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Nieuwsbrief nr 34

Amsterdam December 2024

Beste donateur/belangstellende

Hierbij onze nieuwsbrief waarin wordt samengevat wat de belangrijkste resultaten zijn van dit jaar en een overzicht van wat het komende jaar nodig is voor de kinderen. De voorwaarden voor plaatsing in het kindershuis zijn opnieuw genoemd. Verantwoorde terugplaatsing bij familie is tot op heden nog niet mogelijk gebleken. Het kindershuis probeert daarom zoveel mogelijk een thuis te bieden en de kinderen maximaal te steunen zolang dit nodig is tot ze hun weg kunnen vinden in de Nepalese samenleving. Meer hierover in "beyond education".

De feedback van de kinderen, hun aanbevelingen, maar ook aandacht voor hun individuele problemen, is beter georganiseerd met komst van SOS Counselor Raj Chaudhary. De kinderen reageren positief op de komst van een security guard, en de 2 nieuwe homemothers afgelopen zomer.

De betrokkenheid van de lokale gemeenschap bij het kindershuis is versterkt. Instanties als de Gemeente, politie en het plaatselijke (kleine) ziekenhuis maken dat Duhabi Children Home nog meer is ingebed in de samenleving.

Dit uit zich ook in lokale steun: op dit moment 20 % van het totale budget. Dit is vooral gebaseerd op goederen (rijst, meel, olie etc.). Gezonde voeding blijft een hoge prioriteit voor de Stichting.

Helaas is het nog niet gelukt om vervangers te vinden voor de computer en dance teacher. Verantwoord en veilig internet gebruik is topprioriteit voor ons!

Wij hopen dat U als donateur ons ook in het komende jaar blijft steunen!

Namens bestuur en vrijwilligers

Fijne feestdagen en een voorspoedig 2025!

Henk Hooghuis, voorzitter

The project-An Overview

Founded in 2004 with the Support of SSCHD (Stichting Shide Children Home Netherlands), Duhabi Children Home (DCH) is dedicated to the children in the belief that every child deserves to grow up in the surrounding of love, respect, and a sense of security, fostering the connections necessary for them to thrive. SSCHN is devoted to offering love, care, nourishment, support, guidance, and an exceptional standard of education. At present, Duhabi Children Home is the own home to 18 children.

Duhabi Children Home (DCH) has been operated since 2004 A.D., with the major support from SSCHD (Stichting Shide Children Home Netherlands) in Nepal. From the past two decades, Stichting has been the key financial supporter to this organization. In addition, a limited portion of our budget, comprising both cash and in-kinds donations, is contributed by local donors, community clubs, and the municipality.



Our Mission

Our mission is to provide a safe and nurturing environment for orphaned children, supporting their well-being and development through education, healthcare, counseling, with community support.

Our Aim/Vision

The goal is to give equal opportunities regardless of caste or religion. We want to meet their physical, emotional, and educational needs for overall growth of them and make them able to cope and succeed any problem they face on their life.

What we do: -

- ❖ Give Children a loving home where they can play and study.
- ❖ Ensure children receive care, nutrition, education, and healthcare.
- ❖ Help children develop social skills, emotional resilience, and a sense of belonging.
- ❖ Promote well-being and future prospects through independent living or adoption.
- ❖ Advocate for rights and needs of orphaned and abandoned children.
- ❖ Create a sense of community for children without traditional families.
- ❖ Enhance children participation and teaching practical skills.
- ❖ Offer structured environment for healing from past trauma and building a brighter future.
- ❖ Collection of local donations without involvement of the children.

- ❖ All who are staff/ board members have signed a code of conduct.
- ❖ To provide various opportunities creating the environment where children can safely build up a social network, play, have hobbies and study.

ADMISSION PROCEDURE OF NEW CHILDREN

- ❖ Recommendation letter from Municipal office and ward.
- ❖ Death certificate of father and mother.
- ❖ Application from child relatives.
- ❖ Citizenship card photocopy of applicants.
- ❖ Citizenship photocopy of parents.
- ❖ Field visit report.
- ❖ Current situation photo of child.
- ❖ Medical report.
- ❖ Citizenship photocopy of two persons known to the families of the children of the concerned place.

