



ROADS TO REHAB NEPAL ANNUAL REPORT 2019

Dear Friends,

We are excited to be sharing yet another annual report with you and would like to say a huge thank you for your wonderful support during this financial year. This year has had its challenges for both us and NHEDF but as always, NHEDF's Director, Samrat continues to advocate for their patients with a smile and manages to sustain NHEDF through thick and thin. Our challenges simply pale into insignificance when compared to those faced by the 35 people we have helped over this financial year along their long road to rehabilitation. This may not sound much, but their roads to rehabilitation are often long, and nothing in Nepal is ever simple or fast! We invite you to read on!



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



Over the last year we have continued to raise funds for NHEDF so that every patient who walks through the doors of the Shelter can have what you and I both want - the best surgical, medical, nursing, physiotherapy and rehabilitation care available and to be treated with kindness, compassion and respect. Without such support many of NHEDF's patients have felt they have nothing to live for.



Our commitment to improving health and changing the lives of people (who for a multitude of reasons including poverty and geographical isolation) lack access to all those services we take for granted has meant that this financial year another 35 patients have benefited from our support.



NHEDF has continued to act and advocate for people with a disability; they have continued to fund and organise medical and surgical intervention and help patients navigate the complexities of a medical system that is not free; they have continued to deliver quality nursing care, physiotherapy and rehabilitation services for their patients and have continued to achieve appropriate rehabilitation outcomes. They have continued to change the lives of people who have no one else to turn to and nowhere else to go. This has been possible because of the generous donations that our amazing mutual supporters have provided.

This year we became a permanent member Global Giving, a big non-profit organisation which connects non-profits, donors and companies around the world. In February we commenced a lengthy and rigorous application process to become part of this UK and US non-profit organisation. Our application was accepted and in June our project page went live. We had 3 weeks to prove our worthiness and raise the required US\$5000 to convert our temporary membership to a permanent one. Thanks to your incredible support we succeeded. This partnership opens us up to a whole new world of potential supporters, gives us all sorts of benefits, gives our US donors tax deductibility and our UK donors Gift Aid. For us this was a major piece of news and we were touched by a lovely comment made by a supporter that accompanied his donation which stated "In a world where there is

Accelerator JUN 19 - 20

Overall Prizes

All projects are in the running to win these prizes until the end of the campaign on June 20!

Most Funds Raised	Most Unique Donors
1st Place \$4,000	1st Place \$2,000
2nd Place \$2,000	2nd Place \$1,000
3rd Place \$1,000	3rd Place \$500

Bonus Day Prizes

Participants competing to earn a proportional share of the \$20,000 Income Fund.

Most Funds Raised	Most Unique Donors
\$1,000	\$1,000

BONUS DAY | JUNE 20

much to complain about, supporting Roads to Rehab Nepal is like coming up out of the swamp and taking a big breath of fresh air. It works for me, every time."



This financial year we fulfilled our commitment to support the salaries of NHEDF's clinical staff at the Shelter through our Nurse and Physiotherapist sponsorship program. We also agreed to fund the wages of a third permanent nurse so that there is always a regular staff member for morning, afternoon and night shifts. NHEDF then does not need to rely on casual nursing staff except for holiday relief and sick leave.

We have continued to fund the costs of medical and surgical intervention as required and have made regular contributions to NHEDF's pharmacy bill so all patients at the Shelter have been supplied with essential medications and medical supplies. We have also contributed some funding towards NHEDF's rent which has enabled the Shelter to keep functioning when all other sources have been exhausted.

OUR NHEDF PROJECT



During this financial year NHEDF has been very busy! They renewed their three-year registration with the Social Welfare Council. In May they moved house which was both a major undertaking and a major challenge. Renting a house in Nepal is not like renting one in Australia where much of the renovations and maintenance falls on the landlord. Relocating was an expensive exercise.

