



nepal
youth
FOUNDATION
UNITED KINGDOM

Annual Report 2017-18



Welcome to the Nepal Youth Foundation UK 2017-18 Annual Report

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NYF in figures

287
young
people

attended courses at
Olgapuri Vocational
School

9,300 children

and young people helped this year

91% of OVS trainees
employed within

3 months of graduating

2,903 children
screened and **1,011**
adults received

nutrition education at
our Nutrition Outreach Camps

307

freed female child
slaves received vocational training

882

children
sponsored in
education

223

CLASSROOMS

41 Classrooms
built this year:
223 Classrooms
built in total

£429,244

raised
through
NYF UK

6183 miles either run,
biked or swum on NYF UK's behalf

About NYF

Successful delivery of our programmes is thanks to the expertly run NYF-Nepal who execute our work on the ground. The team are all highly intelligent, passionate and committed. NYF's accomplishments and impactful work is down to their collegiate attitude but also the positive leadership of **Som Paneru, NYF President and Raju Dhamala, NYF-Nepal Executive Director.**

Our goals

- Increase access to and quality of education for children in Nepal
- Improve the health of children throughout Nepal
- Empower Nepali youth to achieve their potential
- Enable girls in Nepal to receive equal treatment and education

Thanks to the way we operate in Nepal, the Social Welfare Council (SWC); the government body designated to oversee INGOs and NGOs, has designated NYF-Nepal as one of the most efficient INGOs in Nepal, praised for our grassroots thinking and logistics. Out of over 250 INGOs associated with the SWC, NYF Nepal not only sits within the top 15 for the programmes that we run but also for the financial efficiency of these programmes.

We currently have 131 staff working at NYF-Nepal, including 9 at our Head Office. An additional 16 staff work at Olgapuri Vocational School and the Farm.

Photograph: Peter Barritt

Who we work with

NYF continues to work with the government as well as non-governmental bodies to ensure positive changes to the lives of the children and youth we serve.

This year NYF became a member of the National Youth Council. NYF maintained its relationships with central government agencies such as the Department of Education, Child Health Division and Central Child Welfare Board.

Likewise, we worked closely with the Regional Health Directorate, District Education Offices, District Public Health Offices, District Cooperative Divisions, Chief District Offices, District AIDS Coordination Committee, District Child Welfare Boards, District Women and Child Development Offices and District Development Offices in our respective project districts.

We also collaborated with government hospitals as well as primary health care centres to deliver our programmes. We are working in partnership with the Freed Kamalaris Development Forum (FKDF).

We are networking with the consortium for Kamalari rehabilitation, National Mental Health Network, National Association of PLHA Nepal, NGO Federation and many other like-minded NGOs and CBOs.

Additionally, NYF worked in close collaboration with the government's disaster relief committees and the National Reconstruction Authority (NRA).

UK partner logos:



MJB Charitable Trust

Nepal partner logos:



“

100% of profits go back to NYF UK and into helping Nepal's most vulnerable children

”

Kathaa

News from NYF UK

The team at NYF UK has been going from strength to strength. Although small, they are very effective and have continued to build on last year's successes whilst coming up with innovative and enlivening new ideas to take NYF UK forward.

Amongst several excellent new initiatives, we are very excited that Gerry Griffiths', Head of Development, idea to create a new fundraising stream for NYF UK and help our beneficiaries in Nepal by creating a social enterprise has grown from a seed into a living, breathing business. At the time of writing launch is imminent, expected in August 2018: Kathaa is a contemporary, ethical fashion brand that employs freed Kamalaris (domestic child slaves) who have since been trained in commercial tailoring through NYF's Vocational Training programme.

