

LEHARA

ANNUAL REPORT

November 2025

For the year ended 30 November 2025

About Lehara

Lehara is a UK-registered charity working in the Khumbu Valley of Nepal. Our mission is to empower local communities through sustainable employment, health services for trekkers, and community reinvestment. We believe in creating lasting change through empowerment, collaboration, and a deep commitment to community.

Our Values in Action

We continue to live by our values every single day, which include:

Sustainability: It's not about charity, it's about empowerment. We invest in sustainable giving, where investing time, money or knowledge grows an idea that positively impacts a person, family and a whole community for years to come.

Collaboration: Learning together and from each other is powerful and exciting. Everybody can learn something from anybody. We are open to change and want to continually grow and develop as individuals and as a team.

Community Empowerment: We are family people with a strong sense of community. All benefits, both financial and knowledge, are shared to help the whole community and kept local, so the investment is visible for all.

Pay it forwards: We believe a gift never stops giving. Being given to ignites the desire to give. Every favour and good deed is paid forwards, bringing communities together.

Founder's Message

Lisa Jelly, Founder of Lehara

"This year has been another chapter in Lehara's story. I remain incredibly proud of our therapists and the way they continue to grow – not only as skilled sports massage practitioners, but as advocates for their own communities. Watching our qualified therapists step up as teachers on our second training course, mentoring women who reminded me so much of themselves just eighteen months ago, was a genuine highlight of my year. Everything we do is built on the belief that a skill, shared and paid forward, can change a family and a whole village. I can't wait to see where this team takes Lehara next."



Sharing Lehara's mission with the new cohort – empowering remote communities, ripple by ripple.

Key Achievements (Dec 2024 – Nov 2025)

During the year our sports massage enterprise generated £4,661.73 of therapy income along the Everest Base Camp trail, while supporters contributed a further £3,088.15 in donations and fundraising to the charity. Together this funded therapist salaries, retainers and community giving – with £2,166.17 donated onward to community causes through the Lehara Foundation. Alongside our clinics, the year's standout milestones were the delivery of our second training course and the continued growth of our recycling work across the valley.

Trekking Season Clinics

Our therapists once again provided sports massage to trekkers along the Everest Base Camp trail throughout the spring and autumn seasons – the work that generates the enterprise's therapy income for the year. Beyond the physical relief they offer, our therapists continue to share Lehara's mission with a global audience of visitors to the Khumbu.

We also continued to support our partner trekking organisations throughout the year. Through this partnership, 48 AGA clients each received their complimentary Lehara sports massage – a valued benefit for their trekkers and a welcome way of introducing new visitors to our work.



A group of trekkers after their Lehara sports massage session.

Our Second Sports Massage Training Course

This year marked a major step forward for Lehara: we launched and completed our second sports massage training course. We welcomed six students – all women, ranging in age from 23 to 52 – who came from four different villages across the Khumbu Valley.

The course followed a similar syllabus to our first course in 2023, but with one hugely rewarding difference: four of our own qualified therapists joined the training team as teachers, helping to deliver the course. To see women who were themselves trainees just eighteen months earlier now standing confidently at the front of the room, teaching and mentoring the next generation, captured everything Lehara stands for – a powerful reminder of the transformational journey each of them has been on.



Learning the underlying anatomy in the classroom.



A guided sports-massage demonstration.

Five women successfully qualified from the course, with two stepping straight into part-time roles during our spring season.



Trainees practising under close supervision.



Refining technique alongside a qualified therapist-teacher.

We also expanded the syllabus this year, adding communication skills, role play and business skills – a reflection of how the Lehara training programme has evolved and matured over time.



Celebrating our newly qualified therapists.

Community Projects: Recycling Initiative

We continued our recycling project in partnership with the Sagarmatha Pollution Control Committee (SPCC), distributing over 120 recycling bins to lodges and homes across the valley. This year the initiative reached communities at some of the highest altitudes on the trail – Thame, Pangboche, Pheriche, Chukung, Thukla,

Gorak Shep, Lobuche and Khumjung. By helping households and lodges separate their waste, recyclable and non-burnable rubbish can now be brought safely down the valley in collaboration with the SPCC.



Free dustbin distribution – 'Keep the Khumbu Clean'.



Recycling bins ready for lodges and homes across the valley.

Looking Ahead: 2025–2026

- **Enterprise growth:** Continue to grow the sports therapy enterprise and the trekking-season clinics.
- **Therapist training:** Empower more local people through further training placements, building on the success of our second course.
- **Community investment:** Reinvest enterprise profits into health, environmental and education projects in the Khumbu Valley.

Thank You

To our donors, trekkers, volunteers, and local partners – thank you. Your support fuels every massage, every smile, and every step forward.

