



MOTIRAS GURUNG'S STORY

Rifleman Motiras Gurung is 98 years old and still clearly remembers the hardship he endured as a soldier.

Motiras enlisted in India in 1942. After training, he was posted to the 4th Gurkha Rifles. He served in the Burma conflict where he was injured, leading to medical discharge from the army.

"We used to carry the rifle fully loaded for 24 hours during the war. We had five magazines, a small shovel to dig the trenches and a bottle of water. We weren't allowed to drink without orders.

"During one of the patrols in the evening, we were ambushed. I was hit and I fell to the ground. I remember another friend was also hit behind me. I was immediately carried away... I don't know what happened after that. I was fortunate the bullet hit my arm, if it was 6 inches to the left, I may not have lived."

For many years Motiras worked as a labourer in India. When he returned to Nepal to be with his family, they struggled to survive on what little they could cultivate in the village.

Motiras now receives a monthly pension and our mobile health team visits him regularly to check on his health.

"The money means we don't have to solely depend on our son or borrow money from others. We are able to spend on what we like... We have lived a life of hardship for so long, but we survived somehow. It is very good now that GWT is looking after us."

WHAT WE DO

We ensure that Gurkha veterans, their widows, and their wider communities are able to live with dignity in Nepal.

HOW WE DO IT

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

Our field teams operate through 20 Area Welfare Centres spread across traditional Gurkha recruiting areas in Nepal as well as one in India, marked on the map overleaf.

We have around 500 staff working in Nepal. In the UK we offer advice and support to help the thousands of retired Gurkhas who choose to settle here.

WHO ARE THE GURKHAS?

The Gurkhas are soldiers from Nepal who are recruited into the British Army, and have been for over 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.

SUPPORT

If you would like to make a gift or give regularly:

Phone us on 01722 323 955

Go online at www.gwt.org.uk/donate

Send a cheque or postal order made payable to 'The Gurkha Welfare Trust'

Leave a gift in your Will - call us or visit www.gwt.org.uk/legacy to find out more

Fundraise for us - be it a challenge, an event or something else, please get in touch, we'd love to hear about it.



OUR WORK IN NEPAL

Find out more at www.gwt.org.uk



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FUNDRAISING
REGULATOR

FINANCIAL AID

Our Welfare Pension is distributed to impoverished Gurkha veterans or widows who aren't eligible for a British Army pension. This enables them to buy essentials such as food, fuel and clothing.



We also provide other financial support including:

- Home Carer's Allowance for family members who are full-time carers and unable to work.
- Emergency Hardship Grants to provide emergency support when disaster strikes.
- A Disability Support Grant for disabled children of Gurkha veterans.

MEDICAL AID

We provide an international standard of healthcare and medication through free Medical Clinics, vaccinations, home visits by specialist staff and subsidised treatment at national hospitals.



We also provide free Medical Camps for Gurkha communities in the most remote regions of Nepal.

For some, this is the only medical assistance they receive.

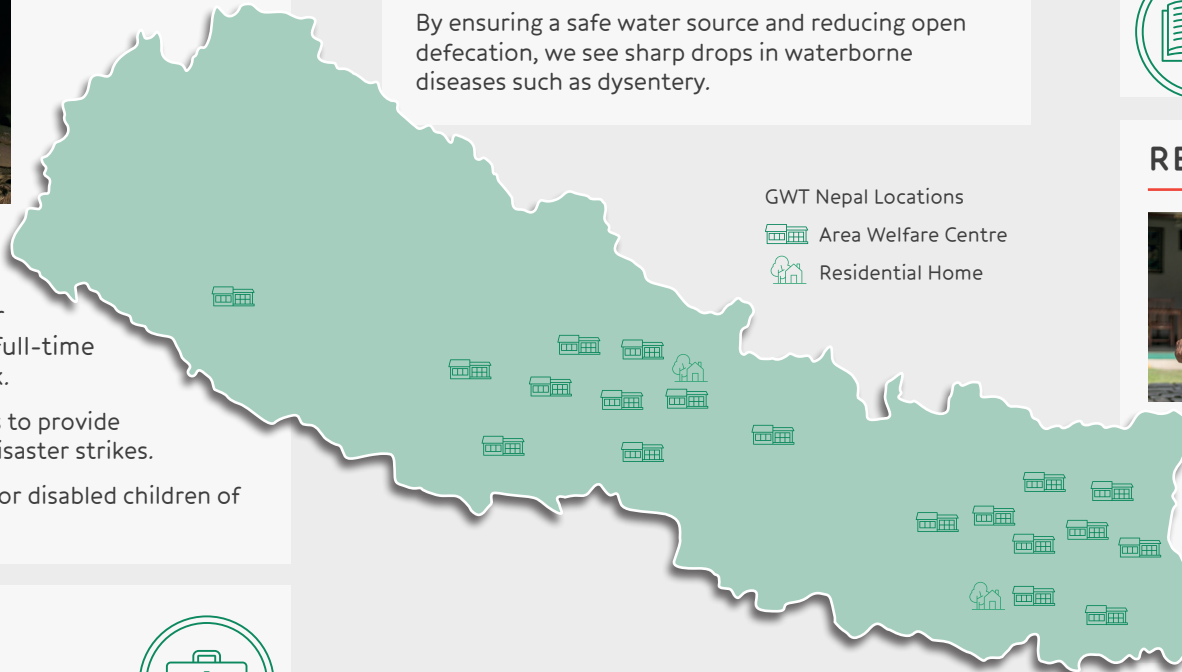
WATER PROJECTS

In the mountainous terrain of Nepal, access to clean water is extremely difficult, and women and children can spend hours collecting water each day.



We provide a clean water source and install individual tap stands and toilets for all households in a village, as well as providing education on hygiene and sanitation.

By ensuring a safe water source and reducing open defecation, we see sharp drops in waterborne diseases such as dysentery.



PENSIONER SUPPORT TEAMS

Our Pensioner Support Teams face challenging terrain, monsoon rain, floods and landslides as they travel by motorbike, 4x4 vehicle and even on foot to reach vulnerable Gurkha pensioners in the most remote locations. They can be on the road for many days at a time.



They deliver pensions, provide healthcare checks and supply medication, mobility aids, and equipment.

SCHOOLS

Through our schools programme we build, extend and renovate schools, improving access to education and offering a better future for Nepali children in remote regions.



RESIDENTIAL HOMES



Our two Residential Homes provide round-the-clock care for Gurkha veterans and widows who would otherwise struggle to live alone.

They combine the very best in western geriatric care with an eastern culture of respect for elders.

The homes also house a rehabilitation service for veterans or widows recovering from illness or injury.



EARTHQUAKE-RESILIENT HOMES

It's not if another earthquake hits Nepal, it's when. Since Nepal's devastating earthquake in 2015, we have been working tirelessly to build safe, earthquake-resilient homes for our

most vulnerable pensioners.

We also make essential repairs to existing homes and provide upgrades such as putting in a new toilet.

