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Your Gurkha Welfare Trust Newsletter
Samachara means 'news' in Nepali

No 73 - Spring 2026

INSIDE YOUR SAMACHARA:

- Tek Bahadur's story – lives changed with your support
- Grants to support our most vulnerable Gurkhas
- Meet the Team – Jang Kamcha
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FINANCIAL AID - A LIFELINE FOR OUR GURKHA VETERANS

MESSAGE FROM OUR CEO



As our first Samachara of 2026, it feels both fitting and necessary to pause for a moment and reflect on what we do, why we do

it, and - most importantly - who we do it for. At the Gurkha Welfare Trust, our purpose remains clear: to stand alongside our most vulnerable pensioners and ensure that dignity, security and compassion are never in short supply.

For many, the cornerstone of our support is the welfare pension. It provides stability, reassurance and a dependable foundation in daily life. Yet we know that vulnerability rarely fits into convenient categories, and needs often arrive in unexpected forms. That is why our work extends well beyond pensions alone.

We offer a range of more tailored financial support designed to meet specific and often complex needs. Our Disability Support Grants, for example, provide additional assistance to pensioners living with disabilities and to the devoted carers who support them day in and day out. These grants acknowledge not only financial strain, but the quiet resilience required to live with long-term challenges.

When crisis strikes without warning - a house fire, a landslide, flooding - our Welfare Officers are empowered to act swiftly. Immediate hardship grants can bring rapid relief at moments when time truly matters, helping families regain their footing when everything feels uncertain.

Alongside this, we invest in practical, forward-looking solutions: Simple Drip Irrigation schemes

that help families grow sustainable sources of nutrition, and specialist medical outreach camps that deliver expert care to remote communities with little or no access to even basic medical services. These initiatives reflect our belief that welfare is not just about relief, but about resilience.

None of this would be possible without you. Your continued generosity fuels every pension paid, every grant awarded and every life quietly improved. For that, we are deeply grateful - and profoundly inspired - as we journey through another year together.

Al Howard
CEO, The Gurkha Welfare Trust

HOW WE CHANGED EVERYTHING FOR TEK AND PURNA



All smiles as Mukesh delivers their pension

Assistant Area Welfare Officer Mukesh spends much of his time on home visits to our pensioners. As well as delivering their pension, he spends time checking on their wellbeing and listening to their life stories.

ARMY TRAINING WAS TOUGH AND RELENTLESS

Tek Bahadur Rai, veteran of the 10th Gurkha Rifles and now 84 years old, still remembers the day he was recruited in 1960.

"I was recruited in Ghopa Camp in Dharan. They kept us there for four or five days, took our measurements, did some tests, and after we were selected, they sent us to Jogmani on a truck. From there, we went to Calcutta by train, then we flew to Singapatani where we trained. After the training, everyone went to different units, some by ship, some by plane."

"We had to learn everything: how to use a rifle, different drills, combat skills, the obstacle course. On the

final day, the officers came, and we had to show them everything. We had to climb the net, climb the rope, jump the log."

Jungle training was even harder. The young recruits learned how to set up camp and cook, how to shoot and maintain a rifle.

"Once we entered the jungle, we set up a poncho camp. Two soldiers in each one. We cut branches to raise our beds off the ground because it was muddy and cold. The next morning, we had to hide everything, clear the area, and move again."

"We had to walk a lot in the rain with our army jungle boots. Many soldiers suffered from trench foot. I think battle is easier than training. In battle, you either kill or get killed, but training is hard."

A sudden accident changed the course of Tek's service. *"In Calcutta, while playing football, I broke my leg while running. No one touched me. It just happened. I tried to walk straight, but I couldn't. I had to limp."*



Incredibly, his injury went unnoticed for days. Eventually, he was sent to hospital for an operation and spent two months recuperating. His timing, he believes, saved his life.

"If I had been in the Borneo confrontation, who knows, I might have died. Because I was in the hospital, I didn't have to fight." Tek was sent back to Borneo shortly before the war ended, then after his unit was disbanded he returned home.

His wife, Purna Kumari, remembers those days. *"I was 16 when I got married, and my husband was 19. I only got to go to Ghopa Camp in Dharan. He never used to tell us much about his army experience, thinking we would be afraid and worry for him. There were no telephones then. He used to send me a few letters. I am uneducated, so I asked others to read and write the letters for me."*

RETURN TO NEPAL - WORKING TO SURVIVE

When Tek returned home, life was extremely challenging and the couple took whatever work they could.

