



Health Exchange Nepal (HEXN)

UK Charity Reg No 1124098

www.hexn.org

Trustees' Annual Report for the period 01/04/15 to 31/03/16

Charity Name: Health Exchange Nepal (UK) **Other Name:** HEXN

Registered charity number: 1124098

Charity's address: 9 Hill Croft, Clayton-le Woods, Chorley, PR6 7EF

Names of the trustees:	Date Appointed	Appointed by
1. Satyan Rajbhandari	30/03/2008	Executive Committee
2. Jeremy Ward	30/03/2008	Executive Committee
3. Anil Tuladhar	30/03/2008	Executive Committee

Names of the Executive Committee Members

1. Jeremy Ward, Chairman
2. Satyan Rajbhandari, General Secretary
3. Sandesh Acharya, Communication Officer
4. Mohan Thapa, Treasurer
5. Stephen Ward, Committee Members
6. Bichhyan Rai, Committee Members
7. Ramesh Khoju, Committee Members
8. Stuart Heys, Committee Members
9. Linda Matthew, Committee Members

Finance Committee Members

1. Anil Tuladhar
2. Jeremy Ward
3. Sandesh Acharya
4. Mohan Thapa
5. Satyan Rajbhandari

Governance Committee Members

1. Shambu Acharya
2. Ramesh Khoju
3. Milan Piya

Structure, Governance and Management:

HEXN is governed through its constitution. Membership for this charity is open to anyone who donates £5 per month. Every three year members elect an Executive committee. The Executive Committee can co-opt other members as necessary. The Executive committee is responsible for the day to day running of this charity. They are also responsible for appointing trustees. When there is a need for a new financial decision, the executive committee has to seek approval from the 'Financial Committee'. Bigger projects are paid in instalments and the 'Governance Committee' upon receipt of satisfactory progress, can approve any further payments. Almost all communication is done through email in order to improve efficiency.

Contact Address

Prof Satyan Rajbhandari
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Satyan.rajbhandari@lthtr.nhs.uk



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Objectives & Activities:

The main aim of the charity is to promote the exchange of health professionals between Nepal and the UK. HEXN has been providing educational and clinical support to Nepal in various forms. We have supported Nepalese health care professionals who train in the UK. Similarly we support number of conferences in Nepal where UK health care professionals could take part. On 25th April 2015 Nepal was hit by a massive earthquake which caused massive destruction. As HEXN was a well-established charity in the UK, the Executive Committee decided to raise funds and help in relief operation. In this financial year our income and expenditure rose exponentially due to this.

Achievements and Performance during year 2015/16:

- Clinical Education:** Our main aim has been the training of health care professionals in Nepal. In this financial year we have conducted the following training programmes in Nepal.
 - 'Symposium on Respiratory/Heart failure and non-invasive Respiratory Support' at the Civil Hospital in Kathmandu on 31st October 2015.
 - 'Ultrasound Guided Nerve Block Course' at Kirtipur Hospital, Kathmandu on 3rd Dec 2015. We bought and donated one ultrasound machine for this.
 - 'Annual Laparoscopic Surgery training' in Dhulikhel Hospital, Nepal on 4th to 6th Dec 2015.
 - 'Workshop on Amputee Rehabilitation' at Dhulikhel Hospital, Nepal on 8th and 9th December 2015.
 - 'Indo-Nepal-UK Diabetes Meeting & Annual Professional Conference of Diabetes Nepal' at Hotel Soaltee, Kathmandu on 20th February 2016
 - 'Newborn Life Support (NLS) Course' at Dhulikhel Hospital, Nepal on 27th & 28th March 2016. We needed to buy lots of training materials for this.
- HexN (UK) Travel Fellowship:** This year we awarded a Fellowship to Dr Narayan Shrestha at the North Tees and Hartlepool NHS Foundation Trust.
- Support RAN:** HEXN works closely with Rural Assistant Nepal (RAN). RAN helps educational and health sectors in Nepal. They arrange placements for volunteer doctors and medical students from the UK to work in Nepal. The help we give RAN is used to support rural hospitals.
- Earthquake Survival Pack:** Working with the Lisa May Foundation, we helped in the development of Earthquake survival packs that consisted of rice, lentil, high energy biscuits, blankets, a jug and water purification tablets and a tent for a family. This pack enabled people to survive for at least one week until the official help arrives. All necessary materials were purchased in neighbouring border towns of India.

