

## How Your Donation/s Can Help Us

Reduce the gaps in health service provision, especially for poor and disadvantaged people

- **£5** will buy a ring pessary to ease the suffering of a woman with uterine prolapse.
- **£10** buys packets of oral re-hydration solution to treat 100 children with acute diarrhoea.
- **£30** saves the lives of 100 children under five with acute respiratory infection: a major killer in Nepal.
- **£45** cures a patient of TB.
- **£100** buys 40 packets of clean home delivery kits that protect 100 babies and mothers from infection.
- **£100** can buy a set of life-saving basic equipment for a health post in a remote village.
- **£150** can cure 100 cases of sexually transmitted disease.
- **£150** will cover the cost of an operation to permanently repair uterine prolapse.
- **£400** pays for a year's supply of life-saving drugs at a rural health centre.
- **£2,880** can, for one year, educate and mobilise 30 young people to fight against HIV/AIDS.

I enclose a cheque/postal order made payable to the **Britain-Nepal Medical Trust** for £ \_\_\_\_\_

### Committed Giving and Donating Online

Alternatively, you can imagine how a regular monthly amount of £5 or £10 would make an even greater impact on the lives of the Nepalese. You can arrange this by completing and returning this form; or you can donate, or set up direct debit, online through the Charities Aid Foundation's secure fundraising service by going to BNMT's website at [www.britainnepalmedicaltrust.org.uk](http://www.britainnepalmedicaltrust.org.uk) or the Charities Aid Foundation site [www.givenow.org](http://www.givenow.org)

To the Manager ..... (Bank)

Address.....

..... Post Code .....

Name.....

Address.....

..... Post Code .....

Account No..... Sort Code.....

Please pay the Britain-Nepal Medical Trust the sum of ..... (figures)

..... (words)

Starting on / / Monthly  Quarterly  Half-yearly   
Annually

Signed ..... Date .....

### Tax Effective Giving

Since April 2004, a new scheme from the Inland Revenue enables you to give to charity through your tax return. All you have to do is quote the reference **UAK68HG** and nominate The Britain-Nepal Medical Trust as the recipient of your tax repayments.

### Gift Aid Declaration

The other way you can help BNMT raise funds is by returning the Gift Aid declaration below. This means that you authorise BNMT to reclaim from the Inland Revenue tax you have already paid.

- All gifts from UK taxpayers now qualify for Gift Aid.
- If you are a UK tax payer and want the BNMT to treat all donations you have made since 6th April 2000 and all donations you make from the date of this declaration, until you notify us otherwise, as Gift Aid donations, please tick here

Date / /

Name..... Signature.....

Address.....

..... Post Code .....

Please tick here if you would like to receive details on how to make the **Britain-Nepal Medical Trust** a beneficiary of a legacy.

Please return the completed form to

**The Britain-Nepal Medical Trust**

Export House • 130 Vale Road • Tonbridge • Kent TN9 1SP

Tel: 01732 360284 • Fax: 01732 363876 • Email: [info@britainnepalmedicaltrust.org.uk](mailto:info@britainnepalmedicaltrust.org.uk)

[www.britainnepalmedicaltrust.org.uk](http://www.britainnepalmedicaltrust.org.uk)

Registered Charity No 255249

# Building A New Nepal

BNMT aims to assist the people of Nepal to improve their health through the realisation of their health rights. It does this by working in partnership with the Ministry of Health, international and local non-governmental organisations, local committees and communities to:

**strengthen the capacity of local institutions to respond to the community and globally identified health needs of disadvantaged groups – the poor, women and children – with effective preventative and curative health care services;**

**empower communities, especially disadvantaged groups, to advocate for and obtain improved and equitable access to essential health services and resources;**

**validate models and approaches that provide affordable and accessible quality health care services for disadvantaged groups that can be advocated, replicated and adapted by others;**

**and**

**develop mechanisms that will ensure the sustainability of outcomes after completing hand-over of successful programmes to local institutions and organisations.**

**The  
Britain-Nepal  
medical trust**

**FRSB**  
FundRaising  
Standards Board



**The Britain-Nepal Medical Trust**  
*Annual Report 2008/9*

**Registered Office**  
Export House • 130 Vale Road • Tonbridge • Kent TN9 1SP  
**Tel:** +44 (0)1732 360284 **Fax:** +44 (0)1732 363876 **Email:** [info@britainnepalmedicaltrust.org.uk](mailto:info@britainnepalmedicaltrust.org.uk)  
**Web:** [www.britainnepalmedicaltrust.org.uk](http://www.britainnepalmedicaltrust.org.uk)

Registered Charity No 255249

# Nepal - an overview



## BNMT's Working Districts and Funding Partners

Nepal has a population of 27.1 million, 84 percent of whom live in rural areas.

Almost half of the population (49 percent) live in the *terai* (lowlands) bordering India that constitutes 23 percent of the total land area of Nepal.

44 percent of the population live in the middle-hills, which range in altitude from 600 to 4,500 metres.

Seven percent of the population live along the northern border with Tibet, where the Himalayan Mountains include eight of the world's 14 highest peaks.

The country is both ethnically and linguistically diverse and includes, among others, Gurungs, Limbus, Madhesis, Magars, Rais, Sherpas, Tamangs, Tharus, and Tibetans. Nepali is the official language, with dozens of others spoken by some portion of the population.

Religion plays a significant part in Nepalese life with 81 percent of the population Hindu, 11 percent Buddhist, 4 percent Muslim and the remainder having other religions.

Patriarchal social structures and a caste system disadvantage several groups, including the so-called lower castes, certain ethnic groups, women and children.

In 2006 Nepal emerged from a decade of armed conflict that led to more than 13,000 deaths and at its peak internally

displaced up to 200,000 people. In 2008 the Constitutional Assembly abolished the 240-year-old monarchy and declared Nepal a federal democratic republic.

Economically, Nepal is one of the world's poorest countries, with few economically viable natural resources. Its foreign exchange is earned principally through remittances from Nepalese working abroad and tourism. More than three quarters of Nepalese live on less than \$2 a day.

## Poverty and health

Basic statistics comparing the poorest 20 percent of the population of Nepal with the wealthiest 20 percent

	Poorest 20% of population	Richest 20% of population
Births attended by skilled health personnel	4%	45%
Children fully immunised against common diseases such as tuberculosis, diphtheria and measles	61%	83%
Infant mortality rate	85.5 per 1,000 live births	77 per 1,000 live births
Under-five mortality rate	130 per 1,000 live births	86 per 1,000 live births