

WMT News

The Newsletter of the Wilkins Memorial Trust

No. 3 Spring 1997

BURTIBANG COMMUNITY HEALTH PROGRAMME (BCHP)

Tuk Harijan and BCHP's Drinking Water and Sanitation Programme

According to the official figures for 1990/1991, only 35% of the population in Nepal has access to clean drinking water with the poor and those living in the remotest regions least likely to have either clean drinking water or sanitation. In the Burtibang area over half the population now has access to clean water, with 43% of the population being helped by schemes under BCHP's Drinking Water and Sanitation Programme.

In 1996 alone, BCHP projects resulted in 4,430 more people drinking clean water, 566 more private toilets, 12 more school toilets and 97 more village taps.

Installing a clean water supply to the villagers of Nepal is not without problems; these include finding a suitable water source, the engineering challenges in the remote mountainous regions of the country, financial constraints of donor organisations and the complex Nepalese social system of castes and tribes. Betman Singh Bhandari, BCHP engineer, describes in a paper for the Delhi water conference some of the social problems experienced in the village of Dharakharka in 1991/1992.

Here, villagers were contracted to provide labour for the scheme, to build pit latrines and to pay towards the maintenance fund. Betman writes "in this scheme, eight houses were deprived of tap water because they were

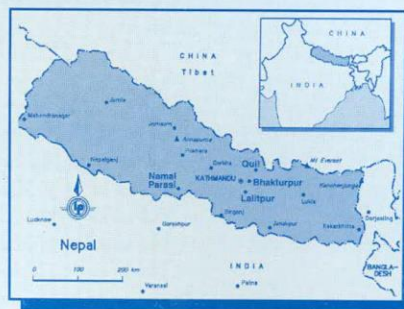


Washing dishes at a village tap in a village near Burtibang

unable to pay towards the maintenance fund or build a pit latrine.

Four low caste houses are scattered 800m from a branch line and they were also deprived of tap water because of their inability to contribute the large amount of labour needed, the community's unwillingness to help poorer groups and the programme's need to be cost effective. Even though the poor families' daily consumption of water is only 2 - 3 buckets and rich families use much more, rich and poor make equal contributions to construct the schemes. The 3 - 4 months continuous volunteer contribution pushes the poor into debt."

Betman went on to discuss how BCHP addresses these problems through education, health awareness, communication, involvement of the whole community and not just the rich powerful families in decision making, wealth ranking surveys and training of local maintenance workers. He recommended using local construction materials and high quality fittings in the water projects, and, as far as possible, making the schemes small and simple with few moving parts and valves which community people can operate easily. BCHP spends about 25% of its budget on drinking water schemes.



THANK YOU

Thank you to all the supporters of the Wilkins Memorial Trust whose generous donations have allowed the Trust not only to continue its support of existing projects but expand its work in Nepal. In 1996, new projects included Sunita's scholarship to a Kathmandu school, financing the Lalitpur school projects and the sponsorship of Tuk Harijan, senior over-seer/engineer in BCHP's drinking water department, to attend a water conference in Delhi.

With the help of PIA and Exodus Expeditions, we were also able to send a supply of school books, kindly donated by the Kingston family, to ECCA for the Lalitpur schools.

The Trustees would also like to extend special thanks to Mike Cotts who not only produces and prints our newsletters and cards but also has organised a new "Books for Nepal" project for schools in remote regions of Nepal. In 1997, as well as our on-going projects, WMT is planning to support a health project in Quil which will be supervised by Aparna Bhatta. Aparna is co-ordinator of the Kitchen project which is now self-sufficient and progressing well.

Bhotu Chand

Bhotu has completed her Community Medicine Auxiliary course in Nawal Parasi and is now awaiting the results of her final examinations. Once qualified, it is hoped that Bhotu will be able to work at the community health post in her home village of Bohoragaun, four hours walk from Burtibang.

