

CARING AND SHARING EUCHARISTS 2015:

Wednesday 6th May, 7.30 pm at St Leonard's Parish Church, Seaford
Speaker: Committee member of the Buguruni School for the Deaf, Tanzania

Saturday 10th October, 11 am, St John the Baptist Parish Church, Westfield

Speaker: Janet Waddams of Chernobyl Children, Rye will talk about the
Hospice at Home Project in Pinsk.
Bring a packed lunch. Drinks provided

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CARING AND SHARING (EAST SUSSEX) NEWSLETTER 2015

'Live more simply that others may simply live'

*The children love the newly introduced Breakfast Club at the
Buguruni School for the Deaf, Tanzania*



This newsletter is free.
Please take it home and
read about our projects.

www.caringandsharingeastsussex.org.uk

What is Caring and Sharing?

The Caring and Sharing scheme was started in Eastbourne in 1982. It was based on two ideas: one that by making a small sacrifice members can turn away from the material values of the western world; the other that they can share their comparative wealth by sending the savings from this small sacrifice to projects in poorer countries which help to provide the basic needs of life. The sacrifice is not expected to be a major one. It is in its regularity that it grows in value. A digestive biscuit costs only a few pence, but 5p a day amounts to more than £18 a year, and such sums given regularly help us to send about £100,000 a year to our projects.

CHAIRMAN'S LETTER

My first duty (and joy) is to thank all of you who so faithfully support Caring and Sharing financially and prayerfully. We know from the 15 projects that we help how much our donations mean. They are literally life-savers in many cases.

However, together with other charities, our income has decreased, partly through economic hardship for our members and partly because our supporters are fewer than formerly. Gentle promotion of the scheme and the wide circulation of our excellent newsletter may attract others to come on board. Articles in parish magazines and references in sermons will help to spread the word. All our projects are infinitely worthwhile and commend themselves to selfless giving and small sacrifices.

Secondly, I pay tribute to the parish representatives who manage local groups, collect donations and forward money to our Area representatives. You are a key part of this operation and the scheme would collapse without your diligence and devotion. May I suggest that you seek a deputy to shadow you so that if you are unwell or unavailable, or when you wish to retire, you will have an able replacement ready to continue the work?

Please encourage all and sundry to attend our two Eucharists. We are able to attract excellent and informative speakers from the projects who remind us of the essential nature of our contributions.

Finally I thank the Committee members who voluntarily maintain our Charity, now in its 33rd year. We are blessed to have such an efficient and dedicated team at the heart of our work.

May God bless you as you continue to serve our Lord Jesus Christ through caring for the world's needy and sharing your love with them.

Hugh Moseley

Meet Marius

Saturday , 18 April 2015 at 7.30pm
St Mary's Church, Ringmer

An opportunity to meet Marius Istrate of Fundatia New Life, Romania and hear more about life at Amara House in Slobozia, Romania.

A light supper will be provided. For catering purposes, please contact either Juliet Lyon (Tel 01273 813298) or Julia Maling (Tel 01424 844960) if you plan to attend the event.

FINANCIAL INFORMATION

Our financial year is 1 June - 31 May each year and these figures are those examined and submitted to the Charity Commission for each accounting period.

Totals sent to projects

| Page | Project | 2012/13 | 2013/14 |
|------|--|----------|---------|
| 4 | Steve Willis Memorial Fund (Busoga) | 7040.00 | 5525.00 |
| 5 | Clergy Pensions, Rwanda | 5125.00 | 3675.00 |
| 6 | School for the Deaf, Tanzania | 3400.00 | 2625.00 |
| 7 | Bolgatanga, Ghana | 825.00 | 5000.00 |
| 8 | Fistula Hospital, Ethiopia | 7050.00 | 5275.00 |
| 9 | My Father's House, Olinda, Brazil | 5140.00 | 3900.00 |
| 10 | Casa Guatemala orphanage and village | 2650.00 | 2275.00 |
| 11 | Children's nurseries, Lima, Peru | 7370.00 | 6200.00 |
| 12 | Street Educators, Medellin, Colombia | 11440.00 | 8575.00 |
| 13 | Feeding Programme, Honduras | 9050.00 | 4000.00 |
| 14 | Little Flower Leprosy Centre, Raxaul, India | 6000.00 | 7000.00 |
| 15 | Social Service Institute, CNI, Nagpur, India | 1916.76 | 4000.00 |
| 16 | Chernobyl Children Rye | 10500.00 | 5100.00 |
| 17 | Ebenezer Day Care Centre, Chennai, India | 2825.00 | 1800.00 |
| 18 | Fundatia New Life, Romania | 12740.00 | 5175.00 |

TOTALS

£93071.76

£70125.00*

* includes £3,500 bequest

EUROPEAN PROJECT

FUNDATIA NEW LIFE, ROMANIA

Twenty five years after The Revolution, people with disabilities still face problems in our country and they are not easily accepted by others. Since the opening of the house in 2003 we have been making continuous efforts to change that and try to introduce our boys to the community they live in. We have camps in the mountains, visit different cities around Amara and join activities with volunteers from High Schools. One of our main goals for the boys is to get them to socialize with other people.

