

# Himalayan Permaculture Centre

[www.himalayanpermaculture.com](http://www.himalayanpermaculture.com)

## Building Household and Community Resilience Annual Report

Date of this report: October 2013

*(See also Photo Galleries for Surkhet and Humla, from the website)*



### Introduction and background

This report summarises activities carried out by the Himalayan Permaculture Centre (HPC) in its working areas of Surkhet and Humla districts during the period October 2012 to September 2013. In March 2012 HPC completed a year's capacity building program entitled "Capacity Building for Building Household and Community Resilience", jointly funded by Kadoorie Charitable Foundation and The Network for Social Change (UK). This was phase 1 of a 4-year program. After phase 1 was completed in March, HPC went into a designed period of lower activity. This was partially due to having no structured programs or budget for activities, but more importantly it gave HPC and its aligned groups a chance for reflection on the achievements of the past year's capacity building, and to prepare for phase 2. Activities in Phase 2 started in October 2012 and are reported below.

### Phase 2 Objectives

The objectives of Phase 2 of HPC's strategy are as follows:

1. To provide demonstration of and training in a range of technologies and approaches that increase domestic farm and household productivity
2. To increase awareness of women's health issues, and provide training and health support services
3. To increase literacy through practical classes and integrate HPC's techniques into schools through vocational training and demonstration
4. To demonstrate and develop income generating activities that improve domestic and community economies
5. To increase the ability of HPC and community based organisations to effectively plan, implement and evaluate self-help programs

### Activities

#### 1. Food Security Program

##### 1.1 Resource Centres

Development of HPC's 2 resource centres (RCs) has continued, focusing on establishing and managing agro-forestry, fruit and vegetable systems and demonstrating other technologies such as nurseries, composting, pest management, green manures, etc. Both RCs are "livestock-free" meaning no grazing is allowed on the farms to allow growth of trees and shrubs planted. Both farms are showing significant increases in variety and quantity of crop production for human and livestock use in terms of vegetables, grains, fruit, fodder, fuel wood and biomass (for composting/ mulching). Section 1.3 below also details increasing use of the RCs' facilities for training purposes, and production and distribution of seedlings for farmers – although both training and

seedling production are now already happening from farmers' own nurseries and demonstrations as planned.

Vegetable production from Baragaun's 0.4 acre Resource Centre farm has increased from **40kg** last year (12 crops) to **186kg** from 28 crops (450% increase) between October 2012 and September 2013. Fodder grass has increased from **350** to **780kg** (120%) over the same period.

At Baragaun RC diversification into agro-forestry systems has continued and a further **281 trees and shrubs** have been planted over the monsoon. From the RC nurseries a total of **449 multi-purpose trees and shrubs** have been distributed to village groups. In addition the RC has produced **99 grafted fruit trees** for distribution that will happen over winter.

At Dapka RC in Humla, comprising just over 1 acre in plots owned by 7 families, crop production has increased from **2070 kg** from **4 crops** (wheat, barley, buckwheat and rice) last year to **7575kg** from **14 crops** (finger millet, pearl millet, maize, rice, wheat, barley, mustard, radish, turnip, potatoes, buckwheat, peas, beans and garlic).

At Baragaun RC there have been **48 Nepali** and **11 foreign** visitors/volunteers

### 1.2 Farmers' demonstrations

All groups have been supplied with a range of resources such as tools, seeds and seedlings with which to establish demonstrations on areas of private and community land. In addition to the tools and resources provided in the previous 6-month reporting period (Oct 2012-March 2013), from April to September 2013 the following have been distributed:

Resources	Use	Amount
Grafting knife	For grafting/budding fruit seedlings	20 pc
Seed	For vegetable growing	12.1kg (S) + 10kg (H)*
Hosepipe	For vegetable and nursery irrigation	10 sets
Sprinklers	For vegetable and nursery irrigation	10 sets

\*Vegetable seed includes carrot, radish, beans, bitter gourd, aubergine, cabbage, cauliflower, onion, tomato, zucchini, Swiss chard, spinach.

