



CHILD ACTION NEPAL

Newsletter No 10

November 09

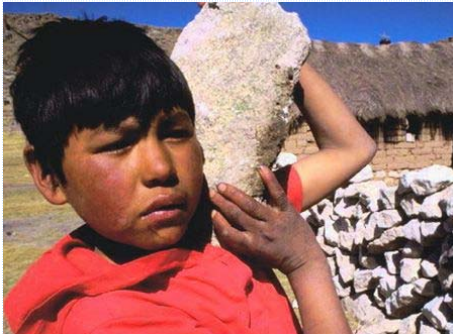
Child labour in Nepal

One of the poorest and most undeveloped nations in the world, Nepal has a high rate of exploitative child labour. Recent reports have shown that 2.6 million children between the age of 5 and 14 are working in Nepal. Examples of sectors where they are involved are:

- *Factory/Industry:* Working in extremely poor conditions, children work 15 hours/day often injuring themselves in the filthy, hazardous factories.



Street children in Kathmandu



- *Mines and Quarry:* In addition to mining magnetite, children also labour in coal mines and quarries
- *Domestic services:* child servants are more prone to abuse. They fetch water, cook clean and care for others.
- *Street work:* more likely to contract AIDS and partake in criminal acts, they work as rag pickers, beggars, newspaper vendors, street singers, shoe shiners/makers.
- *Commercial sexual exploitation:* A large number of children are trafficked to work in India as prostitutes, pimps or work in massage parlours and dance bars.

Dalbir and Sangbo

Dalbir joined LBU1 in 2008 where he is our youngest child.

One year later, we welcomed his younger sister, Sangbo. She lives in our second home LBU2, which is a hundred metres from LBU1 so she can see her brother every day. Sangbo was only two years old and Dalbir six years old when their father was killed in a motorbike accident in 2005.



Dalbir, 9



Sangbo, 6

Their mother was a second wife. After the death of her husband, she kept on taking care of Sangbo, Dalbir and their younger brother who is now 4 years old. She is cultivating fields for other people in her village and is very poor.

Dalbir was brought to us by a neighbour visiting Kathmandu. He gave us the death certificate of his father and her mother. We were then keen to have his sister with us as we always try to keep siblings together. Sangbo could not keep a secret for two minutes and this how we found out that her mother was still alive. By then we loved Dalbir and Sangbo so much and they were so happy at LBU that we decided to keep them and they are now part of our family.

They both have strong and interesting personalities and are very bright. Dalbir is now studying in class 1 and Sangbo in Lower Kindergarten.



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Growing our own vegetables



The fields around our house garlic as it was quite easy and have now planted rice. The children enjoy cultivating their own vegetable and are proud of the results.

Our owner owns a small area behind LBU1 and other parcels were not taken care of, so we took the initiative to cultivate them. We started with

Enjoying the new school



The boys last April. Dalbir did not have his uniform yet

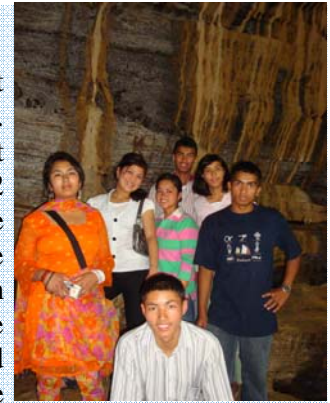
Mid April is the start of the new school year in Nepal. This year all the children of LBU1 were reunited in Chandbagh School. It is one of the best schools in Kathmandu and they all had to have an entrance exam. It is a bit expensive but at least we will be able to re-use the books and the uniforms! At the moment they are going to school by bus but we are considering having them walk to school as they are grow older. There are many sports and art competitions at Chandbagh and our children made us very proud by winning quite a few!

The girls, with Binita wearing her sports uniform



April Vacation

This year we went back to Pokhara. Prakash our first child from LBU2 was with us and he could not believe his luck. For him that was really like a dream and he did many things for the first time in his life.



Visiting Mahendar Cave

For our older children, we also innovated and for New Year's Eve, I organised a party. After dinner we had our own room with lighting and music and the children all danced a mixture of rock, twist and Indie style. The girls were quick to take the dance floor but the boys stayed on the side so I had to encourage them and dance with them. Soon everybody had a lot of fun and became more confident.

