

Annual Review 2025



**CHILD
RESCUE
NEPAL**



A message from our CEO

As we reach the end of another year, I am delighted to share some of our highlights with you. This has been a highly successful year for rescues: 82 children – 61 boys and 21 girls – were saved from trafficking, child labour and exploitation, almost double last year's figure. In September 2024, we reached a profound milestone when we rescued our 1,000th child since our work began – a moment of immense organisational pride.

Our fundraising this year has been very encouraging. Our London Marathon team – which included Asma BK, who travelled from Nepal to run and completed the race in an impressive three hours and 27 minutes – raised £30,000 in total, with Asma personally raising £12,000. Our Christmas Big Give matched giving campaign raised £35,000, and our summer appeal saw supporters respond with great generosity, raising £19,500 in just two weeks to build new classrooms for a remote rural school. We are also deeply grateful for the continued support of our long-term partner Namaste UK and the ongoing employee-related donations from Bloomberg.

Our heartfelt thanks go to our local partners – the Esther Benjamin Memorial Foundation, Shakti Samuha and Chora Chori – whose dedication and expertise are at the heart of everything we achieve on the ground in Nepal. Our Country Director, Bhaskar Karki, continues to lead our Nepal operations with great commitment and skill. It is a privilege to work alongside such inspiring people.

Despite the continued challenges facing small charities in the UK, we have delivered another strong year of impact, made possible by the

loyalty and generosity of our donors, trusts and corporate partners. The commitment of those who have stood by us for many years is a constant source of inspiration, and we have been equally pleased to welcome many new supporters into our growing community.

Finally, I would like to express my sincere gratitude to our trustee board, and particularly to our Chair, David Westgate, and our Treasurer, Jonathan Pow, who comes to the end of his tenure this year. Jonathan has given nine years of his time and financial expertise entirely voluntarily, and the charity is immeasurably better for it.



Joanna Bega Chief Executive

Why Nepal?

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

- Around 78% of the population live in rural areas, and over 20% live below the national poverty line
- Poverty, large-scale labour migration and weak law enforcement leave many Nepalis vulnerable to exploitation and modern slavery, with Nepal ranked among the most vulnerable countries in Asia to trafficking and forced labour
- The 2015 earthquakes killed 9,000 people, injured 22,000 and caused long-term setbacks to development
- Human trafficking surged post-COVID-19, with Nepal remaining a major source country for forced labour and sexual exploitation
- Around 1.1 million children – nearly 15% of the child population – are engaged in labour, including dangerous work in brick kilns and carpet factories, as well as forced begging and commercial sexual exploitation



Child Rescue Nepal frees children from slavery. Today, almost 140 million children worldwide are trapped in child labour. In Nepal alone, over one million children are working, with more than 200,000 engaged in hazardous conditions.

These children are extremely vulnerable and suffer physical, emotional and sexual abuse. We rescue children, keep them safe and reunite them with their families where possible.

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.

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
- Restitution & justice

Prevention:

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

What we achieved 2024/25

- 61 boys were rescued from garages, factories, carpet workshops, shoe factories, roadside eateries and other exploitative situations
- 21 girls were rescued from sexual exploitation, domestic labour and abuse, with those needing specialised care taken to the safety of Marigold House
- 64 children were reunited with their families
- 34 children receiving ongoing monthly financial support, with education support provided to 22 children
- 10 children supported in our long-term care home and 16 young people in our halfway houses
- 28 young people supported in higher education and six in vocational training through our Youth Transition Programme, with 22 graduates this year
- 1,880 educational bursaries provided to at-risk children to encourage them to attend school
- 3,812 students benefitted from new toilets, taps and water filtration systems
- 280 children benefitted from new libraries and early childhood education provision
- 4,226 hygiene kits distributed and 200 peer educators trained
- 194 teachers trained in child-friendly methods and 50 in good hygiene practices
- 86 parents and 45 local government officials attended anti-trafficking awareness sessions
- Over 7,850 students directly reached through anti-trafficking dramas performed in 15 schools
- 12 new classrooms in the process of being built in remote villages
- Three community schools supported with roof maintenance
- Construction underway on three new schools in Bara, which will provide a safe and accessible place to study for more than 900 children, including many with disabilities

Kala Bridge

In 2022, a photograph appeared in a local newspaper of a young girl being carried across a flooded river on the back of her school principal. The image went viral and caused national outrage in Nepal – yet no funding came forward to solve the problem.

