency fund for the Burns Unit at the Kanti Children's Hospital.
- 30 cooking stoves for the Chepang people – Chitwan

## DONATIONS

Edmund O'Reily Hyland	£11,000
<u>Aerobytes</u>	£10,000
Educational Sponsorship (16 students)	£9,000
Valerie Lee	£5,500
Colin Banyard	£5,000
Chrysolite Enterprises	£4,000
Martin Gordon	£2,400
Simon Bucknall	£2,000
Brampton Charitable Trust	£2,000
Hubert Wagner	£1,250
Sue, Anne and Celia <u>Pinnington</u>	£1,000
Jane Lewis	£1,000
David Long	£600
McNaught-Davies	£600
Lesley Rushton	£500
Ivy Tan	£500
Donations received under £400	£1,300
CHANCE 100	£3,950
HMRC (gift aid)	£8,812
<u>Paypal</u> and CAF donations	£1,250
<b>Sub-total</b>	<b>£71,662</b>
Fund-raising	
CHANCE online auction	£10,329
Quiz Nights	£1,670
<b>TOTAL</b>	<b>£83,662</b>

## HEALTH PROJECTS

Dr Aban first approached CHANCE in 2017 requesting funding for medicines for one of Mountain Heart Nepal's medical missions as a first responder in a disaster zone eg. earthquake, landslides. Subsequently, this led to our meeting in 2019 when he furthered his academic study at Plymouth University where I proudly attended his graduation in medical research.

### Words from Aban

*"Four years ago, under the soft glow of a Plymouth cafe's lights, I shared a dream with Barbara, founder of CHANCE for Nepal. It was more than just a conversation; it was the planting of a hope – a vision for a non-profit hospital in the heart of Nepal. My heart was full of ambition, yet my mind clouded with uncertainty. How would this happen? But there, in Barbara's eyes, I saw a reflection of my own passion, and her presence brought light into the shadows of doubt, a sense of hope that perhaps, this dream could turn into reality.*

*Now, seated next to Barbara and Roger Nash, a trustee of CHANCE for Nepal, on this significant day of October 7th, 2023, my heart overflows with gratitude. Amidst the glow of computer screens and under the open skies of our project site, we have poured our hearts into endless hours of work with unwavering dedication. We've journeyed through financial constraints and navigated the uncertainties that clouded our path. Yet, here we are, standing together, illuminating a path of hope for a community that has long remained in darkness of inadequate healthcare.*

*As the curtains rise on this new chapter, I would like to thank Barbara and her charity for making this dream come alive. This is a shining example of the extraordinary things that can be accomplished when hearts unite for a cause far greater than any individual. Barbara's resilience and kindness have been the soul of this project, laying the foundation for a legacy that will positively impact countless lives for generations to come."* Dr Aban Gautam

I feel immensely proud to have been part of Aban's journey, from the blessing of the land to the inauguration day. Please explore more about his inspiring work at their website: <https://www.siddhasthalihospital.org/>

The inauguration of the Siddhasthali Rural Community Hospital in Hetauda was held on the 7<sup>th</sup> October. The red carpet was rolled out, the building festooned with balloons and banners for the Minister of Health, the Hon. Uttam Joshi with his entourage, politicians and other local dignitaries arriving for the auspicious opening. A TV crew and journalists were in abundance, along with approximately 700 guests seated in a colourful marquee.





**Dr Aban and myself**



**Pharmacy Building**

Before the festivities began, Anil, the proud architect, gave me a conducted tour inside the hospital. He and Dr Aban had really thought of everything! ...the site is carbon neutral, with solar panels which will provide all the electricity and huge double-glazed windows that bathed the interior in natural light to provide beautiful views over unspoiled countryside. The 60' borehole will provide water and a purpose-built oxygen producing plant is on site (a very rare facility). The first phase of 15 hospital beds, monitors and emergency trolleys were on the wards, all donated by CHANCE .... i.e. you lovely people; along with a state-of-the-art Digital Medical X-ray Radiographic System - the envy of other hospitals in the province - with the funds raised from our on-line auction held at the end of April. Housed in a separate building, the pharmacy, medical store and a small café, the construction of which was generously donated by Edmund O'Reilly Hyland, our longest serving trustee.