100% of profits go back to NYF UK and into helping Nepal's most vulnerable children.

www.kathaa.co.uk

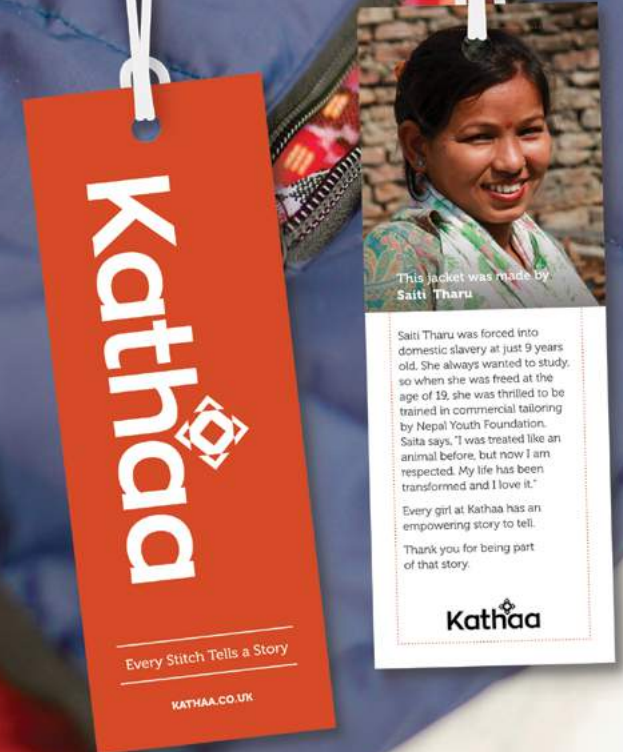
We look forward to reporting on a successful first year in business in next year's report!

Our new logo

Kathaa

We are also really proud that we were finalists at the Charity Awards 2018!

Our work with freed Kamalaris and Malnutrition Prevention saw us shortlisted along with two other charities for the International Aid & Development Category. Sadly, we were not the eventual winners, but to be part of the final three was a real honour.





NYF UK Projects & Activities

We run over 20 programme activities at NYF that are managed under programmes such as Olgapuri Village, Education Support, Vocational Education and Career Counselling, Malnutrition Prevention and Treatment, The New Life Centre, Ankur Counselling Centre, Empowering Freed Kamalaris and Earthquake Reconstruction.

Some of our projects are featured on the pages that follow, but it is by no means an exhaustive list. For further detail on all of NYF Nepal's programme activity, the number of beneficiaries we have helped and case studies, we highly recommend you read NYF's Global Annual Report on our website: www.nepalyouthfoundation.org.uk

Photograph: Peter Barritt

Vocational School

From the UK this year we have received considerable interest in the Olgapuri Vocational School that opened 2017. We have been able to raise a vast amount of funds to support its completion and the students who have enrolled in its first year of operation.

The school aims to fulfil the country's need for skilled human resources and enhance national employment by offering competitive vocational training courses for young people.

Four major trades have been selected for training:

- Electrics
- Plumbing
- Carpentry and wood turning
- Welding and steel fabrication

We are preparing to test run a 5th trade: Care Giving, from August 2018.

In the 2017/18 fiscal year, 268 youths received training at Olgapuri Vocational School in the four trades.

OVS also plays an integral role in helping secure employment for its graduates and has an employment rate of 86% this year. The rate is expected to increase rapidly, however, as many of the 3rd batch graduates will find employment within 3 months.

Many graduates have begun employment at private companies, whereas others have started their own business.

“OVS also plays an integral role in helping secure employment for its graduates and has an employment rate of 86% this year”

The minimum salary in Nepal is 10,000Nrs but we have found that graduates are earning 15,000Nrs on average, whereas self-employed contractors are earning more than 30,000Nrs

Our most recent film about OVS can be seen here:

<https://www.youtube.com/watch?v=PYfldPLmKBM&t=12s>

For further detail on how we have supported Olgapuri Vocational School please see page 22 about our Corporate Partnership with The Capsicum Re Foundation.



Olgapuri Residences

We are so grateful that with the help of our wonderful donors and foundations we can keep the Olgapuri children in such a happy and nurturing environment.

At Olgapuri Residences we provide a loving and stable environment, the opportunity for education and empower children to fulfil their dreams. We provide these children with all living, educational & medical expenses and personal attention. We commit to them for the long term, from childhood through to college, and provide the first real sense of security in their lives.



