



The Gurkha Welfare Trust Annual Review

1 July 16 - 30 June 17



A word from our Chairman

LIEUTENANT GENERAL NICK POPE, CBE

Welcome to the 2016/17 Annual Review.

As you will no doubt recognise, the Gurkha Welfare Trust's aim is to help Gurkhas to live with dignity. And as you flick through the following pages of this Review, I hope that you will agree with me that we have been doing our utmost to live up to that aim.

As Chairman of the Gurkha Welfare Trust I'm continually inspired by the strength, endurance and resilience of our staff in Nepal. We have some 400 people working tirelessly across the country and they do so with compassion and with unparalleled dedication. Be it in the fields of individual aid, of medical support,

of community aid or of post disaster relief, they have been working heart and body and soul to make a difference to the lives of the Gurkha veterans and their families that we all pledge to support. And they do so without complaint in what is one of the most challenging environments on earth. As Kipling so aptly put it, they have "filled the unforgiving minute with sixty seconds worth of distance run".

In my other role as Colonel Commandant Brigade of Gurkhas, I'm very proud to have seen our serving Gurkhas support their military forefathers in Nepal. I'm passionate about ensuring that the link between the serving and the retired brigade remains unbreakable. And Operation MARMAT, which brought our soldiers to Nepal to help re-build homes, schools and other projects damaged in the 2015 earthquakes provided a unique opportunity to strengthen the bonds of respect.

As you will read in the following pages, the Operation was a big success and set the standard for the remaining construction activity.

Finally, as an advocate of the Gurkha Welfare Trust, I'm in awe of your support. In what continues to be a 'challenging' financial climate, the British public have continued to deliver the extraordinary. As I said recently in the Trust's Samachara newsletter, Gurkhas are renowned for their loyalty. And in a similar vein, one of the things that sets us apart as a charity is the loyalty of our supporters. Your continued support has helped us to enable thousands and thousands of Gurkha veterans and their families to live with dignity in Nepal. You have my unbounded thanks. The Trust owes you too a 'debt of honour'.

Jai Gurkha and Jai The Gurkha Welfare Trust!

Patrons & Trustees

Patron

- HRH The Prince of Wales KG KT GCB OM AK QSO PC ADC

Vice Patrons

- Field Marshal The Lord Bramall of Bushfield KG GCB OBE MC JP
- Field Marshal Sir John Chapple GCB CBE DL
- Miss J Lumley OBE

Trustees

- General Sir Peter Wall GCB CBE DL (Chairman) (to 20 July 2017)
- Lieutenant General N A W Pope CBE (Chairman) (wef 20 July 2017)
- J J Brade Esq MBE
- D P Clifford Esq MVO

- Brigadier J J Cole OBE
- F Dufficy Esq
- Major General A J S Fay
- K Gurung MVO MBE
- D G Hayes Esq CBE
- D J Hitchcock Esq OBE
- Dr J D Keeling MBA, MB BS, FRCGP, DRCOG (wef 20 July 2017)
- Dr G E Ratcliffe (to 20 July 2017)
- Colonel J G Robinson
- Brigadier G M Strickland DSO MBE
- Ms C L Turner
- Major General R Wardlaw OBE (wef 8 October 2016)
- Major General T Urch CBE (to 8 October 2016)

Director

- A P W Howard

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WHO ARE THE GURKHAS?

The Gurkhas are soldiers from Nepal who are recruited into the British Army, and have been for the last 200 years. Gurkhas are known to be as fearless in combat as they are good-natured in daily life.

To this day, they remain renowned for their loyalty, professionalism and bravery.

WHO ARE WE?

Established in 1969, we exist to ensure that Gurkha veterans, their widows and their wider communities are able to live with dignity.

We achieve this primarily through the provision of financial, medical and community aid in Nepal.

Our field arm operates through 22 Area Welfare Centres spread across traditional Gurkha recruiting areas.

In the UK, in conjunction with other service charities, we offer advice and support to help the thousands of retired Gurkhas and their families who choose to settle here.



WHAT IS THIS REPORT?

Every year we publish an Annual Review, in addition to our Annual Report & Accounts, to show our supporters and other interested parties what we've been doing over the last year.

