



Feed The Children's newsletter for volunteers and community fundraisers

## Inside this issue:

Education at any time of the month	2
Cake - your recipes requested	2
Qualifications for volunteers	2
Your aid helps Moldova orphans	3
Events listing - can you help?	3
Contact details	4
Wear the tree ribbon	4
Do drink the water!	4

## Eat a Breakfast, Save a Life - you did!

Volunteer groups, clubs, churches, hotels and schools all over the country joined with Feed The Children's first Eat A Breakfast, Save a Life day in February 2008.

The first one of any event can be nerve-wracking; but what was fantastic about all your efforts for FTC was that everyone had such a

good time. The promise of a full English breakfast in good company proved to be a great attraction.

Each breakfast was different, because our supporters added their own flair to our basic concept; and every one was a success.

Thank you to everyone who supported Eat A Breakfast, Save A Life day - don't forget to mark Tuesday 24 February 2009 in your calendars - our second breakfast day is sure to be better still!



**CLASP - a self-advocacy group for people with learning difficulties - raised £400, with the support of Wokingham Methodist Church members**



**Ladies of St Ives Inner Wheel club didn't bother to get dressed for their breakfast meeting - raising £110.**



**Vida Reynolds, Marion Hurst and the Lockerley Ladies raised £625 from their breakfast**

## Tools to Uganda - with Wyevale's help

With help from Wyevale Garden Centres, we have recently sent 13 large crates of horticultural tools to needy communities in Uganda.

Thousands of Ugandan families want to resettle the lands they fled during the civil war, but find their homes ruined and the land reclaimed by wilderness.

FTC helps communities towards self-sufficiency by providing seeds, tools and agricultural training.

Wyevale Garden Centres' promotion during the February half-term week invited customers to bring in a good condition, unwanted hoe, fork, spade or

soil rake. In return, they received a voucher giving a discount off a new tool.



Please pass this newsletter on to anyone who might be interested in volunteering at Feed The Children.

Opportunities include warehouse, office and fundraising work, and can fit with your existing commitments.

If you can spare from half a day a month, whether term-time, school holidays, or all year round, your skills can be helping feed hungry children!

## Education - at any time of the month

Can you help teenage girls get the most from their education?

A tragic number of girls across Uganda, Kenya and Zimbabwe cannot afford sanitary products, or even underwear. When they are menstruating, they just don't go to school, missing out on one week in four of their education. The education of girls in the developing world is of tremendous value; it raises their aspirations and confidence, and gives them the tools to tackle some of the other difficulties they face.

How you can help:

- Send a donation to our Pads and Pants appeal. You can donate online if you



*Educating girls educates their future families; but their education is erratic simply because they are girls*

wish.

- Organise a collection of sanitary towels (not tampons) and girls'/ladies' knickers with your colleagues, friends or club members.
- Give a gift with a difference! Our latest Alternative Gift is a Pants and Pads pack. Just £5 provides two dozen sanitary pads and a pair of knickers to a teenage girl.

**To support this appeal, or for more information, please call us on 0118 932 0095 or email [info@feedthechildren.org.uk](mailto:info@feedthechildren.org.uk)**

## Cake - your recipes requested!

**(Almost) Anyone over 16 can volunteer! Please call us on 0118 932 0095 to find out more.**

Do you have a cake recipe that goes down well at cake sales and other fundraising events?

FTC is putting together an information pack for groups wishing to organise cake sales on our behalf, and we'd like to include some mouth-watering recipes.

We want to include a variety of ideas - cup cakes, muffins, traybakes, novelty cookies, and items



suitable for children to make. In fact, anything that can be made in large quantities and leave people wanting more!

The recipes can be your version of a traditional favourite, but should not be copied from a book, for copyright reasons.

Please send your recipe (by 9 May) to our head office address on page 4, or email to: [info@feedthechildren.org.uk](mailto:info@feedthechildren.org.uk)

## Qualifications for volunteers

**Earn an NVQ qualification - and help feed hungry children with your voluntary work!**

Did you know that working as a volunteer could earn you a nationally recognised qualification?

Feed The Children is partnering with East Berkshire College to offer NVQ qualifications in a wide range of subjects, including customer service, business administration, IT and team leading.

If you do not have formal qualifications already, this could be the ideal way to boost your skills and confidence and help a charity at the same time. Plus you get the added bonus of a recognised qualification that could be useful for your future career.



To find out more, please call us on 0118 932 0095.

## Your aid helps Moldova orphans

It's always good to see the aid donated and packed in the UK has reached its destination safely.

We recently received a report from our partners in Moldova (between Romania and Ukraine), telling us where our aid was distributed. The recipients included more than 400 child TB patients, a home for 12 orphaned girls, a children's centre caring for 26 orphans and a boarding school for 150 children with special needs. Food and



hygiene items were also given to 60 elderly people and a support project for 40 families.

Moldova's drought of last year has resulted in high food prices, as partner

Veronica Martiniuc explained:

"Basic food products are imported from other countries and they cost

three or even 10 times more than a year ago. Most people don't have the possibility to buy food at such prices, people do not have where to work and their own harvest from their land was not sufficient; everything had dried.

