

Annual Review 2024



**CHILD
RESCUE
NEPAL**



A message from our CEO

As we come to the end of another year, I am delighted to report to you the remarkable achievements of Child Rescue Nepal over the past twelve months. This has been our most successful year for rescues, with 46 children saved from exploitation – nearly double the number from the previous year. Of these, 32 children have been successfully reunited with their families, while we continue to provide care and support for those who cannot safely return home. We are currently supporting 44 young people through our Youth Transition Programme, helping them achieve independence through education and vocational training, and have kept over 10,000 children safe in school through our prevention work.

Our fundraising efforts have been particularly successful this year. The BBC Radio 4 Appeal in November 2023 had a staggering response, raising over £100,000 and making it one of their highest appeals of the year. Our London Marathon team of five runners, including myself, raised over £20,000 in April 2024, and we celebrated our 25th anniversary by raising £25,000 to build a bridge for a school in Nepal. We are also grateful for the continued generosity of our long-term partner, Namaste UK, and several employee-related donations from Bloomberg.

As always, I would like to thank our local partners, the Esther Benjamin Memorial Foundation, Shakti Samuha and Chora Chori for their unwavering dedication to delivering life-saving projects on the ground. Our Country Director, Bhaskar Karki, has brought great energy and commitment to the role. I feel deeply privileged to work with such inspiring and committed individuals; without them, none of this would be possible.

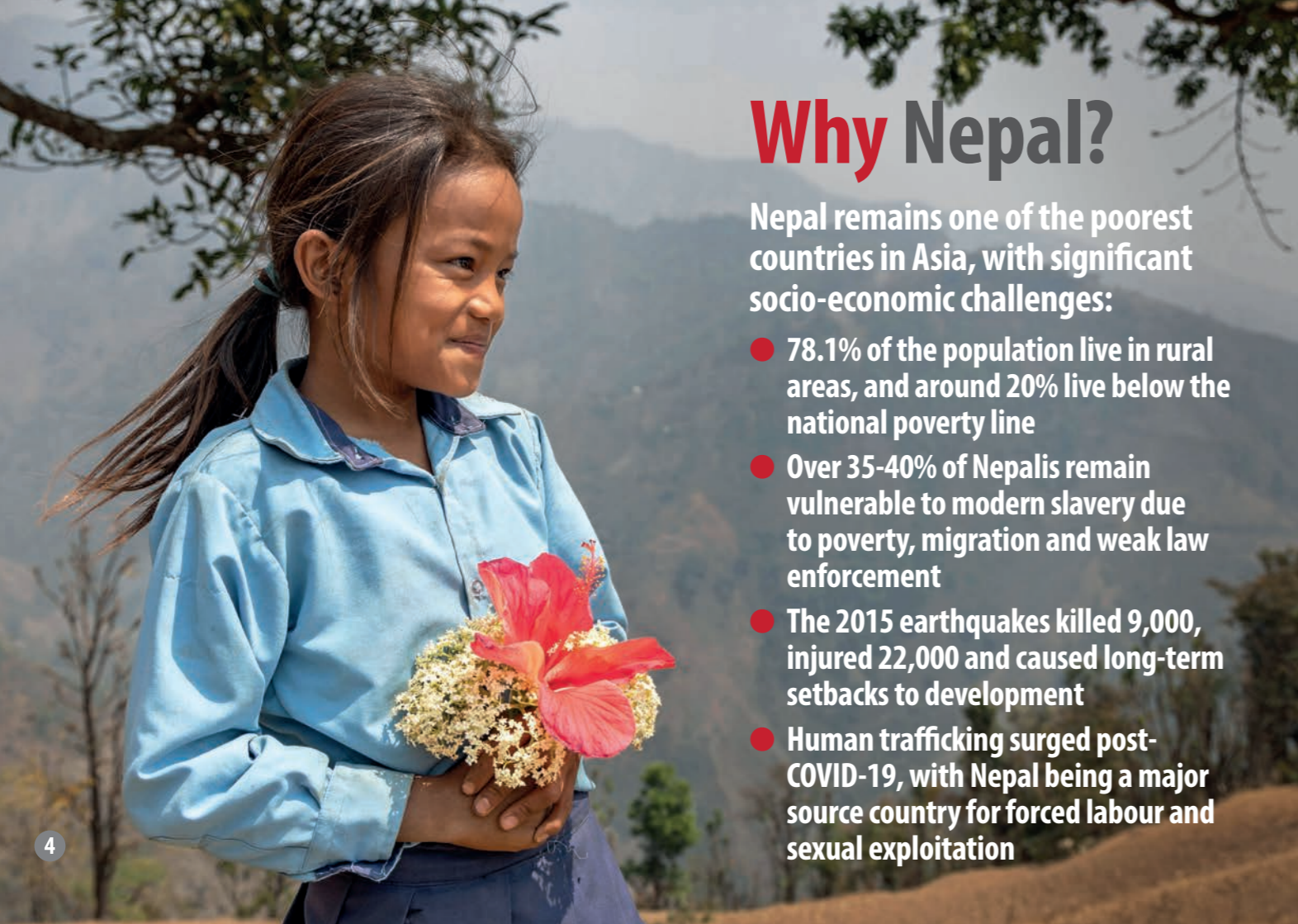
Despite the challenging fundraising environment in the UK, we have had another successful year thanks to the incredible commitment and generosity of our donors, trusts and corporate

