



# NAMASTE

## THE NEPAL TRUST NEWS

WORKING WITH HEALTH, COMMUNITY DEVELOPMENT  
AND HOPE IN THE "HIDDEN HIMALAYAS"  
SUMMER 2016 ISSUE No. 17



*Dhapu Sunar with her son Prakash—the first baby born at the Nepal Trust Birthing Centre, Bargaun*



*Thehe School*



*Auxiliary Nurse Midwife Nabina Lama at Bargaun Health Post*



*Provision of Veterinary Services*

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## Chairman's Message

*Dear Friends and Supporters*

Looking back, it is clear that the 2015 earthquakes have resulted in a fundamental change in our outlook and programme of activities. Although not a disaster relief agency, The Nepal Trust was, within a matter of days, able to provide urgent relief supplies to villagers in the Sindhupalchowk district, north-east of Kathmandu, where we were the first agency to arrive. We subsequently received and continue to receive very substantial donations to be used for post-earthquake recovery programmes and have decided to focus these on community recovery projects and programmes in the Sindhupalchowk district.

This effectively means that The Nepal Trust now has two operational areas: Humla in the remote north-west corner of Nepal and in the Sindhupalchowk Himalayan foothills. Our operational team in Kathmandu has been expanded to cope with this increase in activity and in June 2016 moved to a larger office.

Earthquake relief projects are identified in consultation with the Village Development Committees and use local labour to maximise value for money in the affected areas. The pace of recovery and development has been constrained by the lack of basic resources, such as cement and oil, and by the need to obtain government approval for all building and construction works. Nevertheless, projects are now underway across Sindhupalchowk and we are making solid progress.

Although the bureaucracy and delay in getting work under way has been frustrating, the primary concern of the Trustees is to ensure that the money donated by many individuals and organisations is spent wisely and in the field. Over a year after the disaster, we are still seeing very little in the way of other agencies engaging in similar work on the ground in Sindhupalchowk.

In Humla, our various projects were not directly affected by the earthquakes and continue much as before. Our focus remains on delivering primary health care to mothers and children, particularly targeting antenatal and postnatal care, aiming to reduce maternal and infant mortality rates, especially within disadvantaged groups, such as low caste and impoverished communities.

As always, I must praise and thank our UK team of volunteers without whom nothing would work. We are however an aging team and a growing concern of mine is how to find younger volunteers to take up the challenge of taking the Nepal Trust forward.

If you think this could be you, please step forward and make contact.

Mike



## Keeping in Touch

Namaste and e-news updates are the two main channels through which we try to keep our members and friends informed of the work we are doing and of the opportunities to join with us.

Our web site [www.nepaltrust.org](http://www.nepaltrust.org) gives you another portal of entry into our activities.

We are also on Facebook: [www.facebook.com/NEPALTRUST](http://www.facebook.com/NEPALTRUST).

There are a number of Nepal Trust videos posted on YouTube

You can also send an email to: [admin@nepaltrust.org](mailto:admin@nepaltrust.org) or give us a call on: +44 (0) 787 901 6443

### INVITATION TO ANNUAL GENERAL MEETING

**SATURDAY 19th NOVEMBER 2016**

**GLASGOW**

**If you're interested in attending, then please contact [admin@nepaltrust.org](mailto:admin@nepaltrust.org) and/or [david.hurman@gmail.com](mailto:david.hurman@gmail.com) for further details**

And finally, a copy of our 2015 statutory accounts is available on request by e-mailing

Rod Lowcock at [rodwillow@blueyonder.co.uk](mailto:rodwillow@blueyonder.co.uk)



## Meet our new NT Director - Anna McPherson

Anna has been working as a freelance filmmaker since 2010 and also teaches computing and filmmaking across the University of the Highlands and Islands.

She was delighted to accept an invitation to join the Nepal Trust Board last year, having been first introduced to the NT in 2000, when Tony Sharpe contacted her and asked if she would be interested in visiting the country and making some video reports on the work of the NT in Humla.

Anna jumped at this chance to travel to the "Hidden Himalayas" and she was most humbled to meet the local Humli people and be able to observe and record their way of life and the many difficulties they face on a daily basis.