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Wherever possible we like children to be able to visit family and during the winter holidays many did just that.

It was a chance to reconnect with their heritage, culture and lifestyle.

The children also celebrated the festivals of Dasai, Tihar, Maghe Sakranti, Holi, Mother's Day, Christmas and New Year, to name a few. The younger girls also participated in "Gunyo Cholo" ceremonies, a traditional Nepalese ritual to celebrate the coming of age of a young girl.

Just some of the activities the children participated in this year included hiking trips, cultural excursions, movie nights, and art and craft workshops that resulted in an exhibition where they sold their work raising over £165!

We have had 83 happy children at Olgapuri in 2017/18, 6 of whom were able to be reunited with a suitable family member who will now take care of them. One new child joined us whilst two have already graduated. We have a further 9 students leaving Olgauri, having graduated from 12th grade, and all will be going on to study for their Bachelor's degree. We look forward to welcoming a further 14 new children to Olgapuri Residences in 2018/19.

To meet some of our children and see Olgapuri. Residences please view our film at:

<https://www.youtube.com/watch?v=1Hpp3J3UxwE&t=3s>



Nutritional Rehabilitation Homes

For the founders of NYF UK, malnutrition prevention and improving children's health has been their most passionate cause.

As we mentioned last year, we now have 17 Nutritional Rehabilitation Homes across the country. 4 new NRHs have been handed over to the government this year, which brings the total number of NRHs under their operation to 15.

Our biggest focus for 17/18 in this area, (and it will continue to be a principal aim in 18/19) was our Nutrition Outreach Programme. More effort is needed to reach out to the rural communities as although our NRH model is effective, it has a limited coverage and 75% of our clients come from rural areas. This, coupled with Nepal's tough landscape and lack of public transport, makes it difficult for these communities to receive treatment and many of them are unaware of the programme.

This outreach project involves carrying out nutrition camps in rural villages and marginalised communities of Nepal, offering nutritional screening of children and offering nutrition education to mothers, women of reproductive age, adolescents and other people in the community. The children who are found severely undernourished are brought to one of NYF's NRHs for further treatment. The children, along with one of their caregivers, stay at the NRH for three weeks.



“We are committed to restoring the health of children and having seen the success of the camps this year, would very much like to support further camps in 18/19”

We run 3-day camps where we can screen up to 700 children and 500 caregivers. The camp team comprises 2 paediatricians, 24 health workers and other staff and volunteers for logistical support.

This year we ran 3 camps and 9 school screenings in very rural areas, screening 2,800 children and providing education on nutrition to 1,600 people.

We are committed to restoring the health of children and having seen the success of the camps this year, would very much like to support further camps in 18/19.

Empowering Freed Kamalaris

Possibly one of the most inspiring and successful programmes we run is to help former female child slaves that NYF has freed and helped to rebuild their lives and the lives of their families.

Nepal Youth Foundation has been pivotal in ending the practice of Kamalari, the system in which girls from desperately poor families were sold into domestic slavery. A practice where, from as young as six years old in some cases, these girls worked day and night, in abhorrent conditions and suffered abuse, to cook, clean and provide childcare for wealthy families for little or no money. To date we have rescued 12,869 girls.

It was during their visits to Nepal and meeting these girls that the team felt a close connection to these remarkable, resilient women and wanted to help. We found being amongst them incredibly inspiring: not just because we wanted to raise money for them, but on a personal level we wanted to replicate the qualities they had demonstrated and be better. These are impressive women and they are proof that our project works.



We therefore set about raising money for vocational training for the former Kamalaris. We are thrilled that we managed to exceed our target of training 300 girls last year and in fact trained 307.

To see our latest film about this please view: <https://www.youtube.com/watch?v=5nsLoakQvHw>

It was whilst seeking funding and really understanding the programme in detail that the spark of the idea to set up Kathaa came about and for that we are truly grateful.

“It was during their visits to Nepal and meeting these girls that the team felt a close connection to these remarkable, resilient women and wanted to help”

Emergency Relief

Large scale flooding in August 2017 killed 160 people in southern Nepal and left thousands homeless.