WEDC Water Conference

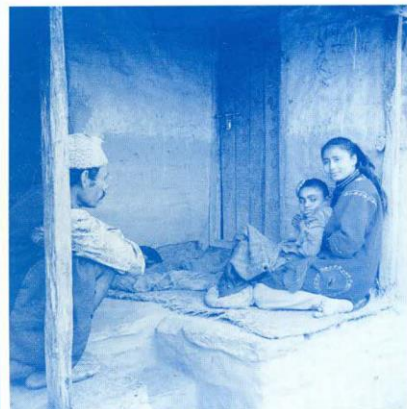
In September 1996, the Water, Engineering and Land Development Centre (WEDC) of Loughborough University organised an international conference entitled "Reaching the Unreached - Challenges for the 21st Century". The conference was in Dehli and focused on the problems of supplying clean water to the poor, with emphasis on issues important to the Indian sub-continent. Tuk Harijan and Betman Singh Bhandari along with two other members of staff from BCHP attended the conference.

WMT provided sponsorship money for Tuk to attend. The conference lasted a week and covered many aspects of water resources, use and management; health issues; water quality and pollution; waste water management and

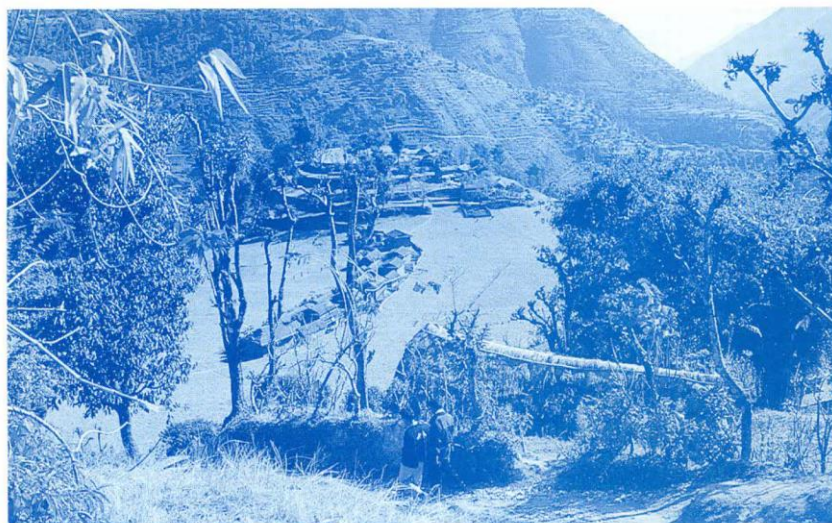
sanitation. Tuk found the conference useful. In a recent letter to WMT, he writes "It was my privilege given to me by you to attend such a big conference where almost 500 specialists were attending and where we got to share and get various information. There were 36 specialist sessions. Under each heading the specialist presented and later, in the same session, there was discussion and raised questions so that the specialist could answer immediately. Such session gave clear vision".

"The conference also taught us to pay attention even to select water source and to do treatment after testing the water if already taken to the community because we used not to test spring water which could have fluoride and other harmful minerals. Specially for me who hadn't even had a trip to India before, got this opportunity that we had a field visit to the western village of Dehli City, where one of the local NGOs, ASHA SADAN, is active and has a field-based team-approach community health programme. It encouraged us because BCHP is also trying to move in similar ways here in Burtibang. It stimulated us to think deeply for the development of community rather than accepting the traditional methodology."

Community Based Rehabilitation Service (CBRS)



One of the Kaski Field Workers on a home visit (from CBRS' End of Year Report 1995/1996)



Mahani, a hillside village near Burtibang. Supplying water to mountain villages can be an engineering challenge

Tuk Harijan

Tuk is senior over-seer/engineer in BCHP's drinking water department. He has been with BCHP for 3 years. Tuk writes "I am 31 years old and I am married with 2 children. I am from a socially oppressed group and a very poor family. I was selected as a full scholarship student from my district by Gandaki Boarding School to study there, from where I passed my school leaving certificate in 1984."

