

Nepal: Foundations for the Future

Year 4 Final Report

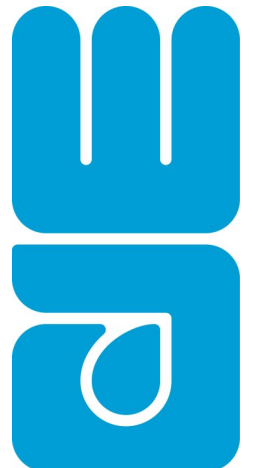
October 2021 - September 2022



WaterAid/Mani Karmacharya



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WaterAid

Foundations for the Future

Dear Worshipful Company of Plumbers,

We are delighted to share the final report for The Foundations for the Future project, which is now complete. Working with communities and our partner, Community Development Forum (CDF), we have built 17 new water supply schemes across two municipalities in Dolakha, reaching 8,231 people with clean water. We have reached 2,333 people with good hygiene in communities and schools and built three new school toilet blocks.

We would like to say a huge thank you to our colleagues in Nepal, our partner CDF, and the communities in Dolakha, who have worked incredibly hard to complete this project when faced with a number of challenges, including the COVID-19 pandemic and natural disasters that affected the work. The collective determination of all those involved to adapt to every situation they were presented with has made this project a huge success.

Finally, we would like to thank you for your generous support—this project would not have been possible without you.

Best wishes,
Laura Dowse, Philanthropy Manager

Below: Students wash their hands at the new handwashing station installed in their school in Kalinchowk.



The centre of change



Nepal

Project regions

- 1. Dolakha District

100km

Dolakha

Municipalities

- 1. Bigu
- 2. Gaurishankar
- 3. Kalinchowk
- 4. Bhimeshwor
- 5. Baiteshwor
- 6. Jiri
- 7. Shailung
- 8. Melung
- 9. Tamakoshi



50km

“People in the community are happy and healthy.” Pabi Maya Thami, 36, Kalinchowk.



Warrior Aid/Mani Karmacharya

A farewell to Dolakha



“The most essential element for life is water. Without water we cannot think of anything else, be it human development or hardware construction. It is linked with all aspects of community development such as health, hygiene, and education.” Rimal Babu Shrestha, 43, the Chairperson of Shailung Rural Municipality in Dolakha, reflects on the vital role of access to clean water for communities.

Rimal himself was born in Shailung and although in recent years his village had access to a water supply scheme, he says that the **“technology didn't work well and the whole system was in a dilapidated situation”**. The scheme's pipes would clog frequently and his community did not have access to taps at home.

We depend on clean water for drinking, cooking, washing and producing food. But in many remote and mountainous areas of Nepal, which are vulnerable to the impacts of climate change, access to well-managed and climate-resilient water, sanitation and hygiene (WASH) services is a challenge. Rimal explains that his community faced problems in **“every aspect of [their] lives”** because they did not have a reliable and well-managed water supply scheme.

In 2018, together with our partner Community Development Forum (CDF) and communities in Shailung and Kalinchowk rural municipalities, we embarked on a project to improve water security in the area.

Below: A view of the hills in Sherabesi, Shailung.





Four years on, the project is now complete and will bring lasting change to thousands in the district of Dolakha. We're incredibly proud of the strong partnerships we've built over the course of this project and the invaluable work of communities to make the work a success.

We are delighted to report that 17 new water supply schemes have been built by communities, across two rural municipalities, reaching 8,231 people with clean water.

Working with CDF and communities, we have also promoted good hygiene behaviours and increased awareness of communities' rights to water and sanitation, so that people feel empowered to hold their governments to account in delivering on plans to improve access to WASH.

We are delighted to share these stories of change with you as we reflect on the achievements of this project and revisit some of the people we spoke to in previous reports.

The results are in...



Water: 120%

We reached **8,231** out of a target of **6,850** people with clean water in communities and schools



Sanitation: 141%

We reached **353** out of a target of **250** students and teachers with improved toilets



Hygiene: 106%

We reached **2,333** out of a target of **2,200** people with good hygiene in communities and schools

Peace of mind



In 2018, many of the residents of Shailung and Kalinchowk would spend hours each day collecting water, losing time they could instead have devoted to their families, hobbies, or earning a living.

