

# CHCT Newsletter

FOR SUPPORTERS OF THE CATRIONA HARGREAVES CHARITABLE TRUST

Issue number twenty-eight

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## WATER OF LIFE

### From muddy slime to healthy drinking



*Before . . . Water infected with worms and insects    After . . . Pump reaches clean supplies deep down*

**CHCT is funding an innovative health programme bringing safe drinking water to African villagers.**

UK-based Village Water don't just dig a well and leave it to silt up—they provide months of hygiene training to banish the scourge of infection for good.

Their volunteers choose one needy population at a time and keep track of everything from hand washing to abolition of primitive flyblown outdoor toilets. CHCT's £3,146 grant has gone to help the

families of Nalafune, a farming community in Zambia's Western Province.

*One resident told a volunteer: "We could only draw water from a scoop hole 500 yards away. It is dirty and we have been suffering from diarrhoea".*

A protected waterpoint with a handpump drilled to 20 or 25 metres will give the community safe water for years to come as it is deep enough to cope with potential changes in the water table. Village Water have been active in the area since 2004 so the

word of what they can do has spread around widely. This means that messages from hygiene, education sessions have already been shared around schools and neighbouring villages.

One of the field staff, who take five hours to reach the remote village by four-wheel drive, told organisers the community is geared up and eager to get going.

Some families have already started building themselves sanitation facilities and a village committee will make sure the ball keeps rolling.

**ARE YOU ON EMAIL?**

**Supporters receiving the newsletter by email can get full colour, sharper pictures--and save the charity on postage.**

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# A RECORD TO BLEAT



**SUCCESSFUL** results have been reported from rural India where CHCT provided £2,000 to improve the lives of patients disfigured by leprosy.

Ten families unable to find employment because of the disease were provided with a set of goats for raising and breeding.

After two days of intensive training to give them adequate knowledge, they can now earn money every few months from the sale of kids, sufficient to keep them in regular food.

Four other families too disabled to keep clothes clean by hand were given washing machines which also allow them to earn money doing laundry for their neighbours.

This gives them self confidence and an end to the discrimination which is still widely brought about by leprosy.

It also brings health benefits to everyone now able to wear garments which are being regularly kept clean from infection.

# Living memorial

## Volunteer's legacy

**ORPHANS** in Africa tuck into a healthy lunch, thanks to a young British student who died on her gap year there.

Cecily Eastwood, 19, volunteered working with disadvantaged Zambian children but sadly lost her life in a road accident in 1997.

Her family's response was to set up the charity Cecily's Fund to carry on her dedicated work, which CHCT has now assisted with a £2,000 grant. Fund raiser Evie James said: "This will support our education and feeding programme working with orphans and vulnerable children in Lusaka. It will make a real difference to their lives and those of their families and communities."

*Over 20,000 children have already been given the chance of a better future in the 20 years since Cecily's Fund began.*

One of them, Isaac Zulu, scored top grades at school but had no way of paying his way through university. Cecily's Fund helped



*Life chance . . . The fund helps around 5,000 children a year*

him get a bursary and now he is a second year medical student. He said: "Being a product of Cecily's Fund it is my duty to help people in society. That is why I want to be a doctor so that I can help the sick".

Through its support for poor households the fund has not only helped with school fees but also uniforms and work training programmes.

Its health education is credited with cutting the spread of HIV among the adolescent population.

Programme manager Steven Barlow said: "We are also training mothers in money-making skills so they can continue supporting their children in school."

Around 5,000 children a year receive assistance from the fund, currently including 900 girls who had previously dropped out of school. They are now getting a second chance at education through provision of fees, uniforms and books with funds provided by Cecily's Fund..

# MUSTARD FIRES UP

## Ahead of the game

**THE Mustard Seed school project in Kenya is celebrating beating its target ahead of time after CHCT chipped in with a £4,000 grant.**

This means the charity will be able to expand its community health programme as well as completing the ground floor of the new school building.

Co-founder Rita Fowler said: “Who would believe we started eight years ago with 17 children and now have 275, all ages from three to 14.” They are in classes of 25, which most UK school heads can only dream of.

Boosted also by donations via the Big Give Christmas Challenge the school will soon have built-in kitchens, saving pupils from a five minute walk in all weathers at lunchtime. Rita admitted: “I didn’t realise how important this would be until the drenching rains came.”



