PHASE WORLDWIDE

IMPACT REPORT

JULY 2025 - JUNE 2026

www. phaseworldwide.org Charity number 1112734

MESSAGE FROM OUR DIRECTOR

PHASE Worldwide has had a strong year. Our work continues to go beyond the end of the road, in many cases, several hours walk to where need is greatest. We have a core commitment to empowering remote and rural communities in Nepal and have sustainability at the heart of our approach.

We think about how to work alongside communities to ensure transformative change from the moment we arrive. This Impact Report is a summary what we have achieved together in the last 12 months. All of it is made possible by the belief our supporters and funders have in the long-lasting change we are creating - changing in lives in Nepal. Thank you.

Lyndsey McLellan
Director PHASE Worldwide

Fundraising

Fundraising in the UK is the most important thing we do. We had a busy year with Miranda and Ed brilliantly running the London Marathon, 5 brave supporters skydived, we held a wonderful concert in Sheffield, held 3 Big Give Match campaigns and had an incredibly successful regular donations match appeal.

Thank you for all your support.

HEALTH

11,463 Medical consultations

179 Babies delivered with skilled health staff present (84% of total births - nationally 73%)

4556 monitoring appointments for malnutrition

"You saved my wife's and child's life. If PHASE was not here, both of them would have died."

84% of births attended by a skilled worker (national average 73%)

96.3% of women and babies were visited at home after birth.

12% children malnourished (national average 19% DOHS 24-25)

Our work has continued to focus on 4 health posts in Rugin, Bichhya, Jair (Far West) and Manbu (north-central) Nepal as well as supporting another 7 health posts with GP mentors and equipment. We are proud to have provided these communities with access to healthcare and health education that they may otherwise not have had. Giving people the opportunity to get on with their lives and be empowered to achieve more.

466 pregnant mothers across 10 PHASE health posts had at least one ultrasound scan

3 health posts have started running a patient held consultation card pilot to improve patient care.

HEALTH EDUCATION

41 SUPER FLOUR MAKING SESSIONS

Super flour making sessions were held to show **256 caregivers** a simple way to make a locally available porridge ensuring babies get the essential nutrients they need during weaning

4 STREET DRAMAS

Performed to provide health information that is accessible. **680 overall people attended.**

PHASE Worldwide believes that if you provide knowledge and skills to a community, they will use it in a way that is empowering to them, improving health, education levels and increased livelihood opportunities.

Reaching 1,958 **students** (boys 917; girls 1,041) to talk about topics such as personal hygiene, menstrual hygiene and healthy eating.

105 SCHOOL HEALTH SESSIONS

EDUCATION

School attendence increase by 10% across the three rural schools in the programme

0 girls dropped out of school during the programme

"This program helped me learn to speak confidently, build self-confidence, understand my rights, and raise my voice against harmful practices. I am no longer the shy girl I used to be. I am ready to work hard to achieve my dreams."

In remote Rugin, Bajura, Far West Nepal, **14 Girls Empowerment female mentors were trained** who have worked with **257 young people** to brighten the future of girls and empower boys as allies on gendered topics.

Students improved their understanding of topics such as nutrition, menstruation, bullying, domestic violence and human trafficking.

Average scores increased from 30% pre course to 90% post course.

Setting girls up for a safer and healthier future

Alongside empowerment training:

- Toilets and an incinerator at Bageswori Secondary School were built to improve hygiene and menstrual management.
- At Kulmastajan School, Kyudi a water tank was built providing safe drinking water.
- A water tank built at Bepal Rastriya School in Borta means they are now able to clean the toilets and drink safe water.

156 students benefiting from a new solar power system at their school, improving study conditions

AGRICULTURE

Households able to grow more food 139

Rupsari believes that vegetable farming has contributed to improving her family's nutrition and has made her daily livelihood somewhat easier

Our 'Grow Strong' project in Bichhya is providing agricultural training, watering cans and vegetable seeds as well as developing a peer support network of female farmers. Mothers of under 5's are being targeted to increase dietary diversity and food sufficiency. Crops grown include chilli, cabbage, tomatoes and cauliflower and many others. Any surplus is dried and saved for future use or shared with neighbours or sold for income, increasing financial independence. This project was inspired by the success of Start Strong Project.

Thank you to PHASE Nepal without whom we would not be able to achieve so much.

PHASE IN THE UK

At the core of PHASE Worldwide's values is the belief that everyone has their basic needs met, and a range of opportunities are available so we can enable empowerment of anyone. We have continued to make a difference in the UK with thanks to the National Lottery in partnership with Ciné Schools.

105

Young people in South Yorkshire accessed film classes

THANK YOU!

£70,000 BIG GIVES

Thank you to everyone that supported us over three Big Give Match funding campaigns this year.

REGULAR DONATIONS

Thank you to everyone that gives monthly or annually. This is our most valuable form of funding.

EVENTS

Thank you if you came to a concert, ran, swam, sky-dived or sang for us in 2025/2026. Thank you!

We are privileged to partner with some incredibly generous funders. Thank you to:

Allan and Nesta Ferguson Charitable Trust, The Austin-Bailey Foundation, The Belacqua Charitable Trust, Bryan Guinness Charitable Trust, CB & HH 1984 Trust, The Coles Medlock Foundation, The David Lister Charitable Trust, The De La Rue Charitable Trust, Festival Medical Services, Gloucester Rotary Group, Guernsey Overseas Aid, Hamro Guthi UK, The Handspark Charitable Trust, Himat Tanna Charitable Trust, The James Tudor Foundation, Jenkinson Insurance, Kate Farrer Foundation, The Mageni Trust, The National Lottery, Nicholas Associates Group, The Pat Newman Memorial Trust, Foundation of Philanthropic Funds, PHASE Austria, The Randal Foundation, The Souter Trust, The Tula Trust, The Volvox Trust, The Wallace Bell Charitable Trust.

and to all those that wish to remain anonymous.

Thank you to our Patrons: Rosie Swale Pope MBE and Brian Blessed OBE

GET INVOLVED

GIVE MONTHLY

Regular donations are our lifeblood. It give us a chance to give our work certainty, allows us to plan and to respond quickly. Thank you.

BE A GP MENTOR

Each year UK General Practitioners travel to health posts in to support health teams

JOIN AN EVENT

Come to a concert, do a skydive, run the London Marathon. Invent your own fundraising challenge!

It has been a privilege to spend time in this amazing community. The PHASE team remained composed and followed treatment protocols closely, showing great competence despite the logistical challenges.

GP Mentor after their visit to Nepal

AND OF COURSE, KEEP IN TOUCH VIA OUR NEWSLETTER AND THE SOCIALS!

Our Website
www.phaseworldwide.org

Our Email
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