


नालासुद!

 ADRA NEPAL - hope and healing in the himalayas

December 2006

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The Adventist Development and Relief Agency (ADRA) is an independent humanitarian agency established by the Seventh-day Adventist Church for the specific purpose of providing individual and community development and disaster relief. Locally registered, ADRA serves people without regard to their religious association. It simply helps people in need, especially those most vulnerable such as women, children and the elderly.

Population, Health and Environment Pilot Project **new**

Population, Health and Environment (PHE) is a new project sponsored by USAID Nepal through a task order to Camp Dresser & McKee International (CDM) under USAID Environmental Health IQC and will be implemented in Bardiya and Dhading Districts. Through the local implementing partners, WWF in Bardiya and RIMS in Dhading, and with technical assistance from ADRA Nepal, family planning and reproductive health will be integrated into existing project groups. By integrating family planning and reproductive health and environmental components into community forestry users groups and literacy groups it is expected to bring about the desired change in the lives of targeted women, their families and communities.



With our extensive experience we are proposing to implement a range of activities which will help bring about the goal and objectives of PHE. For example, through our experience in integrating health into literacy groups we have already developed a health literacy curriculum and materials/modules that include family planning/reproductive health and forest conservation messages.

Additionally, with our significant experience in youth mobilization, peer education, behaviour change communication, and community family planning and reproductive health we have the further capabilities through providing technical support to train, mentor, supervise and support local implementing NGOs in the development, implementation and monitoring of PHE pilot activities.

This project is combining the expertise of all partners in their own fields: ADRA in health and non formal education, RIM in improved cooking stoves and WWF in natural resource management. Gathered in one place and working through one project, this wealth of expertise will ensure health messages, including reproductive health and family planning, as well as literacy training will reach communities within the context of sustainable livelihood and community forest management.

PHE focuses on:-

- Improving health outcomes of people living adjacent to forest corridors and buffer zones;
- Enhancing the capacity of Community Forestry Users Groups and other community agents to promote health using community based and integrated PHE approaches, and
- Increasing support in forest user groups for PHE perspectives that are implemented in a sustainable way.

ADRA's New Implementing Partner in Kavre: **new** Integrated Community Development (ICD) Nepal

ADRA Nepal has a new implementing partner for on-going health and community based programmes in Kavre District. Integrated Community Development (ICD) Nepal is a newly established NGO of experienced personnel specialising in health and is currently operating the highly regarded Primary Health and Family Planning Clinic, Community Dental Clinic, and HIV/AIDS and VCT Clinic, in Banepa. With an average of over 80 client visits per day, these clinics offer support to mainly women, children and youths.

Fully supported by the District Health Office, ICD Nepal formed its official agreement with the Government of Nepal in April 2006, and is operating its clinics in the old ADRA Nepal premises in Banepa. ICD received technical expertise from ADRA Nepal in the development of a business plan and strategic planning advice in order to help ensure a clear vision for the future. **Welcome aboard ICD!**



Signing of agreement between ADRA Nepal and ICD Nepal

New Project to Strengthen the Community **new** Through CBOs



ADRA Nepal had undertaken a new three year project, "Community Based Organisation Strengthening Project" funded by ADRA Canada.

We are working in partnership with two NGOs. One is, Integrated Community Development (ICD) Nepal who are implementing various service delivery and integrated community development projects in Kavre District. In this project, ICD will engage in capacity building training, project staff trainings, and develop linkages and networks with government, non government, private, and public institutions in Kavre District. ICD will also mobilize well trained staff that have extensive experience in community development, particularly in previous ADRA Canada / CIDA funded projects. The other NGO is Community Service Centre (CSC) who we are also working with the Sustainable Agriculture Development Project (SDIAP). We have formed 10 active Farmers

Clubs in 10 VDCs of Kavre District and Community Service Centre (CSC) is the umbrella organisation to oversee the agricultural and livelihood programmes undertaken by the 10 Farmers Clubs. ADRA Nepal has supported CSC with skill and equipment to assist these farmers groups to increase sustainability. CSC recently started to implement agriculture based projects such as promoting goat farming; pig farming; kitchen gardening; off season vegetable marketing, and bee keeping.

These partnerships aim to build on the strengths of both partners and to provide technical expertise in areas where they already possess skills and to scale-up local strategies and models that have already been proven. The project's management approach will be collaborative and will develop mechanisms to maximize the contribution that each partner can make to the project, thereby allowing the project to be more cost-effective and efficient.