"We had to work on other people's farms to survive," Tek recalls. *"Some would give us rice, some would give money. I used to work as a labourer, building houses, but the pay was never enough. Sometimes, even eating properly was difficult. We also had to pay for our children's education."*

"We had seven children, and it was hard to look after them. There were

so many mouths to feed. Even after they grew up, it was still difficult for us." One of their daughters has struggled with her health since childhood. *"We had to keep going to the hospital, and it was far from our village. Even now, vehicles cannot reach our old home."*

"We had a house and some land, but we couldn't grow much. We worked really hard and planted crops and rice, but during harvest, there wouldn't be much at all. It wasn't like today when you can get hybrid seeds and fertilisers. We didn't even have enough water."

THE TURNING POINT ARRIVED BY CHANCE

The couple's lives were changed when Tek applied for a monthly pension from GWT. *"We were struggling so much. I was about to travel to Dharan to collect some money from my relatives. On the way, I met a relative who asked where I was going. I told him my problem, and he said that soldiers like us could get a charity pension. So I went to the Welfare Office and enquired. After submitting the documents, an officer gave me Rs 1,700. I was so happy."*

GWT SUPPORT HAS MADE LIFE EASIER

Daily life has become slower for the couple who both suffer from health problems. Purna has back problems and suffers from numbness in her legs. She also has gastritis, thyroid issues and high blood pressure.

"My husband feels dizzy at times and cannot do much... We are getting old now, so there is not much we can do," she explains. Our medical team visits the couple regularly to check on their health and deliver medicines.

Another huge change in their lives happened when the Trust built the couple a new Earthquake-Resilient Home in 2022.

"Later, the Trust saw our situation and built us this new home. We are happy that they built it for us near the Bhojpur market. My wife used to get sick a lot, and she had to be carried by people and brought to the hospital. Now it is very convenient to go to the hospital and the Welfare Office."

Tek looks around their new home with pride: *"We love everything about the house. They also built us an attached bathroom, which makes everything easier."*

Despite their age, they still try to enjoy their days.

"We watch TV sometimes, look after the chickens and work in the vegetable garden," he says, adding with a laugh, *"I also spend my day playing cards with the ladies. If I play with the men, they will ask for money!"*

THEIR GRATITUDE IS HEARTFELT AND SIMPLE

"With the pension, we were able to pay for our children's education and even return some of the money we had borrowed. We use the pension to buy food, vegetables, oil and gas. We also give some to our grandchildren, and a little to our daughter who looks after us."

"We are old now. We cannot work or earn. We need food to survive and clothes to keep warm. Without the charity pension, none of this would have been possible. I don't know what state we would be in without this support."

"Blessings to all. We are really happy. Thank you."

SUPPORTING OUR MOST VULNERABLE GURKHAS

The Trust's origins were in the Gurkha Welfare Scheme, set up to distribute financial aid to retired soldiers who were living in poverty in Nepal. This developed into a regular pension payment to Gurkha veterans, who at the time were not eligible for a British Army pension. Now, as our pensioners age, their needs have increased, so we provide further aid through additional grants.

Disability Support Grants are provided for disabled dependants of Gurkha veterans to help them live in comfort and with dignity. Without this financial support, and in the absence of a developed health

system, disabilities can pose an insurmountable obstacle in Nepal.

The **Home Carer's Allowance** is a grant for family members of Gurkha veterans or widows who care for them full time and consequently are not able to work.

Emergency Hardship Grants enable us to offer immediate assistance when disaster strikes in the form of fire, flood, landslide or earthquake. We can provide financial support or other assistance such as carrying out urgent home repairs.



OM BAHADUR PANDE: A LIFE OF RESILIENCE

Life in Nepal can be incredibly challenging, particularly for those living with disabilities. The Gurkha Welfare Trust is committed to helping disabled veterans and their dependants access the financial aid and medical care they need to lead fulfilling lives.

Om was born in 1953, the son of Gurkha veteran Lil Bahadur Pande. After his father passed away in 1994, we continued to provide for Om through the Disability Support Grant. This grant has served as a lifeline for him ever since.