Tikamaya Shrestha, 42, (pictured below) is the Treasurer of one of the new water supply schemes built in Shailung. She describes her daily routine before the project started:

“Carrying water has always been a part of my life. My husband always helped me carry water. We needed 5-6 gagris [pots] of water for our daily living. So, in a day, we spent around three hours just for carrying water. This was my regular task until we had this water scheme ready.”

With clean water now running directly to a tap at her house, Tikamaya is able to use

the time she has saved to earn more money. She explains:

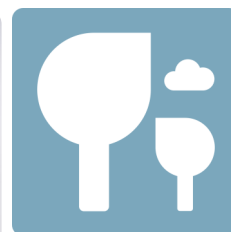
“A significant amount of time for carrying water is saved and the time can be used to complete other household chores. I sew dresses as well, so these days I can give more time to stitching them. I earn around 800 rupees [£5] every day. Before, when there was no water at home, I was mostly busy in completing household chores and carrying water.”

In the last six months, the construction of six new water supply schemes in Shailung and Kalinchowk has been completed, reaching 2,283 people.

This brings the total number of water supply schemes built over the course of the project to 17 – two more than we had planned. Part way through the project, the



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Left: Tikamaya Shrestha, 42, Treasurer of the Nadanghar Lamcheaahal Water Supply Scheme, and her husband Kamal Raj Shrestha, 48, in Shailung.



Government of Nepal informed us of their decision to support the construction work of toilets in some of the schools we had planned to work in and, thanks to this, we were able to divert funds to reach more people with clean water.

Access to clean water creates a ripple effect in people's lives. Once they have sufficient water to fulfil their daily needs of washing, cooking, drinking and farming, they can live healthier lives and focus on other pursuits, such as improving their livelihoods.

Rimal Babu Shrestha, 43, the Chairperson of Shailung Rural Municipality (pictured right) speaks to the impact of the project on his own life, as well as the lives of communities in Shailung:

“Personally, I am quite relaxed. Now when the clean drinking water is running from the tap, I don't need to worry about managing water at home and I am stress free. Since the tap is connected to a meter, people are very conscious of using water carefully. I would say, when we don't have any worries and stress, we can be more productive and can dedicate our time and effort on other aspects of our life.

As a chairperson, I also feel that people are happy and tension free in terms of accessing water. People don't come to my office with water-related complaints. At least it has given some sort of relief in the municipality office. We can invest our energy and resources in other issues.”



Above: Rimal Babu Shrestha, 43, Chairperson of Shailung Rural Municipality, stands outside his office.

Below: Tikamaya's daughter, Purnika, 13, carries soap to wash her hands at her household tap stand.



Shilaphare celebrates



Improving access to clean water in areas like Dolakha which are vulnerable to natural hazards including earthquakes, landslides and floods, can be challenging.

Climate change exacerbates these challenges, creating increasingly unpredictable weather patterns and making extreme weather events and natural hazards more frequent and intense. Under these circumstances, well-managed water systems are crucial to help safeguard communities' access to reliable water supplies.

As you will remember from previous reports, the community of Shilaphare in Kalinchowk experienced the impact of these threats only two years ago when a devastating landslide hit the area. Pabi Maya Thami, 36, (pictured below) the Chairperson of Shilaphare's water supply scheme, describes how this happened:

"This landslide [was] the biggest landslide I have ever seen in my life. The massive earthquake in April 2015 made a big crack in the uphill and the untimely heavy rain fall flooded that area very severely. This weakened the soil inside and then gradually the landslide took place. So ... natural disasters are closely linked with climate change."