Partner Organization

Board of Duhabi Children Home and Chairman

The Duhabi board, made up of 11 members, are responsible for managing the activities of Duhabi children home. Mr. Poudel, Udhav chairs the board, make decisions, and focus on ensuring the well-being of the children. The members dedication will help to foster a safe environment for the children. They will work with staff and volunteers to maintain the organization values. All the board members have signed the code of conduct and are working according on it.

Shide Children Home Nepal New NGO

Shide Children Home in Nepal, in partnership with SSCHN, provides financial support to Duhabi Children Home. It monitors the home activities and plans implementation, ensuring children receive necessary care, support, and education. Shide Children Home also works with the home staff to identify areas for improvement and provide guidance. The SCH members role is crucial in enhancing Duhabi Children Homework, ensuring children receive the best possible care and opportunities for a bright future.

The detail of the children as per their age and status is as follows.

S. No	Particulars	Boys	Girls	Total
1	Without both parents	5	6	11
2	With single parent	3	4	7
3	Abandoned by Parents			
4	With both parents alive			
	Total	8	10	18

Reintegration

Reintegration is done when a child returns to their family or community. The Duhabi home has reintegrated many children, with former residents reuniting with family, marrying, and finding work. The detail of the children is mentioned below.

S. No	Re-United with family	Married	In the Community for work	Total
Boys	4		6	10
Girls	3	2		5



Contribution of Children

Children spent time planting in the flower garden, showing responsibility for the environment and learning about gardening. It

facilitated their engagement with nature and the garden, teaching them how to care for plants and their environment.

Extra-Curricular Activities

The counselor and OM work together to set up extracurricular activities for children at home, which encourage creativity, teamwork, and practical skills. activities like art, crafts, gardening, cooking, or sports teach important life lessons and help children feel accomplished



Bijay and Yubraj are passionate about drawing and arts, creating various artworks



in their free time. Their creativity shines through different mediums like painting and sculpting. They use art to express themselves and continually improve their skills.

Beyond Education

There is a youth program, a project for dependent children of DH after the age 18. Meanwhile, they receive skills basic training and provide vocational training, they need to live on their own after high school graduation and help to find a career and become active members of society. Board member of DH helps them to provide citizenship card, find a job and secure place to live, besides that the foundation looks for 3 years after leaving the house by sponsoring on individual basis, depending on their circumstances. However, we will not support going abroad.

Anju

I am Anju Gautam and I have been growing up in Duhabi Home for 16 years, here I receive support and care. I am grateful for the services provided by the organization, I have noticed some new changes that have been positive for all the children, such as the introduction of young and educated mothers who are more friendly and supportive to us and children, the counselor as well, plays more active role in providing mental and emotional support. However, we still need more improvements at the home, such as sufficient clean drinking water, geyser during winter session felling difficult for bath, and the absence of pocket money for us children. These are areas that could be addressed on further enhancement.

Child Safeguarding

We create a safe environment for children in our project. We implement child safe guarding measures and procedures in our programmes that are aligned with our child protection policy to create a safe environment for children. Caregivers, educators (tutors) asst. staff members Manager and board members with the knowledge and skills required to protect children from any forms of abuse, harm or discrimination.

Local donation and policy

Around 20% of home expenses are covered by local donations, including rice, vegetables, and cookies. DH staff receives donations and is making changes. Children are not involved in donation. Local donors can contact the manager for contributions.

Feedback of Children:

We sought direct feedback from the children residing in the Duhabi Home, and they conveyed what they feel, loved and supported by the staff. While they appreciate the activities and educational programs offered. Besides this, some improvements are needed at home for exposing themselves to prove as an independent person of trust.

Staff Members:

The staff team at a Duhabi home consists of four full-time and three part-time members including a counselor. Their roles include office manager, kitchen mother, home mother, security guard, counselor, and tutors. They follow a Code of Conduct and job descriptions to create a positive work environment and support the organization's motto.

I am Aashu Kumar Mandal, 25. I have grown up in Duhabi. I have been serving as a manager since April 2020. My responsibilities include overseeing the management of housekeeping, school visits to evaluate school results, ensure personal hygiene, monitor school provisions, and prepare reports on children's activities. I am also responsible for the overall safety management in the home. I am dedicated to provide my full support to the children. This foundation has given me the opportunity to make a positive change, protect the children, and guide them toward a brighter future.