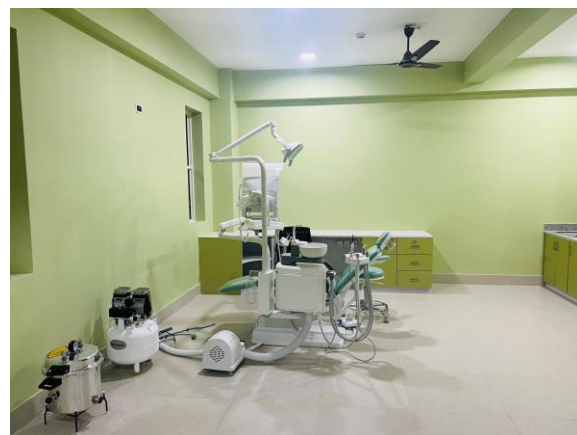
**One of the wards**



**X-ray Machine**



**Laboratory**



**Dental suite**

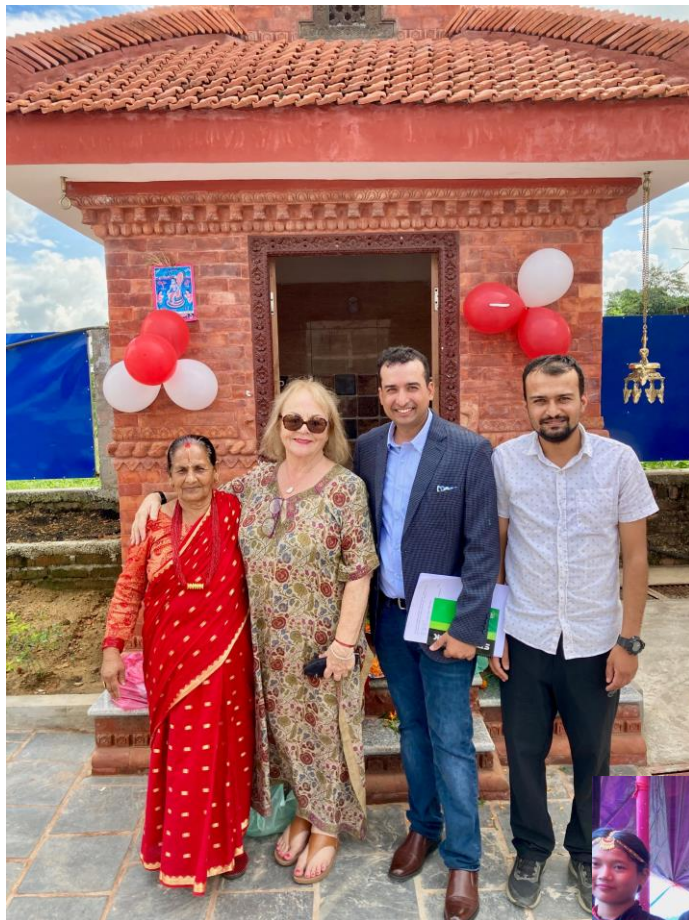


**Seminar and training room**



Once everybody was seated in the marquee the proceedings commenced and we were entertained by a wonderful group of girls from the local government school, who performed traditional dances, dressed in their vibrant national costumes.

Speeches were given by the Minister of Health and other dignitaries. I was honoured to be invited to the stage to say a few words on behalf of CHANCE, an opportunity to share with everyone how immensely proud I was to witness the inauguration of this amazing hospital that will be a beacon of excellence serving the local community and beyond and offering free treatment to those unable to pay. This is an incredible achievement, down to the vision, dedication and total commitment of a young doctor – Dr Aban Gautam!



