



महिला समूहहरूको एकीकरण  
आर्थिक र सामाजिक सशक्तिकरण

संयुक्त कार्यमा सहभागी भई विकास परोक्षोत्पन्न गरियो

annual report 2006/2007

**SHARE AND CARE NEPAL**

*is a Christian response to people in need*



## Share and Care Nepal

As a movement Share and Care is working alongside the communities since 1993. The endeavor is to make us available to the communities at their convenience and facilitate a process that helps strengthening the capacity of vulnerable groups with special reference to women, children and elderly and address the gender issues.

## The Vision

A healthy and empowered community, living in harmony, sharing resources responsibly for improved quality life

## The Mission

Reach out to vulnerable communities and work towards holistic development focusing on peace and harmony.

## Values

Demonstrate compassion, show love, promote justice, work with honesty, develop trust and respect people.

## From the Executive Director

Poverty, lack of power, lack of information and vulnerability are the key components of hopelessness in the communities we serve. The past conflict has caused great damage to all the sections of the society. When we visit the communities, we observe, feel and experience the hangover of fear, which still grips the communities. Reflecting back gives a sense of amazement and our hearts are full of thanks to the Almighty that in difficult and trying situations we were able to reach out to the people in need. Our staff worked under tremendous stress. It was His grace and the commitment of the staff that kept them going.

Now we do see a ray of hope in New Nepal, to share hope with the broken hearted and rebuild the lives of the broken communities. There are tremendous opportunities ahead of us. Last year we worked in four districts and implemented Community Based Health and Development projects. In all our interventions we focused on the most vulnerable communities. Every opportunity was availed to build up relationships, restore peace and help people see hope in a situation of hopelessness. In spite of setbacks in certain areas the past achievements were wonderful, which further inspires us to do better in the coming years.

The Mango training on project financial management in Bangladesh was a good learning opportunity for me and my colleague Arun Thapa. Our staff participated in various in house training programs in the effort to learn and grow professionally and socially. Four staffs were sent for Community Health and Development training in Jamkhed, India for 2 months.

The credit goes to the communities who participated in spite of adverse situations and the local community volunteers who did not give up in trying situations. The staff worked in difficult and demanding situations. I am much thankful to the Board for guidance, advice and encouragement. On behalf of Share and Care and on a personal level I want to put on record our gratitude to the donor partners without whose help much could not have been accomplished.

Our country and we have a long way to go. Let us persevere and join hands to achieve greater things in a small way.

SHALOM

Ramesh Khadka  
Executive Director

## I. The Share and Care

As a movement Share and Care is working alongside the communities since 1993. The endeavor is to make us available to the communities at their convenience and facilitate a process that helps strengthening the capacity of vulnerable groups with special reference to women, children and elderly and address the gender issues. We envision a healthy and empowered community, living in harmony, sharing resources responsibly for improved quality life. Every effort is made to demonstrate compassion, show love, promote justice, work with honesty, develop trust and respect people.

## II. Promotion of Integral Mission

This is being done through Micah Network. The SCN facilitated establishing Micah Network office in rented premises. When ever needed support is extended to the work of Micah Network. The Nepal Mission Association has membership of seven Churches. In the recent past SCN promoted the concept of Healing Centre and helped to produce a concept paper. Few meetings were held with the church leaders where the concept of Healing, Health and Wholeness was discussed and a common declaration was signed by the member churches.

## III. Community Based Health and Development Projects

These projects are implemented with in seventeen VDC of Kathmandu, Lalitpur, Kavrepalanchok and Sindhupalchok districts. People are from different castes such as Magar, Tamang, Brahmin, Chetri , Dalit and Newar. Majority of the inhabitants are agriculturists and some of them are employed in a nearby town.

## Being unaware about family planning

It was the eighth pregnancy of Pamfa Vishwakarma, of Lapsephedi VDC – 6, the youngest wife of Sur Bahadur Vishwakarma.

Although the family planning services and contraceptives were available at their door, they didn't help themselves to try once for any temporary or permanent method of family planning. Because of this, they had to lose her two sons and two daughters one after another, because of unsafe and unhealthy pregnancy, unsafe delivery and lack of knowledge of family planning.

