
OUR IMPACT

2021





CHANGING LIVES
IN NEPAL

WELCOME TO
PHASE
WORLDWIDE'S
2021
IMPACT REPORT



This year has been an exciting one for PHASE Worldwide. I am proud that together, with your support, we successfully delivered our biggest ever campaign. As a result, 2020-2021 was our highest ever year of income.

A successful year was critical, as the past 12 months have been challenging for vulnerable people worldwide, and very much so for those living in remote areas of Nepal. Isolated communities with already weak healthcare systems have been fighting against Covid-19, with much of Nepal remaining under-resourced both in terms of testing capacity and access to vaccines.

Despite these challenges, PHASE Worldwide, together with our partner PHASE Nepal, were able to continue providing vital support to thousands of vulnerable people. I would like to personally thank our resilient and courageous colleagues at PHASE Nepal who have worked tirelessly throughout the pandemic to maintain crucial healthcare provision and food security within communities.

One of our biggest achievements this year was the Start Strong Appeal, which raised an incredible £294,387, including £132,467 of match funding from the UK Government. In total, our campaign was viewed by over 31 million people and attracted 1,371 supporters. In 2022, the Start Strong Project will begin and we are looking forward to keeping you updated on its progress.

I cannot sufficiently express my gratitude for the generosity shown by our wonderful supporters throughout this challenging year. Your contributions towards our work will empower thousands of people in Nepal to recover from the devastating impact of Covid-19 and provide them with the opportunity for a future outside of poverty. Thank you.

Best wishes,



Tom Edwards
Director, PHASE Worldwide

HOW PHASE WORLDWIDE WORKS

PHASE Worldwide was founded in 2005. Since then, we've grown into a charity which has raised millions of pounds for communities in Nepal. Every year, the work we support changes the lives of around 50,000 people.

OUR VISION

We believe that everyone, everywhere, even those in the most remote places in the world, should have access to primary healthcare, basic education, and livelihoods opportunities.

OUR APPROACH

We support projects in some of the most remote and rural communities in the world. In these areas, poor health, low levels of education and few livelihood opportunities trap people in a cycle of poverty. Through our local partner, PHASE Nepal, we support integrated and sustainable health, education, and livelihoods projects.

PHASE Worldwide and PHASE Nepal work together to enable people to access knowledge, skills, and services, whilst at the same time, strengthening local government provision in Nepal. We work together to raise money to fund this work, deliver our successful GP mentoring programme, and demonstrate best practice in charity governance and within the international development sector.



OUR PARTNER PHASE NEPAL

Update from Dr. Jiban Karki (PhD),
Executive Director, PHASE Nepal

This year we gave our best to persist through the pandemic; protecting ourselves, our staff, and continuing our work in some of the most vulnerable communities in Nepal. The remote and isolated areas where we work to improve health, education and livelihood opportunities have been heavily hit by the primary and secondary impact of the pandemic.

The PHASE Nepal team, with all staff vaccinated, have adapted to this new normal, but at a price. This year we lost another of our most valued trustees, Mr Rajendra Karki, due to post-covid complications. With all these unprecedented losses, our motivation to serve these remote communities is even stronger, as people look up to PHASE Nepal throughout these difficult times. With the support from PHASE Worldwide, PHASE Austria and other partner organisations, we were able to provide essential services and opportunities to the communities where we work, enabling people to have practical knowledge, skills and physical facilities to empower themselves.

For example, through our community health project, and in partnership with the government, we provided basic primary health care to 71,433 patients and attended 912 safe deliveries as a result of our maternity services. Similarly, through our livelihood projects, we helped more than 2,000 farmers with initiatives such as vegetable farming, poultry rearing, goat farming, spice crop farming, kiwi farming, as well as setting up small enterprises like agro-vet shops, meat shops, grocery shops, and tailors shops. These projects were able to support the most vulnerable people, including single women, carers of persons with disability, and the elderly. Furthermore, we supported 338 adolescent girls and boys from Bajura with essential life skills and the capacity to complete school, whilst mitigating gender inequality. In addition, I am delighted to share that we supported 111 families in Gorkha to rebuild their houses that were lost in the 2015 earthquake.

Despite the difficult circumstances, we were able to provide the most vital services to those in need, thanks to the generosity of our supporters, donors, and partners. With gratitude and humility, I hope that 2022 will be a better year for us all, and enable us to further empower the marginalised and underprivileged communities of Nepal.



