



OUR IMPACT 2017-2018



PHASE
WORLDWIDE





CHANGING LIVES IN NEPAL



Changing Lives in 2018

50,000 people in Nepal have been supported by PHASE Worldwide in the last year.

Through our health, education and livelihoods work we continue to change lives for some of the most isolated communities in the world.

I met Jau Matikami, a President of a local farmer's group, in my last visit to the Far West of Nepal. Before her involvement with the livelihoods project, Jau's husband didn't involve her in household decision making and often disrespected her. However, on Jau's reflection of the project, she told me "*because I am growing vegetables, attending farmers' meetings, and increasing our income, this is beginning to change, I now have a voice*".

Thank you to all of our supporters. Together, we can continue to empower people like Jau.


A handwritten signature in orange ink, appearing to read "T. Edwards".

Tom Edwards
Director, PHASE Worldwide



Our Vision

We believe that everyone, everywhere, even those in the most remote places in the world, should have access to primary healthcare, basic education and livelihood opportunities.



Our Mission

To empower isolated communities through integrated and sustainable programmes in health, education, and livelihoods.

What We Do

In the areas we work, poor health, low levels of education, and few livelihood opportunities trap people in a cycle of poverty. This cycle prevents people from taking control of their lives.

By supporting integrated and sustainable health, education and livelihoods projects, PHASE Worldwide enables people to access knowledge, skills and services. Whilst at the same time strengthening local government provision.

Sustainability is a key part of our work. This is facilitated by the involvement of people at all stages of programme development. We aim to make a lasting difference, but not to replace local government services.

Our Areas of Work



Health
Strengthening primary healthcare provision and services for communities



Education
Improving access to education and the quality of education delivered in communities



Livelihoods
Building resilience, ensuring food security and creating income for communities



PHASE Worldwide in the UK

LAST YEAR...



35
CLIMBED
BEN NEVIS
IN SCOTLAND

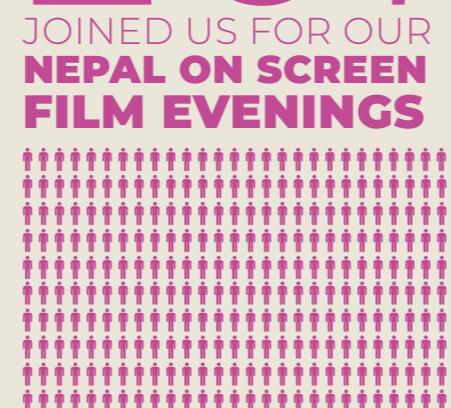
OVER 700 PEOPLE JOINED US FOR THE
LAKELAND FESTIVAL OF LIGHT IN CUMBRIA.

