Himalayan Permaculture Centre



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Capacity Building Towards Household and Community Resilience

**Interim Project Report**

**Date of this report: 27-09-11**

**Introduction**

This project started in April 2011 and will last for 12 months, aimed at building up the capacity of HPC and its pilot village groups to enable them to implement wider programs in the future. As such it is termed Phase 1, while the wider, scaled up program that is hoped to start in October 2012 will be termed Phase 2. Phase 1 has been supported by 2 main charities: the Kadoorie Charitable Foundation (KCF) from Hong Kong, and the Network for Social Change (NSC) from UK.

The project has 3 main objectives:

1. Raising awareness of

1. Peak Oil and Climate Change;
2. Development issues in general, and
3. HPC values, working approach and activities,

to village groups, and village and district level government in HPC’s working areas of Surkhet and Humla in Western Nepal.

2. Increasing Demonstration and Training Infrastructure for HPC to provide effective services

3. Capacity building for HPC board, staff and members of aligned village groups in organisation development and project planning, design, implementation, monitoring and evaluation

This report is adapted from the fist 6 monthly report to KCF, provided in September 2011.

# Activities

## **Objective 1: Raising Awareness**

**1.1 Awareness raising training.**

*Proposal: Awareness raising training at village, VDC and district level for 100 farmers, 10 VDC staff and 20 DDC staff*

**Achieved**: To raise awareness of Climate change, peak oil and development issues in general, and to introduce HPC program goals and activities, workshops have been completed at:

* Village level for **146** farmers (49 Surkhet – 13 women 36 men; 97 Humla – 33 women, 64 men);
* VDC (Village Development Committee) level for **24** VDC staff and political party members (Humla);
* District (District Development Committee/DDC) level for **47** DDC staff (30 Humla, 17 Surkhet)

The DDC meeting was dual function in that as well as familiarising district level government with the aims and methods of the project, HPC is legally bound to obtain permission to implement its programs in both districts. In this way both outputs were achieved while also providing a networking forum that will be useful in the future.

**Outputs of DDC Meeting**

* Understanding on current environmental problems and concept of Permaculture developed;
* Project approach, strategies and plans shared with district line agencies, VDC staff and village group stakeholders;
* Stakeholders' feedback on HPC’s Project received;
* Environment for coordinating effective implementation of project and future networking initiated
  1. **Schools program.**

*Proposal: Educational Classes and School gardens for children in 2 schools*

**Achieved**: HPC has started a program with **Madanadev High school**, Madana in Humla district. There are 350 students at the school, where HPC has so far provided materials to make 3 toilet blocks, and built a stone wall around the grounds to prevent grazing of school land by livestock, preceding design and planting. In the next reporting period HPC aims to provide a local school in Neta VDC, Surkhet with furniture, and to continue its school program of school land design and provision of weekly classes to students.

**Objective 2: Increasing Demonstration and Training Infrastructure**

**2.1 Training capacity development**

*Proposal Acquisition of training materials – projector, solar system, books, etc.*

The following training infrastructure has been acquired in Surkhet:

* **Training centre** (in Surkhet this has been built on land acquired by HPC; in Humla this has been rented from a local group member). In Surkhet the Centre has been established with a total of **476 person-days of local contribution valued at NRs 95,200/-**
* 2 **Digital projectors** (1 each for Humla and Surkhet)
* 2 **Laptops** (1 each for Humla and Surkhet)
* 1 **printer** (in Surkhet; in Humla HPC has an agreement with the local Madana High School to use its printing facilities as/when needed)
* **Phone** (Surkhet only)
* In Surkhet a **220W Solar** system (3 panels, 3 batteries, inverter, etc.) was acquired and installed to power/charge lights, projector, laptop, and phone. This is also providing a community service to locals needing to charge mobiles. In Humla 12 panels (**900W**) were provided and installed at HPC’s Resource Centre in Dapka village, Madana VDC by Renewable Energy Ltd. while HPC provided transportation of the materials to site.
* 50 sets of the **Farmers’ Handbook** acquired (25 each for Surkhet and Humla)
* Misc **training** materials (whiteboard, paper, books, etc.)
* Misc. **Furniture** (benches, cupboards, tables, chairs, etc.) – in both Humla and Surkhet all furniture is made from **locally sourced timber assembled by local carpenters.**

