

Care Management Plan

Nepal



OVERVIEW

Company Mission

Our company mission is to make it the norm for young men and women from developed countries to live and work as volunteers in a developing country; they should work on projects which have a clearly favourable impact on host-communities. In this way, we will continue to create a multi-national community with a passion to serve and to inspire.

Care Programme Mission

Our Care programme mission is to provide sustainable educational support, care and protection to disadvantaged children and vulnerable groups to enhance their physical, social, emotional and cognitive development.

Background Information

In 2006, Nepal emerged from a decade-long conflict that crippled its economy and took the lives of 14,000 people, 3% of which were children. A further 8,000 children were orphaned and 40,000 displaced. Nepal continues to be one of the poorest countries in the world, ranking 157 out of 169 countries in the 2013 Human Development Index. Life expectancy is 69 years at birth, per capita income only \$1,137 per year and the adult literacy rate sits at 60%.¹

Nepal has made significant progress since the conflict ended, but is still in great need of development assistance. The annual rate of decline in poverty increased from 1.5% between 1996 and 2004 to 2.5% between 2004 and 2011. Yet disparities remain as poverty in rural areas affects up to 34% of the population, which is where 80% Nepalese citizens live.²

Partners

Projects Abroad partners with more than 20 organisations located in the Kathmandu Valley and Bharatpur (Chitwan). Our volunteers work with a variety of institutions such as day care centres for poor labourers' children (e.g. Amarapur Child Care Centre) and boarding schools that educate children from disadvantaged rural communities (e.g. Clark Memorial School).

The Nutritional Rehabilitation Home (NRH) is one of our most important partners. Launched in 1998 by the Nepal Youth Foundation (NYF), it is a residential facility for malnourished children and their caretakers. Volunteers also work with the Manisha Singh Punarajivan Niwas (MSPN) – New Life Centre, an NYF initiated programme that provides free care to both children and their caretakers living with HIV/AIDS. Other partners include children's homes for orphans or children without next of kin who can support them.

¹ UNDP, Human Development Index <http://hdr.undp.org/en/statistics/>

² Nepal Millennium Development Goals Progress Report, 2013, Government of Nepal, National Planning Commission/ UN Country Team Nepal, 2013

Projects Abroad Nepal also partners with institutions caring for children with disabilities. One of our partners is the Patan Community Based Rehabilitation Organisation that cares for patients suffering from cerebral palsy, autism, Down's syndrome and ADHD.

GOALS

In order to work towards our Care programme mission, we have set the following goals to achieve in the placements where we send volunteers:

1. Increase literacy

The second Millennium Development Goal (MDG) aims to achieve universal primary education by ensuring that children everywhere can complete a full course of primary schooling. A sub-indicator monitoring the performance of this goal is the literacy rate of 15-24 year old men and women.

The literacy rate in Nepal is low and only 47% of females are literate compared to 71% of men.³ Children often do not have access to reading materials at home so our volunteers are responsible for creating libraries and reading clubs in the institutions where we work. Volunteers closely monitor the progress of the children and help improve their reading and writing skills.

2. Improve English

The tourism industry in Nepal is huge and constantly in need of skilled professionals who can speak English. Knowledge of basic English can greatly increase people's employment prospects by diversifying their clientele and giving them the opportunity to enter into new markets. Learning English at a young age can enhance a child's ability to learn the language as well as kick-start a lifelong interest in maintaining English language skills.

3. Improve hygiene levels of the children

Poor sanitation can lead to a host of diseases and infections. Good hygienic practices such as regularly washing hands are not part of most people's way of life in Nepal. Our volunteers are responsible for incorporating good hygienic practices into children's daily routines. They educate children about why it is necessary to maintain good hygiene and how to live in a clean environment.

4. Increase emotional support and care to children

Many of the children grow up without one or both of their parents due to the impact of poverty. They are often left at home or in institutions with little stimulation or company. Children without parental care are at a higher risk for discrimination, inadequate care and abuse.⁴

Our volunteers intend to have a positive impact on children's lives by serving as positive role models. They assist with providing emotional support and educating children on good behaviour.

³ <https://www.cia.gov/library/publications/the-world-factbook/fields/2103.html>

⁴ http://www.unicef.org/publications/files/Children_and_the_MDGs.pdf

5. Improve the quality of life for those living with disabilities

The inclusion of people living with disabilities is mainstreamed into the policies, processes and mechanisms of the MDGs to ensure the participation of marginalised groups. As in most places in the world, people living with disabilities in Nepal (approximately 2% of the population) are marginalised due to a lack of awareness and the virtually non-existent disabled friendly public conveniences. Many local initiatives have however dedicated themselves to disabled rights and we are proud to be able to support some of them with our volunteers.