Eleven years later, there is still a lot to do, but we can see that things have changed and we are now part of the community. This year our house was full of visitors, carol singers and people coming to offer gifts for the boys.



The meat was a gift from the lady in the picture. She is a good friend to the boys and she always brings a cake for their birthdays. Going back to the meat, In Romania, it is extremely popular to kill a pig for Christmas and prepare the meat especially for the Christmas Eve. The lady was very nice to us and she offered a half pig, along with lots of clothing.

Marius Istrate

Message from our patron the Rt Rev Nicholas Reade

Six years ago a priest went out from Blackburn Diocese to serve in a large township in our Link Diocese of The Free State in South Africa. She continues to send me her monthly newsletter. In the Christmas issue she tells of a Christmas Party she organised for 25 children, but 92 arrived on the doorstep! Miraculously the party food proved sufficient for all to eat heartily, but there were only 25 presents for those who had put their names down to come. This meant 77 children went home disappointed, some of them in tears. Amazingly, later that day someone rang to enquire if Hilary, the priest, could use 300 toys they wanted to give away! This meant Hilary could take the 77 disappointed children a Christmas gift which they were all thrilled with.



Two points from that story which are surely relevant to Carers and Sharers. The toys were simple and relatively inexpensive – soft toys, teddy bears, toy cars - but the children loved them, and *they made all the difference to their lives*. So, never underestimate the transformation your gift, however small, can make to others' lives. It is, after all, the love behind the gift that makes the difference. Such care and thought – and sacrifice – is what continues to drive Caring and Sharing. Secondly, those toys which made such a difference to Christmas for those children in Bloemfontein reveal just how much a small unexpected gift can alter others lives for the better. Who would think that a small toy car and a teddy or a doll could bring real and deep joy and happiness? Over the last 33 years we have received so many expressions of gratitude for the work of Caring and Sharing which demonstrate the transformed quality of life that has come from what we have given to our projects.

Please keep on 'Caring and Sharing', and encourage others to join in. As an Aid Worker in the Middle East reminded us on The News recently, **the acts of kindness of other people can actually save them**. There are many who rely on **our** acts of kindness, and are thankful for them.

AFRICAN PROJECTS

THE STEVE WILLIS MEMORIAL FUND

Since the Fund became associated with The Busoga Trust in 2008, fourteen boreholes have been constructed providing clean drinking water to many areas in poverty stricken northern Uganda, especially those occupied by people displaced by the rebel army group calling itself the Lord's Resistance Army. The Busoga Trust very much appreciates the great support by Caring and Sharing in the success of this lifesaving work. The Trust not only constructs boreholes but also provides sanitation programmes, pit latrines, protection for the sites as well as training local people in simple maintenance procedures.

The on-going work has recently been taken over by The Water Trust which trains its own teams rather than using external contractors. It was hoped to provide more boreholes this year but as a new Programme Area Manager was needed, work on these will not start until early 2015. Grouping borehole projects together decreases the costs.

Part of The Water Trust's strategic plan is to expand the geographical area and improve their technology. Additionally, it wants to focus on children as agents of social change and recognizes that it is important to concentrate on schools. The Trust writes, "these things you are helping us to achieve and give us confidence that we will be successful as we move further in these directions. "



Even a child can do it!

Ann and Malcolm Bates

DAY CARE CENTRE, EBENEZER HOME, INDIA

There are 25 tiny tots being cared for at ECDCC at Kolappancherry which is a small hamlet in Poonamallee Village in the outskirts of Chennai city. These little children all come from very poor families who live constantly in poverty. While these children are being cared for within the Ebenezer Children's Home campus, their parents leave home early in the morning in search of some work and are so thankful to Ebenezer Children Home for this provision of care whilst they are away. Their children are cared for in a very special way. Their day is based on a programme of pre-school education and methods of play as well as a nutritious meal in the afternoon and small snacks and a glass of milk throughout the day.