In organisations, real power and energy is generated through relationships. The patterns of relationships and the capacities to form them are more important than tasks, functions, roles, and positions.

Margaret Wheatley

ICD and CSC will work directly with the community in planning, selecting the beneficiaries, providing training, and supporting the CBO members in training and facilitation activities. The daily operation of the activities will be under the direct supervision of ADRA's Project Manager who will provide technical expertise to the partner organisations to maintain quality and ensure compliance.

HAVE YOUR SAY

Japan Nepal Cooperation

ADRA Japan and ADRA Nepal have been working together since 1995 on cleft palate procedures (CLP) as part of the Plastic Surgery Transition Project. This year I got the opportunity to go to Japan to learn about the latest technology and update my knowledge as well as act as a goodwill ambassador to promote relations between the two countries. What's more I will be able to pass on the knowledge I gained in Japan to my colleagues here in Nepal. During this trip I was able to visit hospitals, churches, and donors and meet personnel and medical teams who are vital to the continuing upgrading of our CLP programme in Nepal. I would like to thank ADRA Japan staff, Ms Shoko, Mr Tetsuo and Ms Atsuko, as well as the medical team members Dr Fuke, Dr Serada, Dr Sato, Mr Nikaido and Mr Yuji who arranged my visit to their working hospital.



Dr. Kazuhiko Hongo, Medical Director of Tokyo Adventist Hospital with Ram

Apart from learning new techniques and technology, I found that Japanese life is very busy and I am even more grateful to ADRA Japan, particularly the Country Director, Mr Mitsuo Chris Ishii, who gave valuable time to show me around. Language was a little problem as I don't speak Japanese but I am certainly interested to learn it for future cooperation and visits! **Thank you everyone who made this trip possible and worthwhile.**

Ram Timilsina, Cleft Lip & Palate Coordinator, ADRA Nepal

ADRA Japan's 12th CLP Surgery Programme

ADRA Japan's 12th Cleft Lip and Palate Surgery Programme (CLP) is taking place, for the first time, in Scheer Memorial Hospital in Banepa this year. Since 1995 ADRA Japan in collaboration with ADRA Nepal has been conducting CLP surgeries in the ADRA Clinic in Banepa. However, with a change in government ruling this is no longer possible so ADRA Japan's volunteer surgery team comprising of eight plastic surgeons, five anesthesiologists, nine nurses, a clinical engineer, a pharmacist, an intubationalist and two medical coordinators will be working with Scheer Memorial.

With participation fees covered by ADRA Japan, along with medical goods donated through their network in Japan, the volunteers are giving their time freely and enthusiastically. The target number of operations is 50 for this year. In addition, a medication interaction forum is planned for technical exchange between Japan and Nepal and representatives of the volunteers will be in attendance.

ADRA Nepal Supports ADRA Sri Lanka's Strategic Planning

In August 2006, Mark Webster (Country Director) and Chantelle Allen (Programme Director) travelled to ADRA Sri Lanka to assist with their strategic planning. This is the third Country Office in the region where ADRA Nepal has been able to provide support with strategic planning this year. The strategic planning process took place over four days and included a one day meeting with the Board. The workshop explored the vision of ADRA Sri Lanka; highlighted facts about ADRA Sri Lanka and its environment; developed ideas for the future, and developed action plans to achieve the vision. The workshop utilized participatory action learning processes which meant that this was not only a working session but one full of fun and games too. Thank you to ADRA Asia Regional Office and ADRA Australia for providing financial support for this workshop. **And thank you to the ADRA Sri Lanka team for making it so much fun!**



CELEBRATIONS AND CONGRATULATIONS!

