



Annual Review 2023





Who we are...

Child Rescue Nepal is a UK registered charity that works to end child slavery in Nepal. We believe that every child has the right to a safe and happy childhood, free from exploitation and abuse.

A message from our CEO

As we conclude another year, I'm delighted to report Child Rescue Nepal's significant achievements over the past twelve months. We've rescued 24 children, reunited 10 with their families, supported 61 young people in further education and vocational training, and kept over 10,000 children safe through our school programmes. We were also so pleased to see the construction of two classrooms at Kala School, our fundraising campaign for summer 2022. I'm so proud to be leading an organisation that has such a direct impact on Nepal's most vulnerable children.

As an adjustment following Covid-19, the London Marathon took place in October 2022. Eight runners participated, raising a combined total of £15,000. We also raised £30,000 from the Big

Christmas Give in December 2022, £7,000 from the Nuts Challenge in March 2023 and £15,000 from our summer appeal for Halfway Houses for girls. We are also grateful for the generosity of our long-term partner, Namaste UK, and employee-related donations from Bloomberg.

Our deepest gratitude goes to our local partners – the Esther Benjamins Memorial Foundation, Shakti Samuha, and Chora Chori – for their unwavering dedication to delivering high-impact life-saving projects on the ground. We also extend a special thanks to our new Country Director, Bhaskar Karki, who has made a remarkable start. It's a privilege to collaborate with such inspiring and hardworking individuals; their contributions are essential to our success.

The fundraising environment in the UK remains challenging but we have had another successful year thanks to the commitment and amazing generosity of our donors, trusts and corporate partners. We are deeply grateful to those who have consistently supported our work, and equally delighted to welcome many new donors to our growing community.

Finally, following an open round of recruitment, we were pleased to welcome to the trustee board Peter Banwell and Lisa O'Doherty. Both bring with them a wealth of experience in leadership, governance and development matters. We have enjoyed their input on the board and look forward to working with them as we continue to strengthen our impact and leadership.



Joanna Bega Chief Executive



We deliver a comprehensive education programme in the trafficking-prone district of Makwanpur as well as funding anti-trafficking workshops and radio jingles.

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Child Rescue Nepal frees children from slavery. Today, there are over 50 million slaves globally, a quarter of which are children. In Nepal, it is estimated that there could be over 100,000 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.

Child Rescue Nepal has rescued over 950 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

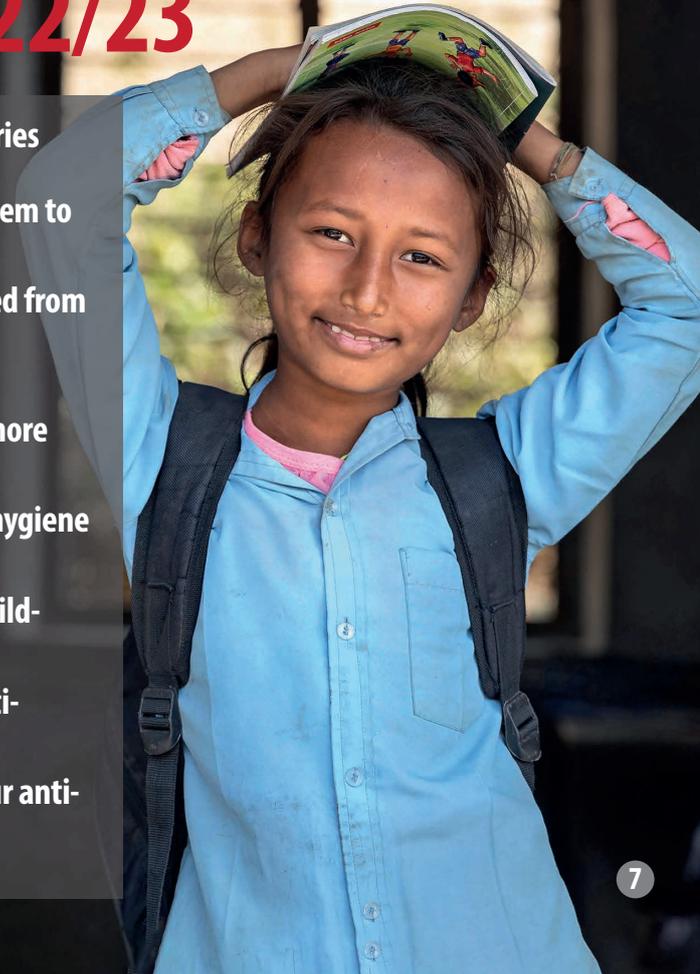
Why Nepal?