**2.2** **Sustainable Agriculture and Appropriate Technology Demonstrations**

*Proposal - Establishment and operation of 2 resource centres and 30 in-situ demonstration plots*

**2.2.1 Resource Centres (RC)**

Farms are being established in Surkhet and Humla at the resource centres described above in 2.1. In addition to the activities described above in 2.1 the following has been established:

* Boundary demarcation and fencing to prevent grazing animals
* Drinking water and micro-irrigation facilities where feasible
* Agroforestry, fruit tree, fodder grass and vegetable nurseries established
* Design of RC land in Surkhet
* Planting of **373** fruit and multi-purpose trees and grasses (22 species) on Surkhet RC and **237** on Humla RC.
* Composting and waste water management systems including sweepings pits and washing-up water recycling
* Acquisition of agricultural tools

**2.2.2 In-situ demonstration plots**

In Surkhet 5, and Humla 6 villages have formed groups to work with HPC. Details of group names and members are provided in **Annex A.** They have been provided with materials and initial training to establish their own demonstration plots on their own private and/or community land. In the first 6 months of this project the following have been provided to them:

* Secateurs and high quality grafting knives for fruit seedling production and management
* Irrigation pipe, sprinklers, plastic for hot beds
* Vegetable and tree seed
* In Surkhet **710 seedlings** of 10 fruit and multi-purpose tree and grass species have been distributed to farmers (see **Annex B1**).
* In Humla local group members have successfully produced **1756 grafted fruit seedlings** (out of 1983 grafted) for local planting and sale/distribution (see **Annex B2)**
* In addition to tree planting, village group members have started to implement various other activities on their home farms guided by HPC that are aimed at enhancing use of local resources and increasing domestic farm productivity. These include improved stoves, kitchen hygiene, sweepings pits, toilet construction and SRI. The stoves, for example, have been evaluated in 36 households of existing HPC group members by HPC staff during this reporting period. They have found to **reduce** firewood consumption by a total of **24,840 kg per annum (nearly 700kgs per household)** in the 36 households surveyed. This equates to a financial saving of **NRs 1,192,320/-** for the 36 households (over NRs 33,000/- per household, or around GB£ 265).

Below is a summary of these activities and achievements:

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Surkhet** | **Humla** | **Total** |
| Stove | 29 | 89 | **118** |
| Kitchen hygiene | 64 | 106 | **170** |
| Toilet | 79 | 42 | **121** |
| Sweepings pits | 69 | 2 | **71** |
| kitchen garden | 35 | 107 | **142** |
| Waste water management | 5 | 9 | **14** |
| Improved compost | 59 | 9 | **68** |
| Home tree/vegetable nursery | 10 | 23 | **33** |
| Agroforestry planting | 6 | 20 | **26** |

**2.3 Integrated Farmers’ Training**

In this reporting period farmers’ training activities have not been implemented.

**2.4 Community Design course**

*Proposal - 1 CDC provided to 20 local staff and farmer leaders*

In Surkhet this 8-day training was provided to **23** (3 women and 20 men) representatives of 5 village groups at the new Resource Centre in Baragaun. Training topics included:

* Erosion and spirals of degradation
* Observation of natural systems
* Community mapping
* Sustainable development principles
* Gender and development
* Village design criteria/building block
* Design process: dream, discover, design, deliver (from Appreciative Inquiry)
* Design implementation
* Design exercise
* Making action plans

For the design exercise participants were required to create a village design for Baragaun to be implemented over the next 5 years. This was done in groups, each group having a sector to design, such as forest management, education, health, agriculture and livestock. At the end of the training these were amalgamated into a whole village design.

**2.5 Women’s Health Program**

*Proposal - Establish 2 women’s health centres, training program and women’s health network*

**2.5.1 Women’s Health Centres (WHC)**

In Surkhet at the RC a women’s health counselling and treatment centre has been established. This has involved acquirement of various materials including:

* stretcher
* crutches
* specialist equipment: speculum, gloves, ring pessiary, forceps etc.
* first aid equipment

In this reporting period 8 women have been counselled and treated for women’s health ailments such as 2nd and 3rd degree prolapsed, uterine wound and white discharge. Counselling includes recording of life histories and providing positive advice on their problems, as well as treatment. In addition 29 people (17 women and 12 men) were provided first aid treatment for a variety of ailments such as wounds, fever, diarrhoea, worms and skin parasites.