Five of the flood hit areas (Banke, Bardiya, Kailali, Kanchanpur and Dang) were also home to the thousands of freed Kamalari girls and NYF staff. More than 200 freed Kamalaris and their families were affected by the flood. Many girls lost the businesses that they were running with training and business loans from NYF and the cooperatives. Seven of our Nutritional Rehabilitation Homes were also affected by the flood. They suffered partial damage and also received an influx of children from the affected areas.

Relief packages were distributed to 700 families affected by the flood and the facilities at the NRHs in the affected areas were upgraded so that they could provide services to the influx of children. The NRHs offered residential care for 250 children and over 200 mothers as well as providing nutritional screening for over 2,000 children & nutrition counselling to their mothers after the floods.

Additionally, vocational training (in mobile food and retail) was given to 21 freed girls and their family members who had been affected by the flood. The trainees also received start up loans for their businesses.

“

Many girls lost the businesses that they were running with training and business loans from NYF and the cooperatives

”

Schools Reconstruction

This year, NYF reconstructed 41 classrooms (in 5 schools) destroyed during the 2015 earthquake.

This takes the total number of classrooms NYF has rebuilt to 223.



Child Sponsorship

We are indebted to all of our supporters who sponsor children in our care. Their much-valued financial support takes care of all of their living, educational and medical expenses. We are especially grateful that our sponsors commit to these children through to adulthood. We run a range of sponsorship options from day school to boarding school scholarships, disabled student and college scholarships and of course residential sponsorship at Olgapuri.

We are so pleased that we have been able to increase the number of sponsors from the UK. We will make it our mission to find more sponsors and help even more children in 18/19. If you would like to become a sponsor please email Sarah Marshall at: sarah@nepalyouthfoundation.org.uk





UK based fundraising

We feel incredibly lucky that we have such passionate, dedicated and determined supporters who have, in this past year, undertaken some incredible feats and raised a significant amount of money for NYF UK. We are incredibly grateful to everyone.



Exodus has continued to be a welcome partner of NYF UK. Exodus Travels have been taking travellers to



Shropshire Snow Leopards

This is a fantastic group of Nepalphiles who have undertaken myriad fundraising activities such as half marathons, city guided tour, piano recital, gin tasting (to name a few) to raise over £7,500.

Nepal since they started operating trips in 1974 making them experts in all things Nepal. It has been almost 3 years we started what has been an incredible partnership. Led by Peter Burrell, Exodus have always demonstrated an incredibly generous spirit and a love for Nepal

This ethos for charitable work has now translated into 7 new schools and over 45 classrooms – this invaluable development work has changed the lives of over 1000 pupils.

More children than ever before are accessing education. We have seen nearly a 15% increase in pupils attending the schools we have rebuilt.

As clients of Exodus Travels the Leopards are well-versed in NYF's Earthquake reconstruction activities and wanted to contribute to a school rebuild. As luck would have it, we realised, at one of the schools that Exodus had partnered with us to rebuild, a second Early Childhood Development Centre would be required off site. The second ECD classroom was built closer to the village. This is so that some of the very small children don't have to walk the 30-45 minutes to school each day.

The Shropshire Snow Leopards exceeded the required target and were able to put the extra money towards equipment and furniture and even make a contribution to another school build. You have made all 250 children at Bal Manorama School very happy. **Thank you!**

When we were told last year that Peter Burrell, their Managing Director, was retiring after 25 years at the helm we felt sad to see him go, especially knowing what a great supporter of Nepal he has been. However, it was with some surprise and huge delight that his loyal and staff decided to fund a school rebuild in his honour to ensure his legacy lives on in a country he loves.

In April 2017 we completed Kause Primary School, dedicated to Pete. A very poignant (and rather large) retirement gift!

St James's Place Foundation

A long-standing partner of NYF UK, The St James's Place Foundation has once again demonstrated its generosity and commitment to helping others by supporting 75 students at Olgapuri Vocational School. We look forward to reporting on the students' successes and futures next time.

