

CHCT Newsletter

FOR SUPPORTERS OF THE CATRIONA HARGREAVES CHARITABLE TRUST

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spring 2015

SAFARI SO GOOD

Wild idea puts food on the table for hungry pupils



Seed time . . . Mr Chagunda (centre) and park staff check the field. Below, some of the hungry mouths



CHCT is supporting an innovative local charity that harnesses eco-tourism to help hundreds of deprived children in rural Africa.

The Tongole Foundation, run from Goudhurst, is linked to an award-winning wilderness lodge for big-game spotting in Nkhotakota, Malawi's biggest reserve.

On top of providing jobs for surrounding villagers, which discourages poaching, founder David Cole began funding improvements to their schools—such as a roof instead of kids having lessons under a tree.

Businessman David, who has put £1.4million of his own into the project, realised that education was being held back because many children were arriving in school too hungry to concentrate on learning.

Families living on subsistence farming run out of food for months between harvests and kids were walking miles to school with nothing to eat.

Now a £6,000 grant from CHCT is helping set up plantations where the schools can grow enough to give everyone a nourishing breakfast on arrival. One deputy head,

Anthony Chagunda, explained: "From December through February most families have no food left. It is the children who suffer most and lack of nutrition affects their health and education."

Villagers have enthusiastically set about cultivating the plots, which were donated by local chiefs, and children will learn agricultural, health and hygiene skills by joining in.

The three schools involved each have up to 500 children on the roll.

CHCT is providing seeds, farming implements and fertilizer, plus

cooking pots and plastic plates for the students. Local mums will have a rota for collecting firewood and helping out in the kitchen.

Bentry Kalanga, Tongole's managing director in Malawi, said: "The schools will grow maize, soya and groundnuts which have been added for their nutritional effect since maize is mainly a carbohydrate.

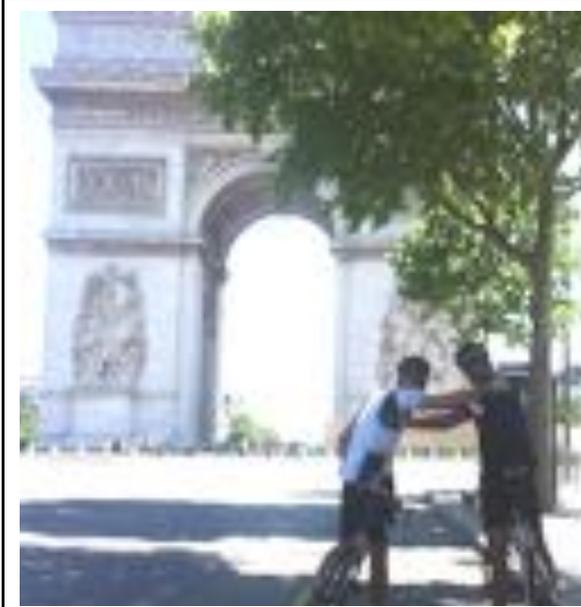
"I would like to thank you for partnering with us to make a difference in the lives of very deprived children in Malawi."

● www.thetongolefoundation.org

ARE YOU ON EMAIL?

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

ADOBE PDF READER REQUIRED. JUST EMAIL THE EDITOR AT LONG.BARN2@BTINTERNET.COM



A TRAIL OF 2 CITIES

NOT quite the Tour de France but London to Paris on a pushbike is a challenge—especially if it has to be done in 24 hours.

That didn't stop supporters Nick and Tim Allen, sons of trustee Chris Allen, who set off with pal Lawrence Roberts to raise sponsorship for CHCT. And as the picture shows they clocked in at the city's

central Arc de Triomphe after just 20hrs 15min.

By taking the Newhaven-Dieppe ferry they were able to grab a four-hour break but all the rest was in the saddle, with the notorious Parisian traffic at the end of it.

Tim said later: "It's less than 100 road miles according to the AA but it feels like more on a bike."

A 'grand' job from Team CHCT

CHCT's athletic supporters surpassed themselves last year by boosting their sponsorship to nearly £1,000 in the Paddock Wood half-marathon.

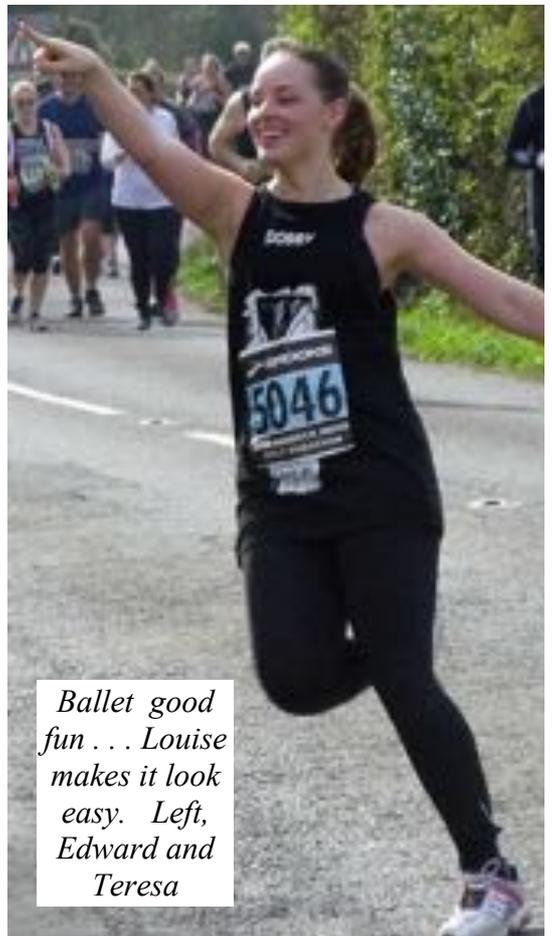
Team organiser Teresa Dobing is all set for another crack at it this spring—and not too discouraged by her time of 2hrs 42min being ten minutes slower than in 2013.