**The Hospital Temple**



**Beautiful dancing girls**

Since my return home at the end of October, there have been several noteworthy achievements. The hospital now has a fully-equipped dental suite, a reliable backup generator, and solar panels installed on the pharmacy and hospital roofs. The X-ray machine has been fully installed and is operational. Additionally, Aban has successfully secured sufficient funding to cover the staffing costs for the first six months of operation. This is a crucial step forward, as the hospital gears up for obtaining its operating licence. The team will encompass a range of health professionals including full-time and part-time doctors, dentists, nurses, radiographers, lab technicians, IT staff, and support personnel, ensuring comprehensive healthcare services.

Don't miss the engaging short video of the opening ceremony, available through the YouTube link below.

<https://youtu.be/fzYKFO0skys>

## **BURN VIOLENCE SURVIVORS (BVS)**

BVS - our longest-term partner on the ground with over 17 years support.

My visit to the burns unit at the Kanti Children's Hospital tugs my heart inside out, seeing many babies and children with horrific burns, many easily preventable.....yet, there is always a positive vibe on the ward with dedicated nurses and doctors. There were 7 children on the ward when Roger and Pamela accompanied me on our visit with the BVS team. We listened intently as they shared each child's case history, and interacted with parents and children which hopefully brightened their day.



**Roger Nash meeting one of the children on the ward**



**Nutritious food baskets**



**Roger Nash handing over the supplies**



We were then invited back to the BVS office where they had prepared a delicious lunch and we handed over hundreds of knitted dolls, stickers and toothbrushes brought out from the UK.



**Knitted with love from England**

BVS then gave a presentation of case studies with some of the patients CHANCE has helped over the years, bringing tears to our eyes ..... *our support is vital.*

We fund the physiotherapy sessions, a vital part of their treatment in keeping patients' joints and muscles working and preventing contractures. Some patients require years of ongoing treatment. A case in point is...we shall call her Sonam: from Deepshika, one of the remotest districts in Nepal. She was only 14 days old when the tragedy struck. To keep her warm, her mother had placed her near an open fire and was busy with chores when her blanket caught fire from the ashes and she sustained horrific injuries. To reach the nearest hospital, with no mode of transport, they had to walk for 4 hours! The local hospital then referred her to the burns unit at the Kanti as they had no specialised burns unit. With the family struggling to meet the most basic of needs and unable to afford the ambulance fee, her parents had to bring her to the burns unit by public bus! This worsened her condition and she needed several toes amputated on each foot.

**The emergency fund** was used to support 'Sonam' with her ongoing transportation costs for when she needs further medical treatment to relieve contractures, as well as providing extra food. Some children are receiving treatment 7 years after their accident.

**This is where our emergency fund comes in, helping such patients in dire need.**

Our weekly nutritious food baskets containing high calorie food, (burns take two and a half times the average daily calories to aid healing) have skyrocketed in price and risen from £8 per basket in 2023 to £9.80 from January this year (£3,300pa).



I share three case studies from 2023, all supported by CHANCE

Sagar is four years old and lives with his parents in Kathmandu.

Returning home from kindergarten his grandmother had placed an electric kettle on top of a chair to heat water! She then went to the kitchen to prepare a Horlicks drink for him and on her return saw him sitting underneath the chair with the kettle on top! His father was just about to leave when he accidentally knocked the kettle off the chair and boiling water poured over Sagar's lower body. Sagar was wearing cotton pants and when they tried pulling them off, his skin came off too. His grandmother applied tomatoes on the burnt area and they immediately rushed him to Kanti Children's Hospital for further treatment. His grandmother is staying with him on the burns unit. He suffered 15% - 3rd degree burns to his stomach, groin, hips and lower back. Both parents have been unemployed for many years, his treatment is ongoing.