LEHARA

Registered UK Charity 1200702
Registered Nepal NGO 331220/080/081

Trustees' Report
and Financial Statements

Trustees' Report

The Trustees present their report and the financial statements for the year ended 30 November 2025.

Charitable mission

Lehara's mission is to provide people from rural communities with a skill that empowers them to earn a sustainable living they can be proud of, while in turn supporting the local community to thrive.

Objectives

1. The prevention or relief of poverty in Nepal's Khumbu Valley, by providing vocational training, grants, sustainable skilled employment and services to individuals in need and/or charities, or to other organisations working to prevent or relieve poverty.

2. For the public benefit, to provide vocational training for people in the Khumbu Valley, Nepal, in such ways as the charity trustees think fit, including by:

- Awarding such people fully funded vocational trainee positions.
- The advancement of public education across the Khumbu Valley, Nepal, by providing grants to local charities that already support local education institutions for people under the age of 25 years.

3. The relief of financial hardship, either generally or individually, of people living in the Khumbu Valley, Nepal, by providing long-term, safe employment opportunities, and providing grants to local charitable organisations that support and benefit the local communities. Beneficiaries of grants must demonstrate sustainable development for the benefit of the public by the promotion of sustainable means of achieving economic growth and community development. Sustainable development means "development which meets the needs of the present without compromising the ability of future generations to meet their own needs."

Main activities

The purpose of Lehara is to provide Nepalese people from high altitude and remote communities with a skill that empowers them to earn a sustainable income they are proud of, whilst, in turn, financially supporting their family and local communities.

Lehara achieves this through a vocational school in Namche, in the heart of Nepal's Khumbu Valley. The school provides fully funded training positions for locals to become trained in sports therapy. Once qualified, they are offered full-time employment providing sports massage to trekkers passing along the Everest Base Camp trail. During this employment, local therapists are provided with a monthly salary, based on hours worked, during the trekking season which lasts six months (March–May and October–December), and a 'retainer' during the rest of the year (June–September and January–February) which is 50% of the salary they earned in the previous period. Furthermore, each individual therapist, once qualified and earning a living providing sports therapy, is paired with a charitable local organisation of their choice. Each month during the trekking season, double the therapists' salary is donated, as a regular investment, to their chosen organisation, therefore benefiting the whole community.

Address of UK principal office

17 Oaks Ave, Upper Norwood, London, SE19 5PD

Trustees

The Charity is administered by Trustees, who provide their services free of charge, comprising of:

- Lisa Jelly
- James Laslett
- Stuart Paterson

None of the Trustees have been employed by the Charity during the year.

Reserves Policy

The Trust maintains an unallocated cash reserve which is sufficient to protect ongoing projects from the risk of disruption and to enable the Trust to meet administration costs, while at the same time ensuring that income is not retained for longer than required.

The Board of Trustees agree to allocate a level of reserves sufficient to cover six months of operation as per the Lehara Reserves Policy. This position is reviewed on an annual basis.

Independent Examiner

Steven Wanstall, from Magee Gammon Corporate Ltd, has been appointed as Independent Examiner.

On behalf of the Trustees

Trustee: Stuart Paterson (Stuart Paterson)

Date: 07 Sep 2026

LEHARA

RECEIPTS AND PAYMENTS ACCOUNT

FOR THE YEAR ENDED 30 NOVEMBER 2025

	2025 £	2024 £
RECEIPTS		
Charitable Activities		
Donations	2,893	11,545
Donations from trading subsidiary	-	7,216
Gift aid	-	3,182
Fundraising	195	22
Total Receipts	3,088	21,965
PAYMENTS		
Charitable Activities		
Donations to Lehara Foundation	-	11,224
Other donations	-	1,144
Marketing	-	2,393
Professional fees	390	1,244
Bank charges	102	192
Sundry expenses	-	300
IT costs	574	1,515
Travel and subsistence	758	3,016
	1,824	21,028
Other Outgoing Resources		
Loan to subsidiary	7,269	4,584
	7,269	4,584
Total Payments	9,093	25,612
NET PAYMENTS	(6,005)	(3,647)
Cash at Bank and In Hand Brought Forward	8,188	11,835
Cash at Bank and In Hand Carried Forward	2,183	8,188

All charity funds are unrestricted.

LEHARA

STATEMENT OF ASSETS

AS AT 30 NOVEMBER 2025

	2025 £	2024 £
CASH FUNDS		
Current Account	699	6,704
PayPal Account	1,556	1,484
	2,255	8,188
Unrealised foreign exchange differences	(72)	-
	2,183	8,188
OTHER MONETARY ASSETS		
Loan to subsidiary	9,878	2,609
	9,878	2,609
INVESTMENT ASSETS		
Investment in subsidiary	3	3
	3	3
LIABILITIES		
Accrued expenses	480	480
Creditors	-	162
	480	642

J S Laslett

James Laslett, Trustee

07 Sep 2026

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LEHARA

ON THE ACCOUNTS FOR THE YEAR ENDED 30 NOVEMBER 2025

I report to the trustees on my examination of the accounts of the above Charitable Incorporated Organisation ("the CIO") for the year ended 30 November 2025.

