



ROADS TO REHAB NEPAL ANNUAL REPORT 2017 - 2018

Dear Friends,

Thanks to your wonderful support, what started as a simple offer of assistance to Nepal Healthcare Equipment Development Foundation (NHEDF) in mid-2016 has grown into a not-for-profit organisation with two projects under the umbrella of our organisation – our original NHEDF work and our Fistula project – and this financial year we have raised \$29,424.91. On top of this, we are even prouder of what we have managed to achieve. Whilst we are only as good as NHEDF's wonderful Director Samrat, its amazing staff, the people who support and contribute to our project and the volunteers that run it, we think we have done even greater work this year and invite you to read on!



WHAT WE HAVE ACCOMPLISHED OVER THE LAST FINANCIAL YEAR & HOW WE HAVE DONE IT



We have continued to act on our belief that everyone has the right to health and medical care as well as advocate for people with a disability and attain better rehabilitation outcomes. We remained committed to improving health outcomes and changing the lives of people who live in remote and rural Nepal who, for a multitude of reasons including poverty and geographical isolation, lack access to all those services we take for granted. Simple things like

hospital and medical care, rehabilitation services, early obstetric intervention, suitably skilled and trained medical staff are simply often not there.

Since May 2015 NHEDF has changed the lives of 540 people. This financial year, thanks to your incredible support, we have been able to build on what we did last year and give thirty-five more people a second chance. This may not sound much, but the road to rehabilitation for these patients is often long, and nothing in Nepal is ever simple!



For these lucky 35 we have helped restore health, maximise potential, rebuild self-reliance, self-respect, dignity and confidence. We have changed the lives of people who have no one else to turn to and nowhere else to go.

We have helped people who, just like you, want a world where they receive good quality medical care; where they can continue to live at home; where they can remain gainfully employed; where they can stay at school; and where they can live with dignity surrounded by their community and those they love.



Our patients have experienced trauma, head injury, fractures, amputations, infections, tetanus, pressure injuries, burns, and gynaecological, urological and neurological injury. Their road to rehabilitation and recovery has often involved overcoming financial, physical, psychological and social challenges while undergoing multiple surgeries, extensive rehabilitation, and the fitting of prosthetic limbs. Some of NHEDF's patients are still experiencing complications related to their earthquake injuries.



This year NHEDF has seen an increasing number of young men like Budhi Bahadur who are in desperate circumstances and have sought help, having been injured whilst working as guest workers outside Nepal. These men have usually received emergency care in their host country but are then simply sent home with no funds for ongoing treatment or financial compensation for their life changing injuries.

Our fistula project is a work in progress and through our partnership with Fistula Free Nepal we are finding ways to fill the gap which exists for the 20 - 30% percent of fistula affected women whose fistulas cannot be fixed by conventional surgery. Whilst FFN has funding for surgery, education and health promotion from a US not-for-profit organisation called the Fistula Foundation, they have no funds to assist women like 54 year-old Devi Pandit, who has been living with her fistula and the complete urinary incontinence that comes with it for 10 years. She is one of 7 patients currently referred to us who need life-long support.



We continued our commitment to support the salaries of NHEDF's clinical staff at the Shelter through our Nurse and Physiotherapist sponsorship program and facilitated professional development for nursing staff to help further develop their wound management skills, resulting in faster wound healing and shorter patient stays.

We helped fund essential medications and medical supplies for patients at the Shelter and contributed to medical and surgical costs for Shelter patients.

We provided funds to NHEDF for appropriate physiotherapy resources which were generously raised by Southside Physiotherapy Group to enable NHEDF's physio, Anjeela, to treat patients more effectively.

We helped NHEDF explore ways to enhance their sustainability and also provided administrative support, input, suggestions and advice to facilitate the smooth running of their facility and prevent duplication of resources. We helped them apply for a grant from our Department of Foreign Affairs and Trade Direct Aid Program and put the wheels in motion for a Days for Girls Enterprise to operate out of the Shelter.



We have worked hard to promote both NHEDF and our organisation to the community, have raised funds, and have also secured wonderful funding from the Rotary Club of Hall which will be spread out over three years.



We have facilitated the registration of a Days for Girls Enterprise called Circles of Hope which will initially operate out of NHEDF's Shelter <http://www.daysforgirls.org> It will provide employment to NHEDF patients, their carers, and women with fistula. It will also provide menstrual kits to NHEDF's female patients and women with obstetric fistula and will manufacture and

supply reusable, washable, incontinence products, which we will fund, for women affected by obstetric and traumatic fistula.



TRUSTEES REPORT

This financial year Roads to Rehab Nepal has had wonderful support from local, national and international donors who love what we and our project partner organisations are doing.

