

## Protecting the next generation

A happy ending for a mother and her twins showed the importance of a CWS supported project to improve the health of mothers and babies in Solukhumbu, a remote district in the mountainous east of Nepal. The project supports government health workers to deliver a home-visiting antenatal and postnatal service across the district, which takes 3-4 days to walk across. We expect approximately 4,800 pregnant women and 4,800 newborn babies will benefit each year!

It was particularly fortunate that Tara met a health worker. She was given basic antenatal care and advice, and encouraged to come back to the primary health care post when the staff nurse was visiting to do a portable ultrasound scan. This confirmed that she was carrying twins and also that they were in a breech position.

If Tara had not known this she would have given birth at home, with help

from an untrained family member, and faced significant dangers of injury and death to her and her babies.

The health workers explained to Tara and her family how important it was for her to come to the hospital, so she could receive the care she needed and allow her babies to be born in a safe and controlled way. She agreed, and walked for about a day to get to the hospital – a long way when you're 35 weeks pregnant with twins! The doctor at Phaplu hospital delivered her babies by caesarian section, and we are delighted that all three are now doing well.

The new mum will stay in hospital for a few days until she is fit and comfortable enough to walk home (carrying her babies of course!). She and the twins will receive basic postnatal care in her home, by one of the health workers from the health post, to ensure they continue to be healthy and happy.



A mother and her newborn recovering at Phaplu hospital

\*Tara's name has been changed



A portable ultrasound confirms that Tara has twins!

## Last year we kept our promise to help more disadvantaged children in Nepal:

### Asha Health Care

The number of patient visits increased from 32,000 in 2006/7 to 48,000 in 2007/8.

### JYOTI Vocational Training Centre

114 young people including street children and ex-trafficked girls, were involved in the 3 year programme, and 83% of graduates secured full time employment.

### Consortium for Street and Working Children

We reached over 400 more children than the previous year, including domestic child labourers, street children, children in or near to the commercial sex industry, and children living in the slums of Pokhara.

### New projects and partners

Working with 13 new partners enabled us to reach an additional 6,300 beneficiaries by the end of 2008, including mothers and babies, children who are deaf, children with HIV/AIDs, and disadvantaged castes.



**This year, will you make a promise to help more children too?**

**You could set up a regular standing order to help us plan ahead:**

**£20** a month could give a child labourer a new start in life, by paying for skills training at a drop-in centre

**£40** a month could enable us to protect a girl at high risk of sexual abuse, in an emergency home

**Or you could challenge yourself to take part in a UK or overseas event, and ask friends and family to sponsor you, to maximise your contribution:**

If you raised **£450**, this could enable us to provide a safe and warm night shelter to street children, for a month

If you raised **£1,500**, this could help us treat patients and save lives, by buying enough medicines for our mobile clinic to last a whole year

**If you are committed to helping children in Nepal, please take action now. Call Anna on 020 7922 8003 or go to [www.cwsuk.org](http://www.cwsuk.org), and click on 'Get Involved'**

CWS, 32-36 Loman Street, London, SE1 0EH [www.cwsuk.org](http://www.cwsuk.org) Registered charity number: 1106156 Company number: 05223851



## Welcome to CWS News

It has been a tough 6 months in Nepal, with increasing challenges for our projects, including rapid inflation and 16 hours a day with no electricity. In spite of this we have continued to improve and expand, helping more children than ever. If you feel inspired by the stories inside, please help us to keep up the good work.

Spring 2009

## A fond farewell

We were sad to see Theresa Beaumont, mother of our founder Douglas Maclagan, retire from the board of trustees in January. Theresa has dedicated over 10 years of her life to CWS, and played a fundamental role in setting up our London base, to raise the funds needed for our projects in Nepal.

Faced with the challenge of setting up a registered charity in 1997, the lack of a building did not faze her, and together with

her late husband Tony, she converted their attic in Wapping into an office.