### Fruit tree production

The number of fruit trees grafted over winter has been re-assessed to give a total ready for distribution this winter, as some grafts are unsuccessful and some even if successful can succumb to various pests and diseases resulting in failure – although usually the root stock recovers and can be re-grafted next season. It is important to maintain records of numbers so orders can be placed for seedlings based on actual stock.

The table below summarizes the number of fruit trees grafted over winter, the number of grafted seedlings distributed/planted, the number of grafted stock in nurseries awaiting distribution, and the number of non-grafted fruit and multi-purpose seedlings planted/distributed over the past 12 months.

	Grafted Jan-Feb 13	Grafted seedlings planted	Successful, ready for distribution	Non-grafted planted

<b>Surkhet</b>	1315	910	361	5690
<b>Humla</b>	2207	561	1332	115
<b>Total</b>	<b>3522</b>	<b>1471</b>	<b>1693</b>	<b>5805</b>

Grafted species include apple, pear, peach, walnut, plum, apricot and almond. Non-grafted fruit includes hazelnut, sweet chestnut, lemon, lime, guava, papaya, persimmon, grape, mulberry, orange, passion fruit, cardamom, sugar cane, pomegranate, lychee, mango, orange, breadfruit and banana. Non-fruit, multi-purpose trees and shrubs include napier grass, Asian pepper tree (timur), butternut (chiuri), comfrey, lemon grass, oak, soapnut, bamboo, honey locust, willow, *Ficus* (dudhilo, kutmero, nibaro), *Lucaena* (ipil lipil), *Bauhinia* (tanki, koeralo) and *Melia* (bakaino).

Meanwhile, and as a result of training (see below 1.3) and demonstrations at the RCs and in farmers' fields, groups have been implementing various types of practical work in their houses and fields to increase household self reliance. Most of these activities are illustrated in the [Farmers' Handbook](#). A summary of all practical work carried out in the groups over the past year is as follows:

	April-Sept 2013			Previous 6 months	Total
	Surkhet	Humla	Total		
<b>Households practicing:-</b>	171	262	<b>433</b>	<b>419</b>	<b>433</b>
House hygiene	130	70	<b>200</b>	<b>335</b>	<b>535</b>
Smokeless Stove	9	16	<b>25</b>	<b>232</b>	<b>257</b>
Toilet	18	23	<b>41</b>	<b>234</b>	<b>275</b>
Grinder covered	126	0	<b>126</b>	<b>134</b>	<b>260</b>
Water pot covered	131	41	<b>172</b>	<b>345</b>	<b>517</b>
Sweepings	35	8	<b>43</b>	<b>177</b>	<b>220</b>
Waste water pit	26	26	<b>52</b>	<b>29</b>	<b>81</b>
Waste water management	26	26	<b>52</b>	<b>178</b>	<b>230</b>
Plate/pot rack	23	10	<b>33</b>	<b>155</b>	<b>188</b>
Kitchen garden/vegetables	110	17	<b>127</b>	<b>195</b>	<b>322</b>
Liquid manure	27	4	<b>31</b>	<b>37</b>	<b>68</b>
Hot bed	0	5	<b>5</b>	<b>48</b>	<b>53</b>
Fruit nursery	20	0	<b>20</b>	<b>111</b>	<b>131</b>
Air nursery	10	1	<b>11</b>	<b>32</b>	<b>43</b>
Grafting	0	0	<b>0</b>	<b>139</b>	<b>139</b>
Orchard	49	0	<b>49</b>	<b>66</b>	<b>115</b>
Agro-forestry	38	1	<b>39</b>	<b>6</b>	<b>45</b>
Salt lick	55	41	<b>96</b>	<b>75</b>	<b>171</b>
Improved Compost	174	2	<b>176</b>	<b>75</b>	<b>251</b>
Fodder trough	21	5	<b>26</b>	<b>9</b>	<b>35</b>
Mulch	0	0	<b>0</b>	<b>7</b>	<b>7</b>
SRI	14	15	<b>29</b>	<b>17</b>	<b>46</b>
Air layering	35	14	<b>49</b>	<b>45</b>	<b>94</b>
Leaf pots	0	60	<b>60</b>	<b>0</b>	<b>60</b>
Pot irrigation	0	5	<b>5</b>	<b>0</b>	<b>5</b>
Budding	3	43	<b>46</b>	<b>0</b>	<b>46</b>
Improved Plough	0	13	<b>13</b>	<b>0</b>	<b>13</b>

