In Nepal

- 1 in 2 working people live on less than $2 a day
- Only 1 in 3 children receive pre-school education
- 1/3 of children do not start secondary school
- 2 out of 5 girls are married by the age of 18
- 20% of young mothers gave birth before the age of 18

Welcome to our Annual Review for the year ending June 2016.

The last year has been extremely challenging both for the Kidasha team and for Nepal. The country was just starting to recover from the devastating earthquakes of April 2015, when political unrest in the south resulted in a little-publicised trade embargo with India. This created a major fuel shortage, which delayed rebuilding efforts and caused hospitals and essential services to close. Poor urban families were forced to queue for days for gas or resort to burning pieces of furniture just to cook. It took almost 5 months to resolve, pushing many families deeper into crisis.

Yet despite this, the extreme poverty suffered by so many children in Nepal remains invisible to the world, and very low on the ever growing list of global development needs. Negative media headlines about poorly governed charities have increased public distrust and cynicism, and reduced charitable giving for the third year running. Growing need and reduced donations are compounded by the closure of many major funding streams. In today’s climate, the competition for funding is fierce and, as a result, many charitable organisations are battling to survive.

Kidasha is sadly no exception and we are facing a large reduction in income as three major grants draw to a close. However, on a positive note, our work on the ground continues to be very strong and highly regarded, as endorsed by one of our major donors awarding us a large grant to build fundraising capacity. Large grants to support organisational development are very rare, so we are extremely grateful for this support and for the massive vote of confidence in our work that it signals.

As we look forward to the new financial year, I believe with the ongoing commitment of our staff and partners, coupled with that of our trustees, volunteers and much valued donors, we will weather the storm. As always, a very big thank you to all of you who have supported Kidasha over the last year and a personal plea for you to continue your support, not only financially but also to help us spread the word about the desperate needs of so many children in Nepal – one of the poorest and most overlooked countries in the world.

Janice Miller
Chief Executive
A Message from Our Chair

Nepal is rarely in the headlines - a small country at the top of the world but unfortunately not at the top of people’s minds. The fact that the country is off most people’s radar makes it even harder for Kidasha to raise the funds it needs to continue the work you will see described in this report which makes such a big difference to lives of ordinary Nepalis.

At Kidasha, we believe that the delivery of services on the ground is best done by Nepali organisations. They know the country, the culture and, in particular, the communities in which they work. Our working partnerships with these organisations are a cornerstone, an essential building block, which has helped us deliver very successful programmes over the years.

Our programmes are designed to provide a lasting impact in the community, and I am particularly pleased to see that many of the mothers’ groups we helped to set up now have a life of their own - continuing to function even after our funding has ended. This is real value for money and tells me that we have started something worthwhile.

I would like to thank all the staff at Kidasha and in our partner organisations for their hard work over the last year. They have made a real difference to the lives of young people in Nepal.

It is very much the case that as a small charity in the UK in 2016, we are finding it very challenging to raise funds. The Board and I are also very aware of the responsibility that we need to actively apply in the area of good governance practices and our oversight of the work carried out by Kidasha. We fully recognised that those of us in the charitable sector need to be vigilant in the way we do business and I am assured that we have achieved this during the past year.

Kidasha would not survive without the generous input of our donors and supporters. A very big ‘thank you’ to all those concerned. We have many plans for 2017 and beyond and I am sure that you will continue to be as supportive of our plans as you have been in past years.

Julie Yogasundram
Chair of the Board of Trustees

What Makes Us Different?

We don’t aim to simply ease symptoms!

We put an equal, if not greater, focus on building local capacity to address underlying root causes and break negative cycles, thereby enabling lasting change and ensuring more positive futures.
What We Do

MISSION: KIDASHA WORKS TO REDUCE THE CAUSES AND IMPACT OF ENTRENCHED POVERTY AND SOCIAL EXCLUSION, STOPPING EXPLOITATION AND VIOLENCE AGAINST CHILDREN IN NEPAL.
What Makes Us Different?