Theresa was still working as a teacher at the time, so Tony, a retired financial editor, was called upon to help with the day to day running of the charity.

In 2002, Theresa retired from teaching to devote her time to CWS. Since then, she has taken a hands-on role, keeping in touch with supporters, visiting the projects in Nepal, and showing commitment to her position as a trustee. She has continued to support CWS as we have grown, and will remain a close friend to us all in the years to come.

We would like to thank Theresa for the time and effort she has given to CWS, and only hope that we are able to keep the high standards she has set, as well as the huge heart she has for the children of Nepal.



Theresa is presented with a thank you gift by Michael Jacobs, CWS Chairman

## Anisha's Story\*

Anisha and her family migrated from their village to Pokhara 15 years ago due to their poor economic situation. They survived by collecting and carrying sand from the river to sell to contractors. Although her brother is in school she left when she was 11 as a result of her family's decision to prioritise their son's education. After leaving school Anisha worked with her mother carrying heavy loads of sand, before starting as a domestic worker.

Our partner, Pokhara Chamber of Commerce and Industry's (PCCI) project staff came into contact with her through field visits and persuaded her to attend one of their drop-in centres. After counselling she began to attend non formal education classes and started to read and write again. Given her need for an income to support her and her family in future, PCCI supported her to attend three months embroidery training, followed by three months sewing training provided by a member of the local community police.

Anisha is still a domestic worker but during her free hours she comes to the drop-in centre to use the sewing machines, making clothes to earn some extra income for her savings. Her

confidence has increased, and she plans to start her own sewing and embroidery business in the future.

\*Anisha's name has been changed



Anisha's embroidery training



PCCI drop-in centre



Non formal education class



Students gather outside a drop-in centre

## Hoteliers of the future

An exciting opportunity has been offered to 20 young people from our partners' projects. From poor backgrounds working as child labourers, living in the slums or on the streets, often suffering from abuse, they can now look forward to a brighter future as a trained housekeeper or chef!

CWS is being supported by Mövenpick Hotels and Resorts, to provide a training and apprenticeship programme. The trainees were chosen through a careful selection process, by four of our partners who are based in Pokhara.

10 girls and 10 boys are receiving training in housekeeping and cooking, from two providers in Nepal. They have already visited a 5 star resort for a housekeeping demonstration, and gained hands-on experience preparing dinner for 200 people with a large catering company. Although the young people's education is limited, and they find learning English a challenge, they are attending regularly and working hard. From March onwards, they will receive further on-the-job training in reputed hotels and restaurants in Pokhara.



Trainees orientation week

*"I am very impressed with the hard work and enthusiasm that the trainees have shown"*

– Bikash Gurung, Director of International Hotel Training Centre

*"I have improved my English and practical cooking techniques and now confident enough to communicate with people in English and work"*

– Chet, Trainee



Mövenpick students in cookery class

## Government support for Asha Health Care

Asha Health Care was delighted to be asked by the District Public Health Officer to provide immunisations (supplied by the government) to children attending the Asha Clinic and Mobile Clinics.

Asha has been developing stronger ties and working relationships with government health services. A range of government health departments have a very positive view of Asha, and recognise that as the second largest paediatric health provider in the whole Western Region, the impact of the services are significant. In addition to the numbers of children and families treated, the service



enjoys a reputation for quality, child centred care, and a non judgmental approach to targeting the most disadvantaged communities.

One of the most important steps in protecting children's health is immunisation, and the government actively promotes this. However, they don't have the resources and infrastructure to reach all the children they would like to, particularly those in 'hard to reach' groups, so they approached us to suggest a partnership.

Asha started its immunisation service on 28th January, with 16 young children attending the first session with their parents. As well as supporting government services and ensuring that more children are protected, this also provides a logical follow-on service for women and babies that have used the Asha Safe Motherhood service, and gives us the opportunity to encourage more women to access post natal care.

