



IMPACT

REPORT 23/24

Practical Help Achieving Self- Empowerment

www.phaseworldwide.org

Charity number 1112734

MESSAGE FROM THE DIRECTOR

In my first year as Director it has been a pleasure to work alongside a hugely dedicated and knowledgeable team. Our programmes continue to have important impact to those that we reach, and I'm proud to say that the difference made to people's lives is long term and life changing. Huge thanks to the PHASE Nepal team.

This year we have started our first work outside of Nepal in our quest to enable people to take opportunities and create empowerment within communities, no matter where they are in the world. We are honoured to be working alongside Ciné Schools to deliver a film making programme to create these opportunities for children without access.



Lyndsey McLellan
Director PHASE Worldwide

START STRONG

This year an important focus for PHASE Worldwide has been Start Strong, our UKAID match funded programme in Bajura, western Nepal.

The primary focus of this project has been to improve the outcomes for a thousand women and their babies through a programme of health and livelihood initiatives.





HEALTH

11,027

Medical consultations

Babies delivered

137

IMPACT

17

GP Placements

Home visits

629

HEALTH 23/24

This year our work has focused on funding 4 health posts in Bajura, Humla and Gorka districts in Nepal as well as supporting other health posts with GP mentors. We are pleased to have provided these communities with healthcare that they may otherwise not have had access, giving people the opportunity to get on with their lives and to achieve more.

We have monitored (and treated if required) **6,245 children** under 5 for malnutrition. Addressing needs at the most critical time in life.

HEALTH EDUCATION

PHASE Worldwide believes that if you give knowledge and skills to a community they will take this knowledge and use it in a way that is more empowering to them, improving health, education levels and increased livelihood opportunities.

STREET DRAMA

4 times

Street dramas are performed by the PHASE Nepal team to provide health information that is accessible to everyone.

SUPER FLOUR MAKING

43 times

Sarbotam Pitho or super flour making sessions are held to show mothers a simple way to make a locally available porridge that ensures their babies get the nutrients they need.

SCHOOL HEALTH

88 times

Staff visited schools 88 times reaching **2,116 students** (boys 946; girls 1,170) To talk about topics such as personal hygiene, menstrual hygiene and healthy eating.



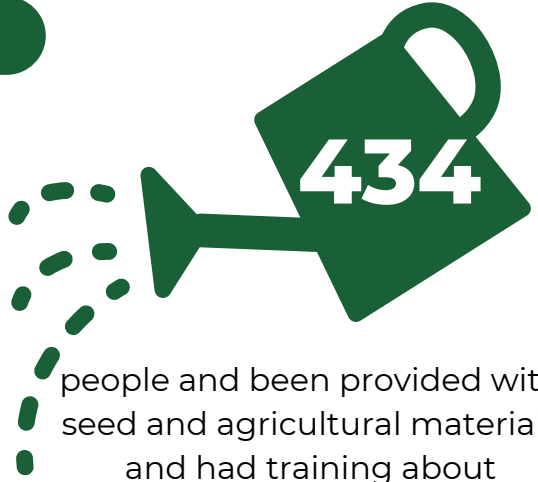


LIVELIHOODS

IMPACT



90 people have been provided chickens and chicken coops along with training.



434 people and been provided with seed and agricultural materials and had training about maximising outputs.

AGRICULTURAL PROGRAMMES 23/24

Our agricultural programmes work alongside our health programmes addressing the underlying causes of malnutrition within communities. Support includes training on how to make the best use of resources such as space, water and seeds, alongside helping families plan how they will manage and develop their stock (animals or vegetables) and connecting them to markets where they can sell produce thereby improving long term outcomes.

DISASTER RELIEF

232

Sadly the areas we work were hit by several earthquakes and landslides this year. We supported 232 households with tarpaulins, bedding and food packages.



“ After PHASE came to our village, our fields were filled with green vegetables, tomatoes and all other kinds of vegetables. Due to this, the health of the family and children has improved. We also have access to timely treatment and counselling from health workers. This has helped to improve the health of the overall community.”

UK EMPOWERMENT

At the core of PHASE Worldwide's values is the belief that everyone has their basic needs met and a range of opportunities available so we can enable empowerment of anyone, wherever they are in the world. In early 2024 we started to make a difference in the UK as well as Nepal.

28

Primary School children living in poverty in London where given the opportunity to join a film making club after school.





THANK YOU!

**£20,000
BIG GIVE**

Thank you to everyone that supported us to raised £20,000 for Jair Health post at as part of the Big Give Christmas Challenge

**£15,000
FOR MANBU**

Thank you to everyone that gave to our 2 Manbu appeals in the year to raise

EVENTS

Thank you to everyone that came to our Conversation with Brian Blessed, Walk for Nepal, Concert for Nepal or ran, swam or sang for us in 23/24. Thank you!





GET INVOLVED

RAISE MONEY

We are a small charity so every time someone runs a marathon, has a cake sale or does something inspirational for PHASE it makes a real difference.

BE A GP MENTOR

Each year UK General practitioners travel to health posts in Nepal so support health teams and have an amazing experience themselves. Find out more on the website.

JOIN AN EVENT

Cycle London to Paris, join a walk for Nepal in the UK, join a trek in Nepal, come to a concert, there are lots of options check out the website.

AND OF COURSE, KEEP IN TOUCH VIA OUR NEWSLETTER AND THE SOCIALS!



Our Website
www.phaseworldwide.org



Our Email
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