Tuk then received a scholarship from the

United Mission to Nepal (UMN) to study civil engineering at the Institute of Engineering in Kathmandu. After qualifying, Tuk worked on the Andhi Khola Hydro project and the Jhimruk project; both projects in which Andrew was involved. In Jhimruk, Tuk met Andrew and the family just before they were due to leave for England. In November 1993, Tuk joined BCHP because "I was interested and I am interested to work in such community development projects and also I have a vision to serve our Lord in remote areas."

CBRS works for and with disabled people, particularly children, with physical, speech and/or hearing difficulties in the Pokhara region (Kaski and Syangja districts) of Nepal. CBRS receives most of its finances from a Dutch charity but they are very grateful to WMT for support which is used to buy special items that are not covered by the regular budget. This year our money is going towards a video camera and a small TV for showing the videos. Jane Schofield-Gurung, CBRS Project Co-ordinator, writes "Already filming on a borrowed camera has enabled us to document some of our activities and, also, given valuable feedback to staff of their performance. We also plan to use film material in parents training and in awareness work (about disability issues). As well as this, to thus document our work will give us a record as to the project's development, useful for report writing, research and general information-giving purposes."

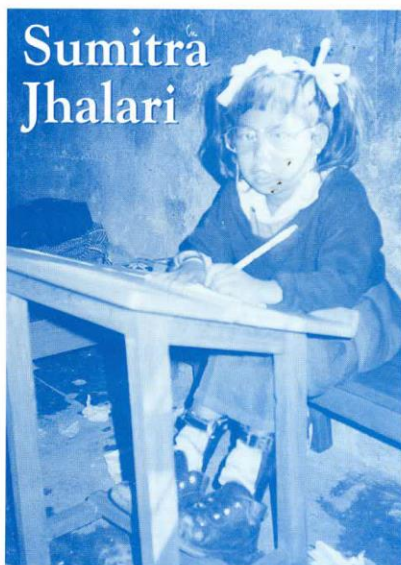
In WMT News No 2 Autumn 1996, we gave a resume of CBRS's work with disabled children. In this newsletter, we have articles about three special children, Sanjesh, Sumitra and Dhan Bahadur, who are being helped by CBRS. Their stories have been kindly written for us by the children's field workers, Sarita, Mim and Mahendra. Daphne Wilkins and Patricia Yates met Sanjesh and Sumitra during their visit to CBRS in December 1995.

In our CBRS organisation there are 13 staff, out of this there are 4 Field Workers in Kaski and 2 in Syangja.

In Kaski we see 49 children and out of them I see 17. Mostly we go to the child's house every week, some children we go to every 2 weeks or monthly. Within my children, one of those I see is Sumitra Jhalari and I go to her house each Monday. I show the necessary things to her and her mother.

One day, when it was time to go to her house it was raining. I went, and got wet in the rain, but then her mother was not at home. Her older sister-in-law was there with her. Also Sumitra had a fever. So that day I talked to them about the illness and gave advice about resting. So I did not do the usual activities with her before I came back.

A week later when I got there Sumitra was better and also her mother was there at home. Sumitra looked happy. We did some of the activities together according to what we had done before with her and her mother. Compared to before we saw some



development and improvement. With her we do muscle exercises then getting her to walk putting her feet on flowers on the carpet pattern, sitting straight, standing up straight and other things. In this some things are better.

Mim Kumari Shrestha
Field Worker, Kaski

Additional Information:

Sumitra is about 9 and the only daughter in a family of several brothers. She has cerebral Palsy and this has given her problems with her balance and control of movement. She is able to walk, though not very steadily. With Mim and her family she is now practising to improve this and also ways to help her mother in the house.

Jane Schofield-Gurung
CBRS Co-ordinator

Sanjesh

We are 6 Field Workers under CBRS and we are providing services to 49 disabled children now in Kaski.

Usually I do home visits to at least 15 homes in a week, out of the total. Among them Sanjesh is a special client. We have been seeing him since 20th November 1995. Sanjesh was unable to sit without a chair, when we provided a supporting chair to him. Now he is able to sit and lift his head. Nowadays he can stand-up if he finds any support to hold.

