

# Annual Review 2020



**CHILD  
RESCUE  
NEPAL**



# A message from our CEO

This year was marked by the Coronavirus pandemic, which severely disrupted both our programmes and our fundraising plans. As the world battled the disease, Nepal appeared to come off lightly from the first wave. However, behind these figures was a scene of devastation. A severe lockdown imposed by the military meant that the income for daily wage earners disappeared overnight. Schools were closed, the tourism industry collapsed and remittances from Nepalis working overseas declined.

All internal movement ceased, so our rescue and reintegration programmes were put on hold. We focused on ensuring the children in our care were safe, fed, motivated and able to continue their education remotely. We encountered challenges with some families of reintegrated children running out of food and had to find creative ways of delivering supplies and financial support.

Because schools were closed, we paused intervention programmes, and were grateful to our funders for their understanding. We became aware that communities where we work in Makwanpur district were starving, and so launched an appeal that enabled us to send

£30,000 worth of emergency food parcels. We were also able to fund masks, gloves, hand sanitiser and handwashing stations to help keep communities safe.

I would like to pay tribute to the field staff in Nepal who continued to work through very challenging circumstances, risking their own safety to deliver supplies to those in desperate need. I would also like to thank the whole team for their flexibility, commitment, and professionalism during these unprecedented times.

In the UK we kept in touch with our supporters through virtual meetings and are so grateful to all who continued to support us through the uncertainties.

Finally, this year we said a sad farewell to our Chair of Trustees, Andrew Scadding, who has done a remarkable job in steering the charity through challenging times. We are grateful for his wisdom and guidance. We are delighted to welcome Dave Webber as our new Chair, who brings a wealth of experience from the charity and social care sector.

**Joanna Bega**  
Chief Executive

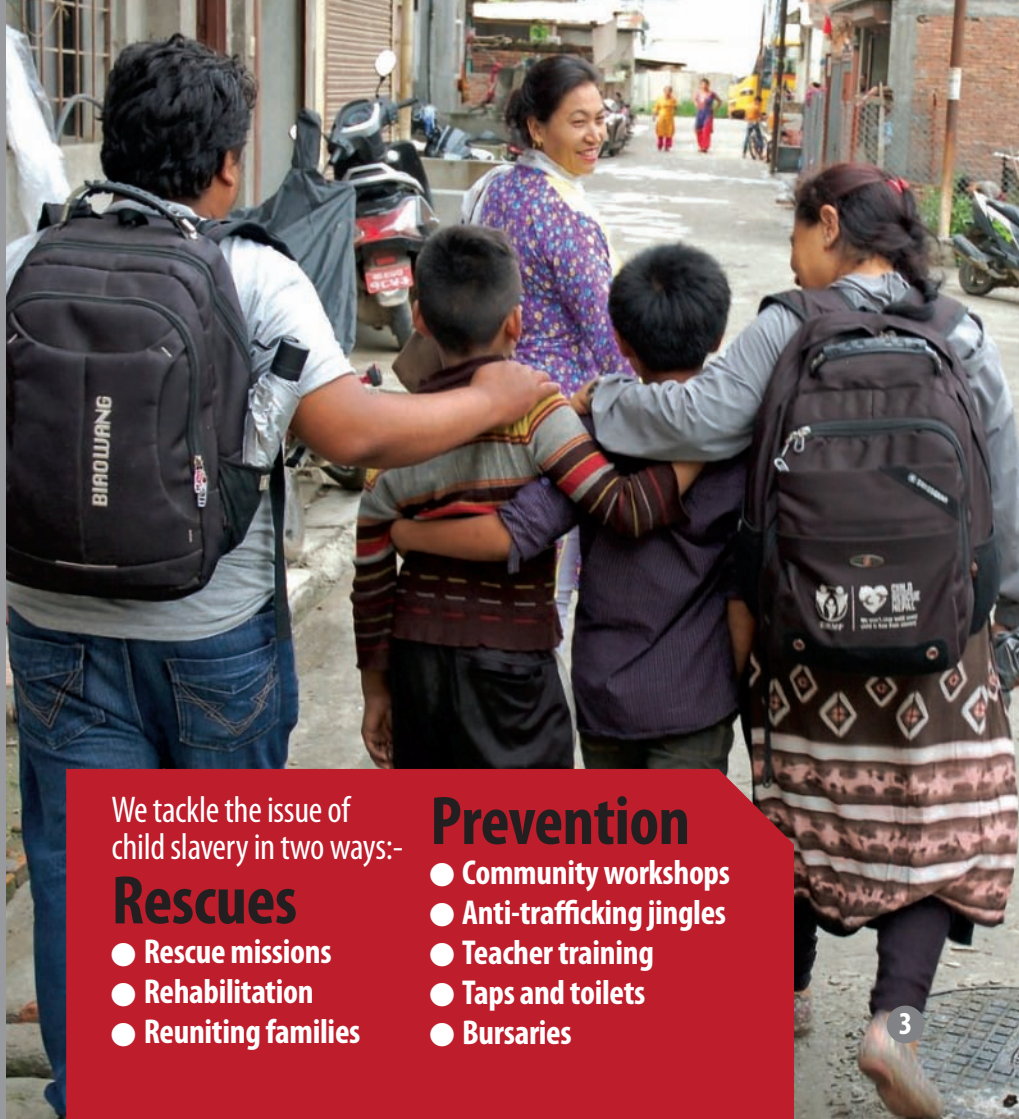
# Who we are...

