



# Friends of CAN Handbook



**DELIVERING LIFE-CHANGING HEALTH,  
EDUCATION AND LIVELIHOOD  
PROGRAMMES IN REMOTE MOUNTAIN  
COMMUNITIES OF NEPAL**



# CAN Overview

## Background and History:

Community Action Nepal is a UK based charity whose aim is to help some of the poorest people on the planet – the mountain people of Nepal. It helps local communities to raise their standard of living and strengthen indigenous, community-based cultures. We have a proven track record improving the standard of living in remote mountain communities, delivering anti-poverty initiatives and advancing health care in Nepal over the past 25 years. It was set up by the British mountaineer Doug Scott CBE (1941-2020), who was the first Briton to summit Everest in 1975 with Dougal Haston. All these years later the provision of education, essential health care and livelihood development remains a continuing challenge in remote mountain communities with the Covid-19 pandemic and now the global cost of living crisis in Nepal reinforcing the importance of CAN's work.

CAN's ethos is quite simple in its ultimate objective; to provide support where it is needed the most, straying off the beaten track to support communities to help themselves, and reduce donor dependency.

Nepal is the second poorest country in Asia with a history of civil war, corruption and devastating earthquakes. It is highly vulnerable to climate change: the rate of warming in the Himalaya is twice the global average. In the last 25 years CAN has achieved significant success delivering development projects across central and eastern areas of the country with 60 projects in 40 communities supporting 250,000 mountain people. However, at the request of the Nepalese government we are now concentrating our efforts in North Gorkha to maximise impact.

After the 2015 earthquake CAN had to rebuild and retro-fit the vast majority of health posts and schools, etc (35+ projects) in adherence with 'Building Back Better' principles and drawing on vernacular building methods. More recently our livelihoods and agriculture programme is helping vulnerable people become more food secure, improve nutrition and develop sustainable income sources.



## Our Key Principles:

- Community driven
- Community 'buy in' and local governance
- Locally led solutions
- Sustainable scale
- Financial transparency
- Serving Rural Communities
- Spirit of collaboration and partnership

## What Has CAN Achieved:

- 19 rural health posts (including staffing, medicines and supervision)
- 17 schools (including funding teachers salaries and equipment)
- 2 school hostels
- 1 nursery
- 3 Porter Rescue Shelters
- 5 sanitation blocks
- 3 clean water projects
- 1 hydroelectric scheme
- 3 gompas
- 2 community centres
- 1 Elderly Peoples' complex
- 3 demonstration homes
- 1 Sherpa Heritage House
- Numerous livelihood schemes



## Future Challenges:

- Concentrating our focus in North Gorkha in the Tsum-Nubri Rural Municipality to maximise impact. In this remote region access to the nearest hospital is 6-10 days on foot. There are no doctors and government health staff are often reluctant to work in this remote area.
- Improving access to universal health care in remote mountain villages with curative, preventative and health promotion interventions. Development of a chain of 13 Health Posts with a hub at Philim.
- Ensuring that we preserve the learnings from Covid-19 to build resilience in the face of any future public health emergencies.
- Supporting educational opportunities in Tsum-Nubri to help stem educational outmigration
- Improving livelihoods by increasing the capacity of subsistence communities to grow high value crops, adhere to organic practices to protect the environment, strengthen food security and improve nutrition by growing a wider range of vegetables and crops.
- Contributing to the Sustainable Development Goal's, especially 1-5 (No Poverty, Zero Hunger, Good Health and Wellbeing, Quality Education, Gender Equality)

It currently costs us approximately £400,000 a year to deliver these vital, life-changing programmes. We receive no statutory funding for our work.



# What is a Friend of CAN?

A 'Friend of CAN' is a supporter willing to go the extra mile to help us raise vital funds for the charity.

They will have a good understanding of our work in Nepal and our fundraising needs here in the UK.

They will help the charity to tell the stories of about our work, raise much needed funds, act as a representatives for CAN at events which 'Friends' organise, or simply offer their time to volunteer at events we set up.

Ideally, a 'Friend of CAN' will help to raise money by appealing to the wider public, and not from their own pockets.

A 'Friend of CAN' is someone that the charity can reach out to for extra support from time to time, should we need it.