Child Rescue Nepal was already supporting Kala Bhairav Primary School on new classrooms, so when we visited in September 2023 and experienced the dangerous river crossing for ourselves, we knew we had to act. Using that powerful photograph, we launched an appeal – and our supporters raised £25,000 in just two weeks.

In April 2025, the Louise Bahns Memorial Suspension Bridge was officially opened. Children who once faced a frightening and sometimes impassable crossing can now walk safely to school every day, whatever the weather or season.

This bridge is more than steel and concrete. It is a statement about what we believe – that every child deserves access to education, and that together we can make it happen.



The work of **CRN**

Rescues

We rescue children from slavery. Working with local police and government officials, our teams carry out covert observations before raiding factories, restaurants, hotels and other workplaces where children are being held. When children are rescued, we take them to one of our safe homes, where they receive medical attention, nutritious food, warm clothing and counselling while we trace their families.

Caring for rescued children

Most children we rescue have been subjected to physical and psychological abuse. They are often malnourished, frightened and cut off from their families. Our safe homes give them space to heal. Dilip* was just 14 when we rescued him from a wool dyeing factory in Kathmandu, where he had been working 12-hour days since dropping out of school at 13. His mother had left home and his siblings had already gone to work in carpet factories. "The food here is good and the staff are very kind," he said after arriving at our transit home. "I like playing games, watching TV and talking

with other children." One of his favourite moments was trying roller skates for the first time. Dilip will remain in our care until we find a safe path home.

Reuniting children with their families

Reuniting children with their families is our ultimate goal. This year, 64 of the 82 children we rescued were successfully reunited. For those who cannot yet safely return home, we provide longer-term care in small, family-style homes, where education and family contact are actively supported.

We also provide ongoing support to families after reintegration – including monthly financial support, school fees for siblings and help establishing sustainable livelihoods such as goat rearing and small businesses.

Supporting young people into adulthood

Children who cannot return home are supported in our care homes until they are ready to move on.

Our Youth Transition Programme then helps them take the next step – through further education, vocational training and life skills support. This year, 22 young people graduated from the programme, ten of whom have already secured full-time employment.

Nancy*, 20, grew up in rural Makwanpur with a mother who ran a small tea shop to support the family. One of our educational scholarships enabled her to complete her A-levels. She then trained as a barista and waitress at one of our halfway houses and now works full-time at a restaurant in Chitwan, supporting her family back home. "Because of you, I can live an independent life," she says. "You will always have a special place in my heart."

Preventing trafficking

Children who attend school are far less likely to be trafficked. We keep vulnerable children in school by providing bursaries, building classrooms and improving water and toilet facilities. We also train teachers in child-friendly methods, making lessons more engaging and enjoyable. This year, we supported 1,880 at-risk children with educational bursaries and trained 194 teachers – helping to make schools places children want to be.

* Names changed



With your help we can do more

Asma's incredible story

Asma lost her mother when she was ten years old. She and her siblings went to live with their father and stepmother, but the children were not properly cared for and life was hard.

At eleven, Asma ran away from home searching for a better life, and began working in a brick kiln factory. Within days, her older sister – who had herself left for Kathmandu at fourteen to work in a brick kiln and later a guesthouse – found out and brought Asma to live and work alongside her. For four years, Asma worked long hours sweeping floors, cleaning bedrooms and washing utensils for just £33 a month.

She desperately wanted an education but could not afford one. Instead, she quietly taught herself to read and write using the schoolbooks belonging to the guesthouse owner's children, studying after her working day was done.

In January 2019, at the age of sixteen, Asma was rescued by CRN's partner Shakti Samuha. She began her education in grade five and gradually discovered a remarkable talent for long-distance running, going on to compete in trail races of up to 180 kilometres and winning numerous prizes.

In 2022, aged nineteen, Asma moved into our halfway house for girls in Kathmandu, where she developed life skills in a safe environment, continued her physical training and undertook vocational courses. She worked hard towards completing her Secondary Education Exams.

Asma is a resilient, cheerful and determined young woman who has never forgotten where she came from – or the organisation that gave her a future. Since the London Marathon, she has been accepted into the armed police force in Nepal, a remarkable achievement that speaks to just how far she has come.

Top image:

This is the earliest photo we have of Asma, which shows her pride at restarting her education at the age of 16.

Bottom image:

Today Asma's dream has come true and she is part of the Nepali armed police force.