partners. The loyalty of those who have supported us over the years continues to inspire us, and we have been delighted to welcome many new supporters to our community.

Finally, I would like to acknowledge the changes to our trustee board during the year. We said farewell to David Webber, our long-serving Chair, and welcomed David Westgate as our new Chair. Their collective expertise and guidance continue to strengthen our governance and strategic direction as we work to expand our impact for Nepal's most vulnerable children.



Joanna Bega Chief Executive



Why Nepal?

Nepal remains one of the poorest countries in Asia, with significant socio-economic challenges:

- 78.1% of the population live in rural areas, and around 20% live below the national poverty line
- Over 35-40% of Nepalis remain vulnerable to modern slavery due to poverty, migration and weak law enforcement
- The 2015 earthquakes killed 9,000, injured 22,000 and caused long-term setbacks to development
- Human trafficking surged post-COVID-19, with Nepal being a major source country for forced labour and sexual exploitation

Child Rescue Nepal frees children from slavery. Today, there are an estimated 50 million people in modern slavery globally, with over 12 million being children. In Nepal, we estimate that there are close to 100,000 child slaves working in hazardous conditions.

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 trafficking-prone regions as well as funding anti-trafficking workshops and radio jingles.

Child Rescue Nepal has rescued over 1,000 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 child slavery in two ways:-

Rescues:

- Rescue missions
- Rehabilitation
- Reuniting families

Prevention:

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

Over the past 25 years, Child Rescue Nepal has transformed from a small organisation caring for children jailed alongside their parents into a leading force in the fight against child trafficking and exploitation in South Asia.

Our mission has evolved to meet the changing face of child abuse – from rescuing Nepalese children trafficked to Indian circuses in our early years, to today's focus on freeing children from forced labour and servitude in restaurants, factories and homes.

Throughout this journey we have rescued over 1,000 children (*many of whom are pictured on the next page*), with the majority reunited with their families and supported to rebuild their lives. These numbers represent far more than statistics – they are individual stories of hope, resilience and the fundamental belief that every child deserves freedom, safety and the chance to fulfil their potential.

25 YEARS OF CHILD RESCUE NEPAL

- Rescued over 1,000 children
- Reunited 923 of those with their families
- Directly cared for 500 children
- Supported over 300 young people into jobs
- Jailed 14 traffickers
- Helped to keep nearly 90,000 children safe in school
- Built 50 classrooms
- Built 87 taps and 60 toilet blocks
- Trained 575 teachers in child-centred learning
- Distributed 13,000 bursaries and 17,000 hygiene kits
- Kitted out 34 pre-school classrooms
- Reached over 50,000 people through anti-trafficking workshops
- Reached over 1 million people with anti-trafficking messages via radio



My six years as a domestic slave

15-year-old Isha (*name changed*) was rescued after enduring six years of domestic slavery in a wealthy Kathmandu home. Taken there at just nine years old with false promises of education, she instead became a prisoner – scrubbing floors, hand-washing clothes and caring for a 10-month-old baby.

She recalled, “There was no good school to study at in my village, so I was happy to be in Kathmandu for my studies. But the family treated me badly. They cooked separate rice for me and served me soupy vegetables while they ate delicious ones.”

While the family – a retired airline officer, a banker and a doctor – enjoyed comfortable beds, Isha slept in a corridor so damp that fungus grew on the walls, whilst wet laundry hung over her head. She worked from 5:30am until 9pm each day, trying to fit her schooling in amongst all her other chores.

of battling bureaucratic delays, we were able to rescue her. Now in our shelter, she’s discovering joy through dance classes, proper education, and – for the first time – meals eaten with dignity. “I feel happy here,” she says. “For the first time, I don’t feel afraid.”

