

# Appeal 2001-2002

 International Federation  
of Red Cross and Red Crescent Societies

## Nepal (Appeal 01.37/2001)

*Click on programme title or figures to go to the text or budget*

	IN CHF
1. Institutional and Resource Development	380,096
2. Disaster Preparedness	98,876
3. Health and Care	573,043
<b>Total</b>	<b>1,052,015</b>



## Introduction

### National Context

The Kingdom of Nepal has some of the most rugged geographical features and inaccessible topography in South Asia. Its population is estimated at 23.4 million (*Asiaweek 1999*) with an annual growth rate of 2.3 per cent. About 92 per cent of the population lives in the hilly and lowland areas. The mountain regions are sparsely inhabited by the remaining eight per cent of the population. Less than 10 per cent of the total population is urban, although there is a clear trend towards urban migration from the under-served rural areas.

About one third of Nepal's inhabitants are classified as living in poverty. The GNP is estimated at only US\$ 225 per capita (*Asiaweek, 1997 prices*), making Nepal one of the world's least developed economies. The Human Development Index also shows Nepal to be one of the poorest countries in the world (*UNDP 1999*).

At the end of the 1990s, Nepal had only about six doctors per 10,000 people and three hospital beds per 10,000 people (*UNICEF: Statistics of South Asian Children and Women, 1997*). Infant mortality is 81 per 1,000 live births (92 per 1,000 in rural areas). Social indicators show an average life expectancy of 57 years and an adult literacy rate of only 38 per cent (women 13 per cent). Half of all children under the age of five are underweight and only 43 per cent of the rural population has access to safe water, compared with 90 per cent of the urban population. Communication is limited to 8,900 kms of roads nationwide, of which only 5,300 kms are all-weather roads.

Following the initial democratization process from 1988 to 1990, Nepal changed from a sovereign to a constitutional monarchy, with a young multi-party democracy. However, until 1999 when a majority government was elected, the process was hampered by unstable and shortlived coalition governments. This political instability has had adverse effects on Nepal's economic and general development. The low-level but steadily-growing occurrence of destabilizing Maoist activities by an extremist opposition faction has led to national strikes and growing violence in certain districts of the country.

Being in close proximity to one of the youngest mountain ranges in the world, Nepal is regarded as one of the most disaster-prone countries in the region. Vulnerability varies with topography and altitude: The South (*terai*) is regularly the scene of flooding during the monsoon, and arable land as well as settled areas regularly sustain serious damage.

The so-called hilly areas and the high, mountainous districts regularly experience mild to violent seismic activity; earthquakes and tremors often set off devastating landslides that cause a high loss of life, livestock and property, and seriously hamper and disrupt the precarious communication lines of the country. Areas are often cut off for days or weeks from the outside world, forcing communities to cater for themselves. In addition, high areas are prone to violent flash floods. The lowlands are often exposed to drought, particularly outside the main rainy season.

### **National Society Priorities**

Since 1989, the Nepal Red Cross Society (NRCS) has based its work on five-year development plans. These are supported by a National Development Policy, giving the NRCS the advantageous position of having clear plans and strategies. In its 'Third Development Plan', in operation until mid 2002, the NRCS incorporates follow-up to the Hanoi Regional Conference and Tokyo Declaration and focuses on the following priority programmes:

- Development of improved disaster preparedness and response skills including the extension of CBDP/CBFA programmes, and wider publicity for NRCS disaster work.
- Health and care, including response to new and emerging diseases; health education and public awareness; ambulance service; and a safe blood programme.
- Establishment of structured institutional and resource development:
  - Remote district chapter development
  - Human resource development
  - National and regional training centre development
  - Income-generation schemes/fund-raising activities
- Development of stronger public relationships, through co-ordination with external agencies, dissemination and corporate programmes with stakeholders.
- Finance management and development.

### **Priority Programmes for Federation Assistance**

Programmes identified by the Nepal Red Cross as a priority for Federation assistance are based entirely on the priorities set by the Society as a result of the Hanoi Declaration follow-up procedure, and on its longer-term plan.

They are part of a coordinated development plan, and a great deal of effort has been put into identifying the linkages between different programmes within this strategy. In line with the development of the Society, many of these activities are modest in size but the overall outcome could make a substantial difference to the Nepal Red Cross and also to large sections of the community as a whole.

To support the NRCS the Federation will focus on:

- Disaster preparedness, including community based programmes
- Health and Care, including prevention and education
- Institutional and resource development, including a review of the Constitution.
- Public information and external relationships.

[return to top](#)

# 1. Institutional and Resource Development

## Background and progress to date

This programme includes all current Institutional Development projects in Nepal, presented as programme objectives. These objectives have their own individual budgets which are available to interested partners on request.

The projects listed as objectives are :

- Human Resource Development
- Junior Red Cross / Red Cross Youth Development
- Remote and Developing Chapter Development
- Women Development
- Financial Resource Development
- Finance Development
- Information Development.

