

Top Fundraisers

Four brave supporters, Bruce and Duncan Harkness, Michael Williams and Michael Nugent, set themselves the tremendous challenge of completing the Tour du Mont Blanc trail in just 72 hours, and raised over £4,500 for CWS! Read more about their incredible journey on our website, and if you are interested in joining CWS for the Tour du Mont Blanc in summer 2010 (over 8 days and fully supported), please contact Anna.



Our youngest challenge participant ever, 7 year old Geno de Rozario raised over £400 for CWS by taking part in the Just Walk event – he completed the 10km walk in the South Downs in a fantastic time of 2 hours 45 minutes! If you would like to join Just Walk next year, which is a great event for families or team-

building, with a range of distances to choose from, please see our website or contact Anna.

Remember CWS

If you are thinking of making a will, after you have provided for your family, please remember CWS.

Double Your Donation

CWS is one of the lucky few to be chosen to take part in The Big Give's matched giving campaign. We can now offer you the opportunity to 'double your donation' to CWS, as every £1 you give from 7th to 11th December will be matched by another £1, from a £30,000 matched funding pot contributed by the Reed Foundation and our generous supporters The Rowland Family. By making a donation in this period, you can double the impact, for example helping 2 street children rather than 1. To reach our target of £60,000, we need to raise £30,000 through The Big Give website (www.thebiggive.org.uk), so if you are thinking of making a Christmas gift to CWS this year, please wait until 7th December and donate online. The Reed Foundation funding is allocated on a first come first served basis over the week, with £1 million released on Monday and £500,000 released on Tuesday and Wednesday, so the sooner you donate during that week the better!

If you want to help children in Nepal, please get in touch today: contact Anna on 020 7922 8003 or see the 'Get Involved' section of our website for details of challenges and other ways you can support CWS.

CWS, 32-36 Loman Street, London, SE1 0EH. www.cwsuk.org Registered charity number: 1106156 Company number: 05223851



Welcome to CWS News

It has been an eventful 6 months in Nepal: The first Maoist prime minister resigned less than nine months after coming to power, when the president blocked his controversial move to sack the army chief, and two key alliance partners deserted the government, reducing the ruling Maoist-led coalition to a minority. A new government has been formed, headed by the Communist Party of Nepal-Unified Marxist Leninist, and the new Prime Minister, Madhav Kumar Nepal has committed to take the peace process to a positive conclusion, cooperate with other political parties, and maintain relationships with the international community.

The impact of this instability on the people of Nepal is clear: rapid inflation and power cuts continue, and the number of strikes is at an unprecedented level. In July there were 80 strikes across Nepal, bringing transport, shops and businesses to a standstill, with significant knock-on effects on the supply and price of food and fuel. The worst affected area is the Terai region, where a number of our new projects are based, and it is a credit to our Pokhara team and local

partners that most activities have continued as planned despite the disruptions. The government has been working to restore law and order in the region, and resolved to curb the culture of strikes and roadblocks.

In these difficult times, we were especially pleased to discover that last year we raised over £1 million for our projects, more than any other UK based charity operating exclusively in Nepal, and helped

over 40,000 disadvantaged children – every £25 donated enabled us to help one more child. Thank you to everyone who helped us reach this many children, and we hope with your support we can reach many more in future. The Big Lottery Fund noted the impact of our work when they visited our Asha Mobile clinics in May: "The project is clearly meeting the needs of disadvantaged people and making a great difference to their lives."

Autumn 2009



New project success

The first year working with a number of new partners and projects has been challenging, but also hugely rewarding, when we look at the positive impact on thousands more children.



Education

- With several partners, we supported 65 early years education centres to give pre-school children a head start in their education and development. Teachers from each centre have been trained to improve the quality of



classes and learning materials, which are now enjoyed and regularly attended by over 2,500 children. We have also helped centres to improve their facilities, by campaigning with local government and schools, and encouraging communities to contribute their own time, skills and funds. In some cases this has led to dramatic improvements: a class which was taught outside under a tree now has its own brick classroom.

- We encouraged children to be active in our projects through children's clubs, which organise street dramas, produce wall magazines and radio programmes, and compose songs, to raise awareness of children's rights, the importance of education, child marriage and social discrimination. As well as supporting our projects, this gives children the opportunity

to be creative and build their confidence.

- We offered 2,500 illiterate parents a rare opportunity to gain basic skills and vocational training, by developing a curriculum and textbooks in their local language, and training 27 literate people from the local communities to deliver the classes. Next year parents will receive support to set up their own business, enabling them to be self sufficient and support their children.

- In partnership with School for the Deaf, we enabled 8 young people to start a vocational computer qualification to increase their opportunities to gain employment and live independently. 45 younger children are benefiting from a basic computer course.

Health

- In the remote mountainous district of Solukhumbu, we supported government health workers to visit pregnant mothers and newborn babies in their homes, to reduce maternal and infant mortality. Health workers have been trained and given transport allowances, enabling 1,604 women to benefit from antenatal and post natal care, and 705 babies to be delivered safely so far.