After 16 years, Asha Health Clinic has been handed over to the Government of Nepal. Renamed Asha City Clinic it will now operate as a primary health centre and act as a model to increase the quality of care at other urban clinics. We are extremely proud to have started a project that adds strength to government healthcare provision in Nepal and will continue to do so for many years to come without a dependence on international aid.

We don’t want to conquer the world!
We want to make a big difference in one country rather than a small difference in lots of different countries; hence we only work in Nepal.

Parents affect a child’s life chances from the moment of conception. A mother’s age, health, diet and the level of care she receives, all have a fundamental impact on a newborn’s survival. After birth, the parents’ ability to provide a safe home and healthy food, and their attitude to nurturing and education can make the difference between a happy, healthy and engaged school child and a traumatised and malnourished street child.

Hence, we work closely with parents to give them the knowledge and skills they need to guide and care for their children and increase their chances of a better future. We also support children who are living outside of family care, providing them with the basic services they need to survive and grow - shelter, protection, healthcare and education.

INCREASING ACCESS TO HEALTHCARE
Making sure that even the poorest families have access to quality healthcare.

<table>
<thead>
<tr>
<th>28,798 CHILDREN AND WOMEN</th>
<th>TRAINED 156 HEALTH WORKERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>IMPROVED FACILITIES &amp; EQUIPMENT AT 12 BIRTHING CENTRES</td>
<td></td>
</tr>
<tr>
<td>INCREASED LOCAL INVOLVEMENT IN GOVERNANCE PROCESSES</td>
<td></td>
</tr>
<tr>
<td>TRAINED 600 COMMUNITY HEALTH VOLUNTEERS</td>
<td></td>
</tr>
<tr>
<td>9,106 NUTRITIONAL ASSESSMENTS FOR TODDLERS</td>
<td></td>
</tr>
<tr>
<td>1,261 PREGNANT MUMS USED OUR ANTENATAL SERVICES</td>
<td></td>
</tr>
</tbody>
</table>

Our work in this area has resulted in:

- 42% increase in the proportion of pregnant women using antenatal care
- 69% increase in the proportion of newborns delivered in a health facility
- 48% increase in the proportion of women using family planning
- Halved the gap in health access between advantaged and disadvantaged castes

After 16 years, Asha Health Clinic has been handed over to the Government of Nepal. Renamed Asha City Clinic it will now operate as a primary health centre and act as a model to increase the quality of care at other urban clinics. We are extremely proud to have started a project that adds strength to government healthcare provision in Nepal and will continue to do so for many years to come without a dependence on international aid.
INCREASING ACCESS TO EDUCATION

Helping children to attend school regularly and encouraging them to complete secondary education, thereby reducing early dropout and increasing SLC (School Leaver Certificate) pass rates.

Providing non-formal education for children whose circumstances are such that attending mainstream school is impossible.

When Shanti was four, her father was addicted to drugs and alcohol and her mother alone could not pay for all the ‘extras’ required to send Shanti to school.

In addition to providing financial support to enable Shanti to go to school, we also provided ongoing individual and family counselling and helped her father overcome his addictions. Now, Shanti’s parents are both in work and able to independently support Shanti’s education. Shanti lives in a secure, happy family environment. She and her parents still receive regular visits to ensure their ongoing wellbeing and that Shanti continues with her education.

Education in Nepal is supposed to be free, but in reality parents must pay for uniforms, books, stationery and hidden costs such as exam fees and extra tuition. If the family can’t afford to pay, then the child can’t go to school.

We maintain a balanced diet and fitness routine!

We work hard to remain slim, flexible and agile so that we are cost effective and can readily adapt to changing needs.
Our mothers’ group meets twice a week at the early childhood development centre. We learn about child development, hygiene and nutrition and how we can make the children’s lives happier. We talk about how, as women, we can work together to increase our influence and improve our community. The ECD programme provides extra teachers, toys, snacks and counselling for the children. The best thing about ECD is the fun learning activities, they are perfect! The best thing is that the children are happy.” Mitky, Women’s Group Member

What Makes us Different?