The landslide caused significant damage to two of the water sources in the area, as well as the pipelines that had already been built. Work on Shilaphare's scheme was put on hold for over a year whilst the community waited to see if the landslide would stabilise. Pabi Maya explains how the determination of the community helped them through this period:

"Gradually when the landslide got stable, we all concluded that we should



Left: Pabi Maya, 36, stands in her garden in Kalinchowk. She says: "I am proud to say that my leadership as a female member is successful and I got the confidence that I can accomplish a big project like this."



not give up on the project where there was a huge investment done. So, in coordination with the rural municipality, ward office and committee members, we continued to construct the water scheme [...] When we began the construction, we didn't redesign the whole system, but we shifted the location and identified the disaster-prone areas and built gabion walls* to protect them."

Shilaphare's water supply scheme is now up and running and is an incredible example of how, even under the most challenging circumstances, collective resolve can lead to transformational change.

As with all the water supply schemes built during this project, Shilaphare's scheme underwent water quality testing before it was handed over to the community.

"I am so glad that the water scheme is finally completed, and 160 houses and two schools have got clean drinking water from the taps [...] It was worth waiting."

Pabi Maya Thami, 36,
Chairperson of Shilaphare's
water supply scheme,
Kalinchowk.



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Above: A landscape view over Lapilang, Kalinchowk, where the impact of the landslide is visible as two scars on the face of the mountain.

Below: Pabi Maya, 36, washes her son, Ayush's, 5, feet at her household tap stand in Kalinchowk.



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***A gabion wall is a retaining wall that is used as a landslide mitigation solution. The wall is constructed around the water scheme's infrastructure, creating a barrier that helps to prevent soil erosion and provides additional support to the slopes.**



This was done to ensure the water running through the scheme was safe to drink. These tests indicated that there were some microbial contaminants in the water, so the scheme's Water and Sanitation User Committee (WSUC) installed a chlorination unit in the system, which will disinfect the water before it arrives at people's taps.

Now, not only do people have access to clean drinking water at home, but two schools have also been connected to the scheme in Shilaphare, which Pabi Maya feels has already had an incredible impact on the community's health:

"The water quality has improved a lot. It is clean and safe for drinking. The project taught us many things about keeping the water scheme clean, be it the intake, reservoir tanks, or the tapstand at home. Generally, the water

before the project and the water from the tap now look similar but there is a vast difference in the water quality. The water running from the tap in the households is much cleaner and safer to drink than in the past[...]

The children in the village used to get sick. For instance, diarrhoea and fever [...] occurred very frequently. Back then we didn't know that those diseases were happening due to the water we were drinking."

With the support of the local community, as well as the mitigation measures taken to help protect the water supply from future disasters, people in Shilaphare will experience lasting change in their access to the human right of clean water.



Left: Pabi Maya's daughter, Ayushma, 11, washes her face at the tap stand at her house in Kalinchowk.

Sanitary schools



Access to clean water, decent toilets and the ability to practice good hygiene not only has a transformative impact on communities' health, but also on young people's education.

A clean and hygienic learning environment, with clean water and decent toilets, is essential for children to learn and to attract and retain teachers. With clean water close to home and school, children have more time to study. They can stay properly hydrated and are better able to concentrate in class. Decent toilets keep the school grounds clean and take away the health risks and the indignity of going outdoors.

Over the last six months, three schools in total (two in Pabi Maya's community and another one in Shailung) were connected to water supply schemes, providing 875 students and teachers with access to clean water.

This brings us to a total of 1,494 people reached with clean water in schools during the project. Combined with the new toilet blocks we built in two schools earlier in the year, as well as the handwashing stations we installed in five schools, these new WASH facilities have already transformed the learning environment for students.

Sristi, a 13-year-old student and member of her school's hygiene club from Shailung (pictured above), describes the WASH facilities in her school before the project:

"The water in the school was not clean so when we drank that water, we used

to get sick. I had to stay back at home, and I missed lessons. When I could not attend the classes regularly, it hampered my studies and my rank dropped."

Sristi's school only had one toilet available for 280 students, which was not enough to meet their needs:

"We had to queue to use toilet. In the break time when everybody wants to use the toilet at the same time, it was not comfortable. I used to think, why does this school have only one toilet for this many students?"