ADRA Nepal's Decentralization new

In order to strengthen project activities in the Mid West and Western Region of Nepal ADRA Nepal has established a Regional Office in Butwal, Rupandehi District. Currently we are implementing several projects in these regions, namely, the Nepal Women's Poverty Alleviation Project; Sustainable Economic Development Project; Community Based Organisation Strengthening, and United for Education, as well as the new Integrated Population Health and Environment Project (see front page) and Working Together for RH Project (see page 7). The new regional office will be monitoring these projects with support from district contact offices in Nepalganj and Simara. Aiming at becoming closer to communities, ADRA Nepal believes this decentralization will be a more effective and efficient way of implementing projects to help bring about poverty alleviation through health and education programmes. **Congratulation to all who made the opening of this new office possible!**

United For Education Programme (UFEP) 2006

*Congratulations to the following students who ADRA Nepal is supporting through school. They have now all passed their SLC (School Leaving Certificate) exams. **Well done!***

- Nisha K.C., Khokana Jana Secondary School, Tauthali
- Rajani Lama, Khokana Jana Secondary School, Tauthali
- Ashok Dhital, Sharada Secondary School, Banepa
- Sarita Thapa, Gangadevi Secondary School, Rabi Opi
- Kumar Tamang, Gangadevi Secondary School, Rabi Opi
- Rajendra Shrestha, Shiksha Sadan Secondary School, Banepa



"I am Nisha K.C. and I am 16 years old from Tauthali Village. I have nine people in my family so it was difficult for me to go to school until ADRA came along to support me. Now I have passed my SLC and am very happy and would like to thank ADRA Nepal and my donor from Australia."

"Namaste, I am Rajani Lama and go to Shree Khokana Jana Secondary School. I am also supported by my donor from Australia and am happy to be able to tell you that I passed my SLC in the 1st division and will now be able to go to college. To go to college is like a dream come true for me. Thank you."

Sub Health Post Construction Project Launched new



H.E. Mr. Tsutomu Hiraoka, Ambassador of Japan to Nepal (right) and Mr. Tetsuo Hayashi Program Manager ADRA Japan

The Sub Health Post Construction Project initiated by ADRA Nepal and ADRA Japan, was funded to the amount of US\$76,866 through the Embassy of Japan in Nepal.

Within this project ADRA Japan together with ADRA Nepal will provide technical supervision and construction materials for sub health post (SHP) construction in eight VDCs in Kavre District. For the sustainable maintenance of SHPs, local voluntary contributions in the form of labour for the construction work is suggested and encouraged. The designed sub health post includes one building with three rooms and another building with two rooms with a separate toilet and uses 'safe and low cost housing' technology. In this, molded blocks will be the main construction material instead of bricks so that cost is reduced and it will be environment friendly.

Through this project ADRA Nepal, ADRA Japan and the people of Japan will move forward to create an atmosphere where people can live with increased health care in their lives.

ADRA Asia's Emergency Response Training

The ADRA Asia Regional Office is developing a pool of experienced people to be on-call for assisting with responses to major disasters in the Asia Region. To ensure that they are well prepared and equipped to fulfill this role, a workshop simulating a response to a disaster was conducted from the 29 October to 3 November in Indonesia. Madhu Satyal (Team Leader for Planning and Evaluation) and Chantelle Allen (Programme Director) along with representatives from eight other ADRA offices in the region participated in this exciting learning event.

There were a number of objectives set for this simulation/workshop. The most important one was to upskill and prepare a small team to respond to a major disaster in the Asia Region. In addition, through this simulation, the newly developed ADRA Asia Region Emergency Preparedness and Response Plan was tested, the ADRA Asia Regional Emergency Response Kit was trialed and the ADRA Indonesia Emergency Preparedness and Response Plan tested. The learning process also allowed many lessons and best practices to be documented to improve the quality ADRA's response in the Asia Region.

To simulate as closely as possible a response to a disaster, the exact location of the simulation / workshop was not identified until Thursday morning, 26 October. Each traveller was then required to make their own travel arrangements and proceed to the disaster site. The team was notified that they were responding to the volcanic eruption of Mt. Gede, West Java, Indonesia. This was truly a week full of experiential learning.

The key elements of this learning process included pre-event intelligence and situation reporting; the activation process; international border control movements; base camp establishment; initial needs assessment and proposal for aid; comprehensive needs assessment; network proposal development; staggered professional development training sessions (including radios, GPS, Iridium, BGAN); security and risk management, and finally a coordination meeting with United Nations OCHA (Indonesia).



The simulation and workshop was designed and facilitated by Robert Patton, Regional Coordinator, Emergency Management, ADRA Asia. To further assist this learning process four observers took part in the simulation. Their role was to observe what happened during the day and then to provide feedback at an extensive daily debriefing session. They also proved to be a wealth of information, experience and advice throughout the exercise. The four observers were: Gregg Swanson, HumaniNet; Yuriya Teragaki, Japan Platform; Chris Olafson, ADRA Australia and Steve Glassey, Emergency Management Academy of New Zealand.