Their day starts with singing nursery songs followed by learning alphabets, names of fruits, vegetables, birds and animals. With help from



Rachel, their teacher, they write these names with chalk on slates. In between their learning all the children enjoy playing on the swings and the slide. Then it's time for the children to have a short nap before Rachel and her 'Day Care' helpers take them back to their homes in time for the parents returning from work.

The parents are so grateful to Caring and Sharing for their sponsorship of EHSO's Child Day Care Centre as this provides them with the opportunity to earn a daily wage and helps their children develop emotionally, physically and academically in a safe and secure environment.

CHERNOBYL CHILDREN, BELARUS

Over 30 families now benefit from the Hospice at Home team and the number of families is predicted to increase again during this year. It is difficult to imagine what the circumstances would be like for these families without the Hospice. Sadly there has been more need for palliative care. The team does all it can to reach each and every child that needs them. Sadly this year two of our children died. It is always very difficult when this happens but the team are always there until the family feel they no longer need support.

The Pinsk Children's Hospice is located in the Brest Region of Belarus. It is one of the areas worst affected from the Chernobyl disaster. The Pinsk Hospice team is made up of two nurses, one doctor, a psychologist and a priest, Sergei Plotniskii. The support they provide is extended to all the family members during the child's treatment. Each family is assigned a palliative nurse,. The team makes home visits to supervise the child's care, provides medication and supplies and also evaluates the social and emotional needs of all family members



This Christmas some volunteers dressed up as characters from a Christmas Tale and visited the children. It was wonderful for them to have the opportunity to meet Father Frost (Santa Claus)

We would like to thank all of the people who support this project that makes it possible for the children to have the care they desperately need.

Chernobyl Children Rye - jwaddams@btinternet.com

PENSIONS FOR CLERGY, RWANDA

After its twentieth anniversary in 2014, one was reminded of the genocide's impact upon the pensioners. Most were left with orphans to care for, grandchildren or those of relations and neighbours. Many lost their homes and possessions, so they had to start and build again. Some had fled the country as refugees and only the pastors' widows and a few of their children would eventually make the return.

Subsequently, the support from Caring & Sharing has been a great help assisting them to rebuild homes and cope with the challenges of daily life. They have been enabled to purchase and cultivate plots to grow their



own food, start animal husbandry, often retiring to live a simple life of subsistence deep in rural areas. Most struggle with ill health, so the support has assisted purchasing medicines.

Margarite of Shyogwe Diocese, whose husband was killed in a motorbike accident, was left with 9 children and two orphans to care for; she has been so grateful for the help with school fees and expenses, just as are all the Pensioners with orphans. But the Pension is also a great encouragement as it tells them that they are not forgotten and people far away specially care for them. They are inspired to keep on serving in the Church, with ministries in their parishes, some teaching young Christians and others setting up new churches.

Tony Isaac
www.lbmt.org.uk

SCHOOL FOR THE DEAF, DAR ES SALAAM, TANZANIA

The work of Tanzanear at Buguruni School for the Deaf is designed to give deaf children in this poor area of Dar es Salaam better opportunities in life. A new audiology centre is about to be built at the school by Tanzanear and it promises to transform the services the children will receive. That said, it is often the simpler, basic things in life that matter just as much. 2014 saw the establishment of the Buguruni Breakfast Club which now provides breakfast each day for the children and teachers at the school. Prior to this the children, who get up at 5 am, often didn't get any sustenance until 10am. Now they have a hearty breakfast each day and they are much livelier as a result. It costs just £20 each day to feed the whole school and support for the Breakfast Club has been overwhelming.

Gift and her friend Eveline enjoying their breakfast



Another basic thing which is causing growing concern is the water system at the school. This has been repaired over the years but now needs a complete overhaul otherwise the school may be facing hygiene issues. It is likely that the support Caring & Sharing provides will be channelled in this direction during 2015.

The children at the school are flourishing. The continuing support they receive from our friends in the UK has seen academic results improve greatly and this opens doors for them in their future lives which hitherto have been closed.

Judith Roberts

www.tanzanear.org/

CNI-SSI NAGPUR, INDIA

We were all frightened by the alarming statistics of violent crime against women. Since December 2012 a series of gang rape incidents drew the attention of the people and this was further highlighted by the Nirbhaya Gang rape case. Girls who are about to explore the world are faced with challenges due to external factors in society as well as internal factors such as attitudes, beliefs, awareness and thinking. The self esteem of women is one of the key concerns.