Anjeela, NHEDF's physiotherapist and NHEDF's nurses, Kusum and Kunga have all done an amazing job for which everyone is incredibly grateful.

Sadly, NHEDF recently farewelled senior staff nurse Kunga who has left to work elsewhere. Kunga has been part of the NHEDF family since the earthquake and will be very much missed. NHEDF however welcomed her replacement, staff nurse Ranjani, who has been working at NHEDF on a casual-on-call basis for eighteen months. They also welcomed a third new staff nurse, Aashika who we are seeking sponsorship for.



In January Kunga and our Fistula Project Manager, Saguna attended Days for Girls Ambassador of Women's Health training with Maiya from Fistula Free Nepal. 85 menstrual kits donated by Canberra Days for Girls made their way to Nepal, and all have done a great job of providing essential information about menstruation to men and women at the Shelter. Saguna has also been doing some volunteer Ambassador of Women's Health work in her home village and its surrounds.

OUR FISTULA PROJECT

In February we decided to put our Fistula Project on hold whilst we made necessary changes and are now operating it out of NHEDF. Saguna will remain as our Fistula Project Manager, and NHEDF agreed to manage the medical



care of any women with fistula referred to them. Sita Giri has benefitted from our support.

Our grateful thanks go to all those at Fistula Free Nepal for their assistance and we look forward to supplying your women with fistula with incontinence pads made by our Circles of Hope Enterprise.

OUR CIRCLES OF HOPE INITIATIVE



As we write this report, our Circles of Hope initiative is starting to get off the ground. Circles of Hope aims to provide NHEDF patients and women with fistula with incontinence and menstrual products and also provide employment to selected women living with fistula, NHEDF patients and/or carers who are willing and able to be involved.

Progress has been slow due to delays within the Kathmandu office of Days for Girls, but we now have some positive news about the steps that have been taken to ensure Circles of Hope becomes a reality in the near future.

In April the signing of the required legal licensing agreement to have a Days for Girls Enterprise took place. In May we received a wonderfully generous donation from the Rotary Club of Hall to fund set-up costs for this initiative. Thank you again Rotary Club of Hall! In June Saguna enrolled herself in a sewing skills training course to learn how to sew complex garments as Enterprise training by Days for Girls has been delayed. In July Government registration of Circles of Hope as a social enterprise commenced after the start of Nepal's new fiscal year, and thanks to the Rotary Club of Hall, NHEDF's new home now has a dedicated sewing space and two sewing machines! Saguna is currently working on producing a sustainable, washable, durable, comfortable, waterproof incontinence product with a patient who would love employment within the Enterprise, so watch this space!

Our grateful thanks go to Angela for creating the pattern and to Jaimie at CIT for trying to source additional support for this project.

TRUSTEES REPORT



Our founding Trustee & President, Virginia, visited Nepal in November and spent a number of days at the Shelter. She said "During my time there it was lovely to be reacquainted with some of our patients from last year and it was also lovely to meet new patients. It was also great to meet Titia, a supporter from the Netherlands and to be introduced to a team of young women, also from the Netherlands, doing an eight-week clinical placement as part of their skin therapy degree.

As always, working with Samrat, NHEDF's Director, has been both a pleasure and a privilege. I continue to feel immensely lucky to work with someone so special and thank you Samrat for

making the experience so positive. Thank you to everyone who has helped us along our Roads to Rehab Nepal's journey so far and thank you to my special Management Committee for all your input and generosity.

With grateful thanks,

Virginia Dixon,
President, Roads to Rehab Nepal

FINANCIAL REPORT

We continue to have no paid Australian staff or premises. Management Committee members continue to fund their own expenses, do not receive payment or benefit of any kind and regularly and generously donate essential services as required. We rely completely on donations and our own fundraising efforts. The number of patients we can help and therefore the number of lives we can change is directly related to the amount of money we can raise.