In Surkhet 1 farmer from each group was selected as “best demonstration farmer” and awarded a prize of a roll of hosepipe and a sprinkler. They were selected on the basis of the number of techniques applied at home and the number of plants in their nurseries.

### 1.3 Training

Farmers training has continued at a pace, though due to the monsoon and increased farm work these activities are generally reduced. Training is carried out at the RCs and in the groups' villages both as multi-disciplinary or integrated trainings and as short single topic trainings, such as stove making and grafting. In some cases villages outside of the program area have requested training and both staff and "barefoot consultants" trained by HPC have been active in providing for this need (see also below 5.5).

Below is a summary of training activities from April to September:

Surkhet	No: Trainings	Days	Participants		
			Women	Men	Total
Residential Farmers' Training	1	5	7	14	21
Trainers' Training	1	6	14	9	23
Organisational Capacity training	1	5	3	4	7
Needs Analysis Training	1	1	2	10	12
Mobile Farmers' Training	6	24	92	82	174
Technical Trainings	20	37	38	164	202
<b>Total Surkhet</b>	<b>30</b>	<b>78</b>	<b>156</b>	<b>283</b>	<b>439</b>
<b>Humla</b>					
Residential Farmers' Training	1	5	8	12	20
Organisational development training	1	5	4	19	23
Village visit	1	2	8	11	19
Mobile Farmers' Training	9	21	103	85	188
Technical Trainings	42	27	130	154	284
<b>Total Humla</b>	<b>54</b>	<b>60</b>	<b>253</b>	<b>281</b>	<b>534</b>
<b>Total All Areas</b>	<b>84</b>	<b>138</b>	<b>409</b>	<b>564</b>	<b>973</b>
Previous 6 months	104	111	522	391	913
<b>Total for the year Oct 12-Sept 13</b>	<b>188</b>	<b>249</b>	<b>931</b>	<b>955</b>	<b>1886</b>

### Slide and Film shows

In Surkhet and Humla staff have been showing slides and films in the villages using solar-powered pico-projectors. In this reporting period **17 slide and film shows** have been shown in villages and HPC Resource Centers, to a total of **547 villagers** (347 women and 200 men). Thus the total for the past 12 months is **43 slide/film shows to 1250 people (722 women and 428 men)**. Slide shows have included SRI, liquid manure, orchard management, vegetable growing, toilet construction, soil conservation and regeneration, sweepings pits, fruit planting, nursery management and water management. Films have included Child Nutrition, Child marriage, Effects and Control of Alcohol and Child Trafficking (acquired from UMN and PLAN International).

### 1.4 Livestock

HPC's Livestock program encompasses 3 main areas: farmers' training, stock treatment and provision of improved breeds.

In this period, Livestock Health Training has been provided in mobile trainings in **8 villages** in Surkhet and Humla to a total of **178 farmers (85 women and 93 men)**.