She explained: "The weather was terrible for training, it just never stopped raining for weeks on end and the event was run earlier than usual, so there was no chance of being at peak fitness. I am hoping it will be third time lucky"

The squad consisted of Teresa, her daughter Louise and Edward Shelley. Louise reckoned the experience was a real buzz and well worth the effort

She said: "The best bit was when we came past the Chequers pub in Laddingford. They had music playing with a big crowd yelling and cheering. The atmosphere really gave the runners a boost."

● IF you'd like to join in and support a worthwhile cause, email teresadobing@btinternet.com. The race runs on Sunday 29 March and costs £21 to enter. Runners must be at least 18 years old on race day..



Ballet good fun . . . Louise makes it look easy. Left, Edward and Teresa

WAR ORPHANS EMERGENCY

A donation of £1,000 has been sent to a project supporting child victims of the civil war in Syria. Orphans from around Aleppo, which suffered heavy fighting, will get food, support and medical attention before being re-homed.

AHEAD OF TARGET

TB campaign reaches out

A TREATMENT programme by our sister charity Target TB has reached more than double its expected number of patients.

CHCT gave £2,500 towards the campaign in Makindye, one of the poorest slums in Uganda.

Its objective was to screen 400 people in a year but the final tally was well over a thousand. Almost half of these tested positive and received life-saving medication.

One of the lucky ones was Hudson Katende, pictured right beside the tiny shack he built himself from scrap.

It's a rough area with no power, water or drains. The mud alleys are full of filth and not the sort of place



outsiders are likely to go. But the outreach team, called Touch Namuwongo, persevered holding regular

street meetings to warn residents about the danger of TB.

Like many others Hudson, 43, had no information about it and dismissed his regular cough as "not a real illness worth going to the clinic about."

An X-ray told a different story, and thanks to regular back-up from visiting nurse Deborah he completed the daily cocktail of antibiotics, making him well enough to take on a job.

Carly Buckley, Target TB's new fundraising head, said: "I'm very happy to report that the project is going exceptionally well. The response shows how much it is needed."

A further £2,500 has been sent to continue the project for a further year. Once again the target is 400 patients—so watch this space and see what the result is!

SEED CORN

THE Mustard Seed project in Kenya has expanded its program of micro-finance thanks to a grant from CHCT. Small loans help women launch a business such as vegetable trading to support their extended families and as the money is repaid it can be passed on to others.

The charity has also sent £2,000 to drill a well at the school Mustard Seed are building in Mombasa, as well as funding a clinic there for the health needs of pupils and their families.

Final score

TRUSTEES have received a final report from Nicaragua where CHCT has supported help and education efforts for ten years in 14 remote villages affected by leprosy.

Thanks to improving nutrition and sickness prevention they recorded a total of 2,317 pupils in 20 rural schools achieving sixth grade. CHCT promoted planting of protein-rich soya in family plots. Pupils also had lessons in hygiene and prevention of disease.



Leprosy care gets a boost

A SHORT-STAY rehabilitation centre is being built by a rural welfare charity for patients in an area close to the Bombay Leprosy Project.

It will add to the widespread services provided by BLP under its director Dr VV Pai (left) which received £5,000 from CHCT last year, largely raised by Elke Day's bric-a-brac sales. After consulting

Dr Pai a further £2,500 has been earmarked by CHCT for the new project.

It aims to provide correctional surgery, physiotherapy and recuperative stays of up to three months for post-operative patients. There will also be a health education unit.

BLP recently celebrated the 39th anniversary of its foundation under Dr R Ganapati, who died in 2011.

Donor fatigue? Not around here

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 extra cash from the Treasury if they kindly fill in and enclose this form.

I am a UK taxpayer and want the Catriona Hargreaves Charitable Trust to reclaim tax on all my donations.

Signed.....
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Address.....
.....
.....
Postcode.....

STANDING ORDER FORM

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.....Postcode.....
Please pay Catriona Hargreaves Charitable Trust (CHCT)
£.....(amount in words).....
every month/ quarter/year (delete as applicable)
starting on (date).....until further notice

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A/c no..... Sort code.....

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Monies from this standing order should be credited to:
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A/c no 46572406 Sort Code 60-60-08



MANY charities are feeling the pinch as the financial gloom drags on, but thanks to our generous supporters CHCT has still been able to meet all its commitments to worthwhile projects around the world.

Treasurer Maureen Barrett's figures for 2014 show a total of £20,000 in grants paid out. These include old friends like the Bombay Leprosy Project supported by Elke Day's bric-a-brac sales (see below) and new developments such as the Tongole Foundation reported on Page One.

Another £1,000 went to Goudhurst's Heart of Kenya project which pays for food to be grown for HIV/AiDS orphans. A similar grant has been sent to the international Sightsavers organisation and more village wells are in the pipeline for Cambodia. *Cynthia Stanford*

ONLINE AID COSTS NOTHING

IT'S easy to help CHCT when you shop online—and doesn't cost a penny. All you need to do is register with www.easyfundraising.org.uk and tell them you want to support the charity.

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. Please note this only works on a PC or laptop, not any other smart devices.

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