



# HIMALAYAN TRUST UK ANNUAL REPORT AND ACCOUNTS 2022



**Himalayan  
Trust UK**

SUPPORTING THE  
MOUNTAIN PEOPLE OF NEPAL

[www.himalayantrust.co.uk](http://www.himalayantrust.co.uk)

# HIMALAYAN TRUST UK

## Transforming the quality of Education and improving Health for Nepal's mountain people

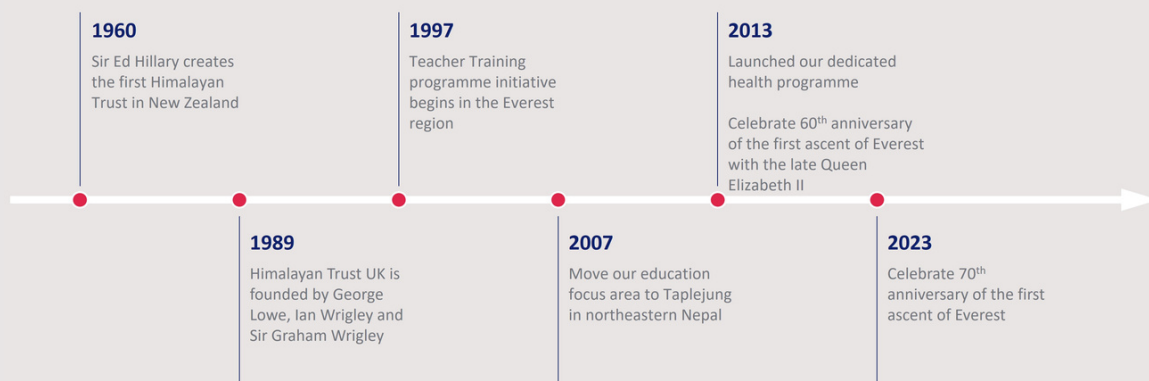
The Himalayan Trust UK has been working since 1989 to help the mountain people of Nepal. We strive to improve the health of remote communities and provide access to quality education for young people.

We started our work supporting the work of Sir Edmund Hillary and were keen supporters of the teacher training programme initiative which started in 1997 in the Solukhumbu region. The success of these early educational programmes and our link with the less developed Taplejung region prompted us to introduce an Education and Health programme in the foothills of Kanchenjunga, a much poorer mountainous region of Northeastern Nepal, from 2007.



We continue to hold to the guiding principles laid down by Sir Edmund Hillary when he founded the first Himalayan Trust in 1960

- Focus on basic infrastructure – education, health, environment
- Only do that which is requested by the mountain people
- Involve the mountain people themselves in the work – “self-help”
- Minimise all unnecessary cost and facilitate direct transfer of funds
- Look for long term sustainability and independence for the mountain people.



## Education programme

Our education programme has transformed school attendances in Taplejung. We provide teachers with the skills, knowledge and resources they need to help children learn and grow. Our child centred teacher training programme, delivered by our local partner REED Nepal, is helping to create the first generation of literate and numerate children from poor families in remote mountainous areas in Nepal. In addition, we have rebuilt or renovated school buildings and classrooms across the region which have transformed the learning environment for children and teachers. Some of our key achievements include:



Improved literacy and numeracy skills of **5,000** children (since 2007)



**20,000** individual training hours delivered to equip teachers with improved teaching skills and knowledge (in 2022)



Improved **35** schools across the region (since 2007)



Held **16** post-Covid reading camps benefitting **400** children helping them to catch up (in 2022)



Provide **78** scholarships to disadvantaged children (since 2007)



## Health programme

We started a dedicated Health programme in 2013. Our needs assessments revealed extremely poor health knowledge and behaviours by villagers and very poor access to health services. Our health programme, delivered together with our local partner Action For Nepal (AF Nepal), has empowered remote communities to be healthier and achieve the highest well-being. Some of our key achievements from our work include:



**4.0x** increase in number of trained health workers together with improved facilities in Yamphudin resulting in **100%** successful deliveries (with no maternal deaths) (since 2019)



**2.6x** increase to drug supplies (2015-2021)



**6.5x** increase in health post furniture and equipment (2015 - 2021)



**126** Community Health sessions benefitting **1,456** people (2022)



**75%** increase in female health workers in Yamphudin (since 2015)



## Message from the Chairman

I am pleased to share the 2022 Annual Report of Himalayan Trust UK. Despite the challenging couple of years we have had across the world due to the COVID-19 pandemic, I am pleased to be able to say that our work has gone from strength to strength. The Trustees, our NGO's on the ground and the communities we support have not let COVID get in the way to work together to make a difference to the lives of the people in our working area in the Taplejung region. If anything, the introduction of remote working with the help of Zoom/Teams have brought us closer together.

