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Geachte donateur

Hierbij onze december nieuwsbrief opgesteld door onze partner organisatie in Dharan, Nepal- de Society for Helpless Children SHC) - die twee projecten uitvoert:
Het Kinderhuis in het plaatsje Duhabi en de basisschool voor kinderen uit de achtergestelde (Dalit) gemeenschap in Falkland Dharan bij elkaar 191 kinderen.

We hebben opnieuw een aantal vaste stichtingsdoelen bereikt waaronder opvang verzorging/ voeding (huiswerk) begeleiding en onderwijs aan de kinderen, maar we zijn vanwege gebrek aan financiële middelen nog niet in staat om al onze plannen te verwezenlijken. Er zijn nu ca 60 kinderen bijgekomen na de ingebruikname van klas 6 en de nieuwe dagopvang voor peuters zijn er in totaal 175 kinderen op de school.

De resultaten van afgelopen jaar worden vermeld op de onderstaande pagina.

We willen onze kinderen meer zekerheid bieden over hun toekomst ook als zij het tehuis verlaten of doorstromen naar vervolgonderwijs of werk. Ze kunnen immers niet terugvallen op familie.

Samen met het kind willen we een persoonlijk toekomstplan opstellen en zicht krijgen op de kosten .

We hebben de oudere kinderen geïnterviewd en gevraagd naar hun dromen en ambities.

Hieruit kunnen we afleiden dat de kinderen onze steun voor de lange termijn nodig hebben.

De basiskosten voor verblijf in het Kinderhuis zijn nu ong € 50 pm (zie: Tabel in Part 1).

Urgente zaken : Een zijmuur bij Dipendraschool die nog altijd niet is hersteld na de aardbeving van 2015 en de ruïne achter het kindertehuis ontstaan na een wervelstorm. Beide objecten leveren acuut gevaar op voor de kinderen.

Verder hebben we ook onze langere termijn plannen genoemd die in 2020 moeten worden uitgevoerd.

De plannen zijn bedoeld om de kwaliteit van het leven voor de kinderen in het kindertehuis en de Dipendraschool te verbeteren. Voorzieningen om schoon drinkwater te bieden, een toilet voor peuters die in de nieuwe dagopvang verblijven, extra toiletten voor oudere kinderen. De resterende doelen worden afzonderlijk vermeld in de afdelingen Duhabi Home en Dipendra School.

We hopen wederom op Uw bijdrage om de kinderen in het kindertehuis en van de Dipendraschool een toekomstperspectief te bieden. U kunt deze overmaken op :

NL90INGB0000127313 t.n.v Stichting Shide Children' Home Dharan te Amsterdam of via de donatiemodule van onze website: www.kinderhuisnepal.nl

Namens bestuur en vrijwilligers wens ik U een vrolijk Kerstfeest en een voorspoedig 2020!

Henk Hooghuis, voorzitter



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Introduction of the new manager, SHC Dharan

Mr. Naresh Kulunge 33, son of Late. Mr Bakhat Bahadur Rai; an ex- British army officer . He is very motivated about child care. He has worked in diverse professional fields such as a Project Geologist in few Hydro Electric Projects in Nepal and as a cook in Melbourne, Australia. He is passionate to be associated with social organization like SHC. He is delighted to be a manager of SHC and would love to serve children and offer positivity and service to the organization and to the society.



New officemanager (sitting left) Naresh Kulunge with the grade 1 children in the class

Part 1

1.1 DUHABI HOME

Duhabi Child Home currently accommodates 16 children and provides all they need to grow up safe.. We highly welcome sponsorship of the children from the donors who wish to sponsor for certain range of time .Support is essential to fulfill their future goals like vocational training, studies. Stichting and SHC want to give equal opportunities to every child to develop their skills and to make a living when they are grown up and find employment in Nepal.



Pic. Dance teacher teaching dance at Duhabi Home in Duhabi Child Home we concluded that the house expenses per head of the children is approx € 1,70 per day or € 50 per month. * including basic education, home-work guidance.