To use the contraceptives for family planning, Share and Care staff regularly counseling them. This time, Pamfa was clever enough to visit health post regularly and take regular counseling from health worker. Fortunately, she gave birth to a healthy child in her eighth pregnancy.

Now that the Vishwakarmas have realized the need of family planning, Pamfa have used the temporary contraceptive (Depo-Provera) to prevent further pregnancy. She also takes her child regularly to the health post for vaccination and to monitor her child's proper growth.

Bodh Kumari Bajagain





#### **PRA survey in Lubhu and Lamatar VDC**

Before starting the project PRA survey was done in two VDC's. The survey revealed that after class 4 girls are discouraged from going to school. They are expected to look after the younger siblings and learn household chores. Poverty is most prevalent in the area. The community has very little knowledge about diseases and its prevention. The majority of women are illiterate and the drinking water is inadequate. Traditional ways of farming is the primary reason of low agricultural production in spite of hard work.

Generally the Tamang community produces country liquor from the rice and sells in the market. They also cut wood and sell. Dalits are normally ironsmith and some do labor job. Untouchability still prevails. Brahmins do not allow low caste community members to enter their courtyard. The community finds it difficult to trust the government health care services and prefer to go to private medical practitioners who have their clinics in the villages.



#### **Women's empowerment in four districts**

Facilitating empowerment of women is the primary focus of the project. This is done through discussions, training opportunities and group meetings promoting leadership development. Women's groups from various project areas visited Pharping to learn from existing women's groups in Pharping. The project staff shares information on issues like entrepreneurship, HIV/AIDS, savings, disaster mitigation and management, farming and food security. Life Relevant Education is given to the women through literacy campaign and promotion of basic education.

#### **Women in action**

The women's groups have become much active in their respective VDC's. They collectively helped in maintaining the village approach road, participated in the sanitation programs, construction of pit latrines, promoted non-violence and helped in obtaining citizenship papers from Government. The women's group looks after the drinking water system and periodically cleans the water source tanks. The project staff helped in developing local leadership particularly for women. Women's day is celebrated with great excitement. In social gatherings women participate in great numbers. In Pharping women have demonstrated great sense of unity and fraternity. Sixty five women's groups have 1700 members. They have formed an NGO and undertake various activities.

### The NGO managed by women

SCN has helped to facilitate a process in which a women initiated, community based NGO -Women's Empowerment for Social Development (WESD) is registered with the District Administration Office, Kathmandu and affiliated with the Social Welfare Council. Based in Pharping this NGO, which is managed by women looks after the growth and development of the local women's groups, participates and promotes school support program and computer literacy programs in the community. This is the first women's community based NGO which is registered in Kathmandu District.



### Dayaram Bista; a farmer awarded

Dayaram Bista is the treasurer of Mahadevsthan farmer group which was established in 2004 at Chalnakhel VDC where Share and Care Nepal's "Comprehensive Primary Health Care Project" is implementing development activities in the communities. Dayaram Bista has received trainings on off seasonal vegetable farming and poultry keeping organized by Share & Care Nepal in coordination with VDC and District Agriculture Development.



Dayaram owns a family of four members and he is 39 years old farmer. In his past days, he got engaged in a number of professions. He had opened a shop from which he suffered a loss of Rs. 15,000/-. Again he started a business of public transport (a three wheeler tempo) which, too, was not a beneficial business. Then at last he started poultry farming, from which he succeeded to make profit. He is still continuing this business that has altogether 400 layer chickens.

Apart from poultry, Dayaram is also growing off-season vegetables in his 3 ropani land. He used to grow vegetables for his own but now he has turned out to be a professional in it. Because of this, he has become economically strong enough to educate his children and save for the future. He is very satisfied and happy with his profession, says Dayaram Bista.

From his last production, Dayaram has sold 1600 kg vegetables, making a profit of Rs. 16,000/- and he aims to sell 1500 kg more in near future. He has proud himself to be a successful farmer. For his hard work and success, he was awarded second prize in vegetable farming. He has been inspired and motivated to work harder and harder. These days, he not only does faming for himself, but also teaches other new farmers and exchanges his experiences. He discards chemical fertilizers and recommends that every farmer should use environmental friendly decomposed fertilizers (made by cow dung).