We are very content and thanks to you for all received good from you. Together we become stronger and more sure in the following day. God blesses you!"



**Orphans in Moldova show off their new jumpers - made in the UK**

## Events - are you available?

### Home Counties Events

**Friday 23 May, 9am-noon. Volunteers' brainstorming meeting.** Please bring your ideas and opinions to St Mary's Church Hall, Station Road, Twyford.

**Sunday 1 June. Twyford Donkey Derby.** Can you join the team to run our fundraising stall?

**Sunday 6 July. British London 10K Run.** Can you travel to London to support our runners? There are still places left for runners, too!

**Sat-Sun 5-6 July. Aldershot Show.** Can you help man our stand at the show, sell tombola tickets and hand out information?

**Sunday 6 July. Abseil event at Kings' College Hospital, London.** Volunteers and participants needed.

**Sat-Sun 12-13 July. Abseil and Zip slide at Newport Transporter Bridge.** Volunteers and participants needed.

**Sunday 31 August. Great British Duck Race at Moseley Lock, nr Hampton Court.** Volunteers welcome.

**Sunday 28 September. Peppard 10K run.** Could you help register the runners and marshal the course?

*Please talk to June Leatheam on 01256 787972 if you can help at these, or other events in the south of England.*



**Pam Green and friends, of Berkswell, near Coventry, raised £800 from a coffee morning and sale of bric a brac. Thank you!**

### Midlands Events

**Saturday 21 June. Abseil at Leicester Tigers RFC.** Could you help register participants and help the event organisers?

**Saturday 27 September. Big Bike Ride (15 seater tandem), in Birmingham.** Volunteers and participants needed.

**Friday 31 October. Trick or Treat Walk.** Volunteers needed to help organise this family fun event.

**Saturday 22 November. Concert of World Music, Birmingham Cathedral.** Can you help with organisation beforehand or on the night itself?

*Please talk to Joy Cartwright on 07984 631947 if you can help at this, or other events in the Midlands.*

**Since December 2007, needy communities in Liberia, Uganda, Angola, Zimbabwe and Moldova have received 26-tonne shipping containers of essential aid - including food, blankets, seeds, tools, toiletries, education materials.**

*Thank you for helping us make it possible*



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### Head Office

2 Tavistock Industrial Estate  
Ruscombe Lane, Ruscombe  
Twyford, Berkshire.  
RG10 9NJ

Phone: 0118 932 0095

Email: [info@feedthechildren.org.uk](mailto:info@feedthechildren.org.uk)

### Bristol

90 Stokes Croft, Bristol, BS1 3RJ  
Phone: 0117 923 2300  
(calls will be redirected to head office)  
Email: [info@feedthechildren.org.uk](mailto:info@feedthechildren.org.uk)

### Birmingham

Contact through Head Office

[www.feedthechildren.org.uk](http://www.feedthechildren.org.uk)

We work worldwide to develop  
sustainable communities and provide  
food and other necessities for those in  
great need.



## Wear the tree ribbon

Can you help FTC sell 15,000 green and brown ribbons? With a suggested donation of £1 or more, sales will support our tree nursery programmes in Uganda and elsewhere.



Where 80% of the population depend on wood for fuel, trees can become scarce - but are not always replaced when cut down.

Children in our tree nursery schemes are learning to plant and nurture trees, so vital for fruit and firewood. With songs and poems, they learn a simple message, "If you cut down a tree, plant two more."

Our programme improves the environment, provides fruit such as oranges or mangoes, provides fast-growing trees for firewood, and gives the children horticultural skills - so important in a rural area.

The schemes provide saplings, tools, and a visit from a Feed The Children training officer, with an average cost of £1 per tree.



**If you could take a box of tree ribbons to sell, please call us on 0118 932 0095.**

**Individual ribbons are available on our online shop, [www.feedthechildren.org.uk/osc](http://www.feedthechildren.org.uk/osc)**

## Do drink the water! The CEO reports.

Visiting Uganda in February, it was great to see some of our latest initiatives nearing completion. I went to see some of our new water boreholes, and what a difference they make!

We have supplied 10 villages in Kalaki sub-county with new boreholes; women and children used to walk miles to fetch water from rivers, springs and even swamps, putting their health and even their lives at risk. The children used to pick up one stomach bug after another and constantly had worms or other parasites; but the effects of clean water are already being felt.

There's a new confidence in the villages where we work; adults and young people alike are gaining in skills, thanks to our education and vocational training support.

The children value their education enormously, and the adults are just as keen to seize any learning opportunity they can.

It's great to see how proud they are of their new, clean water source, and how seriously the local water management committees take their responsibilities.

But what about the water? It obviously looks cleaner than swamp water, but how safe is it? There's only one way to find out....



**Yes, that's me, proving the water from a Feed The Children borehole is clean and safe - even for my delicate western stomach.**

Best Wishes,

Chief Executive Officer