Anna hopes to use her filmmaking skills and create more visual content for the NT, as a means to showcase the many and varied projects that the NT supports across Nepal.



In addition, Anna is also maintaining the social media platforms and assisting Tony in the development of online fundraising campaigns.

More background:

Anna is an experienced filmmaker and producer, having worked in industry for the BBC, STV and independent TV production companies, in the UK and in the US. She is currently delivering on the Digital Media Computing and BA Contemporary Film Making in the Highlands courses across UHI. She has created digital content for many Speyside brands including Glenfiddich and also creates content for other industries including oil and gas, food and drink, education and live events.

[anna@recitefilms.com](mailto:anna@recitefilms.com)



## Field visit to Sindhupalchowk

*Anna McPherson*

In Spring 2016, myself and a small team from the Nepal Trust (NT) embarked on a field visit to provide an update report on our continued early recovery and livelihood support projects, related to agriculture, energy, water, sanitation and hygiene (WASH) and income generation across the Sindhupalchowk district, which had suffered widespread earthquake damage last year.

I suppose I was a little anxious, not knowing in what state I would find post-earthquake Nepal. My first impression of Kathmandu, was that many more people were wearing face masks whilst out in the streets, than I remembered on my first visit in 2011.

My first ports of call were to Swayambhunath, the monkey temple, in order to film a city scape, then on to Boudhanath, both of which ancient Buddhist stupas, had suffered earthquake damage

After a brief meeting with Jeroen and the team, we set off on our mission to Sindhupalchowk with an experienced guide and driver. The district of Sindhupalchowk was very beautiful with very luscious flowers and mountains. My first impression was that it appeared more built up than Humla. Although built up, there was still an impressive amount of rubble laying untouched in these villages. Many people could be seen living in cracked houses, with exterior walls missing! Very dangerous, but I imagine they have nowhere else to live.

Our first populated town to pass through was Melamchi, where the NT has supplied metal electricity poles and we could see their benefit immediately as we arrived in the evening and many street-side shops were lit up.

Our first destination was a settlement called Syuale, where the effects of the earthquake can still be seen, as homes have now been replaced with galvanized iron (GI) sheet shacks and there are mounds of rubble surrounding empty gaps, where buildings and homes used to be. *Continued overleaf*

## Field visit to Sindhupalchowk

*Continued from previous page...*

We were immediately greeted by the Social Mobilizer, Shyam Sundar Shrestha. I learned that this role is integral to all our early recovery and livelihood support projects. The Social Mobilizer is a local person on the ground, who is well connected with the community. They act as a conduit for information, constantly communicating on behalf of the community with the NT. I doubt our support projects could have been carried out without the valuable input from this role.

We visited a farmer and I could see that he was very grateful to receive the vegetable seeds we have distributed, as part of the income generation project. His land was quite dry and irrigation was still a problem.

Next, we visited a small settlement, which was only accessible after a 20 minute descent on a windy stairway. I was overtaken by a one-legged Nepali man on crutches, who apparently hops up and down this access route many times a day.

We met with the Chairman of the Water User Committee, who was very thankful for the NT-supplied water tank, which will enable the community to engage in agricultural work. We met a woman carrying her 18 month old grandson. I knew she was in trauma, as she appeared agitated and I learned that most of her family had been lost, including her daughter, the mother of her grandson, during the earthquake. Another lady would tell us that before the water tank, they would have to walk 4 hours to the nearest water source to fill up their pots and buckets. I couldn't even imagine it!

At the top of the never-ending stairway, we were greeted by the one-legged Nepali man offering us cartons of children's juice drinks. Wow, I thought. What a welcome and such a big heart. I really felt like this community were so very grateful for our support, as it's actually changed their day to day way of life for the better!

Landslides can be seen across the valley and we were quite shocked to experience two aftershocks from the earthquake during our trek. Although nothing compared to the 7.8 magnitude of the major quake, still alarming and scary nonetheless for a visitor.

One thing that most shocked me was the apparent lack of INGOs, particularly the big charities, working in this district. We came across one *Children First* vehicle and volunteers building a school out of clay bricks, affiliated with an American charity called *Conscious Impact*. It was quite heart breaking to see the reality of life here, in that the Nepalis have been left to fend for themselves and rebuild their homes. We learned that the government was to begin distributing some funds to homeowners in the district in November 2016, (almost 18 months post-earthquake), but it will be a comparatively small sum of money and certainly not enough to build a home. It will be a long time before they can rebuild their homes and return to some sort of normality. Many are still in trauma.