RESOURCES

- a. 200 (average) Care volunteers per year
- b. One x Projects Abroad Care Coordinators and One x Volunteer Coordinator
- c. Myprojectsabroad resources (www.projects-abroad.co.uk/resources)
- d. Workshops/ discussions conducted by staff twice a month
- e. Volunteer-led workshops
- f. Guest speakers from various non-profit organisations and partners
- g. Books, stationery, PCs and Internet access
- h. Community & Care group trips (six or more per year)

MONITORING & EVALUATION

- a. Onsite visits by Projects Abroad staff – once every two weeks
- b. Placement staff feedback – informal chat with placement staff once every three months
- c. Projects Abroad staff feedback report – once every three months
- d. Staff meeting – every three months after report
- e. Volunteer feedback – End of Placement forms and Debriefing questionnaires
- f. Informal children feedback
- g. Test results – at English Club placements. Once every six months

LOCATION OF PLACEMENTS



Projects Abroad			
Care Programme - Nepal			
	INDICATORS	MONITORING (MEANS OF VERIFICATION)	ASSUMPTIONS
Company Mission: (the change we want to see in greater society)			
Our company mission is to make it the norm for young men and women from developed countries to live and work as volunteers in a developing country; they should work on projects which have a clearly favourable impact on host-communities. In this way, we will continue to create a multi-national community with a passion to serve and to inspire			
Care Programme Mission: (the change we want to see for the target group)			

<p>Our Care programme mission is to provide sustainable educational support, care and protection to disadvantaged children and vulnerable groups to enhance their physical, social, emotional and cognitive development</p>	<p>2014 is the implementation and mind-set changing year. Head Office-led status reviews will take place every 3 months. We expect to have the foundations of the new Care programme in place by the end of 2014</p>	<p>1. Onsite visits every 2 weeks by Volunteer or Regional Coordinators. Complete short form with volunteers/observe volunteer action 2. Placement staff feedback 3 monthly form. Local PA staff to call placement staff/visit placement staff for informal chat and complete form after conversation 3. Projects Abroad staff feedback. First report in 1 month. Then 3 monthly. Staff meeting to be held after each report 4. Volunteer feedback. End of Placement Feedback Form. DQ 5. Children feedback. Volunteers to do informal feedback with children once a month (e.g. 'How often should you clean your teeth?') Observing children to see if they are cleaning their teeth 6. Test results. Test to be done at 'English Club' placements on a 6 monthly basis</p>	<p>1. Number of volunteers does not drop considerably 2. Number of volunteers with a good grasp of English does not drop considerably 3. Political and civil stability in the countries we work 4. No natural disasters that could affect our work</p>
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Goal 1: (what we want to achieve)

INCREASE LITERACY

	Actions: (the tasks that need to take place to achieve the goal)			
1.1	Each volunteer to focus on reading for an hour every day at all possible placements	Include this action in the placement details under volunteers' role and to be discussed during induction		
1.2	For a minimum of 1 hour per week research and create new learning and teaching aids. Focus on recycled materials and cheap resources available locally (not items imported from the West). Volunteer responsibility to ensure resources are returned by children at end of session	A 'Treasure Chest' / library to be implemented with the new materials created		

1.3	Introduce a record keeping system for each placement and maintain it for each child on a monthly basis. This should include records of activities and resources that are successful with the child, child's abilities and areas they need extra help with and test results			
1.4	Set small goals and targets for each child in placements with English Club			
1.5	Create visual learning aids on the placement walls and make sure these are updated every month			
1.6	Have a working library in all possible Care placements	Encourage volunteers who want to bring donations to bring English language books		
1.7	Create a library that volunteers in Chitwan can access to read with the host family children			
Goal 2:				
IMPROVE ENGLISH (for Chitwan only)				
	Actions:			
2.1	Volunteers to hold weekly Reading Club at Sai Bal Ashram. Each volunteer to focus on reading for 1 hour every day at all at Asha Bak Bikash Sewa			
2.2	For a minimum of 1 hour per week research and create new learning and teaching aids. Focus on recycled materials and cheap resources available locally (not items imported from the West). Volunteer responsibility to ensure resources are returned by children at end of session			
2.3	Introduce a record keeping system for each placement and maintain it for each child on a monthly basis. This should include records of activities and resources that are successful with the child, child's abilities and areas they need extra help with and test results			
2.4	Set small goals and targets for each child at Sai Bal Ashram (in collaboration with child)			
2.5	Record on a weekly basis activities and resources that are successful with the child			
Goal 3:				
IMPROVE HYGIENE LEVELS OF THE CHILDREN				
	Actions:			
3.1	Ensure children wash their hands before and after meals, after using the bathroom and before they enter the playroom			
3.2	Introduce and sustain one day a week cleaning of playroom and toys at all possible placements			

3.3	Dental hygiene workshop to take place fortnightly in Kathmandu and monthly in Chitwan			
3.4	Create and use songs and games to make cleanliness fun			
Goal 4:				
RAISE AWARENESS OF HEALTHY LIVING, THE ENVIRONMENT AND FAMILY PLANNING				
	Actions:			
4.1	Encourage general behavioural standards and manners: teach children to say "thank you" and "please," use team games to encourage them to cooperate and look after one another. Focus on how children should behave in society, global citizenship			
Goal 5:				
INCREASE EMOTIONAL SUPPORT AND CARE TO CHILDREN				
	Actions:			
5.1	Increase awareness of signs of child abuse			
5.2	Ensure all volunteers receive a copy of our Child Protection Policy			
5.3	Ensure no child is left by themselves for a substantial length of time by doing headcounts when each new activity starts and ensuring children have activities to engage in during break times			
5.4	Teaching and Care Coordinator to provide workshops and feedback sessions every 2 weeks to volunteers in Kathmandu to empower them to be more efficient and have more of an impact at their placements			
5.5	Provide workshops on child safe practices every 3 months			
Goal 6:				
IMPROVE THE QUALITY OF LIFE FOR THOSE LIVING WITH DISABILITIES				
	Actions:			
6.1	Introduce creative activities to increase stimulation			
6.2	Introduce a record keeping system for each placement and maintain it for each child on a monthly basis, including profile of child, learning ability, activities that work well with the child, preferences, dislikes, etc.			
6.3	Introduce basic English and basic literacy for the more advanced disabled children in Chitwan			