Our financial year runs the same as the Nepali one, from 1 July - 30 June, and this document covers our activities between those dates.

You can stay up to date with all of our work in Nepal or access advice and guidance by visiting our website www.gwt.org.uk

Our year in news

GETTING OUR CENTRES BACK UP AND RUNNING

Amongst the chaos brought by the 2015 earthquakes in Nepal, our staff were not immune to the effects.

With our earthquake rebuilding efforts in their second phase we were able to turn some of our attention to our own facilities.

Earlier this year a generous donation from the 6th QEO Gurkha Rifles (6GR) Regimental Trust to commemorate the 200th Anniversary of their Regiment allowed us to retrofit our centres in Gorkha and Lamjung.

Our staff – many of whom are also ex-Gurkhas – live in these hard, remote environments for years at a time, far from family and friends. The retrofitting offers a safer and

more comfortable place for them to live and work.

On hearing news of the donation, Colonel in Chief of 6GR, Her Majesty The Queen sent her best wishes to the Brigade of Gurkhas and expressed her appreciation of the gesture, calling it

"a fitting memorial to both my regiment and the brave men who served in it and who have made so many sacrifices for this nation."



MEET THE HEAD OF OUR EARTHQUAKE RESPONSE



Lieutenant Colonel (Retd) John White MBE has worked as Head of our Earthquake Response Team in Nepal this year.

An ex-Gurkha himself, John was awarded an MBE in 1994 for leading a previous disaster relief operation in Nepal when three Bailey Bridges were constructed along the Prithvi Highway, following heavy monsoon rains which had severely damaged what was then the only road into Kathmandu from India.

"While I was taken aback by the scale of the devastation the earthquake caused, as a former officer in the Brigade of Gurkhas, I was not at all surprised at the forbearance and stoicism of the Nepali people."

"Our pensioners, their widows and communities had no expectation of help, but rather displayed a grim determination to pick themselves up and get on with life as best they could. I can assure you that your support has brought, and continues to bring, relief to a people who have suffered so much, yet ask for and expect so little."

**WORKING WITH THE
BRIGADE – OPERATION
MARMAT**

In April and May 2015, Nepal was hit by two devastating earthquakes. Buildings crumbled and lives changed in an instant. Many of our beneficiaries were affected.

After distributing emergency aid in the immediate aftermath of the quakes, we turned our attention to our longer-term strategy to get people back on their feet: rebuilding homes and strengthening communities.

For part of our efforts, the Brigade of Gurkhas joined us to help kickstart our response. 296

soldiers from the Brigade were deployed (including return visits) from the UK between April 2015 and December 2016 as part of Operation MARMAT, which means ‘rebuild’ in Nepali.

In total, the troops built over 70 of our quake-resistant buildings, including 61 Gurkha homes for veterans and widows affected, seven schools, two community centres and one Welfare Centre.

In the process, they managed to break seven Toyota pick-ups - thanks to Nepal’s notoriously unforgiving terrain!

Commenting on the conclusion of Op MARMAT, the Head of our Earthquake Response Team,

John White, said:

“Op MARMAT offered a true Rolls Royce solution. The work they carried out served as an example to all of our other construction teams working in the hills and they were very generous in sharing their expertise with our own staff and local labourers.”

Our earthquake response continues, however we are incredibly grateful for a successful mission from this committed group of soldiers who made an enormous contribution to their home country.



OP MARMAT IN STATS

From April 2015 to December 2016:

- 296 soldiers deployed from UK (including repeat visits)
- 71 buildings constructed: 61 Gurkha homes, seven schools, two community centres and one GWT Welfare Centre
- Seven Toyota Landcruisers broken due to the roughness of the terrain
- 7,700 km travelled in the hills replenishing troops in the field
- 1,800 corrugated iron (CGI) sheets used for roofing
- 7,000 CGI sheets distributed for temporary shelters
- 6,000 kg of rice distributed during emergency response
- 14,121 portions of dal bhat (the traditional Nepali meal) eaten by the troops

Our year in fundraising

INDIVIDUALS AND LEGACIES

This year we were grateful for the outpouring of support for every area of our work, from rebuilding earthquake-resistant homes for our pensioners, to providing medical care and ensuring a Welfare Pension is provided to meet the rising costs of food and fuel. We simply could not do what we do without this ongoing, regular support for which we are very grateful.

