Welcome to our Annual review for the year ending June 2015.

I am pleased to say that our work in Nepal continues to go from strength to strength. We now increasingly work with a smaller number of extremely poor children and families over an extended period, to help with a range of complex and interrelated problems; including access to education, livelihood development, nutrition and improved parenting skills. Ultimately, we want to increase the opportunities for children from families that have traditionally been excluded from mainstream society and services, thereby reducing the risk of them entering into early marriage, child labour, street living or other high risk situations.

It is a worthwhile, yet challenging transition. It is resource intensive and securing funding to pay for suitably skilled staff is difficult. However, investing in one outreach worker can have a far more lasting impact on a vulnerable child’s life than simply providing him or her with a pair of shoes or a few nights’ shelter. So my personal plea to anyone considering supporting us is to please be open-minded about how your contribution is utilised.

Needless to say, April’s devastating earthquakes created an enormous challenge for the Kidasha team in Nepal and our partners, from both a personal and project perspective. Thanks to our incredible supporters, our appeal managed to beat its target - raising in excess of £100,000. We are using the generous contributions to support families who even before the disaster were living in crisis situations and who, in the aftermath, are those most struggling to access aid and rebuild their lives.

You can read more about all of our work in the following pages, none of which would have been possible without the unrivalled commitment and dedication of our staff and partners. So as always, an enormous thank you to them and also to all our donors, trustees and volunteers for their generous support.

Janice Miller, Chief Executive

IN NEPAL:
APPROXIMATELY 5 MILLION PEOPLE ARE UNDERNOURISHED
1 IN 4 PEOPLE LIVE ON LESS THAN US$ 0.50 PER DAY
NEPAL IS RANKED IN THE LOWEST 25% OF COUNTRIES IN TERMS OF DEVELOPMENT
61% OF CHILDREN BETWEEN THE AGES OF 10 AND 14 YEARS OLD ARE INVOLVED IN CHILD LABOUR
4 OUT OF 5 STREET CHILDREN TURN TO SOLVENT ABUSE AS A WAY TO COPE WITH LIVING ON THE STREETS

World Food Programme, 2015
UN Development Programme, 2014
Govt. of Nepal, 2011
Child Protection Centers and Services, 2012
KIDASHA WORKS TO REDUCE THE CAUSES AND IMPACT OF ENTRENCHED POVERTY AND SOCIAL EXCLUSION, STOPPING EXPLOITATION AND VIOLENCE AGAINST CHILDREN IN NEPAL.

WHAT WE DO

Formal Schooling  Non-Formal Education

Recovery from Abuse

Health and Nutrition

Social and Life Skills

Night Shelter

Women’s & Parents’ Groups

Empowerment

Resilience

Protection

Positive Livelihoods

Development

Wellbeing

Reduced Risk Behaviours

Health and Nutrition

Parenting Skills

Mobile Primary Health Clinic

Emergency Shelter & Transition Home

9 Drop in Centres

Formal Schooling

Non-Formal Education

Advice & Counselling

Family Reintegration

9 Drop in Centres

Parenting Skills

Mobile Primary Health Clinic

Wellbeing

Development

Reduced Risk Behaviours

Health and Nutrition

Parenting Skills

Mobile Primary Health Clinic
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.

WE ARE NOT AFRAID TO FAIL!
We thrive on a challenge and are not afraid to risk missing our targets, meaning we are able to focus on tackling the most difficult entrenched problems.

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.

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 a ‘one size fits all’ approach.

WE DON’T PROFESS TO KNOW IT ALL!
We actively encourage and facilitate wider collaboration between different individuals and organisations to ensure the best possible outcomes and avoid unnecessary waste and duplication.

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.

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!

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.
No Healthcare - No Education - No Support - No Security

No child should have to grow up like this. We want to ensure that children are born safely and healthily to confident and well-informed parents; that parents have the skills, resources and support they need to best nurture their children; and that vulnerable children, who are abused and exploited, are made safe through our effective child protection systems.

Informed Mothers - Healthy Babies

Although the infant mortality rate in Nepal has dropped in recent years, it is still worryingly high – for every 1,000 children born, more than 30 won’t reach their first birthday. We believe that the key to protecting childhood lies in healthy and informed parents. Our pregnant women’s groups have taught over 10,000 women to recognise the possible dangers to their child and themselves before, during and after birth, as well as introducing them to the services available to help overcome these dangers.