13 SUPPORTERS CYCLED FROM LONDON ALL THE WAY TO PARIS



261

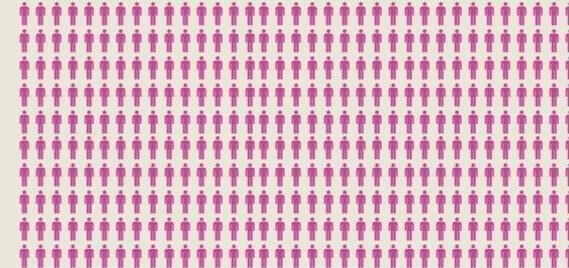
JOINED US FOR OUR
NEPAL ON SCREEN
FILM EVENINGS



BETWEEN THESE EVENTS
WE RAISED OVER
£54,000

350

PEOPLE CAME TO WATCH OUR
EVENING WITH **BRIAN BLESSED**

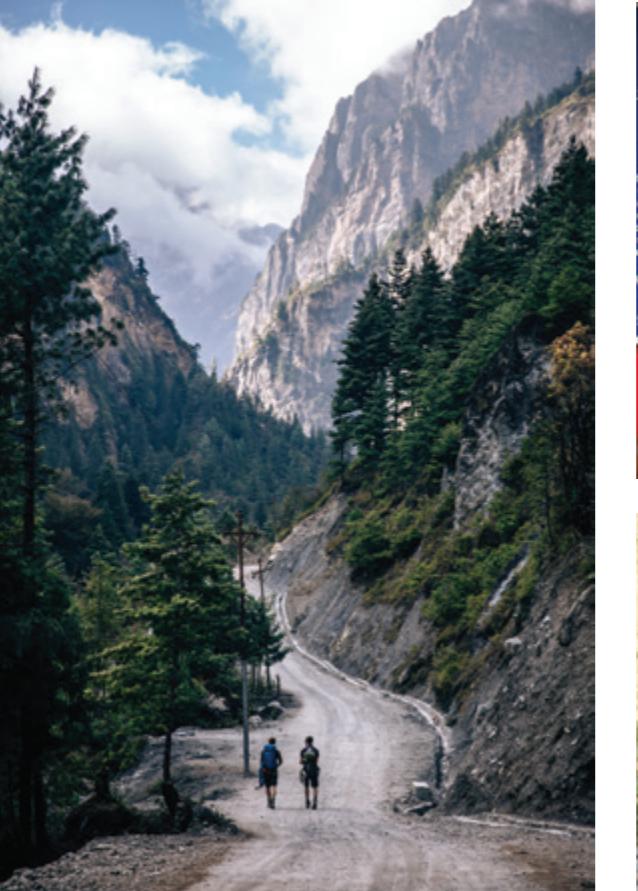


Many of you also held your own events, with £10,000 raised through challenge fundraisers, school activities, classical concerts and sociable coffee mornings.



“ Completing the event and sitting down with a beer in the Ben Nevis Inn, alongside incredible new people I can now call friends was a brilliant moment. The event was the perfect way for me to tick off the third of the national three peaks. ”

CALLUM JAMES,
PHASE Worldwide
Supporter



PHASE Worldwide GP Mentoring Scheme

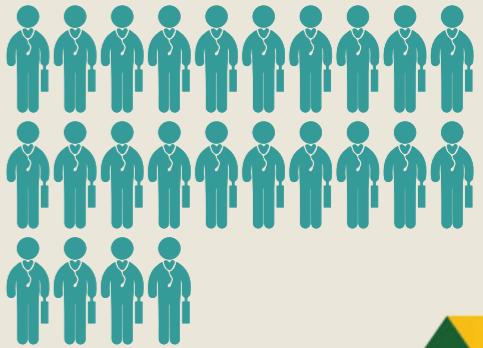
Placements allow experienced GPs and medics to participate in teaching, mentoring and supporting the staff in health posts in Nepal. The placements are invariably a fulfilling experience and remind the doctors of the immense rewards that their work can involve.

30% of volunteers return for further visits.

“The ethos of PHASE Worldwide, that I had understood previously, was very much backed up by what I experienced. The projects are thoughtfully and sensitively constructed, with genuine attention to involving the local community in the whole process. I have certainly gained hugely from the experience and pushed my comfort zone a lot, and I hope I have given back to the Nepali people by sharing some of my experience. ”

Jonny Rae, GP Volunteer

In the last 12 months, PHASE Worldwide sent 24 qualified medical professionals out to our project areas to support or train Nepali staff.



Why Support PHASE Worldwide?

“PHASE Worldwide gave me a wonderful opportunity to support an emerging primary care system and the privilege of being able to experience living alongside nurses and sharing their work routine. It is empowering to be able to use my extensive NHS experience to mentor youngsters shouldering enormous responsibility in a challenging healthcare system. I also applaud the honesty and commitment of the small staff team and realise that monies donated do actually get to where it is needed.”

Anne Urquhart
PHASE Worldwide Supporter





OUR PARTNER PHASE NEPAL

PHASE Nepal is a non-profit, non-political, and non-religious organisation that works with 26 village district committees across six districts of Nepal, serving a total population of almost 65,000 people.

Message from Dr. Jiban Karki, Executive Director of PHASE Nepal

"PHASE Nepal now runs its core community development programme in six districts – activities span across health, education and livelihood activities.

