

Wednesday 13th of May – 11:20 HKT

Dear friends,

We were just finalizing our update yesterday which was full of hope and plans for the recovery and rebuilding of devastated communities when Nepal was struck again. The first was a 7.3 magnitude quake, followed by a 6.3 half an hour later and strong aftershocks throughout the afternoon and evening. Sadly, there have been 48 reported deaths and 1,100 injured. The quake affected the Districts of Dolakha and Sindhupalchowk, east of Kathmandu. Sindhupalchowk was one of the worse hit Districts in the 25th April earthquake but the District itself is large and we are unsure of exact location yet. One thing is guaranteed – the landslides caused by the earthquake will affect a wide area; and will continue until the monsoon period is over. The true extent of casualties and damage will continue for many months.

Nepal has lost more than 8,000 people, 300,000 homes and 15,000 schools. An already traumatized nation continues to be terrorized by uncertainty and fear.

At CWS we were shocked and saddened into silence yesterday – but an email from Douglas last night reminded us how to keep going “Keep all your chins up in these horrid times. Things will get better, but we must remain strong, positive, and supporting those that need us most now!”

Now that our partners have reached many of the remote areas there is no doubt now that millions are affected. Our update last week provided a breakdown of which areas and which partners we are working in and with. This relief work continues and will continue for another 2 weeks. After this we hope supplies will be in place for people to get back to their normal routines, as best they can, with a lot of counseling and community support.

Our planning is now moving from the initial emergency relief and supply distribution to longer term initiatives which are so often forgotten, but are the key to providing people the hope and reassurance they need for them to pick up their lives and get on with life again.

CWS has been coordinating with the Government and have now confirmed we will be supporting two entire VDCs (Village Development Committees): -

- Duwarchaur VDC in Sindhupalchowk District, East of Kathmandu – 1,584 homes; population 8,164
- Darkha VDC, in Dhading District, West of Kathmandu – 1,100 homes; population over 5,000.

CWS has raised HK\$2.5 million (US\$321,000) to date. Thank you to each and every one of you for your incredible support. We have set aside US\$200,000 for immediate relief efforts being carried out now and are continuing to raise desperately needed funding for the next 2 phases outlined below. The plans below will take 12-18 months and we are currently preparing budgets for this. The Government will also be supporting financially and villagers will be supporting with man power.

Going forward:

Immediate relief – 26th April – 30th May (Set aside US\$200,000 – spent US\$140,000)

- On-going and fully funded and covered in previous updates explaining the provision of health care, counselling and emergency supplies (food, medicine, tents, tarps, clothes). Please visit

<http://www.cwshk.org/Donate.aspx> for previous updates and photos of activities. Finances are recorded and will be audited in Nepal and in HK.

Phase 1 of recovery - : Now – end of Aug 2015

- To ensure people have enough food security and emergency supplies to see them through the monsoon rains till end of August. Deliveries starting now and will take 2 weeks to complete.
- Support communities to construct their stronger temporary shelters mainly built from rescued tin roofing.
- Once they have these two securities, focus will be on ensuring they have food next year – support them with their corn harvest, and thereafter, on their rice planting season. To do this we will need to see how we can support them with a system of plough hand tractors or Oxen on loan from other villages that have them, as many animals died in the Earthquake. Rice seeds may need to be provided as many households have lost them in the earthquake.
- Continue to provide communities with health care, counselling and emotional support
- Estimated cost is US\$150,000

Phase 2 of recovery – Reconstruction – Sept 2015 onwards

- In partnership with the Government and communities begin the rebuilding of permanent homes. This can only be achieved as it was done in the old days in which the villagers take turns building one another's homes. A specialised construction team will be set up which is trained up to build more earthquake resilient homes but using the local materials available and fitting with the culture and tradition of the area. One effective, cheap, and local option is the 'earth-bag' building - see: <http://www.3news.co.nz/world/earth-bag-building-still-standing-after-nepal-quake-2015050316#axzz3Z3wl4tfR>.
- Secondly, CWS will focus on working with the Government to rebuild Kindergartens, Primary and Secondary schools so the children can get back to school as soon as possible together with the government.
- CWS will support the government to re-establish its primary health care posts and water supplies in areas where these have been destroyed.
- We believe this whole village rebuild will take 12–18 months. We hope that the process and coordination with the government and villagers will become a model that can successfully be replicated by other NGOs in other areas identified & allocated to them by the government throughout the country, so as to avoid unnecessary duplication. Once again – coordination will be critical in this process. Our construction team and NGO groups can then transfer their skills to these NGO groups in order for it to be more efficient.
- Continue to provide communities with health care, counselling and emotional support
- Costs to be determined

Lastly and forming part of the longer term strategy, we will also drive our efforts in the prompt reintegration of those children who have lost their parents as a consequence of the earthquake. We are determined to ensure these children stay in their village and are not sent to an orphanage in the city or at worse tricked into trafficking. Counseling, education and career development programs will be part of this effort.

Below are some quotes demonstrating the desperately sad reality facing communities in Nepal. However, there is also positivity and hope and together we will support Nepal's strong recovery.

Please visit our website for some photos of our activities - <http://www.cwshk.org/Donate.aspx>

We thank you for enabling us to do something good during these dark moments. We are forever grateful to you all, many of whom are working so hard to encourage friends to give, to put on events, to really give from the bottom of your heart in time, funds and energy.

Thank you,

The CWS team

QUOTES

One of our friends visited the villages during one of the aid deliveries *"(We) talked to a number of families, one man had lost his wife and young son, they were crushed in the earthquake, leaving him in sole care of his 3 year old daughter. He felt unable to leave her to find work or rebuild his house or plant crops. The delivery of aid will make his life a little easier as food would not now be a worry."* *"A lady whom we spoke to had lost her 2 year old son and 5 year old daughter, she had just put them down for a midday nap when the earthquake struck and their house collapsed onto them asleep on the covered veranda. She showed us a picture of them and her shattered house with its mangled sewing machine and what was a two story building was now a wreck. She is living with her parents in a shack just above the rubble. Her mother, the children's grandmother, was in tears as we spoke to her, that is when you feel that important as food is, it is not the most essential thing in this life."*

Nepal's Government is working hard and needs to be recognized for its efforts because it seems many are negative towards how they are dealing with this disaster *"To be sure, this was a disaster that would have overwhelmed even the most efficient, best-prepared and well-endowed government. The impact zone is vast and rugged, settlements are widely scattered, you'd need hundreds of helicopters to reach every nook and cranny where there are survivors in dire need of emergency relief. And although it started slow, there are signs that the government is getting its act together in streamlining customs and expediting delivery of supplies. The Army and Armed Police together have 120,000 personnel deployed in the 12 districts, and by all accounts have gone beyond the call of duty, despite their own family tragedies, in search, rescue and ferrying supplies. Civil society, individuals, overseas Nepalis and the private sector have stepped in to fill the gaps."*

<http://nepalitimes.com/article/editorial/marshall-plan-for-nepal-earthquake-aftermath,2227>

And Douglas remains the ever powerful force of positivity and hope *"The thing that keeps us all going is the admiration we all have for such an incredible people. Their resilience, and the way they take life from day to day. It is something we can learn from a lot, and heart-warming. No self-pity; just got on with it and move on – one day at a time. The fulfillment of being able to do a little bit, just a touch to show that the world has not forgotten these courageous people and nation, is something that I would like to thank you all so very much for, on behalf of all of us!"* Douglas Maclagan, CWS Founder.