We also continued to receive legacy donations, a vital source of income for the Trust. No matter how large or small, this allows us to plan for our veterans' futures ensuring a life of dignity.

TRUSTS

Thank you to the many Charitable Trusts and Foundations who supported all areas of our work during 2016-17, enabling us to deliver financial, medical and community aid across Nepal and an advisory service to Gurkhas settling in the UK.

We are particularly grateful to DEFLOG VQ Trust for their generous funding of the rebuilding of three schools destroyed in the 2015 earthquakes in Nepal. During 2016-17, Charitable Trusts and Foundations helped us to complete 10 school and two community centre projects, making a huge difference to the lives of Nepali communities badly affected by the earthquakes.

CHALLENGES

This year many of our supporters took on a variety of challenges, from swimming across the Hellespont from Europe to Asia, trekking 4,000 miles from Siberia to India, and running the London Marathon.

One such challenge was "Voltrek1000", undertaken by the Sutton family and friends. The group, pictured right with Joanna Lumley, cycled 1,000km from Surrey to Chamonix in France in memory of Mark and Tim Sutton. Mark served with the Gurkhas and was tragically killed in a wing-suiting accident in 2013. The team raised over £35,000 for a major rebuild of one of the Trust's earthquake schools.



JIBAN CROSSES THE FINISH LINE

A last-minute knee injury meant that Gurkha Private Jiban Tamang had to give up on representing the Trust in the 2016 London Marathon. On 23 April 2017, he was back with a vengeance and completed the race in an amazing 3 hours and 46 minutes.

His efforts raised the Trust £2,995.

"Running a marathon is something I've always wanted to do. This is my first marathon and I feel so honoured and privileged to represent the Trust."



Photo: Johnny Fern Photographer

TRAILWALKER 2016

The annual Trailwalker event took place over the weekend of 23-24 July 2016. This year saw a record-breaking 1,800 people taking part, attempting to cover 100km across the South Downs in under 30 hours. Superbly organised once again by the Queens Gurkha Signals, the event raised over £750,000 for both Oxfam and the Trust.

We were particularly delighted to cheer 73 year old Ian Crawford over the finish line as he completed his 18th Trailwalker! A real inspiration!

EVENTS

On 2 October Ham Polo Club in Richmond hosted their last day of the polo season in aid of the Trust. A "GWT" team, made up of club members, put on an excellent performance to win

the Aylesford Trophy!

Many thanks to our partners Parampara Ltd for providing the match day prizes, and to the Club Chairman, Committee and members for their continued support.

COMPANIES

A big thank you to all the companies and individuals who supported our work during the year, in particular Vigilance Properties, and Sophie Maliphant, who has donated proceeds from her book 'The Country that Shook', based on the devastating 2015 earthquakes in Nepal.



Photo: Robert Piper (www.robertpiper-photo.com)

Our year in numbers



We paid a Welfare Pension to **5,798** Gurkha veterans and widows across Nepal

5,798



We advised over **600** Gurkha veterans and widows as they relocated to the UK

600



We provided advice or treatment for over **130,000** medical cases

130,000



We employed over **400** staff across Nepal

400



The Water and Sanitation team built **70** new projects for villages across Nepal (**34** in the East and **36** in the West)

70



Our two Residential Homes housed **57** veterans or widows

57



Our schools programme benefited over **40,000** children

40,000



We hosted **6** medical camps which treated **10,514** people

10,514



OUR EARTHQUAKE RESPONSE

We built **11** schools destroyed in the earthquakes across Gorkha, Lamjung, Bagmati, Tanahun, Syangja, Diktel and Rumjatar

We extended or refurbished a further **72** damaged schools

We repaired **29** water projects which had sustained damage

We built just under **1,000** earthquake-resistant homes for Gurkha veterans and widows with more on the way