Security guard and Home mother:

Akash 47, and Manju 40 years old, are permanent residents of Duhabi-9 Balkun. They have been working as a security guard and a home mother in DH for the past four months. Talking about their family background, they have four members. They have two sons who are living with their relatives at home. Additionally, both of them have studied up to 10 and passed SLC. The security guard and the home mother at the orphanage are driven by a strong sense of duty towards the children's safety and well-being. The guard focuses on security, while the mother creates a nurturing environment. They both are motivated to work in Duhabi Children Home for caring and owning the children as their own child and with the surplus what they will gain as a salary would help them for living at old age.

Kitchen mother:

Malti 32 years old, is permanent resident of Morang Kerabari Municipality-9. She passed class 10 SLC. Talking to her family background she had 7 members in her family. Currently she is working as kitchen mother at our Duhabi home. She is motivated to work in Duhabi Children Home for caring and owning the children as their own child and love cooking food and serving the children.

Counsellor and Extra Activities:

Mr. Raj Chaudhary is a professional counselor at SOS village who visits DH twice a week. He provides counseling and support to children facing emotional or behavioral issues like trauma and anxiety. Through individual or group sessions, he helps children address them

concerns and develop coping skills in a safe environment. His dedication plays a valuable role in their development.

Tutors

Two teachers are hired at Duhabi home to provide part time tuition classes to the children, Miss Asha Shah and Binita Kumari, have been hired as tutors to provide 1 and a half hour classes. They are both permanent residents of Duhabi. Miss Asha takes morning class while Binita takes in the evening. Binita is newly hired in the year 2024. Miss Asha has completed class 12, while Binita is currently pursuing a Bachelor's degree. Both teachers are highly motivated and dedicated to their work.



Duhabi Children Home in Nepal is yearly inspected by the Ministry of Social Development and the National Child Rights Council (NCRC). Partner organization Shide Home collects children's regular feedback, ensuring it is integrated and closely adhered to.

Eye Check-Up



All children underwent standard eye examinations, and only Bijay required treatment for an eye infection with medication. Meanwhile, Pratima was referred to a larger eye hospital in Biratnagar for additional assessment and care.



Regular Health Check-Up of Children: -

Routine medical examinations encompass various physical and mental assessments to ensure both your physical and mental well-being. DCH receives partial support from Dr. Amit Agrahari, MBBS, MD, at his clinic in Duhabi. Every child undergoes a monthly checkup, with prompt assistance provided when required. DH is formulating a plan to make health insurance cards to all children, ensuring they have access to affordable medical care in the future if needed.

Achievement of Duhabi Home in 2024

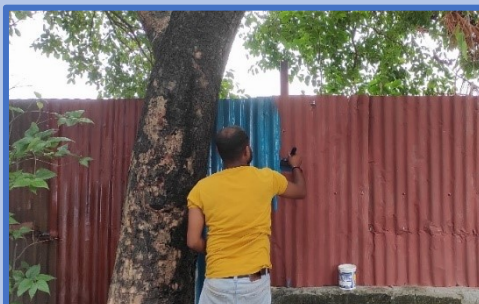
Duhabi Home has following achievements in the year 2024:

- Anoj got Citizenship card of Nepal.
- Developed relationship with SOS and NCRC in work.
- Installation of CCTV Camera.
- Three room heaters were bought during the year.
- Home mother and Kitchen mother are replaced.

Heater

Three room heaters were purchased in 2024 to combat the extreme cold during the winter season, greatly improving the comfort of the children. The generous support of donors made this possible, and the children were overjoyed to receive such a facility at home.

A fence wall has been built on the east side to secure the children. It serves as a barrier to keep them safe from that direction. The wall is painted blue, while the trees are painted in red and white, making the area visually appealing and vibrant.



Water Tank

A new 1000 litre water tank was installed at home to meet the high-water consumption needs of washing clothes, dishes, and bathing children. The previous water tank was insufficient, but now with the new tank in place, there is enough water to meet the household needs without running out.

Clothes to Children

The children were taken to a cloth shop where new clothes were bought for them. Each child was able to choose the items they needed and liked according to their own preferences. It was a fun and empowering experience as they were able to pick out clothing that they felt comfortable and happy in.