Our 'Friends' will ideally be able devise, plan and deliver their own fundraising ideas in aid of CAN throughout the year, with the support of the CAN staff should they require it.

There is no minimum financial commitment required from CAN, but we suggest that organising at least one event, raising funds, or volunteering with us at one of our events each year is a good target to aim for.



# How can we help you?

Our team here at CAN can provide you with support and guidance throughout the year, should you need it.

We can send you images, videos and posters, as well as pre-written talks and PowerPoint presentations.

We can help you set up your fundraising pages on platforms such as Facebook and JustGiving.

We can provide you with ideas for the wording of your invitations, emails and posters.

We can give you regular updates on the work of other 'Friends of CAN' to give you new ideas and inspiration.

We will be available for you to speak with if you just need a chat, or some more information about our work.

We will promote your events on our website and social media pages, as well as in our e-newsletters. If you are doing a challenge event we will provide you with a free t-shirt.



# What kind of things can a Friend of CAN do?

We already have a number of supporters who regularly organise their own fundraisers or events. Some of these include:

- Baking and selling cakes
- Organising events for CAN
- Selling items online and donating the proceeds, such as books, calendars, clothing and artworks.
- Organising your own talks at venues such as schools, village halls, community centres and places of worship, and asking the attendees to donate.
- Taking part in challenges and asking for sponsorship, such as cycle rides, marathons, long-distance walks, a CAT Trek, parachute jumps or mountain climbing.
- Organising corporate fundraisers at their place of work, such as the 'Virtual Everest Stairs Challenge'. These are great team-building exercises!
- Asking their employer about their CSR policy (Corporate Social Responsibility) and the possibility of match funding.
- Setting up school partnerships, where pupils are encouraged to learn more about Nepal and develop their own ways to fundraise.
- Volunteering at one of our events, helping us to sell merchandise, picking up and dropping off equipment and stock, meeting and greeting people at our talks and lectures, or simply helping us to promote our events among your friends and colleagues.





# Case Studies

**Cakes for CAN** - Baking cakes for CAN in the workplace or in local communities spreads the word and gives people an opportunity to support the charity. People can bake cakes as individuals or work together collectively. One of our supporters, Linda Orritt, regularly bakes and sells cakes for CAN. She has raised thousands of pounds for CAN, and the cakes are always the most popular item for sale at our events!

**Sponsored challenges** - The Tri4Life team are a committed group of friends who undertake challenges every year to raise money for charity. Over the last three years, they have been committed to raising money for CAN. In 2022 they successfully summited Mt. Everest and are aiming to raise over £25,000. In preparation for their climb, they have undertaken various other fundraising challenges on our behalf, including running the London Marathon dressed as mountaineers, hosting talks and organising fundraising dinners. They have also met with members of the UK parliament to garner support and to raise the profile of our charity in the press.

The Moel Siabod Cafe is also one of our long-running supporters who organise many of their own sponsored challenges. Over the years, they have regularly held fundraising projects, ranging from hosting lectures at the café; organising an annual 100-mile sponsored cycle ride; organising a 'Reach out for Nepal Day', where they offer traditional Nepali foods and drinks for sale; as well as running seven marathons in seven days earlier in 2021. They have raised thousands of pounds over the years and never fail to surprise us with their fundraising ingenuity.

**Calendars for sale** - Helen Slater is an artist who creates fantastic paintings of Nepal. Each year, Helen creates calendars of her Nepal artworks and sells them to raise money for CAN. They always sell out and are a welcomed addition to our merchandise each year.



**Sponsored swimming** - Andrew Elliman is a passionate supporter of CAN and has been to Everest a number of times raising substantial funding for the charity. His latest endeavour was trying to swim the English Channel in aid of CAN. This is particularly remarkable because he had to learn to swim! He trained very hard and pushed himself to his limits. Fundraising can sometimes inspire us to achieve our personal goals.

Other activity-based fundraising includes walking, fell running, cycling, mountain biking and mountaineering challenges.

