



**RURAL WATER AND
SANITATION PROGRAMME**



THE GURKHA WELFARE TRUST (GWT)

The Gurkha Welfare Trust has been working in Nepal since 1969 to “relieve poverty and distress among Gurkha veterans, their dependants and their communities”. As the lead charity for Gurkha welfare, the GWT provides financial, medical and community aid, primarily in Nepal. The Trust’s main priority is the provision of a monthly pension of 10,500 Nepalese Rupees (roughly £81.00) to 5,233 retired Gurkha soldiers or their widows, who often have no other form of income.



In addition to this, the Trust also offers

- **Financial aid:** A Winter Fuel Allowance is paid to all pensioners, and Hardship Grants and Disability Grants are also paid to those with additional needs.
- **Rural Water and Sanitation Programme:** Each year 80 water and sanitation projects are installed, providing clean water and teaching communities how to maintain personal and community hygiene.
- **Schools Programme:** The Trust builds, extends and repairs schools in remote hillside villages, so far benefiting over 600,000 children.
- **Medical Care:** The Trust offers medical care to pensioners and the wider community. This is done at our Area Welfare Centres, in the pensioners’ homes, and at our regular mobile medical camps.
- **Residential Homes:** Our two Residential Homes provide 24-hour care for 52 vulnerable pensioners.
- **Community Centres:** The Trust is building four Community Centres a year to serve as health posts, and a base in times of emergency, as well as a place to meet and celebrate as a community in everyday life.

We have 21 Area Welfare Centres in Nepal, each responsible for ensuring community projects are run smoothly and that local veterans have access to welfare and medical support 24 hours a day, 365 days a year. A workforce of 400 staff is managed from a HQ in Pokhara which is, in turn, managed from an office in the UK.

THE EARTHQUAKES

On 25th April 2015, the first of a series of earthquakes and aftershocks hit Nepal. At a magnitude of 7.8, it was the country’s largest natural disaster in over 80 years. On 12th May, there was an aftershock measuring 7.3, a magnitude so high that it was considered a second earthquake. Since then, Nepal has suffered over 500 aftershocks measuring a magnitude of 4+. Over 8,600 people were killed and around 23,000 injured. Kathmandu and the surrounding areas suffered extensive damage to buildings and in the more rural areas, far from help of any kind, entire villages were completely levelled. More than half a million houses were destroyed, leaving around 3 million people homeless.

As an immediate response, the Trust sent out teams of welfare and medical staff to assess the damages, offer emergency aid and to check on the wellbeing of our pensioners, many of whom live in the most remote villages in the hills. It took our staff just over a month to visit them all; sadly, 13 of them were killed and many more lost loved ones. The damage caused was catastrophic:

- 2,129 pensioners’ homes were either damaged or destroyed.
- 161 schools, 78 water systems, and 14 of our 21 Area Welfare Centres were damaged.

Our long-term support to rebuild Gurkha communities includes rebuilding schools and water systems, providing community support, and expanding our medical programme. And thanks to the generosity of our supporters, over 1,000 pensioner homes destroyed in the earthquakes have now been rebuilt.





RURAL WATER & SANITATION PROGRAMME

The Need

Nepal is the fourth most climate-vulnerable country in the world, and the second poorest country in Asia. A landlocked country, many rural communities are far from water sources. In the dry season, droughts are frequent and force lengthy treks each day to collect water, while the monsoon brings flooding, landslides and disease. But it is not only drinking water that is affected: with a shortage of adequate irrigation, drying ponds result in subsistence farmers losing crops vital to their livelihoods and their families' survival.

Safe drinking water and adequate sanitation are basic necessities for health. Shockingly, over 15 million people in Nepal don't have access to adequate sanitation – over half the country's population.



Collecting water is a daily chore for many young girls

Statistics also show a correlation between household wealth and access to fundamental resources such as education, clean water, and medical provision. It is in the rural areas of Nepal, where the poorest villages lie, that the consequences of poor sanitation and unclean water are most keenly felt.