Below: The moment Isha’s captors were confronted by the authorities

Top right: Isha’s damp corridor bedroom

Bottom right: Free at last



A message from our Country Director

Namaste everyone!

This is my second year as Country Director, and what an incredible journey it has been. Looking back, I’m humbled by the progress we’ve made together at Child Rescue Nepal. None of this would be possible without the generosity and steadfast belief of our supporters – you inspire us every day.

Rescue remains at the heart of our work. This year, our courageous team in Nepal saved 46 children from abusive and exploitative conditions – metal workshops, factories, restaurants, dance bars and forced servitude. While this is just a fraction of the children at risk, each rescue is a victory. We will keep raising our voices, pushing authorities and policymakers to end child trafficking and exploitation for good.

Every rescued child found safety in our family-style transit homes, where they

received love, medical care, counselling and support to reconnect with their families. I’m proud to share that 32 of these children have been successfully reunited with their families and continue to receive ongoing support. For the children who are still in our care, returning home isn’t yet safe – but we’re working closely with families and local authorities to change that.

Prevention is just as critical as rescue. Through our community projects, we supported over 1,000 students from marginalised communities with bursaries to stay in school. We built four new classrooms, 21 gender-friendly toilets and 15 safe water stations, and trained 126 teachers in engaging, activity-based learning methods. In total, we’ve reached over 10,000 people in rural Nepal – strengthening communities to protect their children.

The year ahead will bring challenges, especially with Nepal’s open border to India. But our resolve is unwavering. We’ll keep fighting to end child trafficking, abuse and exploitation – and with your continued support, we’ll create lasting change.

Thank you for giving these children safety, education and hope. Together, we’re rebuilding futures.

With gratitude,
Bhaskar Karki



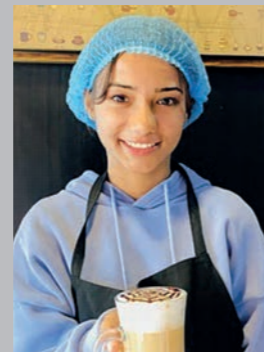
Where are **they** now?

Bishal

Bishal was rescued from a restaurant when he was 11. After completing his education, he trained as a baker and now works in a restaurant in Mustang.



Bishal



Rasmi

Rasmi

Rasmi joined our Bursary Programme in 2019. After completing her education with our support, she trained as a barista and now works in a café near her hometown of Hetauda.

Soni

Soni entered our Bursary Programme in 2017. She completed her education, gained IT qualifications, and now works part-time while pursuing a Bachelor's degree in Management.



Soni



Sunil

Sunil

Sunil was rescued from a metal factory at 13. After completing his education and chef training, he now works at a café in Kathmandu.



Bikki (youth worker) supports Ram to achieve his dreams of working as a chef

BBC Radio 4 Appeal: An extraordinary response

In November 2023, we had the incredible opportunity to broadcast a BBC Radio 4 Appeal, featuring the inspiring story of Ram, a young man we had rescued and supported into independence. The response from listeners was extraordinary – raising a staggering £102,962, making it one of the highest-performing appeals of the year.

“Child Rescue Nepal has given me incredible support to change my life, and your donations will help others like me. I am now living independently and working as an assistant cook in a restaurant. Thank you for showing love and for giving me a bright future.” - Ram, whose story was featured in the appeal.

This remarkable generosity provided vital resources to intensify our rescue operations at a critical time. With high inflation increasing financial pressure on families across Nepal, children have become even more vulnerable to trafficking. These donations enabled us to enter

dangerous environments alongside police to rescue children from exploitation.

The impact was immediate. In the months following the appeal, we rescued three siblings aged 13, 11 and 9, after their eldest sister raised concerns about their abusive father. All three are now safe and reunited with their mother. We also rescued a 14-year-old from a roadside café and a 13-year-old from a butcher's shop, where he was working with dangerous knives.

Ram continues to thrive, working as an assistant cook at a mountain restaurant with stunning Himalayan views. He is supported by our youth worker Bikki, who is himself a former beneficiary – a powerful example of how our support creates lasting change that ripples through generations.

The overwhelming response to the Radio 4 Appeal demonstrated the British public's compassion for Nepal's most vulnerable children and their determination to help end child slavery.