Sagar

Pemdiki is aged 5 and lives with her parents. Her father is a trekking porter and her mother a farmer. The family are from Solukhumbhu, 150kms from Kathmandu. Pemdiki was at home with his mother who was busy doing housework and her father had gone in search of work in Kathmandu. She was playing outside with her friends where there was a broken electric pole with live wires lying on the ground. Pemdiki accidentally touched one of the live wires and was electrocuted. Hearing her scream, her mother rushed to her and called all her relatives to help her and took her to Kharikhola Hospital which was a 3 hour walk away where she received first aid treatment. She was then sent home, after two days her wounds became infected and she was transferred by plane to the burns unit at the Kanti. She suffered 2nd degree burns to her left hand. She was on the burns unit for 24 days and discharged home and is making a good recovery.



**Pemdiki**



**Bhan**

Bhan is 11 months old and comes from the district of Bara, 140kms from Kathmandu. He is an only child; his father is a farmer and mother a housewife. Their financial situation is dire. Bhan was outside with his mother who had started a fire for cooking. His father was doing household chores. His mother left Bhan on the ground whilst she went to collect vegetables from the garden and he crawled towards the fire where tragically he was severely burnt. As soon as his mother heard him cry out she rushed to him and immediately applied aloe-vera onto the burnt area. She then took him by bus to a nearby pharmacy but because his wounds were severe she was advised to go by ambulance to the Makwanpur Shakari Hospital, 54kms away. There he was admitted for two days and received only medication and dressings. They had no money left for further treatment and due to his wounds being severe he was referred to the specialized burns unit at Kanti, a further 90kms away. Bhan suffered 9%, 2nd degree burns to his face and his treatment is ongoing.

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

### **BVS 'Jingles' BROADCAST - SOS**

In 2017, we funded a daily radio broadcast during early evening when most Nepalese families tend to have dinner. These broadcasts start with a 'jingle' for attention, followed by vital information on how to treat the different types of burns; flame, electrical, water, in the first minutes after the accident.

Radio is the most effective, accessible and reliable source of information for them. Around two-thirds of the total population still live in rural parts of the country.

The broadcast is about prevention but in the tragic circumstances, what to do if it happens! It will be aired through different local radios/FMs targeting large audiences in the native (local) languages including Nepali, Awadhi, Maithali and Bhojpuri and broadcasted in 77 districts.

**BVS have requested our support with another broadcast this year. For five months of daily broadcasts, the cost is £2,500. If anyone would like to donate towards this I would love to hear from you. <https://www.chancefornepal.org/donations/>**

### **MOUNTAIN HEART NEPAL**

After the November earthquake, our partner MHN was a first responder and carried out a four-day medical mission seeing 700 families. During their medical mission they handed out books on health and hygiene, part of our 'Magic Read' programme with this brilliant organisation. Huge thanks go to Jane Lewis and Ivy Tan who have funded the 'Magic Read' through CHANCE for several years. Dr Aban is in the midst of producing a new book for slightly older children which will be launched early in 2024.



**Our 'Magic Read' programme reaches far and wide**



## SNEHA'S CARE - RABIES VACCINATIONS PROGRAMME

On my visit in September, there were 158 dogs in the Centre. Owing up to Sangbo (GMIN) to being a little frightened of dogs, he offered to accompany me. As we entered the Centre I clung to Sangbo's arm feeling very brave! Nothing quite prepares you for *ALL* 158 dogs bounding towards you, all barking, though thankfully wagging their tails with excitement. Once inside, they soon settled and calmness ensued once more, during which time I talked to Sneha about her work.

The last time I was here, four years ago, there were many volunteers, but since Covid the numbers have fallen dramatically, the same goes for finding new homes in Kathmandu or adoptive parents overseas for some of the dogs. Only one dog was adopted by a German couple during 2023. A few years ago, around 6/7 dogs were adopted by owners overseas. Street dogs are rounded up, many with injuries, either from being hit by a car, abandoned, or fighting amongst themselves. Once at the Centre they are given an anti-rabies vaccination, neutered, treated against distemper and released back into their community after three days. Those dogs with injuries stay for as long as deemed necessary, usually around three weeks for their wounds to fully heal.