We don’t profess to know it all.

We actively encourage and facilitate wider collaboration between different individuals and local organisations to ensure the best possible outcomes and avoid unnecessary waste and duplication.
FAMILIES IN CHRONIC POVERTY

Giving some of the very poorest families the tools and guidance they need to make the most of their circumstances.

“The project has supported us greatly and we have learned many new things, especially about nutrition, savings and improving the environment in our home. Our social worker has also helped us deal better with conflict and have a more peaceful family environment.” Jodhvir, Parents’ Group Member

What Makes Us Different?

We are not afraid to fail!

We thrive on a challenge and are not afraid to fail sometimes, which means we focus on tackling the most difficult entrenched problems.
Prem, 12, has been living on the streets for four years. Like many street children, he abuses solvents, smokes and drinks. He is small for his age, and sometimes beaten and sexually abused by older street children. Prem is trying to make his life better with the help of Jyoti Street Project: “I am stopping glue. I need to improve myself, and if I keep taking glue, I will be dead.”

We want Prem to go back home and have been working with his father to rebuild their relationship. His father has received training to better cope with raising an adolescent and joined a parents’ group. Prem has started to visit home more often. Hopefully, one day, this will become permanent.

As a result of our work in the last year
- 269 children moved out of street, labour or exploitative situations
- 857 children now have a legal identity
- 2 in 5 children outside of family care have either been independently rehabilitated or reintegrated with their families
- A 50% reduction in child labour (under 14 years) in our working areas over a 2 year period

PROTECTING EXTREMELY NEGLECTED CHILDREN
Providing a range of services to seriously neglected, vulnerable children, a large proportion of whom are not living with their families for a multiplicity of reasons. Our aim is to reduce abuse and exploitation, help them move out of crisis situations and, ultimately, reintegrate them with their families.

What Makes Us Different?
We offer superb tailoring!
We excel in creating tailored innovative interventions that closely match the needs of the most vulnerable children and families, those that are invariably excluded from the benefits of the ‘one size fits all’ approach.
During adolescence, children who have grown up in chronic poverty and neglect become even more vulnerable to risks that reduce their life choices and the likelihood of future economic success:

- Risks such as engaging in delinquent behaviour, teenage pregnancy, school dropout, substance and alcohol abuse, gender violence and social isolation.
- Risks that are increasingly prevalent in Nepal, particularly in urban slums, which are ever growing due to the increased migration of young people from rural communities.
- Risks that, if not addressed, will perpetuate the cycle of intergenerational poverty.

In order to prevent this, we are increasing our focus on improving adolescent health and wellbeing in some of the poorest communities and helping vulnerable young people to complete their education and/or access training and work opportunities.

Through our work
- 61 adolescents (over 65% girls) were saved from imminent exploitation: child marriage, running away, trafficking, commercial sexual exploitation, and child labour
- 87% of street, working and at-risk children now feel confident to access government health services themselves
- 94% of street, working and at-risk children feel they have someone responsible to go to if they are worried or feel in danger

What Makes Us Different?

We are not impressed by big numbers!

Our aim is to create lasting change for the most vulnerable children, not to deliver short term ‘material’ benefits to as many children as possible.
ENABLING HIGHER EDUCATIONAL ACHIEVEMENT AND LIVELIHOOD OPPORTUNITIES

Helping young people to access a range of learning, training and job opportunities. Including a new functional literacy course that adopts a more practical and contextual approach to learning than the traditional methods used in mainstream education and is proving a ‘big hit’ with street and working adolescents.

Last year, with our support

- 95% of adolescents passed their final school exams
- 82% of street, working and at-risk adolescents have access to learning or educational services
- Only 3% of children supported in education dropped-out of school

Basanta, 18, now works as a receptionist and bookkeeper. When we first met him at 12 he was working in a sand mine to help support his family. We provided a loan to enable Basanta’s single mother to increase her income by buying her own plot so that the family could survive without the children’s wages.