Each year, hundreds of children under five die from diarrhoea caused by unsafe water and poor sanitation.

Access to water is particularly important for women and children in rural areas, as they bear the primary responsibility for carrying water, often for long distances over difficult terrain. Being responsible for water collection stops children from attending school and enjoying their childhoods, and the unclean water they collect exposes them to serious diseases.

Open defecation is still commonplace in Nepal, and understanding of sanitation is often limited. Water sources frequently become contaminated and, in a country where health care services are limited, people die from illnesses that are treatable and, more importantly, preventable.

The Gurkha Welfare Trust aims to provide universal access to clean water and sanitation for rural communities, to train communities in the importance of hygiene, and to enable them to manage their own water supply and improve sanitation and nutrition. We also install Simple Drip Irrigation systems in rural villages, which improve crop production and, in turn, health and nutrition.

Our experience

Between 1976 and 1989, the GWT installed 131 water projects with funding from Canadian Education Development and Rehabilitation (CEDAR). In 1989, the GWT began working in partnership with the Department for International Development (DfID) to provide safe water and sanitation facilities in the remote hill villages of Nepal. Since we began developing water projects 40 years ago, we have completed more than 1,430 new water systems and repaired over 360 across Nepal, transforming over 350,000 people's lives.

The DfID Annual Review for 2016 gave our Rural Water and Sanitation Programme an A grading



OUR PROJECTS

Applications for projects are submitted by Gurkha communities through our network of 21 Area Welfare Centres in Nepal.

The Step-Wise approach

Our programme is based on six core principles: community participation, community partnership, locally available resource mobilisation, equality, social justice, and transparency. Our approach ensures projects are self-sustaining, and villagers take responsibility for the operation and maintenance of their water facilities after construction. Using the Step-Wise approach, a water project takes two years to implement.

In the first year, all the social aspects such as feasibility assessment, identification of need, social profiling, and community motivation and commitment are carried out. Our technical staff then establish the type of system suitable for the area, which could take the form of a gravity fed system, hydraulic pump, traditional spring improvement, or solar or electric pumping.



We work with communities to improve their understanding of, and approach to, hygiene including handwashing, waste disposal, and cleaning of cooking utensils. Communities are also required to establish a Water and Sanitation Management Committee responsible for the operation and maintenance of the project. We ask for volunteers to act as Community Hygiene Workers, and provide them with the training they need to promote hygiene and sanitation both during the project and after completion.

In the second year, the construction phase commences, and communities contribute to the project by providing unskilled labour. This means that we can develop a sense of community ownership of the project through a joint participatory approach, and provide labourers with the opportunity to develop their knowledge of sound construction principles, and improve their employability prospects.

Once construction is complete, we hand the project over to the Water and Sanitation Management Committee, but maintain contact with the village as part of our standard monitoring and evaluation process.

Monitoring and Evaluation

The GWT monitors all its projects to ensure that each one is completed efficiently and effectively, and will have a sustainable impact on society. A project completion review and report is undertaken at the end of every project and we consistently receive top ratings from DFID in their Annual Reviews.

Monitoring of projects is continuous and all communities who benefit from GWT water projects receive a two-year programme of aftercare. Where repair work is needed, as can happen in a disaster-prone landscape, communities receive further assistance.





IMPACT

Decrease in waterborne disease

Our sanitation measures contribute to vast drops in illness rates, most notably waterborne problems such as diarrhoea and dysentery which typically decrease by up to 95%.

Improvement to women's health

Prolapsed uterus is a common condition for women living in remote villages. It is caused by giving birth and then walking long distances carrying heavy water containers before being fully recovered. Many women have no choice but to carry heavy containers of water, as there is nobody else to help. In villages where water projects have been installed, this problem is almost entirely erased.

Better nutrition

Being able to access water more easily improves crop yields and the simple irrigation systems that we help villages to establish increase vegetable production. Communities are able to increase the range of food that they produce and to continue to produce food through the dry season. In these villages, we are seeing reduced instances of malnourishment in children, and the eradication of anaemia and night blindness in pregnant women.