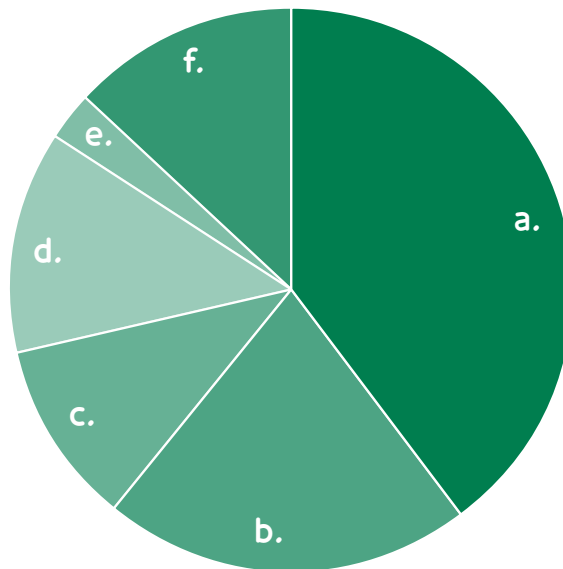
We repaired a further **280** homes which had sustained damage in the quakes

We built **2** healthposts and **2** community centres

Our year in money

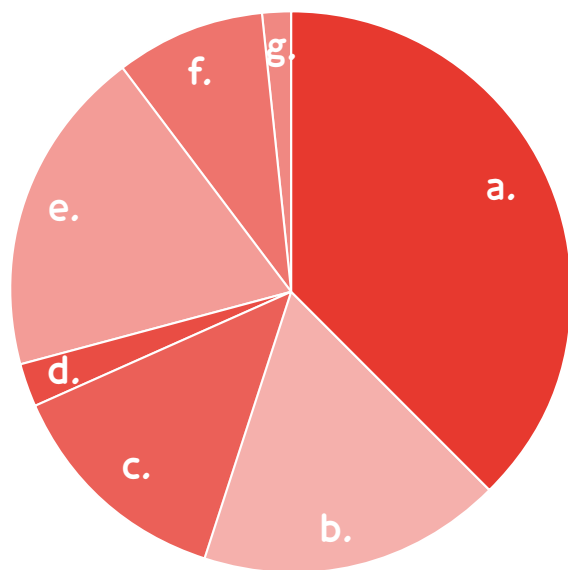
INCOME

- a. Donations **40%**
- b. Legacies **21%**
- c. Grants **10%**
- d. Charitable activities **13%**
- e. Other trading activities **3%**
- f. Investments **13%**



EXPENDITURE

- a. Individual aid **38%**
- b. Medical aid **17%**
- c. Disaster Response **13%**
- d. Residential homes **2%**
- e. Community aid **19%**
- f. Fundraising **9%**
- g. Investment management **2%**



FUNDRAISING RETURN



For every £1 we spent on fundraising from the general public this year, we raised **£6.90** in income.

NOTES

This is a summary of information extracted from the full audited and unqualified annual accounts of The Gurkha Welfare Trust for the year ending 30 June 2017.

This summary may not contain sufficient information for a full understanding of the financial affairs of the charity.

The full audited annual report and accounts were approved by the Trustees and signed by the Chairman, General Sir Lieutenant General N A W Pope CBE, on 13 December 2017 and have been submitted to the Charity Commission and Companies House.

Copies of the full audited accounts and financial statement are available from The Gurkha Welfare Trust website.



Photo: Krishna holds up an image of himself and his Gurkha comrades taken in 1961.

MEET KRISHNA BAHADUR SUNWAR

We caught up with Krishna in preparation of this document being published, so that he could tell our supporters first-hand what life is like in Nepal and how he's able to live with dignity thanks to your dedicated support.

Krishna lives in Bhujee, a village located about 11 hrs drive north-east from Kathmandu. Although the road up to Khimti (about 4.5 hrs drive) is tarmac, the remaining path is gravel and mud. The last leg of the journey (Rasnal to Bhujee) takes around 4.5 hours and is very rough and muddy. The monsoon had worsened the track when we visited in November and, in fact, our car was the first to reach Bhujee since July this year (the village previously obtained their supplies via tractors). On the way back from visiting Krishna and his family, our four-wheel-drive got stuck in the mud twice.