SUSTAINABILITY

MAKING A LASTING DIFFERENCE

One of PHASE's key values is sustainability. We want the difference we make to last long into the future. To achieve this long-lasting difference, we are committed to empowering communities through improved skills, knowledge and opportunities, whilst strengthening and expanding existing government services. We aim to make positive changes, but not to stay.

Never before has the sustainability and lasting impact of these changes been more important. Over the past year, people around the world have battled against the devastating Covid-19 pandemic and in Nepal, the virus has taken an unprecedented toll on public health, livelihoods and education. Across Nepal, a lack of testing facilities and vaccines makes it difficult to contain the spread of the virus and protect vulnerable individuals. This year, PHASE has continued to maintain essential health services whilst conducting awareness activities to prevent the spread and impact of the virus on rural communities.

The positive changes made not only during our Covid-19 rapid response, but through our other health and livelihoods projects will continue to benefit thousands of vulnerable people for years to come. The skills and knowledge gained has given people the confidence to change their lives and tackle future challenges independently. The support provided over the past 12 months will have a sustainable and long-lasting impact, providing communities with the tools they need to safely transition through the pandemic into the subsequent recovery stage.

HEALTH IN NUMBERS



Number of patients



Children under 5



Emergency patients



Number of family planning appointments



Births attended

Last year, PHASE Worldwide supported seven community health posts across Nepal in Bajura, Humla and Gorkha.

In total, 27,628 patients accessed PHASE Worldwide supported health posts, of which 4,520 were children under the age of five.

HUMLA



8,772



1,527



262



940



172

BAJURA



6,848



957



155



1,108



146

GORKHA



12,008



2,036



163



1,631



126



COVID-19 RAPID RESPONSE

In October 2020, PHASE Worldwide secured new funding from UK Aid Direct and the Foreign, Commonwealth and Development Office (FCDO) to expand our support to vulnerable communities during the Covid-19 pandemic. The aim of our rapid response was to maintain essential health services and deliver health education activities in the Mugu, Bajura and Humla districts of Nepal. Over a period of six months, PHASE staff provided comprehensive healthcare support and conducted awareness and prevention activities in order to inhibit the spread of the virus both then, and in the possible event of a future outbreak.



In Nepal, by the beginning of 2021, approximately 280,000 people had contracted the virus, with 1,975 sadly losing their lives. With the increase in pressure on health services across the country, it was vital that PHASE continued to support health posts and staff worked tirelessly to reduce the burden on health facilities. During the first few months of the response, PHASE trained 221 traditional healers and 85 Female Community Health Volunteers (FCHVs), providing them with the skills and knowledge to meet the needs of all patients, not only those suffering from Covid-19. Throughout the first three-months, 17,896 people received care from their local health post. These activities were crucial for ensuring that the healthcare system in the Far West was able to cope under the increased pressure caused by the Covid-19 pandemic.

PHASE took a number of steps to disseminate knowledge of the dangers of the virus, and how people could go about their daily lives whilst posing a reduced risk to themselves and their communities. During the six-month response, PHASE aired 525 radio broadcasts reaching 60,000 vulnerable individuals, raising awareness of how to reduce transmission rates and remain safe. This was an integral process throughout the response, as a reduced spread of the virus ultimately resulted in less of a demand on public health services. During our Rapid Response, 516 Covid-19 Awareness Workshops were conducted

in the community, and those in attendance received masks, WASH products and hygiene kits. In total, 33,995 masks were distributed across the districts of Mugu, Bajura and Humla.

As PHASE's Rapid Response came to an end, a devastating second wave of Covid-19 spread through Nepal and a lack of tests and vaccines caused cases and mortality rates to rise sharply. However, health workers and communities in the Far West were now far more prepared for this increase in cases than they were previously, and the prevention work put in place during the response will continue to support vulnerable individuals. During our response, 5,410 Hygiene Kits were distributed amongst vulnerable households and 5,203 sets of PPE items were provided, provisions which helped to mitigate the worst effects of the second outbreak and prevented the health infrastructure in the area from becoming overwhelmed.

Although the fight against Covid-19 in Nepal is ongoing, cases have begun to reduce and the remote communities in the Far West are now far better prepared to cope with the impact of the virus in the event of another outbreak. We are confident that the prevention methods and awareness activities implemented during our Covid-19 Rapid Response will reduce the pressure on health systems and keep community members safe until vaccination rates increase.