Topics in the training include:

<b>Topic</b>	<b>Issues</b>
Balanced diet	grain, fodder (raised off the ground/fed in troughs, chopped), salt lick, mixing with grain husk (otherwise a waste resource)
Breed improvement	selection of good livestock and introduction of improved varieties and maintaining genetic diversity
Shed Hygiene	Keeping shed clean; maintaining air flow (windows)
Treatment	importance of timely treatment; use of local herbs

For treatment of livestock, **Livestock health camps** have been provided to communities. In Humla **4 camps** have been provided in different locations and **435 animals** were treated. In Surkhet another **4 camps** have been provided where **576 livestock** were treated. A summary is given below,

#### **Livestock treatment: Combined summary**

	<b>Cow</b>	<b>Buffalo</b>	<b>Goat</b>	<b>Pig</b>	<b>Total</b>
Humla	250	28	157	0	<b>435</b>
Surkhet	14	15	542	5	<b>576</b>
<b>Total</b>	<b>264</b>	<b>43</b>	<b>699</b>	<b>5</b>	<b>1011</b>

<b>Treatment</b>	<b>Humla</b>	<b>Surkhet</b>	<b>Total</b>
Internal parasite	281	576	<b>857</b>
External parasite	152	0	<b>152</b>
Retained Placenta	2	0	<b>2</b>
<b>Total</b>	<b>435</b>	<b>576</b>	<b>1011</b>

#### **Breed Improvement**

In Humla **1 buffalo bull** and **1 billy goat** has been provided to 2 groups for breeding purposes. In Surkhet **1 buffalo bull, 1 goat, 1 billy goat** and **2 pigs** were provided in the previous reporting period. The pigs were provided as a pair to one group with the arrangement that their offspring are provided to other groups for breeding. The buffalo bull and billy are similarly cared for by 1 group and stud fees collected to pay for keeping costs. In seasons where breeding is not done, group member raise funds from each household to cover keeping costs.

Castration tools have now been acquired for both districts and will be start to be used over the cooler season to reduce the risk of infection.

#### **1.5 Irrigation**

HPC provides low-input irrigation systems to communities through spring capture and delivery to tanks dug out and lined with heavy duty u/v resistant polythene, and from the tanks distribution to focal points in farmers' fields. An integrated system will use the same spring for drinking water. As well as designing and building new systems, HPC technicians are also able to repair and retrofit existing systems.

In addition to the 2 irrigation systems reported up to March, a further **4 systems** have been installed since April providing irrigation to **17.90Ha** of land for **27 households**, comprising **65 women** and **81 men**. Two of the systems also integrate drinking water (see below 2.2). One of the 4 systems involved repair and maintenance of an existing system, where the intake tank was replaced and enlarged with a polythene-lined tank capable of holding 35,000L of water, and some distribution pipe also replaced.

Local community labour contribution for the irrigation totaled **391 person days**, with a value of **NRs 1,17,300/-** (approx. £780)

## 2. Health Program

### 2.1 Women's Health Program

#### Women's Health Training (WHT)

In April HPC ran a residential WHT lasting **7 days** at Baragaun RC in Surkhet for **22 women** from its program area. Topics of the WHT were detailed in the previous report and are not repeated here.

Immediately following the WHT a Women's Health Camp was run from the Baragaun RC (see below).

#### Mobile Women's Health Training

An abridged version of the WHT is provided in the Mobile WHT which is delivered directly in separate villages, allowing more women to attend compared to a residential course. In Humla 4 **mobile WHTs** have been provided to a total of **82 women**. In Surkhet a further **7 mobile WHTs** were provided to **126 women**.

#### Women's Health Camp (WHC)

Following the WHT, HPC ran a Women's Health Camp at its Baragaun RC. Women's health experts from the Women's Rehabilitation Centre (WOREC) in Kathmandu facilitated the camp, supported by HPC's Women's Health assistants. Surkhet District Health Office also collaborated by sending their staff, and other staff from the District Health Workers' Association and VDC Health Post (Neta) also provided assistance. Neta VDC also assisted with advertising the camp.