The London Marathon

In 2025, Asma made her first ever trip outside Nepal to run the London Marathon – competing in the first wave alongside world-class athletes and completing the course in an outstanding three hours and 27 minutes.

It was a remarkable full-circle moment. The girl who once taught herself to read by candlelight after a long day's labour was now running through the streets of London, cheered on by the very supporters whose donations had changed her life.

Asma fuelled her race on Snickers bars and water, and though the bright sunshine made conditions challenging, she embraced every moment. "I'm so proud to have experienced things I'd never seen before," she said, "and to have met the Child Rescue Nepal supporters whose generous donations changed my life." She ran not just for herself, but for every child in Nepal still waiting to be rescued.



Rescue is **only** the beginning

Child Rescue Nepal works at the sharp end – rescuing children from hazardous labour and sexual exploitation. We wanted to speak to someone on the front line, so we sat down with Samita, one of our project managers at Marigold House, our safe home for girls. She coordinates rescues, provides counselling and helps survivors rebuild their lives. We asked her what her every day work looks like.



Tell us a little about yourself and your work.

My name is Samita and I have been working in child protection for three years, focusing on rescue coordination, psychosocial support and family reintegration – supporting vulnerable children who are at risk of trafficking, exploitation and abuse.

I have always had a strong passion for supporting children who need protection. Seeing how even a small amount of support can make such a big difference in a child's life motivates me every day.

What happens during a typical rescue?

Our investigators and community mobilisers regularly visit high-risk areas. If a girl is found in a dangerous situation, we coordinate with the police and the Anti-Human Trafficking Bureau. Information also comes from teachers, community members and local authorities.

During a rescue, the child's safety is the absolute priority. Afterwards, we provide immediate support – food, clothing, shelter, medical care and counselling – and the child is placed in a safe environment. We introduce her to other girls and staff so she begins to feel at home. Then we complete a full assessment, medical examination and individual care plan, step by step.

How do children usually react when they are first rescued?

Every child reacts differently. Some are scared and silent, others cry or seem confused. Many are afraid because they don't know what will happen next. In their faces you see fear, uncertainty – and sometimes a particular kind of confusion when they have been trafficked by someone they trusted. Some don't want to stay at the shelter at all. But with care and time,

they slowly begin to trust again. Watching that happen is the reason I do this work.

Is there a child you think about often?

There are many cases that stay with me. One girl was extremely frightened during the rescue and did not speak for several days. Through regular counselling, life skills sessions and simply creating a safe space around her, she slowly became confident again and started to hope for her future. That transformation reminds me why this work matters so much.

What is the hardest part of the job?

Seeing children who have experienced trauma and exploitation at such a young age is never easy. Some have lost all trust in people. What makes it harder still is when families are struggling with poverty and cannot provide safe care – and sometimes, heartbreakingly, when families blame the girls themselves for what happened to them.

What happens after rescue?

Rescue is only the beginning. Children receive rehabilitation support including counselling, life skills training, healthcare and family meetings. We also involve them in creative activities – art, dance, outings, celebrations – because joy matters too. Before any child is reintegrated with her family, we carry out careful

assessments and follow-ups to make sure she will be safe and supported.

Is the situation in Nepal getting better or worse?

Child trafficking remains a serious and evolving challenge. Poverty, unemployment, unsafe migration and lack of awareness all leave children vulnerable – both within Nepal and across its borders. But real progress is being made through coordinated efforts in prevention, rescue, rehabilitation and community engagement. Continued collaboration is essential.

What do you hope for the future?

I hope every child in Nepal has access to education, healthcare and a safe home, free from trafficking, violence and exploitation. I hope communities become more aware of children's rights and needs. And I hope every child gets the chance to achieve their dreams and live with dignity.

What would you say to donors in the UK?

I would like to sincerely thank them. Their contributions directly help children receive protection, shelter, education and counselling. Their support truly changes lives – and I hope they know that.



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? We have four spaces for the London Marathon each year so get in touch if interested.

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.



A message from our Country Director

Namaste

This year, more than anything, has been about children – children finding safety, rediscovering hope and beginning again. When children arrive, they often have very little – sometimes only the clothes they are wearing. Our first responsibility is simple but powerful: to make them feel safe. In our homes, they receive care, warmth, medical support and counselling. Slowly, we see change – a silent child begins to speak, one who was fearful begins to smile again. Behind every number is a child with a story – often of hardship and loss, but also of courage and resilience.

