



## MEDICAL AID

We provide an international standard of healthcare and medication through free medical camps, clinics at our Area Welfare Centres, home visits, and subsidised treatment at national hospitals.

Our mobile medical teams also visit Gurkha veterans and widows at their homes to provide health checks and deliver medication and equipment.

**This year, we aim to supply 8,000 influenza vaccines**

## EARTHQUAKE-RESILIENT HOMES

Nepal is a country at serious risk of earthquakes and natural disasters. Since the devastating earthquake of 2015, we have been working tirelessly to build safe earthquake-resilient homes for our most vulnerable pensioners.

**This year, we will build 75 new homes**

## OUR COSTS

### MEDICAL

**£18** – one walking frame

**£584** per month – one Mobile Health Practitioner

**£171,255** – total cost of immunisation programme

### EARTHQUAKE-RESILIENT HOMES

**£4,204** – cost of materials for one home

**£7,123** – full cost of building one home



## HOW YOU CAN HELP

This leaflet gives you an insight into our work on the ground in Nepal, and what it costs to provide vital support to Gurkha veterans and their widows.

Find out how we spend the funds donated by our generous supporters like you, from installing a tap stand to building a house or running a medical camp.

Thanks to your incredible generosity, thousands of Gurkha veterans and widows receive a pension, have a safe home to live in, and have access to healthcare and medicines. Your support also helps our work with local communities to provide access to clean water and education.

Dhanyabad (Thank you)

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Registered with  
**FUNDRAISING  
REGULATOR**

*Costs shown in the leaflet are estimates and rounded to the nearest pound.  
Actual costs may vary depending on the exchange rate and local costs.*



**OUR URGENT  
FUNDING NEEDS  
HOW YOU CAN HELP  
2022/23**



## FINANCIAL AID

We pay a pension to thousands of Gurkha veterans and widows in Nepal who aren't eligible to receive a British Army pension. For many people, this is their only source of income.

We also provide other financial support including:

- Disability Support Grants for disabled children of Gurkha soldiers
- Home Carer's Allowances for family members who are full-time carers and unable to work
- Hardship Grants to provide emergency support when disaster strikes
- Winter Allowance gifts such as blankets, warm coats and thermos flasks, to equip our pensioners for the cold winter months.

**This year, we will pay a pension to over 3,400 Gurkha veterans or widows.**

## WATER & SANITATION

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 improve sanitation by installing individual tap stands and toilets for all households in a village, as well as providing education on hygiene and sanitation.

## OUR COSTS

### FINANCIAL

**£75** per month - one Disability Support Grant  
**£94** per month - one Pension  
**£69,523** - annual cost of Winter Allowance  
**£301,047** - monthly cost of all Pensions  
**£32** - 100th Birthday celebration for one pensioner

### WATER & SANITATION

It costs **between £8,000 and £46,000** to provide clean water and sanitation for an entire village

### SCHOOLS

**£2,710** - one school refurbishment  
**£11,786** - one school extension  
**£195,000 - 230,000** - one major school build

### RESIDENTIAL HOMES

**£852** - cost per month for one resident

### VEHICLES

**£55** per month - fuel for one motorbike  
**£2,903** - cost of one new motorbike



## SCHOOLS

Through our schools programme we improve access to education and offer a better future for Nepali children in remote regions. A major school build could include new classroom blocks, a library, and toilets; an extension provides additional classrooms and refurbishments cover repairs to existing infrastructure or new furniture.

**This year, over 15,000 children will benefit from improvements to their schools.**

## 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 facility in Nepal, they set the standard of care for the elderly.

We pay for care staff, food and running costs as well as activities for residents. The homes also provide a rehabilitation service supported by specialist nurses.

## VEHICLES

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