As you know that the last time we were visiting with you (Daphne Wilkins & Patricia Yates) and found him sitting on the chair, but now he does not need such a chair anymore.

We are glad and satisfied to find such progression with him. Similarly we are wanting such progress with all disabled children. But sometimes if we are unable to work together with parents we feel sad.

Sometimes we face such problems, eg. a few days ago I went on a home visit although it was heavily raining, but I could not see the disabled child and parent as well.

That visit was my 2 times a month schedule. So then I needed to visit him the next week and found them at home. We feel that parents participation is essential and necessary while we are home visiting, to give combined assistance to disabled children and their families too.

Sarita K.C.
Field Worker of Kaski.

Additional Information:

Sanjesh is now about 2 1/2 and you will see that he has progressed well in the last few months. He has cerebral Palsy which has caused a delay in his development and some problems with movement and balance.

As Sarita writes, participation of the parents is essential to our work not only during home visits and day to day activities with the child but also in the Parents Groups. These provide a forum for sharing the families own experiences as well as an opportunity to learn about and discuss related topics. The Parents Groups are now starting to take responsibility for the funds raised by the home visit fees. Also in September and December, CBRS will be running training courses for the groups, including topics of child development, some basic therapy, general health, toy making and management. Also in the next few months some of the group members will start to regularly meet with the Management Team as an advisory group.

Jane Schofield-Gurung
CBRS Co-ordinator

In Syangja district we see all types of disabled children. Those we see most regularly have cerebral Palsy and learning disabilities. We also refer to other organisations, children who are blind, deaf or who have speech problems.

We see some children each week, others every 2 weeks or monthly. Now in Syangja we see 22 children regularly. One of these is Dhan Bahadur Gurung. I see this child regularly. Before, this child was very weak and in a difficult situation. Usually he was inside the house all of the time lying on a small bed and covered with blankets and he was fed at feeding time. Only if the family had enough time did they clean his urine and faeces. The parents did not really believe he could do anything.

After my advice and our working together, Dhan Bahadur is now kept clean, when he sits in his chair he laughs, he watches people who walk on the road and he likes to play with toys like balloons, listen to the noise of vehicles, and show things with his hand by pointing. Compared to before, his right hand

moves much more. His family now care for him much more, and have done the homework that I have taught them, so we can see Dhan Bahadur progress.

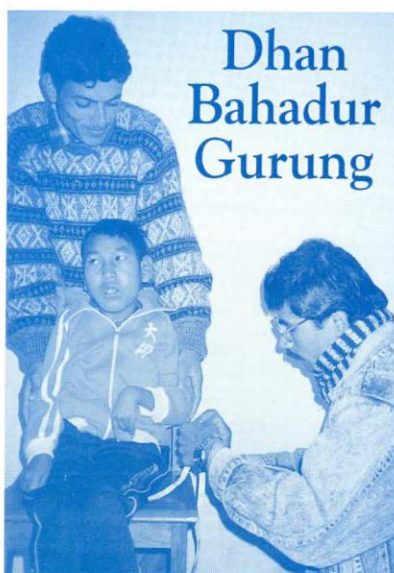
Mahendra Lamichhane
Field Worker of Syangja

Additional Information:

Dhan Bahadur is 12, and has cerebral palsy and learning disabilities. Mahendra visits him weekly. The photo shows Mahendra holding him while Nutchhe (Technical Assistant) measures him for his chair.

Dhan Bahadur actually lives next to the main road that runs through Syangja district. This is quite unusual as many of our clients there are only reached by walking from the road in quite difficult terrain.

