



**Roads to Rehab  
Nepal**

**ROADS TO REHAB NEPAL ANNUAL REPORT 2019 - 2020**

**ABOUT US:**

We are a not-for-profit organisation registered with the Australian Charities & Not-for-profits Commission (ACNC). We work with an organisation in Nepal called NHEDF (Nepal Healthcare Equipment Development Foundation). Between us we improve health outcomes by funding and facilitating medical and surgical intervention, nursing care, physiotherapy and rehabilitation services for people who experience life changing illness or injury but cannot access medical and rehabilitation services due to poverty.



Without you we would not be able to do what we are doing. We would therefore like to start our annual report by expressing our gratitude and appreciation for your amazing generosity during this financial year.

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



We have continued to provide funding for medical and surgical costs for patients at the Shelter, as required. We have continued to pay NHEDF's monthly pharmacy bill and we have funded the salaries of clinical staff at the Shelter.



Thanks to your generosity, 40 patients have had access to the best surgical, medical, nursing care, physiotherapy and rehabilitation services available and have been treated with kindness, compassion, dignity, safety and respect.

Our greatest accomplishments have been the lives that we have been able to change through the strengthened relationship we have with NHEDF; through the improved delivery of our fistula project through NHEDF; and through the financial benefits we have received from being a member of GlobalGiving.



**OUR NHEDF PROJECT:**



This year has had all its usual challenges for NHEDF but as always, NHEDF's Director, Samrat, continues to advocate for its patients and helps them navigate their long road to rehabilitation through a medical system which has become even more complex since the onset of COVID-19. This financial year 40 patients have received medical and surgical intervention, nursing care and physiotherapy, taking NHEDF's total number of patients to around 700 since they opened their doors in 2015.

Samrat has done an amazing job, as always, of continuing NHEDF's work and supporting past and present patients throughout the lockdown and the COVID-19 pandemic.

NHEDF was sorry to farewell Staff Nurse Rajani but was really happy to welcome new nurses Lucky and Renuka who joined physiotherapist Anjeela, Staff Nurse Aashika and soon-to-be-



Bachelor Nurse Kusum early in the year. All have continued to deliver excellent care, and NHEDF has continued to achieve appropriate rehabilitation outcomes.



NHEDF has been in their new premises for a year now. Essential renovations are now complete though there is still work to be done, and patients and their relatives have been busy cultivating the new vegetable garden. This year NHEDF has had to manage a flood and the COVID-19 pandemic. A year ago, as a result of the monsoon, the Shelter was looking like an ark as floodwaters lapped



around it.

The pandemic resulted in 50% of patients returning to their villages in March leaving only those who could not manage without NHEDF, and due to a lockdown of nearly 3 months, life was very different at the Shelter. The demand for beds has been high and will only increase due to the devastating financial circumstances affecting so many people in Nepal due to COVID-19.



On a happy note, this financial year NHEDF celebrated a wedding between two patients – Parbati and Manish, and a first baby, born to Karna who was a patient at NHEDF for 2 years.



On a sad note, two patients passed away. Kamala was due to have urgent cardiac surgery for a congenital heart defect the week after Nepal went into lockdown but this was cancelled, and she died of a heart-attack. Also, the father of young Mansur, both of whom were patients at NHEDF, passed away from probable stomach cancer.

### OUR FISTULA PROJECT AND CIRCLES OF HOPE:



Last year our fistula project was integrated into NHEDF and since then 3 patients with obstetric fistula have spent time at the Shelter and have benefited from your support.

Saguna continued to manage our Fistula Project on an "as needed" basis and coordinated the medical care of women with fistula referred to NHEDF. The Circles of Hope initiative continued in a modified form with the ongoing manufacture of washable reusable sanitary and incontinence products at the sewing room at NHEDF. These products were then donated to patients at NHEDF living with incontinence and given to women with fistula. COVID-19 however has further delayed the progress of this initiative.



### TRUSTEES REPORT:

The best thing about my involvement in Roads to Rehab Nepal is when I spend time at the Shelter. I self-fund my annual visits and was able to squeeze in a trip to Nepal in early March. Talking to staff and patients in my basic Nepali and hearing their stories gives me so much encouragement as I see first-hand the ways in which we change the lives of people who have no one else to turn to and nowhere else to go, and it is always wonderful to visit the Shelter, meet new patients and staff members and spend time with old ones.



I was given free rein by Samrat to do whatever I wanted as long as it was all finished by my departure date which had been brought forward by 2 weeks due to the looming closure of Kathmandu airport. Staff, patients, carers and volunteers helped pack 24 days of work into 8 and much work was done around governance including consent, child protection



and the use of images. Ongoing education for NHEDF's nurses revolved around wound management, communication and documentation.