Child Rescue Nepal frees children from slavery. Today, there are over 40 million slaves globally, a quarter of which are children. In Nepal, it is estimated that there are over 600,000 child slaves working in hazardous situations.

These children are extremely vulnerable and suffer frequent physical and emotional abuse. Sexual abuse is also common. We rescue children, keep them safe and reunite them with their families.

We also prevent the trafficking of children by raising awareness and strengthening schools. We deliver a comprehensive education programme in the trafficking-prone district of Makwanpur as well as funding anti-trafficking workshops and radio jingles.

Child Rescue Nepal has rescued over 850 children, but our work is far from over. We want to end child slavery in Nepal, and we won't stop until every child is free.



We tackle the issue of child slavery in two ways:-

## Rescues

- Rescue missions
- Rehabilitation
- Reuniting families

## Prevention

- Community workshops
- Anti-trafficking jingles
- Teacher training
- Taps and toilets
- Bursaries



# Why Nepal?

- Nepal is the 3rd poorest country in Asia
- 80% live in rural areas and over a quarter of the population live in poverty
- The earthquakes in 2015 killed 9,000 and injured 22,000, as well as setting the country back years in terms of development progress
- Trafficking increased between 15% and 40% immediately after the earthquake and is still a major challenge
- 1.6 million children are used as child labour and over 600,000 engaged in hazardous work
- Over 300,000 coronavirus cases and over 3,000 deaths with a second wave worse than the first



# What we achieved **2019/20**

- 7 girls rescued from sexual exploitation and taken to the safety of Marigold House
- 18 boys rescued from brick kilns, restaurants and metal work factories
- 22 children reunited with their families
- 13 reunited children receiving ongoing support
- 28 children received support within our family style homes
- 21 young people supported into higher education and vocational training
- 11,000 people reached with a daily radio jingle in three languages highlighting the tricks of traffickers
- 206 students educated on safe social media practices to protect them from the tricks of traffickers
- 1,238 children benefitted from the construction of libraries and more engaging classrooms
- 14,908 children safe in school through midday meals, bursaries and workshops
- 4,471 children received hygiene kits and training to understand the importance of personal hygiene
- 91 teachers trained in child friendly methods
- 50 families helped by a Kitchen Garden pilot project to enable parents to improve their children's nutrition