A group of Trustees went out in November last year, the first field trip since 2019, and were very pleased with the progress made in both our Health and Education programmes and concluded that the extended period of lockdown had not had the damaging effect we had feared.

I have just returned from a trip visiting our projects and in the 30+ years I have been involved with the Trust, I couldn't be more proud to see what we have achieved with your ongoing support!

At the time of writing we are preparing to celebrate 70 years since the first successful ascent of Mt Everest in 1953 with a worldwide programme of events. The legacy of that historic achievement lives on in the work we do today and we look forward to continue to take you on our journey making an impact to the mountain people of Nepal.

**Sir Graham Wrigley**



# IMPACT MADE IN 2022

## Education Programme

Our Teacher Training programme covers 35 schools in remote villages across Taplejung where travel can take several hours between each village. The training programme is essential for schools to keep up to date with latest skills and techniques. The programme trains teachers to use a "child-centred approach" in the classroom - delivering inspirational lessons to capture young imaginations and rewarding children with encouragement and appreciation. We work alongside head teachers to train them in school management techniques and enable them to take a pro-active approach to their role to take full charge of their school's destiny and direction. And finally, we work with the wider local communities to make sure they understand the importance of sustainable education and to encourage them to become involved in the development of their schools.



**20,000**  
individual  
teacher  
training hours

A significant proportion of the teacher training in the past year has been focused on subject training brought about by changes to the national curriculum introduced by the Nepal Government. The training sessions were designed to ensure that schools in remote areas are not left behind and continue to provide a pertinent quality education for a modern Nepal. Other notable areas of training were on Gender Equality and Social Inclusion and Disaster Risk Reduction (particularly important in the Taplejung District where schools are vulnerable to landslides)



Learning outcomes are based on what the children achieve in their yearly exams and from continual assessment processes. The trend for most schools during 2022 showed an improvement on previous years, although the percentage level reached was slightly lower than might have been expected had COVID-19 not intervened.

**Most schools are achieving a percentage level in the late 50s to early 60s, comparing favourably with national averages.**

Deurali School, which introduced Multi Grade Multi Learning (MGML), achieved a learning outcome level of 79% in 2022. There are more schools planning to include MGML into their strategy plan and it is being funded where facilities are available and where educational benefits are assured.

Despite the setbacks associated with the COVID-19 pandemic on the normal functioning of schools, there has been a noted improvement in most schools.

	2018	2019	2020	2021	2022
Excellent ★★★★★	0	5	6	7	6
Good ★★★	11	9	11	13	16
Average ★	13	17	16	13	11
Under performing	2	7	2	2	2



Observation areas; - Quality of leadership, Effectiveness of training, Innovation and child-friendly teaching, Effectiveness of development plan, Suitability of facilities, Effectiveness of SMC, Effectiveness of PTA, Performance of KT/RT(own school), Community involvement, Classroom management (access & use), Students interaction and Personal hygiene & environment cleanliness. Source REED Nepal

**The benefits of the training are plain to see each time we visit**

## Reading Camp

During the COVID-19 pandemic schools were closed for two lengthy periods, one of eight months and a second for six months. During that time we put measures in place, together with REED Nepal, to ensure that children did not lose touch with their learning – radio broadcasts, home learning books and safe home visits from REED staff and teachers. Inevitably, children suffered. Now that schools are back to normal and teachers are able to assess the impact the pandemic has had on each child, there are clearly some who have suffered more than others.



**16 camps  
benefitting 400  
children**

During 2022 we established 16 Reading Camps, each for 25 children, where children would attend school for 90 minutes each on a Saturday morning. The extra tuition was provided by teachers who volunteered their time to allow children to catch up on their literacy and numeracy skills, improving the skills of the 400 children involved.