Above: Sristi, 13, a member of her school's hygiene club, stands outside her new school toilet block in Shailung.



Now Sristi's school has access to clean water, handwashing facilities and a new toilet block with separated cubicles for girls and boys (pictured right). Sristi describes the impact this has had:

"Now the clean drinking water, handwashing stations and decent toilets are available in the school, I don't get sick very often and this way I can concentrate in my studies."

For young people to have a clean school environment that they can thrive in, they not only need access to proper water and sanitation facilities, but they also need to practise good hygiene. Sristi's was one of 20 schools across Shailung and Kalinchowk that took part in hygiene promotion sessions during this project. These sessions were aimed at encouraging good hygiene behaviours, including: drinking clean water, good toilet hygiene, handwashing with soap and water, menstrual hygiene management (MHM) and waste management. Hygiene club members were then empowered to maintain good hygiene standards at school and encourage their peers to do so.

Roshan (pictured right), 15, who is the Treasurer of his school's hygiene club, has already noticed the difference this has made:

"The school environment is cleaner these days. It used to be very dirty. Students used to litter everywhere and now we have dustbins placed in every corner. Even the classrooms are cleaner compared to the past."



Above: Roshan, 15, Treasurer of his school's hygiene club, stands outside his school's new toilet block in Shailung. Speaking about the future, he says: "My dream is to be an engineer."

A clean school environment, with running water, decent toilets and handwashing facilities is particularly important for students when they are menstruating. Decent toilets give students somewhere private to go, with soap and water to stay clean and a proper place to dispose of sanitary materials.

Talking about MHM also helps to destigmatise periods and ensure that when students are menstruating they can receive the support they need to stay in school. Sristi describes the impact of this at her school:

"These days if a girl menstruates while in school, she talks about it to the teacher. If not, at least she tells her friend first and they go to the focal teacher to get a pad. There is a changing room available in the school."



So, after changing the pad, she can attend the classes. These days nobody returns home during their period."

It is important that these messages are reinforced in the wider community, as well as schools. During this project, MHM was one of the six behaviours focussed on during hygiene promotion sessions held with each of the 17 communities where water schemes were built. In the last six months, 150 individuals also participated in Menstrual Hygiene Day celebrations, which raised awareness of the stigma associated with menstruation and encouraged good MHM practices in communities.

Throughout this project, we have reached 2,333 people with messages of good hygiene in schools and communities.



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Above: Lalmaya, 15, smiles outside her school toilet block in Shailung.

Below: Students wash their hands at the handwashing station in their school in Shailung.



WaterAid/Mani Karmacharya

"The Covid situation also gave [us] very good lessons about hand washing behaviour. On top of that, when we [had] adequate water and a hand washing station constructed, it was even easier to put our knowledge into practice."

Lalmaya, 15, a member of her school's hygiene club, Shailung.

Power of partnership



It is only through working together with communities, local government and our partner CDF that we have been able to overcome the challenges we have encountered during this project and implement what we set out to achieve.

When the landslide damaged initial work on Shilaphare's water supply scheme in 2020, it was the determination of local people like Pabi Maya that underpinned efforts to connect the community to a clean, reliable water source.

During the COVID-19 pandemic, when our staff were unable to visit the project area due to travel restrictions, it was with the

support of CDF that we were able to safely restart work on the project. And it is with the backing of local government that we have been able to reach over 8,000 people with clean water during this project.

To make a lasting difference, clean water, decent toilets and good hygiene have to go on being a normal part of daily life long after they are introduced. It is a reality that pipes can break and services can be interrupted. Keeping strong systems in place takes people working together and requires local people to feel ownership of the project.



WaterAid/Mani Karmacharya

Left: Tikamaya Shrestha, 42, turns on her tap which runs clean drinking water in Shailung.

Opposite (left): Rimal Babu Shrestha, 43, Chairperson of Shailung Rural Municipality sits with his wife and two children outside his home.