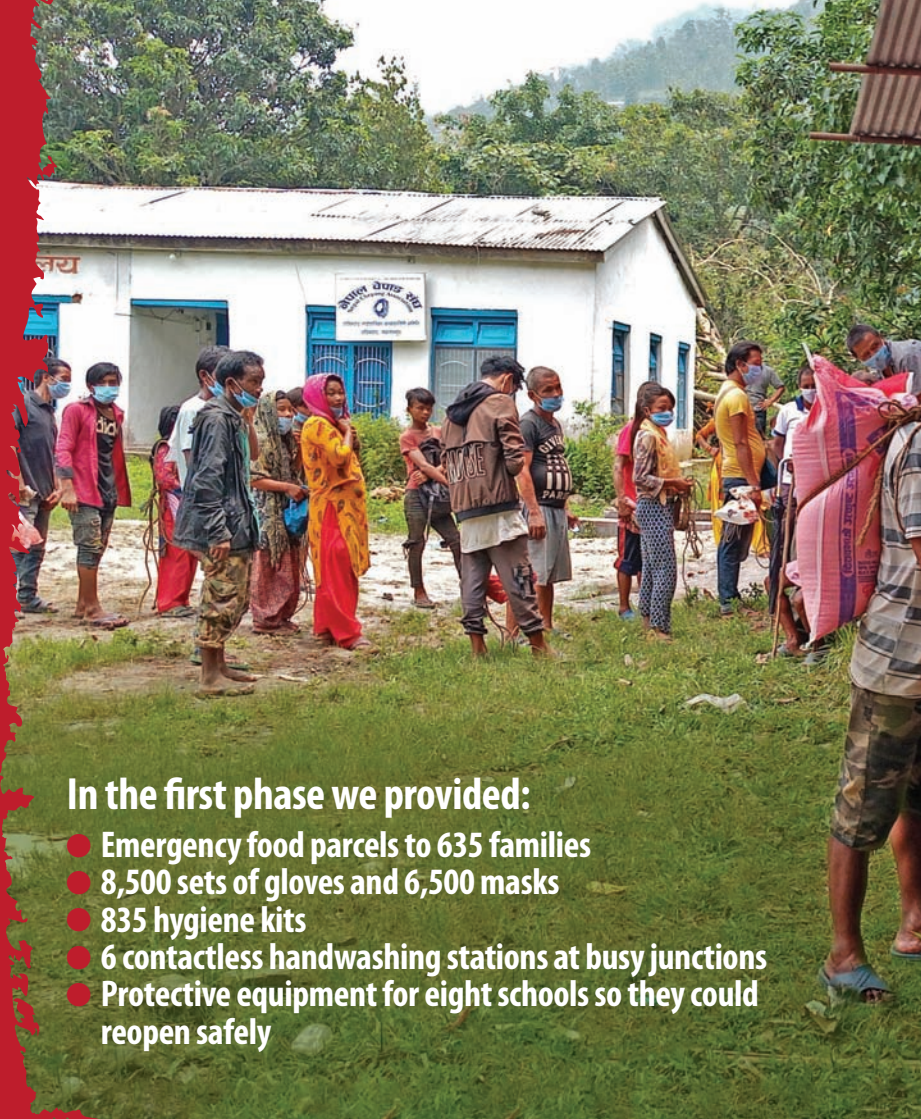


# Covid-19 response

**We provided emergency food parcels to over 600 families in the rural communities we support**

**Lockdowns due to Covid-19 have forced families into poverty as daily wage earners lost their jobs overnight.**

**Poverty is one of the key drivers behind child trafficking. Distributing food parcels in trafficking-prone areas is one of the ways we can keep children safe.**



**In the first phase we provided:**

- Emergency food parcels to 635 families
- 8,500 sets of gloves and 6,500 masks
- 835 hygiene kits
- 6 contactless handwashing stations at busy junctions
- Protective equipment for eight schools so they could reopen safely



## Kusum's\* story

My name is Kusum. I am 19-years-old and I have three children. My husband went to the Gorkha district to earn money, so I am taking care of these children on my own. He works as a labourer but I have not been able to contact him since lockdown.