Over the last few years we have been focusing our efforts on the Karnali River Corridor area, mainly in the villages of Humla, Mugu and Bajura, with our biggest input in Mugu district.

We work alongside Government health workers in these areas. Supporting systems that are failing and assist with provision of staff, equipment, and training. Our education programme increases teacher training opportunities and promotes girls' empowerment and child friendly infrastructure. More recently, we have started to increase our livelihoods work. We achieve this by promoting and supporting year-round vegetable

production and teaching improved animal husbandry methods.

Since the earthquakes in 2015 we have been heavily involved in the reconstruction of schools, health posts, water supply schemes, irrigation channels and community buildings. We have also supported families to improve their situation by training them in tailoring, carpentry, masonry and providing them with resources.

Currently, PHASE Nepal has about 140 staff - all local Nepali people. In 2018, we were pleased to establish a separate research branch and employ two full time researchers."

Supporting Community Health

Primary healthcare is the foundation of our work.

Healthcare is introduced to the villages by Nepali staff. This allows staff to develop a relationship of trust and respect and become a part of the community. Once a relationship is formed, staff are then in a position to offer PHASE's education and livelihood activities.

In the communities PHASE works with, less than 20% of the population have a secure food supply all year round. This causes high levels of malnutrition and diseases. Consequently, mortality rates are incredibly high, especially among children and women of childbearing age.

As part of the programme, two Auxiliary Nurse Midwives (ANMs) work alongside and supplement the skills of the government health worker. ANMs are experienced in antenatal care, child health, and nutrition. Medicines and equipment are provided to ensure the health post is able to deal with a wide range of illnesses and situations. The

ANMs also conduct an outreach programme with street dramas, nutrition workshops and door to door visits.

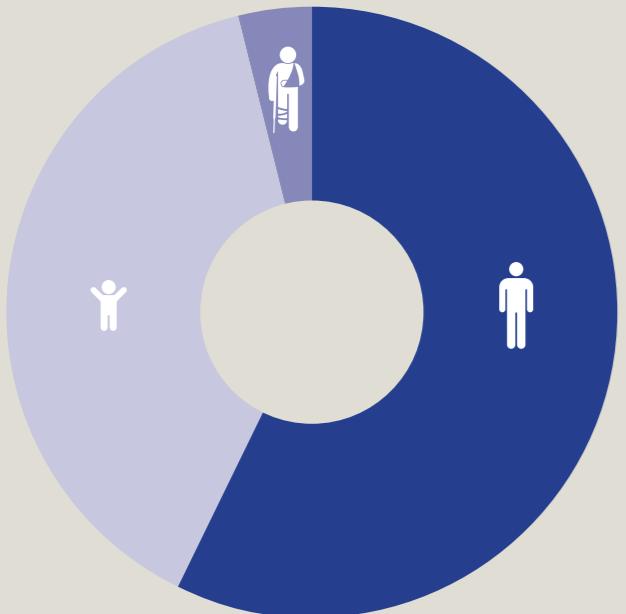
The most important element of our work is capacity building and developing resilience. The project is designed in a way that allows handover to the government when PHASE Worldwide withdraws. This raises awareness of the importance of healthcare provision and empowers communities to request further support from their local government.

"I had lost hope in my wife surviving as the hospital is too far away. I am so grateful to PHASE for saving her life. We are indebted to PHASE for providing lifesaving services in such remote places." **Hari**, Far West Nepal