Reducing time spent on water collecting

Women and children save on average two hours per household per day in time spent fetching water. The saved time allows children to attend school, and women to spend time with their families, pursue opportunities that generate income, and involve themselves with social development activities.

Inclusion of women and excluded groups

The Water and Sanitation Management Committees set up in each village consist of 50% women – also occupying half of key decision-making posts - and 65% excluded groups. The committees are run democratically, and our projects encourage equality in the community as committee members work together and have equal say in decision making.

Improved school attendance for girls

As girls reach puberty, their need for privacy increases. Schools which have had gender-separate toilet blocks installed see a marked improvement in attendance of girls.

Long-term impact

The long-term impacts of clean water extend far beyond the immediate health benefits. Increased school attendance and changes to the way communities spend their time and interact socially increase household income levels and provide economic opportunities for women; children have time to play and can take advantage of opportunities only made available through education; family and community relations are improved as minority groups become integral to each project; labourers develop new skills; and entire communities see the benefit of working together to improve their environments.



CASE STUDY: GADUWA DRINKING WATER PROJECT

Gaduwa is a village in Nepal's southern Chitwan District, an area famous for its wildlife reserve in the Terai (jungle) region. The village has a population of 970 people in 167 households, and a primary school which is attended by 117 pupils.

Because of the humid sub-tropical climate, residents of Gaduwa had limited sources of drinking water. They depended on sources such as public hand pumps and tube wells, but these water sources were often polluted and dried up during the scorching summer heat. During the months of the dry season, villagers were forced to make daily journeys to find other water sources. A resident of the village, one of the GWT's Welfare Pensioners Devimaya Tamang (right), submitted an application to her local Area Welfare Centre in Chitwan asking the GWT to consider her village for a water project.



Following a detailed survey of the area by the GWT's field team, the scheme was considered viable and, on completion of an initial phase of social and sanitation awareness programme, construction of the drinking water project began. The water for this project is extracted from a bore well 36 metres below surface using an electrical pumping system, and supplies a 30,000 litre fibre collection tank 190 metres away which is on top of a 9.5 metre high steel tower. The water is then distributed to 170 individual households, Shree Rastriya Primary School, and a local monastery through its 8,122 metre long distribution lines.

The local community received training on sanitation and the use and maintenance of the water facilities and, on 7 July 2014, the project was completed and handed over to the newly formed Gaduwa village Water and Sanitation Management Committee. The villagers have received access to the two year programme of support that we offer following the installation of a water project, and are benefitting from the health, lifestyle and economic advantages that access to clean water brings. Mrs Tamang told us: "water is life; for us it gives so much happiness I cannot describe it. A big thank you."



The 30,000 litre collection tank at Gaduwa



"The GWT has provided us a lifeline"
– Mr Kulbahadur Tamang



THE COST

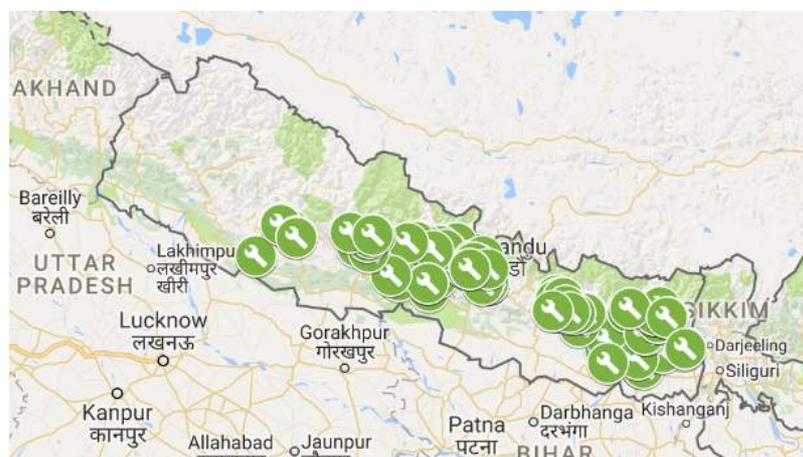
During our financial year 2017/18, in line with our plans to upscale our programme following the 2015 earthquakes, we intend to build 113 new water systems and repair a further 12. We will also install 11 Simple Drip Irrigation systems. The total cost of our programme will be around £4.2 million, of which £3.6 million will be provided by UK aid funding. We also ask local communities to contribute to the costs through the donation of gifts in kind, labour or cash.