- In the Terai region, 63 women's groups have been formed, and the 1,588 participants have been involved in group discussion, street drama, distributing printed materials and celebrating local festivals, to promote maternal and child health in communities. Training and support for the groups, advocacy and discussion with local government committees, has resulted in the creation of 27 emergency funds and distribution of 7 cycle ambulances which can be used to help a woman or child in need of urgent care to reach skilled help. Kitchen gardens training has been provided to groups, to emphasise the importance of eating vegetables to support good maternal and child nutrition.

Social opportunities

- We supported 127 street children, through a centre providing night shelter, meals, a savings bank, healthcare, education and counselling, as well as outreach services. We also motivated 102 children to enter a rehabilitation programme. 50% of these children moved on to be reintegrated with their families, and where this was not possible the remainder were supported into long-term solutions for their future.



- We established a family home led by two house mothers, which provides care and support for up to 10 children affected by HIV/AIDS. The home only accommodates those children who have no other alternative and cannot be cared for in their family or community. So far 8 children have been adopted into the home, and have received medical and educational support, as well as being enrolled in school. The project aims to ensure that the HIV status of the children is confidential, to avoid discrimination at school and when accessing health services.

14th Day Care Health Centre opens in Mugribesi

15 years later, the first project developed by our founder, Douglas Maclagan, is still going strong! The 14th Day Care Health Centre was completed in April, and 45 children are enrolled, including 26 from the most disadvantaged group in Nepal.



The community was highly involved in the building construction, led by a committee of 8 community members and 1 staff member from our partner, CWSN. The committee coordinated between CWSN and the community, encouraging local people to contribute paid and unpaid labour. They provided local resources for construction, such as wood, stone and sand, and helped set up the learning materials, toys and classroom displays in a very child friendly way. This involvement and participation has created a feeling of community ownership and responsibility for the centre.

The centre opened on April 25th, and since then two teachers and one health worker have been providing Early Years education and primary health care, to the children and villagers of Mugribesi and the surrounding area. Parents and foreign visitors have commented about the wonderful set up of this new centre, and agree it is a special place providing a great start for the children.



Following a week of intense competition on the Optimist World website, CWS has been chosen as 'Charity of the Week'. This is a fantastic result for us as a small charity, and shows the dedication of our wonderful supporters to helping children in Nepal. Thank you so much to everyone who voted for us, and particular thanks to those who encouraged their friends and family to vote too.

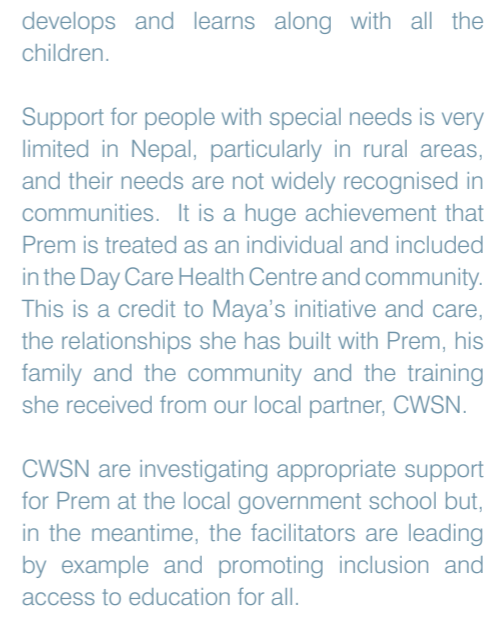
We now move on to round two, where we compete with the other shortlisted charities, and apply to an Optimist World panel to be selected for a charity award. On 18th January 2010, Optimist World will award up to five cash prizes to five charities, and announce the overall Optimist Charity of the Year.

If you missed out on the Optimist World competition but would be happy to support us with initiatives like this in future, please send your name and email address to: enquiries@cwsuk.org and we will keep you posted. A simple action from you can make a big difference to children in Nepal.

Education for everyone

Maya has been a facilitator at Saimarang Day Care Health Centre for over 10 years, providing early years care and education. During this time she has displayed a wonderful commitment and dedication in supporting Prem, an 8 year old boy who has special needs that include speech difficulties. He has been attending the centre since he was 3 and continues going as there is no alternative educational provision for him in the area yet. Maya recognised that with other children attending school and adults busy farming develops and learns along with all the children.

Maya has helped to raise awareness about Prem's needs, encouraging his family and community to support his development and recognise him as a capable human being. Prem has developed his own simple version of sign language and his family communicate with him in this way now. Prem is keen to attend the Day Care Health Centre, dressing himself in his uniform every day and walking with Maya for half an hour on a steep path through dense jungle to get there. The facilitators place importance on inclusion of all children at the centre and Prem plays,



develops and learns along with all the children.

Support for people with special needs is very limited in Nepal, particularly in rural areas, and their needs are not widely recognised in communities. It is a huge achievement that Prem is treated as an individual and included in the Day Care Health Centre and community. This is a credit to Maya's initiative and care, the relationships she has built with Prem, his family and the community and the training she received from our local partner, CWSN.

