Introduction
We are delighted to present you the first BIKASH-Enablement Newsletter. This newsletter is one of the new initiatives of the partnership between BIKASH Nepal and Enablement Netherlands. Our aim for BIKASH Nepal is to become a sustainable Regional Training and Resource Centre in the field of CBR and disability related issues.

The thoughts on a partnership between BIKASH Nepal and Enablement Netherlands started in 2011 during the 8th International Training Course on Community Based Rehabilitation (CBR) facilitated by Enablement in BIKASH Nepal, a training centre located beautifully in Pokhara Nepal. The German Leprosy Relief Association, the major funding agency of BIKASH, has supported this initiative. We are currently working on a 5-years strategy plan, where Enablement will be the partner in the area of disability-related training programs, including the CBR trainings. This Newsletter will introduce BIKASH Nepal and Enablement Netherlands and will give an overview of current and planned activities for the year 2012.

Get to know BIKASH Nepal

BIKASH stands for Building In Knowledge, Attitude and Skills for Health. BIKASH Nepal is a local Non-Governmental Organization (NGO) registered in Kaski district of Western Development Region (WDR) of Nepal. It is an active stakeholder in the field of human resource development in CBR and disability related issues. The organization is based within Green Pastures Complex, Pokhara. BIKASH is a partner organization of the International Nepal Fellowship (INF) and seeks to work in partnership with INF and other NGOs and INGOs for its wider coverage of services and sustainability.
The aim of BIKASH is to develop high standard skills and knowledge of service providers involved in appropriate health care and rehabilitation. Presently, BIKASH Nepal is offering training to people involved in CBR, HIV & AIDS, leprosy, disability and tuberculosis. BIKASH also works in partnership with community groups to improve awareness of socially prejudiced diseases and engages in health promotion to change attitudes and behaviours.

BIKASH Nepal emerged from the training department of INF in 2005 gathering over 33 years of experience in the field of training and facilitation of CBR, HIV/Aids, Leprosy and Disability.

Get to know Enablement Netherlands

Enablement and Associates, in short Enablement, is formed by a multi-disciplinary team of committed disability and rehabilitation professionals in and outside the Netherlands. The team has a vast amount of expertise in diverse academic fields, among which epidemiology, anthropology, physiotherapy, occupational therapy, adult education and public relations. Above all it is a team of well-experienced researchers, evaluators, organisational and institutional development specialists, lobbyists, trainers and experts with extensive experience in the field of Disability and Development, and (Community Based) Rehabilitation.

Enablement’s Mission is to promote Community Based Rehabilitation through innovative training, evaluations, research and development. Since we CARE about the field of disability and development the work of Enablement is guided by the following principles:

- Contextualize CBR
- Accompany in Advocacy
- Reflect and Research
- Enable Agents of Change

Enablement is convinced that the role and responsibility of persons with disabilities within the field of development and rehabilitation should become more prominent than it has been so far. Promising developments related to advocacy and emancipation of the persons with disabilities are taking place in many parts of the world. These changes require increasingly innovative professionals who can and will be able to adapt to the changing nature of this field.

‘The Dream of Inclusion for All; powerful CBR training materials’
In the year 2011 the publication of the book ‘The Dream of Inclusion for All; powerful CBR training materials’ has been realized. A total of 27 case studies from all over the world have been transformed into a large variety of training materials. This publication is suggesting various adult educational methodologies and can be used in a variety of training and educational settings for several levels of CBR staff. The book is not merely training material. It is a publication, which helps
trainees to think ‘out of the box’. It thus does not provide clear-cut answers to questions but helps the trainee or student to critically consider possible strategies and solutions. The publication has been subsidized with grants from the Netherlands Leprosy Relief as well as from Caritas Germany and can be ordered for a price of € 25 (excluding postage). This book is also used during the International CBR Training Course and is available in BIKASH.

**BIKASH-Enablement partnership**

Nepal ratified the UNCRPD (UN Convention on the Rights of Persons with Disability) in December 2009 and was officially registered by the United Nations in May 2010. This recent development is not only an important milestone, but also a great challenge for the Government and many (I)NGOs working in the country. People with disabilities can now claim for and enjoy their rights and stakeholders will need to incorporate disability issues in their overall portfolio. With the official launching of the WHO CBR Guidelines and the acknowledgement that these Guidelines are the best way forward to realise the UNCRPD, a big opportunity for the BIKASH-Enablement collaboration has opened up, as local training centres in Nepal struggle to offer higher standard training packages. After all, CBR and Disability are relative new areas in Nepal. Based on these assumptions and the feedback received from several (I)NGOs in Nepal and the Asian region, we believe that BIKASH Nepal is in a very good position to establish itself as the training centre of choice. Exciting developments are planned for the near future among several training courses.