2019	Duhabi Monthly Expenses exclusive salary		Duhabi Monthly Expenses including salary Rs 30,432 = € 240	Average cost per child per day after including salary (Euro) till October
January	Rs 54921	In EURO	Rs 85353	€ 1.50
February	Rs 20713		Rs 51145	
March	Rs 69436		Rs 99868	
April	Rs 62404		Rs 92836	
May	Rs 35410		Rs 65842	
June	Rs 47060		Rs 77492	
July	Rs 53121		Rs 83553	
August	Rs 53857		Rs 84289	
September	Rs 41429		Rs 71861	
October	Rs 79256		Rs 109688	
Total	Rs 517607	4075.64	Rs 821927	€ 6471.86
				Per year € 547,50 per child

- Rs= Nepalese Rupi € = NR 124



Pic: Children at Duhabi in active participation in cleaning the terrain

1.2 DUHABI HOME TEENAGERS PREPARING FOR THEIR FUTURE

New office manager Naresh Kulunge asked some teenage kids about their plans:

Anuj Gautam (15years): Anuj is 7th grade boy at Duhabi home. He feels life at home is good. Out of all he finds fooding, tuition and dance is going very well. He dreams to become a pilot. But he feels it is long way to go. Furthermore, he feels he needs more moral and financial support of sponsors along with personal effort to fulfill his dream.

Anju Tamrakar(13 years): Anju feels life at Duhabi home is excellent. She grew up in the Duhabi Home since she was 2y. At present she aspires to become a foto model. (but she also could be a staff nurse if that is possible for her she said earlier) She is studying in class 7 and performing well. Anju is sponsored by a Dutch lady for the coming 5 years until she is 18.

Deepa Dhakal(18 years): Deepa completed class 8 (of 12). She is not good at her studies. She feels life at Duhabi home is good and safe and she is happy and content with everything she has been getting. She is willing to follow a vocational training and learn stitching and make a living through it. Deepa is sponsored individually by a Dutch Sponsor via the Stichting because of her limitation and vulnerability. She loves dancing and playing the madal (Nepalese drum) Deepa assists the home mother with cooking, cleaning as well !

Toyaz Gautam(16 years): 8th class, Toyaz feels very good and positive about the Duhabi Child home. He is sensitive to the needs of the other kids in the home. He loves to do physical exercise and play football. He might like to join the army or work as a security officer after completing his education.



Pic: Children at Duhabi home weed out the grass of the backyard.

Sita Gautam(20 years): 10th pass Sita quit further studies. She feels ok about the life on Duhabi home. She is happy with the management lodging and fooding she is getting. As she has skin issues she wished Duhabi Child home could give her extra attention so that it would be easier to cope up with her issue. She wishes to take a job and make her living on her own . She seeks the support of Duhabi home and the other people to help her find the good job in Duhabi area.

NB :SHC and Stichting try to provide opportunities to young adults when they leave the home, A safe job is hard to find. We are connecting with Nepalese companies who can offer a job. The Stichting can support for accommodation costs for a limited period in a safe environment for a limited period.

1.3 INTERVIEWING MRS MUNA KATHWADA, HOME MOTHER



Mrs Muna : “ I am happy to serve the Home and be a mother for all the kids “
Muna Khatiwada (56) believes the management at Duhabi home has achieved a great milestone in improvement since her early days in Duhabi Child home (she works now for 7 y as a home mother) As a home mother Ms Muna feels devoted to the children who she loves as her own.(“ by serving the children I feel I serve God “) Since the costs of living are increased she hopes sufficient budget can be made available to cover the expenses.

1.4 DIPENDRA SCHOOL

Kindergarten: The Kindergarten facility began during the late April 2019 at the beginning of the schoolyear. It consists of two grades such as LKG(Lower Kindergarten) and Nursery. In LKG we have 16 children where as in Nursery we have 20 children.

Needs : As both Nursery and LKG are attending at a same class together. This has been quite a troublesome experience for children and teachers . So need of separate classes is the primary concern. Also children have dire needs of 1. Small desk and benches 2. White boards 3. Wall Clock 4. Bag Shelves(locker) 5. Books

Day Care: Day care comprises total of 24 children (age 1-2) and this facility also begun right from the start of the school year.

Needs:1. More playing materials to accommodate all the children hassle free. 2.More educational resources to the children 3. Assitant day carer as it is terribly hard to handle when all the children are present at a time. Stationaries 7.Toilets for toddlers as they can't use adult toilets which is not clean for them as well.