**2.5.2 Women’s Health Training (WHT)**

In Surkhet 13 women from 5 village groups were provided with a 5-day Women’s Health training at the RC. Topics included:

* health status of women
* women’s reproductive physiology and functions
* prolapse – reasons and treatment
* education on domestic violence
* women’s right and legal protection
* self diagnosis
* services available in VDC/district

**2.5.3 Women’s Health Network (WHN)**

To facilitate spread of women’s health-related information a network has been established. This was initiated during a 1 day workshop given to 13 women representing the 5 village groups in Surkhet. Topics included:

* WHN – what and why?
* How to operate a WHN
* Responsibilities within the WHN
* Forming and implementing an action plan

Participants of the WHT (see above 2.5.2) became members of the WHN and formed an action plan that at this stage comprises providing awareness training to local Mothers’ groups on topics such as prolapse, white discharge and domestic violence, female physiology and functions. Reports of these local network-initiated workshops will be provided in the next report.

**2.6 Technology demonstrations and research**

*Proposal - New small-scale technologies tested in the field*

HPC is researching various technologies to help save time/resources and/or improve quality of locally produced crops. In this reporting period the following have been acquired and are undergoing testing in the field:

* **Refractometers** acquired to measure quality of honey. These measure the moisture content of the honey. If moisture content is too high (above 18%) the honey will ferment and is thus not marketable. Bees will naturally dry honey to 17-18% before it is capped in the combs, but sometimes if beekeepers are hasty and harvest uncapped honey, or if harvesting/processing utensils are not dry, or if the honey is left exposed to absorb atmospheric moisture, the moisture content can be higher. In this case honey is either rejected or needs to be dried in a drying cupboard until correct moisture is reached.
* **Scythe blades** acquired for research. The scythe is a traditional harvesting implement enjoying a renaissance in the west as farmers and gardeners move away from fossil-fuel dependent technologies. It is capable of cutting grass, grain crops, etc. much faster than the traditional *asi* used in Nepal and for this reason is worthy of research to examine its acceptance in Nepal. Two blades have been donated to HPC and the first stage is to see if local blacksmiths can replicate the blade. Following this a volunteer has offered to visit the project in March 2012 to oversee training and research.

Because this research is on-going there are still some technologies that HPC recommends to research in the field but due to time constraints and access to information has not been able to in this reporting period.

**2.7 Surveys for phase 2**

*Proposal - Water/energy and livestock-related programs for Phase 2 identified; proposals made*

HPC’s goal is to implement more extensive development projects following this capacity building phase. To this end it is conducting surveys to assess viable and appropriate projects, including for drinking water, mills and livestock improvement. To date the following preliminary surveys have been conducted by HPC technician Kul B. Buddha in Surkhet:

* mill (Baragaun)
* one tap per house (Baragaun)
* water collection tank (Baragaun)
* drinking water (Khaltakura)
* drinking water (Chaurgaun)
* mill and irrigation (Chaurgaun)
* drinking water, irrigation and tank maintenance (Bhalim/Sal Khardka)

Further surveys have been requested in Humla and will be carried out over the next reporting period

**Objective 3: Capacity building in NGO and CBOs**

**3.1** **PRA and village survey training**

*Proposal - 1 workshop for 20 village facilitators*

HPC staff have provided village group representatives with basic training in how to conduct PRA in their respective villages. This will enable them to gather information in a participatory way so as to involve the stakeholders themselves in the identification, planning and implementation of development initiatives and interventions.

**3.2 Trainers’ training**

This training will be held in the next reporting period

**3.3 I.T. training**

***Proposal -*** *1 training for 4 program staff in IT*

To enable HPC staff to use basic computer software including word processing, spreadsheets, email and internet, basic training has been provided to 4 staff in these subjects.

In addition, staff have been trained in use of the digital projectors for training purposes, and provided with digital cameras to enable them to create their own picture shows for use in training.

It is expected that refresher/advanced training will be needed in the next 6 months.