**Concerts for CAN** - If you are a musician or know any musicians, comedians or famous people, you could organise a concert in support of CAN. One of our trustees, Phil Powell, asked some world-class musicians if they would perform a concert for CAN. The ex-members of the renowned Hilliard Ensemble were very generous and played a contemporary classical concert with the Swiss violinist, Paul Giger, in Oxford in recent years. It raised over £2,000. It could be any genre, so think about hosting some classical music, jazz, punk, grime, garage, or perhaps a comedy show or Ceilidh.

**CAN Lunches** - Ingram and Hywel Lloyd have in the past successfully organised a series of CAN charity lunches including a main meal, dessert and glass of wine for their friends and neighbours. The last series of CAN lunches raised around £1,000 and enables people to socialise but raise much needed funds. Geraldine Boocock organises an annual BBQ at her home, and raises a very substantial amount of money as well as helping us to spread the word of our great work.

An alternative might be a Dhal bhat evening and beer, combined with a showing of CAN's promotional film. We've put in some recipes later in this handbook.



**Corporates, SME's and business partnerships** - Focus Group Ltd took part in our 'Virtual Everest Stairs Challenge' in 2020, helping us to raise over £45,000. Focus Group Ltd reached out to all of their staff and organised a special Everest Challenge one weekend, in which they collectively climbed the height of Everest on their office staircase in one day! These events are fantastic for team building and for generating publicity for your both CAN and the businesses themselves.

**Talks and lectures** - We all know people who have expertise in a particular field. They might be artists, actors, academics, doctors, nurses, teachers, engineers, and even mountaineers! People can be very generous with their time and may be prepared to give a talk or lecture in support of CAN. "If you don't ask, you don't get" is a mantra which always underpinned Doug's approach to fundraising for over 25 years so it is always worth asking politely! Alternatively, we can provide you with the information, images and videos you'll need to host your own talks about our work, or you could book one of our Trustees or staff members to give the talk too.

**School and College fundraising** - Egglecliffe School in County Durham took a group of young students on a trek with CAN. Since then they have been educating other students at the school about Nepal. Their year 7's have adopted us as their charity of the year and will be organising a series of fundraising events. Any school could take part in a similar scheme and we would be happy to provide resources.



# A-Z of Fundraising Ideas

<b>A</b> <ul style="list-style-type: none"><li>• Arts Exhibition</li><li>• Afternoon Tea</li><li>• Auctions</li><li>• Abseiling</li></ul>	<b>E</b> <ul style="list-style-type: none"><li>• Eighties Evening</li><li>• Egg &amp; Spoon Race</li><li>• Everest Trek</li></ul>	<b>I</b> <ul style="list-style-type: none"><li>• Indoor Rowing</li><li>• Indoor Games</li><li>• International Evening</li></ul>
<b>B</b> <ul style="list-style-type: none"><li>• Bike Rides</li><li>• Bake Sales</li><li>• Businesses you know</li><li>• Birthday donations</li></ul>	<b>F</b> <ul style="list-style-type: none"><li>• Fashion Show</li><li>• Face Painting</li><li>• Fell Running</li><li>• Film Night</li></ul>	<b>J</b> <ul style="list-style-type: none"><li>• Jazz Festival</li><li>• Jumble Sale</li><li>• Joke-a-Thon</li><li>• Jam Making</li></ul>
<b>C</b> <ul style="list-style-type: none"><li>• Car wash</li><li>• Comedy Night</li><li>• Collection Boxes</li><li>• Climbing Wall Challenge</li></ul>	<b>G</b> <ul style="list-style-type: none"><li>• Garden Party</li><li>• Games Night</li><li>• Give a talk</li><li>• Giving Tuesdays</li></ul>	<b>K</b> <ul style="list-style-type: none"><li>• Karaoke</li><li>• Keep Fit Challenge</li><li>• Knitting Marathon</li></ul>
<b>D</b> <ul style="list-style-type: none"><li>• Dinner Party</li><li>• Dog Show</li><li>• Dress down Days</li><li>• Dal Bhat Evening</li></ul>	<b>H</b> <ul style="list-style-type: none"><li>• Himalayan Challenge</li><li>• Head Shave</li><li>• Halloween Party</li><li>• Highland Games</li></ul>	<b>L</b> <ul style="list-style-type: none"><li>• Lunches</li><li>• Lady's Night</li><li>• Line Dancing</li><li>• Limbo Competition</li></ul>