Expenses of Duhabi Home from January to October 2024

Expenses of Duhabi Home from January to October 2024			
S. No	Regular Expenses Description	Amount	In Euro (142.32) https://wise.com/gb/currency-converter/npr-to-eur-rate/history
(1)	Food & Nutrition	418,998	€ 2,951
(2)	Education	1,020	€ 7
(3)	Repair and Maintenance	27,416	€ 193
(4)	Medical	18,500	€ 130
(5)	Toiletries and Hygiene	74,787	€ 527
(6)	Drinking Water	19,409	€ 137
(7)	Electric Bill	39,350	€ 277
(8)	Gas refill	45,840	€ 323
(9)	Clothing	16,075	€ 113
(10)	Travelling for Office	9,675	€ 68
(11)	Office Stationery	19,830	€ 140
(12)	Fuel and maintenance of Motorbike	19,200	€ 135
(13)	Activity Celebration	20,000	€ 141
(14)	Internet for OM	10,000	€ 70
A	Total of A	7,40,100	€5212
S. No	Salary Description		
(1)	Office Manager	214,000	€ 1,507
(2)	Home Mother& Kitchen Mother	206,320	€ 1,453
(3)	Tutors	101,650	€ 716
(4)	Security Guard	29,770	€ 210
(5)	Counselor	135,000	€ 951
B	Total of B	6,86,740	€4837
S. No	Project Description		
(1)	Water tank	6,000	€ 42
(2)	Heater	5,550	€ 39
(3)	Festival Clothes for Children	44,000	€ 310
(4)	Renewal of Organization	25,570	€ 180
(5)	Wall paint	31,805	€ 224
(6)	Flower garden	7,200	€ 51
(7)	School books and Stationary	34,500	€ 243
C	Total of C	154,625	€1089
D	Grand Total A+B+C	15,81,465	€11138

- ❖ Electricity bill is higher compared to 2024 because part was unpaid last year.
- ❖ The Newsletter is created in the first week of November, covering expenses from January 1 to October 31. A yearly report will be released in January, detailing all expenses for 2024.

Adult Children

Toyaj



After a year of re-integration from Duhabi home into society, Toyaj started off working as a salesman at cosmetics shop for 4 months, then transitioned to being a waiter at a restaurant for 5 months. Despite facing challenges in finding a stable job, he eventually secured a position as an office boy at a magic slipper (Sandal, Shoes) factory.

Anoj

Anoj, a 19-year-old boy, has successfully reintegrated into society after obtaining his citizenship card. He is currently residing in rented accommodation close to Duhabi and is enrolled at Shikshadeep College in Biratnagar, pursuing a degree in science. His education and his living are entirely supported by a Dutch sponsor through Stichting, and on behalf of the sponsor, Stichting Shide Children Home supports him. The funds are transferred to his bank account on a monthly basis and are carefully monitored by Shide Children Home Nepal.

Anju

Anju, a young adult resident of Duhabi Home, is currently enrolled in the 12th grade studying management at Mahendra Memorial Academy. She is in the process of obtaining her citizenship card from the Nepalese government, which is delaying her reintegration. Without the citizenship card, she cannot open a bank account, find a job, have a passport, and even study at a higher level. The Duhabi Home is actively gathering the necessary information and preparing documentation to assist her with her citizenship application.



Anju aspires to become a beautician, while also considering a career in banking after completing her +2-college education with a focus on Accountancy. She is enthusiastic about receiving individual support from donors to help her realize her ambitions. Anju is vibrant and healthy, enjoys playing football, and manages her finances independently. Additionally, she is proficient in both English and Nepali.

Healthy Diet



A healthy diet is essential for children, but due to budget constraints, DH is unable to provide regular fruits and nuts like cashews and raisins to the children in their care. Without these essential nutrients, the children are missing out on the necessary vitamins and minerals needed for their

growth and development. In order to address this issue, DH is seeking support from donors to provide a balanced and nutritious diet for the children in their program.

The daily meal plan for children at Duhabi Children Home includes three main meals and snacks. Breakfast features traditional Nepali foods like milk and beaten rice with fruits. Lunch typically consists of rice, lentils, and vegetables. Dinner includes rice, dal, and various vegetables and beans, with meat, fish, or eggs served weekly. Snacks often have fruits, nuts, and milk. The plan aims to provide essential nutrients for the children growth. Fruits and chicken are given weekly, while milk is daily, and dairy items and eggs are provided based on needs. The chart follows a health dietician's plan.