In the past few years the Nepal Red Cross Society (NRCS) has made major efforts to further its institutional development. It has sought to strengthen various levels of its organization, covering both management systems and programme consolidation. Institutional development is a built-in component of most of its programmes. Community level programmes are institutionalized by creating local infrastructure and sustainability through integrated resource mobilization components. These have proved a very effective means of transferring skills and resources to sustainable community level structures over the years. A recent example is a women development programme which has achieved a 30 per cent increase in women membership in the targeted districts and has also increased the participation of women in the decision making process.

In order to build the institutional capacity of NRCS further, a number of innovative and additional activities and support programmes have been successfully developed and implemented in recent years. These general institutional development projects may be categorized for practical purposes as follows: (i) governance and organizational development; (ii) management and administrative development; (iii) human resource development; (iv) financial resources and assets development. A few selected ID projects of NRCS which require assistance from the Federation are incorporated in this programme.

The NRCS, as part of its general policy and strategy, has many types of income generation programmes and schemes attached to activities, programmes, institutions and organizational units, with the aim of achieving their long term sustainability. Most of these programmes are based on traditional income generation methods, such as renting building space, service charges, interest from fixed bank deposits, and the institutionalized participation of stakeholders, including communities, local organizations and other local agencies, and administrative and political units. Such programmes are one of the great strengths of the society. Nevertheless, several important programmes are facing setbacks due to a shortage of funds and resources. Accordingly, this project proposal incorporates important resource mobilization and income generation programmes which need external support.

**Goal** The overall goal of this programme over the next three to five years is to develop and strengthen the Nepal Red Cross Society through organizational and managerial development as well as diversified resource mobilization and human resource development.

## Objectives and Activities planned

**Objective 1** Human Resource Development To further strengthen and clarify the governance system and to strengthen the management potential of the society, so as to maximise its human resource mobilisation and management capacities.

Activities to achieve objective 1:

- Review the NRCS Constitution with Federation and ICRC support.
- Assess the functioning and review the optimal use of central level committees.
- Clarify the roles of governance and management, and various departments and organisation units through a national workshop and studies.
- Constitute a task force to seek and consolidate views and recommend changes.
- Develop clear human resource development and skill development programmes through a training needs analysis and the development of an appropriate training strategy for staff and volunteers.
- Conduct team building and strategic management training for managers to improve coordination between branches and functioning units
- Expand physical facilities for training in selected locations at national and regional levels.

**Objective 2** To ensure an optimum contribution of Nepal Junior Red Cross and Red Cross Youth to the promotion of Red Cross humanitarian values and to strengthen their participation in the Red Cross Movement.

Activities to achieve objective 2:

- Develop a better coordination system based on effective communication through workshops, guidelines, training, development of formats, monitoring and evaluation programmes.
- Increase and strengthen youth participation in the Red Cross Movement at programme and governance levels.
- Conduct structured planning meetings, workshops and brainstorming development exercises with teachers and other stakeholders.
- Carry out school-based reproductive health, drinking water and HIV/AIDS programmes (bilateral programmes).
- Create more resource mobilization programmes to sustain programmes and achievements.

**Objective 3** To strengthen the foundation, capacity and resources of the remote and developing chapters of NRCS.

Activities to achieve objective 3:

- Increase the managerial capacity of the chapters.
- Assist in launching membership drives to broaden the constituency base of the society and increase the impact and effectiveness of programmes at community level through wider volunteer participation.
- Generate fundraising programmes to sustain activities.
- Support the chapters in carrying out service activities through an analysis of their institutional strengths and weaknesses and by improving their coordination, planning, monitoring and evaluation mechanisms.
- Conduct training courses and workshops.
- Provide basic office equipment and personnel support.

**Objective 4** To increase the number of women members in order to increase their participation in the society's organization, management and activities.

Activities to achieve objective 4:

- Promote a membership drive targeted at increasing women's membership at all levels of the society's governance and programmes.
- Conduct training courses and workshops to empower and encourage women to play more active roles in the society at all levels.
- Provide support for office facilities and personnel.
- Develop income generation strategies to establish sustainable resources for the future activities of the programme.

**Objective 5** To diversify and increase financial resources to meet organizational and programme development needs; organise structured discussions with the government and NGOs on ensuring dependable and regular resources for Red Cross programmes.

Activities to achieve objective 5:

- Review, evaluate and optimize income from assets, the rental of buildings and shops, other property rentals and income generation strategy.
- Study, review and draw up a plan for the introduction of service charges for Red Cross services, to be used for sustainability and quality improvement.
- Develop training in business techniques for selling souvenir items and other income generating products.
- Organize coordination meetings with relevant government agencies and authorities.
- Identify NGOs working towards common programme goals and work out viable mechanisms for the coordination and sustainability of programmes and activities.