TREASURER'S REPORT FOR THE YEAR ENDED 30 JUNE 2019

NHEDF ACCOUNT:

Bank balance as at 01/07/2018: 13,180

Receipts:

Donations		14,760 ¹	
Clinical staff sponsorship		8,280 ²	
2018 Fundraising dinner:			
Sale of tickets (72 x \$45)	3,240		
Sale of auction items	1,070		
Lottery	270		
Raffle	<u>379</u>	4,959	
2019 Fundraising dinner ticket sales		360	
Mogo Collective - sale of buttons		92	
Refund of overseas transfer fees		100 ³	
Sale of finger puppets		35	
Interest		<u>15</u>	
Total receipts			28,601

Expenditure:

Clinical staff wages	10,800	
Pharmacy	6,322 ⁴	
NHEDF Rent	5,496 ⁵	
Taj Agra fundraising dinner	2,160	
Website renewal	417	
Website upgrade	550 ⁶	
Nursing equipment	300	
Wedding bonus for physiotherapist	100	
Overseas transfer fees	<u>80</u>	
Total expenditure:		26,225

Bank balance as at 30/06/2019: 15,556

FISTULA ACCOUNT:

Bank balance as at 01/07/2018 2,464

Receipts:

Donations	4,770 ⁷	
Refund of overseas transfer fees	10	
Interest	<u>3</u>	
Total receipts		4,783
Expenditure:		
Wages	<u>1,620⁸</u>	
Total expenditure		1,620
Bank balance as at 30/06/2019		5,627

NOTES:

- 1) Donations were received from donors worldwide through Chuffed and directly from certain individual donors. People also donated in lieu of attending our annual fundraising dinner. Roads to Rehab also received substantial support from Rotary Club of Hall.
- 2) This sponsorship was donated specifically to cover the wages of NHEDF's two nurses and physiotherapist. These contributions came from a number of individual donors, the Rotary Club of Hall and two local ACT physiotherapy practices Southside Physiotherapy Tuggeranong, Woden and Lanyon.
- 3) St George Bank refunded Roads to Rehab's overseas money transfer fees.
- 4) NHEDF incurs substantial pharmacy bills for its patients. Roads to Rehab Nepal assisted with these bills on an ad hoc basis when funds allowed.
- 5) NHEDF incurs substantial rental costs for the building which houses its patients. This payment by Roads to Rehab Nepal was to clear rent in arrears.
- 6) Some Website costs were paid for by a donation made by a Roads to Rehab committee member.
- 7) Donations were received from supporters worldwide through Chuffed, certain individual donors, and Rotary Club of Hall.
- 8) These wages were for a temporary Fistula Program manager.

TO OUR DONORS, SPONSORS & SUPPORTERS - THANK YOU!



We would like to emphasise that neither words nor photos can express the gratitude our patients have for your support, so on behalf of everyone involved, a million thanks for everything your generosity has enabled us to achieve over this financial year.

We gratefully acknowledge and thank our past and present donors, partners, sponsors and supporters from all around the world and would especially like to thank all those who have become part of our Nurse and Physiotherapist Sponsorship Programs including Southside Physiotherapy Tuggeranong, Woden and Lanyon, the Rotary Club of Hall for their amazing support and all those who helped us get over the line with our GlobalGiving campaign.

A huge thank you goes to the clinical staff at the Shelter, the members of both NHEDF in Nepal and our wonderful Management Committee in Australia for their hard work and dedication.

We would also like to emphasise that neither words nor photos can express the gratitude our patients have for your support, so on behalf of everyone involved, a million thanks for everything your generosity has enabled us to achieve.

We look forward to another year, and hopefully your continued support in helping us change the lives of people in Nepal who have no one else to turn to and nowhere else to go. We know we cannot change the world, but we can change theirs. If you ever have any questions or would like more information about any aspect of our work, please do not hesitate to contact us.

With grateful thanks,

Virginia Dixon

President, Roads to Rehab Nepal,
15.7. 2019



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