



# CORPORATE SUPPORTERS PACK



**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)

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



# Why is our work needed?

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.

CAN is currently working in the Tsum- Nubri municipality of North Gorkha at the request of the government of Nepal. The villages of Philim (1,570m), Bihi (1,990m), Prok (2,397m), Lihi (2,920m), Lho (3,180m), Sama Gaun (3,520m), and at Chumling (2,386m), Chhokang Paro (3,031m) Ripchet (2,470) and Nile (3,361m), have a population of over 7,000 people. All these high-altitude villages near the Tibetan border are poor and marginalised and are reliant on subsistence farming. The majority of the population are poor and vulnerable with incomes in the region of £1091 a year (according to earlier baseline surveys), well below the national average of approximately £6,500.

The area is at particular risk of landslide and natural disaster having been close to the epicentre of the 2015 earthquake and has been badly affected by rising prices and reduced tourism and overseas remittances due to the COVID-19 global pandemic. The impacts of climate change are being increasingly felt, with temperatures rising at double the global average across the high Himalaya. Its remoteness and harsh living conditions due to isolation, extreme climatic conditions and lack of basic infrastructure is a challenge for maternal, neonatal, and postnatal health provision, with only 20% of deliveries in Tsum Nubri supported by a skilled attendant and institutional deliveries as low as 11%. Access to the nearest hospital is 6-10 days on foot. There are no doctors and government health staff are reluctant to work in this remote area. Mortality rate for under 5's in Nepal as a whole is 31 per 1000. Stunting and wasting in children under 5 are well above the worldwide average at 36% and 8% respectively. Data from the Health Demographic Health Survey (2016) shows that mountain communities in North Gorkha are amongst the most deprived in Nepal with poor access to health care, infant and under 5 mortality, and malnutrition.



# Health

At its heart, health is the central focus of CAN's core mission. CAN builds health posts in remote rural locations and aims to operate each health post until it is well established within the community and the Government is ready to take them over. There are good precedents for this with CAN handing over 14 health posts in the last ten years to local government.

CAN is currently operating ten health posts across the Tsum-Nubri Municipality in North Gorkha. We are focusing our health care service into the remote valleys of Nubri and Tsum. At each Health Post we employ a trained nurse and nursing assistant to undertake curative, preventative, and rehabilitative interventions to improve local health outcomes. All our health staff in Tsum Nubri are supervised by a peripatetic health supervisor with 24-hour support available from medical consultants in Kathmandu.

The Community Action Nepal health-posts and nurses are vital for the health and wellbeing of the communities. Aside from providing medicine, healthcare, and nursing, they also encourage healthy-living and community support through regular meetings with the villagers. This might include sexual health and wellbeing education, pre and post-natal care, gender-based violence awareness training, mental-health support and help to quit smoking.

On average our Health Posts treat around 10,000 patients every year. In addition to this they deliver around 500 Health Education and awareness workshops with members of the community including schoolchildren, monks, and mother's groups. All CAN health staff work closely with the Rural Municipality of Tsum Nubri and our health interventions align with the Government of Nepal's Health Sector Strategy, which aims to strengthen universal health care for vulnerable populations.



## Outcomes:

The CAN Health Posts in Tsum-Nibri will have a material impact in this remote region and will help contribute to the Global Goal for Sustainable Development 3 (Good Health and Wellbeing) by:

1. Providing safe motherhood support including antenatal care, attended births and postnatal care in line with the Government of Nepal guidelines, thereby supporting the achievement of improving maternal mortality and neonatal mortality rates (Global Goal 3.1, 3.2)
2. Promoting paediatric care through ongoing child assessments, nutritional screening, breast feeding advice in the first 2 years of life, and the provision of micro-nutrients and de-worming advice (global goal 3.2)
3. Increasing vaccination take up rates and reducing the incidence of communicable diseases (Global Goal 3.3)
4. Providing emergency care, and undertaking regular patient health checks, improving the treatment of acute and chronic conditions, as well as providing routine surgery and dental care (Global Goal 3.3, 3.4)
5. Delivering sexual and reproductive health services, as well as delivering preventative health education on sexual and reproductive health, disease prevention, hygiene, sanitation, smoking and alcohol, by working with mother's groups, schools, and community groups (Global Goal 3.5, 3.7)





# Livelihoods and Agriculture

Our livelihood and agriculture programme began in 2016 as part of our post-earthquake recovery programme. It has been funded by the Big Lottery Foundation and CAFOD. The programme is developed and managed in the UK by our Trustee, Dr. Claire Souch and CAN friend Dr. Till Pellny who is an agricultural engineer and in Nepal by Sanjeev Singh.

The aims of CAN's Livelihood & Agriculture program are to:

1. Improve health and wellbeing through improved nutrition from more varied diets incorporating organically grown vegetables and nutrient-enriched staple crops such as wheat.
2. Increase income of local families through high-value crops, to improve living standards and reduce migration away from the communities.
3. Supporting mothers' groups to deliver more effective and sustainable women-led Community Based Organisations (CBOs) and contributing to the Sustainable Development Goals (SDG2) and the Government of Nepal's Women's Empowerment Strategy.

Over the past five years, we have employed four Junior Technical Assistants (JTA's) and six agricultural helpers to develop model organic kitchen gardens at each health post. The JTA's and helpers work alongside our nurses to distribute seeds, equipment and provide capacity building to the local community, developing a network of over 600 organic kitchen gardens across Tsum-Nubri and improving food security for over 3,000 beneficiaries.

During the last 18 months the programme has helped our communities cope with food shortages arising from Covid-19. The model gardens at CAN health posts alone produced 661kg of vegetables in 2020, in 2021 the local communities produced 28,000kg of vegetables and cereals which were consumed by CAN staff and local vulnerable communities. Over 900 individuals were trained despite social-distancing measures.