Health in Numbers

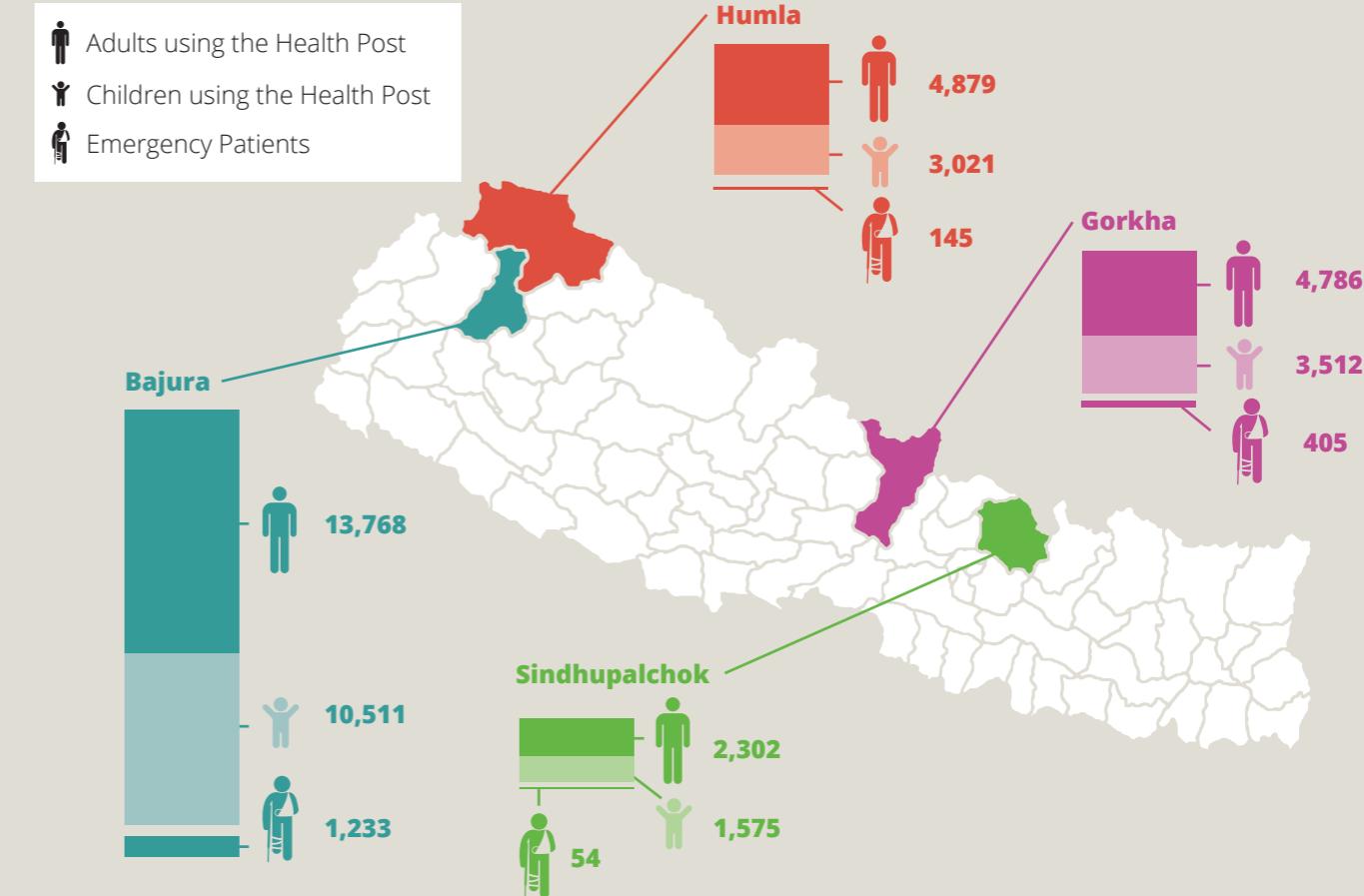
Last year, PHASE Worldwide supported seven community health posts across Nepal in Bajura, Gorkha, Humla, and Sindhupalchok.



Total number of patients using the health posts.

46,181

of which **18,619** (40%) were children and **1,837** (4%) were emergency patients



Rebuilding Communities

In 2015, Nepal was hit by two earthquakes which devastated the country. For many communities in Nepal, existing improvements in infrastructure, healthcare and education were drastically set back.

In response to this earthquake, with funding from the Big Lottery Fund, PHASE Worldwide launched its Rebuilding Communities project in Gorkha district to support community recovery. The project delivers integrated support through primary healthcare, education and livelihood opportunities across two villages in Gorkha.