**Objective 6** To further strengthen the NRCS financial management system.

Activities to achieve objective 6:

- Maintain and upgrade the Federation supported SCALA financial management system installed at Nepal Red Cross headquarters.
- Support the installation of computerized accounting in selected districts.
- Conduct training programmes at district and HQ levels in financial management and procedures.
- Conduct training in accounting, budget preparation and financial reports at Branch level.
- Print an Internal Audit Manual and conduct orientation programmes for intended users.

**Objective 7** To establish a comprehensive information development programme, consisting of a viable publicity and marketing strategy for the NRCS.

Activities to achieve objective 7:

- Publicize the activities of the Nepal Red Cross through appropriate print and electronic media.
- Strengthen the internal communication and information flow within the Society.

### **Expected results**

As indicated above the total programme has long-term objectives stretching from three to five years, but the following results should be achieved by the end of the year 2001.

Expected results of objective 1:

- Preliminary measures for a constitutional revision will have been completed, and views from relevant sectors collected and analyzed.
- Roles of Central level committees will have been clarified and documented.
- The task force will have been constituted and be functioning.
- Improved coordination between various levels and units of the organization.
- The numbers of volunteers recruited, trained and participating at various levels of the organization will have increased.
- Training programmes will be conducted efficiently and regularly and be more convenient and user friendly.

Expected results of objective 2:

- A better coordination system will have been developed, and orientation programmes conducted at central as well as peripheral levels.
- Reporting formats will have been developed and circulated, programme quality, monitoring and evaluation tools improved and implemented.
- Leadership qualities will have been developed through leadership training, motivational programmes, volunteer mobilization and an established system of accountability.
- Competitions, structured orientation programmes and joint meetings with stakeholders will have been held.
- Fundraising programmes, door to door campaigns and skill development training programmes will have been organized and accomplished.

Expected results of objective 3:

- Working procedures will have been developed, basic constitutional obligations fulfilled and more committed volunteers become available in the target districts.
- Basic equipment and staff will be in place.
- Orientation and dissemination programmes will have been conducted and minimum activities undertaken.
- Some resource mobilization projects will have been institutionalized.

Expected results of objective 4:

- Change in attitudes and capacity of women volunteers and staff.
- Women's membership and participation in NRCS organization and activities will have increased by 20 per cent in the targeted districts.
- Plans and recommendations for future activities will have been prepared.

Expected results of objective 5:

- A review of existing resource mobilization approaches will have been completed and analyzed.
- Long term and short term resource mobilization programmes will have been developed and implemented.
- A new longer term resource mobilization strategy will have been developed.
- National level coordination meetings will have been held, recorded and followed up.
- Improved systems of resource mobilization and sustainability programmes will have been implemented in some Districts and Chapters, including coordination activities with NGOs and government agencies.

Expected results of objective 6:

- Capacity of computers at relevant departments will have been upgraded and systems improved.
- An accounting programme will have been installed.
- Improved financial management systems and auditing systems will be in place.
- Better assistance will be given to chapters and programme units for improving their financial systems.

Expected results of objective 7:

- A strategy for closer relations with the media will have been developed.
- Tour programmes for media people will have been organized to visit branches as well as activity areas.
- Publication of the Red Cross Bulletin and other information documents will have been regularised and improved.
- Information flow and press releases of NRCS to external media will have been improved and regularised.
- A special workshop will have been organized and communication and marketing strategies designed with support from resource persons and relevant experts.
- The information department will be better organized and equipped.
- Information staff will have been trained.

### **Critical assumptions**

- Timely approval of the programme is assured by donors, the appropriate government agency or the appropriate committee of NRCS, as the case may be.
- Availability of funding corresponds to cash flow planning.
- Political interference does not disturb the programme.
- There will be no serious inflation of the local currency.
- Community participation and commitment will continue.
- No civil or natural emergencies take place.

### **Indicators**

- Number of meetings, workshops and programmes organized.
- Documents and manuals produced as planned.
- Number of training programmes, literacy classes and competitions organized.
- Number of service and training units, plantation of saplings and community centres established.
- Standard strategy and policy document on Human Resource Development produced, circulated and implemented at different levels of the institution.
- Physical infrastructure improved and constructed.

- Increase in number of trained women members.
- Policy papers, rules and regulations, job description of all staff, roles of committees, clarity of functions, revised and documented.
- SCALA package implemented more efficiently, disseminated among relevant groups, and accounting and auditing systems improved.
- Publications of Red Cross bulletins and other scheduled publications.
- Records and collection of media coverage.

### **Monitoring and Evaluation Arrangements**

The monitoring of the programme will be undertaken in the following ways :

- Monitoring mechanisms are built into all programmes and projects as a standard organizational measure and also in order to respond to the needs of the Federation, participating National Societies and funding agencies.
- The Society's Central Executive Committee, directly or through the Central level Committees, manages, and oversees the overall monitoring and evaluation of the programmes. direct supervision, regular reports, a hierarchical administrative monitoring mechanism, and monitoring by programme-specific Committees and executive staff. Effective monitoring is built into periodic review and evaluation meetings.
- Regular monthly or quarterly reports (as is practical/advisable) are prepared by the Nepal Red Cross and are sent to the regional delegation, and through it to the Federation Secretariat and to supporting partners. Visits will be made by regional delegation technical delegates and/or staff (Finance, Information, and Institutional Development) on a regular basis and at agreed intervals to provide guidance, technical support, and advice as and when necessary. In addition, follow-up will be ensured through visits by representatives of supporting agencies at agreed intervals.

