



Community Action Nepal

THE OFFICIAL COMMUNITY ACTION NEPAL NEWSLETTER 2026

Our Highlights in 2025

In the last twelve months, our twelve Health Posts have served a total of 15,253 patients. Additionally, they have conducted 228 Health Education and Awareness workshops for various community members, including schoolchildren, monks, and mothers' groups. These workshops focus on topics such as:

- Personal hygiene, including handwashing and dental care
- Menstruation
- Nutrition and balanced diets
- Education about communicable and non-communicable diseases

In total, 3,448 individuals have benefitted from these initiatives.



CAN's health team regularly conducts door-to-door visits targeting senior citizens, individuals with limited mobility, and residents in remote locations. These home visits are essential for delivering basic health services and follow-ups, as well as for promptly identifying and addressing emergency health situations.

This year, CAN's health staff supported 150 vulnerable community members who were unable to access the health post. Additionally, the health staff managed 132 emergency cases during this period and 34 people were referred to government hospitals after primary treatment.

Over the past year, we have consistently delivered antenatal and postnatal care services across our eleven health posts. The dedicated health staff at these locations have concentrated on providing regular check-ups, nutritional counseling, and essential health education for pregnant and postpartum women. As a result, we have seen a significant enhancement in both maternal and neonatal health within the programme areas. This year, with the direct supervision and technical support from CAN's health staff, 183 women have benefited from these services.



Our teams at the eleven health posts has been dedicated to promoting child nutrition and assessing the nutritional status of children using Mid-Upper Arm Circumference (MUAC) measurements. During this initiative, we evaluated the nutritional health of 1,243 children, categorized into two age groups: those under 11 months and those aged 12 to 23 months.

According to our findings, the nutritional status of both age groups was found to be normal. Furthermore, the child nutrition programme implemented through local health posts has yielded positive results, with parents actively participating by bringing their children in for monthly check-ups until they reach one year of age.

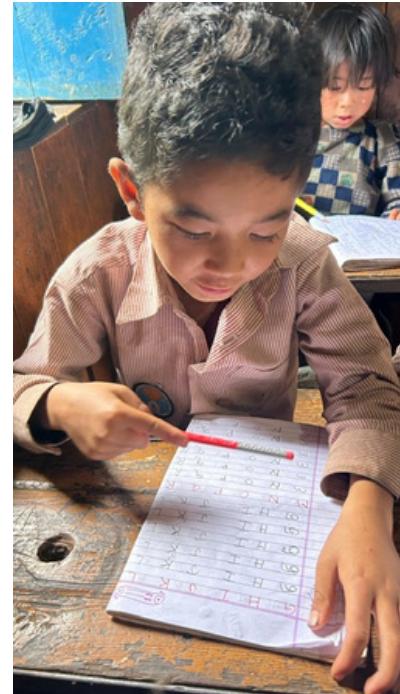
In 2025 we began to fund an additional nurse salary and medicines at Sserang Monastery. The monastery have built the Health Post and provides food and accommodation for the nurse. The monastery is very remote, 6 hours walk uphill from Bihi and access to healthcare was very difficult. There are around 500 residents including monks, nuns, a few villagers and schoolchildren.



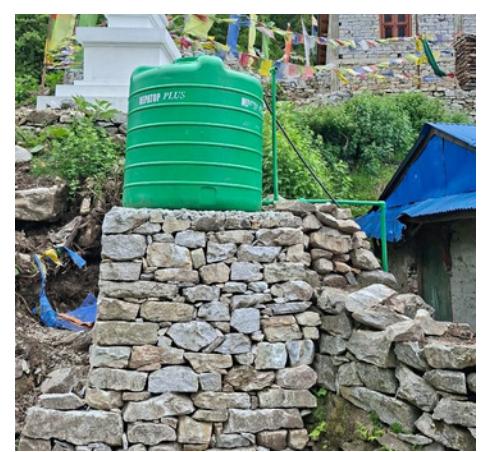
In 2025, our Livelihoods and Agriculture Programme continued to assist local communities in Tsum-Nubri by promoting the growth of a more diverse and nutritious range of vegetables throughout the year.

Key Activities:

- Agricultural Training - 400 individuals received training in agricultural practices.
- Seed Distribution - New seeds were provided to participants.
- Polytunnel Distribution - A total of 160 polytunnels were given to mothers' groups.
- Five new mothers' groups were officially registered with the local municipality.