From birth, Om has lived with a severe disability due to diplegic cerebral palsy. This condition has left him unable to walk or stand, and he communicates primarily through signs and gestures. He can only crawl, but thanks to GWT, he now uses customised knee pads to protect his knees from injury.

A SISTER'S DEDICATION

Om lives with his sister Ramba, who is his primary carer. Due to her own age and ill-health, she can no longer continue as a street vendor, work she once relied on for income. Ramba receives a Home Carer's Allowance from the Trust to allow her to care for Om full-time.

Ramba told us how vital this support is: "Om is completely housebound due to his condition. He cannot move without assistance. Without the Disability Support Grant, his survival would be almost impossible."

The siblings live in a small rented room, which had poor insulation, making it unbearably hot in summer and freezing in winter. The path to the toilet was also uneven, creating a major barrier for Om's wheelchair.

Recognising these challenges, the Gurkha Welfare Trust supported vital home improvements, such as a false ceiling for insulation and a wheelchair-friendly path to the toilet.

Despite being mostly housebound, Om still finds small moments of enjoyment, sometimes watching activities on the road or sitting in the sun outside his room.

HONOURING A FATHER'S SERVICE

Ramba recalls their father's pride in his Army service: "My father always talked about his Army days, how difficult it was, and how he narrowly escaped death. A lot of his friends died, he used to say. But he was lucky to come back home alive. After returning to Nepal, he worked on the farm to provide for us."

"Now, our survival all depends on your support and generosity. It is our lifeline. So we are really grateful for everything you have done for us. Thank you."

EMERGENCY SUPPORT

Nepal's harsh terrain and unpredictable weather increases the risk to our vulnerable pensioners. Some live in remote mountain villages with houses perched on steep mountainsides. Homes are constantly at risk of damage caused by earthquakes or flash floods and landslides in the monsoon season.

The Hardship Grant enables our teams to provide financial or practical assistance in case of natural disaster or urgent need:

- We rebuild houses damaged by landslide, flood, fire or earthquake.
- We carry out home repairs and improvements such as roof, window or door replacement, fixing retaining walls and patching masonry.
- We build new toilets and kitchens.

IMPROVING QUALITY OF LIFE

It's not just major disasters - minor Hardship Grants can make a huge difference to the lives of our pensioners by helping them to live more comfortably, stay healthy and survive the harsh winter months.

Grants are used to provide items such as bedding, warm clothes, heaters, cooking equipment, thermos flasks and fans to keep cool in summer. In cases of exceptional need, we deliver food and nutritional supplements to our most vulnerable pensioners.

READY TO DEPLOY

Our teams across Nepal receive regular training in Disaster Response and have plans in place to ensure they are ready to respond in case of emergency. Our Area Welfare Centres are now equipped with "Family Stores" stocked with emergency shelter kits, blankets, towels, personal hygiene packs and cooking equipment.



Last year, we distributed 1,515
Emergency Hardship Grants



HELP WITH THE BILLS

We all know the stress of seeing our utility bills rise and in Nepal it is no different. Costs keep climbing and life is getting even harder for our pensioners. They need every rupee of their pension to pay for the essentials - fuel, firewood, food and cooking oil. Often there is nothing left for treats or something special to eat alongside the staples of rice, lentils and vegetables.

So this financial year we have introduced a new Utilities Allowance, a grant to help our pensioners cover the cost of utilities such as water, electric or sewerage. Giving them peace of mind and the means to live with the dignity they deserve.

MEET THE TEAM - JANG KAMCHA

Jang Kamcha is Assistant Area Welfare Officer at our Area Welfare Centre (AWC) in Bagmati. He shares his motivation for working at GWT and what inspired him to take on the role.

I joined the Singapore Police in 1996, having been recruited as an infantryman. Over the years, I was fortunate to learn, train and travel widely, gaining skills and experiences that shaped who I am today. After 25 years of service, I retired as a Senior Station Inspector.

After retirement, on a visit to the Gurkha Welfare Trust, I met a few of my juniors working there, and they encouraged me to look into it. Out of curiosity, I went through the GWT website, and as I scrolled through the work they were doing, something just clicked. I felt drawn to be part of it, to give back to the community that had given me so much. That's how I joined GWT in July 2021.

My first posting was at AWC Syangja, where I spent about three years before transferring to AWC Bagmati.