To address these concerns, CNISSI organised an awareness programme and this was launched on 16th December 2014. The theme of the programme was "empowering girls through self defence" and the objective was to provide learning opportunities for girls to think and be aware of self and social realities.

The programme was made successful with the combined efforts of the staff at Mecosabagh Methodist High School and the CNISSI. Approximately 150 girls participated and they were given help on how to take mature decisions and act upon them. In order to empower them to take responsibility for their own safety and wellbeing while dealing with the demands and challenges of everyday life, emphasis was laid on self control during the stage of adolescence.

A karate instructor shared small techniques which can help girls if they feel threatened and which the girls later had a chance to practise.



www.cnissi.org/

Mrs Aradhana Upadhyay, Director, CNISSI

ASIAN PROJECTS

LITTLE FLOWER LEPROSY VILLAGE, INDIA

After a preparation and trial period of ten days, a clinical research project on the WoundEx wound plaster officially started at Little Flower. The general aim is to examine whether the use of the plaster brings significant advantages compared with traditional treatments..

So far there are 104 patients with 123 wounds - 52 patients are in the test group A (new treatment) with 66 wounds and 52 in the control group (traditional methods) with 57 wounds.

Every Tuesday, Thursday and Saturday all patients' wounds are dressed, wounds examined and pictures taken. Also on Tuesdays it is decided whose wounds are healed/closed and therefore who can leave the project.



Every Wednesday new patients are admitted. They are immediately separated into either the test or control group according to the project's randomised paradigm. We do our very best to maintain a balance in the comparability of selected wounds and keep the number in each group equal. As it is more and more obvious that the new treatment works better than the traditional treatment, from a humanity point of view, it is not always easy to actually undertake this separation.

Part of our long term plan is to acquire more and more patients as soon as possible, so that we can be sure that the maximum healing period of ninety days can be guaranteed. We feel very optimistic about the success of the clinical research project

www.littleflower-india.org/en

BOLGATANGA, GHANA

Even though it is impossible to directly blame the flooding in the region on climate change without further research, flooding and drought in most parts of region is a yearly worry to its people and government. Particularly vulnerable are farmers and households along river banks and in lowland areas, who are constantly displaced, rendered homeless and landless.

The impact of climate change in northern Ghana results in severe drought in the dry season alongside high temperatures, influx of pest and disease. Flooding has often rendered people homeless and caused loss to agricultural products and property – all these ultimately resulting in famine and lack of drinking water because the usual supplies have often been contaminated. Small scale farmers, particularly women in northern Ghana, are hardest hit as they constantly face displacement from their farms, and loss of livestock to perennial flood waters.



We all have a role to play in addressing the tragedy of poverty, which brings to relevance the continuous existence and operations of the Needy Scheme, with the generous support of Caring and Sharing. Even as the year's poor harvest from the fields arrive in the

homes of northern Ghana and hunger lurks, its people refuse to despair and celebrate in thanksgiving songs

Without Thy sunshine and Thy rain
We could not have the golden grain;
Without Thy love we'd not be fed;
We thank Thee for our daily bread

Fr Edwin Abanga

FISTULA HOSPITAL, ADDIS ABABA, ETHIOPIA

This is the story of a real patient, a typical example, as reported by Dr Catherine Hamlin.

“Asrebeb came to the Addis Ababa Fistula Hospital malnourished and in terrible pain. She is a long-term patient who has been with us for four years. When she first came she weighed only 22kg and had terrible muscle contractures. She had suffered a vesicovaginal fistula and a rectovaginal fistula – terrible injuries from a very long obstructed labour. Her baby had died during labour, of course.



A patient enjoying the prospects of a new life

She had suffered these terrible injuries during childbirth which left her with the heartbreak of a stillborn baby and the horror of complete incontinence. She barely ate and hid away from the village, too ashamed of her putrid smell.

Treatment began with good food to nourish her, physiotherapy for her legs and eventually obstetric fistula surgery to correct her incontinence.

Asrebeb is now a different woman. She is nourished, clean and dry, well-loved and has begun to knit. She has learned to live with a bag for her urine and her rectal injuries are cured. Now she walks with a frame and has been earning an income from craft activities which are sold at the hospital. Thanks to the generosity of strangers such as those of you who support Caring and Sharing, Asrebeb's treatment was provided completely free of charge.

Laurence Parkes

FEEDING PROGRAMME, HONDURAS

This year of 2015 is a very special one for Project Alternativas y Oportunidades. It is the 25th Anniversary of the organization. Thousands of children have been assisted with their health and nutritional needs.