5,203
SETS OF
PPE

5,410
HYGIENE KITS
DISTRIBUTED

IN TOTAL,
444
BIRTHS WERE
ATTENDED BY
HEALTH
WORKERS

823
PATIENTS
ACCESSED
ANC
(ANTENATAL CARE) SERVICES



ADDRESSING MALNUTRITION IN MUGU

According to the recent Multidimensional Poverty Index Report published by the Government of Nepal, the Karnali District in the Far West of Nepal is home to the highest number of people living in poverty in Nepal. Nearly 40% of people in the region are classified as living in poverty, more than five times higher than that of the Bagmati Province in the east of the country.

The district of Mugu is situated in the northern region of the Karnali province and is one of the most remote and isolated districts in Nepal. Due to the region's limited road network and unpredictable climate, agricultural production is difficult and as a result, contributes to many people in Mugu suffering from malnutrition.

Since 2018, PHASE has been delivering a Foreign, Commonwealth and Development Office (FCDO) funded project in Mugu that has been committed to addressing causes of malnutrition in the region. At the end of June 2021, this project came to an end and despite the challenges experienced during the final year as a result of the Covid-19 pandemic, we are delighted to see the positive impact our work has had in the region. At the outset of the project, the aim was to provide direct support to 800 individuals in the Mugu district, however PHASE was able to surpass this target and provide agricultural and nutritional support to 1,024 people.

In order to address the causes of malnutrition in Mugu, it was crucial that communities improved their knowledge and awareness of childhood nutrition and how to produce and prepare healthy food. To achieve this, PHASE provided nutrition training through mothers group meetings and community health education events to demonstrate how to prepare super flour, whilst sharing information about the importance of a well-balanced and diverse diet.

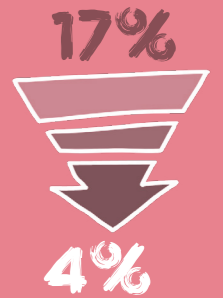
In total, 3,424 women attended nutrition workshops, where they were able to improve their skills, knowledge, and confidence in how to provide their children with a healthy and strong start in life. Community-wide behaviour and attitude changes will provide more equal opportunities for women in decision making and leadership roles within

health and agriculture and ultimately increase opportunities for their children and improve their quality of life.

The project also provided agricultural and kitchen garden training for 1,024 farmers, with 180 people receiving additional materials and tools for mushroom cultivation. It was crucial that farmers involved in the project saw the benefits of these modern techniques and were encouraged to continue investing in these new practices after the project finished. To ensure they would be able to continue successful long-term agricultural production, 150 farmers were supported in replacing their polytunnels and were also provided with additional garden water pipes. Before the project began, only 9% of farmers used polytunnels for vegetable production, which often meant that the harsh and unpredictable climate made it difficult to produce enough food to last the year. Now, 57% of farmers in the project area use polytunnels to grow nutritious vegetables, providing vulnerable families with a sustainable source of healthy food, all year round.

Families living in the remote, rural, and hard to reach communities in Mugu will now have lasting skills and resources to produce more nutritious food, diverse crops, and increased income from produce sales. Now, there is a greater awareness and improved knowledge of childhood nutrition which will have a long-term and sustainable impact in this area for many years to come.

THE NUMBER OF CHILDREN WHO WERE IDENTIFIED WITH GLOBAL ACUTE MALNUTRITION FELL FROM



PERCENTAGE OF NEW MOTHERS EXCLUSIVELY BREASTFEEDING FOR SIX MONTHS
80% → 94%

95% OF MOTHERS NOW USE SUPER FLOUR AS A WEANING FOOD FOR THEIR BABIES

LALKALA'S STORY

Lalkala lives in Mugu and is an active member of a PHASE Livelihood farmers group. Speaking with PHASE, she shared how becoming a member of the farmers group had helped her family. "In the past, we would mostly plant grains because that was the only thing possible for us to produce due to the weather. But the grains only supported us for 6-7 months of the year."

She continued, "Recently, I became a member of the farmers group and I'm so happy with my decision. Before, my family had no choice than to eat only plain rice or pulses, but now after the training I received, I have been able to produce enough vegetables to feed my whole family. I didn't imagine we would ever produce this many vegetables! I have cabbage, capsicums, cucumbers, cauliflowers in my garden. For the very first time!"