## Scholarships

The purpose of the scholarship programme is to give disadvantaged young people the opportunity to pursue further studies to achieve their ambitions. For financial reasons, this would not be available to them without the support of a scholarship fund. We award 5 to 7 scholarships per year and, to date, have awarded 78 since we started working in Taplejung District in 2007. For many of the students it is their first taste of the world beyond Taplejung. While some are tempted to move to larger conurbations in Nepal, many students return to their home area and use their skills to support the local community and their earning capacity to support their families.



**78 scholars  
since 2007**

## Girls hostel in Lelep

The 52 girls that lived in the hostel at Lelep School were living in very poor and overcrowded conditions. The hostel was only really designed to accommodate 32. There were two or three to a bed and some were forced to sleep on the floor because of the lack of bed space. Windows were broken, the outside stairs to the upper floor had collapsed so access was via a wobbly plank. They had no proper water supply, their toilets were in a poor state and they had no washing facilities. They cooked their food on an earthen stove in a shack and had to spend time collecting wood each day. The one benefit of staying in the hostel was that they avoided at least four hours walking to and from school each day.

As a result of multiple funding initiatives and a combined effort of the Education and Health teams, the hostel has been completely refurbished.

- A new kitchen and dining block built with 8 gas stoves, sinks and proper storage units
- A new toilet and washing block with solar showers and changing facilities, all supplied with a bespoke water supply.



Now that the work is completed, there are 32 girls living in the hostel, with capacity for more. Some girls moved on because more schools are now offering secondary education enabling them to attend schools closer to home.



Free up 5 study  
hours per day  
per student

The benefits for the girls in the hostel is that they live comfortably. Their lives have become simpler through not having to fetch water, find wood, cook on inefficient stoves or spend hours each day walking to and from school.

As a result they have more time for study. As much as 5 hours per day! These girls now have a real opportunity to achieve their potential.

## Health Programme

The central aim of our health programme is to work sustainably in close partnership with local people, to increase their capacity for the future. We base much of our work on existing local policy, with a view to villagers being empowered to continue it themselves.

After six years' of close partnership with the Yamphudin villagers, the Yamphudin Health Post with Birthing Centre Project is now successfully up and running with a fully equipped new build, trained staff, an Auxiliary Nurse Midwife and Community Medicine Assistant in place and villagers attending health promotion sessions and various other health awareness clinics. The Health Post is fully embedded in the villagers life and has been home to several successful births.

During 2022 our programme moved from Yamphudin to Lelep in the Phaktanglung Rural Municipality of Taplejung. The Health Post in Lelep is known as the Lungthung Health Post.

## Community Health Awareness Project

From the start of the year initial meetings were held by AF Nepal with community stakeholders in Lelep and a selection of topics made for community health awareness sessions under our Community Health Awareness Project (CHAP).

The main aim of CHAP is to raise health awareness in the community, especially in women and children. Initial meetings with different community stakeholders were held to understand (i) Existing health problems and major causes of morbidity and mortality in the community and (ii) Priority topics on which community awareness is required.

119 community stakeholders attended the meeting of which 29 were male and a list was drawn up of priority Health Awareness sessions. This list included pregnancy and post-natal care, danger signs, care of the newborn, nutrition, hygiene, hypertension, diabetes, effects of smoking and alcohol, sexually transmitted diseases and snakebite.





126 sessions  
benefitting  
1,456 people

Training was then provided to 13 Female Community Health Volunteers (FCHV) and 3 health workers with the objective of them cascading their knowledge through the community under the supportive supervision of our field officer, based in Taplejung.

A number of males attended the sessions which is particularly important in a male dominant society where historically the male heads of household made most of the decisions. A total of 126 community awareness sessions took place attended by 1,456 people (293 males and 1,163 females).

## Lelep School Health Programme

School Health awareness sessions have been conducted in a number of Basic schools (equivalent to primary schools) on personal hygiene, sanitation, hand washing and oral hygiene.

For the higher grade students sessions have been provided on menstrual hygiene and changes during adolescence. A total of 23 sessions have been carried out in schools with 326 students attending.