Jane Schofield Gurung
CBRS Co-ordinator



ECCA NEWS • ECCA NEWS • ECCA NEWS

Hari Dongol, our programme officer for much of 1996, is now in Denmark and since September, Narendra Joshi has been our programme officer. Narendra has been involved with ECCA for several years and in the first survey of the Lalitpur area, conducted for PWMT, Narendra accompanied Neeraj, our first programme officer. He has been back to Lalitpur on many occasions since then so knows the area and the people well. Since taking office, Narendra has written very detailed and interesting letters giving an up-date of the ECCA activities and the Lalitpur schools' projects.

There is much enthusiasm about the ECCA programme in Lalitpur; there are plans to expand the awareness programme for children, youths and women and to introduce more income generating training such as bee keeping and agro-forestry. Narendra is also introducing a work camp programme. In these camps, counsellors and campers visit a community in a village and teach the villagers how to build smokeless stoves, pit latrines and solar dryers; and inform villagers on waste

management and water purification. The first work camp is planned for Bhatti Danda village. The chairman of Bhatti Danda VDC is very enthusiastic and spread news of the ECCA programme to Ikudol village. At the request of the VDC chairman of Ikudol, ECCA has recently held a camp in Ikudol.

Ikudol is a new programme area in the WMT ECCA project. We have received



ECCA counsellor conducting a session on alternative sources of energy, Ikudol camp Autumn 1996

photographs of the first ECCA camp there which was very successful. ECCA have also recently held camps in Pyutar and Dal Choki villages.

The Lalitpur school projects are well underway with the windows for Shankhu

school's library now completed, the work on the fencing projects and nurseries started and the building of the water tanks for Shankhu's school's toilets also underway. In Dal Choki village, a small drinking water project is planned. A Canadian organisation, CDHP, is providing 75% of the finance.

The villagers have agreed to raise 15% of the cost and provide labour and the community have requested 10% (£412) from WMT.

Sunita, Rosna & Sampana

Sunita wrote to us at Christmas. She has been busy studying for her exams. She seems to be enjoying school although Neeraj says the work is very tough when compared to the standard she was used to in Dal Choki. In October, she visited her sister for a short holiday. Sunita has recently taken up cooking lessons.

Rosna seems to be progressing well. Since the Titleys left, we are fortunate to have a new

contact for Rosna and Santi, the Keenan family. The Keenans knew Andrew and Helen and are friends of Anne and Anthony Titley. The Keenans are with UMN and Andrew Keenan works at Patan Hospital.

Reports from Gandaki Boarding School (GBS) indicate that Sampana is doing well. We hear from Sampana herself regularly; also from Aruna, the student supported by PWMT.

example, by supporting more projects in the schools in Lalitpur and providing more health course scholarships.

This means raising more funds. All donations, however large or small, are most gratefully received and should be sent to: **WMT, 9 Judith Gardens, Potton, Bedfordshire. SG19 2RJ** Thank you.

WMT APPEAL

We would like to be able to expand the work of the Trust in Nepal, for

IUCN NEWS

We hope to have copies of the new Wetland Habitat poster soon and will be illustrating that in the next issue of WMT news

Gyanendra Lal Shrestha

Gyanendra is WMT's representative in Nepal. He works with Butwal Power Company Hydroconsult, the company that Andrew was seconded to, and knew Andrew and Helen and the family. In 1993, PWMT sponsored Gyanendra to come to England to read for an MSc. in foundation engineering at Birmingham University. Gyanendra's wife, Sanu, joined him for part of his year in Britain and, while here, they were able to meet a number of WMT Trustees. Gyanendra is now based in Kathmandu and is able to give us first hand reports about our projects. Gyanendra and Sanu have a baby daughter.



Gyanendra, Patricia Yates, Daphne Wilkins, Sanu and baby at Kathmandu Airport, January 1996

Hari Dongol

Hari Dongol (see ECCA project) is hoping to come to England from 21st to 31st March and will be based in Godmanchester, Huntingdon. Although Hari is now working in Denmark on a 9 month contract with Storstroms AMT Green Region Project, he is very knowledgeable and enthusiastic about the ECCA programme so if any WMT supporters would like to meet him to discuss ECCA or any environmental issues pertinent to Nepal, please let us know (01480 456986).