The observers not only contributed their time and energy but their organisations also generously covered the full cost of their participation in the workshop. ADRA Australia was another generous sponsor. ADRA Nepal will be building on this invaluable experience by developing the ADRA Nepal Emergency Preparedness and Response Plan with Robert Pattern in February 2007.

Thank you to all of these who made this event a big success!

You can't stay in your corner of the forest waiting for others to come to you. You have to go to them sometimes.

Winnie the Pooh
(A.A. Milne)

Improving Family Planning

The Eastern Region Family Planning Expansion Project (ERFPEP) addresses the task of preventing maternal and infant morbidity by increasing family planning (FP) usage rates, thereby reducing mis-timed, unwanted and high-risk pregnancies, and concurrently improving general child health and welfare by promoting child spacing. The ERFPEP is located in six districts of the Eastern Development Region of Nepal - Dhankuta, Okhaladhunga, Panchthar, Sankhuwasabha, Terhathum and Udayapur. Funded by USAID and ADRA International the programme will run until September 2009. The community mobilisation activities of this project are being implemented in partnership with Nepal Red Cross Society (NRCS). As we mentioned in the last *Namaste* newsletter, ERFPEP is helping Nepal towards achieving the Millennium Development Goals of improving maternal health and reducing child mortality.

Testing Interventions: Improving Family Planning and Reproductive Health

Operations Research is a process of systematic research techniques for programme decision making in order to achieve a specified outcome. It helps to increase the efficiency, effectiveness and quality of services delivered by providers and the availability, accessibility and acceptability of services desired by users.

In order to build the capacity of USAID Flex Fund grantees to design and implement Operations Research (OR) proposals to identify and test interventions to improve family planning and reproductive health practices, particularly at community level, a ten day Operations Development Proposal Development Workshop was conducted. Supported with the help of USAID, CORE and CSTS+, the workshop, held in Maryland, USA in May, was conducted by the Population Council. The technical backstop for the project, Erin Anastasi (Technical Advisor for Health - ADRA International), and Project Director of SMIP, Madhu Sudan Satyal and M&E Officer of ERFPEP, Rajendra Kumar Raut, both from ADRA Nepal, attended the workshop.



One of the outputs of the workshop was the drafting of an OR proposal by the Nepal team and Erin Anastasi to investigate the under utilization of IUCD services in the Eastern Development Region (particularly in the four district hospitals of Dhankuta, Sankhuwasabha, Terhathum and Panchthar). This OR study is expected to test interventions for the improvement of family planning and reproductive health practices in the project area.

ADRA International's Support for ERFPEP

Erin Anastasi from ADRA International visited us during June to support our Operations Research and to facilitate in our Quick Investigation of Quality (QIQ). Erin facilitated for us in Biratnagar as well as visiting our Dhankuta and Kathmandu offices. With valuable input from Erin and continued support from ADRA International, ERFPEP continues to go from strength to strength to improve the reproductive lives of the people of Nepal.

ERFPEP - Ensuring Good Quality Family Planning Services

Good quality family planning services can help individuals and couples meet their optimum reproductive health needs safely and effectively. This has now been recognized by the Government of Nepal who have initiated Client Oriented Provider Efficient (COPE) approach, integrated supervision and training to ensure the improvement of family planning throughout the country. Meantime, we at ADRA Nepal, through our Eastern Region Family Planning Expansion Project (ERFPEP) have always incorporated quality assurance into our project. In our target districts we are implementing COPE, QIQ (Quick Investigation of Quality), and follow up visits to improve the quality of family planning services.

Good leaders make people feel that they're at the very heart of things, not at the periphery. Everyone feels that he or she makes a difference to the success of the organization. When that happens people feel centered and that gives their work meaning.

Warren Bennis

g and Reproductive Health

Working Together for Reproductive Health

new

The Nepal Government in its Tenth Five Year Plan (2002-2007) has indicated that access to reproductive health (RH) and family planning would be expanded to more rural areas, with the priorities on strengthening essential obstetric care; providing health education and advice related to reproductive health for adolescents; reducing the outbreak of HIV/AIDS and STDs; making behaviour change for high-risk groups, and timely detection and treatment of STDs. However, few of these priorities have been effectively delivered and access, particularly for vulnerable and conflict affected populations, remains limited.