Pic. Children in day care facilities with the day care teacher

Child club: School children held child club activites like cleaning compound on friday afternoon and other initiatives like quiz,debate contest, celebrating world environments day etc.

Introduction of the grade 6(class 6): The school session started in the late April 2019. Total of 18 children are studying in this class.

Need: Hang white board as at present situation white board are lay at the bottom. And also need of bigger white boards.



Pic. Children in leisure class playing ludo.

Vegetable garden: The school management have initiated the commendable effort of making use of the small backspace area of the school to convert in to vegetable garden. Here, vegetables like spinach, coriander, tomatoes, radish are grown which eventually are used for meal of the school children respectively.



Pic: Children at vegetable garden of the school

SHC closed office in Dharan and shifted to Dipendraschool for the better efficiency

Shift of the SHC office to the school: The shift of the SHC office starts from 10 AM to the 4 PM in the day time. It operates as usual time like of the school closes on the public holidays.



Pic: Grade 6 and 5 children enjoying the picnics with teacher(in November)

Sponsor Meal Program: Sponsor meal program is the essential courtesy of this organization. Meal programs shall be continued with fruits and milk from January 2020. However, Fruits has been discontinued to provide due to financial burden.

Meals menu: Change in the menu of the meal help in maintaining the required nourishment to the children. Thus, school management have set up the meals plan such as Puffed rice with curry, Thukpa, Meat(twice a month), Chamre(Fried Turmeric Rice), Rice Pudding(Cooked with milk and Sugar), Tea and Bread, Chowmein, eggs etc. which are essentially source of the protein, fibres. Carbohydrates and the vitamins can help in growth and fulfillment of the nutrients in the meal



Pics: School children enjoying their school meal.

As the children presence in the school varies daily. So does the variation in food consumption. Here, in this case, the school management takes note of every student present in the school. They estimate the tentative amount of cost per day for the meal programs. SHC manager cross check the notes and register and verifies and take note of it.

Part 2

2.1 Annual Plan 2020

With the joint effort of members from the partners and donor organization, annual plan has been set in order to achieve the yearly results for betterment of children. However we have summarized our annual plan of the respective projects.

Providing safe drinking water is still primary concern to the children in both projects Duhabi and Dipendra. which help us to prevent water borne illnesses, diseases to the children. Typhoid, Jaundice and cholera are common diseases that can affect children's health adversely. We hope to make this facility at both projects avail very soon so that we prepare for the worst cases in the welfare of children.

2.2 Duhabi Home

Duhabi home is our most significant project consisting of 16 children in total. We want to prepare child development plan for long-term functioning. Also, extra tuition classes and formation of child club is necessary for children with joint collaboration of Duhabi board people by organizing general assembly and signing code of conduct. However we are seeking donor support for home maintenance plan which includes paintings, furniture, kitchen utensils, playground maintenance, beddings, office equipment, toilet & bathroom etc. Locally, Duhabi home has agreed to collect at least 20% of total expenses by this year. In addition to that, Home seeks support by donors for refurbishment of old building on the backside

of current building for running extra tuition classes for children. Not only that, they too want to upgrade additional rooms on the top floor for more suitable accommodation for grown up children.

Although these two proposals are long-term planning but if supported jointly, consider to overcome results.

2.3 Dipendra School (175 children, 6 classes, nursery and daycare for toddlers.Staffs :12)

Dipendra School has been most challenging part of the project as majority of children is under- privileged. Resulting only 5-10% of families having stable income, others still are the victim of poverty and illiteracy.

With the generous support from donors, children are safe and nourished with education and school needs. Following are the main targets for 2020 :

- For this year, we have planned to renovate the school in various areas like: Flooring, paintings, build new toilets, classroom, garden, kitchen etc
- School compound especially the playing field needs to be wire net fenced to prevent the land is occupied.
- *Most importantly, repair of existing boundary wall is necessary in order to provide safe environment to children. (costs is apr € 1000)*
- For quality education, computer facilities and additional furniture are also equally important. By organizing child club children we want to conduct various activities:like educational excursions, health camp at school, sports day, awareness programs inside and outside the school premises for knowledge exploration. Likewise, management is also concern about school functioning therefore; We want to organize timely meetings with boards and guardians.
- We also seek support from local government in order to build the whole boundary wall outside the school.
- Through data collection we hope to evaluate child's needs. Teachers will be main agent to collect this information.
- salary increasement is also equally necessary to cope with the rising erratic inflation (a teacher receives only \$70 pm which is far below the minimum)