I visited Nepal in February and spent a number of days at the Shelter. I feel very privileged to be part of such an amazing team in Nepal. Working with Samrat, NHEDF's Director, is a bonus. 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.



I was also there when a patient called Bibaduri was discharged. This 37-year old woman was found close to death in a shed in a remote part of Nepal. She had experienced earthquake-related trauma to her feet, and because her family could not afford medical care she was banished to a shed when her maggot infested wounds smelt so bad they could no longer have her in the house.

She spent nine months at NHEDF and six surgeries later she was discharged home under the supervision of the Nepalese organisation who found her.

Neither words nor photos can express the gratitude our patients have for your support, so on behalf of everyone at NHEDF I would like to say a huge thank you for everything your generosity has enabled us to do.

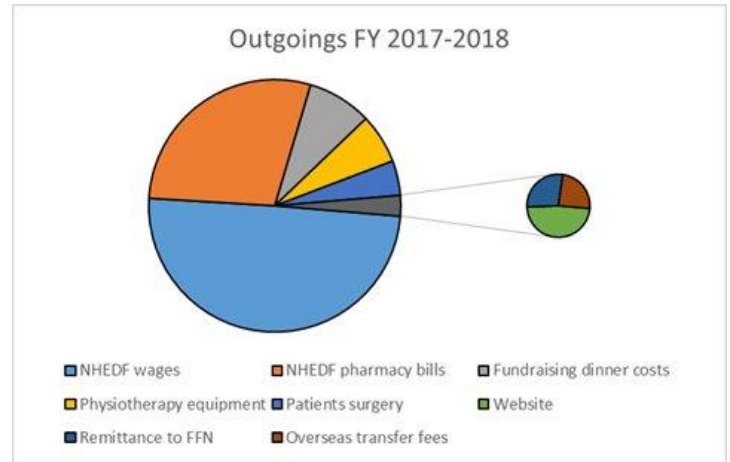
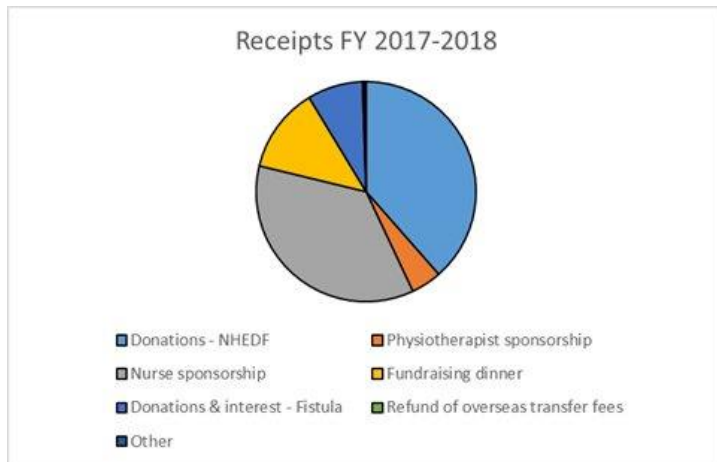
Virginia Dixon
Trustee & President

FINANCIAL INFORMATION

Neither NHEDF nor Roads to Rehab Nepal has had any government funding. We rely completely on donations and our own fundraising efforts. NHEDF requires approximately \$6000 every month to operate at its current level. Roads to Rehab Nepal's philosophy is simple – to keep our administration costs as close to zero as possible to ensure we make the highest possible impact. This financial year 99.19% of what you have donated has gone to NHEDF. Out of the \$29,424.91 that we raised our only administrative expense was \$279.72 for our webpage.

Our bank waives the transfer fees for our regular deposits to Nepal. We have no paid Australian staff or premises and Management Committee members fund their own expenses and continue to donate any associated costs, and do not receive payment or benefit of any kind.

We take our financial responsibilities seriously and will not disburse any funds until we are completely confident they are being put to the best use. The following pie charts depict our income and expenditure. If you would like to receive our detailed financial report please email info@roads-to-rehab-nepal.org This information will also be available on the Australian Charities and Not-for-profits Commission (ACNC) website. The more funds we raise, the more people we can help.



TO OUR DONORS, SPONSORS & SUPPORTERS - THANK YOU!

We gratefully acknowledge and thank our past and present donors, partners, sponsors and supporters from all around the world. We would especially like to thank all those who have become part of our Nurse and Physiotherapist Sponsorship Programs, the Rotary Club of Hall for their amazing support, and a huge thank you goes to Southside Physiotherapy Group for their wonderful generosity and commitment.

Please visit our website <http://www.roads-to-rehab-nepal.org> for more information about what we do and to learn more about our patient's stories. Help us change the world for people in Nepal who have no one else to turn to and nowhere else to go.

With grateful thanks,

Virginia Dixon

President, Roads to Rehab Nepal
18.8.2018



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