We visited Surya Shree Primary School and were welcomed by the pupils in English. The primary school principal expressed his thanks to the NT for our support in helping to build their Temporary Learning Centre (TLC). It's basically a number of shacks made out of GI sheets, each containing a whiteboard and no more than a few cushions for the pupils to sit on. Working in a college where we have lots of computers and equipment, I was saddened to watch these poor children being taught with the bare minimum of learning materials. The principal informed us that a few students and their parents were lost during the earthquake and he had also lost most of his family and is still in trauma.

Whilst visiting these settlements, I have to say that once people knew we were from the NT, we were warmly welcomed, almost treated like royalty and they couldn't do enough for us. These people have very little, and yet we would never go hungry or thirsty – there was always plenty of dal bhat and butter milk to be shared!

### Income generation

We interviewed a number of young men, who have received stonemason training. The NT paid towards their travel and accommodation in Kathmandu for a week, where these young apprentices received training in more sustainable building methods. They are now back in their villages and are teaching others. One young mason has built his house using this sustainable method of building with bricks, which should not be affected by future earthquakes.



## Sindhupalchowk continued

### Sewing machines

We also interviewed a number of tailors, both male and female, usually from the Dalit community, who have benefitted from our income generation projects, by receiving new sewing machines. One woman was particularly grateful and I learned that she didn't receive money in return for sewing the clothes of her local community. Instead, they used a bartering system, where she would receive rice, or herbs instead. This was a real eye-opener to me.

### Helambu - Tarkeyang

We had the pleasure of meeting our NT Communications Officer Anu Lama's aunt and uncle, at their guesthouse site, which is completely crumbled after the earthquake. They have managed to build wooden rooms on the site and can accommodate a few trekkers. Like many other hoteliers here, their sole income was from tourism. Prior to the earthquake, in peak season, they would have upwards of 500 trekkers stay with them. Since the earthquake, they are lucky if they have 20 trekkers stay.

We met a Scottish family, a French doctor and a couple from Holland. The French doctor told us that the French government, at that time, still advised it's citizens not to travel to Nepal. The young couple from Holland were experienced and keen trekkers and were actually trekking alone, which isn't advised. They had specifically chosen to trek in Helambu district, rather than Annapurna, as they believed they would see a hidden part of the Himalayas. They were kind and allowed us to interview them about their reasons for trekking in this district, to encourage tourism.

Anu took me to the other side of the village, which was completely flattened by the earthquake. We saw her aunt and uncle's house, which was now rubble. It looked like something from a movie scene, almost unbelievable to the eye.

We then visited the local school, or at least the site where the local community have now cleared the rubble and are beginning to build a new school. The school principal again, was very thankful to the NT for our support and we met some young pupils to whom we are contributing funds towards their education.

I was then taken to a very spiritual place, to which many monks from around the world, had previously migrated, in search of peace and harmony. The temple itself is now rubble and the local people are beginning to rebuild.

There are very old stupas, which are showing cracks and in need of repair also.

### Communication

In some inhabited areas, many people could be seen walking with a mobile phone. Perhaps not the latest smart phone, but certainly effective models like old Nokias. These phones provide vital means of communication, particularly enabling the Social Mobilizers to keep in contact with the NT. This seemingly readily available piece of technology was such a stark contrast to the otherwise very basic living conditions that most people have to endure

My overall impression from visiting the Sindhupalchowk district was that everyone we met, were so grateful and very thankful for the support that they have received from the NT. It would appear that we are one of the lead, albeit of the relatively few charities working on the ground to support early recovery and livelihood. If you thought that the NT was a small charity working on small projects, then hopefully my experience demonstrates that we are quite the opposite, in that we are working on many fronts with far reaching benefits.

I must thank Anu Lama for her great organisational skills and translation support during our trek. My reporting on the projects wouldn't have been possible without her. She is certainly a great asset to the NT.