- Nepal is the 5th poorest country in Asia
- 78.3% live in rural areas and 20% of the population live below the poverty line
- Over 40% of the population are vulnerable to falling into modern slavery
- 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 after Covid and is still a major challenge
- Unemployment is 12.6%



What we achieved **2022/23**

- 13 boys were rescued from restaurants, domestic labour and children's homes in India
- 11 girls were rescued from hotels, restaurants, domestic labour and bars, and taken to the safety of Marigold House
- 10 children were reunited with their families, and eight reunited children are receiving ongoing support
- 13 children and young people lived in our family homes and halfway houses
- 61 young people benefitted from our youth transition programme
- 1,096 educational bursaries were provided to at-risk children to encourage them to attend school
- 3,138 students benefitted from new toilets and taps
- 436 children benefitted from new libraries and more engaging classrooms
- 1,746 children received hygiene kits and training
- 55 teachers trained in child-friendly methods
- 501 people attended anti-trafficking workshops
- 100,000 people heard our anti-trafficking radio jingles



Dinesh's Story

When Dinesh was eight (*name changed*), his mother eloped, leaving him and his two younger sisters at the mercy of their dysfunctional, alcoholic father. They lived in very poor conditions and were always hungry because there was no money.

One day, their uncle suggested that the children come and live with him in Kathmandu. Their father saw the chance to unburden himself and sent them off. Dinesh's uncle enrolled the children in school, but they did not go regularly. They had to do household chores such as washing utensils and clothes, sweeping floors and chopping vegetables. Dinesh was often scolded for minor mistakes.

When he was ten years old, his uncle sold him to another household without his sisters. Dinesh says: "The house owner was building two new rooms. From 6.30 to 9.30am I had to carry eight bricks at a time

to the top floor. Then I went to school. Then I came home and had to finish all the household chores."

Thankfully, Dinesh and his sisters were rescued from their exploitative situations. At the care home, Dinesh was given new clothes, met other boys and received regular assurance. It was not long before he realised that he really was safe, and that he could relax and have a proper night's sleep.

Dinesh is in regular contact with his sisters, has learned to read and write and has returned to school.



Rami's Story

10-year-old Rami (*name changed*) was rescued with her older sister and younger brother. Rami's mother had escaped from domestic violence and was staying in a women's shelter in Kathmandu. We went back to her village to rescue her children.

When we first found them, they were very scared. They were beaten by their father, who slept with a large knife under his pillow. Sometimes Rami would run out of her house in the middle of the night and go to a neighbour's house, shaking and crying. Although she was attending school, Rami was also working as a housemaid.

After arriving at our safe home, Marigold House, Rami received nutritious food, warm clothes and a health checkup. However, she is still very traumatised. During counselling sessions, she has said that she is still scared that her father will find her and kill her. It

will take a while before she can feel safe again.

But gradually Rami is starting to play with others, and is receiving tuition to prepare her for school. She loves reading stories and practising her handwriting. Rami says: "I love playing in the open space and I love having as much food as I can eat. There is no scarcity of food here, and no discrimination at all."

Rami has restarted her education. She will also continue her counselling, as well as dance classes, yoga and self-defence classes.



A message from our Country Director

Namaste!

Last year was a very successful year in terms of rescues. Since refurbishing one of our care homes, we now have 30 bed spaces available, which has given a significant boost to our rescue work. We have also increased collaboration with the local government, government agencies and the Nepal Police to encourage them to be proactive, build their capacity and raise awareness.

In the trafficking-prone district of Makwanpur, we have supported local schools by building classrooms, taps and toilets, and distributed hundreds of bursaries through our 'Safe in School' programme. During this period, we funded 12 new handwashing stations and 11 new toilet blocks, directly benefiting 3,138 students. This initiative is critical for our preventative anti-trafficking work.

Improved sanitation not only enhances educational opportunities for children but also fosters trust within the community. This allows us to address child trafficking and labour issues more effectively at the grassroots level.

On behalf of everyone in Nepal I would like to express our gratitude to the donors, supporters and partners who make this work possible. This includes our implementing partners the Esther Benjamins Memorial Foundation, Shakti Samuha and Chora Chori who have helped us expand our work, as well as the national and local level government bodies we support in their efforts to improve the lives of children in Nepal.