Responsibilities and basis of report

As the charity trustees of the CIO, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the CIO's accounts carried out under section 145 of the 2011 Act and, in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Steven Wanstall

Steven Wanstall FCCA
Magee Gammon Corporate Limited
Henwood House, Henwood, Ashford, Kent, TN24 8DH

07 Sep 2026

Signable

Issuer	Magee Gammon Corporate Limited
Document generated	Mon, 7th Sep 2026 10:14:50 BST
Document fingerprint	ef713a1662df34af6f039c58245a481f

Parties involved with this document

Document processed	Party + Fingerprint
Mon, 7th Sep 2026 11:38:53 BST	Stuart Paterson - Signer (cfc050b6def539a1c6d4464b019b2467)
Mon, 7th Sep 2026 12:25:57 BST	Jim Laslett - Signer (4fa397cb0b778ebf3344ea2e289eb39e)
Mon, 7th Sep 2026 14:50:16 BST	Steven Wanstall - Signer (78be0b121ee07073d0a5fe85ca499757)

Audit history log

Date	Action
Mon, 7th Sep 2026 10:14:50 BST	Envelope generated with fingerprint bbc3673ed6578fb08f13e8357ac25f15 by s.wanstall@mageegammon.com (80.88.199.66)
Mon, 7th Sep 2026 10:14:50 BST	Document generated with fingerprint ef713a1662df34af6f039c58245a481f (80.88.199.66)
Mon, 7th Sep 2026 10:15:56 BST	Stuart Paterson has been assigned to this envelope. (80.88.199.66)
Mon, 7th Sep 2026 10:15:56 BST	Jim Laslett has been assigned to this envelope. (80.88.199.66)
Mon, 7th Sep 2026 10:15:56 BST	Steven Wanstall has been assigned to this envelope. (80.88.199.66)
Mon, 7th Sep 2026 10:17:52 BST	Sent the envelope to Stuart Paterson (stuart.paterson2257@gmail.com) for signing (80.88.199.66)
Mon, 7th Sep 2026 10:17:53 BST	Document emailed to stuart.paterson2257@gmail.com
Mon, 7th Sep 2026 11:28:30 BST	Stuart Paterson opened the document email. (66.249.93.69)
Mon, 7th Sep 2026 11:37:19 BST	Stuart Paterson opened the document email. (66.249.93.68)
Mon, 7th Sep 2026 11:37:25 BST	Stuart Paterson viewed the envelope (194.35.232.209)
Mon, 7th Sep 2026 11:37:35 BST	Stuart Paterson viewed the envelope (74.125.19.40)
Mon, 7th Sep 2026 11:38:53 BST	Stuart Paterson signed the envelope (194.35.232.209)
Mon, 7th Sep 2026 11:38:53 BST	Sent the envelope to Jim Laslett (jsl@jameslaslett.co.uk) for signing (194.35.232.209)
Mon, 7th Sep 2026 11:38:53 BST	Document emailed to jsl@jameslaslett.co.uk
Mon, 7th Sep 2026 12:22:56 BST	Jim Laslett opened the document email. (104.28.40.140)
Mon, 7th Sep 2026 12:25:05 BST	Jim Laslett viewed the envelope (104.28.40.135)
Mon, 7th Sep 2026 12:25:57 BST	Jim Laslett signed the envelope (104.28.40.135)

Mon, 7th Sep 2026 12:25:57 BST	Sent the envelope to Steven Wanstall (s.wanstall@mageegammon.com) for signing (104.28.40.135)
Mon, 7th Sep 2026 12:25:57 BST	Document emailed to s.wanstall@mageegammon.com
Mon, 7th Sep 2026 14:49:59 BST	Steven Wanstall viewed the envelope (80.88.199.66)
Mon, 7th Sep 2026 14:50:16 BST	Steven Wanstall signed the envelope (80.88.199.66)
Mon, 7th Sep 2026 14:50:17 BST	This envelope has been signed by all parties (80.88.199.66)
Mon, 7th Sep 2026 14:50:17 BST	Signed document confirmation emailed to stuart.paterson2257@gmail.com (80.88.199.66)
Mon, 7th Sep 2026 14:50:17 BST	Signed document confirmation emailed to jsl@jameslaslett.co.uk (80.88.199.66)
Mon, 7th Sep 2026 14:50:17 BST	Signed document confirmation emailed to s.wanstall@mageegammon.com (80.88.199.66)
Mon, 7th Sep 2026 14:50:17 BST	Signed document confirmation emails have been sent to all parties (80.88.199.66)