I can only say that the hard work carried out by Jeroen and his team in Kathmandu has been very well co-ordinated and many Nepalis have benefitted from our early recovery and livelihood support projects in this area of the hidden Himalayas.



## Kshetra's Vision

*Tony Sharpe*

*Deputy Chairman and Fundraising Director*

Charitable giving is not just about handouts. It is perhaps more to do with helping a person or community climb up the next rung of the ladder. At least, that is how the Nepal Trust sees it.

Working at grassroots level allows us to deliver what the community needs in a most cost effective way and gives that community a sense of ownership that endures. A simple handout without further sustainable commitment often fails and the donation may be wasted. Since 1994, every single project established by the Nepal Trust is alive and running and still providing a service to the various communities. Over £3 million of investment has certainly not been wasted!



*Kshetra Tamang and his agricultural enterprise*

In 2015, Nepal was devastated by a huge earthquake that killed thousands and destroyed homes and livelihoods. Luckily, our main target area, Humla, in the far north west of Nepal, escaped relatively unscathed but many other areas suffered terrible damage and destruction.

The Trust made the immediate decision to extend our activities to the most devastated district of Sindhupalchowk, to the north of Kathmandu. Here, whole villages and communities had been totally destroyed and families torn apart. Immediate emergency relief was provided to give shelter, food and medical care.

We have now moved on to help rebuild the community infrastructure, by initiating a number of practical projects –training has been provided for new stonemasons to help rebuild homes and public facilities, new schools are being built, farmers are being supported with new technologies and advice to get back into food production as soon as possible. Water and irrigation schemes are being constructed and the rudimentary electrical supply system strengthened. Through all this, the local people have not just sat back and waited for help but have organised and mobilised themselves to lead the rebuilding process with our assistance. They may not have many resources but they have time and energy that they are using to support and help the work of the Nepal Trust and other agencies.

These people have a resilience honed by thousands of years living in one of the most unforgiving habitats on the planet!

The following is an account, typical of many, of one villager who is determined to get his country back to normality and who appeals, with the same vigour, to all young Nepalis to do the same. Kshetra Bahadur Tamang of Sindhupalchowk district is 35 year old.

He was born in Nawalpur VDC Ward No. 6 and gained his education from the local school in Nawalpur.

Kshetra had to give up on his studies due to his family's poor economic condition, and in order to provide for his family he had to become an economic migrant and travelled abroad like many thousands of other young Nepalis. Kshetra made the decision to return to Nepal and do something in his own homeland and just before the earthquake occurred, he had started to engage in the agricultural sector by cultivating various vegetables, fruits and plants on his own 30 ropani (just over 3.5 acres) of land.

Kshetra is a good example of a very motivated person who expresses the view "If we try hard and put in all our efforts then we can make a living in our own country and we don't have to go abroad for employment".

The earthquake completely destroyed Kshetra's home but he continued to try to do his work to support his family. Although he did not expect any particular support from any organization, the Nepal Trust, working in coordination with the District Agriculture Office was happy to offer practical support to Kshetra, who was grateful and indeed overjoyed to receive such help in the form of agricultural supplies including seeds plus equipment such as plastic tunnels, spray machines and safe pesticides and also appropriate technology in the form of sprinklers, hoses, pipes, watering cans and tools to help to re-establish and improve his agricultural activities.

He adds "I have felt the difference in the working method because earlier I was unaware of the new appropriate technology which makes the work much easier and saves time". He is now fully aware of the advantages of working in coordination with agencies like the Nepal Trust and appropriate government departments.



## Kshetra's Vision

He has cultivated vegetables, fruits and other cash crops such as lemons, oranges, tangerines, coffee, cardamom, pauluniya, buddhachite, rudrakshya and other important plants. Kshetra says 'If we use appropriate technology and modern methods of agriculture we can upgrade our society and daily lifestyle by improving our sources of income'.

His advice to the many skilled and educated young people in Nepal is to try and create or look for opportunities in their own country, rather than work abroad, as otherwise there is little hope if only the old and infirm are left behind.

He emphasizes the need to use all the help and support available from the many NGOs and government departments.

The Nepal Trust is very happy to work with people like Kshetra who have a vision of a better Nepal achieved through focused application and hard work.

There are many Kshetras out there!