An evaluation process will be established by means of :

- An analysis of the regular progress reports
- An analysis of the regular monthly financial reports
- A mid-term review of each programme after one year involving, as appropriate, NRCS staff and volunteers, regional delegation technical delegates and staff, and representatives of supporting agencies who will be encouraged to join such processes.
- An evaluation process at the end of a two-year phase of each programme involving, as appropriate, NRCS staff/volunteers, regional delegation technical delegates/ staff, representatives of supporting agencies, and if necessary external technical experts.

[return to top](#)

## 2. Disaster Preparedness

### Background and progress to date

The Nepal Red Cross Society (NRCS) has undertaken disaster preparedness and disaster response programmes since its inception. In order to make its disaster preparedness activities even more effective, and using internal learning from successful programme developments over the past few years, the society has constructed several warehouses and depots and equipped them with appropriate relief materials. It has also expanded the management, coordination and delegation of roles in its structures at all levels, carried out training, and conducted a wide variety of community-based awareness raising activities.

The National Society has undertaken, as a key part of its disaster preparedness programme, a Community Based Disaster Preparedness (CBDP) training programme in seven Districts of the Kingdom. Three were financed from locally mobilised resources and four from the Regional fund co-ordinated by the International Federation with resources from DFID.

At community level the Society has started to conduct three types of training, as well as some small disaster mitigation activities. It has helped community members to draw up their own preparedness plans, and has suggested ways of improving the community's longer term coordination with government organisations and NGOs. Communities living in vulnerable areas have also been involved in their own hazard and vulnerability mapping exercises.

A further initiative has resulted in people at the community level creating their own revolving funds to use in case of a disaster. To increase community ownership, and the effectiveness and sustainability of this project in the longer term, the society will introduce training in community-based income generating activities.

**Goal** The overall goal of this programme over the next three to five years is to strengthen the National Society's capacity in the field of disaster preparedness in order to reduce the effects of disasters and to enhance the capacities of vulnerable communities.

### Objectives and Activities planned

**Objective 1** To conduct hazard and vulnerability assessments and install a Geographic Information System for information gathering and preparedness in vulnerable areas.

Activities to achieve objective 1:

- Select one District where hazard and vulnerability assessment and mapping will be undertaken, coordinated by a technical consultant with community and branch involvement.
- Set up a Geographic Information System at national headquarters, to be installed, maintained and updated by trained personnel.

**Objective 2** To revise and adapt the Society's Disaster Management Training manual and conduct refresher training at local chapter and community levels.

Activities to achieve objective 2:

- Revise the disaster management/training manual, with the active involvement of branches and using community-based consultations, incorporating learning from existing programmes and strategies in new training manuals and systems.
- Organise refresher training in improved disaster management mechanisms, maximising knowledge and experience from current programmes, for staff and volunteers from branches and national headquarters.

**Objective 3** To conduct disaster management training at national and District levels.

Activities to achieve objective 3:

- Organisation of disaster management training, as follows:
  - National level disaster management Training Of Trainers for volunteers and staff of prioritized hazard-prone Districts, selected following the hazard mapping exercise
  - Disaster management training for volunteers and staff in four Districts.

**Objective 4** To maintain, repair and expand warehouse facilities and stock them with relief materials.

Activities to achieve objective 4:

- Repair and maintain one regional and one zonal warehouse, to complement local community level preparedness activities in highly vulnerable areas identified by the hazard mapping exercise.
- Set up one regional and one zonal warehouse in prioritised hazard prone areas.
- Stock warehouses with relief materials appropriate for the types of disasters experienced locally.

**Objective 5** To expand the existing community based disaster preparedness (CBDP) programme.

Activities to achieve objective 5:

- Organise two structured learning tours, one within the country and one to another National Society in the region, to increase knowledge and share experience of effective community-based training modules and activities, for volunteers and staff from branches and national headquarters.
- Conduct CBDP Training Of Trainers courses for community workers of the programme and members of the implementing community, to enable them to train more community members in high risk areas.
- Hold two review meetings per year to learn, from structured case studies and documentation, about the strengths and improvements made to programmes for participants from branches and national headquarters.
- Publish case studies and materials on one major disaster, printing and distributing 500 copies to branches and other organisations, in order to spread knowledge of methods of community capacity building.
- Conduct community level training (3 times per year) on disaster management, first-aid, and general management, holding an average of 75 training courses per year, with around 20 community members participating in each course.
- Convene five District level co-ordination meetings with representatives of government organisations and NGOs to consolidate district preparedness plans and define the roles and responsibilities of Red Cross and other agencies.
- Undertake 25 small disaster prevention activities to be carried out by community members according to local priorities, such as building dykes, dry walls, plantation of binding vegetation.
- Teaching modules and materials to be prepared by District Coordinators for use in community level training, drawing on standardised learning and experiences.
- Introduce training programmes for communities, designed to use the skills of local people for income generating purposes and so increase the longer term sustainability potential of preparedness efforts.