Lalkala lives with her family of seven and has a daughter who had a complicated delivery. Now, Lalkala is pregnant again, but shared her optimism for the future.

“
I have learned the benefits of having vegetables in my kitchen. I am pregnant again, but this time I am able to have plenty of healthy food. I don't have to stress about what to cook for our next meal! I hope I will be able to deliver a healthy baby this time.
”

Her husband continued, "We are glad to have been in the PHASE livelihood farmers group. It has benefitted us a lot. We learned new techniques to plant seasonal and off-seasonal vegetables. This way we can have vegetables for the whole year and I now understand why new techniques and seeds are so essential. Thank you PHASE for giving us a happy family!"



“
Because I didn't have enough nutritious food, my first baby was premature and underweight. But this time, I have plenty of green vegetables and I know my next baby will be a healthy one!
”

REBUILDING COMMUNITIES IN GORKHA

With the support of The National Lottery Community Fund's 'Rebuilding Communities in Nepal Grant', in 2016, PHASE Worldwide and PHASE Nepal implemented a five-year integrated community development project in two remote villages, Kashigaun and Keraunja of Gorkha, Nepal. Both communities were devastated by the 2015 earthquake, leaving many vulnerable people with little hope for the future and limited opportunities to rebuild their lives. Situated a three day walk away from the nearest road, after the earthquakes, both villages received little support from either the government of Nepal, or the wider non-governmental organisation (NGO) sector.

The Rebuilding Communities Project was able to implement intensive activities in health, livelihoods, education and reconstruction. The intended aim was to practically rebuild the community and support them in "rising from the rubble and into a sustainable livelihood."



The project supported the strengthening of government health post services by guaranteeing quality services as well as handling any health emergencies. Over the project period, more than 39,860 cases were handled by the project supported health staff. In addition, the team worked to improve antenatal care services and increase the number of institutional deliveries, becoming "the agent of change" in spreading knowledge on child immunisation and physically supporting government initiatives. During the project period, a total of 2,515 children under five were vaccinated by the project supported staff.

Another crucial element of our Rebuilding Communities Project was Girl's Empowerment. Before the project began, less than 50% of girls would stay in school past the age of 12, with many choosing to drop out to marry and start a family. Our Girl's Empowerment Programme involved training young girls, boys and schoolteachers about progressive thinking and teaching methods which would enable girls to feel more confident and empowered both in school and at home. As a result, more than 80% of the girls said they felt more confident in front of others after taking part in the programme.

The third key element of the project was to establish sustainable livelihoods. The community members whose only livelihood was subsistence farming, had to cope with complete loss of

properties after the earthquakes, facing further risk of being pushed into poverty. While people were rebuilding their houses, the project worked to rebuild their livelihoods. The new vegetables that can now be grown have not only improved diet diversity and nutrition, but also provided opportunities to make additional income. Ultimately, the project has been successful in establishing a new norm of local sustainable living through improved farm initiatives.

The final element of the project was the reconstruction of the local community, following the devastating 2015 earthquake. PHASE Nepal led and collaborated on reconstruction of public infrastructure and private houses. These villages were almost completely destroyed and significant rebuilding was required. Six years later, all community infrastructure and private housing has now been rebuilt.

Livelihoods have drastically improved across Gorkha as a result of this project, with the message of 'leaving no-one behind' implemented into all aspects of our work. The project has been successful in establishing sustainable livelihoods through improving access to quality education and healthcare, restoring public infrastructure and increasing food security. Although the project has now come to an end, its impact will make a lasting difference to the communities in Gorkha for many years to come.