The majority of the population still do not have access, or only have limited access, to health services and now these issues have been compounded by the conflict the country has been experiencing since 1996 due to the Maoist insurgency. This has been felt more intensely in the west and far west of the country. Not only have health services experienced pressure and disruption but communities have also been caught directly between the Maoists and government armed forces. This has led to people desperately trying

to flee the conflict and thus becoming internally displaced people (IDP). These IDPs comprise mostly of poor, socially marginalized, ethnic minorities from small villages. The conflict has had other impacts too, such as leaving many health posts without trained staff and medical supplies and further adding to existing mobility and transport difficulties through blockades and road closures. There is an insufficient level of capacity and training among local health service providers who remain in conflict affected areas. There is also an absence of skilled professionals to deliver vital surgical treatments including for prolapse uterus, and an insufficient level of capacity and training of Local Health Management Committees to meet the reproductive health needs of conflict affected populations.

During 2005 ADRA Nepal worked in conflict affected areas to pilot mobile RH outreach camps in conflict affected communities to try and fill the gaps in reproductive health (RH) service delivery in those selected areas. These mobile RH camps were extremely popular, particularly among women suffering from prolapsed uterus. The recommendation from the evaluation team was that a number of such camps were needed to expand coverage to other remote and conflict affected districts and villages. Thus, building on this experience, in August of this year ADRA Nepal began its Working Together for Reproductive Health Project in order to deliver mobile reproductive health outreach services to conflict affected populations.

Funded by the European Commission's Humanitarian Development Department and led by the United Nations Population Fund (UNFPA), Working Together for Reproductive Health Services began services in the Mid and Far Western Districts of Dang, Rolpa, Banke, Dadelhdhura, Doti and Accham. Project activities are divided into three areas: to increase access to RH services through mobile clinics; to raise awareness of RH issues among communities, and to provide training to district based health service providers. Eighty four RH camps are planned to provide service directly to 14,400 beneficiaries as well as surgical treatment for uterine prolapse for 300 women. These surgeries will be provided in close coordination with the Model Hospital in Kathmandu. Local health service providers in these districts will also be beneficiaries as they will be trained by the RH camp teams to deliver RH care in conflict settings as well as being trained in preventive care measures and surgical procedures.



Working closely with our partner, PHECT, will ensure good coordination and networking to provide effective implementation of the project at all levels from Village Development Committee (VDC) and district levels, through to regional and central levels.

We look forward to bringing you news of our progress in the next Namaste newsletter.

ADRA Nepal's Training is Both Beneficial and Appreciated

We at ADRA Nepal believe providing high quality, appropriate and sustainable training is a core ingredient to all of our projects and a vital method to help the Nepal Government achieve its goal of alleviating poverty in the country.



Family planning training

Family Planning Training Centre in Biratnagar

The Ministry of Health and the National Health Training Centre has declared Koshi Zonal Hospital an Institutionalized Family Planning Training Centre. The first training in this Centre took place in February of this year and 23 people so far have been trained in family planning methods. In order to ensure the sustainability of the hospital itself, six people have also been trained to provide services there. What's more, with collaboration between the District Public Health Office, the hospital and ADRA Nepal, the Centre has well trained and attentive staff and provides a full range of quality family planning services.

Capacity Building Training

Capacity building encourages members of local Health Facility Management Committees (HFMCs) to take ownership of the management and utilization of health services. One such training was based on life oriented continued education, health and sanitation and marketing and was organised by ADRA Nepal Rupandehi for the Nepal Women's Poverty Alleviation Project to enable the implementation and dissemination of planned project activities.

"I am Desh Kumar Nemwang from Embung VDC 5, Panchthar District. I am 56 years old and have spent 25 years working in local government in this VDC. I was, in fact, the Village Development Committee (VDC) Chairman previously. Currently, I am a member of the Embung Area Health Post HFMC and have donated some of my own land on which to build the health post. I have recently completed three days training on capacity building and I feel that there are many issues and challenges yet to be addressed in our health post. If such training had happened 15-20 years ago, how much I could have contributed to this institution! I found the training motivating and from today I will convince other members of the HFMC, as well as the community, of the value of strengthening our health institute. Thank you for providing me with the opportunity to take this training."