The second year of the project has seen positive recovery for communities in the Kashiguan and Keraunja villages. In health, PHASE Worldwide have supported the training of additional health post staff to increase the availability of medical care. In education, the project has facilitated school committee meetings to develop plans for timely construction of working toilets. This has sufficiently supported recovery for

schools damaged in the earthquake. Within Kashiguan, the Ghale family have particularly benefited from participating in the livelihood programme. In under a year, the Ghale family have significantly developed their farming practices, enabling them to profit from surplus yield sold at the local Hattabar markets. With three years left of the project, PHASE Worldwide and the communities of Gorkha are driven to overcome the detrimental impacts of 2015.

“Although we have limited land, we are producing increased variety of vegetables than before, and this is all because of the rebuilding communities project.” Gyani, Gorkha



A proud farmer in Gorkha District showing off his new garlic farm.



Mandevi from Mugu,
who has been involved in
our livelihoods work in
Far West of Nepal.

Tackling Malnutrition

In 2018, PHASE Worldwide finished running a three year project funded by the Innocent Foundation which aimed to improve access to and intake of nutritional foods for mothers and children in Mugu, Far West Nepal.

Mugu District is part of the Karnali Zone, which is the least developed district in the whole of Nepal, as well as one of the most remote. In the Karnali Zone, 74% of households have insufficient food sources, with 93% of food consumed produced through local agriculture. Families with small land holdings suffer the most during erratic weather. When crops fail, and food prices inflate, it is the poorest that suffer the most.

The project improved access to nutritional foods by offering technical support and resources, as well as improving sustainability, by increasing communities' knowledge of good farming techniques. Training was given in animal husbandry, seed production, kitchen gardens and cultivation. The approaches improved access to nutritional

foods and increased knowledge, leading to a reduction in malnutrition of children and an improved diet for the community.

In total, 632 female farmers received technical support, 1117 farmers received training on vegetable production and nutrition, and 1168 women took part in 'Golden 1,000 days of childhood nutrition training'. PHASE Worldwide saw a 27% increase in farmers who could make and use polytunnels. The number of parents feeding their children green vegetables eight or more times a month increased by 18%.

PHASE Worldwide will continue to focus on tackling malnutrition and improving agricultural practices in the Far West of Nepal.

Your Support

In 2018, hundreds of people have contributed their time, skills, energy, and money towards our work in Nepal. Through this team effort, we have continued to make life that little bit easier for people living in the Himalayas. Although, geographically, we are nearly 5,000 miles away from the people of Nepal, our values, our morals and our rights are the same. Together, we are helping people and changing lives.

How you can help in 2019?