Our earthquake relief work will have to go on for many years yet and in order to support the Kshetras of Nepal we will need your support and donations to help them back to a more normal and hopefully more prosperous life. Help them to start to climb up the ladder!

Please help Kshetra realize his vision.

### FUNDRAISING LINKS

#### Earthquake Relief

<http://www.globalgiving.co.uk/projects/provide-earthquake-relief-in-sindalpulchowk-nepal/>

#### Healthcare in the Hidden Himalayas

<http://www.globalgiving.co.uk/projects/healthcare-and-economic-development-in-nepal-himalayas/>

#### Renewable Energy Service Centre

<https://www.globalgiving.org/projects/keeping-the-lights-on-in-the-hidden-himalayas/?-approved>

#### General

<https://www.justgiving.com/nepaltrust>



*The Nepal Trust Service Centre, Simikot*

In the renewable energy sector, we are leading the way by establishing a unique Service Centre in Simikot to provide maintenance services for the many hydroelectric, solar power and wind energy schemes established over the years by the Nepal Trust and other agencies.

In the past, so many of these schemes have failed due to lack of support and funding once the donor agency has walked away.

Our local Service Centre will aim to correct these problems by being able to carry out repairs and maintenance and in addition, provide a boost to the local economy and a source of new skills and training.

Of course all of this requires funding, especially our continuing health programme, and we hope that you will continue to help in whatever way you can.



Perhaps you can spread the news and increase our support base?

## Project Reports

Jeroen van den Bergh

### EDUCATION

#### Stichting Nepal (Holland) visit to Humla



Krijn de Best (Chairman - Stichting Nepal) shares his story with us:

*"In May 2016, my fellow board member, Sjoerd Ybema and I had the privilege to visit Humla with Jeroen. This part of Nepal reminded us both of the Nepal we once knew 25 years ago and fell in love with. The population is living under difficult circumstances, but their hospitality is great.*

*Our foundation, Stichting Nepal, together with the staff of the Nepal Trust, made it possible to build an impressive school in Thehe for over 200 students.*

*This school has put this forgotten village on the map. Arriving in the village, the principal and his wife had come out to meet us. Preceded by two drums we followed them through the village to the site of the new school building.*

*All along the route children and their parents were waiting to put garlands of local branches, around our necks and to put tikka's on our faces.*

*The whole village was dressed for the occasion and it was wonderful to see the children so happy. The building itself*



*was beautifully done and I felt proud to have been part of this endeavour. Now education is within reach of the children of this village.*

*We, Stichting Nepal, look forward to working with The Nepal Trust on future projects".*

#### Baluhawa School—Kapilvastu District

Another joint project with our Dutch partners (Stichting Nepal and Wild Geese Foundation), construction of a big primary school for over 250 pupils has just started.

#### Kailash Humla Children Foundation School & Hostel—Muchu



With funding from John and Penny Armstrong we continue to support KHCF and over the next two years will provide hostel accommodation for more children with trained staff, food, school uniforms and extra teachers.

#### Lipne School



Working with our Dutch partners, we have received funding to repair the Lipne School in the south of Humla, close to Lali village, which will benefit over a hundred students.



## Project Reports

### Childrens Homes - Lalitpur and Makawanpur districts



We have been supporting 3 Childrens Homes (2 in Lalitpur district and 1 in Makawanpur district) with our Dutch partners. These homes provide for trafficked children rescued from circuses, juvenile justice homes, prisons and those living on

the streets.

The project provides running costs for the homes to provide accommodation, food, clothes and counselling for 46 children, of whom 6 have been reunited with their families and 8 placed in youth programmes, leaving 32 children remaining at the homes.

The homes enable the children to start their rehabilitation process in a safe environment with trained staff and also to receive additional healthcare and educational support.

We have also been working with EBMF to repair local schools in Makawanpur district, to provide educational facilities for those rehabilitated children who have been reunited with their families in their own villages.

After months of planning, we have recently received government approval for two school reconstruction projects in earthquake affected areas. Firstly, the rebuilding of a secondary school for deaf children in Bajarhatti village, Birendranagar VDC of Chitwan district and a primary school in Tarkeyyang village, Helambu VDC of Sindhupalchowk district, where we are already working on a number of other post-earthquake recovery projects.