### **Expected results**

The expected results of objective 1 are as follows:

- Hazards and vulnerability of one District will have been assessed, a map prepared, and information used to plan effective preparedness measures and identify training needs of local communities in disaster response techniques
- Installation of GIS system with computer and a staff member trained on GIS to be able to guide the preparedness plans of the Society with more geographic priorities and targeted resources, such as warehouse stocks and trained community level volunteers in vulnerable areas
- 2 warehouses will have been repaired and maintained to enable the strategic location of relief supplies according to the areas prioritised by the hazard mapping exercise and GIS information
- 2 warehouses will have been set up in prioritised areas
- Relief materials will have been purchased for six hundred families according to Sphere standards and local customs and requirements
- There will be commitment from District level government organisations and NGOs to support the programme, and to build strategic long term relationships, with clearly designated and mutually complementary roles in both Preparedness and Response activities

- 25 communities in areas prone to regular disasters will have been protected by sustainable and low cost activities, resulting in a mitigation of loss of life, property and assets
- There will be better output from the programme which should coherently incorporate community-based feedback and learning into the policy and standards development mechanisms within the National Society.

The expected results of objective 2 are as follows:

- Committee will have been formed for the revision of the disaster Manual, and the revision conducted through a sharing and analysis of effective strategies over the past years, building areas of learning into future technical standards in the Manual.
- Experience will have been shared, to enable the development of common quality standards in Preparedness and Response activities, and to establish knowledge management systems at community, branch and national headquarters levels.
- Strengths and weaknesses of the programme will have been assessed in a participatory manner involving stakeholders at community, branch and national headquarters level, resulting in the development of clearer standards and a learning and policy improvement cycle.
- 500 copies of materials will have been produced and distributed, positioning NRCS as a humanitarian agency that shares its learning with others for the benefit of the communities in vulnerable areas.
- Teaching materials for training courses that are based on actual learning, and draw from international and national good practice guidelines will have been produced, giving greater capacity to communities to implement effective disaster preparedness programmes.
- Disaster preparedness and CBDP training courses and strategies will have been evaluated by a wide range of stakeholders, including the community, to ensure that all perspectives are accounted for in developing and improving programme standards and quality.

The expected results of objective 3 are as follows:

- 25 trainers will have been trained in the latest techniques and interbranch experience, to develop further sustained community level training and transfer competence to volunteers at community level.
- 25 personnel will have been trained at national level to replicate nationally agreed standards and training curricula at District levels across the country.
- 25 volunteers/staff will have been trained at District level to enhance the capacities of communities in Disaster Preparedness procedures and techniques for sustainable local programmes.
- 27 community personnel will have been trained to act as catalysts and trainers of community members for long term sustained capacity building.
- 1500 trained personnel at community level will be one of the key assets and outcomes for NRCS, building a community-based platform for future enhancement of local capacities.
- Skills will have been transferred to communities, enabling them to mobilise local resources through culturally sensitive and appropriate income generation projects in support of longer term preparedness activities.
- 125 personnel will have been trained at community level, to enable communities to develop clear conceptual approaches to local preparedness activities.

### **Indicators**

- Hazard and vulnerability map prepared and used to prioritise deployment of resources.
- Computer with GIS system installed and used to direct resources strategically to hazard-prone areas.
- Revised Manual, incorporating feedback and learning from all stakeholders, printed and distributed.
- Training course conducted and participants aware of new standards and strategies.
- Warehouses repaired, maintained, and relief stock needs evaluated.
- Two warehouses set up and used for disaster response.
- Stock of relief materials purchased to international Sphere and local standards.
- Observation tour organised; learning is circulated on return and strategies are modified according to new knowledge.
- CBDP TOT organised and further courses conducted by trained trainers to common standards.
- Monitoring of effectiveness of existing standards and identifying of areas for further improvement.
- Printed materials distributed and feedback received from branches, communities, and external organisations.
- Numbers of training courses organised and numbers of new staff and volunteers, demonstrating the implementation of preparedness plans and activities at local levels.

- Co-ordination meeting organised and improved regular communication, coordination and joint planning between NRCS, Government and NGO stakeholders.
- Decrease in the loss of life, property and assets as a result of practical preventive initiatives.
- Quantity of teaching materials and modules produced to common quality standards and updated from recent learning processes.
- Training courses organised and numbers of participants (women and men) trained.

### **Critical assumptions**

- There will be no political intervention in the programme.
- The inflation rate will not increase.
- There will be no situations beyond the programme's control.
- Funds will be released on time.
- Community participation will be high.