Sneha and Barbara



**A vet treating a dog who was covered in maggots when rescued**

We have supported their vaccination programme for the past 5 years with 1200 anti-rabies vaccinations given during March and April. Rabies still kills many people in Nepal. Sneha Shrestha, the founder runs the Centre with the help of 19 staff and a few volunteers.



**Anti-rabies vaccinations**



## EDUCATION

We currently have 16 students receiving educational sponsorship, with some sponsors supporting since 2007!

Rumkarmal and Sabin - Grade 10 - students at **Triple Gem School**.

Bipana - Grade 6 at Pushpanjali Secondary School

Sajina - Grade 10 - student at **Lord of Light School**

Aakriti and Ritu - Grade 8 and 9 students at **Shangri-La school**.

Hemraj - Grade 7, Padam - Grade 8 and Nishant Grade 9 at **Nazareth School**

Sujan and Bhupesh - Grade 12 at **College**

Addesh, JP, Maan, Teschu, Phunstok doing Bachelor degrees at **University**

### New School – Shree Jankalyan Primary School, Banglachuli, Dang

In memory of David Pinnington, the Shree Jankalyan Primary School was completed by GMIN (Grassroot Movement in Nepal) and opened in March. The school is situated in the Dang region, 400kms west of Kathmandu. In the devastating 2015 earthquake it was badly damaged and sustained further damage in November of last year by another earthquake and was deemed unfit for purpose. Our funding for this came from a legacy left to CHANCE by Dave Pinnington - you can read more about it in our Summer Newsletter 2023. His sisters, Sue, Anne and Celia have continued to support the school during 2023 with books and an extended hard outside play area.

### [Our Summer Newsletter 2023](#)



The school David funded



## **YANGCHENMA ACADEMY - RAMECHHAPP**

Repairs and enhancement to the library building at Yangchenma makes it now safe to use. This is the largest area for indoor activities in the school and used for many purposes; library, meditation, yoga classes, computer lessons and school assembly.

I met with Bimila Ghising, founder of the Academy, an exceptional lady who strives to make this school - which is run on Buddhist lines and growing in numbers year on year - an outstanding place of education. The Brampton Charitable Trust supports this school through CHANCE and their funding this year was used for the salary of an excellent teacher.



**Bimila Ghising**

## **SAPANA VILLAGE SOCIAL IMPACT (SVSI)**

This year we provided 30 cooking stoves for the marginalised Chepang in Chitwan, 15 from funds raised at one of our quiz nights, and 15 from a donation by Jane Lewis. The improved Smart Stove is a tool designed to reduce the emission of harmful gases and consumption of firewood while cooking. It has an insulated combustion chamber around and above the fire, which enhances the temperature of the fire with reduction in firewood and decreases emissions of carbon dioxide and particulate matter. These stoves are very useful in rural areas where people have increasing rates of respiratory diseases.



**Some of the ladies who received a cooking stove**

## SHREE CHITASARI SECONDARY SCHOOL

I just love visiting this government school. The headmaster, Surya Lamichhame and his staff gave us a very warm welcome. CHANCE has supported the Tiffin programme here for over 10 years. Surya assures me it has made a tremendous difference to the children. Being a government school, they get a measly amount per child each day from the government, which would barely buy a banana! We support the daily Tiffin meal for around 60 of the youngest children. The menu changes daily and is cooked on site by the staff on a rota system. Roger and Pamela were most impressed by the quality and quantity given, as we helped handing round the plates of food before tucking in ourselves with the children. This initiative not only aims to fill hunger pains but also focuses on the overall development of the students providing energy which improves concentration - thus motivating the teachers as they have a class of energised and inquisitive children ready to learn.

Pamela, a science teacher then enjoyed taking part in a science lesson for Grade 7 and 8 students, explaining the chemistry behind a reaction that was demonstrated. Then she gave a pep talk encouraging the children to enjoy science.



The staff preparing lunch



Full tummies



Pamela and students enjoying the science lesson



## TRIPLE GEM SCHOOL – KATHMANDU

I received a lovely warm welcome from the head, Lama Raju Kondan and teachers during my day at Triple Gem which we have supported for over 16 years by way of; educational sponsorships - a daily milk programme for the lower school - computers - musical instruments - sports equipment and much more.