A SENSE OF PRIDE AND PURPOSE

To be honest, after leaving a career like ours, one that's so structured and demanding, it can be hard to find a second career that feels right. But GWT turned out to be the perfect fit. The system, the discipline, the teamwork, the honesty, everything reminded me of my military days. Most importantly, the work is meaningful. Supporting our veterans and their families is deeply fulfilling. It gives me a sense of pride and purpose.

Teamwork plays a huge role here too, just like in the military. At GWT, we come from different backgrounds, but we all share one

goal, and that is to help our beneficiaries in the best way we can. Seeing that unity in purpose reminds me that I'm part of something bigger than myself.

SUPPORTING OUR VETERANS

Whenever we visit a pensioner, we look at each case carefully - each life is different, each hardship unique. When we're able to meet their needs, even in small ways, the joy on their faces is indescribable. That happiness gives us energy and makes us want to do even better.

On the ground, we may be the ones providing the physical support, but it's our donors who make it possible. It's like a chain - we're all connected in the same mission.

MOMENTS THAT STAY WITH YOU

I still remember one visit in the Trishuli area. We arrived at a widow's home, but the door was latched from the outside. The neighbours and her carer had all gone to work in the fields. When we gently opened the latch, we found the old lady lying in bed, completely bedridden and alone.

Her carer, who received a Home Carer's Allowance, was actually her daughter-in-law. Later, when we spoke with her, she explained how difficult things were, that she needed to work to feed the family. It was heartbreaking to see both sides of the struggle.

After some discussion, we decided the best solution would be to bring the widow to our Residential Home in Pokhara, where she could receive proper care and support. At first, the family hesitated, but



we explained that she would be well looked after. Eventually, they agreed, and we took her to RH Kaski. She settled in well, and for the remaining days of her life, she received the care and dignity she deserved.

There was another similar case in a village prone to landslides. The widow there was very frail, and her home was at serious risk. During that time, the Field Director happened to visit, and after assessing the situation, we arranged for her to be airlifted to Pokhara for treatment. After recovering, she too moved into RH Kaski, where she's been living happily ever since.

A MESSAGE TO OUR DONORS

Without our donors, none of this would be possible. The love, generosity and trust we receive from them is overwhelming. Because of their support, we've been able to change countless lives, giving comfort to those who were once in great hardship.

Our veterans and widows often express deep gratitude for this support. On behalf of them all, I would like to say thank you truly, from the heart. Please continue to stand with us, so that together we can keep changing lives for the better.

MANANG SPECIALIST OUTREACH CAMP



Manang is one of Nepal's most remote mountain districts, situated near the Tibetan border. It has a population of less than 6,000 people, spread across high-altitude villages. Many areas are accessible only on foot or along rough jeep tracks, and for some communities it takes several days to walk to the nearest road.

Access to reliable healthcare is extremely limited. There are only a few small health posts with minimal services, and serious medical conditions often require evacuation to larger hospitals in Pokhara or Kathmandu. This is expensive, time-consuming, and sometimes impossible during bad weather. As a result, people often live with untreated health problems, and elderly individuals face particular hardship.

In November, GWT held a specialist outreach camp at the provincial hospital in Chame, offering a range of free medical services:

- medical check-ups
- medication prescriptions
- rehabilitation services and physiotherapy
- assistive device measurement and distribution
- ear check-ups and hearing aid distribution
- dental extractions, fillings, scaling and denture fitting.

Over three days, 777 patients registered, with some walking for two days to reach the camp.

MANAGING THE CHALLENGES

On the first morning, the camp saw long queues forming quickly. Many patients arrived with referral papers but without any details of their actual problems, such as hearing issues or dental needs. Because of this, they had to be assessed first by our doctors before being sent to the right department. This slowed the process and increased waiting times. After a quick team discussion, we changed our system so registrations could move faster and more efficiently.

Dental cases soon became the busiest part of the camp, as there are no dental services locally. The demand was overwhelming, but the team worked tirelessly from 8am until 8pm every day.

The denture team went even further, working until midnight to make sure dentures were ready for patients the next morning. With night temperatures dropping to -4°C , the admin team had to source electric heaters to help dry the dental moulds.

There was even talk among locals about why dental problems were so widespread. One person joked, *"The water is so cold here that people don't bother brushing their teeth or washing their faces!"*

LIFE-CHANGING SUPPORT FOR MARJUNG

71-year-old Marjung Gurung travelled for two hours to reach the medical camp. Normally, getting both dental and hearing treatment would mean travelling to a distant city and paying a large amount of money. But this time, the help he needed came to him.