In total **92 women** received treatment and counseling for a variety of ailments, detailed in the table below. In addition education programs were run for visiting patients. These were:

- A display of herbs with information on their processing and use
- Poster displays of human physiology, centres of disease, causes of disease, ways of diagnosis; family planning methods
- Theatre and role play on the value domestic cooperation and prevention of domestic violence and the importance of gender harmony
- Film shows on Child nutrition, Child marriage, Effects and control of alcohol

Diagnosis	No. patients	Treatment
Prolapse uterus (1 <sup>st</sup> degree)	14	Ring fitted, counseling
Prolapse uterus (2 <sup>nd</sup> degree)	2	Ring fitted, counseling
Menstrual difficulties	6	Counseling, neem oil
Painful uterus	23	Rest, posture, counseling

White discharge	3	Neem oil, counseling
Vaginal itching	3	Bathe with neem water
Gum infection	1	Ginger
Eye infection	1	
Headache	10	Re-hydration, willow bark
Backache	9	Rest, posture, counseling
Ulcer	13	Herbs (dhubo, <i>Cynodon dactylon</i> ), milk
Urinary tract infection	4	
Asthma	3	Rest, reduce smoke in kitchen
<b>Total</b>	<b>92</b>	

In Humla a new Women's Health training has been developed aimed at adolescent and unmarried (Kisori) girls and women. Four trainings have been provided for a total of **80 young women**, including **44 girl pupils** between the ages of 12-16 at Madanadev High school in Madana. Topics included:

- What is adolescence?
- Physical and psychological changes and their effects in girls at puberty
- Gender
- Hygiene
- Diet
- Social attitudes towards puberty and adolescence

In addition, a training in health care during pregnancy was provided to **24 women** at Dapka RC in Humla. Topics included

- stages of pregnancy,
- diet for mother and child
- protection for the mother and unborn child during pregnancy,
- physiological changes in the mother,
- growth of the foetus,
- preparing for birth,
- problems that can happen and their prevention/treatment.

### **Women's Health Network (WHN)**

Regular meetings are ongoing in Surkhet and Humla where female staff and group representatives have gathered to discuss program needs, activities and strategies, and to plan future activities. In Humla and Surkhet members of the respective WHNs have started planting herbs in kitchen gardens for health use.

### **Primary Health Care**

In Surkhet HPC has cooperated with the VDC Health post at Neta VDC to provide a monthly health service involving an Auxiliary Nurse Midwife (ANM) visiting Baragaun RC to provide primary health care treatment. A total of **45 (28 women and 17 men)** have received treatment for a range of ailments including fever, diarrhea, worms, gastric, wounds, jaundice, sprains, external and internal parasites and eye infections.

## **2.2 Drinking Water**

HPC has used its traditional method of non-cement tanks to capture springs before piping water through break tanks to tap stands in the villages.

In Surkhet a further **3 systems** providing **18 taps** have been built in addition to the 3 reported up to March. Of these, 2 systems are integrated with irrigation (see above 1.5). In total **20 households** comprising **125 people (54 women and 71 men)** have been provided drinking water, which also benefits **167 livestock**.

Local community labour contribution to these systems totaled **140 person days**, valued at **NRs42,000/-**.

### **3. Education program**

#### **3.1 Practical Literacy Classes**

This activity involves running practical literacy classes in Humla and Surkhet. The PLCs combine Freirian literacy principles with HPCs unique collection of practical activities based on the [Farmers' Handbook](#) (FHB), an easy-to-read compendium of over 40 farmer-friendly methods to increase domestic household and farm productivity. PLC participants learn letters and words, and later sentences, that form topics from the FHB such as stove, nursery, toilet, hygiene, diet, fruit tree grafting, etc. At the same time as increasing their literacy they also apply the methods in their own houses and fields.

**Four PLCs** (2 in Surkhet and 2 in Humla) have run for 9 months and are now complete. Of **108 people** (100 women and 8 men) enrolled in the classes, **81 (75%)** have been assessed as having attained basic literacy skills and are able to read and write in simple language. The remaining 27 will be allowed to enroll in extra classes to attain a similar ability.

#### **3.2 Schools' Program**

In this period Satti primary school has been closed by the District Education Office in Humla, and HPC has diverted support to another primary school in Bhadaura village to make furniture (benches) for the pupils. In Surkhet HPC has provided support to 4 village primary schools to make furniture. In the next reporting period HPC will be focusing on providing permaculture classes to pupils at Baragaun's primary school in Surkhet.