I would like to express my gratitude to everyone who plays a role in the success of this organisation from the amazing support we have from our donors, to Samrat who makes my job so much easier. My grateful thanks also goes to our small Management Committee who help to make it all happen.



There is a wider community within Nepal who I would also like to acknowledge and thank - people like Devindra and the small band of trusted NHEDF volunteers who do things like donate blood when patients need it and deliver it from the blood bank to the hospital. These patients also help Samrat to organise and coordinate each patient's hospital stay and purchase each patient's food, medications, catheter bags, IV cannulas, dressing products and whatever else the patient requires. I would also like to thank Grains of Life who continue to provide NHEDF with food on alternate weeks.



With grateful thanks, for your wonderful support and generosity,

Virginia Dixon

President, Roads to Rehab Nepal



### FINANCIAL REPORT:

Our organisation is run solely by volunteers. Management Committee members continue to fund their own expenses, do not receive payment or benefit of any kind and regularly and generously donate many services. We rely completely on donations and our own fundraising efforts so 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.



Last year we became a member of GlobalGiving. All our hard work to ensure this happened and your generosity has been awesome, because as well as providing a tax-deductible platform for our donors in US and UK we have received matching donations.

### TREASURER'S REPORT FOR THE YEAR ENDED 30 JUNE 2020:

#### NHEDF ACCOUNT:

**Bank balance as at 1<sup>st</sup> July 2019** **15,556**

#### RECEIPTS

Donations		28,912 <sup>1</sup>	
Clinical staff sponsorship		5,800 <sup>2</sup>	
2019 Fundraising dinner:			
Sale of tickets	3,330		
Sale of auction items	1,610		
Lottery	300		
Raffle	375		
Book sales	130		
Wine auction	<u>60</u>	5,805	
Christmas raffle		250	
Refund of overseas transfer fees		60 <sup>3</sup>	
Mogo Collective - sale of buttons		30	
Interest		<u>12</u>	

**TOTAL RECEIPTS** **40,869**

**EXPENDITURE:**

Pharmacy	15,735
Clinical staff wages	14,126
NHEDF Rent	5,368 <sup>4</sup>
Taj Agra restaurant (fundraising dinner)	2,362
Circles of Hope	1,930
Patient surgery	800
Website maintenance and upgrade	766
Nursing equipment	555
Overseas transfer fees	<u>90</u>

**TOTAL EXPENDITURE** **41,732**

**Bank balance as at 30 JUNE 2020** **14,693**

**FISTULA ACCOUNT**

**Bank balance as at 1<sup>st</sup> JULY 2019** **5,627**

**RECEIPTS**

Donations	3,155
Interest	<u>3</u>

**TOTAL RECEIPTS** **3,158**

**EXPENDITURE**

Fistula surgery for three patients	3,745
Administration wages	<u>1,250<sup>5</sup></u>

**TOTAL EXPENDITURE** **4,995**

**Bank balance as at 30 JUNE 2020** **3,790**

**NOTES:**

- 1) The major source of donations was the Global Giving Foundation (\$19,836). These donations were from a number of individual donors and the figure includes \$658 in matching donations from Global Giving itself. The other major donor was the Rotary Club of Hall (\$6,300).
- 2) This sponsorship was donated specifically under Roads to Rehab's nurse and physiotherapist sponsorship program.
- 3) St George Bank refunds Roads to Rehab's overseas money transfer fees.
- 4) Roads to Rehab Nepal temporarily assisted NHEDF with rent arrears.
- 5) NHEDF employed a fistula program manager on a casual basis during the year.

Paul Dixon  
Treasurer, Roads to Rehab Nepal

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

We would like to emphasise that neither words nor photos can express the gratitude our patients and their families 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. We would especially like to thank the Rotary Club of Hall for 3 years of support and all those individuals who contribute to our Nurse and Physiotherapist Sponsorship Programs. Our ongoing gratitude goes to Southside Physiotherapy Tuggeranong and Woden for their continued support of the latter. We would also like to say a huge thank you to Ausmed in Australia for providing NHEDF's nurses with a subscription to all their on-line learning resources and our special thanks go to Flat Gecko Design in Canberra for taking care of our website for us.



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

We look forward to another year, and 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 have any questions or would like more information about any aspect of our work, please visit our website <http://www.roads-to-rehab-nepal.org> or contact us on [info@roads-to-rehab-nepal.org](mailto:info@roads-to-rehab-nepal.org)

With best wishes and grateful thanks from everyone at NHEDF, including all past and present patients and all of us at Roads to Rehab Nepal for your incredible support.

*Virginia Dixon*

President, Roads to Rehab Nepal,

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