We have had no proper food for weeks. To save the life of my children I started foraging in the forest for mushroom and yams. But as everybody has had the same idea, they became very scarce. As a mother it is so painful to hear your children crying for food.

I had to go further, walking up to four hours to find mushrooms and yams. Sometimes I only found a few, so I could feed my children but not myself. I have a small baby who I am breastfeeding. At night

she sucks my milk, so sometimes when I woke in the morning I felt dizzy and could not walk to the jungle. On those days, none of us ate.

When I heard that there would be food distribution, I walked with my baby for four hours. I felt super happy when I realised there was going to be food - it felt like a festival! I really thank God for this day. I felt so happy realising that my children and I will feel a full stomach after such a long time.

***I do not know who provided this support, but I really like to thank you all from the bottom of my heart. This has been an answer to prayers for me and my family. From today I can stay at home and do not need to spend hours trekking to the forest. \*Name changed***



## Sanjeev's\* Story

Sanjeev's father was an alcoholic who couldn't provide for his family. He sold his wife to a brothel in India and Sanjeev went to live with his grandparents. But soon after this, his grandfather died. As his grandmother was ill, Sanjeev had to go out begging to his neighbours for food. When his grandmother died too, Sanjeev was left alone. He would go off for days at a time begging in the surrounding areas.

One day he came home, and all his

belongings had been taken from the house. Out of options, Sanjeev walked three days to his aunt's house and begged for help. His aunt let him stay, but treated him badly, giving him leftovers to eat and worn-out clothes to wear.

Sanjeev's aunt took him to work in a brick kiln in Kathmandu, telling him his father had bad debts and he had to work to pay them off. The brick kiln owner promised to pay NRs 8,000 a month (£50) but Sanjeev never received any payment. He worked from 6am to 7pm collecting bricks and

loading them onto a truck. He got very little food and was always exhausted but was physically punished if he tried to rest during the day. At night Sanjeev slept on bricks with only a thin blanket.

Following a tip-off, we were asked to help government officials raid the brick kiln, and we were able to rescue Sanjeev and one other boy. Sanjeev is now in our transit home and getting his childhood back. If we hadn't rescued him from the brick kiln, he would still be working there - exploited every day and not knowing that his life could be any different.



## Hema's\* Story

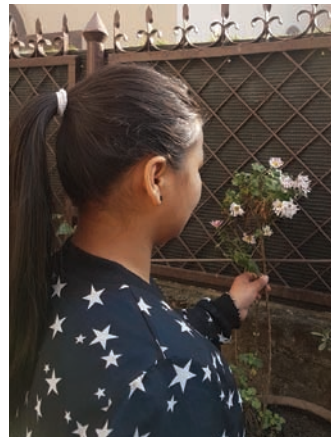
After Hema's father left, she and her mother were struggling to survive. Hema's uncle funded her mother to go abroad and work, offering to look after Hema while she was away. He promised to enrol Hema in school and support her education. Initially Hema went to school, but life gradually changed, and her uncle made Hema work in his hotel.

customers who would tease and touch her against her will. Sadly, instead of telling the customers to leave Hema alone, her uncle joined in. Then one day, when her uncle's wife was out, he sexually assaulted her and threatened that if she told anyone she would be kicked out of the house. After that he repeatedly assaulted Hema; she tried to stop him but wasn't able and was too scared to tell anyone.

On an observational visit to the hotel, our partners saw Hema and realised something was wrong. They gradually

managed to gain Hema's confidence and eventually she shared her horrible and painful story. The local police were contacted, who reacted quickly and rescued Hema from the hotel. She is now at our safe house where she is receiving counselling and emotional support, and starting a new life. Hema is back in school and actively taking part in different extra-curricular activities. We have filed a case against Hema's uncle and are trying to make contact with her mother.