Marjung had a hearing problem and no teeth, affecting even the simplest daily activities.



"I struggled to blow the fire alight and to be able to talk properly."

Marjung was measured and fitted with a new set of dentures, and had a hearing aid fitted. For Marjung, the entire process went smoothly. What also made a huge difference to him was the fact that the service was free - and available locally. *"It has been successful. I really like it. I am happy."*

REACHING OUT EVEN FURTHER

During the camp, the team learned that several patients in Tilche, a village two hours' drive away, were unable to attend because they were not fit to travel.

The GWT team travelled to the village and visited five patients with a range of health problems relating to frailty, old age and stroke-related difficulties. GWT Medical Director Gerda and a rehabilitation specialist assessed each patient and offered advice and counselling to both them and their carers on how best to manage their care at home.

Without this outreach, it would have been impossible for these families to access medical support.



SIMPLE DRIP IRRIGATION – HELPING GURKHA COMMUNITIES TO FARM SUSTAINABLY



For many people in Nepal, growing their own crops is not just a matter of tradition, it's essential for survival, income and resilience.

WHY SELF-SUFFICIENCY MATTERS IN NEPAL

A large number of our pensioners live in rural areas where access to markets with fresh produce is limited. Growing their own food ensures families have enough to eat, especially in remote mountain regions. But if crops fail, it can have devastating consequences.

Nepal's agriculture is heavily reliant on the monsoon rains. During the dry season there is water scarcity and farms, particularly in the hills, lack adequate irrigation systems, making them entirely dependent on the erratic annual rainfall.

A SUSTAINABLE SOLUTION

Simple Drip Irrigation (SDI) provides a lifeline through an efficient and cost-effective way to water crops. SDI not only conserves precious water resources but also boosts agricultural productivity, enhancing food security and nutrition for our Gurkha families.

HOW SDI WORKS

SDI delivers harvested rainwater directly to the roots through a network of tubes, pipes and emitters.

This system allows for a slow, consistent release of water, reducing loss through evaporation and runoff, and ensuring that plants receive the exact amount of moisture needed for optimal growth.

Unlike traditional irrigation methods that can waste significant amounts of water and require much manual input and time, SDI is easy to install and maintain. It is ideal for small-scale farmers and regions with limited water resources. The hilly nature of the land also lends itself to this gravity-fed style of irrigation, with little in the way of pumping equipment needed.

Additionally, by targeting the root zone of plants, this method

improves yield and reduces the risk of crop diseases associated with over-watering. It also means less time spent collecting water from nearby water sources.

SDI leads to increased yields, more stable food supplies and the ability to grow a wider variety of produce. This reduces the amount families spend on food, and gives long-term health benefits from better nutrition.

PROVIDING ONGOING SUPPORT

A basic SDI kit is all that's needed: it includes plastic sheeting, a drip set, watering can, sprayer, nylon rope, vegetable seeds and a pack of micro-nutrients and fertiliser.

After the kit is supplied, our teams follow up with visits to pensioners, some of them in extremely remote villages. They provide training in maintaining the SDI system and advice on what crops to grow and how to harvest them.

With the support of donors like you, 28 of our pensioners received Simple Drip Irrigation kits over the last year.

What are they growing?

Tomatoes • aubergine • chillies
• peppers • cucumbers •
courgettes • beans • black-eyed
peas • sponge gourd • snake
gourd • calabash • radishes •
bitter gourd • coriander



THE INCREDIBLE IMPACT OF YOUR SUPPORT

None of our work would be possible without your generous support and we are immensely grateful to those who responded to our recent appeals. This is what you have helped us achieve:



KEEPING OUR TEAMS ON THE ROAD

Our Pensioner Support Teams rely on our rugged fleet of 4x4 vehicles and motorbikes to carry out home visits to pensioners in the most remote mountain areas. You have helped us to keep our vehicles running and carry out essential maintenance and repairs.

It is this fleet of vehicles that enabled us to continue to reach our pensioners throughout the cold season to provide vital medical aid.



OPERATION SHIELD

Our Chair's appeal was a medical mission to protect our veterans and widows from illness during the harsh winter months. Thanks to your generosity, even more vaccinations and health checks have been rolled out across Nepal, improving well-being and strengthening resilience among our elderly pensioners.