**3.4 Board management training**

*Proposal - 1 training for 7 board members and 4 staff*

To enable HPC and its aligned village groups to be able to manage their institutional development, a specialist training NGO based in Surkhet, the Sahakari Samaj, was contracted to provide a board management and institutional development training for **13** HPC board members, staff and key village group representatives (11 men and 2 women).

The main objective of the training programme was to create an enabling environment for institutional development and management in the project area. The specific objectives were;

* to develop a common understanding on why and how an organization is established and managed to achieve the developed and agreed goals and objectives
* to understand the different aspects of an organization and its management procedures
* to develop a common understanding on effective resource mobilization and monitoring for an institution
* to develop an operational action plan in facilitating for formation and strengthening of community based institutions.

By the end of the training participants were able to:

* Recognise their organisation’s identity, its strengths and weakness, and ways to broaden the self-identify.
* Recognise and analyze the positive and negative behaviour of the organisation’s members to build upon or improve respectively.
* Discuss problems within management and be able to make the team more effective.
* Discuss conflict, be able to identify its main causes, and be able to identify the appropriate process of team conflict/community conflict transformation
* Identify the basic elements of decision-making and be able to improve their decision-making process.
* Identify the major aspects of organizational management
* Analyse the present situation of HPC and identify areas needing improvement based on a given timeline.
* Be clear on the roles and responsibilities of the board, staff and membership
* Discuss ways of effective organizational management
* Identify the appropriate options available for organizational sustainability

This was seen as a highly effective training for organisational management and development, which is often lacking in development initiatives. As a result HPC plans various follow-up trainings and workshops in later phases of its project implementation.

**3.5 Program planning, Proposal & Report writing training**

*Proposal - 1 training for 25 staff and village representatives*

For HPC staff and village groups to be able to initiate, plan, implement, monitor and evaluate their own programs, HPC contracted the Kathmandu Training Centre (KTC) to provide this 6-day training to **24** staff and village group representatives (17 men and 7 women) in Surkhet. For each of the major topics (planning, proposal writing and report writing) 2 days were allocated. Training topics included:

* Program needs analysis
* Setting aims and objectives
* Setting priorities
* Using SMART objectives
* Program design and implementation
* Monitoring and evaluation
* Proposal writing
* Writing accurate reports

This was another key capacity building training as it helps both HPC and its aligned groups to manage their own initiatives and seek resources to support them independently, thus reducing dependency on outside organisations.

**3.6 Establishing village networks**

This activity will be implemented in the next reporting period

**3.7 Accessing VDC funds training**

This training will be held in the next reporting period

**Major problems that have restricted the progress of the project, and methods adopted or to be**

**adopted to overcome them:**

* The major problems HPC have faced have been the weather over the monsoon restricting flights and general movement between project sites, especially between Surkhet and Humla. The best way of overcoming this is of course not to have to travel, or travel less. This will be achievable as the project progresses and sites become more self-reliant, however at this early stage it is essential for skilled staff to move between areas to facilitate the start of implementation.
* The weather has also hampered communication via email and phone. More resilient systems are being examined and evaluated to overcome this.
* Break down of the hard drive of HPC’s old laptop (that had been donated for free) meant that some reporting files and photos were lost. This has been remedied by the purchase of 1 laptop and one netbook. The reports have had to be written again.

**Activities planned for the next two quarters:**

* Awareness raising in villages (Surkhet and Humla) and at VDC level (Surkhet)
* Schools program - continued
* Farmers’ Field Trip
* Continuing development of resource centres and sustainable agriculture demonstration plots in Surkhet and Humla
* Planning, proposal writing and report writing training (Humla)
* Community Design course (Humla)
* Trainers’ Training (Surkhet, including participants from Humla)
* Farmers’ Training (5-day residential; mobile; technical) – Surkhet and Humla
* Continuing women’s’ health program (trainings, network, etc.) – Surkhet and Humla
* Village surveys using PRA – continued in Surkhet and Humla
* Establishing village networks – Surkhet and Humla
* Accessing village funds training – Surkhet and Humla