Rescue is just the first step. Our main aim is to help children reconnect with their families, and this year 64 of the 82 children rescued from dangerous and abusive situations have already been safely reunited. For those still unable to go home,

we provide ongoing care, safety and access to education. We also supported 56 families with post-reintegration help, addressing the poverty and lack of opportunity that puts children at risk in the first place. Through our Youth Transition Programme, we supported 34 young people during the year, and 22 graduated – ten of whom have already secured full-time employment. We are currently supporting 28 in higher education and six in vocational training. Some are already becoming role models in their communities.

Prevention runs through everything we do. This year we trained 194 teachers in child-friendly methods, supported 1,880 at-risk children through bursaries, and reached 200 peer educators with vital hygiene lessons.

While challenges remain, there is an abundance of hope. Each day we see children healing, families reconnecting

and communities supporting one another. None of it would be possible without your support – and for that, we are deeply grateful.



Bhaskar Karki,
Country Director

The child who **became** an advocate

When Child Rescue Nepal found Mansing Waiba working unpaid in a Kathmandu carpet factory, he was eleven years old and had never finished primary school.

This is his story – and what he did with the second chance he was given.

Mansing's story

Mansing grew up in a remote, rural part of Makwanpur district in a large family facing real hardship. His five elder sisters had all left school early. His parents struggled to make ends meet. When Mansing was eleven, the family could no longer manage and he left home with relatives, hoping to find work in Kathmandu.

He spent almost a year in a carpet factory without being paid. He moved on, found work at a tea and snack shop – and again went two months without wages. At twelve years old, he walked into a police station and reported his employer. The police contacted Child Rescue Nepal, and Mansing was brought to a care home.

There, he found safety and a second chance. He re-enrolled in school, received counselling and began to rebuild his life. His academic progress was remarkable – at one point his results were so strong he was promoted two school years in a row.

Child Rescue Nepal continues to monitor all children after reintegration, with regular check-ins and follow-up visits. It was through this ongoing contact that staff noticed Mansing had gone missing during a school holiday. They went looking for him – and found him back in a factory, working to earn money. Child Rescue Nepal removed him, reported the employer to the police, and with support and encouragement, Mansing agreed to continue his education.

He went on to pass his school leaving certificate and qualify for university. His parents received ongoing support throughout – help with official documents meant they could access the government's elderly allowance, and his mother's health, after receiving proper treatment, improved so much she is now able to live independently.

Today, Mansing is twenty-one, studying for his bachelor's degree and sitting the Public Service Commission examination. Since March 2026 he has been a full-time staff member at one of Child Rescue Nepal's partner organisations. He supports his parents financially.

"Whatever I am today is because of the support I received," he says. "I want to help children like I once was."

The open letter

In 2025, Mansing wrote an open letter to Nepal's Prime Minister. It was published in a national newspaper. This is an edited extract.

I was eleven years old, wearing only a thin shirt and trousers in the cold, spinning carpet threads – unpaid, with no way out. I had come to Kathmandu trusting a contractor who promised good earnings. I was deceived. I moved to a hotel, where workers would drink at night and beat me. When I complained, nothing was done.

Eventually I found the courage to go to the police. With their support and the help of Child Rescue Nepal, I was rescued. I received education, training and care. Today I am pursuing higher education and working in child protection myself.

But many children in situations like mine are still suffering. Nepal's constitution guarantees children's rights to education, protection and a dignified life. Child labour is illegal. And yet, according to the Nepal Child Labour Report 2021, more than 1.1 million children are still engaged in child labour – in homes, restaurants, workshops and factories.

Many rescued children, especially those without guardians, cannot obtain basic documents like birth certificates or citizenship papers. Without these, they cannot access higher education or their rights as citizens.

If I could return to education, then with effective policies, many more children can achieve a secure future. I strongly believe this.

I respectfully call for zero tolerance on child labour, free and quality education for at-risk children, proper psychosocial and healthcare support, and strict enforcement against offenders.

Without a safe present for children, a prosperous Nepal is not possible.



Building a future: Mansing (left) with a friend at the halfway house he now calls home.

Where are **they** now?

Surendra was rescued by CRN in 2012 at the age of five. After completing his Grade 10 examinations, equivalent to GCSEs, he trained as a chef and now works as an assistant chef, supporting his parents financially.

Kush has been in our care since he was four years old, when his older sibling was rescued from the circus. After finishing school, he trained as a chef and now works as an assistant chef at a B&B, dreaming of opening his own restaurant one day.