*World class . . . Mustard Seed pupils are less crowded than in UK*

Fresh water for the kitchen comes from a new well already paid for by CHCT. New toilets are also being built, which are crucial as teenage girls are otherwise at risk of dropping out of education due to lack of privacy.

More laptops—so far there are only six—can also go on the shopping list along with a second classroom projector. Expanding

community health among local families will spread the message of preventative medicine and information on keeping healthy, which is largely missing in Kenya.

*A final feather in their cap is that the Kenyan government has recently announced a shake-up to its national education system—“and they want to make it just the way we are already teaching,” Rita said.*

## DOUBLE VISION

A CHCT grant of £1,000 to Sightsavers has been doubled by qualifying for the UK Aid programme. This means the Government matches funds raised by selected charities.

During the year our trustees approved ten grants totalling £23,025. In addition to those reported in this newsletter the Concord Trust received £2,000, the Society for Community Development £1071, the Women and Child Development Trust £2,000 and Ebenezer Womens Welfare £1,800, all in India. A new

recipient getting £2,008 in 2017 was the Wamba Community Trust in Kenya which supports three pre-schools with a nourishing meal, often all the youngsters receive all day.

Teachers report attendance is up and pupils are more alert to concentrate on learning.

The headmistress of the regional primary school noticed that when the children moved up to formal education they were much better prepared for the transition.

Next year the Kenyan Government is supposed to pay for food but no one is holding their breath.



**HEART of Kenya, the care programme for Aids orphans supported by Goudhurst Catholic church, received another £2,000 (picture left.)**

And in Malawi the Tongole project growing food for village schoolchildren, originally launched with a CHCT grant, is now running under its own steam.

Chilimani school produced 10 bags of groundnuts and the community has chipped in with bags of maize because everyone can see how much the pupils’ lives have improved.

# Driving from the back seat

## THE CATRIONA HARGREAVES CHARITABLE TRUST

**Registered number 1064838**

IF you wish to help the charity's work for remote and forgotten people in places where disease and poverty meet, please send a cheque, payable to CHCT, to: Mill House, Claygate, Kent TN12 9PE. Taxpayers can help us reclaim an extra 25p in every pound from the Treasury if they kindly fill in and enclose this declaration form.

**I confirm that I have paid or will pay income tax and/or capital gains tax for each tax year (April 6 to April 5) that is at least equal to the amount of tax that all charities or community amateur sports clubs that I donate to will reclaim on my gifts for that tax year. I understand other taxes such as VAT and council tax do not qualify.**

Signed.....

Date.....

Name.....

Address.....

.....

.....postcode.....

### **STANDING ORDER FORM**

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Address of bank .....

..... postcode .....

FROM (name) .....

Address .....

..... postcode .....

My account no. ....

Sort code .....

Signature .....

Please pay CHCT the sum of .....

{amount in words} .....

Every month/quarter/ year commencing .....

To National Westminster Bank,

Box 4, 3 High Street, Maidstone ME14 1YU

Credit to the Catriona Hargreaves Charitable Trust

(CHCT) a/c no 46572406 sort code 60-60-08



AS founder of CHCT it's hard to believe I have resolved to ease off the pressure and let a younger generation take the reins.

The charity is still dear to my heart and I shall stay on as a trustee, taking a close interest in everything it does and all the people it

helps on its mission "where disease and poverty meet". I am certain CHCT will stick to its fundamental philosophy of concentrating on the basic issues that face everyone—how to be sure of food, water education and healthcare to keep the family going.

Shall I be able to sit at the back after all this time? I'm not entirely sure myself but it had to happen someday, so watch this space!

*Cynthia Stanford*

## **ONLINE AID COSTS NOTHING**

IT'S easy to help CHCT when you shop online—and doesn't cost a penny. For a PC or laptop just register with [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) and tell them you want to support the charity. For a mobile or tablet, download their free app from the App store or Google Play.

Click on their site each time before shopping and they will then automatically pass on a percentage of everything you spend at more than 2,700 outlets including eBay, Amazon, most major stores and holiday operators.

## **BRIC-A-BRAC**

Good quality curios and household items on sale with all proceeds going to local charities  
**Come in and have a browse or bring along those unwanted gifts (no used clothing please.)**

OPEN 10am to 1pm ON FARMERS' MARKET DAY  
 (THIRD SATURDAY EACH MONTH) AT THE COACH HOUSE BARN IN YALDING HIGH STREET