CWSN are investigating appropriate support for Prem at the local government school but, in the meantime, the facilitators are leading by example and promoting inclusion and access to education for all.

Beyond Service Provision

Supporting children to make the difficult transition from street life to mainstream society is about more than providing services. Street projects need to support, motivate and guide each child through a process of development appropriate for his/her age, needs, interests and capabilities.

JYOTI Street Project has been providing frontline services (protection, education, health) for street children in Pokhara since 2005 and works with over 400 children each year. The project has supported many children to move on from the street; reuniting them with their families, providing vocational or business training, and referring children to residential programmes (if they are not able to return home). However this is a challenging process – for many, leaving the street entails making many sacrifices in terms of independence, expectations, and behaviour.

CWS has been working with the team at JYOTI Street Project to continuously reflect on and improve

the way they engage with street children and support the children through a process of change. In the last five months, regular orientations and discussion meetings have been held with the whole team to reflect on the project (strengths and areas for improvement), to develop a common understanding in the team, and to share different approaches for working with street children. The team have enjoyed and benefited from this and requested continued support. One social worker commented: “I found the training very useful and I hope it continues. I’ve been working for four years with street children but there were many new things I learnt and it challenged some of my thinking”. In the coming months we will be working together to develop improved case management systems in the project so that every child has access to individualised guidance and support from a trusted and skilled street worker.



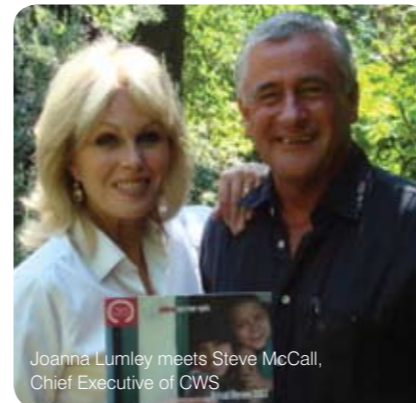
Team building games are part of the training for street project staff

Douglas’s toughest challenge: The Namibia Desert

In May 2009 our founder completed what he described as “the biggest physical and mental challenge of my life”, a 250km race through the Namib desert, and raised more than £11,000 for one of our partners, CWSN. Here is his account of the highs and lows of this incredible adventure:

“This race was tough and saw many experienced athletes drop out. I was amazed to see this each day but I was determined to get to the end and make sure the kids in Nepal got all the pledged donations. 214 people started the race and only 168 completed it. I finished 134th overall, which I was very happy about.

During the second stage I pulled my groin and had to start using pain killers. This was a real mental blow as I started



Joanna Lumley meets Steve McCall, Chief Executive of CWS

Joanna Lumley becomes Ambassador for CWS

Just months ago she fronted a very high profile and extraordinarily successful campaign to gain UK settlement for Gurkhas. Now Joanna Lumley is to become CWS’s first ambassador. Joanna visited Nepal in July, where she was treated as a hero. She is one of the UK’s most respected actresses and campaigners, and with her background as daughter of an officer in the Gurkha regiment, and her knowledge of Nepal, she will undoubtedly be a fantastic help to CWS. Steve McCall, our Chief Executive, said: “Her involvement will help take us to the next level, enabling us to do even more for the thousands of children that we are supporting in Nepal”.

On her return from Nepal Joanna said she is “really looking forward to making a difference”. She is currently filming a documentary along the River Nile, but when she is back we will be meeting to discuss her support in the coming year.

to doubt whether I would be able to finish stage 4 (105km). It was on the fourth stage that people I’d never met before were so encouraging and new friends for life were made. One of my tent buddies was suffering from a bad knee injury, and we motivated each other to reach the 60 km point where we could get medical assistance. Sadly, Steve was unable to continue. It was a real mental blow to lose my friend and walking partner and to know that there were another 45 km to complete partially in the dark. It was about 43° degrees Celsius and the heat took away the last energy I had. Somehow I caught up with the other competitors still in the race and we made it to the finish line after 33 hours to a very emotional standing ovation from the competitors who had already made it back to the camp. I will never forget

this moment of support from everybody. Though the next two days were only 20 km and 8 km going through sand dunes, it’s amazing to know how strong the human mind can be because I suddenly got a new spurge of energy as I knew the race was nearly over. I finished the fifth stage just under 4 hours and the last day in an hour, and when I passed the final finish line the sheer joy and emotions took over.

The companionship and new friends one creates is amazing and I suppose this is due to the fact that barriers disappear. All competitors whether you are the first or the last to cross that finish line suffer the same physical tiredness and pain, share smiles and tears in this beautiful landscape that makes you feel so tiny. I will do this kind of insane race again: ABSOLUTELY”.



If you feel inspired to race for CWS, please see our website for details of four ultra marathons taking place in 2010 in four fantastic locations: Namibia, Spain, Iceland and the Grand Canyon!