*\*Names changed*





# A message from our Country Director

Once again, we are turning a new page of the calendar with new achievements which inspire us to work even harder next year. This year has been challenging for all of us due to COVID-19 which has had a huge impact on our programmes in Nepal. A total lockdown in March 2020 kept schools closed until November and this had a knock-on effect delaying our programmes. Instead, we supported the rural communities, delivering emergency food parcels and PPE equipment. The pandemic taught us to be calm and motivated us to continue our hard work to achieve our goals. Despite this difficult time, we still had many wins for the rights of vulnerable children.

Our top priority is to keep children safe in their homes, schools, and communities. Our team has worked hard for our beneficiaries, addressing both social and financial challenges, particularly in the COVID-19 situation. We aim to rescue children who work in dangerous situations and reintegrate them into their family/community safely. Our team ensures they return to school giving them

options for the future and keeping them safe from traffickers. We will not stop until every child can live in safety.

Our team is committed to delivering quality work at the grassroots level. We support schools to improve their standards of teaching



to better engage the children and increase attendance. Every year we make a promise to make our mission stronger than ever. I would like to thank our partners Esther Benjamins Memorial Foundation and Shakti Samuha for their commitment to helping us to achieve this goal. We hope this kind of dedication will guide us to continue to bring greater change to children in Nepal.

Finally, I would like to thank my entire team for their impassioned efforts and their strong and positive commitment to make the year wonderful and bring big smiles to the faces of our targeted beneficiaries. Similarly, I would like to extend my gratitude to our UK team and all the donors across the world who provide continued support and love during this crisis.

**“We will continue our hard work to end child labour and trafficking in Nepal”**

Jamuna Shresthra

# Ways to support us...

**There are many ways to get involved and every little helps.**

**Just £26 could provide a school lunch for a child for a whole year – thus keeping them safe in school and out of the hands of traffickers.**

**£50 could train a teacher in child-friendly methods.**

**£10 a month could broadcast anti-trafficking messages.**

## Donations

### One off donations

If you would like to support our work in a practical way, then you can make a donation via our website. It's quick, easy and secure to make a donation – just head to [www.childrescuenepal.org](http://www.childrescuenepal.org) and click donate.

### Regular gifts

Supporting Child Rescue Nepal with a regular gift is a simple way of showing children in Nepal that you care about their future. Many of us don't think twice at spending £3 on a cup of coffee, but just £3 could make such a difference in Nepal. And if each of our supporters gave a little each month, together that little donation could turn into a pretty big donation!

### Leaving us a legacy

It's only through the generosity of our supporters that we are able to carry out our life-changing rescue work with forgotten children in Nepal. One of the ways you can help us reunite children with their families in the future is leaving a gift to us in your will. You don't have to be wealthy to leave us a legacy, and it is often a simple process.

## Corporate Sponsorship

We would like to hear from businesses who feel a meaningful partnership with Child Rescue Nepal would be mutually beneficial. If you would like our CEO, Joanna Bega to visit you and discuss options and possibilities, please get in touch.



## Sponsored Events

Could you run, walk or cycle to support our projects? Maybe you are brilliant at baking and could hold a cake sale. Whatever your idea, get in touch and we can help you to make it happen.



## Amazon Smile

If you shop on Amazon, why not use Amazon Smile instead and support us. Shop at [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk) and select Child Rescue Nepal as your charity. Amazon will then donate 0.5% of your eligible purchases to us at no cost to you. Just remember to go to [smile.amazon.co.uk](http://smile.amazon.co.uk) each time you shop.

## Recycle4charity

Recycle your printer cartridges rather than just throwing them away. Go to [www.recycle4charity.co.uk](http://www.recycle4charity.co.uk) and register - selecting Child Rescue Nepal as your charity. Every ink cartridge could raise over £1 each to help us. Why not get your place of work involved too? You just print a prepaid postage label and send the ink cartridges back for recycling. You're helping the environment as well as helping us.