#### **3.3 Education materials**

This activity involves purchase and distribution of the Farmers' Handbook (FHB) to groups in HPC working areas. The FHB, originally printed in 2001, is currently out of print and efforts are being made to secure funds for re-printing. This was planned for January this year but has so far been unsuccessful. In the meantime, PLC classes have used copies of the FHB borrowed from previous recipients.

### **4. Livelihoods program**

#### **4.1 Beekeeping**

Following surveys of villages to gauge capacity and potential for beekeeping in the first 6 months, training in hive construction and beekeeping has commenced in the second reporting period from April. Most tools and materials for hive construction are found in villages so as part of their community contribution participating farmers supplied their own tools and timber. HPC has provided materials such as bee veils, gloves, queen gates, queen box and honey extractors.



In total **47 farmers** have trained in hive construction and to date have constructed **26 Newton hives and 4 Top bar hives**. A further **65 farmers** from 7 groups have received beekeeping training which included wax processing, from which a small amount of wax candles were produced as a trial.

#### 4.2 Vegetable seed production

In the first reporting period training was provided in site selection, sowing, fertility, water and pest management for vegetable seed production. Further training has now been provided to selected groups in harvesting, storage and documentation of saved seeds. In Surkhet, **1.65kg of broadleaf mustard and 0.5kg daikon radish has been produced and marketed. In Humla, 1.0 kg of broadleaf mustard seed has been produced.**

#### 4.3 Sewing

In Surkhet HPC have sponsored 1 woman and 1 man to participate in a 3-month sewing training from July to September in Neta VDC centre, and have been provided with a foot-pedalled sewing machine with tools and accessories. They have since started tailoring clothes such as Nepali *kurta suruwal*, petticoat, suit jacket and trousers. They were part of a 9-person training class, and it was reported that the woman, Laxmi Khatri of Manakamana group in Baragaun, came top of the class.

#### 4.4 Herbs development

Following research and survey of opportunities for development of various herbs production, **4 farmers** from different groups have started planting up to 15 varieties of locally known medicinal herbs on their own land, some of which are becoming rare in the local area. Some of the species and their uses are detailed below:

Species	Use
Aloe vera	- burns, skin abrasions
Bhui champa	- broken bones, sprains, bumps and bruises
Ragat jari	- Diarrhoea, dysentery
Kachur	- coughs, sore throat
Tulasi (wild basil)	- coughs, sore throat, fever
Pakhanbed	- Diarrhoea, dysentery
Asparagus (wild)	- increase mothers' milk production
Budhi sijeni	- coughs, sore throat
Kan pate	- ear infection
Kanchirna	- tetanus
Bhuisagina	- stomach ache

#### 4.5 Cardamom cultivation

A training in cardamom cultivation and harvesting has been planned, provided by the government Agriculture Development Office in Surkhet, but to date the trainer has not been able to fix a date for the training. Recent communication with the ADO suggests this training will now happen late October or early November, between Dasain and Tihar festivals.

#### 4.6 Mills

HPC has been assisting in the repair and refurbishment of an existing community hydro oil mill in Madana VDC of Humla, providing a new shaft, and tin for the roof. This mill is now functioning and producing oil pressed from locally grown mustard. The mill is being managed by 2 trained local technicians who receive a tithe from famers pressing their seed.

## 5. Capacity building program

### 5.1 Permaculture Design Course

This activity was completed and described in the previous report.

### 5.2 Trainers Training

In September, a specialist capacity building NGO, Sahakari Samaj (“Cooperative Community”) provided a Trainers’ Training (ToT) to selected farmer and group leaders from Surkhet and Humla.