The work of **Child Rescue Nepal**

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.



Supporting them into adulthood

Reuniting children with their families is our ultimate goal but sometimes circumstances do not allow it. Children who cannot return home to their family are supported in our family style homes until they are 16 years old. But then what?

The Youth Transition Programme is for rescued children who have finished their schooling and need support to take their next step into adulthood by accessing further education or vocational training. We promote independence through a tailored programme of support.

Preventing trafficking

We prevent trafficking of children 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 building new classrooms and providing water and toilet facilities. It also includes training teachers so that their lessons are more interactive and engaging.



A voice for **Nepal's most vulnerable children**

My name is Sunita and I am the Deputy Director for Chora Chori Nepal; we have been working as a delivery partner for Child Rescue Nepal for over three years.

Since joining the organisation in 2018, I have been involved in rescue operations, driven by my passion to help children rebuild their lives because I firmly believe that every child deserves a second chance.

My lifelong dream has been to be the voice of women and children in need. One of the deepest motivations that drives me to continue my work is the incredible possibility of transforming someone's life for the better, sometimes even when they have lost almost all of their hope and accepted the circumstance as their fate.

There are many such incidents that kept me going in this challenging job. The one story that truly touched me is the story

of an 11-year-old boy from Madhesh. He had been working 15-16 hours a day just to help his single mother and younger brother survive in a new city. When we rescued him, I could see how exhausted and hopeless he looked.

After helping him return to his family in his village and enrol in school, we visited them again with school supplies. When he saw us, his eyes filled with tears, and he softly said, *"because of your help we didn't have to sleep on an empty stomach praying for our next meal."* He later said he loves going to school and wants to be a lawyer like me who helps others. It made me very emotional.

That moment stayed with me because I saw how much hope and happiness he regained. It reminded me of the significance of this work because every child deserves a chance to make their life better.

The message I want to share with supporters is that every child we rescue is a young life full of potential, hope, and dreams – often weighed down by responsibilities and lack of support.

A small effort of ours can transform their life for the better!



Sunita Karki, Legal Head and Deputy Director, Chora Chori Nepal

We won't stop until every child is free

Supporting children's healing from trauma

When children arrive at our safe houses, they carry invisible wounds that run far deeper than any physical harm. Years of exploitation, abuse and separation from their families leave lasting psychological scars that require specialised care and understanding.

The hidden impact of trauma

The children we rescue have endured unimaginable experiences - physical violence, sexual abuse, severe neglect and dangerous working conditions. This trauma manifests in various ways: some children become withdrawn and struggle to trust adults, while others display anger or aggression. Many suffer from nightmares, anxiety and depression.

The psychological impact is profound. Children often arrive with damaged self-esteem, feeling worthless or believing they are to blame for

their suffering. They may struggle with basic social skills, having been isolated from normal childhood experiences.

A holistic approach to healing

Our approach recognises that recovery takes time, patience and multiple pathways to wellness:

One-to-one counselling: Every child receives individual therapy with trained counsellors who understand trauma. These safe spaces allow children to process their experiences at their own pace.

Heart maps: Children create visual representations of their feelings through art and storytelling. This creative therapy helps them express emotions they struggle to verbalise.

Confidence building: We regularly organise performances and presentations where children showcase their talents. These activities rebuild self-esteem and demonstrate that their voices matter.

Physical empowerment: Self-defence classes and yoga help children reconnect with their bodies positively. Learning to protect themselves builds confidence while yoga provides tools for managing anxiety.

Creative expression: Dance and artistic activities offer joyful outlets for expression and help children rediscover playfulness that trauma often steals away.

Assertiveness training: Teaching children to recognise their rights and express their needs helps them develop healthy boundaries essential for their future.

Access to justice: For those ready, we provide support to pursue legal cases against their abusers, helping them find closure while showing that their experiences matter.

The journey to recovery

Healing is not linear. Our staff understand that patience, consistency and unconditional care are essential. What's remarkable is the resilience these children show. Given safety, love and the right support, they gradually begin to heal. Laughter returns, they form friendships, discover talents and start dreaming about their futures.



Our counsellor works closely with the boys in our care home to build trust



Heart maps can help express feelings through art and story telling



Learning self-defence builds empowerment and confidence

Ways to support us...

Could you help us to raise funds to rescue and care for vulnerable children in Nepal? There are many ways to get involved and every little helps.

Sponsored events:

Could you run, walk or cycle to support our projects?