## Dontsendmeacard

Billions of greeting cards are thrown away each year. Why not save time, help the environment and help us by sending an e-card instead? [www.dontsendmeacard.com](http://www.dontsendmeacard.com) offer a choice of cards for every occasion and you can donate the cost to Child Rescue Nepal.



# Focus on **Buddha Lama,** **District Programme Manager**

Buddha Lama is one of our bravest members of staff. He regularly travels to inaccessible mountain regions to co-ordinate our education programme with remote rural schools.

Sometimes he goes by foot, crossing streams and scaling steep hills to deliver anti-trafficking programmes. The journeys can be for several days, so he sleeps in villages along the way. Sometimes he hires a 4x4 to deliver emergency food parcels, risking landslides and rockfalls on the treacherous mountain passes. He doesn't even stop during the rainy season and has even been known to swim across a river to get to where he needs to go.

Buddha is responsible for our education programme – which involves co-ordinating building



work such as classrooms, taps and toilets, distributing bursaries, delivering anti-trafficking programmes and more recently, issuing emergency food parcels for families affected by lockdown. He regularly liaises with the local education office as well as school committees and parent groups. He's calm headed and diplomatic – and

we really don't know what we would do without him!

Buddha holds an MA degree in Sociology and has more than ten years' experience in strengthening public education in rural parts of Nepal. He is passionate about serving children, as well as ensuring minority groups have equal access to education and health care.

## Merchandise

We have introduced a range of merchandise to raise awareness of our work.

**Orders can be placed  
via our website  
[www.childrescuenepal.org](http://www.childrescuenepal.org)**



**Hoodies £28**



# Where are **they** now?



**Greetings Cards £11 (8 Cards)**



**Christmas Cards £11 (12 Cards)**



**Mugs £11**

## Anil

Anil is now working in a mobile phone repair shop earning a good salary and helping to support his family.



## Santosh

Santosh is now living independently in a rented room. He works in a renowned restaurant in Lalitpur supporting himself and his grandparents.



## Monica

Monica is working as a chef in a Chinese restaurant where she earns a good salary and helps to support her grandmother.



## Sanjib

Sanjib was rescued in 2010. We supported him through his studies and draughtsmanship training. He is living in our halfway house and is currently looking for employment.



**All rescued children are eligible to join our Youth Transition Programme, where they can learn a trade whilst being supported in independent accommodation. We recently opened our first "half way house" to help young people as they take that step towards independence.**

## Rescues

We rescue children from slavery. We work with local police to raid factories, restaurants and hotels where children are being held captive. We take children to one of our safe homes, where they receive medical attention and counselling. We provide food, clothing, access to education and a safe home until we can safely reunite them with their families.

## Caring for rescued children

Most children we rescue have been subjected to physical and psychological abuse. They are often malnourished, terrified and have been deprived of basic items like soap and blankets. When they are rescued, we provide counselling and medical care in our safe house. We will then start working to reunite children with their families.

*Hari\* was rescued by our team from a restaurant and after seven months in our*

*transit home was reunited with his family. However last year his family home burned down, leaving the family homeless. We worked with neighbours and the local district office to provide essentials such as clothing, blankets, food and utensils. They are now rebuilding their house with the help of their local community. Hari's mother is very grateful for the support she received when their house burnt down. She said that it was only due to the help of Child Rescue Nepal that they were able to stay together as a family.*

## Support into adulthood

Reuniting children with their families is our ultimate goal, but sometimes it is simply not safe. Children who cannot return home to their family are supported in one of our family-style homes until they are 16 years old. But then what?

We have a Youth Transition Programme for rescued children who have finished their schooling and need support to take the next step into adulthood by

accessing further education or vocational training. All rescued children are eligible whether living in one of our homes or back with their families. We encourage independence through individual programmes of support.