### **Monitoring and Evaluation arrangements**

The monitoring of the programme will be undertaken in the following ways:

- Within the society, monitoring and evaluation of programmes will be done by Central Executive Committee members, Central Disaster Management Committee members and members of District chapters and subchapters. Administratively concerned departments and community trainers will also be involved.
- Regular monthly or quarterly reports (as is practical or advisable) will be sent to the South Asia regional delegation, the Federation Secretariat and supporting agencies. These reports will be prepared by the Nepal Red Cross, and forwarded to the regional delegation which will share them with relevant services in Geneva and/or supporting partners in country.
- Visits will be made by South Asia regional delegation technical delegates and/or staff (disaster preparedness delegate) on a regular basis and at agreed intervals, to provide guidance, technical support, and advice as and where necessary.
- In addition, follow-up will be ensured through visits by representatives of supporting agencies at agreed intervals.

The evaluation process will consist of:

- Analysis of the regular progress reports.
- Half yearly and yearly review meetings. These would involve, as appropriate, the disaster affected communities, NRCS staff/volunteers, South Asia regional delegation technical delegates/staff, ICRC colleagues and representatives of supporting agencies.
- An end evaluation involving, as appropriate, NRCS staff/volunteers, South Asia regional delegation technical delegates/ staff, representatives of supporting agencies and external technical experts.

[return to top](#)

## 3. Health and Care in the Community

This programme includes two projects :

- Health Service Project
- Community Development Project.

### Background and progress to date

Ever since its inception in 1963, the Nepal Red Cross Society (NRCS) has been engaged in implementing health programmes such as blood transfusion, an ambulance service and eye care. Those currently being implemented vary in nature and their modus operandi. Some, such as health education are general in nature and cover the whole country. Programmes like blood transfusion centres and eye care centres, hospital and health care centres have been developed as fixed institutions, while others, community-based programmes such as Community Based First Aid (CBFA) and HIV/AIDS awareness programmes, have been carried out either by launching extensive campaigns or by implementing area-based projects in various parts of the country.

The Health Services Committee constituted by the Central Executive Committee of the NRCS is responsible for policy level decisions, monitoring and general coordination of all health related programmes.

In the 1980s, NRCS started implementing community development programmes (CDPs) with a major emphasis on capacity building. The health programmes are among the main components of the CDPs. CDP activities are taken care of by a Community Development Committee set up by the Central Executive Committee.

#### *Health Service Project*

**Goal** The overall goal of this project over the next three to five years is to improve the health status and build the capacity of vulnerable people.

The third five year development plan of the NRCS gave very high priority to health services. It identified health awareness in the community as one of the Society's main responsibilities.

### Objectives and Activities planned

The Nepal Red Cross Health Service Programme has many long term objectives, but it is seeking assistance for the four objectives indicated below. All are ongoing, Federation supported, health projects.

The objectives have a time-span covering the next three to five years, well beyond the current Appeal period, and longer term commitments of support are sought. All these objectives have their own individual budgets which are available to interested partners on request.

**Objective 1** Review existing health policies, programmes and services, develop and clarify roles of NRCS and its relevant bodies, and improve the quality, impact and management of existing health services.

Activities to achieve objective 1:

- Carry out the review of policies, strategies and programmes as outlined above.
- Expansion of health education and promotion activities through national health campaigns, production and distribution of IEC materials and hold a national workshop on health education programme.

**Objective 2** To promote health care and reduce morbidity and mortality through a community based health programme, and particularly, by implementing and expanding CBFA programmes.

Activities to achieve objective 2:

- Expand the CBFA programme to six new districts. This will entail a pre-feasibility survey, an orientation meeting for district branch staff and volunteers, training in community based planning for staff, an orientation workshop for various stakeholders, six community surveys for needs and capacity assessment, coordination meetings, and two CBFA trainers training courses at headquarters.
- Reinforce the CBFA programme currently under way in six districts by: producing teaching material (100 sets); organizing literacy classes, TOT for active volunteers, follow up training, and community sanitation campaigns; commissioning an external evaluation; adding infrastructure in sub branches, holding staff meetings at various levels and between various levels; and conducting six joint review meetings.

### **Expected Results**

As indicated above, this programme has three-to-five-year objectives, but specifically by the end of 2001 the following will have been achieved:

Expected results of objective 1:

- All existing health service policies, strategies and programmes of the society will have been thoroughly reviewed and new guidelines prepared by June 2001.
- 200,000 people will have been reached with information on key health messages disseminated through national campaigns and the media; two types of information materials will have been produced and distributed; Central Executive Committee members, Health Committee members, and members from District Chapters will be familiar with health education and their participation in health programmes will have increased.