Maybe you are brilliant at cakes and could hold a bake sale. Whatever your idea, get in touch and we can help you to make it happen.

Corporate sponsorship:

We would like to form meaningful partnerships with businesses and likeminded organisations that are mutually beneficial.

If you would like our CEO, Joanna Bega to come and make a presentation, please get in touch.

Community support:

Would your church, community group or rotary club like to hear more about our work rescuing children in Nepal?

We are happy to come and do talks – just contact us at: info@childrescuenepal.org

Legacies:

If you decide to leave a gift in your will to us, you will be supporting us to make life better for forgotten children in Nepal.

Whatever the value of your gift, it will go a long way to help someone in Nepal.

£10 a month could broadcast anti-trafficking messages to rural communities

£15 could provide engaging classroom materials

£18 could provide a newly rescued child with clean clothes and a medical check up

£50 could train a teacher in child-friendly methods

Kanak's Story

Kanak (*name changed*) dropped out of school when he was twelve. His family's financial situation was desperate, and his father was a violent alcoholic. *"I have been in a very difficult situation while growing up; there was fighting and quarrelling every day, and I didn't have regular meals,"* Kanak recalls. *"We often had to go to school hungry. Nobody cared about our studies."*

Kanak started working in a village restaurant, earning £33 per month washing dishes from early morning

until late at night. After a year, the relentless work made him ill and he was sent home. After just two weeks recovering, a neighbour took him to Kathmandu promising a better job.

At 13, Kanak was put to work at a snack bar as a cleaner. *"I used to work from 6am to 8pm, cleaning tables, washing plates, bringing water and taking orders. On Saturday, there were fewer crowds, so I had the opportunity to bath and wash my clothes."*

Kanak felt desperately lonely. *"I spoke with my parents on the phone twice during my stay there. When*

my mum heard my voice, she said, 'Son, you sound exhausted; go to sleep now. Take care of yourself and eat regularly.'" He sent most of his meagre wages home to support his family.

In May 2024, we received a tip-off and rescued Kanak. Initially distressed at the transit home, he soon felt safe with support from care staff and counsellors.

Kanak is now in our care home, receiving education and regular therapy. *"I am happy here; I have made new friends that I can play with. I'm also getting an education,*

regular meals and a comfortable bed." We are in contact with his mother and will assess whether safe reintegration with his family is possible.



Anisha's Story

Anisha (*name changed*) is 20 years old. She has been in our care for many years and recently completed her final school exams. She tried to apply for jobs but found it was too difficult without prior experience or training. We supported her through barista training, which she completed in two months. One

of her trainers recommended her for a Barista job in one of the best restaurants in town, and Anisha secured this position.

She said, *"Young girls my age who cannot attend school or receive training because of their financial circumstances typically marry young. I consider myself very fortunate to receive this chance. I am grateful for your support."*

Anisha now lives in a city with her sister, contributes towards her parents' bills and saves for her future. She is confident that one day she will become a restaurant manager.



It was a wonderful trip

I had always been fascinated by the idea of Nepal; a Buddhist mountain kingdom in the Himalayas, yetis, rhododendrons and monks. I had retired from a career of over 40 years in social work mostly in child protection and when I heard an appeal on Radio 4 for Child Rescue Nepal, it felt so right to support the organisation. Different interests in my life were coming together. I went to the CRN dinner at a Nepalese restaurant near Euston and it was a pleasure to meet the staff; clearly this was a charity without a large bureaucracy absorbing its funds.

I subsequently visited Nepal with CRN to see their work with children and young people in Kathmandu but also the two school classrooms they are raising funds to renovate. The fire at Heathrow put paid to my flight so I joined the party a couple of days later. I was picked up from my hotel at 5am to catch them up on their way to the school. I had no idea what the roads in Nepal would be like...although I did think they would have been built. Everywhere takes at least five hours to reach; we travelled along choked tarmacked roads full of 'Wacky Races' style

driving, bouncing along dry riverbeds between boulders and up steep sandy forest tracks with nothing between us and a straight drop back down to the valley floor. Having survived the full Top Gear experience, we arrived at the hilltop school.

The school was a rough stone single storey building with a corrugated iron roof, earth floor and no glass in the windows. Despite the

poor physical environment, the children were delightful, welcoming us with flowers and songs. They were friendly and fascinated to meet us. For many, especially the girls, this elementary school may be their only experience of education. The nearest secondary school was about two hours walk away down the valley and many of these isolated farming families would need the teenage children to help on the farm. We bonded well as a group – helped by sleeping together in the school classrooms. Sleeping on hard wooden beds is good for the posture apparently. We also shared some very dodgy toilet blocks which I won't go into here.