Empowered Women - Improved Communities

By educating and imparting crucial knowledge, our women’s groups empower women to be more independent and have a voice within their communities. Collectively, a number of groups have organised advocacy events to lobby local councils, resulting in more than NPR 500,000 being allocated for women’s group activities and community improvements across 16 villages.

Equality in Education - Equality in Society

With caste and other forms of discrimination still prevalent in certain areas of Nepal, many children face discrimination from birth. Our early childhood development centres in the south provide training and activities that help Dalit families to be accepted by the wider community and ensure their children are given the same opportunities as others.

Healthcare Provision Now - Healthcare Development for the Future

Our primary healthcare centres and community outreach teams ensure that the poorest and most marginalised children can receive good quality healthcare. Last year, we helped 6,600 pregnant women and their newborn babies have safer pregnancies and deliveries and we safeguarded child and adolescent health via essential primary and reproductive healthcare, immunisation and malnutrition screening used by over 16,000 children and young people. Looking forward, we are providing training and technical support to local government and community organisations, strengthening their ability to deliver services more sustainably and equitably in the future, and ensuring that local people are better able to take charge of their healthcare needs.
Stronger Families - Protected Children

Our social workers are working closely with the most at-risk families and children through regular home visits and facilitating support groups. We have removed 237 children from the streets, labour or exploitative situations in Pokhara, and almost half of them were reintegrated with their families - taking us a step closer to our goal of making the city a child labour free zone. We are also working with 652 families in situations of chronic poverty within Pokhara, as well as facilitating Parent Support Groups for the families of street, working and at-risk children, in the continued aim of improving parenting skills and knowledge.

MALNUTRITION RATES IN NEPAL ARE AMONG THE HIGHEST IN THE WORLD - 41% OF CHILDREN UNDER FIVE ARE STUNTED AND 29% ARE UNDERWEIGHT

“FOR THE FIRST TIME, I HAVE BEEN ABLE TO SAVE MONEY - I AM PUTTING IT TOWARDS MY CHILDREN’S EDUCATION”
BHABHAI, 26, MOTHER’S GROUP

World Food Programme, 2015
Pramila has a healthy eight-month-old son, but without the intervention of Kidasha healthcare workers, this might not be true. From almost the first day of her pregnancy, Pramila was in pain - pain so bad that she couldn’t move. A healthcare worker showed her how to care for herself, so she could have a healthy baby, and advised her to go to a hospital to give birth. On the day her son was born, 34 other children were in the same hospital. Pramila’s son was one of the few born healthy.
KEY ACHIEVEMENTS

238 MEMBERS OF PARENT SUPPORT GROUPS

5501 WOMEN PARTICIPATING IN WOMEN’S GROUPS

6600 PREGNANT WOMEN AND THEIR NEWBORN BABIES HAD SAFER AND HEALTHIER PREGNANCIES AND DELIVERIES

114% INCREASE IN THE NUMBER OF WOMEN RECEIVING POSTNATAL CARE

Anita is five years old and, until she arrived at our emergency transitional shelter, was one of the thousands of Nepali children living in an unregistered children’s home. She knows that her father and mother are dead, but she doesn’t know how – she doesn’t even know if she has siblings. Luckily for Anita, the District Child Welfare Board was tipped off about the “auntie” running the home she was in, and she and a number of other children were rescued. When she arrived at our shelter, all she had were the clothes on her back. When asked about the children’s home, she is too scared to speak. The shelter is working to find her a new home, but for the time being she is happy – she has her friends and she likes to help with the flowers in the garden. “I prefer living here to living with my auntie. Here is good.”
Poor Education - Poor Life Skills - Poor Prospects

We want to ensure that vulnerable young people grow into resilient and empowered adults, with the resources to achieve better lives for themselves and their future families.

Ending Child Labour for Young Children - Better Working Conditions for Adolescents

More than two million children in Nepal are forced to work to provide for themselves and their families. While we, alongside the Nepali government, focus on removing children under the age of 14 from work, our protection visits also help to improve working conditions for older children. With more than 1,000 employers visited, 154 working children over the age of 14 have benefitted from significantly improved working conditions. We also continue to provide both vocational and on-the-job training for many adolescents, alongside our other educational provisions.