Our main infrastructure activities over the year have included repairing and renovating boundary walls, the construction of new paths and gates so that nurses and patients alike have safe access to the Health Posts and enhancing water supply systems.





A MESSAGE FROM GLYN UTTING, OUR CHAIR OF TRUSTEES

2025 was another busy, lively and successful year for Community Action Nepal (CAN). We completed our 5-year programme (2020-2025) which saw the completion of 8 new build projects and growth of our health and education service in North Gorkha. We signed up a new 5-year agreement (2026-2030) which see us continue our great work in North Gorkha. We also celebrated the 50th anniversary of the Everest summit of the South West face.

We are delighted to announce that we concluded our current 5-year project agreement with the Nepalese government; successfully supporting and delivering critical health care, education and livelihood projects in the very remote North Gorkha region of Nepal. The team in Nepal have received glowing feedback from the Government on the high standard and approach to this work.

2025 also marks a significant emotional milestone as we delivered our first 5-year agreement, as an organisation, without our inspiring founder, Doug Scott OBE. Based on the success of the last agreement we have committed our future resources to continuing to provide support to North Gorkha, working closely with the local Government to capacity build and start to transition projects to the communities. We will also start looking further afield to support more remote mountain regions in the far West of Nepal. This presents a great but exciting task for CAN and we feel very well placed to take on the challenge.

2025 also saw the 50th Anniversary of Everest the Hard Way, the first successful summit of Everest via the South West Face. An expedition led by our Patron, Sir Chris Bonington, which saw the first summit by Britons, including our founder, Doug Scott OBE. The celebratory events were a great success celebrating the groundbreaking achievements of Chris and whole team but also recognising the incredible work and legacy of Doug and his work in Nepal.

2025 was a great year and we are thoroughly looking forward to continuing our great work into 2026 with our fantastic supporters. None of this is possible without you and I would like to thank you all for your incredible support.

THE SITUATION IN NEPAL

**MURARI GAUTAM,
COUNTRY
DIRECTOR, NEPAL**



I am very delighted to present the brief annual report of 2025, where we have done so much productive work in the different communities of North Gorkha (Chumnuibri rural municipality). Earlier in the year we established a new health clinic at Sserang monastery, where approx 500 people are now directly benefitting including monks, nuns, school students and old age people in the community. We have started the new school building construction work at the Nile - Chhule community. We have already cleared the land for the school building construction and started to collect the locally available construction materials. The land leveling work has been completed by the community contribution. CAN is going to purchase the construction materials from the market in Kathmandu / Gorkha bazar and deliver it through the mules and porters.

We have been operating 12 health posts / clinics and a pathology lab by deploying CAN nurses and lab technician, providing medicine and medical equipment, regular health education to the school students, mothers' group and community members and distributing hygiene kits. CAN regularly conducts clinical update training to the nurses to enhance their skill and knowledge.

We have been contributing support for the education program in the mountain community of North Gorkha, supporting 6 schools and with education materials, teacher support and infrastructure development as required. With our help the schools enhance their academic level and provide better education to the students.

Another high priority program is Livelihood, where we provide different kinds of vegetable seeds, tool kits, polytunnels and water pipes for the irrigation. The community people are consuming fresh and organic vegetables and getting proper nutrition for their good health.

We made a five year project agreement (2025 to 2030 December) between the CAN and Social Welfare Council (SWC) to continue our program in North Gorkha. During the agreement period CAN will explore the additional new project location in the west of Nepal to expand our activities. We are hoping that the needy community people in the west of Nepal will receive near hand service and make their life easier through our quality service in the near future.

Everest The Hard Way

50th Anniversary Events

The year 2025 holds special significance for CAN, commemorating 50 years since Doug reached the summit of Mount Everest alongside Dougal Haston during the iconic 'Everest The Hard Way' expedition. Led by Sir Chris Bonington, this ambitious team aimed to conquer the world's tallest peak via the challenging South West Face. At that time, this route had never seen a successful summit, despite five prior attempts. On the evening of September 24, 1975, Doug and Dougal made history as the first British climbers to stand triumphantly at the summit. With the support of our patrons, Trish Scott and Sir Chris Bonington, along with our trustee Paul 'Tut' Braitwaite, we began organising a series of events to honor this extraordinary achievement. After two years of planning, we were thrilled to host two events in London and an exhibition in Grasmere, all aimed at raising funds to complete Phase Two of the Sherpa Heritage House in Kumjung, fulfilling Doug's promise to Pertemba Sherpa.