ToT topics included:

- Rapport building
- Training needs assessment
- Training design
- Preparing training sessions
- Appreciative Inquiry
- Facilitation skills
- Micro-session preparation and delivery
- Gender and development
- Setting training objectives
- Teaching methods
- Training tools
- Training games
- Presentation skills

### 5.3 Organisational development

Since April, 2 organisational development trainings have been provided one each in Surkhet and Humla

In Surkhet, Sahakarmi Samaj spent 1 day performing a Needs Analysis workshop with 12 staff and board members, followed by a 5- day Organisational Development training for 7 staff and board members. This focused on identifying weaknesses and strengths of current HPC policy and bringing this in line with government and other agency policy. Thus the main output has been the production of HPC policy document, including staff structure, roles and responsibilities, leave policy, wages scales, sickness benefits, insurance, financial policy, board roles and responsibilities, grievance policy, etc.

Sahakarmi Samaj, a specialist capacity-building NGO based in Surkhet, has played a key role in the organisational development of HPC and its village groups over the past 2 years, and continues to provide bespoke support both formally and informally.

In Humla a, 5-day organisational development training was provided in June by Kathmandu Training Centre to 23 participants representing local groups. Topics included:

<b>Topic</b>	<b>Sub-topics</b>
Group formation	- selecting posts, decision making, implementing agreements
Group micro-finance	- groups' production – types, collecting funds, responsibilities, record keeping
Effective technician	- education and qualifications, discipline, family relationship, health
Leadership	- capacity, ability and qualification, attitude and qualities, family relationship
Participation	- benefits of participation, how to create community participation

### 5.4 Farmers Field trips

This activity was completed and described in the previous report.

### **5.5 Farmer-Farmer extension**

HPC is facilitating on-going gatherings of farmers in both working areas (aside from all the farmers' trainings, see above 1.3) where they have an opportunity to review activities, sharing their experiences and discussing successes and challenges as well as giving their hopes and expectations of the overall program and planned activities.

In Humla 19 representatives (8 women and 11 men) from this year's new groups made a field trip where farmers from new groups visited established groups to view established activities and familiarise themselves with the activities of the program. In Surkhet farmers participating in SRI activities have met several times during the paddy season to view progress and share their experiences. At Baragaun RC in Surkhet groups have met 2 times (total 49 farmers) since April to discuss various activities such as herbs development, renew HPC membership, organise which staff will visit which groups, how to increase participation in the SRI activities and in the Women's Health Network.

This program also supports skilled farmers to train other farmers outside of HPC's program area. To date **4 farmers** have provided training outside of HPC's working area. In Humla one has constructed stoves at the request of local villagers, and another provided vegetable and nursery training at the request of another local NGO. From Surkhet one farmer, that has received Permaculture and Trainers' training, assisted by a member of Sunrise Farm in Kathmandu, travelled to Solukhumbu district in Eastern Nepal to deliver training on vegetable growing in polytunnels to farmers and schoolchildren at a monastery community.

HPC's strategy is to spread its techniques and approaches in this way - not by adding more villages to its own working areas but to train up local farmers to be able to go and train other farmers either directly or at the request of other organisations.

### **Review and Evaluation Meetings**

Two review and evaluation meetings were held in Humla and Surkhet where group representatives and staff met to review activities over the past 12 months. Three questions were asked: what has gone well, what has been challenging, and what suggestions for improvement are there.

### **Community contributions**

These are voluntary contributions the community has made into its own development. In Humla local community labour contributions for temple construction, drinking water and mill maintenance total **531 person-days**, valued at NRs **160,000/- (£1070)**. In Surkhet for projects such as drinking water, irrigation, community building, paths maintenance and schools' playing fields, community contributions total **721 person days** worth NRs **216,600/- (£1444)**.

### **HPC Website**

HPC's website, [www.himalayanpermaculture.com](http://www.himalayanpermaculture.com) was created February 2009. By March 2012, **27000** hits were recorded. Up to the time of this report (Sept 2013), over **63,000** hits have been recorded.

This report is supplemented by Photo Galleries of activities in Surkhet and Humla, available as downloads from [the website](#).