PROJECT SUPPORTED

1,230
OF THE MOST


VULNERABLE FAMILIES
AND BENEFITTED OVER
PEOPLE

6,000

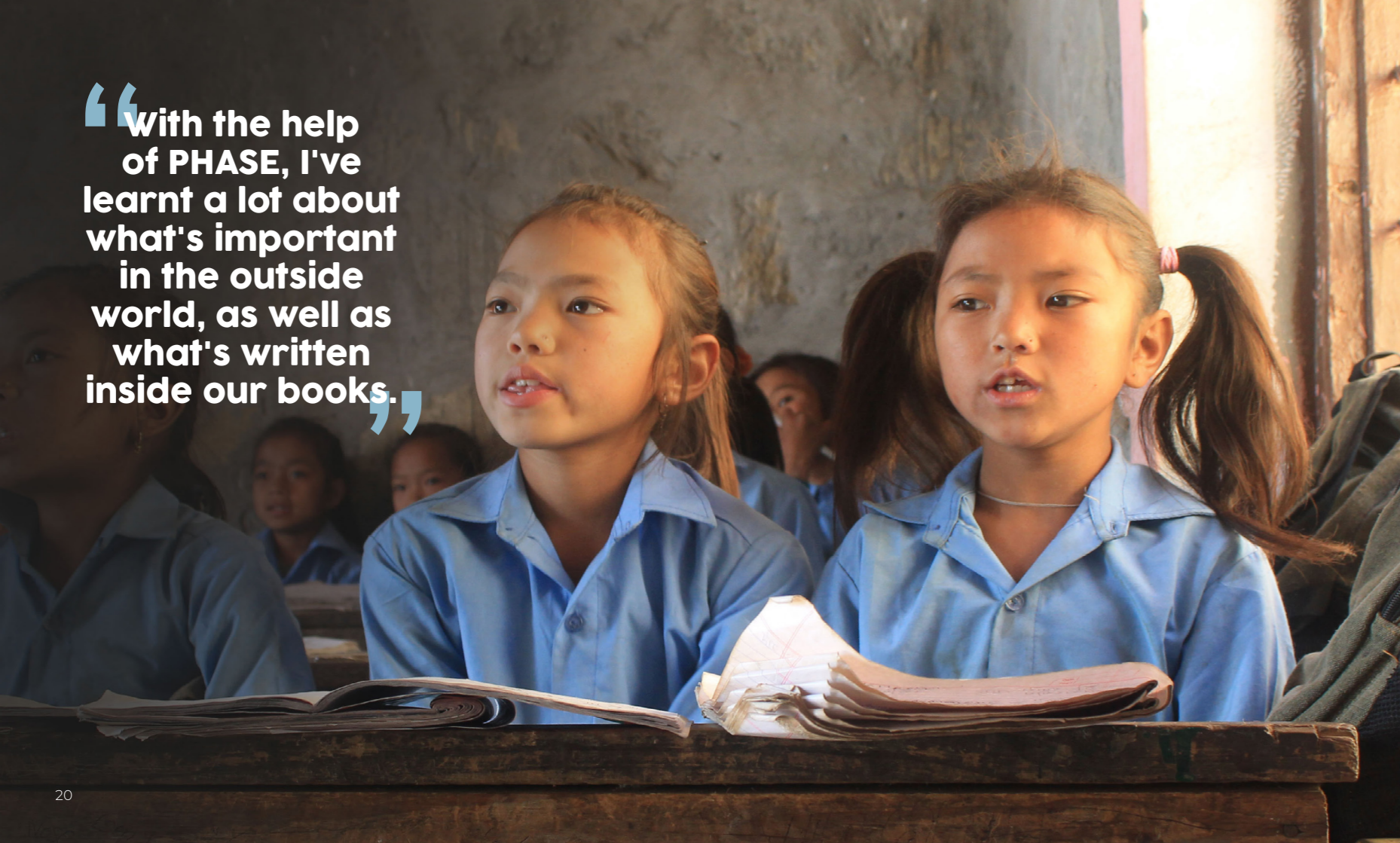
208 MOTHERS
GROUP MEETINGS
REACHING OVER

200
MOTHERS
GROUP
MEMBERS


PHASE SUPPORTED

1,295
FARMERS IN
KASHIGAUN AND

782 FARMERS IN
KERAUNJA

“With the help of PHASE, I've learnt a lot about what's important in the outside world, as well as what's written inside our books.”

SARITA'S STORY

Sarita lives in Gorkha and recently took part in PHASE's Girls Empowerment Programme. Whilst attending her classes, Sarita was given the opportunity to improve her confidence and explore extracurricular activities.

“Before, I could not talk to the teachers. But now during my classes I can speak more openly and I can also show off my talents! I used to feel really afraid, but now I'm not as shy and can speak out about how I feel.

”

As Sarita gets older, she'll be taught about important issues such as domestic violence, human trafficking, building self-esteem and feeling empowered: subjects which would never have been taught to girls in school before.

Sarita would not have previously attended school regularly and would have instead spent time working at home to support her family. Now however, her and her friends have been given the opportunity to broaden their future aspirations and develop the skills and knowledge needed to progress through further education.