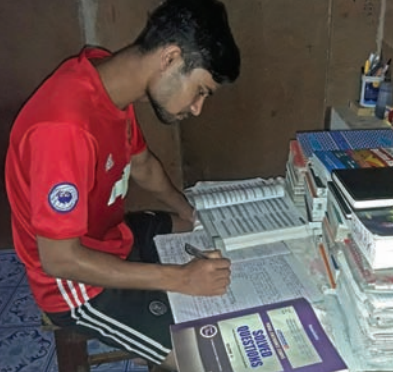
## Preventing trafficking

We prevent child trafficking by raising awareness in schools. It is a fact that children who attend school are much less likely to be trafficked. Our work to ensure more children attend school includes teacher training, educational bursaries, providing libraries and toilet facilities.

*Kamala\* is the youngest of seven siblings. Her father died of tuberculosis, so her brothers dropped out of school to become labourers and her sisters married young. If she had not received an educational bursary from us, then she would also have become a child bride. She says thank you for saving her life and keeping her safe in school.*

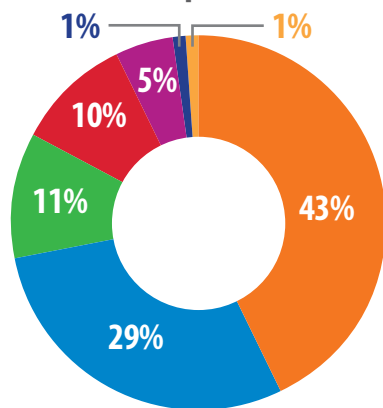
*\* Names changed*





# Income & expenditure

The following is a summary of our financial information for the year ended 31 July 2020. **Total income for the year was £430,421 compared to £393,643 in 2019. Expenditure for the year was £430,184 compared to £385,265 in 2019.**



## Income:

**Public Donations: £185,695**

**Grants: £125,256**

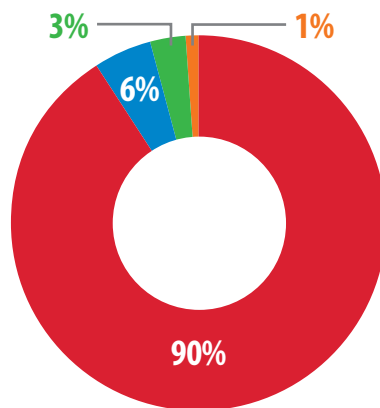
**Events: £45,848**

**Corporate: £43,953**

**Child Sponsorship: £21,151**

**Other: £5,071**

**Legacies: £3,447**



## Expenditure:

**Direct Spending: £390,479**

**Support Costs: £24,298**

**Fundraising: £13,007**

**Governance: £2,400**

## Grateful Thanks

The Alchemy Foundation, The Andrews Charitable Trust, The Austin Bailey Foundation, The British and Foreign School Society, Brockham Overseas Aid, The D C James Charitable Trust, The Dorothy Hay-Bolton Charitable Trust, Drapers Charitable Fund, The Foux Foundation, The Foxley Charitable Trust, Fred Ullmann and the Hallett Family, Global Giving, The Glossop Family Trust, Go Philanthropic Foundation, Guernsey Overseas Aid Commission, Hatemalo, James Gaskell, Joanna Lumley, The Magen Trust, Makers of Playing Cards Charity, Mirianog Trust, Namaste UK, The Paget Trust, The Parish Church of St. Edmunds Roundhay, Peter Banwell, R G Hills Charitable Trust, The Reed Foundation, Sir Richard Stilgoe, Simon Armstrong, Rotary Club of Billericay Mayflower, Rotary Club of Brentwood a Becket, The Souter Charitable Trust, Stella Symons Charitable Trust, Trinity Church Sutton, The Wallace Curzon Charitable Trust



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