<https://www.healthdirect.gov.au/healthy-eating-for-children>

Particulars	Age group	2-4 Years	5-8 Years	9-13 Years	14-18 Years
Fruits		½ Cups	1-1½ Cups	½ Cups	½ Cups
Vegetables		½ Cups	1½-2 Cups	½ Cups	½ Cups
Grains/Pulses		1 ½ Cups	1 Cups	1 ½ Cups	1 ½ Cups
Dairy Products		1 Cup	1-1 ½ Cups	1 ½-2Cup	2 Cups
Nuts		½ Cup	½ Cup	1½ Cup	1½ Cups
Meat Chicken/Mutton/Fish		½ Cup	1 Cup	½ Cup	1½ -2Cups
Egg		1 Pc	1 Pc	2 Pcs	2 Pcs

With the help of donors, DH can ensure that every child receives the proper nutrition. But due to the price hike in 2025 expected price list are mentioned below: -

Particulars	Milk Ltr	Meat Chicken KG	Meat (Mutton) KG	Apple Fruits KG	Egg Per Cerate	Nuts (cashew, raisings, Pistah, wall nuts etc.)	Rice and Other Food items like grains, beans etc.
Price in 2024	90	380	1000	250	500		
Expected Price in 2025 after	100	410	1100	300	540		

Price hike by 8.32%							
Consumption in a Week	35ltr	6kg		3kg	2 Cerate		
Consumption in a Month	150ltr		4kg	12kg	8 Cerate	1kg Mixed Nuts	
Amount in Nrs Week	Rs3500	Rs2460	Rs4400	Rs900	Rs1080	Rs1700	Rs2995
Amount in Nrs Month	Rs14,000	Rs9840	Rs4400	Rs3600	Rs4320	Rs1700	Rs11980
Amount in Euro in a Week	€25	€17	€30	€7	€7	€12	€21
Amount in Euro in a Month	€100	€68	€120	€128	€128	€48	€84

Annual plan for 2025: -

Through the joint effort of the members, the board of directors, supervisory committee and the manager, the annual budget and plan were prepared. We have outlined our 2025 annual plan.

We are looking for donors to support children and run the organization.

- Plastering of cracks and holes in wall and renovation of ladders.
- Invertor or solar panel is needed to installed in home.
- Water heater is needed at home.

The highlights of the budget are as follows.

Proposed Annual Budget and Plan of 2025

(A)	Monthly Regular Expenses		
S. No	Description	Proposed amount (For whole year)	In Euro
(1)	Food and Nutrition	598,056	€ 4,212
(2)	Education	69,541	€ 490
(3)	Repair and Maintenance	41,725	€ 294
(4)	Medical	41,725	€ 294
(5)	Toiletries and Hygiene	69,541	€ 490
(6)	Drinking Water Bill	34,771	€ 244
(7)	Electricity Bill	34,771	€ 244
(8)	Cooking Gas refill	83,450	€ 588

(9)	Clothing (Shocks, handkerchief)	34,771	€ 244
(10)	Travelling for Office	27,817	€ 196
(11)	Prizes for high performer Children Program	24,000	€ 170
(12)	Office Stationery	20,862	€ 147
(13)	Fuel and maintenance of Motorbike	27,817	€ 197
(14)	Communication/Mobile internet for OM	12,000	€ 85
(15)	Activities/Celebration	25,000	€ 176
(16)	Books & Stationery for Children	60,000	€ 423
(17)	Audit/ Renewal of Organization	25,000	€ 176
(18)	Pocket money for children	18,000	€ 127
(19)	Others Miscellaneous	50,000	€ 350
(20)	Anoj Gautam	174,000	€ 1,225
	Total of A	14,72,847	€10,372
(B)	Salary Details		
S. No	Description	Purposed amount (for whole year)	In Euro
(1)	Office Manager	301,340	€2123
(2)	Home mother and Kitchen Mother	2,11,224	€1487
(3)	Kitchen Mother	2,11,224	€1487
(3)	Tutor for morning class	75,335	€530
(4)	Tutor for evening class	75,335	€530
(4)	Handyman/Guard	2,11,224	€1487
(5)	Dance and Computer teacher	83,448	€589
(6)	Counsellor	2,11,224	€1487
	Total of B	13,80,354	€9720
	Others Yearly Project		
S. No	Description	Purposed amount (for whole year)	In Euro
(1)	Clothes and Shoes for Children		
(a)	School Dress 2 pairs	50,000	€352
(b)	School Shoes both black and white	25,000	€176
(c)	Clothes for Children	50,000	€423
(d)	Summer Clothes for Children	37,500	€264
(e)	Winter Clothes for Children (Warm jackets, trousers etc.)	25,000	€176
(f)	School Bags	25,000	€176
(g)	Shoes	30,000	€211
(2)	Trainings and Orientation		
(a)	Orientation on MHPSS to Children and staff	10,000	€70
(b)	Orientation on personal and menstrual hygiene	8,000	€57
(c)	Orientation on Child Safeguarding to Children and Staff members	10,000	€70
(d)	Life skill orientation for children	8,000	€57
(e)	Vocational training for children	50,000	€352