### HEALTH

#### Bargaun Birthing Centre

Last May 2016, Jeroen visited the Bargaun Birthing Centre (BBC), which is now fully operational, and met with Daphu Sunar, a young 24 year old mother, and her baby Prakash Sunar, who was the first baby born at the BBC on 25 August 2015.

She explained, in her own words, that she was very happy that Jeroen and other Nepal Trust staff visit her in her village and take the time to talk with her, as it makes her feel that the Nepal Trust cares for local people and takes their problems seriously.

She told us that she was originally planning to give birth to her baby at home, but admitted that she was worried in case there might be problems or complications, and as the new Birthing Centre was opened in the village, she was very happy to go there, where she received excellent care from a trained midwife. It was also easy for her family to visit and she only had to walk a little bit further to get back home safely.

During her pregnancy, she also attended the clinic at the Birthing Centre for ante-natal and subsequent post-natal care. Daphu said that people in the village had previously known little of such things and there was also a general reluctance to discuss pregnancy and birth issues, but now women could talk openly with the local female staff members at the clinic for information and reassurance. She would certainly recommend the service to her sisters and



was also keen for family planning, which is also provided at the centre.

#### Sarkegad and Yari Birthing Centres

The Birthing Centre projects at Sarkegad and Yari are both nearing completion. These clinics will be integrated into the overall NT Health Programme, ensuring continued support for the future, with the provision of staff and medical supplies. For this we would welcome additional financial support from donors.

In both villages, maternal health training has been conducted in partnership with Humla District Health Office (DHO). Around 100 young women and local health volunteers have received training on reproductive health, family planning, mother and child health, HIV/AIDS, immunization, nutrition, and sanitation.

#### Little Doctors

Due to the success of the Birthing Center at Sarkegad and our aim to improve general health education in



the area we have been expanding our Little Doctor Programme from 3 to 4 courses a year and have added the Shree Him Jyoti Secondary School in Sarkegad village to the program. We are now running classes in Simikot, Bargaun, Yalbang and Sarkegad for a total of 88 children per year.

## Project Reports

### AGRICULTURE

After 3 years the Humla Agriculture Development Programme (HAD), a project that supports farmers in Humla and which was implemented with financial support from Norlha (Switzerland) came to an end in July. We are delighted to announce that a new project agreement with Norlha has been signed to continue and expand the project.



In the course of 2015-16, we have built the capacity of 325 farmers on the use of improved seeds and technologies, vegetable production and soil management, honey production and nutrition - all skills that they can now utilize on their own farms.

We have also constructed 42 greenhouses at strategic locations which allow farmers to now grow off-season vegetables. This means that food production in the respective project areas has increased from 7 months a year (November to May) to a year-round 12 months a year, so people have sufficient food. This has had a positive impact on improving the rates of malnutrition in the area particularly among women and young children.

In addition, 2 irrigation systems were established to support greenhouse technologies alongside food storage facilities enabling vegetables to be safely stored for a longer period of time, whilst reducing waste production. Furthermore, supply chains and business linkages have been established between local farmer households and both local and Tibetan entrepreneurs and markets. Farmers are now able to sell at least 50% of their crops to established and new emerging markets, which will contribute significantly to the overall family income.

### WATER, SANITATION and HYGIENE (WASH)

#### Kaski Water Project

We have informed you in previous editions of Namaste about the major water supply project in Kaski district, a project that we started in 2008 in partnership with Stichting Waterproject Nepal (Holland) and the Nepal Government. The project covers 3 VDCs - Sarangkot (one of Nepal's biggest tourism destinations in the Pokhara

area), Kaskikot and Dhikur-Pokhari, home to about 20,000 people. After completing the transmission line around 40 km long, we had started the distribution works. With



additional funding from the Wild Geese Foundation (Holland) we were able to lay the pipe lines for distribution to the different villages.

We have also been supporting the government in constructing collection and distribution chambers and water taps, and were able to add extra components to the project to benefit the local education and health sectors.

To provide WASH education for young children, we have been placing painted murals relating to brushing teeth, toilet use, sanitation and personal hygiene at ten different government schools.