Raj Kumar Khadka

## IV. Health Related Programs



### Community health

The Female Community Health Volunteers were selected. They were given basic training about the role of FCHV, care of pregnant women and children and common illnesses. They were also given information about the health services provided by sub health post and how to avail government health services. . The FCHV training was done in coordination with the health post

### Support to Sub-health Post

The SCN staffs help the Government Sub health post during ANC and PNC clinics and immunization. Periodically community health awareness programs are also conducted with special reference to HIV/AIDS. In Chhampi and Setidevei, 300 people including FCHV's, health post staff, students and teachers attended the rally

### School Health Program

Bhai Bahini Groups have been formed. They are given education on health, personal hygiene and environment sanitation. On various occasions art competitions and games were held. Two schools were given computers for computer education. The schoolteachers were given orientation about school health program and their role. Meetings were held with Bhai Bahini groups and they were given health education with special focus on personal hygiene and diarrhea. Some of the activities are also done through child-to-child program. During this year 20 deserving students were given scholarship. Through the project a healthy interaction between teachers and parents is facilitated. The HIV/AIDS day was celebrated with school children's participation. In one school peer educator group has been formed. Meeting was held with this group. The HIV/AIDS training has been planned during this rainy season.



### Support to Traditional Healers

The Dhama Jhankri's (traditional healers) who were open to sharing and learning were identified. This opportunity was used to learn about their work and help them to acquire knowledge on health issues. They were encouraged to refer those patients they were unable to treat, to the hospital. The Female Community Health Volunteers workshop was conducted in coordination with health post. Information about Child health, Nutrition, Diarrhea, worms etc was shared with them. The FCHV's have formed seven VDC wise groups and have started savings.

### Adolescent girls program

Five adolescent groups were formed. They are given training on reproductive health care. Three groups are doing savings and credit and five groups participated in quiz competition program. They help women groups in social action. They are given information on HIV/AIDS and discuss issues such as girl trafficking. The members of this group share information with friends and other classmates. Thus the intervention has a ripple effect.

### HIV/ AIDS Prevention and Care Project at Hetauda

In partnership with Jyoti Punarjivan Samaj, Hetauda, Share and Care initiated a project for PLHA and high risk groups to provide support and strengthen awareness about HIV/ AIDS. Through linkages with diagnostic centers, many persons from high risk groups underwent testing and were given pre and post counseling. PLHA from marginalized backgrounds were given medical support, nutrition, counseling and other appropriate support. The project also spread awareness about HIV/ AIDS and substance abuse in the community, focusing on youth and women. Through these efforts SCN believes that PLHA and youth recovering from drug abuse will find a new reason to live and share their hope with others in similar situations. Due to reasons beyond control the activities of this project were temporarily kept in abeyance.

### Food security

Food insecurity is the major problem in this area. To address the issue farmers groups are formed. These groups meet once a month and have started saving money. The meeting gives them an opportunity to discuss issues of common concern and their role in increasing food security. When ever possible the veterinary doctor participates in the meetings. They are encouraged to grow fodder grass to increase milk production and about 700 seedlings were distributed to them for plantation. The farmers groups are trained on seasonal and off-season vegetable farming. They are also trained on grafting and pruning. Seed and crop storage training proved to be helpful for them. With this training some of the farmers were able to earn additional income. The women and farmers are doing kitchen gardening to supply the household needs. The women's groups are also helped in writing their annual action plans. One of the farmers group was given financial help worth Rs.5000/- for growing vegetables. Six farmers were also taken for exposure visit to Godavari to observe and learn about organic farming. After the exposure visit two farmers started organic farming. There was a competition at district level in farming, one farmer's group stood second in this competition.



## V. Educational and Training opportunities



### A School for Community

The community in partnership with Share and Care manages A School for the Community. In this partnership SCN plays a supportive role. The School has initiated a graduation course for the community, which is recognized by Tribhuvan University. It is the first of its kind in Pharping area. They support the local government health post, community library, conduct training programs for the community particularly women's groups. The School for Community is a sustainable outcome of SCN's intervention in Pharping. It is a community movement in which people are empowered to take ownership of community development programs and are actively involved in their individual and collective growth leading to positive change.