Changing Attitudes Through Leadership Development Training

new

Management Sciences for Health and ADRA International have signed an agreement to implement the Leadership Development Programme. Nepal is the first country to implement the programme in association with the National Health Training Centre of the Ministry of Health, Government of Nepal and Management Sciences for Health, USA. This programme is being piloted in three districts to support the Nepal Ministry of Health to develop the capable leadership needed to decentralize health service delivery at district level. At the central level, the National Health Training Centre, ADRA Nepal, Management Sciences for Health, and the Institute of Cultural Affairs (ICA) Nepal are major stakeholders, while ADRA Nepal is also managing the logistics of the programme.

The programme is a new approach to develop individual and organisational leadership and management skills which is changing the attitudes of development workers and local leaders, and targeted towards developing organisational and individual leadership and management skills and is bringing changes to the health condition of the beneficiaries. Infact, 70% of the participants who have taken part in the Leadership Development



Programme (LDP) workshops have shown their commitment to complete their projects (selected by them as breakthrough projects as part of the programme requirements) within five months.

Seeing the motivation of the participants and the changes in the implementing organisations, people from other districts are requesting this project to be implemented in their area. Moreover, LDP is also able to strengthen ADRA Nepal's implementing partners, and the approach is being integrated into other ADRA projects. The message of LDP is slowly but surely being heard!

"After participating in the LDP, my perception towards myself and my organisation is changing. Today I feel that I can personally make some changes. Now I feel much more comfortable to work in a team not just to carry out day to day activities but also to improve the overall environment of the organisation. Many people are astonished at our new look and staff motivation" says Binod B. Sharma of the Rupandedi Team, Regional Health Training Centre.



Their Success is our Success

One of the best ways to tell whether our programmes are doing what they are suppose to do and that we are reaching the people we are targeting is to talk directly to our beneficiaries...

A Tailor in the Family

Chanda Chaudhary is a daughter-in-law in a typical conservative Chaudhary community and as such has to do all the household chores, the same as other women in her community. Previously Chanda was someone who felt shy to speak with others and who hesitated to speak out but now a dramatic change has taken place after participating in ADRA Nepal's Women Literacy Classes. Today, she doesn't think twice before introducing herself anywhere to anyone, and she encourages her fellow participants in the literacy class to move ahead and be pro-active. Now Chanda has embarked on a three-month long training in tailoring, and with her family's support she has been able to purchase a sewing machine.

From Illiterate to First in Her Class

Pima was born in a remote village of Baglung District seventeen years ago. Both her elder brothers died while still in primary school causing her father to consider their village ominous for their family. So the family moved to Tikuligadh in Rupandehi District. In the early days, Pima's family faced difficulties in adjusting to the new environment due to differences in language, culture and lifestyle between the hills where they came from and the Terai (lowlands) where they moved to. Gradually Pima's family became part of the community, but Pima had missed out in her schooling and like the rest of her family, was illiterate. When ADRA Nepal introduced its Women Literacy Classes in Pima's village Pima's parents were convinced by local support staff to allow Pima, and later her sister-in-law, to participate. With a lot of hard work Pima did so well in her class that she was admitted into Class II of Shree Durga Primary School. Although initially shy at being the oldest member in the class, Pima worked hard and last year came first in her class. Impressed by her ability and performance, her teachers agreed Pima could skip a year. Currently Pima is studying in Class V and wishes to continue her studies and hopes to eventually pass the coveted School Leaving Certificate.



From Literacy Student to Trainer

Heera Chaudhary was a participant in ADRA Nepal's Women Literacy Classes in Tikuligadh and having successfully completed all three levels she participated in the Smokeless Stove Training conducted jointly by ADRA Nepal and LFP. After completing the training, Heera constructed a total of 21 proper stoves in her village and is today working as a trainer of smokeless stove construction with Indreni, a non-government organisation.

The best and most beautiful things cannot be seen or touched they must be felt with the heart.

Helen Keller

Our Angels

Female Community Health Volunteers (FCHVs) are pillars of the health system in Nepal, and as part of the Safe Motherhood Innovation Project (SMIP) being carried out in Dhankuta, Terhathum, Taplejung, Sankhwasabha, Khotang and Illam Districts, FCHVs are selected as health volunteers within each VDC on the basis of their work, creativity and leadership potential. Volunteers are given special training to update their knowledge on basic health messages and further enable them to work as community level health volunteers.