We couldn't name every individual that has fund-raised for NYF this year, but there were a couple of initiatives that have blown our socks off...

Everesting to raise money for the Nepal flood victims

Everesting is riding up a single climb numerous times to achieve the height of Everest in 1 ride: 180km.

Lukas Nerurkar, 13 and Tom Pughe-Morgan, 14 repeatedly peddled up **Ditchling Beacon in East Sussex** in August 2017 to raise money for funds for kids of a similar age as them. **They are our bike crazy heroes!**



Schwarz & Von Halen

Another corporate partnership we are very proud of is with Schwarz & Von Halen, a Dutch retailer specialising in winter accessories. The founders are two entrepreneurs whose personal and brand's values very much align with NYF's. We loved that they are building a business whilst simultaneously

making sure that it has a positive impact on society. From every purchase made at Schwartz & von Halen they donate a percentage of their profit to us to ensure that as many children as possible have their own set of clothes to conquer the cold winters in Nepal.

Bike Ride from the southern most point of continental Europe to its northern most point

Continuing with the cycling theme, **Nick Waite** undertook an immense **6500km solo bike ride from Tarifa, Spain to Nordkapp, Norway**. In fact the epic trip covered almost **7000km** in the end and lasted **84 days** – a staggering distance and an awesome undertaking. We think you are mad, but **we salute you!**

Please do catch up with his amazing journey at www.thelaeman.com



3rd Slough Girl Guides

We couldn't fail to mention some of our **most loyal**, dedicated and innovative supporters: the **3rd Slough Girl Guides**. They tirelessly **raise money** to provide our **children** with **necessary extra equipment, birthday gifts** and **emergency relief** and we are unbelievably grateful for their continued support.





Challenge Events

We have also included various challenge events in our fundraising calendar this year:



We have had **5 Royal Parks Half-Marathon 2017** runners shed blood, sweat and tears (well maybe not blood) to help the children of Nepal.



In a still sweaty but wetter environment, 5 intrepid **Great North Swimmers** survived Lake Windermere on a sunny Saturday in June 2018.

Everyone (looked like they) enjoyed it and absolutely smashed the **Yorkshire 3 Peaks**: In a successful repeat of last year's walk, we organised the **Yorkshire 3 Peaks Challenge**, walking 24.5 miles over Pen-y-Ghent, Whernside and Ingelborough. The team managed to raise a fantastic amount and were all in the pub in well under 12 hours. Definitely worth missing the Royal Wedding for!



RACE TO THE KING

Race to the King – spurred on by the ultra marathon completed last year and a desire to help some of the children they had met in Nepal (see p22), several team members at Capsicum Re undertook this punishing double marathon across the South Downs.



LittleFoot children's festival ran for its 2nd year on Saturday 2nd September at Stanwick Hall, Northampton. It was a triumph (even if we do say so ourselves!).

This year's theme was 'All the Fun of the Circus' which saw us host a Big Top, circus school, mesmerising acrobats... oh and with a few celebrities thrown in! Tyler West (from CBBC) opened the festival and spent much of the day joining in with activities – much to the delight of all of his fans! Larry Lamb (our patron) also came and did a sterling job posing for photographs.

During the festive season we undertook **2 firsts for NYF UK: Christmas Card Sales and a Yuletide Carol Concert.**



There was so much fabulous stuff going on: bubbles, a stilt walker, children's yoga, acrobats, drama performances, Forest School, football competition, glitter and face painting, reptile petting, go-karts, inflatables, sand art, Circus School, shooting range, live music, teddy tombola, raffle (with brilliant prizes), not to mention tea and cakes, a BBQ and bar running throughout the day.

It almost felt too soon to close the gates at 5pm – so we didn't! We then welcomed the Stanwick 5k Glo Run organised by Stanwick Races and its 150 runners into the grounds! NYF UK laid on live music, food and drink for the marshalls, runners and their supporters and the party continued

until late. The best bit about the evening? We got Simon to run the race in his Ringmaster's outfit!