### Ten plus two school support program

The government has developed a new policy through which all high schools supported by the government are upgraded to Plus 2 level. In implementing this policy the schools require support for registration and infrastructure development. In line with the Government policy, Share and Care has supported two schools in upgrading to Plus 2 level.



### Community education

In Chhampi and Dukuchap 16 Non-Formal Education Centers were established. Consequently 16 facilitators were trained. In the Festival. These are the opportunities of bringing the community together to strengthen relationships and promote interdependency. In annual social gathering about 1700 women came together and expressed their solidarity for the cause of women. Such events build their self confidence where women take advantage of the opportunity to sing songs, play drama and give speech on issues of common concern. The celebration of HIV AIDS day highlighted the danger of AIDS and its adverse impact on the community.

## Sapana leads her village

Sapana Singar, aged 31, lives in Chhampi VDC-9. She couldn't go to school in her childhood. Her husband taught her to read and write. She is a founder member of Burunchuli Self Help group. She is leading the women by educating them about cleanliness, family planning etc. Besides, she also actively participating and supporting health post in various programs like Vitamin 'A' program, Polio vaccination program and other health programs conducted by District Health Office.

In a community of illiteracy and superstitions, Sapana's works has been remarkable and significant. She exchanges her experience and knowledge among other health volunteers in a group. She also motivates everyone towards saving for future.

Moreover, Sapana's initiative of cleanliness in the village controls the diarrhea epidemic in the village by maintaining cleanliness and hygiene and teaching people to make "Jeevan Jal" (oral rehydration solution). This has contributed a lot in rescuing many lives from untimely deaths. Early in the morning to late in the evening, Sapana is dedicated and ready to serve the people. She has formed a group to manage all the garbage, believing that "Prevention is better than cure".

No doubt, citizen like Sapana own a great share of credit for the betterment and development of Community. She stands as an ideal for everyone in the village.

Santosh Pokhrel



## VI. The Staffing Position

Six staff at the central office provided leadership and support to the field staff. One of the senior staff left the organization and joined World Vision. Twenty-seven field staff helped in implementing programs in four districts. During the year three field staff resigned. At various times staff were given an opportunity to learn and participate in training programs such as Disaster Mitigation and Management training in which all field staff and central office staff participated. Four staffs were sent to Jamkhed, India for two months community based health and development training. Professional proposal writing training was given to two staff. Two other staffs were sent for participatory management training and HIV Counseling training was given to four staff.

## VII. Brief Update of Annual Plan 2006/2007 Implementation

The annual plan of 2006/2007 was approved by the Board. This plan helped to clarify our purpose and gave direction to our work in different project areas.

Share and Care has worked with 3 partners and 10 projects during the past year. In addition specialized components such as child sponsorship; safe drinking water and environmental conservation were integrated into these projects. The peace and reconciliation programs are also being initiated in various forms in our work with the communities.

We also took the opportunity to prepare 10 year and 5 year strategic plans as well as a 3 year action plan for Share and Care. We made various efforts to develop strategies for advocacy in Churches, para-Church organizations and Christian NGOs for integral mission. These efforts need to be done in a more planned and organized manner for a better impact. Meetings and consultations with various committees as well as celebration of special events have been conducted according to the plan.

Primarily due to financial constraints, lack of time and political trends all the planned activities did not take place. Last year some of the staff left the organization. The uncertain, sudden political trends have disturbed the momentum of the project work and delayed the achievement of planned targets. Various changes had to be made in project implementation in order to adjust to the local political situations. However, these activities will be incorporated in future planning.