No longer working, Basanta attended one of our targeted two year bridge courses to get him on a par with his peer group and then started school, where we helped with his tuition, uniform, books and stationery, to help him stay in school until he graduated. Six years on, Basanta secured 80% in his final exams, a remarkable achievement for a graduate of government schooling. He is still studying and is using his salary to self-fund a qualification in management.

What Makes Us Different?

We want to be redundant!

We don’t want to be around for a long time – we want to build lasting local capacity and self-reliance as quickly as possible, so we can move on to the next challenge!
In November 2015, Dipak Karki visited our projects in Nepal. Dipak came away so impressed with our work that he became a trustee and inspired his young son, Keelan, to become one of our most creative fundraisers. Keelan first raised money by running 17,696m (the distance up and down Mt. Everest) around his local village. Then he held a very successful bake sale at his village fête and, later, a penalty shoot-out game in which he faced over 600 penalties. Over a couple of months, Keelan managed to raise over £1,000.

There are plenty of fun and interesting ways to raise money. From asking for donations for your birthday or anniversary instead of gifts, hosting dinner parties, picnics or bake sales, or creating your own endurance event or personal challenge; everyone can help, it doesn’t matter how much you raise, it all makes a difference.

**THANK YOU TO EVERYONE WHO SUPPORTED US THIS YEAR!**

**For more information, ideas or a supporters’ pack, contact us on 020 7017 8989 or enquiries@kidasha.org**

**Simple ways to support:**
Sign up to our Newsletter   |   Follow, Like and Share   |   Facebook & Twitter - KidashaNepal
THANK YOU

As always, we are extremely grateful for the continued generosity and commitment of all our supporters and partners.

Whether you make a regular donation, raise sponsorship money or support us through a grant, you can be sure that your donations have a real, positive impact on the lives of children and women in Nepal. We sincerely thank you for your support.

In particular, we recognise the support of the following:

Alperton Momo House  
British & Foreign School Society  
Big Lottery Fund  
Comic Relief  
Devonshire House Preparatory School  
Darwin Dashers  
The Ealing Lawn Tennis Club  
Etihad Airways  
Eton End School  
Evan Cornish Foundation  
Leeds University RAG  
Michael & Ruth Jacobs Charitable Trust  
O’Hea Charitable Trust  
The Paget Trust  
Panthers Bar & Restaurant  
St Benedict’s School, Ealing  
St. Anthony’s School  
The Taurus Foundation  
Towers Convent School  
Vitol Foundation  
Wallace Curzon Charitable Trust

Trustees  
Julie Yogasundram (Chair)  
Nick Barry  
Meg Burns  
Ishaan Chilkoti  
Dipak Karki  
Georgina Turner  
Elizabeth Waterman

Special Thanks to our Implementing Partners  
Child Welfare Scheme Nepal  
Kopila Nepal  
Namuna Integrated Development Council  
Pokhara Chamber of Commerce & Industry  
Prayas Nepal  
Sathi Nepal  
Seto Gurans Kapilvastu  
Shakti Samuha
Financials & Beneficiaries

For every £1 spent

4p is spent on running the charity and other costs

11p is spent on raising income

85p goes on charitable activities

Income Total - £292,441
Expenditure Total - £615,570

Beneficiaries

Children and Mothers Living in Urban Poverty - 10,726
Child Victims of Violence and Exploitation - 2,340
Children and Women Living in Rural Poverty - 16,658
Migrant Child Survivors of the Earthquake - 353
Child Survivors of the Earthquake - 879
Vulnerable Preschool Aged Children - 206
Kidasha has offices in the UK and Nepal. The small London team provides overall governance, management and fundraising support. Our Pokhara office houses our programme staff.

**UK**

Kidasha  
55 East Road  
London  
N1 6AH  
T: + 44 (0) 20 7017 8989  
E: enquiries@kidasha.org

**Nepal**

PO Box 399  
Indrapuri Marg  
Nagdhunga-8  
Pokhara  
T: +977 (0) 61 530 002  
E: kidasha@kidasha.org

www.kidasha.org