Our medical teams are delivering over 10,000 flu and pneumonia vaccinations this winter.

OUR ANNUAL REPORT

Every year, we report back to you, our supporters, on the impact of our work in Nepal. We tell you how we raise funds, what we spend on our services and how we are transforming the lives of Gurkha veterans, their families and communities.

Read the full report including our audited accounts at www.gwt.org.uk/resources



Last year we provided a pension of **NPR 17,500** per month to over **2,900** Gurkha veterans and widows.



Over **21,000** patients accessed our medical services. Our health professionals carried out over **155,000** consultations.



We completed **2** major school build projects, **15** minor school extensions and **110** school refurbishments.



We provided Disaster Risk Reduction awareness training to over **10,500** people.



We built **68** Earthquake-Resilient Homes, and refitted **41** older-style homes, providing additional aids and safety features.



We provided **NPR 17,500** per month in Disability Support Grants to **249** recipients.



We completed **28** water projects and installed over **2,336** tap stands, getting clean water to **11,492** people.



We supported pensioners with over **9,580** rehabilitation consultations.

Our last financial year was from 1 July 2024 - 30 June 2025

A LASTING LEGACY FOR KASKI RESIDENTIAL HOME



The inauguration of a newly built stone tap at Kaski Residential Home was held last year. This wonderful project was made possible through a generous legacy from the late Mrs McRobbie, who kindly left a gift in her Will. This enabled The Gurkha Welfare Trust to build a traditional stone tap and purchase a radio for each resident, plus four tablets for shared use.

KEEPING CONNECTED

The tablets are particularly useful for residents who are unwell or unable to walk to the recreation room to watch TV, ensuring that they can stay connected and entertained even when confined to their rooms.

The tap, called a “dhungedhara”, has special meaning for the residents. Purna Bahadur Rana, RH Administration Coordinator, shared,

“We had always wanted a proper tap at the entrance, but we hadn’t been able to make it happen.”



“Thanks to Mrs McRobbie, we now have a beautiful stone tap just like the ones people used to have in their villages long ago. It gives our residents a homely feeling and a connection to their past.”

He added, “GWT had provided radios a long time ago, and everyone loved them, but that was many years back. Some still had their old radios, but they were beyond repair. Many residents had been requesting new ones, and we are delighted to have finally made that happen.”

The tablets have also been a blessing. “For those who are bed-bound and whose families live far away, the tablets are very useful. We play whatever they love, songs, dances, or spiritual music, and they can video-call their families as well, and that is also very important for the residents.”

CHANGES HAVE HAD A HEARTFELT IMPACT

Rambadevi, 86, shared, “I am very happy with the installation of the water tap. I worship God every morning and have to offer fresh water. There is a small temple in the Home, and now it’s so convenient to offer clean water straight from the new tap.

“Thank you for the radio as well. It’s been very handy. This morning, I listened to the news and a devotional song.”

Another resident, Padam Prasad Pradhan, expressed his gratitude:

“I was very happy to receive the radio. I had received one before as well, but it was very old and didn’t work. Now I have a new radio. After returning from the Army, I used to fix mechanical instruments and radios in my village. Getting this radio reminded me of those old days. Thank you very much, I really appreciate it.”

We are incredibly grateful to have been remembered by Mrs McRobbie. Her generous gift has touched the lives of every resident at RH Kaski, helping preserve traditions, improving daily life and keeping residents connected and engaged with their loved ones.

LEAVING A LEGACY TO THE TRUST

If you would like to find out more about leaving a gift in your Will, please contact Carolyn Derryman, Legacy Manager on 01722 343110 or email legacies@gwt.org.uk.



DAISY'S HIMALAYAN ADVENTURE



Back in August, GWT supporter Daisy Rex set off on one of the most challenging and demanding treks in the world, The Great Himalaya Trail. The 1700 km trail typically takes around 150 days, but Daisy set herself the challenge of completing it within 90 days.

Here is a snapshot of her extraordinary journey across the Nepal Himalayas.

THE WESTERN FRONTIER

The challenge began in Hilsa, in the far west of Nepal on the Chinese border. Daisy and her small team departed on 2nd August, taking just three days to walk the 72km to Simikot, crossing their first pass 'Numa La' at 4500 m. The trail became incredibly remote, with some villages so small that one kitchen served the entire village.