Expected results of objective 2:

- A pre-feasibility survey in six Village Development Committees (VDCs) will have been completed and findings with recommendations produced by March; a meeting at National HQ will have been held and chairman and staff of 6 DCs oriented by February; 12 Staff and Volunteers will have been trained by June; a workshop will have been held and participants of 6 VDCs oriented by September; a community survey will have been conducted and a report submitted by August, while coordination meetings will have been held in each of the 6 districts by April and CBFA Trainers made available in each of 6 DCs by October.
- 100 sets of training material will be in use by March, and 180 more literate people will be in the programme areas by October; 180 Community Trainers will be in the VDCs of 6 Districts, with 540 volunteers with additional knowledge and skills available in 3 VDCs by September; 30 per cent of the community in 3 VDCs will be aware of sanitation and health issues by April. Sub offices will be equipped by September. Evaluation of the programme will take place and a report be submitted by December; 2 staff meetings will be held by August, 18 review meetings held at sub branch levels in each of the 6 districts by December, 6 Joint Review meetings held at each of the districts by December.

### **Indicators**

- Review of programmes and health documents completed and report with recommendations prepared.
- Number of health campaigns organized and people reached; quantity and types of IEC materials produced / distributed and a national workshop organized and report prepared.
- Survey report and other progress reports, number of people oriented and trained, number of meetings and workshops.
- Number of information material sets produced, number of persons completing CBFA course, number of persons trained, number of programme beneficiaries. Final evaluation report and other reports.

### **Critical Assumptions**

- Regular participation of people in literacy classes throughout the academic course.
- High community motivation and involvement throughout the year.
- Timely availability of financial resources.

### **Monitoring and Evaluation arrangements**

- The Central Executive Committee, Central Health Services Committee, staff from the Health Service Department and the District Chapter staff and volunteers will monitor all the health education and

promotion activities. The ambulance service will be monitored at district chapter level by ambulance management committees.

- All income and expenditure for the project will be audited by an approved auditing agency.
- The CBFA programme will be monitored and evaluated at three different levels: National HQ, District branch and community level. Community level activities are monitored by Local Red Cross Units along with District chapters. Similarly, district level activities are monitored and evaluated by National HQ. Overall programme evaluation will be carried out by an external consultant.

### ***Community Development Project***

**Goal** The overall goal of this project over next three to five years is to strengthen the capacity of vulnerable people and communities through an integrated approach to improving people's health and well-being.

The Community Based Development Project was initiated in 1983 in the form of a Drinking Water and Sanitation Project in 2 districts, later expanded to 12 districts. Community Development Projects (CDP) started in 1986 as separate projects with similar infrastructure but diversified objectives and scope of activities. Currently, community development projects are being implemented in 14 districts of Nepal. Their main components are literacy, community based health care, drinking water protection, self-help programmes and capacity building.

Eight community development projects implemented with Federation coordination have already been phased out. Currently, NRCS is implementing CDP in Terathum, Makwanpur, Baitadi and Rauwa districts in participation with the Swedish Red Cross through the Federation. The framework given below highlights the major CDP activities to be carried out in 2001. It draws on past experience of implementing the projects.

### **Objectives and Activities planned**

**Objective 1** Expand community development programmes/projects.

**Objective 2** Develop locally appropriate model programmes and incorporate into CDPs

The following activities will be undertaken in 2001/2002:

#### Non Formal Education (NFE)

- Conduct 30 Adult, Post and child literacy classes in five districts (Terathum, Makawanpur, Baitadi, Rasuwa and one to be decided later)
- Conduct 10 facilitators' training for NFE in five districts.

#### Health and sanitation

- Conduct 40 training courses for CBFA volunteers, traditional healers, traditional birth attendants, kitchen gardeners, improved cooking stove constructors and toilet masons in five districts in the areas of health education and construction of sanitary units.
- Conduct 100 orientation and motivational sessions in the project areas on the importance of safe water, toilets, family planning devices, communicable diseases, oral dehydration therapy, immunisation and personal hygiene.
- Construct 900 sanitary units - toilets, improved cooking stoves and washing platforms - in the project areas.

#### Drinking water

- Conduct 15 orientation and training courses for plumbers, users committees and caretakers in the project areas of five districts.
- Construct eight gravity fed/deep well drinking water schemes in the project areas of five districts.

#### Self-help

- Form six self-help groups and mobilise fund collection in the project areas of five districts
- Conduct 10 training courses on skill development, account keeping and group management in the project areas of five districts

### Capacity Building

- Construct three income generation and subchapter buildings, and install computers, fax, and photocopiers in two districts
- Conduct 50 training programmes and seminars on organisation and management, and organize a co-ordination meeting, headmasters' workshop, VDC chairmen's workshop, DC/SC workshop in the five districts
- Develop policies, procedures and by-laws on finance, personnel, ambulance service, blood bank and office management in five districts
- Provide management and administration support for CDP at headquarters level in the fields of human resource and personnel management, and also in monitoring, supervision and evaluation.