An angel

To date, ADRA Nepal has mobilized 3,589 FCHV in the six hilly districts of eastern Nepal to implement Birth Preparedness Packages (BPP) and raise awareness for the continued participation of the community and beneficiaries with the aim of making communities self-supporting by mobilizing local women and resource persons through offering primary health services and generating community participation in utilizing health services.

Data shows that antenatal check up (ANC) coverage, deliveries conducted by trained health workers, post natal care (PNC) provided by health workers and TT2 coverage has increased significantly. The Birth Preparedness Package (BBP) has gained considerable success in increasing the utilization of maternal health care services and improving knowledge and practices of family members and communities in preparing for births. The project activities conducted by FCHVs have enabled the beneficiaries to recognize and take action to manage obstetric complications and plan for pregnancy and birth including having to hand clean home delivery kits. In addition the project has increased the awareness of the importance of tetanus toxoid immunization and iron/folic acid supplementation during pregnancy.

"I learnt many things from the BPP training; I am proud of being a BPP mobilizer and that I have gained knowledge and skill to counsel pregnant women. Now I can share the message confidently in a group. Therefore, I will continue to volunteer for the better health of pregnant women. The number of pregnant women visiting the health facility is increasing because of the comprehensive community mobilization."

FCHV, Vedetar VDC, Dhankuta

SMIP Participates in the 2nd National Safe Motherhood Conference



The Safe Motherhood Network Federation of Nepal hosted the 2nd National Safe Motherhood Conference on 28 and 29 of August in Kathmandu. The objectives of the conference were to review, update and exchange best practices among partners including the Government of Nepal to promote a greater understanding of successful interventions in existing and emerging issues in safe motherhood and neo-natal health through technical and social updates. Mainly supported by ADRA, UNICEF, UNFPA, SSMP, GTZ, BNMT, and SDC there were almost 500 participants at the conference representing 46 of the 75 districts in Nepal. Among those present were community members, district service providers and district management, all of whom are active SMIP project participants and beneficiaries. During the conference, the Safe Motherhood Innovation Project (SMIP) team hosted two sessions, namely, "Increasing Utilization of Services Through Community Mobilization and BPP" presented by ADRA Nepal, and "Community Managed Birth Emergency Fund", presented by BNMT. The presentations gave the project team members the opportunity to share best practices and lessons learned as well as giving recommendations to projects and organisations working in this area. In fact, both presentations received very positive feedback from both the participants and organisers. **Well done to all of those who gave presentations!**

Three major outcomes of the National Safe Motherhood Conference:

- Sharing and upgrading knowledge and incorporating best practices from lessons learned helps to reduce instances of project duplication, aids the identification of implementers and the allocation of resources.
- Understanding issues and problems, especially in the present conflict context, is vital to improve delivery of health services.
- There is a need to increase awareness of the integration of initiatives from policy makers and the donor community.

Intensive Leadership Development Programme Facilitation Training

As reported in *Namasté* June 2006 (Leadership, Management and Sustainability, page 11) ADRA Nepal has been participating in the Leadership, Management and Sustainability Project in collaboration with the National Health Training Centre (NHTC), Institute of Cultural Affairs (ICA) and Management Sciences for Health (MSH). From June to December 2006 the combined facilitation team from NHTC, ICA, MSH and ADRA has been implementing a Leadership Development Programme (LDP) in three districts namely; Banke, Rupandehi and Jhapa.

The LDP is an active learning process where the participants learn leadership and management practices and tools by working on a challenge from their work situation. The LDP process is a series of four workshops with one workshop taking place each month and an onsite coaching visit after each workshop. There are 99 participants in the three districts who are currently working on 27 leadership projects in the workshops.

The positive changes that have happened in the participating districts to date have attracted a lot of attention from other ADRA Country Offices, ADRA International, MSH and NHTC. The preliminary results of the improved leadership and management capabilities of the participating teams also prompted USAID to extend this project by an additional 12 months and three additional districts. This is a wonderful opportunity for the project to expand the facilitation team and share the lessons learned and best practices. To assist in the expansion process the project decided to host an Intensive LDP Facilitation Training to firstly train more facilitators, then to share the experience with other ADRA Country Offices, other organisations and ADRA International.