Continuing on, with the monsoon season in full flow, Daisy encountered flooded rivers with

their bridges swept away - so she resorted to using makeshift bridges or wading through waist-deep water.

Towards the end of August, Daisy was well on her way into the central Himalayas, tackling her eighth 5000 m+ pass. Making the most of the descent, Daisy and her team covered an impressive 42 km and managed to stumble across a village festival, where she was well fed!

FINAL PUSH TO THE EAST

At the beginning of October, during the final push, the weather in the Everest region took a turn for the worse, with blizzards covering much of the Himalayas. As the storm continued, the team were forced to reroute south to avoid the dangers of the Amphu Lansta pass.

On 21st October, after trekking for just 80 days through the jungle, through snow, monsoon floods and blizzards, Daisy made it to Kanchenjunga Base Camp, the end of the Trail.

Smashing her goal, Daisy raised £6,000 for GWT.

"Crossing Nepal's Himalayas has been the greatest adventure and almighty challenge and after spending the last three months immersed in village, jungle and mountain life, I have grown the strongest of affection for the people and land of Nepal.

"Whilst the hills and mountains are spectacular, the most impressionable part of this adventure was the generosity and warmth I received from the Nepali people throughout. Aside from camping, I spent most nights in my sleeping bag on the floor of yak herder tents, village llama sheds, village common rooms and many local home-stays. The generosity of those with so little is unimaginable."

Daisy's incredible determination and resilience embody the same spirit found in the Gurkha veterans who will benefit from the funds raised through this epic challenge.

DOKO DYNAMOS!



Last year, our Doko baskets travelled around the country and as far away as Cyprus, on loan to military teams fundraising for GWT. We loaned **1,472** Dokos to **23** fundraisers, raising **£13,045** and covering a total distance of **525 km**.

This year, you too can run in the footsteps of "The Bravest of the Brave" - test yourself over a 5 km cross-country course at one of our Doko Challenge events in the summer!

EVENTS - SAVE THE DATE

Doko Challenge North - Leeds - Sun 31 May
Doko Challenge South - London - Sun 14 June
Gurkha Golf Day - Bristol - Thu 18 June

www.gwt.org.uk/events

11-13 SEPTEMBER 2026
TRAILWALKER
4 PEOPLE | 100KM | 30 HOURS

THE CHALLENGE OF A LIFETIME

Join the ultimate team endurance event - 100 km across the South Downs in a team of four. Save £40 with our Earlybird Discount - available if you sign up before 6 April.

INTRODUCING THE NEW TRAILWALKER RELAY!

Another way to join this mighty challenge! Put together a team of up to 12 friends or colleagues and share the distance - four legs of approx. 25 km with changeover at checkpoints.

Sign up now for our Earlybird Discount >> trailwalker.gwt.org.uk

THE GWT ANNUAL RAFFLE

A once-in-a-lifetime opportunity to meet GWT Ambassador and mountaineer Hari Budha Magar. Gurkha veteran Hari created history as the first double above-knee amputee to summit Mount Everest. A campaigner for disability awareness, Hari inspires others to push beyond their limits and climb their own 'mountains' no matter what the adversity.

The winner and a friend will meet Hari for Afternoon Tea at the Oriental Club in London.

Tickets £5 each - on sale from 27 Feb - 30 March at www.gwt.org.uk/raffle26



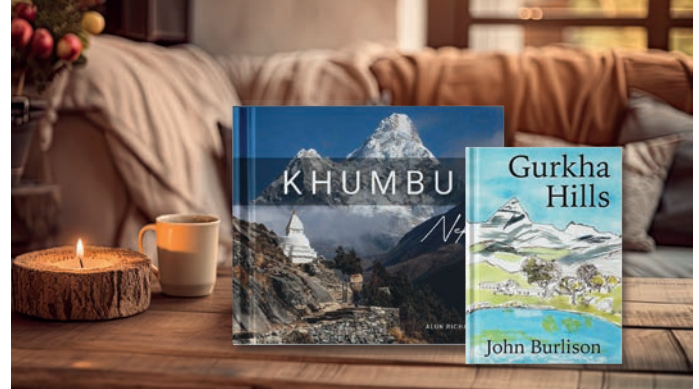
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