**Review Training Program first quarter 2012**

- In February 2012 Anne Roberts facilitated the Rehabilitation and Prevention of Disability Training Course (RPoD). A total of 6 trainees from four countries (Nepal, India, Thailand and Timor Leste) participated in the two-week course. Trainee feedback was overwhelmingly positive. Learning activities were diverse, including expert lectures, group work activities, patient demonstrations and trainee presentations. Trainees particularly appreciated the practical sessions in the adjoining ‘Green Pastures Hospital and Rehabilitation Centre’ (GPHRC) and ‘Partnership for Rehabilitation’ (PFR) program, as well as the day trip to visit several of PFR’s ‘community-based rehabilitation’ (CBR) initiatives. New for these courses were a ‘reading reference’ and ‘work manual’ for each trainee, which were enthusiastically received and used.

- 9th International CBR Training course took place in March 2012 and was facilitated by Huib Cornielje and Vera van Ek of Enablement as well as Prakash Wagle (INF) and Hem Gurung (Independent Living). There were 17 participants from India, Sri Lanka, Timor Leste, Bangladesh, Pakistan and the USA.
The outcomes of this training were acknowledged by all of the participants:

1. Participants have a common understanding on Disability, CBR and Inclusion
2. Participants have been sensitized and understand the effects of exclusion in development activities
3. The group has identified preliminary steps to ensure the participation of people with disabilities in their CBR programs/projects
4. Participants are able to design inclusive CBR projects
5. The group understands the importance of networking and collaboration with DPOs in CBR
6. Participants can perform proper monitoring and evaluation of their CBR programs/projects.

For more information on this training please visit www.cbrtraining.com

Feedback from one of the participants:

**From America to Nepal**

I travelled from America to Nepal in search of “The Dream of Inclusion for All”.

Community Based Rehabilitation, as I understand it to be, is a process of involvement of the persons with disabilities within their existing community.

As I sat and pondered in the classroom, I realized the meaning is much, much more than teaching a person how to use a loom.

It is a method of empowering those who have had challenging life events to dispel the feeling of doom, but not to impose.
It is the encouragement of all members in a village to be a piece of a solution and to embrace all and to help others to have a chance and a new life lease.

The learning that took place in the BIKASH lecture hall was tremendous and immense for many of the students, if not all.

Through an effective exercise, Vera implanted in our memories what it feels like to have unfortunate life experiences and we all know now never to say PWDs!

Huib, by imparting all his knowledge, wisdom, and passion, gave us vital and important tools to use in our work and daily lives, a gift that will never go out of fashion.

I have been changed by my two-week experience of CBR and the Nepali way. It's as if I was once a person with a visual impairment and now I can see the light of day.

From America to Nepal, the journey has been much more than a trip to a foreign country it has been a journey within.

**By:** **Kristine Ladd Connole**

**Other training courses**

Besides the specific BIKASH Enablement (BE) training courses other national and international training courses have been facilitated in the first quarter of the year and well:

**International Training:**
- Feb 20-Mar 02, 2012: Rehabilitation and Prevention of Disability

**National Training:**
- Jan: 16-20, 2012: Comprehensive Leprosy Training (Basic Course)

**National Training programs planned for the rest of the year 2012:**
- May 14, 2012: HIV/AIDS Orientation for Mothers’ Groups
- May 16 & 18 2012: DOTS Orientation for Female Community Health Volunteers
- May 20 & 22, 2012: DOTS Orientation for Mothers’ Groups
- July 01-07, 2012: Prevention of Disability for BHS Staff
- July 22-26, 2012: Prevention of Disability for BHS Staff
- September 03-12, 2012: CBR Basic Training for I/NGO Staff

**Introduction BIKASH-Enablement in the Disability Working Group of the AIN**

Vera van Ek had the opportunity to participate in a meeting of the DWG on February 28. The meeting took place in Kathmandu and was hosted by ActionAid, facilitated by Handicap International. A brief presentation was given about the partnership between BIKASH and Enablement as well as about the services BIKASH is offering and the importance of the developments in the world of CBR. It became clear that most organizations still struggle with the CBR strategy. Huib Cornielje did make a follow up with the DWG of the AIN in April 2012 with a workshop.

**BIKASH-Enablement courses in 2012**
- Mar: 05-16, 2012: International Training on Community Based Rehabilitation
- April 2012: Training for AIN network in Nepal
BIKASH-Enablement courses in 2013
- January 2013: Training of Trainers –TOT CBR Course. Target group: BIKASH staff and staff from INF, PFR, GPHRC and those interested in training methodologies for CBR trainings
- February 2013: International RPoD Training Course
- March 2013: 10\textsuperscript{th} International CBR Training Course. As to celebrate this anniversary a CBR conference is expected to be organized. More information will follow.
- Date to be finalized: International Accessibility and Disability Training Course in collaboration with the NAPD (National Association of the Physical Disabled Nepal)
- November 2013: 2\textsuperscript{nd} Training of Trainers -TOT CBR Course for a broader target group

More trainings are in the planning, both on national and international level. Currently discussions are taking place to organize a field workers course focusing on handling children with severe and multiple disabilities.

Finally
We would like to thank you all for you interest and involvement in BIKASH Enablement. A special word of thanks is for the GLRA who has shown continuous interest in the current developments. We are looking forward to an exciting year and hope you will be as excited as we are!!

On behalf of BIKASH Enablement,

Gopal Gurung, Program Manager BIKASH
Huib Cornielje, Director Enablement
Vera van Ek, Inclusion and Disability Consultant Enablement

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