From a personal perspective, having re-joined the organisation in 2023, I would like to thank the teams in Nepal and the UK for their continued hard

work and commitment to the children we serve. Their hard work and support ensured a smooth leadership transition. We now have a very strong team in place, including a new Executive Director for our major partner the Esther Benjamins Memorial Foundation. Together, we remain committed to providing vulnerable children a safe childhood with access to education and a bright future.

Thank you once again for your kind support



Bhaskar Karki

With your help we can do more

Where are **they** now?

Sunil

Sunil was rescued from a metal factory in 2016. We supported him for six months of plumbing training. He is now working as an assistant plumber, and he wants to use his skills and look for opportunities abroad.



Usha

Usha has been in our care since 2010. After completing her education she chose to become a chef and is now working at a popular restaurant.

Pictured top right



Om

Om was rescued from India in 2022. He was always curious and loved fixing broken bikes and machines. He received one year of general mechanic training and is now working and financially independent.



Asmita

Asmita was rescued in 2007 and recently trained as a waiter and barista. She is now working full-time as a waiter.

Pictured bottom right



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



Greetings Cards £7 (8 Cards)



Mugs £7



Christmas Cards £4 (10 Cards)

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



Making these children a priority

I support Child Rescue Nepal because they want to end all child trafficking in Nepal. Imagine a society where no child went hungry or experienced abuse and everyone was treated kindly and fairly with the same opportunities in life.

as care homes for boys and Marigold House for girls in Kathmandu. It's been such a pleasure to meet the brilliant and hard-working team who make these children a priority every day of their lives.

Ishana - CRN supporter

Life can be difficult sometimes, but remembering we're all in this together can help us feel more connected to those around us. And by all playing our part to lend a helping hand to those in need, we can feel more like an active part of our society. We must be united in our common goal of protecting children.

I have travelled with Child Rescue Nepal and have been so impressed with their work. I've visited many remote schools in Hetauda as well



Bikki - his journey at CRN

Bikki was born into a low-income family in Biratnagar, Nepal. His father worked at a jute mill but couldn't earn enough to support the family of eight. Bikki's two older sisters were trafficked to a circus in India.

At age 11, Bikki was also trafficked to join them. He underwent rigorous training for three months before performing in circus acts. Working conditions were hazardous, with long hours and no safety measures.

Rescued by Child Rescue Nepal, Bikki was repatriated to Nepal and placed in a care home. He received non-formal education and later enrolled in school. After completing A-level equivalents, he joined Child Rescue Nepal as a houseparent. He subsequently progressed to the role of Youth Development Officer, where he supports young people who have experienced similar circumstances. Bikki is married and has a four-year-old son. He is also studying a master's degree in public administration.

Rescuing children

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.

Dilu Tamang

Dilu is our Rescue Coordinator and Counsellor. She plans and carries out rescues with the team in Kathmandu, with the help of the police. She then provides psychological support to the children once they are safe in our transit home. She is also responsible for reuniting children with their families and monitoring their progress.





We won't stop until every child is free

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.

Large photo:

Rescued children are encouraged to create heart maps where they share likes, dislikes and dreams for the future

Clockwise from top left:

We support young people to gain the skills they need to find jobs and become financially independent

Our halfway houses are stepping stones for young people into independence

Chef training is very popular as there are many restaurants in Kathmandu - and beyond!

Our care homes are safe places for children to grow, learn and make lifelong friendships



Preventing trafficking by supporting schools

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.