“We came from the situation when we had very irregular water supply at homes. From the inadequate water supply to now, we now have 24 hours water supply in our taps.” Rimal Babu Shrestha, 43, Chairperson of Shailung Rural Municipality.



The financial investment of all stakeholders in this project - from the local government, CDF and WSUCs themselves - has been key to building this ownership and accountability for the project's outcomes.

Over the course of the last four years, WSUCs have not only been trained on the technical maintenance of their new water supply schemes, but also on creating operation and maintenance plans. As part of these plans, each of the 17 water supply schemes has its own maintenance fund. Rimal Babu Shrestha, 43, (pictured below) explains the importance of these funds:

“The water users committee are very conscious and aware about the repair and maintenance fund which is very essential to keep the scheme running for the long term. When there are any major or minor technical errors in the system, it is the repair and maintenance

fund that is going to be used. The other key thing is about taking ownership from every citizen to protect and take care of the water schemes.”

In order to make the water supply schemes financially sustainable, all 17 WSUCs have undergone training in creating a business plan for their scheme, where they decided on a suitable water tariff for their community.



Above: Rimal Babu Shrestha's daughter, Sangrami, 8, washes her hands at their household tap stand.





WSUCs were able to decide between a model where a fixed monthly tariff would be set over a 20-year period, or a model where the tariff plan changes on a five to six-year basis, with opportunities to review the amount needed for the maintenance funds in each period.

Household water consumption is measured on a meter, making it easy for WSUCs to collect the required tariffs. This has also encouraged people to be more conscious of water wastage, as Tikamaya Shrestha explains:

“The other thing I have experienced is about the use of water cautiously. It

might be because each tap is connected with a meter and if for any reason people misuse or waste water, the burden is on themselves.”

In addition to collecting water tariffs, WSUCs have been trained on water safety planning - a key tool that will help them be accountable for providing a reliable, clean water supply. Tikamaya found this training particularly useful:

“Apart from having access to clean drinking water at home, the good thing that I liked the most about this project is that I got three days training about water safety. It was not only about



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*** In households in hilly areas of Nepal, where water pressure from taps can be quite high, it is common practice for people to place cloths at the end of taps to act as a funnel and create a smaller stream of water, as you can see from Pabi Maya's tap stand.**



clean water but about how to keep the water source, water tank and pipe system clean and intact so that the clean drinking water runs from the taps. This helped me a lot to understand the whole water system well in to the future. This is very important for the sustainability of the water scheme.”

To create meaningful change in Dolakha district, the work will not stop when this project ends. Throughout this project we have encouraged local governments to invest in water, sanitation and hygiene, and to put in place strong systems for planning, financing, monitoring and regulating services.

In the last six months, we have supported local governments in Shailung and Kalinchowk to finalise WASH plans, so that they can set out a timeframe for reaching everyone in their municipalities with clean

water. We have also provided technical training to local government officials and CDF on specialised software that can be used for designing and costing new gravity-fed rural water supply systems, like the ones built during this project. This software is used in surveying existing infrastructure and water sources in the local area, as well as the location and size of households.

We are delighted to report that the local government in Shailung has already taken forward one of the plans for a water supply scheme we produced at the start of this project, but were unable to fund as part of this work, and have reached an additional community with clean water.

The efforts of local people, as well as their governments, to continue to drive change in Dolakha will help to cement the legacy of this project for future generations.



Left: A reservoir tank that provides water through underground gravity-fed pipes to homes in Shilaphare, Kalinchowk. This reservoir is in Pabi Maya's community, which was hit by a landslide, so a gabion wall has been constructed around it as a landslide mitigation measure.

Opposite: Pabi Maya's niece and daughter - Sonali, 10, and Ayushma, 11 - wash their hands at their household tap stand in Kalinchowk*.

Thank you



Access to clean water, decent toilets and good hygiene is a human right that many people living in remote and marginalised areas of Dolakha have been denied for years.

Four years ago, together with communities, our partner, CDF, and the local government, we embarked on a journey to change this reality for thousands of people in this area.