Average cost breakdown of a GWT funded water project FY 2017/18

Item	NPR	GBP
Construction Cost	2,021,018	£15,546
Social Input	83,739	£644
Engineering Input	16,707	£128
Field Staff Cost	583,613	£4,489
Office Staff Cost	343,610	£2,643
Admin/Support Cost	181,280	£1,394
Total	3,229,969	£24,845

All totals are an estimate and based on a conversion rate of NPR 130/£



The locations of water projects being undertaken over 2017/18



OUR FINANCES

	2016/17
Incoming Resources	
Donations and Gifts	£7,830,000
Legacies	£4,200,000
Grants	£4,575,000
Investment Income	£2,538,000
Other Income	£568,000
Total	£19,711,000
Outgoing Resources	
Direct Charitable Expenditure	£18,907,000
Fundraising/Publicity	£1,827,000
Other Outgoing Resources	£325,000
Total	£21,059,000
Operating Surplus/(Deficit)	(£1,348,000)
Gains/(Losses) on Investments	
Realised	£606,000
Unrealised	£5,898,000
Movement in Constructive Obligation	(£975,000)
Net Movement in Funds	£4,181,000
Funds Brought Forward	£20,486,000
Total Net Assets	£24,667,000
Restricted Funds	£133,000
Designated Funds	£12,151,000
General Unrestricted Funds	£12,383,000

In 2016/17 GWT had an income of £19,711,000 and expenditure of £21,059,000, with our main source of income being charitable donations, legacies and government grants.

The Trust has a long-term Constructive Obligation, as defined by SORP 2015, in respect of its Welfare Pensions. This considers the level of benefit agreed for Welfare Pensions for the year, taking into account the inflation rate, an estimation of 5,325 pensioners with an average age of 79.28, and that on the death of an ex-Gurkha the pension will be transferred to a surviving widow. There are also Gurkhas from the British and Indian Armies not in receipt of a Service Pension who may apply for a Welfare Pension in the future. After taking the Constructive Obligation into account, the Trust's free reserves, which exclude tangible fixed assets, amount to £10,557,000. This represents 70% of the desired level of reserves.

Nepal is a volatile and unpredictable country in which to operate. Over the past 10 years the country has been affected by a Maoist revolution, major earthquakes, blockades, and an inflation ranging from 2.3% to 13.8%. In this environment, the trustees have decided they should hold around one year's regular expenditure, £15m, as reserves to enable us to meet most of the unexpected risks. In these published accounts, we are £4.4m short of our objective.



MONITORING AND EVALUATION

The GWT monitors its projects to ensure that each one is done efficiently, effectively, and will have a sustainable impact on society. The Trust is very experienced in this line of work, having completed many projects in the past, and has a good understanding of Nepal. We produce progress and completion reports. After a build has finished, we conduct regular visits to monitor the state of the buildings and assess the quality and level of maintenance.

The Trust has significant connections and relationships with central and local government and civil society. At a national level, all our projects are sanctioned by the Brigade of Gurkhas' Welfare Coordination Committee (BGWCC) at an annual meeting chaired by Nepal's Defense Secretary and attended by the Secretariats of various Nepal Government Ministries. Our community projects are certified and endorsed by the Village Development Committees (VDC) and District Development Committees (DDC) prior to commencement. School projects are also agreed with the School Management Committees (SMC). All projects are then included in the District Development Plan (DDP). Our staff attend meetings of the DDC. Once a project is completed, it is handed over to the VDC at an official ceremony attended by representatives of the various committees. We also work in partnership with other NGOs, most notably the Kadoorie Agricultural Aid Association.