"My name is Krishna Bahadur Sunwar. I enlisted as a Gurkha in Dharan, Nepal in 1960. I did my recruit training in Sungai Petani, Malaysia. I was then deployed in Ipoh, Malaysia and to the Borneo Conflict in 1962. I was in the HQ company so was deployed in the rear as a signaller to operate the radio. I don't remember having casualties from our regiment but there were many casualties from the other regiments. The conflict ended in 1964 and I also served in Hong Kong towards the end of my service."

"After 8 years and 90 days of service, I was made redundant in 1969. I was told that my service was no longer required and for my contribution I received £200. "

"I returned to my village in Poldim where I was able to buy a plot of land. I managed to build a house there."



Our Financial Aid

Over the last year we continued our vital work providing financial aid to Gurkha veterans and widows in Nepal. Delivering these funds is the very core of our work and what we were founded to do.

WELFARE PENSION

Our Welfare Pension is given to impoverished Gurkha veterans or widows who aren't eligible to receive the standard Army pension.

THIS YEAR:

The pension stood at 10,000 NPR per month, which is approximately £70. We gave this out to 5,798 veterans and widows.

The rate is calculated each year using a 'shopping basket' of basic goods such as rice, vegetables and firewood. For many people, this is their only source of income.

DISABILITY SUPPORT GRANTS

For disabled children of Gurkha soldiers, we offer a regular grant similar to the Welfare Pension. Without the support of a first-world health system, disabilities can pose an insurmountable obstacle in Nepal.

THIS YEAR:

We were pleased to give out 220 Disability Support Grants this year.

EMERGENCY HARDSHIP GRANTS

We're needed the most during moments of tragedy. When disaster strikes in the form of fire, flood, landslide or earthquake, we're on permanent standby to help by offering financial and other support.

THIS YEAR:

1,329 received Emergency Hardship Grants.

WINTER FUEL ALLOWANCE

Our Winter Fuel Allowance is an additional annual payment distributed to all of our pensioners to ensure that they are equipped to endure the colder months of winter.

THIS YEAR:

The Winter Fuel Allowance equated to 2,500 NPR, which is approximately £18.



WHAT THIS MEANS FOR KRISHNA

“After returning to my village, I worked as a carpenter and also tended to the field crops. I had taken a training course in carpentry before leaving the service. But life was hard without a steady income. So, I went to Bihar, India to work as a security guard in 1972. I worked in India for 10 years before returning to my village in Nepal.”

“I can no longer tend to the fields or work as a carpenter as I have grown old. Both my knees hurt badly and I am unable to walk comfortably.”

“If I was not receiving the pension, we might have had to stay hungry some days.”



Our Medical Aid

We offer a high standard of medical care for all Gurkha veterans and their dependants in Nepal.

THIS YEAR:

We saw 105,782 separate cases.

MEDICAL CAMPS

We provide free medical camps for communities living in the remote hills of Nepal. For many, this is the only medical assistance they receive. Relatively simple procedures like cataract removals and tooth extractions can make all the difference to those living in discomfort.

THIS YEAR:

In conjunction with one of our implementing partners Kadoorie Agricultural Aid Association (KAAA), we supported six

medical camps across Nepal which treated a total number of 10,514 individuals from the wider community.

MOBILE MEDICAL CARE

Our team of mobile doctors and nurses trek deep into the hills to treat housebound and vulnerable Gurkhas and widows.

HOSPITAL TREATMENT

For some of our pensioners, hospital treatment is the only option. We fund operations and treatment for our most vulnerable pensioners and subsidise the cost for others at carefully selected national hospitals.

THIS YEAR:

We referred 12,828 cases for secondary medical care.

WHAT THIS MEANS FOR KRISHNA

Krishna and his wife Bhaktamaya are visited regularly by our medical team, many of whom are able to navigate the difficult terrain by using specially adapted motorbikes.

“The medics have come to visit my wife and me at my house on several occasions. I am unable to go to the local GWT office so it is very nice to have them visiting me at my house. They ask how I feel and what my problems are. They also provide me with free medicines.”