Trevor with the young men who live at our halfway house in Kathmandu – a place where care leavers live independently while continuing their education or vocational training. "I was struck by their friendliness and optimism for the future," he says.

When we returned to Kathmandu to visit children's homes, I was again struck by the friendliness and openness of the children and how optimistic they were for their futures. They all had timetables of their busy weekly regimes on the wall; cleaning, meals, school/college, homework, more cleaning and some time for play. They may not have access to the possessions and support provided in the UK but they all possessed a strong sense of self-worth and ambition for college or work. We were welcomed everywhere with introductions and on leaving we all joined in a group dance. Clearly a Nepalese thing! So, if you plan to visit (which I fully recommend) put in some dancing practice before you go.

After I left the group, I joined a trek up to western Nepal to hike around the foothills of the Annapurna mountains. It was a different and wonderful experience seeing the Himalayas close up. I did see the Himalayas, monks, monasteries and rhododendrons. And although I didn't see a yeti, I did fly up to Everest on Yeti airlines which statistically is more dangerous than coming face to face with a Yeti.

It was a wonderful trip and my congratulations to all working with CRN both here and in Nepal.

Trevor Moores, supporter

Merchandise

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

Orders can be placed via our website www.childrescuenepal.org

(Prices exclude postage and packing)



Mugs £7



Christmas Cards £4 (10 Cards)



Playing Cards £15



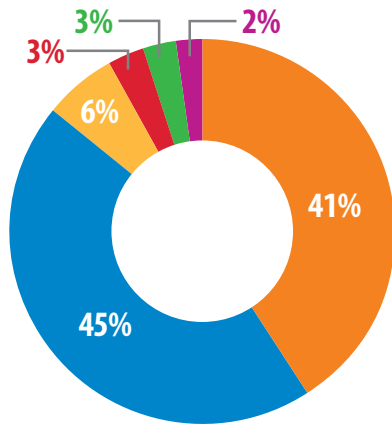
Hoodies £24



Greetings Cards £7 (8 Cards)

Income & expenditure

The following is a summary of our financial information for the year ended 31 July 2024. Total income for the year was **£625,714** compared to £501,769 in 2023. Expenditure for the year was **£607,738** compared to £502,028 in 2023.



Income:

Public Donations: £258,142

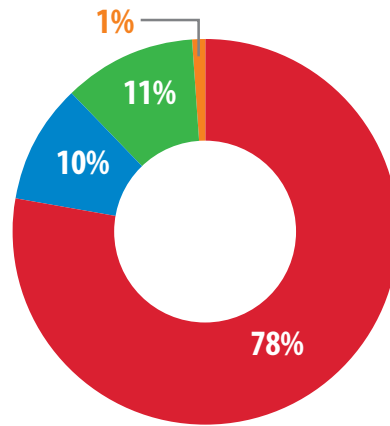
Grants: £279,762

Events: £34,623

Corporate: £21,828

Child Champions: £17,543

Investment income: £13,816



Expenditure:

Direct Spending: £475,055

Support Costs: £60,116

Fundraising: £64,367

Governance: £8,200

Grateful Thanks

Alchemy Foundation, Ama Dablam, Andrews Charitable Trust, Beatrice Gilmore Charitable Trust, Bloomberg, Brockham Overseas Aid, Coles-Medlock Foundation, Eddie Dinshaw Foundation, Educational Opportunity Foundation, Evan Cornish Foundation, Ministry of Justice of the Faroe Islands, Forrester Family Trust, Foundation Scotland, Foux Foundation, Foxley Charitable Trust, Fred E Ullman and the Hallett Family, Global Giving, Glossop Family Trust, Go Philanthropic Foundation, Guernsey Overseas Aid Commission, Hatemalo, James Gaskell, Joanna Lumley, Kirby Laing Foundation, Lord Evans, Louise Bahns Memorial Fund, Mageni Trust, Namaste UK, Paget Charitable Trust, Pat Newman Memorial Trust, Peter Banwell, Rhododendron Trust, Rotary Club of Billericay Mayflower, Rotary Club of Brentwood a Becket, Rotary Club of Leighton Linlade, Sir Richard Stilgoe, Souter Charitable Trust, TUUT Charitable Trust, Wendy Osorio, West Colorado Friends of the Himalayas.



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