### Expected results

As indicated above, this programme has three to five year objectives, but specifically by the end of 2001 the following will have been achieved :

#### Non Formal Education (NFE)

- 30 classes conducted, leading to 600 literate men, women and children.
- 10 facilitators' training sessions organized and 40 trained facilitators made available.

#### Health and sanitation

- 40 training courses conducted and 600 health volunteers/masons made available locally.
- 100 orientation and motivational sessions conducted for increased health awareness.
- 900 sanitary units constructed in the project areas.

#### Drinking water

- 225 trained community volunteers and locally available masons.
- Eight gravity-fed drinking water schemes constructed and operational.

#### Self-help

- Formation of six savings and credit groups.
- Ten training courses conducted, resulting in 30 trained volunteers for account keeping and group management and 100 skilled group members available for income generation activities.

#### Capacity Building

- Office equipment installed and three buildings constructed.
- 1,000 persons mobilised and trained.
- 10 policies, procedures and bylaws developed.

#### Management

- Five community development projects managed and implemented

### Indicators

- Number of classes/training sessions conducted, numbers of literate people and available trained facilitators.
- Number of training courses conducted, number of available trained health volunteers/masons, number of immunised people, number of sanitary units constructed, number of couples using family planning devices.
- Number of trained community volunteers and number of drinking water schemes in operation.
- Number of groups formed and policy and bylaws prepared, number of available trained group members in account keeping, group management and income generating activities.
- Quantity of equipment installed, number of buildings constructed, number of mobilised/trained people and number of formulated policies, procedures and bylaws.
- Number of implemented projects.

### Critical assumptions

- No disputes over drinking water sources
- No disasters and epidemics will occur in the project areas

- Timely availability of financial resources
- Retention of trained volunteers and staff for the projects .

### **Monitoring and Evaluation arrangements**

- Monitoring of the project takes place at three levels - headquarters, district chapter and subchapter. Most of the project activities are monitored by the subchapter level volunteers and project staff according to a built-in mechanism.
- The reports received from the projects on a monthly and quarterly basis also help monitor the project.
- Frequent visits are made to the project areas by the Members of the Central Community Development Committee and staff from headquarters.
- Ongoing evaluation is usually done internally by project management, especially for project activities such as training and literacy classes. Half-yearly and yearly review workshops help evaluate the overall project situation.
- Mid-term and final evaluations are a built-in mechanism of all community development projects.

[return to top](#)

<b>DELEGATION: NEPAL</b>				
<b>PROGRAMME</b>	<b>DP</b>	<b>Health &amp; services</b>	<b>IDRD</b>	<b>TOTAL</b>
Shelter & construction	0	35,650	0	<b>35,650</b>
Clothing & textiles	0	0	0	<b>0</b>
Food & seeds	0	2,460	0	<b>2,460</b>
Water	0	0	0	<b>0</b>
Medical & first aid	0	0	0	<b>0</b>
Teaching materials	1,206	8,165	460	<b>9,831</b>
Utensils & tools	0	460	0	<b>460</b>
Other relief supplies	0	1,357	0	<b>1,357</b>
<b>Sub total supplies</b>	<b>1,206</b>	<b>48,092</b>	<b>460</b>	<b>49,758</b>
Land & Buildings	0	0	0	<b>0</b>
Vehicles	0	3,450	0	<b>3,450</b>
Computers & telecom	0	5,425	19,691	<b>25,116</b>
Medical equipment	0	0	0	<b>0</b>
Other capital expenses	0	12,653	460	<b>13,113</b>
<b>Sub total capital</b>	<b>0</b>	<b>21,528</b>	<b>20,151</b>	<b>41,679</b>
Programme management	6,667	38,640	25,630	<b>70,937</b>
Technical services	1,996	11,567	7,672	<b>21,235</b>
Professional services	2,213	12,828	8,508	<b>23,549</b>
<b>Sub total programme support</b>	<b>10,876</b>	<b>63,035</b>	<b>41,811</b>	<b>115,722</b>
<b>Transport &amp; storage</b>	<b>762</b>	<b>33,937</b>	<b>4,161</b>	<b>38,859</b>
Personnel (delegates & expatriates)	2,520	5,269	6,720	<b>14,509</b>
Personnel (local staff)	71,203	297,308	226,463	<b>594,975</b>
<b>Sub total personnel</b>	<b>73,723</b>	<b>302,577</b>	<b>233,183</b>	<b>609,483</b>
Travel & related expenses	2,365	6,767	5,950	<b>15,083</b>
Information expenses	180	10,764	18,204	<b>29,148</b>
Expert fees	942	14,743	24,997	<b>40,682</b>
Admin. - general expenses	8,822	71,601	31,180	<b>111,602</b>
Training workshops / seminars	0	0	0	<b>0</b>
<b>Sub total travel, training, general exp.</b>	<b>12,309</b>	<b>103,875</b>	<b>80,330</b>	<b>196,514</b>
<b>Total budget</b>	<b>98,876</b>	<b>573,043</b>	<b>380,096</b>	<b>1,052,015</b>