(f)	Exposer Visit for One Day Educational Tour	25,000	€176
(g)	Playing with Counselling materials	40,000	€281
(h)	Extra-Curricular Activities for children (Drawing and Games, quiz, speech Competition)	25,000	€176
(3)	Celebration		
(a)	Birthday Celebration of Children	25,000	€176
(b)	Christmas Celebration	15,000	€105
(c)	New year Celebration for Staff and Children	10,000	€70
(4)	Cabinet File Cupboard	25,000	€176
(5)	Water Geyser 3 pcs	60,000	€422
(6)	Umbrella and Raincoat	20,000	€140
(7)	Health Insurance premium of Children and Staff members	20,000	€140
(8)	Field Visit Expenses	50,000	€352
(9)	Utensils Purchase for kitchen	30,000	€213
(10)	Painting Building Outside	1,25,000	€880
(11)	Refrigerator 1pcs	35,000	€246
(12)	Wooden Cloth Cupboard 4pcs	70,000	€492
(13)	Inter Net Connection	12,996	€91
	Total of C	9,16,496	€6454
(D)	Grand Total A+B+C	37,69,697	€26546

- ❖ Every year, the children require new books as they progress to higher classes, in average costing around 2,700 rupees per child. With 18 children in the home, the cost for purchasing the necessary books adds up to a total of 49,500 rupees. Additionally, a budget needs to be allocated for buying other stationary materials such as notebooks, pens, and pencils to meet the educational needs of all the children.
- ❖ MHPSS stands for Mental Health and Psychosocial Support. It combines psychological and social aspects of human experience. MHPSS supports psychosocial well-being and helps restore self-care abilities.

Needs:

Maintenance:



The bathroom is in urgent need of repair work, including replacing the toilet seat, toilet, bathroom door, and taps. The current fixtures are damaged and affecting the functionality and aesthetics of the space. It is crucial to install new aluminum doors that are water-resistant to prevent further damage. However, due to budget constraints, the necessary repairs cannot be completed at this time, despite the urgency of the situation.

Refrigerator



Refrigerator is essential for children's homes to keep vegetables and fruits fresh and safe for consumption. It also helps in storing perishable items, reducing food waste. A new fridge is necessary as repairing an old one is nearly the same cost as purchasing a new one. It ensures food stays at the right temperature, prevents spoilage, and prevents foodborne illnesses. Prioritizing the purchase of a new refrigerator is crucial for the well-being of children in care.

Water geyser

Installing a water geyser/heater in the children's bathrooms during the winter is essential for providing them with the comfort of hot baths. This addition will create a warmer and more inviting atmosphere for them throughout the colder months.



Cloth Cupboard for Children Room: -



Some children don't have a personal clothes cupboard, so at least 4 cupboards are needed for children at home. Providing each child with their own clothes cupboard ensures that their clothes are kept neatly folded or hung up, making it easier for them to select outfits and keep track of what they have.

Particulars	In Nrs For 1 Pcs	In Nrs For 4 Pcs	In Euro For 1 Pcs	In Euro For 4 Pcs
Wooden Cloth Cupboard	17,500	70,000	€123	€493

Information: -

on the website: www.kinderhuisnepal.nl
a monthly report is published.

COLOPHON

Supervisory Committee:

Nishchal Raj Shakya (Chairman)

Krishna Agrawal (Treasurer)

Roshan Basyal (Member)

Aashu Kumar Mandal (Manager)

DCH Committee:

Udhav Poudel (Chairman)

Ramesh Babu Thapa (Secretary)

Shambhu Adhikari (Treasurer)

Stichting

Henk Hooghuis, chairman

Clemens Deen technisch adviseur

Sergi Vazquez, treasurer

Hans Sleeboom Webmaster editor