**Annexes attached below:**

Annex A HPC Groups, Surkhet and Humla

Annex B1 Seedlings distributed from HPC Surkhet Summer 2011

Annex B2 Grafting in Humla Nurseries

**Annex A**

**HPC Groups, Surkhet and Humla**

**Surkhet**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **VDC** | **Ward** | **Village** | **Group name** | **No: households** | **Male** | **Female** | **Total** |
| Neta | 2 | Baragaun | Himalayan Laligurans | 16 | 55 | 56 | **111** |
| Neta | 2 | Baragaun | Manakamana | 13 | 50 | 51 | **101** |
| Neta | 3/4 | Majuwa | Pragatshil | 24 | 75 | 69 | **144** |
| Rajena | 8/9 | Bhalim/Sal Khardka | Shanti | 17 | 50 | 43 | **93** |
| Rajena | 8 | Chaurgaun | Shrijana | 13 | 43 | 40 | **83** |
|  |  |  | **Total** | **83** | **273** | **259** | **532** |

**Humla**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **VDC** | **Ward** | **Village** | **Group name** | **No: households** | **Male** | **Female** | **Total** |
| Madana | 9 | Dapka | Lali Gurans Krishi | 8 | 30 | 19 | **49** |
| Madana | 7 | Sathi | Pragatishil Krishi | 26 | 99 | 91 | **190** |
| Madana | 5 | Bhadaura | Bahubaikalpik Krishi | 19 | 72 | 62 | **134** |
| Madana | 9 | Dalitbada | Lokesh Ethnic Krishi | 24 | 64 | 77 | **141** |
| Madana | 6 | Lotpata | Janadisa Krishi | 16 | 44 | 58 | **102** |
| Madana | 4 | Seri | Mastadev Krishi | 18 | 65 | 63 | **128** |
|  |  |  | **Total** | **111** | **374** | **370** | **744** |

**Annex B1**

**Seedlings distributed from HPC Surkhet Summer 2011**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Species | HLG | Manakamana | Pragatshil | Shanti | Srijana | **Total** |
| Malta orange | 10 | 5 | 0 | 0 | 0 | **15** |
| Junar | 50 | 40 | 60 | 40 | 0 | **190** |
| Mulberry cutting | 16 | 13 | 15 | 20 | 19 | **83** |
| Mulberry seedling | 16 | 8 | 14 | 20 | 18 | **76** |
| Coffee | 16 | 8 | 31 | 33 | 16 | **104** |
| Orange | 0 | 0 | 20 | 20 | 45 | **85** |
| Grapefruit | 1 | 0 | 0 | 3 | 0 | **4** |
| Honey Locust | 7 | 4 | 4 | 4 | 4 | **23** |
| Custard apple | 0 | 0 | 0 | 4 | 0 | **4** |
| Tree cotton | 45 | 26 | 40 | 9 | 6 | **126** |
| **Total** | **161** | **104** | **184** | **153** | **108** | **710** |

**Annex B2**

**Grafting in Humla Nurseries**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Village** | **Apple** | | **Pear** | | **Peach** | | **Walnut** | | **Plum** | | **Apricot** | | **Total** | | **notes** |
|  | success | out of | success | out of | success | out of | success | out of | success | out of | success | out of | success | out of |  |
| **Dapka** | 11 | 13 | 0 | 0 | 160 | 180 | 50 | 107 | 76 | 93 | 0 | 0 | **297** | 393 | 4 private |
| **Sathi** | 79 | 91 | 3 | 3 | 80 | 101 | 18 | 31 | 8 | 11 | 0 | 0 | **188** | 237 | 6 private, 1 community |
| **Lotpata** | 884 | 898 | 71 | 88 | 157 | 169 | 102 | 112 | 23 | 32 | 2 | 2 | **1239** | 1301 | 6 private |
| **Bhadauda** | 2 | 4 | 0 | 0 | 1 | 2 | 6 | 8 | 5 | 7 | 2 | 2 | **16** | 23 | 3 private |
| **Seri** | 0 | 0 | 0 | 0 | 13 | 20 | 2 | 6 | 1 | 3 | 0 | 0 | **16** | 29 | 3 private |
| **Total** | **976** | **1006** | **74** | **91** | **411** | **472** | **178** | **264** | **113** | **146** | **4** | **4** | **1756** | **1983** |  |
| **% success** | 97 |  | 81 |  | 87 |  | 67 |  | 77 |  | 100 |  | 89 |  |  |