



# Roads to Rehab Nepal



## ROADS TO REHAB – NEPAL ANNUAL REPORT 2017

### WHO WE ARE:

Roads to Rehab – Nepal is an ACNC registered Australian not-for-profit organisation with no political or religious affiliations. We formed in December 2016 to support and partner with a Nepalese organisation called Nepal Healthcare Equipment Development Foundation (NHEDF). Together we aim to rebuild self-reliance, dignity and confidence. We aim to help each person become the best they can be.



### WHAT DOES NHEDF DO?



NHEDF is a registered not-for-profit organisation in Nepal originally set up to recycle medical technology and donate it to individuals and health care facilities. After the 2015 earthquake its mission, aims and objectives changed and since that dreadful day, NHEDF set up a Shelter to facilitate medical treatment, surgical intervention, nursing care, physiotherapy and rehabilitation services for people whose lives have been irreversibly altered by injury, and who

cannot access medical care due to poverty. Since NHEDF's Shelter was established 540 lives have been changed.

### WHAT DOES ROADS TO REHAB – NEPAL DO?

Roads to Rehab – Nepal provides funding, medical equipment and supplies to improve health outcomes for people admitted to NHEDF's Shelter. Our Nurse and Physiotherapist Sponsorship Program raises funds for wages and the generosity of our supporters enables NHEDF to employ two full-time nurses and a physiotherapist.



Anjeela, Kusum and Kunga have worked so hard and have achieved so much with so little. The highlights of their last six months have been helping their patients to progress with treatment; the close cooperation and family atmosphere at NHEDF; the sense of closeness with patients and their carers; the positive feedback and the gratitude shown by patients and their families when the long road to rehabilitation comes to an end; the job satisfaction and the sense of pride and loyalty they have as part of belonging to this organisation

and improvements in their salaries and working environment. They commented: 'We want people to know about our work because we all work hard and do our best to do a great job'.

## OUR ACCOMPLISHMENTS:

Three achievements stand out in this first year.

### 1. Funding wages:



We have funded the wages of NHEDF's physiotherapist and nurses so that they were able to help thirty-one patients along their road to rehabilitation. Patients' diagnoses have included fractures, head injuries, tetanus, pressure sores, wound infections, trauma, spinal injury, urological injury, gynaecological injury, neurological injury, tracheostomies (breathing tubes in the trachea), amputations (traumatic or due to cancer) and burns contractures. Of the thirty-one patients who have been through the Shelter since we began



supporting NHEDF, one patient passed away, sixteen have been discharged and the remainder are still at the Shelter. 50% of patients were treated for earthquake related injuries as many patients still require ongoing medical care for injuries that either have never been treated or that are still ongoing.



### 2. Securing a large grant:

We secured a grant for NHEDF of US\$ 8,970 from a wonderful organisation called We Help Nepal which NHEDF used to fund all expenses for a period of 10 weeks early this year.

### 3. Facilitating a partnership with Lend-a-Hand:



We facilitated a partnership between NHEDF and a not-for-profit organisation called Lend-a-Hand ([www.lend-a-hand.org](http://www.lend-a-hand.org)). NHEDF has been able to establish itself as an assessment and fitting centre for 3D-printed low tech, functional prosthetic arms and robotic hands which are fitted straps and operated via a system of pulleys and simple electronics. Three patients have been funded by private donors to receive a prosthetic arm. We hope this partnership will grow and not only provide many Nepalese with much needed



prosthetic hands and arms, but also, over time, improve the sustainability of NHEDF.

## TRUSTEES REPORT:



Our founding Trustee, Virginia Dixon, goes to Nepal every year with an Australian surgical team and in March spent two days at the Shelter. She said "I feel very privileged to be supporting such an amazing team in Nepal, and working with Samrat, NHEDF's Director. With his wide smile, dedication and optimism, his focus on what works and his commitment to his project which is neither glamorous nor trendy, he is making such a huge difference to the lives of those who have nowhere to turn, and we are privileged to be in a position where we can do something to help."