50th Anniversary Exhibition

Heaton Cooper Gallery, Grasmere

On Wednesday, August 13th, a launch event was held to kick off the celebrations and provide a preview of the month-long exhibition at Heaton Cooper Gallery in Grasmere. We are grateful to Julian Cooper and Becky Heaton Cooper for generously allowing us to use the gallery. Our very own David Nightingale meticulously planned, designed, and constructed the entire exhibition, which was based on the chapters of the book 'Everest The Hard Way'. The exhibition showcased stunning mountain photography by Doug and Sir Chris Bonington, along with displays of climbing gear, expedition equipment, and personal items from the climb, some of which were presented to the public for the very first time.



The exhibition turned out to be an incredible triumph. After receiving national television coverage, visitors travelled from all corners of the country to attend. The gallery even received inquiries from international callers, stating that it was their most popular exhibition to date. The visitors' book was filled with 118 pages of heartfelt comments, including:

- "This is an amazing exhibition—you can 'feel' the determination. Thank you!"
- "I enjoyed learning more about climbing Everest—Leo (age 9)"
- "The exhibition was so interesting; I LOVED IT! Thank you—Martha (age 7 and a half)"
- "Fantastic and informative exhibition—totally worth the 250-mile visit!"
- "David's brilliantly curated exhibition took us through the logistics, the highs and lows, and the sheer grit and determination of the 1975 expedition. Inspiring and fascinating!"

50th Anniversary Lecture

Royal Geographical Society, London

On Wednesday 24th September - 'summit night' - our celebrations moved to the Royal Geographical Society in London for a lecture with many of the surviving expedition members present on stage including Pertemba Sherpa and Ang Phurba who travelled from Nepal to join us. Expertly hosted by the wonderful Julie Summers who led conversation with the expedition members about the planning and execution of the journey to the summit. A series of video clips and interviews filled the evening, expertly put together by John Porter, including a message from Jim Duff in Tasmania, interviews with Doug talking about his experiences and a couple of very humorous interviews with PT and Ang Phurba filmed by a previous trustee Ben Ayers. The evening was brought to a close by Rosie Scott-Ward who talked about her father's achievements and the ongoing work of CAN followed by a film about the Sherpa Heritage House. With a sell out audience of 700 and many more watching a live stream the evening was both moving and inspiring.



50th Anniversary Gala Dinner

Fishmonger's Hall, London

Our events in London reached a grand finale with a splendid Gala Dinner held at Fishmonger's Hall. Hosted by the delightful and generous Dame Joanna Lumley, the evening featured a champagne reception, a sumptuous three-course meal, and a unique auction conducted by Bonhams of London. The auction raised an impressive amount on the evening with more being added from the online auction which finished the following day.



50th Anniversary Lecture

Kendal Mountain Festival

On Saturday 22nd November a pared back lecture was held at Kendal Mountain Festival. Onstage was Sir Chris Bonington, Paul 'Tut' Braithwaite, Dr Charlie Clarke, Arthur Chesterman, Martin Boysen and Rosie Scott-Ward, all expertly hosted by John Porter. The event was delivered to a sell out crowd of 900 with festival director, Clive Allen hailing it as 'the highlight of the festival for him and so many others'. We would like to thank Clive and Kendal Mountain Festival for their generosity in donating 25% of ticket sales from the event to us.



Sherpa Heritage House, Kumjung

I'm delighted to say that the events raised in the region of £140,000. This incredible amount will allow us to complete Phase Two of the restoration of the Sherpa Heritage House. The Sherpa Heritage House is a circa 300-year-old traditional stone and timber home in the village of Khumjung, which lies within the Khumbu region of Nepal. It is the ancestral home of Pertemba Sherpa, or PT, as he's affectionately known. In 2014, before the 2015 earthquake, the house was turned into a small museum to preserve the traditional Sherpa way of life through a house and artifacts within. In the 2015 earthquake, the Sherpa Heritage House was unfortunately critically damaged. The community of Khumjung and neighbouring Kunde requested support from Community Action Nepal to assist in the preservation of the house in both its layout, to demonstrate the traditional Sherpa way of life, and its construction, as an example of traditional construction methods originated in Tibet. Doug made a promise to PT to complete the reconstruction and preservation of his ancestral home, and also increase its support of the local people in other ways. Doug was unable to complete that project before he died. We have already completed work on the Gompa, Phase Two will see the construction of a museum and photography gallery showcasing images and artefacts throughout the last 90 years, from early expeditions of the region through to modern times. Work has already begun clearing the area and gathering the materials needed for the building.