<p><b>M</b></p> <ul style="list-style-type: none"> <li>• Marathon</li> <li>• Mountain challenges</li> <li>• Music Evening</li> <li>• Murder Mystery Evening</li> </ul>	<p><b>Q</b></p> <ul style="list-style-type: none"> <li>• Quizzes</li> <li>• Quilt Making</li> </ul>	<p><b>U</b></p> <ul style="list-style-type: none"> <li>• Unwanted Gifts sale</li> <li>• Uniform Free day</li> </ul>
<p><b>N</b></p> <ul style="list-style-type: none"> <li>• Nepal Evening</li> <li>• Netball Tournament</li> <li>• Nature Trail</li> <li>• Nail Painting</li> </ul>	<p><b>R</b></p> <ul style="list-style-type: none"> <li>• Raffles</li> <li>• Race Night</li> <li>• Rotary Clubs</li> <li>• Rounders tournament</li> </ul>	<p><b>V</b></p> <ul style="list-style-type: none"> <li>• Variety Show</li> <li>• Vegetarian Night</li> <li>• Vehicle Rally</li> </ul>
<p><b>O</b></p> <ul style="list-style-type: none"> <li>• Orienteering</li> <li>• Open Garden</li> <li>• Organise an event</li> </ul>	<p><b>S</b></p> <ul style="list-style-type: none"> <li>• Skydive</li> <li>• Sponsored Silence</li> <li>• Sponsored Events</li> <li>• Swimathon</li> </ul>	<p><b>W</b></p> <ul style="list-style-type: none"> <li>• Wine Tasting</li> <li>• Wainrights Fells</li> </ul> <p><b>X</b></p> <ul style="list-style-type: none"> <li>• Xmas Fayre</li> </ul>
<p><b>P</b></p> <ul style="list-style-type: none"> <li>• Pub Quizz</li> <li>• Parachute Jump</li> <li>• Pennine Way Walk</li> <li>• Plant Sale</li> <li>• Picnic in the Park</li> </ul>	<p><b>T</b></p> <ul style="list-style-type: none"> <li>• Tombolas</li> <li>• Triathalons</li> <li>• Trekking with CAN/CAT</li> <li>• Three Peaks Challenge</li> </ul>	<p><b>Y</b></p> <ul style="list-style-type: none"> <li>• Year planners and calenders</li> <li>• Yogathon</li> </ul> <p><b>Z</b></p> <ul style="list-style-type: none"> <li>• Ziplining</li> <li>• Zumbathon</li> </ul>

# What your fundraising can help us to provide

£5,000 will pay a nurses salary for a year.



£4,700 will pay the salary of a Junior Agricultural Technician for a year.

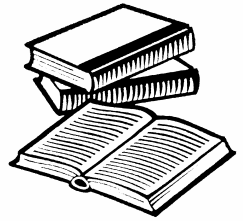
£4,200 will pay the annual salary of the Lab Technician who covers all 10 health posts.

£2,700 will pay a teacher's salary for a year.



£1,300 will pay for all the medicine needed for 1 health post for a year

£1,000 will pay the salary of a Health Post Helper.



£1,000 will pay the salary of a JTA assistant for a year.

£300 will enable us to buy books and equipment for a school for a year.

£180 will pay for everything needed to set up a model garden.



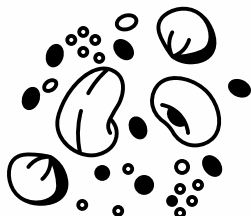
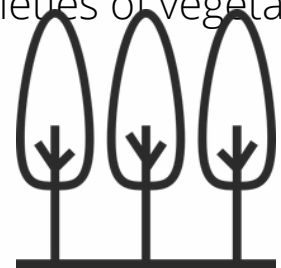
£72 will pay for farmer training to promote the best farming practices in villages.

£65 will pay for a poly tunnel.



£25 will pay for a package of seeds which includes 30 varieties of vegetables.

£9 will pay for a small orchard of 5 fruit or walnut trees.