“I think girls are having better lives and have better choices now thanks to PHASE's work. There are far more girls attending school and they are all completing it. Some of the older girls are even going to college now too!

”

HANDING OVER HEALTH POSTS IN GORKHA

Before the 2015 earthquake, PHASE was supporting two Government health posts in Gorkha with health workers and medicine. At that time, both health posts were small, ill-equipped, and not suitable to be used as health facilities. Due to insufficient birthing equipment and space, most of the women in the community still had to deliver at home with support from PHASE ANMs.

During the 2015 earthquake, the Keraunja health post was destroyed and the Kashigaun health post was significantly damaged. PHASE staff continued providing essential health care services using temporary tents until reconstruction of new health posts was completed. Eventually, the Gorkha health posts were rebuilt and contained separate birthing rooms and brand-new equipment.

Recently, after years of support, PHASE handed both health posts back to the government of Nepal. The training, equipment and knowledge gained during our support of these health posts will enable the community to continue benefitting from improved healthcare provision, long after PHASE's departure.



Previously, these communities lacked a well-balanced diet, consuming mostly potatoes, rice, corn and lentils, which do little to meet the nutritional needs of both children and adults. Now, through regular nutrition, agriculture and child healthcare sessions, families are not only aware of the importance of a healthy and varied diet but have the skills and knowledge to produce green vegetables in their own gardens.

To strengthen the long-term healthcare provision in the community, PHASE works closely with government representatives and local leaders, who are regularly engaged and informed on PHASE actions. In addition, Female Community Health Volunteers are vital to the long-lasting impact in the community and have been actively engaged in PHASE health activities. PHASE conducts monthly awareness and training sessions for FCHVs, which has vastly improved their knowledge of maternal and child healthcare. FCHVs are now able to encourage women to seek antenatal and postnatal care, whilst having the ability to identify possible illnesses within children, such as pneumonia or malnutrition.

Accessing the appropriate sanitary products during menstruation is challenging in many areas of Nepal. Both health posts are situated in an incredibly remote region of Gorkha, where the nearest road is around five hours walk away. This often means that young girls and women find it challenging to maintain personal hygiene during menstruation. During the school health education sessions, PHASE helped female students to make reusable pads and ran reproductive health lessons. As a result, school attendance has increased and young girls now feel comfortable in discussing menstruation and reproductive health more openly.

PHASE has now handed both health posts to the Health Post Management Committee, which includes a ward representative, FCHVs, Mothers Groups and local community leaders. Currently, there are government staff at both health posts, including Health Assistants, ANMs and Certified Medical Assistants. Both health posts are now well-equipped and well-staffed and in a far better position to provide vital advice and care to those who need it. We are confident that the progress made will continue to benefit these communities long into the future.



MOTHERS NOW REGULARLY ATTEND THE HEALTH POST FOR CHECK-UPS DURING AND AFTER PREGNANCY



SCHOOL CHILDREN NOW UNDERSTAND REPRODUCTIVE HEALTH AND THE MENSTRUATION PROCESS



WOMEN ARE MORE AWARE OF THE TIMELY USE OF FAMILY PLANNING SERVICES



FCHVs CAN NOW IDENTIFY SIGNS OF PNEUMONIA AND MALNUTRITION



THE START STRONG UK AID MATCH APPEAL

From the 26th of March to the 25th of June 2021, PHASE Worldwide ran our biggest campaign to date. The Start Strong Appeal raised money to support 1,000 women and their children in the Far West of Nepal and over the course of three months, we worked together with communications partners and dedicated supporters to successfully exceed our fundraising target.

In total, our campaign was viewed by over 31 million people, attracted 1,371 supporters and raised an incredible £294,387, including £132,467 of match funding from the UK Government.

Matching your donations with

ukaid

UK Aid Match enables charities, the British public and the UK government to work together to change the lives of some of the world's poorest and most vulnerable people. For every £1 donated to a UK Aid Match appeal, the UK government also contributes £1 of UK aid. Over the last six years, 64 organisations from across the UK have run UK Aid Match projects, helping around 25 million people.

In 2022, the Start Strong Project, which will be funded by our UK Aid Match Appeal, will begin in Nepal. This exciting project will work with over 1,000 women and children to improve maternal healthcare and increase the availability of high value foods. Through improving access to healthcare services and providing agricultural training for mothers, we will aim to ensure that children in the Far West of Nepal are given a strong start to life. The Start Strong Project will focus on three key themes: Maternal Healthcare, Agriculture and Nutrition.