Thank You to our sponsors

We would like to say a massive thank you to our sponsors for making all of this possible. To the team at Berghaus for their unwavering support, going above and beyond to turn our plans into a reality. To everyone at Fishmonger's Hall for their generosity and patience. To Bonhams for their fantastic auction and expertise and to Reeds in Penrith for covering all the costs of printing. We would also like to thank Julie Summers, John Porter, Mark Holden-Hindley, Charlie Morison, Robin Holland-Martin, Ben Ayers, Denise Prior, Helen Slater, Julian and Becky Heaton-Cooper.



Bonhams



Our New Five Year Agreement

2026 heralds the beginning of our new five-year partnership with the Government of Nepal and the Social Welfare Council. Following over a year of dedicated effort by Murari and the team, and delays caused by unrest in Nepal, the agreement was officially signed in December 2025.

Over the next five years, we will continue to operate twelve Health Posts and Outreach Posts in the Tsum-Nubri region, with the plan to hand many of these over to the Local Municipality by the end of the agreement. Our focus will be on capturing better data from our Health Posts to enhance our services and share this valuable information with the government to foster improvements throughout Nepal. Additionally, we will maintain our support for five schools and implement our Livelihoods and Agriculture Programme across the valleys.

Infrastructure Development

As part of this agreement, we will:

- Construct a new school in Nile-Chhule
- Reconstruct the damaged Health Post in Lihii
- Build a porter rescue shelter near Dharmashala, close to the Larke-La pass on the Manaslu circuit.

We are eager to embark on this work over the next five years. Moreover, we will initiate research for a new area to operate in after 2030, as the Government of Nepal is enthusiastic about us bringing our expertise to another remote valley.

In Nile-Chhule, the community is excited to start the school construction and has already cleared the land and gathered materials needed to kick off the project.



Supporter News

David Nightingale

This year we would like to thank someone who is very special to everyone at CAN: David Nightingale. This year David's phenomenal exhibition in Grasmere was admired by everyone who went to see it and the gallery themselves said that it was the most popular exhibition they had ever staged. David worked tirelessly for months organising the exhibition, from designing the concept of following the chapters of the book 'Everest the Hard Way', to choosing the right images and sourcing all the equipment to be displayed. He designed all the information boards and even built the display cabinets himself. The building and putting together of the exhibition in the days before the launch were also done solely by him. David was at the gallery regularly throughout the exhibition to answer any questions visitors may have and to explain what the equipment was for. He also decided upon the final list of auction prizes for both the in person and online auctions.

In the background David is always on hand to help the staff at CAN with a smile and a joke. He supports us when looking for new images for cards and prints, Always helps with the setting up of events such as Kendal Mountain Festival. He chooses and leads the walks we do at our regular September event, and is always there to give us guidance when we have questions about Doug or the history of CAN because of his extensive knowledge.

So to David; all the staff, trustees, patrons and volunteers thank you for your tireless work and support of everything that we do. We couldn't do it without you!



2025 Gallery

We have accumulated many pictures during the course of the year so we thought we would share some of our favourites with you.



Support Us

There are many ways you can support us to continue our work in Nepal.



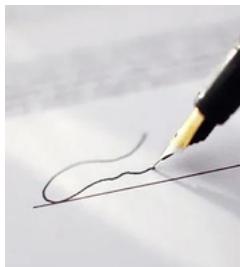
You could buy yourself or a loved one a gift from our online shop.

There are lots of ways you can fundraise for us. Look at our 'Support Us' page on our website and download our Friends of Can Pack for a complete A-Z of fundraising ideas



Does your company or employer have a Corporate Social Responsibility policy? There are so many different ways that your business or organisation can partner with us. We now have our Corporate Supporters guide on our website with different ways in which companies can support us.

Do you love to run, walk, cycle or swim? Why not take on a challenge event to raise money for us. Talk to us about how we can help you to do this.



Leaving a gift to Community Action Nepal in your will enables us to continue changing lives in Nepal whilst creating a long-lasting legacy for you and your family.



We would like to take this opportunity to thank our hard working and dedicated team in Nepal for everything they have achieved over the past 12 months. From our Head Office staff in Kathmandu, to our Health and Agricultural staff working in the remote villages in North Gorkha we are extremely grateful for everything you do.

And finally a huge thank you to all our supporters and volunteers, without whom we could not deliver this vital and life - changing work.