Susmita was rescued in 2019 at the age of 14 from a hotel in Pokhara, where she was working as a child labourer. After completing a hospitality course, she now works as a barista in Kathmandu, supporting her family financially.

We have been caring for **Chanchali** since 2012 when she was aged of seven. After completing her A-level equivalent, she undertook a hospitality course and now works full-time as a barista and waitress in Kathmandu.



Surendra



Kush



Susmita



Chanchali

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)



Hoodies £24



Mugs £7



Playing Cards £12



Greetings Cards £7 (8 Cards)

We're **looking** ahead

Child Rescue Nepal has always been driven by need. In our earliest days, that meant caring for children imprisoned alongside their parents, and travelling to India to track down and rescue Nepali children who had been trafficked into circuses and exploited there.

More recently it has meant building a bridge for a community cut off during monsoon flooding, and delivering emergency food parcels during Covid. Responding to what children need, where and when they need it, is in our DNA.

Today, we are increasingly aware of the dangers facing children at Nepal's open border with India – a crossing point that traffickers exploit with devastating ease. In response, we are expanding our work to two new areas: Birgunj and Nepalgunj, both key border towns. This means establishing new bases, hiring and training new staff, and setting up transit homes where vulnerable children can be safe while their situations are assessed.

But rescue alone is never enough. The knowledge we gain working at the border will feed directly back into prevention. We plan to take that intelligence into communities – through workshops and drama programmes

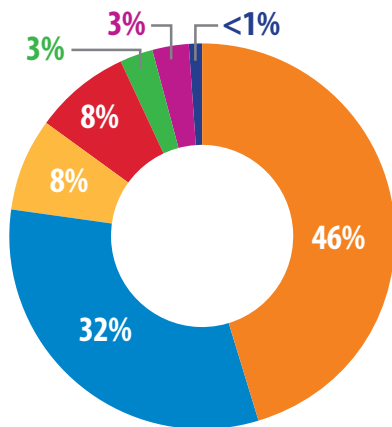
that bring the realities of trafficking to life and help families recognise the warning signs before it is too late. We have seen how powerful this approach can be: before one of our drama programmes, 78% of people agreed that familiar people or close relatives can be child traffickers. Six months later, that figure had risen to 97.7% – and stayed there.

Alongside this, we will be strengthening our advocacy work, raising issues of child labour and exploitation directly with government and working to ensure that the voices of survivors are heard where policy is made.

The need is urgent. We are ready.

Income & expenditure

The following is a summary of our financial information for the year ended 31 July 2025. Total income for the year was **£488,016** compared to £625,714 in 2024. Expenditure for the year was **£505,047** compared to £607,738 in 2024.



Income:

Public Donations: £224,338

Grants: £155,673

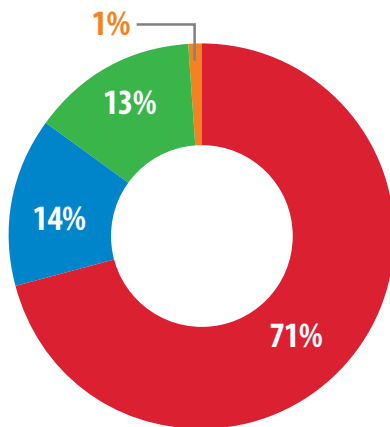
Events: £37,806

Corporate: £39,731

Child Champions: £16,900

Investment income: £13,340

Legacies: £228



Expenditure:

Direct Spending: £359,787

Support Costs: £71,658

Fundraising: £67,044

Governance: £6,558

Grateful Thanks

Alchemy Foundation, Bloomberg, Brockham Overseas Aid, Educational Opportunity Foundation, Ministry of Justice of the Faroe Islands, Forrester Family Trust, Foux Foundation, Foxley Charitable Trust, Fred E Ullman and the Hallett Family, Global Giving, Glossop Family Trust, Go Philanthropic Foundation, Guernsey Overseas Aid Commission, Gulf for Good, Hatemalo, James Gaskell, Joanna Lumley, The Light Fund Company, Lord Evans, Mackintosh Foundation, Mageni Trust, Namaste UK, The Oak Trust, Paget Charitable Trust, Peter Banwell, Rotary Club of Billerica Mayflower, Rotary Club of Brentwood a Becket, Rotary Club of Leighton Linslade, Sharegift, Sir Richard Stilgoe, Wendy Osorio.



**CHILD
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