Make a
donation



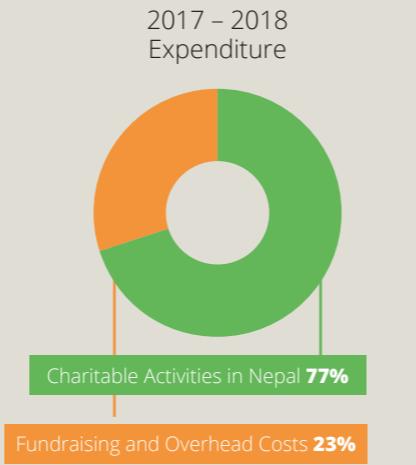
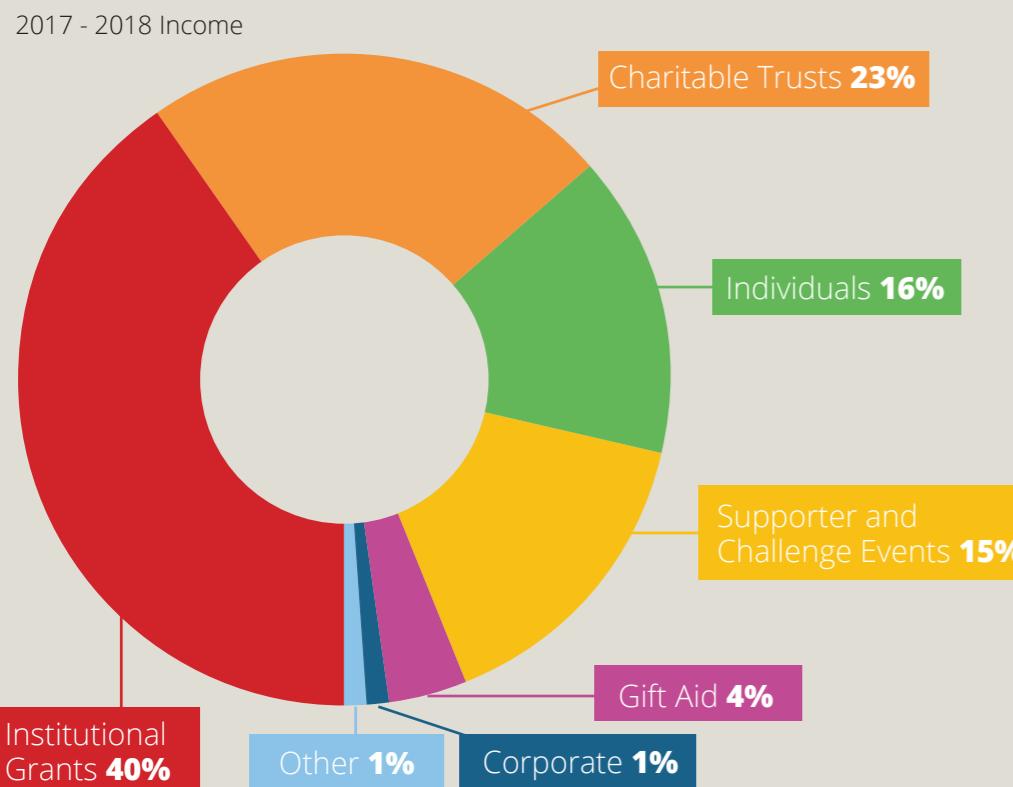
Fundraise
for us



Spread
the word



2017 – 2018 Finances



Income for 2017-2018:
£408,882

Expenditure for
2017 - 2018:
£480,486

Thank You

PHASE Worldwide would like to thank all the individuals, businesses, groups, and organisations that have contributed to our work in Nepal in 2018.

We would like to especially thank the following:



Nicholas Associates Group | Orca | The Austin Bailey Foundation | The Bryan Guinness Charitable Trust
The Coles Medlock Foundation | The Cumbria Overseas Aid Trust | The De La Rue Charitable Trust
The Eleanor Rathbone Charitable Trust | The Evan Cornish Foundation | The Exo Foundation
The Haramead Charitable Trust | The Herrod Foundation | The Joan Marshland Charitable Trust
The Mazars Charitable Trust | The Pat Newman Memorial Trust | The Philip Henman Charitable Trust
The Souter Charitable Trust | The Umbrella Foundation

Leaving a Gift to PHASE Worldwide

We understand that when leaving a gift to PHASE Worldwide in your will, you are making a special commitment to changing lives of some of the most isolated communities in the world. A gift will make a lasting difference to help us continue to change lives in Nepal long into the future.

"PHASE Worldwide's work really matters to me. I have been to Nepal and I can see it changes the lives of extremely poor and isolated communities, by enabling them to access health and education, and grow more nutritious foods to both feed themselves and generate income.

I admire how PHASE Nepal's dedicated and professional staff really get to know and understand the communities and works with them in a way which is empowering.

This is why I am supporting PHASE Worldwide with a legacy gift in my will. I won't meet the people who benefit from it, but I know it will help make a big difference in their lives and that is so important to me. **"**

Margaret, London, PHASE Worldwide Supporter



Please help us change lives of some of the most isolated communities in the world by fundraising or making a regular gift today.

Find out more on **0117 916 6423**, email **info@phaseworldwide.org** or visit our website **www.phaseworldwide.org**