More Education - Improved Opportunities

We believe that education and skills development are vital to improving a child’s opportunities, but in a country where one in four of the poorest children do not attend school, thousands of children are missing out. We help children from the poorest families access an education – those who miss out on school because their parents can’t afford books or uniforms, because they have to work, or simply because they have fallen so far behind that school seems an impossibility. This year, 682 children have benefitted from non-formal education and we have supported 989 children in formal education with uniforms, materials, tutoring and homework clubs. A clear success has been the significant rise in the end of year exam pass rate of the children we have supported in formal education – from 71% to 85%.

Stronger Systems - Safer Children

We have introduced a Child Risk Assessment tool and trained social workers to more readily identify risks to children, thereby enabling them to work with individual children and their families to reduce these risks. Over the past year, this has helped us prevent 90 children, including 79 girls, from entering into situations of child marriage, trafficking, child labour and sexual exploitation.

Increased Awareness - Safer Practices

Awareness classes at our Pokhara drop-in centres have reached 1,226 children, highlighting...
the dangers of trafficking and child sexual abuse. More than 1,000 children and young people have benefitted from our health education classes, which focus on hygiene and safe sexual practices. In mother’s groups, we provide crucial training for young and adolescent mothers and, over the past year alone, have helped more than 450 mothers under the age of nineteen by providing basic health knowledge and facilitating access to services.

**Safer Saving - Financial Independence**

Our bank designed for and managed by children, Children’s Bank Khazana, operates in a number of our centres and currently has 774 members. The bank not only gives the children somewhere safe to keep their money, but also teaches basic financial skills, as well as giving the most disadvantaged children a sense of independence.

**A Break from the Streets - Improved Life Skills**

We continue to develop new approaches motivating children to leave the street and develop practical skills. Our residential motivation and life skills courses are effectively supporting children to set goals and develop realistic plans to change their situations, and a three-month practical literacy and numeracy course is motivating street adolescents who have never benefitted from mainstream education to learn, by showing how the skills are relevant to real life and can help them gain positive employment.

“I WILL GO BACK TO SCHOOL AGAIN AND SLOWLY STOP USING GLUE AND CIGARETTES AND BECOME A GOOD BIG PERSON.”

ANKIT, 13 YEARS OLD, MOTIVATIONAL TRAINING AND LIFE SKILLS COURSE
KEY ACHIEVEMENTS

1932 CHILDREN INTO EDUCATION

2516 CHILDREN RECEIVED BASIC SERVICES

10% OF STREET AND WORKING CHILDREN RETURNED TO LIVE WITH THEIR FAMILIES

133 YOUNG PEOPLE SUPPORTED IN VOCATIONAL AND BUSINESS TRAINING

34% REDUCTION IN THE NUMBER OF CHILDREN WORKING

When Sachin, 12, first started to use our street project he had been on and off the street - and in and out of child labour situations - for almost five years. After almost two years of intensive work with outreach workers, Sachin has been reintegrated with his family and has been living with his grandmother for more than a year now. He is enjoying being back in school and is an active member on the board of the children’s bank.
“It was difficult on the street because the police would come and beat you, the other kids would come and fight you... The first time I did glue I felt really powerful.”

Sajit ran away to Pokhara when he was just nine years old, after his father was imprisoned and his mother remarried. He thought he would have fun and could survive by begging, but the reality of life on the streets was hard, cold and abusive, and Sajit was soon using solvents. After almost four years on and off the streets, one of our outreach workers managed to persuade Sajit to try to quit the streets by staying full-time in our street shelter. Three months on, he has given up solvent abuse and is earning some money by selling mineral water at the bus station. Since participating in a residential motivational training programme, Sajit has set goals to save money, visit home and work harder on his studies in the centre. With the support of his outreach worker he has taken the first steps in a journey of change to a better future.

THERE ARE MORE THAN 2 MILLION CHILD LABOURERS IN NEPAL

On the 25th April 2015, a 7.8 magnitude earthquake struck Nepal, swiftly followed by a second earthquake on the 13th May, which reached 7.3 on the Richter scale. The effects were devastating, with almost 9,000 people killed and 2.8 million people displaced.