Our Community **Christmas Carol Service**, held at St Mary's Church, Finedon on 13th December, with the **Reverend Richard Coles** officiating, was a huge success. It was an evening filled with Christmas cheer, with plenty of carols, followed by lots of mince pies and mulled wine.

It was such a success we want to make it an annual event – join us next December!





Corporate Partnership



Without doubt the highlight of the 2017/18 year for NYF UK was our prolific corporate partnership with the Capsicum Re Foundation, part of the Capsicum Re Group.

Capsicum Re is a full service international reinsurance broker with offices in London and Bermuda, founded in 2013 by Grahame Chilton and Rupert Swallow.

Capsicum Re is a forward thinking company that takes the welfare of their business and staff seriously, by becoming advocates of corporate responsibility and the role it can play in an organisation.

They want to give back and in doing so create a better world in which to do business and to live.

Capsicum Re is conscious that they must give back in a way that reflects the fundamentals of their business and offers the opportunity to extend its value to those for whom today effective insurance cover may be beyond their reach.

This was well demonstrated in Nepal after the earthquake, where less than 5% of the population was insured.



Capsicum Re felt inspired by what they had learned of Olgapuri and committed to funding outstanding costs of the Vocational Training School.

The Capsicum Re team's commitment to this project was reflected in not just the colossal sums raised to help our children in Nepal but also by the direct involvement of their team in raising it. We knew we needed a significant fundraising event to achieve the big target that Cap Re had set for themselves and were excited to find the perfect event, run by Threshold Sports: **Race to the Stones**, a gruelling, multi-terrain event covering 100km.



On Saturday 14th July a 33 strong team from Capsicum Re and a 6-man team from NYF

undertook what would be for most (but not all!) the biggest physical and mental challenge of their lives.



RACE TO THE STONES

Race to the Stones starts in the Chilterns and rises up onto the Ridgeway in the North Wessex Downs, before finishing at the Avebury Stone Circle.

Some of the team completed the event in one day whilst others decided to stop at the custom-built base-camp overnight and complete 50km on both the Saturday and Sunday. The craziest member, Jake Sanders, did it in one go in a magnificent 11 hours! But not one person's effort was greater than another's. Every single person had the determination and courage to start and finish the epic ultra marathon. The team found it surprisingly enjoyable; there was a great sense of camaraderie and support and even when it was hard, and it definitely was punishing both physically and mentally, everyone found strength in each other and our common purpose: the children in Nepal.

Given everyone's positive attitudes and fortitude it is no surprise to learn that they raised a staggering £167,500. Words failed us at NYF UK for the first time ever (!). This was an incredible achievement for Capsicum Re and what wonderful supporters they had to help them accomplish this. We are indebted to you all.

The journey didn't end there and we were able to have 11 Capsicum Re team members join us on an unforgettable trip to Nepal at the end of February to see how their

hard-earned money was being used and how much of a difference they had made.



It was an incredibly busy trip as time was limited but activities were plentiful! We were able within the 7 days we were there to show them our programmes in Kathmandu. They visited the Vocational School they helped to complete and met some of the students they supported. It has been pointed out that a particular highlight was the campfire dinner at Olgapuri Residences where they were introduced to some of the children living at the village. It was a joy for the Capsicum Re team to meet such energetic, optimistic, happy children, especially knowing the hardship they had endured and it helped them see the significant and direct difference NYF makes.

The Capsicum Re team have all commented on what an unforgettable experience their visit was and the profound effect it had on them. It gave an insight and understanding on the people they met and the communities



Given everyone's positive attitudes and fortitude it is no surprise to learn that they raised a staggering £167,500



we serve at NYF but it also bonded everyone together in a way they hadn't expected and cemented our partnership. It is safe to say the trip was a resounding success!



To learn more about the Capsicum Re trip and the benefits of a corporate partnership please view Cap Re film: <https://www.youtube.com/watch?v=g-VuaYS7oiM>

To watch all of NYF's films about our incredible work please view: <https://www.youtube.com/channel/UCobeU0wr50SIfo4P9tIlfQQ>

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