Pic Teachers Dipendraschool



Part 3

3.1 Achievements of 2019

The project experienced lots of achievements in the previous year. Below are the brief summaries of what we achieved before the end of the year:

- Construction of 3 classrooms and a daycare centre for toddlers.
- **Establishment of child club for activities** like debating, quiz and speech contest, leisure and sports classes, vegetable gardening, organized rubbish collection on schoolcompound (every friday afternoon) ,picnics etc. These activities s have helped children in growing confidence mentally as they grow up as well as increase their awareness and understanding cultivating a sense of responsibility.
- **Initiated vegetable garden at the backspace of the school premise. Used for meal Program.** Vegetables like tomatoes, radish, coriander, spinach(saag) are growing at the moment. It is purely organic vegetables free from any chemical fertilizers which brings positive effects for the children.
- Organized meetings with the parents. Agreement to collect Nrs 10 per day per student and collect for the use to invest in necessary materials in school.
- World Environment Day and initiated sanitation program:
- children were informed about the importance of protecting the environment and current environmental damages due to rapid deforestation carbon emission that is threatening the ecosystem.
- Awareness programs for the recent Dengue epidemic for the deprived community around the school..
- Successfully raised local donations more than 20% of the estimated total budget cash and in goods at Duhabi home. Alltogether around €1700 was contributed by the local community in 2019.
- Mealprogram was again sponsored for Dipendraschool by *Stichting Kinderen van de Wereld* (1 meal each schoolday total costs appr €7500 for the year)
- Dance teacher could be hired 1 x a week in Duhabi home for 6 months due to a gift of mrs Anja Brasser
- **Organised eye and dental camp in the school and awareness on dental oral health. Medical team from** Dharan hospital BPKIHS were present for their generous courtesy during the 3rd week of November. Medical team performed as a social responsibility .



Pics: Medical camp, eye and dental check ups at school for the children.(Medical team from Dharam BPKIHS)



Pic: Local donation to the Dipendra school

Rotary Dharan has not kept their promise on contributing to new classrooms.....

Rotary Dharan have not contributed the amount of \$ 2500 to the inventory of the new classrooms like has been promised by them .They have not responded with any kind of gestures.Thus, this issue is still remained unsolved from their part. We have been pressing them but its worthless until their warm response.Thereafter, unfortunately we kindly inform that Rotary Dharan doesn't seem to be reliable partner for us and we still need the inventory !!

Proposed budget for 2020 for all projects including SHC office

Cost type	Particulars	In EURO
	<i>Dipendra School:</i>	
A	Teaching/Sports/educational items	1500
B	Salaries (7 teachers x 1 cook x guard(peon))	8500
C	Project cost(Repair, furniture, water, waste management)	5000
D	Meal Program (Including fruits)	9000
	<i>Duhabi Home:</i>	
A	Home Management(Food, hygiene, education, medicine, cloth, repair etc)	8000
B	Salaries(office manager, home mother, cook mother, tuition teacher computer and dance teacher)	3500
C	Project cost (general maintenance, vocational training, painting)	2000
	<i>SHC office:</i>	
A	Administration (rent, internet, travelling, telephone, maintenance etc.)	2500
B	Salaries (Office manager)	3000
C	Project cost (general maintenance, guest)	385
	TOTAL	€ 43385

Appeal:

We are running these projects exclusively with support of private donations. Unfortunately local sponsoring is still very small due to the economic conditions in our society and country.

Thus we welcome any big or small donations that could bring change in the lives of underprivileged children of Nepal. We are in need of supporters for care and education of the children. Please contact us for further information and sponsorship.

COLOPHON

Bestuur en vrijwilligers:

Henk Hooghuis, voorzitter, Martine Colijn bestuurslid, Glen Jonathans bestuurslid,Ramesh Tamrakar Anja Brasser ped adv. Mr Oscar Romer jur adv Hannie Sjaarda fin jaarrapport,, Hans Sleeboom.webmaster, Clemens Deen en, Marc Rademaker.techn adviseurs.

Society for helpless children:

Mr. Meharman Hughes (President), Mr. Ramesh Tamrakar (Supervisor/Field director), Naresh Kulunge(Off. manager)