## Lelep Health Service Improvements

Shortly after we started our programme in Lelep, AF Nepal carried out an assessment of Lungthung Health Post. They found that training was required by the management team as well as on clinical subjects for the Health Post staff.

During the year the Health Facility Operation and Management Committee (HFOMC) received Capacity-strengthening training and, on a repeat assessment in November, scores for Governance and Management had improved.

Training on Contraceptive Implants was also supplied to one of the health staff, which will give women options on contraceptive methods.

## Programme Sustainability

The FCHV's report back to the health post on a monthly basis and their data is recorded by the health workers. This is a task of the FCHV as laid down by the Nepal government's protocol and we are building CHAP on that basis to maximise sustainability.

The activities conducted in Lelep are in line with the Nepal Government's programme which we are supporting and conducting effectively in the remote, mountainous communities. This has been done to ensure that the project activities are sustained once the project is phased out, like we did in Yamphudin.



## Scholarships



Meet a scholarship recipient who is now working in the remote Olangchungola Health Post. She travelled for two days to meet some of our Trustees on a recent field trip and thanked us for the support we gave to her.

It is always rewarding to meet these young people, who genuinely appreciate the opportunities they have been given, but it is doubly rewarding when they come back to work in a health post or school that is part of our wider programme.

## Governance

Himalayan Trust UK is governed through the Restated and Amended Trust Deed relating to the Himalayan Trust UK, dated 19 April 2006.

### Our partners on the ground

An ongoing and important aspect of our work around Governance is ensuring that our local partner NGOs, REED Nepal and Action For Nepal, both based in Kathmandu, are discharging their responsibilities effectively and in accordance with best practices consistent with our, and your, expectations. To this end we instigate regular, usually quarterly, zoom or phone calls with their leadership teams to assess progress to plan and obtain updates on capital expenditure versus planned budget as well as receive reports on any concerns or incidents. Should these occur, there would be a documented escalation process resulting in further investigation by the Chair and the Trustee responsible for Governance. In November, post re-opening of Nepal after COVID, we were pleased to be able to reconnect in person with our NGO partners. A significant part of these meetings focused on strategy, policies and procedures and reporting.

Both NGO's regularly coordinate with the district and community stakeholders of Taplejung, giving us the information we need to help decide how best to make an impact to the lives of the communities we support. They both now have a Field Officer post in place in Taplejung with the aim to help collect data, provide supportive supervision of our programmes and regularly report back with invaluable local knowledge from the field to our NGO's and in turn to our Trustees in the UK.

# FINANCIAL REVIEW AND ACCOUNTS

The Trustees of Himalayan Trust UK (Charity Reg No 1000153) present their annual report and accounts for the year ended 31 December 2022 and confirm they comply with the duty in the Charities Act 2011 to have due regard to public benefit guidance published by the Commission.

In the financial year to 31 December 2022, the Trust recorded total receipts of £123k (2021: £172k), and total payments of £167k (2020: £195k). The Trust closed the year with £253k of funds (£300k as at 31 December 2021).

We are grateful to all of our donors who have continued to provide a source of funds for our important ongoing work, including notable donations in 2022 from the **Beatrice Laing Trust, the Blueberry Hill Charitable Trust, the 3Ts Charitable Trust, Stuart Bygrave and Keith Pickard.**

When required, the Trust also receives restricted funds which specifically cover the costs of hosted events and any trustee expenses. Donors can therefore be assured that other than some minor and unavoidable governance and administration costs, their donations go directly to helping the mountain people of Nepal.

Sadly, the COVID-19 pandemic meant we were unable to go ahead with a planned dinner to celebrate Sir Edmund Hillary's 100th birthday, for which we collected donations of £22k during 2020. We offered donors the option of a refund and £16k was refunded during 2021. We are delighted that during 2023, we will be hosting a number of events to celebrate the 70th anniversary of the first ascent of Everest and expect these to provide a significant uplift to our reserves position. Whilst our Trust Deed does not specify a specific policy on reserves, the Trustees seek to ensure that the level of reserves held is always sufficient to cover at least two year's worth of future committed grants. Having considered our financial position, we remain confident of our ability to deliver on our commitments.