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5. **Supply of Essential Orthopaedic Materials:** With increasing numbers of trauma cases, there was an acute shortage of equipment in various hospitals in Kathmandu and we purchased them from India. HexN collaborated with Delhi based Diabetacare to collect and send all essential orthopaedic materials.
6. **Send Medical Team to remote Nepal:** HexN collaborated with various organisations and independent doctors of Nepalese origin based in the UK to send a team of 18 doctors to worst affected areas in and outside of Kathmandu. They treated many victims there.
7. **Semi-permanent Shelters:** During the monsoon season, it was very important to provide good shelters in Nepal. Corrugated metal shelters are easily available and can be used to build shelter from wind, rain and sun. HEXN worked with the Lisa May Foundation, Doctors for Habitat and Diabetes Nepal to build shelters for 200 families in various parts of Nepal.
8. **Rebuild Health-post:** Many rural health posts were damaged during this earthquake and HexN worked with 'Health & Development Society, Nepal' to build semi-permanent Health posts in the earthquake affected areas. This provided a much needed health service to people in rural areas. We also helped 'Sewa Kendra', a leprosy hospital in Nepal for repairing earthquake damage.
9. **Essential supply:** Immediately after the earthquake, HEXN supplied essential orthopaedic equipment to Nepal from New Delhi, which was in short supply at that time. In addition HEXN sent 1.5 tons of medical relief materials to Dhulikhel Hospital. These were collected from various individuals and organisations.
10. **Rehabilitation:** HexN is helping Dhulikhel Hospital to develop an academic centre for 'Specialist Rehabilitation'. This will help rehabilitate victims of the earthquake who have lost their limbs. A team of UK specialists led by Fergus Jepson from the UK visited Nepal in December 2015. They identified potential areas and mechanisms for development and also conducted a 2-day workshop.
11. **Kanti Hospital:** HEXN started its earthquake relief fund collection by raising funds for Kanti Children Hospital. In discussion with the Director of that hospital, HEXN funded the development of a closed loop television system all over this hospital. These are centrally controlled and enables children and visitors to enjoy their time as inpatients and also to learn about healthy living by showing educational DVDs.
12. **Schools:** HEXN helped to rebuild two schools in the Gorkha region, which was worst hit by the earthquake. Kamal Aryal was instrumental in this project by identifying the school and raising funds. When the HEXN team visited these schools, they were given a heart warming welcome by the students.
13. **Hospital Supply:** HEXN has helped Dhulikhel Hospital to develop a cardio-thoracic surgery centre. HEXN received 6 ventilators and an anaesthetic machine from Glenfield Hospital,

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Leicester which we donated to Dhulikhel Hospital. Michael Schupp played an important role in this. In addition, HEXN donated an ultrasound machine to Kirtipur Hospital.

Financial Review:

HEXN was able to raise a significant amount of money this year due to an increase in donations following the earthquake. Our initial aim was to raise £10,000 for the earthquake relief. Due to the overwhelming public support this was achieved within 24 hours. So we aimed to raise £100,000.

Income:

	AMOUNT
Members Donation	£ 5709
Mersey School of Anaesthesia	£ 10,000
Other collections through various people	£ 41632
On line collection through on-line pages	£ 123,918
TOTAL	£ 181259

Expenditure:

	AMOUNT
Kanti Hospital	£12800
Reconstruction of Health posts & Sewa Kendra	£7400
Cargo cost to Nepal	£5822
School reconstruction	£15860
Publicity & other expenditure during earthquake	£ 2503
Reconstruction of temporary shelters	£27000
Immediate help following earthquake	£16735
Clinical Education	£11300
Rural Assistanace Nepal	£2000
Fellowship	£720
TOTAL	£102140

Balance Carried forward from last year	£12760
New Balance on 31st March 2016	£91879

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Other Information:

Our work on earthquake relief has come to an end apart from the development of Academic Rehabilitation Centre. There is no university approved degree for this. The manpower needed to run this course is scattered throughout the country. We are working with Kathmandu University to start new degree in Orthotics & Amputation Rehabilitation and set some money aside for this.

Declaration:

Signed on behalf of trustees



Prof Satyan Rajbhandari
General Secretary , HEXN

HEXN

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