We are delighted to report that this project has surpassed the number of people it set out to reach with access to clean water by 20 percent, decent toilets by over 40 percent and hygiene by 6 percent.

Today, 8,231 people now have access to clean water in communities and schools across Dolakha. 2,333 have participated in training on good hygiene behaviours and 353 students and teachers have access to decent toilets at school.

By working together in this challenging terrain, we have been able to build strong foundations for Dolakha's future. Thank you for joining us in this transformational project and for helping to bring lasting change to thousands of people.

Right: Roshan, 15, washes his hands at his school's new handwashing station in Shailung.

"Now when the clean drinking water is running from the tap at my home, I feel more secure and safe. I don't need to worry about water anymore. People in the community are happy and healthy."

Pabi Maya Thami, 36,
Chairperson of Shilaphare's
Water Supply Scheme,
Kalinchowk.



Finance



Figures in GBP	Year 4 Budget	Year 4 Expenditure
Access to clean water		
Identify locations and design water supply systems	0	0
Construct new or repair existing water supply systems	212,046	211,361
Establish and train new or re-activate existing water committees, and engage with school & and parent teacher groups	0	0
Partner monitoring and supervision	2,930	2,988
Water quality testing ¹	6,364	5,582
Train and support community members, and water committees, to manage water supply systems	9,461	9,223
Support water, sanitation and hygiene activities in schools	4,629	4,669
Conduct study on management of water supply systems and water security	0	0
Sub-total	235,430	233,822
Access to decent toilets and good hygiene		
Train communities and rural municipal governments to maintain and enhance sanitation and hygiene standards	0	0
Support schools to construct new or improve existing water, sanitation and hygiene facilities	37,818	38,181
Design, develop and implement hygiene behaviour change package ²	9,583	8,054
Train families to manage wastewater at home	0	0
Sub-total	47,401	46,235
Build capacity of rural municipal government to increase access to water, toilet and hygiene services		
Support rural municipal governments to develop a plan to increase water, sanitation and hygiene services	10	10
Train rural municipal governments to manage and protect water & toilet facilities	2,064	2,156
Raise awareness on people's rights to water at local and district level ³	2,155	1,709
Improve coordination with rural municipal governments and share good practices ⁴	6,784	5,449
Run water, sanitation and hygiene awareness campaigns	1,580	1,609
Provide technical support to partners and rural municipalities on designing water supply systems, and scaling up our work	16,289	14,644
Project monitoring with provincial and federal government bodies	1,587	1,548
Sub-total	30,471	27,125
Project planning, monitoring and evaluation	26,239	23,922
Partner costs	71,909	74,039
WaterAid Nepal project staff costs	64,103	64,667
WaterAid Nepal office running costs	21,353	20,588
Sub-total	183,604	183,217
WaterAid UK and regional support: governance, global frameworks and best practice sharing	51,598	50,318
Grand total	548,504	540,717

This report contains rounding and may appear +/- £1.

¹ Savings were made on the purchase of water quality testing kits.

² Budget was not needed for hygiene materials for the two additional water supply schemes built this year as surplus stock was used from previous years.

³ These trainings were less costly than anticipated.

⁴ We were unable to complete all best practice sharing events in September 2022. These have been planned for later in the year.

The project budget was £1,635,544. The total spend was £1,627,757. Any additional funds raised will go towards supporting other projects in Nepal.



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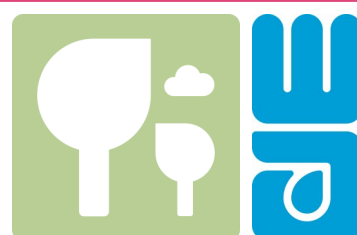
Front cover, top: Sonali, 10, washes her face at her household tap stand in Kalinchowk.

Front cover, bottom: Tikamaya Shrestha's, 42, gagri (water pot) is filled with water.

Back cover, top: Members of a school hygiene club in Shailung stand next to the handwashing station built at their school.

Back cover, bottom: Tikamaya Shrestha, 42, washes her hands at her household tap stand in Shailung.

Report published January 2023.



WaterAid