This training was held at Mirabel Resort Hotel in Dhulikhel from 5-10 November 2006 and facilitated by Sylvia Vriesendorp (Institutional Development Specialist) from MSH. There were 36 participants (of nine different nationalities) in the training and they included individuals from ADRA Azerbaijan, ADRA Afghanistan, ADRA Cambodia, ADRA International, ICA, NHTC and three Regional Health Training Centres. Through this training we hope to share the positive results that the project has had both to new districts in Nepal and new countries!



Participants at the intensive workshop

Safe Motherhood for All

Chapa and Medi Limbu from Terhathum District were married for two years when Medi became pregnant with their first child. Chapa made sure that his wife went for regular antenatal clinic check-ups and took the correct doses of recommended medicines such as iron tablets and Albendazole. In turn, Medi was very happy to have real help and support from her husband, especially when he accompanied her to her ANC check-ups. What is remarkable about this story is that both Chapa and Medi have been hearing



Medi with her husband in an ANC



and speech impaired since birth and cannot talk. Despite the social stigma attached to, and the difficulties faced by the couple, Chapa, through sign language, still managed to ensure that his wife had the best pre and post natal care as well as an assisted delivery.

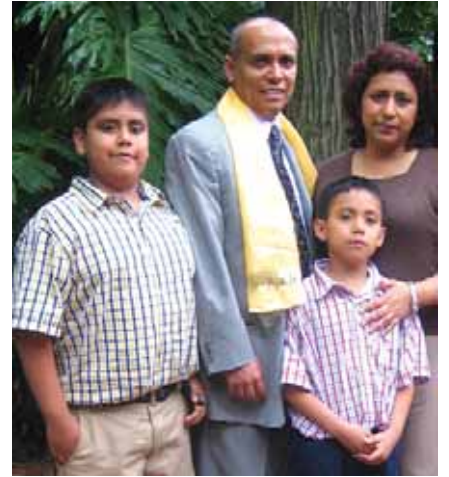
This is another example of ADRA Nepal's Safe Motherhood Implementation Project reaching out to the hard-to-reach.

Learning is weightless, a treasure you can always carry easily.

Chinese Proverb

Welcome Yvan, Naomi, Christian and Samuel

The ADRA Nepal office now boasts its first South American international relations! In September, Yvan, Naomi, Christian and Samuel Castro moved to Nepal from Bolivia so Yvan could take up the position of ADRA Nepal Country Director. Although Peruvian, they have been based in Bolivia for the last three years where Yvan has been Country Director for ADRA Bolivia. Prior to this, Yvan worked at ADRA Peru for three years in a number of positions including Programme Director and Country Director. Although originally trained as an engineer, Yvan has a Master's Degree in International Development and a wide range of development experience that will be instrumental in helping the ADRA Nepal programme develop and grow. Naomi will also be joining the ADRA Nepal team in the Government and Donor Relations Department. Although originally trained as a teacher, Naomi has good experience in administration, communications and library management and ADRA Nepal will definitely benefit from these skills. Christian (12) and Samuel (8) are already attending the International Montessori School in Kathmandu and have quickly made many friends. Although Nepal is a long way from home the Castros already consider Nepal their "home away from home".



Goodbye Mark, Chrys and Willem

In September, the Webster family waved goodbye to Nepal and moved to Silver Springs, Maryland, USA when Mark accepted the position of Economic Development Director in the Programs Bureau at ADRA International. Mark was Country Director at ADRA Nepal for two and a half years while Chrys assisted with communications and finance and Willem ate Dhal Bhat and got big and strong.



Under Mark's leadership ADRA Nepal has undergone many changes and has experienced real positive growth. Some of these changes include conducting participatory strategic planning, moving the Country Office into Kathmandu, revising the organisational structure, developing organisational and financial policies to support the increased programme size and structure and introducing new organisational departments such as Personnel Services and Planning and Evaluations. Chrys also made an invaluable contribution by creating and maintaining ADRA Nepal's first website. (Be sure to visit www.adranepal.org to see this for yourself!)

The Webster's have truly left their footprints in ADRA Nepal and we know that Nepal will always have a place in their hearts. We hope that they will be back to visit soon.

*"Mark was a true leader and he took ADRA Nepal where it needed to be."
"It has been exciting to be part of the changes that Mark enabled at ADRA Nepal."
ADRA Staff*

We would love to hear from you

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