## Trustees

As at the date of approval of this report, the Trustees were as follows:

Sir Graham Wrigley KCMG (Chairman)	Robert Ross (Fundraising, appointed 21 March 2022)
John Walton (Deputy Chairman, Education Programme)	Rupert Band (retired 7 December 2022)
Angus Macdonald (Governance)	Sabian Phippen (Fundraising)
Deborah Eklund (Health Programme)	Sasja McCann (Hon. Secretary and Marketing)
Kate Keohane (Health Programme)	Sue Leyden
Kate Wolstenholme (Treasurer)	Timothy Keyes (Education)
Rebecca Stephens	

Sir Chris Bonington CBE is President of the Himalayan Trust UK, and Mary Lowe is Honorary 1953 Patron.

The address of the principal office of the charity is 62 Riversdale Road, London N52JZ.

## Independent Examiner's Statement

The Independent Examiner's Report on the 2022 accounts is filed with the Charity Commission and is unqualified.

## Receipts and Payments

To the nearest £

	Unrestricted funds	Restricted funds	Total funds	
			Year ended 31 Dec 2022	Year ended 31 Dec 2021
<b>Receipts</b>				
Donations	100,054	22,733	122,787	154,910
Legacies	-	-	-	16,647
<b>Subtotal</b>	<b>100,054</b>	<b>22,733</b>	<b>122,787</b>	<b>171,557</b>
<b>Payments</b>				
Rani School rebuild	5,200	-	5,200	50,500
Lelep Girls Hostel	-	20,000	20,000	-
Himalayan Trust Nepal	-	-	-	5,025
Education grants	76,600	-	76,600	69,162
Health grants	29,050	-	29,050	43,330
Water supply grant	10,800	-	-	-
Scholarships	6,386	-	6,386	7,783
Donation to visitor centres	9,990	-	-	-
Refund of Fundraising Events income	-	-	-	15,600
Administration expenses	6,473	2,733	9,206	3,186
<b>Subtotal</b>	<b>144,499</b>	<b>22,733</b>	<b>167,232</b>	<b>194,586</b>
<b>Excess (deficit) of receipts over payments for the year</b>	<b>(44,445)</b>	<b>-</b>	<b>(44,445)</b>	<b>(23,029)</b>
Increase/(decrease) in value of investments	(2,764)	-	(2,764)	12,126
Increase/(decrease) in funds for the year	(47,209)	-	(47,209)	(10,903)
Funds at 1 January	299,862	299,862	299,862	310,765
Funds at 31 December	252,653	252,653	252,653	299,862

## Statement of assets and liabilities at the end of the period

To the nearest £

		Unrestricted funds	Restricted funds	Total funds	
				Year ended 31 Dec 2022	Year ended 31 Dec 2021
<b>Cash funds</b>	Cash at bank	87,765	-	87,765	132,210
	<b>Total cash funds</b>	<b>87,765</b>	<b>-</b>	<b>87,765</b>	<b>132,210</b>
<b>Investment assets (at fair value)</b>	Cash	42,291	-	42,291	41,451
	Unit Trusts	46,266	-	46,266	47,673
	Equities	76,331	-	76,331	78,528
	<b>Total Investment assets</b>	<b>164,888</b>	<b>-</b>	<b>164,888</b>	<b>167,652</b>
<b>Total assets</b>		<b>252,653</b>	<b>-</b>	<b>252,653</b>	<b>299,862</b>

**Basis of preparation:** The Trust prepares receipts and payments accounts on a cash basis, except that investment assets are held at fair value. Dividends received during the year are reinvested in the investment portfolio and included within 'increase/(decrease) in value of investments'. Short term cash held as part of the investment portfolio is also shown within investment assets.

The restricted funds related to £20,000 from the Beatrice Laing Trust to rebuild and equip the hostel kitchen at Lelep School, and £2,733 from Blueberry Hill Charitable Trust to cover trustee travel expenses. Restricted funds in the prior year related to £50,000 from Blueberry Hill Charitable Trust for the rebuild of Rani school in Phaktanglung, Taplejung.

[www.himalayantrust.co.uk](http://www.himalayantrust.co.uk)



# Himalayan Trust UK

[www.himalayantrust.co.uk](http://www.himalayantrust.co.uk)