As well as growing nutrient rich and varied crops, the team have also collaborated with the Nepal Agricultural Research Council to distribute new varieties of bio-fortified wheat to local farmers with enhanced zinc and iron levels, which can be milled locally into flour to produce healthier bread.

This programme also provides the residents of these communities with the skills and tools they need to develop income-generating enterprises. As well as selling surplus food at local markets and trekking houses, the communities are also growing high-cash crops such as saffron, walnuts, apples and pears as well as cultivating mushrooms and constructing beehives to produce organic honey.

In line with our ethos, CAN's livelihood and agriculture programmes use organic techniques to reduce reliance on commercial chemicals and fertilizers benefitting the environment and soil quality, reducing costs and preventing lock-in to Big Ag tech companies. Equipment and seeds are sourced from within Nepal wherever possible to support the development of supply chains and the economy within the country, with broader benefits outside CAN's project areas.

Having access to a more varied and nourishing diet is a key part of CAN's preventative health measures. Over 35% of children under 5 in Nepal suffer from chronic malnutrition. Healthier people are more resilient to disease and infections, and children and young people grow up fitter and stronger - as well as being able to concentrate more at school.



# Education

CAN constructs school buildings when asked to by local communities, by working with local committees and the local government we aim to have teachers in post who are paid for by the government once the construction has finished and the school has been opened. We encourage the schools to educate all children, including the Dalits (untouchables), and to focus on the whole child and not just to produce imitation westerners. We encourage the teachers to emphasise the strength of the Nepalese child and help make them proud of who they are within their extended family setting, high up in the hills, resilient and resourceful, coping with the daily challenges of living in the mountains. Unfortunately, many of the school buildings we had constructed were destroyed in the earthquake of 2015. We were successful in our fundraising efforts and have been able to rebuild the schools to construction standards that are earthquake resistant thanks to support from experienced structural engineers. CAN has also installed a library in all schools it has/is supporting for the benefits of pupils and wider community.

Currently we are supporting teachers' salaries at Yarchu and Chumling in the Tsum-Nubri valley of North Gorkha, Manakamana -a specialist school for the Deaf in lower Gorkha and offering additional support to Bahrabise, another school for Deaf children in the Sindulpolchok district. In 2022 we constructed a new school at Prok in the Tsum-Nubri Valley, which was officially opened by our patron Trish Scott in November. The school has the capacity to teach 50 children from the local area.



# How can we work together?

Working in partnership with corporate sponsors really matters to us and helps us to achieve our objectives of supporting some of the most vulnerable communities on the planet; the mountain communities of Nepal. Every penny you raise will make a huge difference to our work and we recognise the corporate partnerships should always be mutually beneficial which is why we aim to build a bespoke agreement with each business who supports us.

There are many ways you can get involved as a corporate partner of Community Action Nepal.

## **One off and lower levels of support:**

- Have one of our charity tins in your business premises.
- Sponsor one of our events or newsletters.
- Buying or lending us equipment.
- Match funding for your staff who complete a fundraising challenge for us.
- One off staff event - for example a bake sale or dress down day.
- Taking part in sponsored events.
- Pro bono work.
- Volunteering at one of our events.
- Donations and Gifts in Kind.
- Buying tickets for our events.

## **Medium Levels of Support:**

- Giving directly from your pay is tax efficient and your regular support in providing a reliable income is invaluable to CAN. Anyone can give if his or her pay or pension is taxed through PAYE and the employer offers a Payroll Giving Scheme. The increase in value is even greater if you pay higher rate tax.
- We can come and give a presentation to your staff about the scheme.
- The scheme is easy for you as an employer to set up and administer.
- Companies can get tax relief and a quality mark for joining the scheme.



## Higher Level Support:

- Choose us as your 'Charity of the Year'.

Ideas for you to use:

- Opportunity for staff to fundraise as a team: dress down days, cake sales, tasteless tie day, Hawaiian shirt day, mad Monday, fun Friday ..the list is endless. Could you challenge yourselves to think of one a month or even one a week!
- Small events or large events.
- Team focussed challenge events.
- Volunteering opportunities.
- Presentation to your staff about our work.
- We can provide resources for advertising events.

Benefits for the Comapny:

- Boosts staff morale.
- CSR policy.
- Initial press release and further media opportunities throughout the year.
- Logo advertised on our website .
- Recognition on our social media platforms.
- Tax relief opportunities.



# What we can do with your Support

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



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

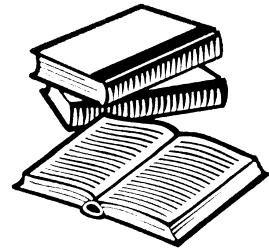
£4,200 will pay the annual salary of the Lab Technician who covers all 10 health posts.

£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.

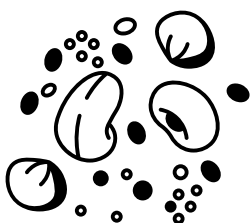
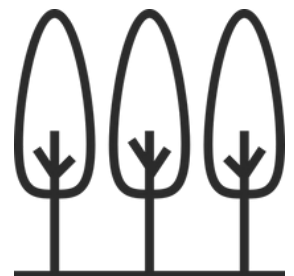


£65 will pay for a poly tunnel.



£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.







Stewart Hill Cottage, Hesket Newmarket, Wigton, Cumbria CA7 8HX  
01768 867671 | [info@canepal.com](mailto:info@canepal.com) | [www.canepal.org.uk](http://www.canepal.org.uk)  
Registered charity No: 1067772 Company number: 03477884  
Founder: Doug Scott CBE  
Patrons: Sir Chris Bonington CVO, CBE, DL; Patricia Scott;  
Leo Houlding