CHANCE introduced Triple Gem earlier in the year to a pilot scheme from the organisation 'iLearnabout', this is a conservation programme exploring global issues which they already have operating in African schools. It's an engaging interactive educational resource with topics such as climate change, pollution, wildlife and water.

Dilu, the assistant head invited me to sit in on his class to Grade 7 students and it was a joy to see how keen and engaged the students were. Lots of interaction as Dilu explored the topic - biodiversity. I feel the programme will be a great success and hopefully will be implemented in other schools in Kathmandu.



**Dilu in action**



**Children the world over love stickers**

I then visited the lower school during the milk distribution we support and handed out stickers and our knitted dolls.



## VOLUNTEER FOUNDATION NEPAL

Since Lalit and his family's sudden departure to the US in April the future of VFN hung in the balance. Hats off to JP and Maan, both in their fourth and final year of a Bachelor degree, JP in Engineering and Maan in Business. They both arrived at VFN aged 10, and are now aged 23 - who better to know the ropes and run a tight ship. They have had to endure many difficulties through the insufficient handing over of all aspects of the administration side to them, but slowly, with perseverance and a good deal of resilience, they have turned the corner and when I made my visits in October, I found a lot to celebrate. I was delighted to take Pamela and Roger with me on the birthday's of Nishant and Nabin who both turned 14 which meant a fab cake each with adorning fireworks! Singing and dancing followed which made a fun day for us all.

Another enjoyable and fun day for me was spent when invited back to help them make momos, my favourite Nepali dish! This took over four hours, with all hands to the task, preparing from scratch enough for all 16 of us! Not a case of opening a tin of tomatoes or a jar of peanut butter for a sauce. No! First the peanuts were gently fried to remove the husks, then sieved and ground up for the satay sauce, no half measurers! The chicken was stripped clean of all edible meat and the bones used to make a tasty soup to go with the momos which were delicious in the extreme and disappeared in seconds! I am immensely proud of all at VFN, the way they all pull together and the wonderful connection they have with each other - one very happy family, well done to all.



**In my honour we made momos!**



**The VFN family**

## My Special thanks to special people

Firstly, I would like to say a massive **THANK YOU** to everyone who has supported CHANCE during 2023. You continue to be wonderfully generous. Please be assured that you have changed so many lives for the better, in health and education.

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

**Adrienne Golightly** who runs our CHANCE 100 Club which raised £5,995 this year! I am delighted to say going to print we have our full quota of 100 members.

**Michelle Wilkes**, partner in **AZETS** Accountants, they have audited our accounts for free for the past 15 years. This is a massive saving for us. Michelle you are a star.

**Aerobytes** our corporate sponsor for the last 8 years.

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

**Jane and Brian**, landlords of **The Keep** in Guildford who for the past 12 years host our quiz nights. Their generosity and support is fantastic. Funds raised from the quiz nights go to support the education of Addesh, a student they have sponsored for 11 years. In September Addesh started a four-year degree in Hotel Management at GATE college, renowned to be the best college for this type of career.

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

Thanks to all our educational sponsors for giving the gift of an education, what better gift can you give a child which enables them to get a good job, securing a brighter future.

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) Burns Violence Survivors (BVS)

Is there anyone who would like to fund raise for us? We will welcome you with arms outstretched! Maybe a golf day - bridge afternoon - tennis tournament - table top sale - running a marathon etc.....With the continued war in Ukraine and now in Israel and Gaza, along with our own cost of living crisis - all have taken its toll resulting in fewer donations.

**Since my early endeavours in 2002, we have raised well over £1,000,000 to improve the lives of children and their families in Nepal.....This makes my heart sing.**

*Barbara*

Founder CHANCE for Nepal

Website: [www.chancefornepal.org](http://www.chancefornepal.org) Email: [info@chancefornepal.org](mailto:info@chancefornepal.org)

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