

Gorkha Development Scheme

Health & Education in Gorkha, Nepal

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Welcome to Issue 12 of the GDS Newsletter

Message from the Chair

Our last newsletter reminded us of the sums of money raised over recent years and the 70 projects supported since 2015. In February retired Teacher Aiden Warlow volunteered through GDS to work with Laxman delivering a course aiming to enhance the skills of Teacher Trainers for Rural Schools (see opposite). Days after Aiden's return, both the UK and Nepal went into lockdown. The world changed in the blink of an eye and is now a quite different place with devastating loss of life and unimaginable changes for everyone around the world. There will undoubtedly be difficult times ahead but our aim to support those most in need in Gorkha will remain.

Linda Blunt

Covid in Gorkha

Nepal's access to medical care is limited with access to resources throughout the country extremely low and beds for intensive care only found in far away Kathmandu and Pokhara. We received an emergency request through Perusotum to help fund 25 full sets of washable personal protective equipment as well as oxygen cylinders for Gorkha hospital with total donation of £1,000.



The hospital is still in makeshift facilities since the demolition of the earthquake damaged buildings (2015), so the conditions to deal with the pandemic were

limited from the start. It was not until May that the first cases reached Gorkha and all cases were quarantined at the Gorkha hospital but to date cases have thankfully not been severe.

Training of Teacher Trainers for Rural School

Since the founding of GDS we understood that working with teachers to enhance their skills will provide the best support possible for future generations. In rural schools some teachers have literally only weeks of teacher training after leaving school before being given a class of their own.

Gorkha committee Vice Chair Laxman has delivered



many excellent training courses in rural areas but we now need more Laxman's! Hence the need for 'Training of Trainers'

Aiden Warlow

Through our membership of BRANNGO (UK charities working in Nepal), Linda met Aiden who had lived and taught in Kathmandu for 10 years and now, aged 82, was interested in contributing to our programme in Gorkha. Aiden has written education books for Nepal including 'Better classroom Better Learning' and he took 70 copies with him to Nepal! Aiden and Laxman worked together to deliver the 3-day training course to prepare selected skilled teachers of NELTA to help support and motivate rural teachers who will in turn deliver more fun, interactive and participative learning.

Teacher Training

just £500 funds a 2-day course for
35 teachers in Rural Schools

Our plan is to fund many copies of Aiden's book in Nepali and make them more widely accessible to teachers.

If you would like to contact us, please visit our website www.nepal.co.uk or email lindaqdsnepal@gmail.com

Teacher Training Course, Manakamana.

A further programme was organised with Aiden and several of the trainers including Gorkha Chair Ram Chandra. They were taken to Manakamana. Where 30 teachers from many local schools assembled and were able to participate and gain from the inspiring training course.



New ideas and motivation will result and Laxman together with Headmasters will be able to monitor results.

GDS was thrilled to help fund the programmes together with support from NELTA and the schools themselves. We do hope that this will enable us to help fund many more courses for teacher development when the opportunity arises.

Our thanks to Aiden and Laxman for all their work.

Women's Health Programme – 60 ladies attend

Whilst Aiden was involved in the Teacher Training his wife Caroline was invited to join a Women's Hygiene programme in rural Nareswar. Sarita and the ladies of GWA organised the day event with a Doctor from Gorkha hospital. The event was attended by 60 ladies which was much higher than expected and meant it had to be held outside. This clearly demonstrated the increased awareness and success of these informative events.

Issues covered include the common condition of prolapse which affects many women but can easily be rectified, as well as issues on childbirth and nutrition.

Thanks to Gorkha ladies (GWA) for organising, GDS privileged to support for just £200.00



Fundraising

The year was off to a great start with our annual quiz in Writtle a success raising a fantastic £1200. Quizmaster was Olivia and food by Geeta and Amir with many more helping and donating raffle prizes. However, conditions have changed rapidly this year and all charities have concerns on the effect of Coronavirus on raising funds and expect challenging times ahead.

Talks on GDS and Nepal to WI, Ladies groups and Horticulture Clubs by Linda have obviously been cancelled but plants raised by Jean and Linda were quickly sold from home as nurseries were closed raising about £400. Jam and chutney making is underway for sales to friends and at future events.

GDS have been lucky in receiving a range of recent donations in various ways and shows the diversity of fundraising possibilities. Cheques through the post have been received, an offer of garden furniture to be sold with funds to Gorkha, and appropriately the

sale of cotton masks made by Shelia which we must now all wear in many situations.



ACWW Application

In February after a great deal of input from Linda, Sarita, Zoe and Amir, an application for funding was submitted to ACWW (Affiliated Country Women of the World) on behalf of the Gorkha Women's Association (GWA). If successful, then this would enable the very worthwhile School Hygiene Project to be further developed. The simple message of personal hygiene and hand washing could not be more relevant today.

Covid Update

In mid-August the pandemic remains prevalent in the Gorkha region with local lockdowns enforced. Schools remain closed with some attempts for teachers to visit communities for outside classes. Thousands of economic migrants have lost their jobs overseas and returned home. No tourists are visiting Nepal. With no work, no income and little government support, we will work through our local committee to offer support where possible.

Trustees:- Linda Blunt, Naomi Cairns, Zoe Dallow, Amir Karmacharya, Geeta Karmacharya, Olivia Power