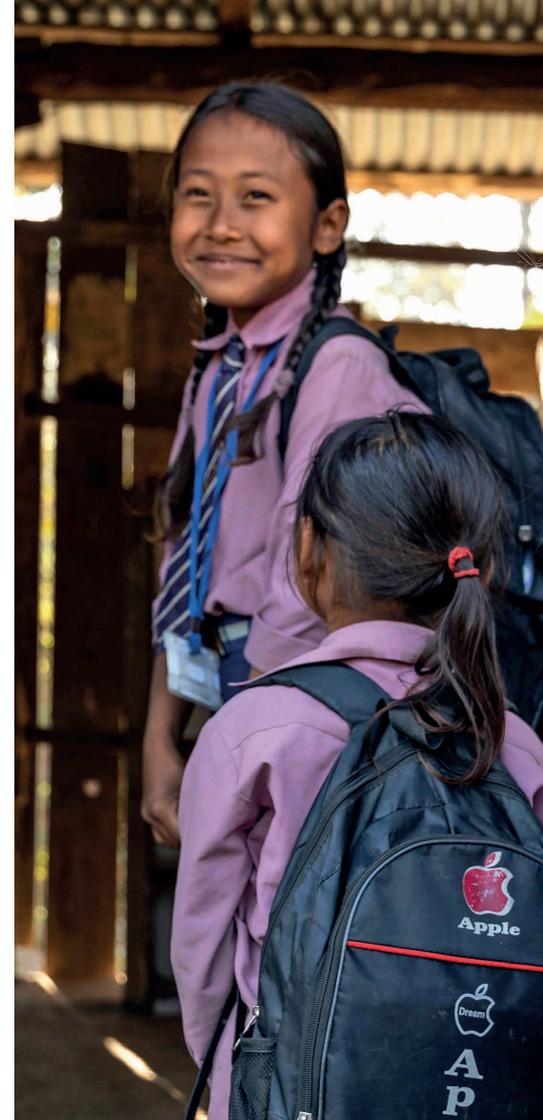
Our work to ensure more children attend school includes building new classrooms and providing water and toilet facilities. It also includes training teachers so that their lessons are more interactive and engaging.

We also provided WASH training (Water, Sanitation and Hygiene) to 20 teachers and taught 300 peer educators so they could pass the learning onto their friends and communities. We provided 1,746 hygiene kits to improve the personal hygiene of children and to help them stay safe and healthy.

"It was very difficult to use rags and old clothes as a pad while I was menstruating, but I had no other choice. Since our school didn't have a proper toilet with running water, I used to always miss a

few school days every month because I was scared of staining my uniform. However, now I'm very happy and confident to attend school even when I'm menstruating as have a reusable sanitary pad in the hygiene kit provided by CRN/EBMF. I'm not concerned about skipping lessons anymore."

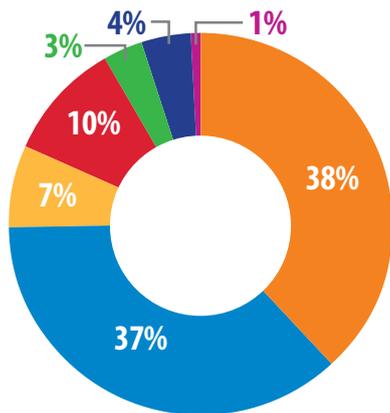
14-year-old-girl from Shankar Lower Secondary School





Income & expenditure

The following is a summary of our financial information for the year ended 31 July 2023. Total income for the year was £501,769 compared to £434,517 in 2022. Expenditure for the year was £502,028 compared to £484,802 in 2022.



Income:

Public Donations: £192,105

Grants: £183,828

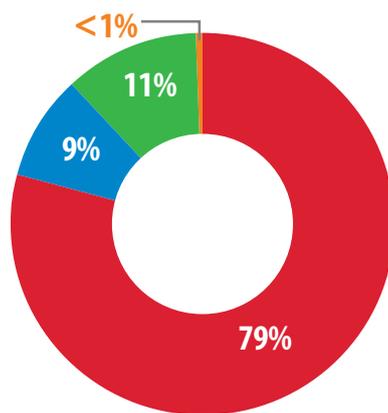
Events: £34,984

Corporate: £49,262

Child Sponsorship: £17,664

Legacies: £20,191

Other: £3,735



Expenditure:

Direct Spending: £398,709

Support Costs: £44,598

Fundraising: £56,300

Governance: £2,421

Grateful Thanks

Alchemy Foundation, Andrews Charitable Trust, Austin Bailey Foundation, Bloomberg LP, British and Foreign Schools Society, Brockham Overseas Aid Committee, Casey Trust, Coles-Medlock Foundation, Educational and General Charitable Trust, 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, Kirby Laing Foundation, Mackintosh Foundation, Mageni Trust, Namaste UK, Peter Banwell, Rotary Club of Billerica Mayflower, Rotary Club of Brentwood a Becket, Samuel Storey Family Charitable Trust, Sir Richard Stilgoe, St James's Place Foundation, Stonewall Park Charitable Trust, Souter Charitable Trust, TUUT Charitable Trust, Wendy Osorio and West Colorado Friends of the Himalayas.



**CHILD
RESCUE
NEPAL**

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