Our time in Pokhara was also spent in cultural visits and sports.



Boating on Phewa Tal, on our way to Barahi Temple

Laxmi, Muna and Dalbir at the swimming pool



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10 children at LBU2

In April the refurbishment of LBU2 house was completed and we started to welcome orphans. We have now 5 girls and 5 boys aged from 6 to 11. They are all going to the school nearby and had a thorough health check including dentist and ophthalmologist. We are very happy to have them.

Abishek



Asbin



Prakash



Sangbo



Nikita

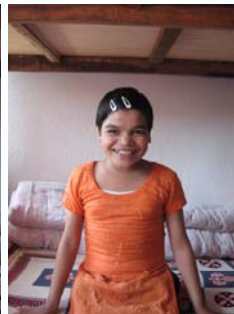
Punam



Bikash



Barsha



Dependra



Rashmi



Our New home

Our new house is very close to LBU1 and the children can go from one home to another through the fields. We have 4 bedrooms ready to welcome 20 children, but at the moment only two are occupied. We have also built a study room and will have an outside toilet soon. The children can play in front of the house but we have also arranged the field in the back as a playground.



The Laundry room



View of LBU2 from LBU1's roof

Tihar

As every year we celebrated the festival of Tihar at the end of October.



This time it was a bit more

Reshma and Kalpana preparing the roties for us and to distribute to the children coming to sing in our courtyard for Tihar

complicated as we had to organise the festivities in two houses. Next year we will try to have Bhai Tikka together as we want all the children to consider each other as brothers and sisters.



Preparing Laxmi Puja



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Thank you for your support!

We would like to say a special thank you to Peter Mainstone who has done a lot for us. Not only did Peter volunteer for 4 months at LBU but he also raised enough money to enable us to buy a generator. With electricity cuts sometimes up to 16 hours long, the generator makes a big difference, especially for the children who used to study by candle-light. In addition, Peter convinced his



Peter in front of the £2000 generator



friends to send books and he spent hours reading them with the children. Thanks to him the children improved their English. They miss their Uncle Peter.

In August, we also saw the return of Sarah Bryant who volunteered at LBU four years ago. This time she was accompanied by her boyfriend Ben Bishop and they got engaged when trekking in the Annapurna Range. The Children were thrilled to be the first to learn the good news.

Showing the books donated by Peter's friends

BACK TO SCHOOL FOR SARAH

Sustainability consultant Sarah Bryant helps out as a volunteer for the charity, Child Action Nepal (CAN)

Sarah, who works in the Sustainable Development Group (SDG) of our London office, spent three weeks in Kathmandu helping out at two orphanages. "We got up early everyday to help the younger kids get ready for school and then in the afternoon and evening we

"It was great to see all the kids who were there when I volunteered in 2005 and to meet ten new children.."

spent most of our time helping with homework, playing basketball, chatting and making the 1000 piece puzzles we took out with us," she said.

"The kids had exams while we were there so we spent a lot of time teaching ourselves algebra and science before we could help the kids with all their questions!"

The CAN charity is very close to Sarah. She first visited Nepal four years ago and became the first volunteer to ever return. If you are interested in sponsoring a child or making a donation, please get in touch with Sarah Bryant.

Before leaving Sarah organised a Nepalese dinner with her Mum Fay and raised nearly £300. Since her return she has sold a lot of our Christmas cards and Ben is also a great supporter and ran the London 10k for CAN.



Sarah with Shila and Susan and the article published in her company's magazine.

Sponsoring a child

Any donation is welcome and even £10 or £20 makes a difference. However, should you wish to sponsor a particular child and follow his/her progress as he/she grows up, the cost is £40 a month or £20 if you wish to co-sponsor a child with friends or family. Alternatively, we can arrange for you to have a co-sponsor.



Each time I go back to LBU, I cut the hair of my 10 girls. At the beginning they were going to the hairdresser but their hair was so badly cut that I thought I could not do worse. Over time, I am getting better and I have professional scissors and even the ladies trust me to cut their hair now! Some of the older girls want to grow their hair long now, but I will have 5 little customers in LBU2 next year!

Gratefully yours,

Florence Krief

Please do not hesitate to send your comments to info@childactionnepal.org.uk
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