Our Water Projects

Our water projects bring clean water to people's doorsteps. We install individual tapstands and toilets for all households within a village. By ensuring a safe water source and reducing open defecation, we see sharp drops in waterborne diseases such as dysentery.

Having a water source close by also reduces the burden on women and children, who traditionally spend hours collecting water each day.

THIS YEAR:

We built 70 new water projects across Nepal which meant 3,569 individual tapstands were built. The new taps will benefit a total of 21,793 people.

We repaired a further 12 projects and built eight sets of latrines for schools.

We installed nine simple drip irrigation projects.

WHAT THIS MEANS FOR KRISHNA

“The drinking water project was completed in 2016. Before that, we had to walk about 25 minutes to collect water from a community tapstand. Having a tap right next to our house is very helpful.”

Our water project in Krishna's village installed tapstands to 27 different houses. Our implementing partner, Kadoorie Agricultural Aid Association (KAAA), also provided the village with a micro-hydro system. Prior to that the village had no electricity and so the change has made a significant impact on the standard of living.





Our School Projects

Our schools programme builds and repairs schools in remote regions of Nepal to improve access to education and in turn offer a better future to Nepali children.

THIS YEAR:

14 new schools were constructed.

225 were refurbished or extended.

In total, 40,067 children benefited from our schools programme.



WHAT THIS MEANS FOR KRISHNA

"My grandson and granddaughter go to the same school. Malesh is 10 and Esther is eight. The earthquake had damaged the old school building but GWT has built us a new building for the school. The village children now have a safe place to learn."

In fact, Malesh and Esther are the second generation of Krishna's family to attend the school. Krishna's children were also taught here when they were young.



Our Earthquake Response

Following the earthquakes in 2015 we have worked to rebuild and strengthen Gurkha communities across Nepal.

THIS YEAR:

We built 986 new earthquake-resistant homes and made 287 repairs for those whose houses were damaged in the quakes.

We rebuilt 11 schools which had been totally destroyed across Gorkha, Lamjung, Bagmati, Tanahun, Syangja, Diktel and Rumjatar.

We repaired a further 72 schools which had sustained some earthquake damage.

We repaired 29 water projects damaged by the 2015 earthquakes.



After



Before

WHAT THIS MEANS FOR KRISHNA

"I was in the house and was about to have my meal. I had no idea it was an earthquake, and I was still inside. My wife then came into the house and pulled me out."

"There were major cracks in the house and it was declared unsafe to live in. We were provided with immediate relief items such as tarpaulins, cooking utensils and some rations. Later, we were also provided with corrugated iron sheets with which we constructed a temporary shelter."

"This is our new earthquake-resistant house, built by GWT."



Our Residential Homes

Our two Residential Homes provide round-the-clock care to Gurkha veterans and widows who would otherwise struggle to live alone. With no comparable project in Nepal, they set the standard for care for the elderly.

The Homes combine the best in western medical care with an

eastern culture of respect for elders.

THIS YEAR:

Both Residential Homes were consistently full throughout the year, totalling 52 guests at capacity.



WHAT THIS MEANS FOR KRISHNA

Krishna has six children (three sons and three daughters). Though most now live with their partners in Kathmandu he has a son who lives locally with his family and a caring wife. Many of the veterans and widows we look after do not have this support network around them as they grow older.

"My wife and I are very lucky to have family around us. I know others are not that fortunate."



Our UK Services

Since the revised settlement ruling in 2009, many Gurkhas and their families choose to live in the UK.

In collaboration with Headquarters Brigade of Gurkhas (HQB), we established Gurkha Welfare Advice Centres (GWAC) in 2010 as a joint operation to provide help and advice to those choosing to settle in the UK.

We have two centres, one in Aldershot and one in Salisbury.

We continue to work closely with the Department for Work and Pensions and Service charities (SSAFA, ABF The Soldiers Charity and Royal British Legion) to meet the welfare needs of our ex-Gurkha population.

We extend our profound gratitude to them for the help

and support they provide to our Gurkha clients.

THIS YEAR:

We assisted 602 people spanning over 5,000 cases.

On average, we had over 700 visits to our centres per month.





Rifleman Krishna Bahadur Sunwar's medal awarded for his time serving the British Army as a Gurkha in Borneo.