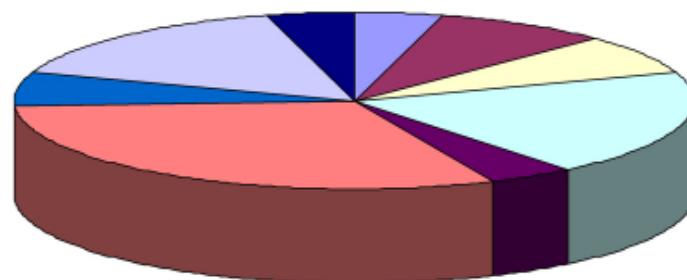
Keeping in mind the dynamic trends in the current socio-political milieu, the varying priorities of the communities and available resources Share and Care may have to adapt and make appropriate changes to address emerging issues in a relevant and effective manner.

## VIII. New opportunities

In the Far Western Region there are exciting opportunities to work. The initial survey done by SCN staff indicates that there is a need to start projects relating to food security, HIV/AIDS and employment opportunities. About 35 % of youth are going to India in search of jobs. We desire to start the following new projects:

- Shalom Project for Peace and Reconstruction
- Women in Difficult Circumstances
- A school for community movement expansion

**Source of Funding** 2006/07

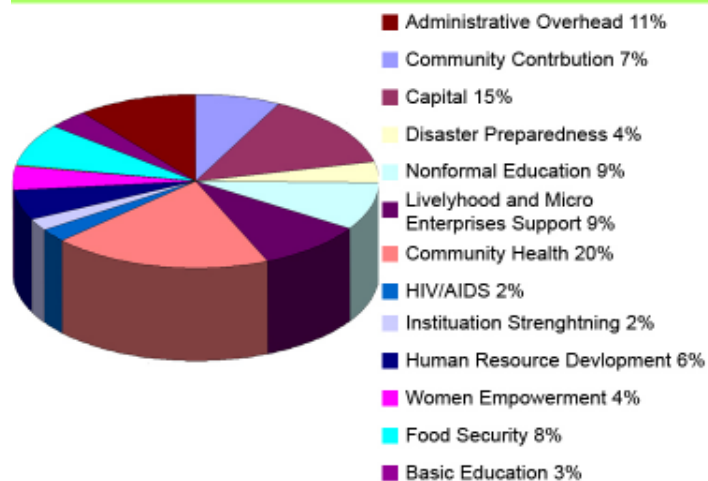


### FY 2006/2007

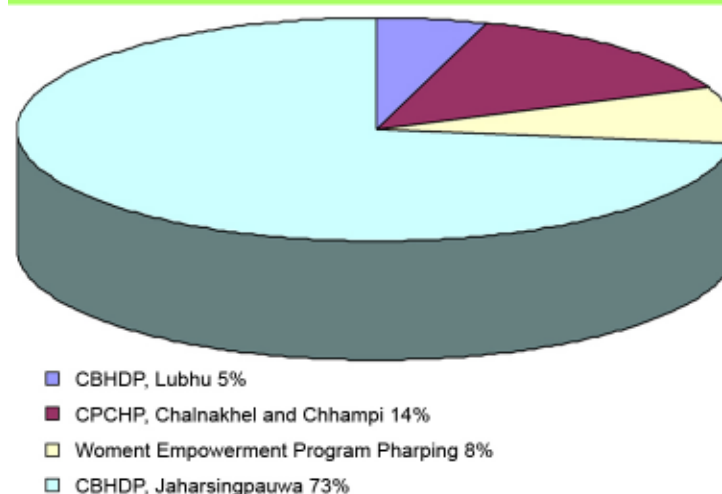
**Income:**  
NPR. 20,985,707

**Expenditure:**  
NPR. 19,425,376

**Distribution of Fund** 2006/07



**Project wise expenses** 2006/07



**"WE BELIEVE, TOGETHER WE CAN DO"**

# CHALLENGES



Nepal's political status is fragile and uncertain. The eight political parties including the Maoists have managed to overthrow the ruling monarchy and are working towards establishment of a democracy in Nepal. The election of the new constituent assembly scheduled for November 2007 would be crucial in determining future political stability, governance and peace in Nepal. Share and Care will initiate appropriate ways to promote peace and reconciliation, strengthen democracy and advocate for the cause of the marginalized and the voiceless. Uncertainty also prevails about the Legislation affecting development intervention through NGO's. Obtaining adequate funds for the projects will be very challenging.



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