## FINANCIAL INFORMATION:

We need to raise approximately \$8500 a year just to cover the wages of NDHEF's nurses and physiotherapist. Our administration costs are minimal to ensure we make the highest possible impact. Even our bank waives the transfer fees for our regular transfers to Nepal. We have no paid Australia staff or premises and Management Committee members do not receive payment or

benefit of any kind, fund their own expenses and continue to donate any associated costs. As a consequence of this more than 99% of what we raise goes towards our project.

#### **TREASURER'S REPORT FOR THE YEAR ENDED 30 JUNE 2017:**

Bank balance as at 19/12/2016 0.00

#### **RECEIPTS**

Donations	3,827.00	
Physiotherapist sponsorship	640.00	
Nurse sponsorship	2,370.00	
Friendships	100.00	
Refund of bank transfer fees	40.00	
Interest	<u>0.81</u>	
<b>TOTAL RECEIPTS</b>		<b>6,977.81</b>

#### **OUTGOINGS**

Remittances to Nepal for wages	3,664.62	
Remittance transfer fees	<u>60.00</u>	
<b>TOTAL OUTGOINGS</b>		<b><u>3,724.62</u></b>

Bank balance as at 30/06/2017 3,253.19

#### **NOTES:**

- 1) Amounts transferred to Nepal represent wages for two nurses and one physiotherapist for the months of March to July 2017 inclusive. Future transfers of wages are every two months – one month in arrears and one in advance.
- 2) The two nurses are paid 16,500 Nepalese rupees (NPR) per month, and the physiotherapist NPR20,000 per month – a total of NPR53,000 or approximately AUD665 per month.
- 3) Wages have been sent electronically through St George Bank. The bank refunds the \$20 transfer fee.
- 4) Donations are received from donors worldwide through the Chuffed fundraising page.
- 5) We have a number of nurse and physiotherapist sponsors who currently make the following contributions:

Nurse sponsors: 1 x \$500 per annum  
1 x \$250 per annum  
1 x \$40 per month  
1 x \$30 per fortnight

Physiotherapist sponsors: 3 x \$40 per month

Paul Dixon  
Treasurer  
3<sup>rd</sup> July 2017

**TO OUR DONORS, SPONSORS & SUPPORTERS - THANK YOU:**





We have received wonderful support and donations from the public from all around the world, and gratefully acknowledge and thank our past, present and future donors, fundraisers and supporters – we could not have done what we have achieved without you. We would especially like to thank all those who have made donations, have become part of our Nurse and Physiotherapist Sponsorship Programs or have become Friends.



A huge thank you to Southside Physiotherapy and Sports Injury Centre, Tuggeranong and Woden Integrated Physiotherapy for their amazing support of our Physiotherapy Sponsorship Program.

Our staff sponsorship programs are vital elements to our successful strategy in making a tangible difference to the lives of patients at NHEDF's Shelter. Thank you – you have changed and saved lives.

**OTHER ASSISTANCE:**

We really appreciate the support given by Erin Green who is also helping NHEDF through a fundraising page of her own; Celeste Child for creating our logo; Brian Crosier for introducing us to Lend-a-Hand; and Joe Sieder who has a big fundraiser planned!



**THE NHEDF 'FAMILY':**

Without Samrat there would be no NHEDF. He has worked so hard to ensure everyone who passes through the doors of the Shelter have received the best medical and/or surgical intervention available. A huge thank you goes to their Management Committee and physiotherapist Anjeela KC and Staff Nurses Kunga Sangmo Gurung and Kusum Bista who are continuing to do an amazing job in making NHEDF a well-respected organisation worthy of the support and publicity it receives.

**OUR MANAGEMENT COMMITTEE MEMBERS:**

A huge thank you to Virginia Dixon, Paul Dixon, Maren Child and Therese Keily-Wynter who are committed to making this project a success story and to Carolyn Goode for helping us set up.

**HOW YOU CAN HELP:**

If you would like to contribute to NHEDF's staff sponsorship program or make a donation please contact us or visit our website for details. We welcome any donations, financial or otherwise, assistance, support, ideas, fundraising efforts or any other contributions.



With grateful thanks,

*Virginia Dixon*

President – Roads to Rehab – Nepal

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