Krishna is rightly very proud of his medal. Sadly many of our pensioners no longer have theirs, having sold them to make ends meet.

**"Although I cannot meet supporters.
I would like to say DHANYABAD."**

Thank you

Thank you to all of our dedicated supporters for making sure we can continue to support brave Gurkha veterans like Krishna, their families and their wider communities in Nepal.

Thank you to those who have given a general donation and those who have funded specific projects, such as the funding of a Health Post at Linjo Puru, and the immense generosity of the lady who has funded a number of classrooms and other facilities at Bhawani Higher Secondary School in Manbu. Our Winter Fuel Allowance was generously funded by one individual, and the success with our earthquake home rebuilding scheme and motorbike introduction programme can be attributed to the amazing generosity of our supporters.

We would also like to extend special thanks to the tireless work of our regional branch volunteers who fundraise on our behalf, thank you.

We are unable to mention everybody who supported us this year, however we would like to make special mention of the following individuals and organisations:



AEB Charitable Trust
 AESSEAL Charitable Trust Discretionary Fund
 Arco Ltd
 Asferica Consulting Limited
 Belstone Management Services Ltd
 British Gurkhas Nepal
 Broadheath Construction Ltd
 Broadley Charitable Trust
 C A Redfern Charitable Foundation
 C P L Media Ltd
 Callendar Charitable Trust
 Chafyn Grove School
 Cole & Co.
 Comic Relief
 Credit Protection Association Plc
 D C Worley's Charitable Trust
 DEFLOG VQ Trust
 Denise Smith Publishing Services
 Earlston (UK) Limited
 Eddie Dinshaw Foundation
 Elm Of Burford
 Fircones Memorial Fund
 Foundation Beyond Belief
 Freedom to Learn
 G C Gibson Charitable Settlement
 Give As You Live / Everyclick Ltd
 Giveacar Ltd
 Glenbrae
 GNE Group Ltd
 Gurkha Brigade Association
 Gurkha Contingent Singapore Police Force
 Gurkha Welfare Trust Jersey
 Guy Pearson Memorial Fund
 Howard De Walden Estates Limited
 Hugh Stewart Ltd
 Hyperama Wholesale PLC
 I.B.B. Trust
 Inchcape Foundation
 International Engineering Co Ltd
 International Study Programs
 Ipsos
 J & C Findlay Charitable Foundation
 Jersey Overseas Aid Commission
 Just Wool Textiles
 Kings Court Trust Ltd
 Lloyd's Patriotic Fund
 Lord Barnby's Foundation
 Lyndene Land Investment Company Ltd
 Mark Two Consulting
 Martell Maides Auctions
 Maxim Power Tools
 McLaggan Smith Mugs Ltd
 Monument Services Ltd
 Mr and Mrs Tom & Shelagh Allen
 Mr Christopher Kemp
 Mrs F B Laurence Charitable Trust
 Nepal Appeal Fund Falkland Islands
 O E Jones and Company Limited
 Outposts Limited
 Oxfam GB
 P. R. Smyth (Skinnergate) Ltd
 PayPal Giving Fund
 Premier Farnell PLC
 QSM Limited
 R Boulting Furniture
 Recycling for Good Causes
 Recycling Lives
 Richemont International Ltd
 Robert Luff Foundation Limited
 Rossie Foundation
 Rowley's Art and Antiques Auctioneers
 Rushbrook Charitable Trust
 Sandbrook Nash and Company
 Scott (Eredine) Charitable Trust
 Simon Gibson Charitable Trust
 Sir Edward Lewis Foundation
 Sir James Knott Trust
 St Saviours Realty Limited
 Stephenson & Son
 Stichting Teuntje Anna (TA Fund)
 Tennants Consolidated Ltd
 Thames & Kennet Marina
 The Brigade of Gurkhas
 The Cadogan Charity
 The CAIRN Trust
 The Castanea Trust
 The Charles and Elsie Sykes Trust
 The Country That Shook
 The David and Claudia Harding Foundation
 The Dyers' Company Charitable Trust
 The Edith Murphy Foundation
 The Eighty Eight Foundation
 The Eucalyptus Charitable Foundation
 The Glendoune Charitable Trust
 The Gurkha Museum
 The Gurkha Welfare Trust Jersey
 The Henry Lumley Charitable Trust
 The Hiscox Foundation
 The John Scott Charitable Trust
 The Kadoorie Agricultural Aid Association
 The Kirby Laing Foundation
 The Medlock Charitable Trust
 The Michelle Jurd Memorial Trust
 The Netherton Trust
 The Pamela Champion Foundation
 The Pat and Barbara Bennett Charitable Trust
 The Patrick and Helena Frost Foundation
 The Payne-Gallwey Charitable Trust
 The Property People Ltd
 The Queen Mary's Roehampton Trust
 The Recycling Factory
 The Riada Trust
 The Ridgeback Charitable Trust
 The Robert Hall Foundation
 The Rockley Charitable Trust
 The Rose Family Charitable Trust
 The Singapore Police Force
 The Sir James Reckitt Charity
 The Swire Charitable Trust
 The Tanner Trust
 The Tom Hall Charitable Trust
 The Wiggin Family Charitable Foundation
 The William S. Phillips' Fund
 Topher Limited
 Trinity Mirror PLC
 UK Distributors (Footwear) Ltd
 Unicorn Publishing Limited
 Vigilance Properties
 W W & J McClure Ltd
 Watson Bookmakers
 Waynflete Charitable Trust
 WeBuyBooks
 Westgate Healthcare Ltd