We would like to say a huge thank you to everyone who donated to our appeal. Your generous contribution helped us to exceed our target and will ensure that the Start Strong project provides vital support to thousands of vulnerable women and children in Nepal. We are looking forward to the start of the project and will keep you updated on its progress next year.



WE RAISED

294,387

INCLUDING 132,467
OF MATCH FUNDING FROM
THE UK GOVERNMENT


1,371
SUPPORTERS

APPEAL VIEWED BY
31 MILLION
 PEOPLE IN
THREE MONTHS

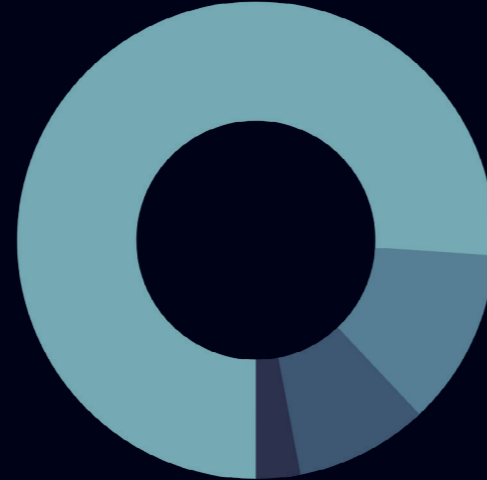
2021 FINANCES

2021 INCOME



- **CONTRACTED GRANTS (50%)**
- **DONATIONS & LEGACIES (43%)**
- **LARGE & SUPPORTER EVENTS (7%)**

2021 EXPENDITURE



- **CHARITABLE SPEND (UK & NEPAL) (76%)**
- **FUNDRAISING COSTS (12%)**
- **SUPPORT COSTS (9%)**
- **GOVERNANCE COSTS (3%)**

THANK YOU

PHASE Worldwide would like to thank all the individuals, businesses and organisations that have contributed to our work in Nepal in the financial year 1st July 2020 - 30th June 2021.

We would like to especially thank the following:

Alex Staniforth, Bam Boom Cloud, Bodmin Rotary Club, Brian Blessed, Brian Mercer Charitable Trust, Clifton Rotary Club, Cumbria Overseas Aid Trust, Dan Harvey, Eleanor Rathbone Charitable Trust, FCDO, Folkestone Nepalese Community, Henhurst Charitable Trust, Julian Preece, Magdalena Pietrykowska, Miss Annie J I Gower Charitable Trust, Neverbland, Nicholas Associates Group, Open Gate Trust, Rosie Swale Pope, Sam Pomeroy, Souter Charitable Trust, St.James Place Foundation, The Cauda Trust, The Evan Cornish Foundation, The Grace Trust, The Hasluck Charitable Trust, The James Tudor Foundation, The Lizandy Charitable Trust, The Mosse Charitable Settlement, The National Lottery Community Fund, The Oxygen House Foundation, The Pat Newman Memorial Trust, The Tula Charitable Trust, The Vardy Foundation, Waterloo Foundation, Wogan Coffee

thewaterloofoundation*



Nicholas Associates Group

Matching your donations with



UKaid



LEAVING A GIFT TO PHASE WORLDWIDE

PHASE Worldwide has partnered with Jones Whyte to offer a free, trusted will writing service. As part of this process, you can choose to leave a gift to PHASE Worldwide, a commitment that would help change the lives of people living in some of the world's most remote communities.

By choosing to leave a gift to PHASE Worldwide, you would be making a lasting difference to help us continue our work in Nepal, long into the future.

“Soaring mountains, wonderful landscapes and friendly smiling people. I am sure Nepal conjures up these images for most of us. PHASE is a truly remarkable charity, run by inspirational people. It seeks to improve the lives of those living in remote mountain villages, whose lives are, to say the least, challenging.

My husband and I, both doctors, immensely enjoyed our volunteering experiences with PHASE and we would like to think that a legacy gift will help to continue the fantastic work that PHASE does.”

- PHASE Worldwide Supporter



Please help us change lives of some of the most remote communities in the world by fundraising or making a regular gift today. Find out more on 0117 916 6423, email info@phaseworldwide.org or visit our website www.phaseworldwide.org

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REGULATOR**