It was necessary to act quickly and thanks to the generous support of our donors, our earthquake appeal raised over £100,000. Rather than get involved in immediate relief we decided to concentrate our efforts on where our expertise could have the biggest impact. Within Pokhara, we identified families who had been forced to migrate to live in city slums following the earthquake - invariably the poorest families, who after a lifetime of discrimination didn’t feel entitled to support and were reluctant to go to the authorities. We began working with these families to provide for basic immediate needs such as food, clothing and healthcare, as well as helping them to find work and to get their children into school.

We also extended our work out to Dhading, a district close to the epicentre of the earthquake which was badly affected and is a traditional source area for children and families who migrate into Pokhara. We designed a project to help families stay and rebuild their lives in their own villages, rather than having to migrate to the city. It encompasses twelve Protection and Wellbeing Day Care Centres for under 5s, which provide a safe place for children while their parents rebuild their lives. The Centres offer learning activities and crucial psychosocial first aid for children affected by the disaster, as well as forming hubs of support and information for their parents.
8,969 FATALITIES

2.8 MILLION PEOPLE IN NEED OF HUMANITARIAN ASSISTANCE

1.7 MILLION CHILDREN AFFECTED BY THE DISASTER

602,592 HOUSES DESTROYED

284,482 HOUSES DAMAGED

24,000 CLASSROOMS DAMAGED OR DESTROYED

950,000 CHILDREN UNABLE TO ATTEND SCHOOL

ADDITIONAL 1 MILLION PEOPLE PUSHED BELOW THE POVERTY LINE
Over the last year, our amazing supporters have poured their sweat and energy into numerous activities to raise money for Nepal’s poorest children. From physical challenges, such as running, rowing, cycling and walking and an 8848 vertical challenge (the height of Everest!), to garden parties, fetes, bake sales, art sales and dinners - our supporters went above and beyond.

We can’t name everyone individually, but would like to send special thanks to Jamie Miller, who raised over £6,000 rowing 130 miles down the River Thames, the Purple Power Walkers who raised over £5,000 walking the Consortium for Street Children Marathon and James Southon and Felix Saward who ran the London Marathon for Kidasha. We’d also like to thank David Bairstow, the Darwen Dashers, Mark Dawson, Michael and Ruth Jacobs, Paul and Rosemary Tyndall and John and Liz Waterman for their continued support.

Here at Kidasha, we launched a campaign called Make a Street Child Smile and also ran our own events, like Kidasha Runs the World and local pub quizzes. Community fundraising like this is essential to sustaining our work in Nepal and our future. If you are able to organise or take part in any fundraising events like these or have any of your own ideas, please do get in touch.

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

Simple ways to support:
Sign up to our Newsletter✉️
Follow, Like and Share
KidashaNepal
This year’s achievements simply wouldn’t have been possible without the generosity and commitment of all our supporters and partners. Whether you participated in an event, raised sponsorship money, make a regular donation or support us through a grant, you can be sure that your donations have had a real, positive impact on the lives of children and women in Western Nepal. We sincerely thank you for your continued support.

In particular, we recognise the support of the following:

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**Special Thanks to our Implementing Partners**

- Child Welfare Scheme Nepal
- Kopila Nepal
- Namuna Integrated Development Council
- Pokhara Chamber of Commerce & Industry
- Sathi Nepal
- Seto Gurans Kapilvastu
- Shakti Samuha

**Trustees**

- Julie Yogasundram (Chairperson)
- Meg Burns
- Ishaan Chilkoti
- Daniel Paterson
- Georgina Turner
FINANCIAL OVERVIEW

Income Total £568,738
Expenditure Total £527,199

Charitable Spending
84p

For every £1 spent

Governance
5p

Fundraising
12p
For every £1 spent on fundraising £9.10 is raised

Children and Mothers Living in Urban Poverty - 16369
Child Victims of Violence and Exploitation - 1720
Children and Mothers Living in Rural Poverty - 1939
Mothers and Newborns Living in Urban Poverty - 2345
Mothers and Newborns Living in Rural Poverty - 13290
Vulnerable Preschool Aged Children - 265
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.

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