In addition 1,000 litre storage tanks with pump systems and water filters have been installed at each school, so they have water available during the day for drinking, washing, sanitation facilities and school kitchens. We have provided similar water supply tanks at local health posts so health workers have water available to wash patients, sterilize medical equipment and cook food.

In July 2015, GlobalGiving representative Kathryn Carr



visited the project to perform an external evaluation of our work. She visited the various sites of the project and spoke to local villagers and school children. She had a wonderful experience and was very impressed with the way we work with the communities and government to ensure the success of the projects.

Our part in this vital project is nearing closure after many years of hard work, and the overall project should be completed in the next few months, once government funds have been released.

The Nepal Trust will maintain close links with the water user committee and central water office throughout this period and will continue to offer assistance as required.



A film documentary is being planned once the project is fully completed, which will enable us to record the villagers reaction to a clean water supply, for the first time in decades.

Many thanks to Dick and Ellen from Stichting Waterproject Nepal and to our affiliated partners, Stichting Sarangkot, Stichting Dhampus and Wild Geese Foundation.

In all there is much to do and obviously we would welcome additional donor support to build upon these activities and expand on them where possible.

### EARTHQUAKE RECOVERY

In the last edition of Namaste we touched upon our earthquake recovery program in partnership with ICCO (Holland) and ACT Alliance (Switzerland). With additional support from GlobalGiving (UK and USA), Rotary International and other organizations and individuals we have been able to expand on these activities which were implemented successfully and very well received by the local communities and national government.

The program was implemented in 5 VDCs in Sindhupalchowk district, (Sipapokhare, Kunchok, Nawalpur, Syaule and Helambu), about 100 km north of Kathmandu and benefited nearly 2,000 households—that's over 8,600 people.

Last April we completed the first 10-month phase of this programme which focused on the recovery of local livelihoods plus the repair of community irrigation systems and water supplies, restoration of micro-hydroelectric power distribution lines and the construction of a new road carved out of the rock cliffs to connect villages affected by landslides with nearby market hubs at Sipapokhare VDC.

We also implemented activities in all 5 VDCs related to the development of income generation. These included the construction of green houses and provision of agriculture expertise, seeds, pesticides, training and tools for 60 local farmers, veterinary services to over 240 farms within the area, the provision of sewing machines to 15 marginalized Dalit families and formal training for 8 local stonemasons who have obtained government certified qualifications.

### ACKNOWLEDGEMENTS

As ever, many thanks for all subscriptions and donations, very gratefully received.

Special mention to the following for substantial donations and fund-raising efforts.

Major Donations: Stichting Nepal, Stichting Water Project, Stichting Wild Goose (Holland)

Individuals: Dr J & Mrs P Armstrong, Mike & Pavla Love, Frances F Burns, Muriel Watt, Edwin Dunlop, Peter & Kay Perkins, Jon Teigland, Rod & Janet Lowcock

Trusts, Companies etc: The Paget Trust, The Rozelle Trust, The Prince's Charities, The Anthony Walker Charitable Trust, William Arthur Rudd Memorial Trust, Bisgood Charitable Trust, In memory of Catherine Brzeski, Estate of Hector Gosling, Estate of Olive Garrett, Hindu Temple of Scotland, Wells "Pop-Up" Shop, Edinburgh Airport, Wells Boules Tournament, Speciality Drinks, CMS Cameron McKenna, CIME (Belgium)

JustGiving and GlobalGiving

Rotary Clubs and Districts: Weyside, Wells, St Ives, Chelmsford, Arbroath, Melton Mowbray, Soar Valley, Crewe & Nantwich Weaver, Misbourne Matins, Avalon, Storrington, Ilkley Wharfedale, Mawddach, Lincoln Colonia, Sturminster Newton, Bookham Inner Wheel

And special thanks to Jim Robinson at our print sponsors Jones and Palmer.

**Jonesandpalmer**

And personal thanks to my chums at [www.soapboxcollaborative.org](http://www.soapboxcollaborative.org) especially Joanna MacQueen for DTP rescue and continued assistance – thanks!!





Local farmer with buffalo



92 year old Nakder Lama with prayer wheel



Chinkala Sunar collecting wood



CMA Ratan Budda at Sarkegad Health Post



Chapal Lama spinning wool

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