How you can help

GIVE A ONE-OFF DONATION

Make a one-off donation towards our work with Gurkha veterans, widows and their communities across Nepal.

SET UP A DIRECT DEBIT

Set up a monthly gift to The Gurkha Welfare Trust and help us pay our Welfare Pension to impoverished veterans and widows across Nepal.

CHALLENGE YOURSELF

In recognition of the Gurkhas' extraordinary stamina and willingness to fight through pain, our supporters often test their resolve in challenges worthy of a Gurkha. Whether

it's a cycle challenge, a marathon, a Tough Mudder or the mighty Trailwalker, we can point you in the right direction.

TRUSTS AND FOUNDATIONS

Support from Trusts and Foundations is vital to our work. If you are interested in supporting one of our projects through your Trust or Foundation, we'll be delighted to hear from you.

LEAVE A LEGACY

A Will is one of the simplest ways to ensure that your wishes are followed and that the future of your family and friends as well as the causes you care about most – are

provided for.

GIVE THROUGH OUR PARTNERS

Whether it's some shares, a spare car, books, old technology, or you simply love online shopping, we have many partners who can help turn these items and activities into donations towards our vital work.

GIVE WITH YOUR COMPANY

From one-off donations to Corporate Social Responsibility Programmes, there are a wide variety of ways that your company can get involved with supporting our work.





What changes for next year?

PENSIONER SUPPORT TEAMS

Since our inception as a charity almost 50 years ago, Welfare Pensioners have been at the heart of everything we do. These are the brave veterans or the widows of those who served as a Gurkha in the British Army but did not reach the 15 years required to receive a British Army pension. Instead, as you've read in these pages, we pay them a monthly allowance to enable them to live their lives with dignity in Nepal.

Over the next year our work with our pensioners will change slightly.

Following a detailed review of how we need to deliver welfare to these ageing and

increasingly less-mobile people, we've decided to focus more on bringing aid to their homes as opposed to them having to travel to receive things like medical care or pension payments.

We have recently launched our Pensioner Support Team model. These teams journey into the hills to visit our pensioners and are made up of drivers, doctors, other medical staff and welfare staff.

By operating in this way we're confident we're acting on the changing needs of our beneficiaries and adapting to the ever-changing environment of Nepal.

MEDICAL SCHEME

We've recently teamed up with International SOS, the world's leading medical and travel security assistance company, to help us develop our medical programme.

On their recommendation, our brand new medical clinic in Pokhara is establishing a whole new standard of care in a country that has always suffered from inadequate healthcare provision. To continue our efforts to improve healthcare access, we will refurbish a further four clinics by June 2018, equipping them with everything from medicines to life-saving equipment so that Gurkha veterans and their widows can receive a high standard of medical care.