# Celebrate the Tibetan Festival of Losar with CAN and your friends in February and March!

Losar is the Tibetan Buddhist New Year. The date varies but usually falls in February or March. Losar is celebrated for 15 days, with the main celebrations on the first three days. The Festival of Losar is celebrated in all the remote mountain areas where CAN operates in North Gorkha and revolves around food, family, festivities, singing and dancing. It is a time when homes are spring cleaned, new prayer flags are displayed, incense is burnt, mantras are recited and symbols of the sun and moon are made from flour. People wear their best clothes, debts are settled and quarrels are resolved! Celebrating the Tibetan New year together could be a good opportunity for all of us to spend time with our families, renew friendships and help the CAN family in the UK and beyond connect with all our friends in Nepal during this major Buddhist Festival.

We would suggest charging £10 a head or perhaps more if you provide a drink. Alternatively you could ask your friends to make a donation to CAN. You could also show CAN's short promotional film on our website in case your friends haven't heard of the charity.



# Recipes

Tej Tamang was one of cooks on the 1975 Everest Expedition and is the chair of CAN Nepal; he showed us how to make seriously good dal bhat. If you don't know how to make dal bhat you will find Tej's delicious recipe below. We have also suggested some accompanying vegetable dishes!

## Tej's dal (serves 8-10 with rice)

3 red onions, finely sliced

Vegetable oil

6 cloves garlic, finely sliced

500 g red lentils, washed thoroughly in cold water

1 teaspoon ground cumin

1 teaspoon ground coriander

bit less than 1 teaspoon turmeric

seeds of 4-6 cardamom pods, crushed (depending on how much you like cardamom)

half a teaspoon garam masala

chopped fresh coriander (about a 30g bunch, more if you like)

salt



Fry the onions gently in a large pan until soft (at least 10 minutes). Add the washed lentils, sliced garlic and plenty of cold water (about three times the amount of lentils - the dal should be fairly thin when cooked). Bring to a very gentle simmer and then add the spices. Cook for at least an hour and a half, more if you have the time, until the dal has a smooth soupy consistency. Avoid stirring too much and add more water as necessary. Add the garam masala, fresh coriander and salt to taste just before serving.

Serve with any kind of rice (allow about 60g uncooked rice per person) and potato curry or sag aloo as an added extra.





## Potato curry (serves 8-10)

5 onions, finely sliced

About 2 kg potatoes

Vegetable oil

2 tablespoons black mustard seeds

2 tablespoons whole cumin seeds

up to one teaspoon crushed dried chillies, depending on how hot you want the curry to be

2 teaspoons turmeric

juice of 2-3 lemons

half a teaspoon garam masala

salt



Boil the potatoes in their skins and allow them to cool a bit. Heat the oil in a large saucepan or frying pan and have a lid ready to put on. When the oil is really hot, throw in the mustard seeds, cumin seeds and dried chillies and immediately put on the lid. Let the seeds pop for minute or two but take them off the heat before they burn. When they stop popping, put in the sliced onion and fry on a medium heat until brown at the edges (at least 10 minutes). Then add the turmeric and fry for about a minute. Mash the potatoes roughly (or squeeze them in your hands) and add to the pan. Mix everything together well over a medium low heat. When the potato is heated through, add lemon juice a bit at a time until it tastes sour but not too sour. Add the garam masala and salt to taste just before serving.



## Sag aloo - spinach and potato (serves 8-10)

2 tablespoons black mustard seeds  
about half a teaspoon crushed dried chillies  
Vegetable oil  
4 cloves garlic, finely sliced  
About 500g spinach  
About 1.5 kg potatoes, peeled and cut roughly into 2cm cubes



Heat the oil in a large saucepan or frying pan and have a lid ready to put on. When the oil is really hot, throw in the mustard seed and dried chillies and immediately put on the lid. Let the seeds pop for minute or two but take them off the heat before they burn. When they stop popping, put in the sliced garlic and fry for a couple of minutes. Add the spinach bit by bit and cook until wilted. Add the potato cubes and 3-4 tablespoons of water. Simmer on a low heat with the lid on, stirring regularly to stop it catching on the bottom, for about 20 minutes. Add more water if necessary.

There are many Buddhist and Hindu festivals throughout the year in Nepal. You could celebrate any of these using the recipes above







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Leo Houlding