Children who never would have gone to school, have entered the formal system which has made a tremendous difference in their lives. They are studying in preschool through to University level. Besides these activities the informal ones of health education, youth clubs, a school for parents, computer training, and economic opportunities training for the adults continue to be carried out.

The most recent activity is one of early childhood stimulation and we can report that the nutritional deficiencies found are quite prominent, thus justifying investments in nutritional supplementation and feeding activities. We are very proud to have shared a strategic alliance with Caring and Sharing during many of these years. Our desire is that given the needs we encounter this relationship will continue for many years into the future



So many children benefit from early stimulation activities and the childhood nutrition programme

Donald Kaminsky, Advisor, Alternativas y Oportunidades

STREET EDUCATORS, MEDELLIN, COLOMBIA

Let the Children Live! works with children who are often unloved and unwanted and are aged from about six years to teenagers. They were once called “the disposable ones” and are at high social risk from the violence that they experience on the streets and shanty towns of cities. Most of the danger comes from the many groups (or bandas) that control them. Our aim is to not only help keep them safe from violence but also make their lives worth living by giving them love, education and a future. It is wonderful therefore to tell you about a marvellous opportunity that has been given to one of our boys.

Some years ago a member of the congregation of St John the Evangelist, Dumfries, answered a call for sponsors for members of our choir. The child she began sponsoring, Sebastian, comes from the shanty towns of Medellin and he is now nearly 18 years old. He has just arrived in the



Sebastian - in the Malvern Hills - sees snow for the first time

UK to spend six months as the guest of Worcester Cathedral. He is a young man gifted with a fine tenor voice and a wonderful musical ability. His aim is to become a Musical Director and when he returns to Colombia in July he will begin studying for his degree. In the meantime, he will be singing with many different choirs in the Worcester area and will be given a

wide variety of musical experiences. All of which will help him to achieve his dream when he returns home.

Sebastian’s talent could easily have been wasted and his deep desire to sing and study frustrated. Instead he has the chance of a wonderful future and one that will give great pleasure to many, evidence of the difference that can be made by people who care.

Pauline Allan

www.letthechildrenlive.org/

SOUTH AMERICAN PROJECTS

OLINDA

“Prevention is better than cure!” Here at My Father’s House we do everything thing possible to avoid the need for boys having to leave their home surroundings and come to our full time shelter house. This includes our prevention programme situated at the side of the Olinda rubbish tip, where the younger ones have daily activities and a youth centre for the teenagers. Together over 200 boys take part in this and 2014 saw a new Day Centre begun in another part of Olinda.

However there are still situations where full time care is unavoidable, and MFH has been especially busy this last year. Family breakdowns, drug related problems and petty crime, meant that we have had 23 boys in the house this last year. Here the care and the search for solution for each case has kept the team very busy. 2014 saw us pass the 500 boy mark for those who have spent some full time with us since we began.

After each boy is deemed by our welfare authorities’ ready to leave and return to some form of family or relatives home, we continue to supervise



Some of our boys enjoying a day on the farm

this until we are certain that all’s now well both with the boys and their families. It is especially gratifying when new young families visit or come to church to express their gratitude for the time spent at MFH. Of course none of this would be possible without the generous support of Caring and Sharing, for which we are eternally grateful.

Ian Meldrum, MFH Brazil

www.olindamission.no-ip.co.uk

CASA GUATEMALA

At the end of October, we had our annual graduation celebration, which saw 19 of our kids making the leap from our Kindergarten program; Parvulos to the First Grade and 13 of our oldest graduating from grade six. Though it was a small class graduating this year, we are happy to report that 8 of the graduates have already received scholarships to continue their studies! We are always happy to see the kids continuing their education, especially in a country where only 30% of children finish elementary school.

In total we had 241 children enrolled throughout the year and who have benefited from our education, health care and food security programs. These children come from over 25 different communities where poverty limits their opportunities. We are breaking the cycle of that poverty and changing the futures of those communities, together with your help. Another milestone that has to be mentioned is that Boris has graduated from high school as a certified mechanic! He is very happy and is looking forward to continuing on to university where he wants to focus on tourism so that he can put his excellent English language skills to use. We are very proud of Boris! For those of you who remember Jairon Trigueros, the eldest brother of Tito, Diana and Sheily, he has also graduated as a certified welder from the scholarship program he entered five years ago. His sister Diana has just graduated middle school and so has Geovany, who also plans to study to be a welder. We are very proud of our young adults who continue with their studies. Clara Luz has been working at the hotel while paying for her own school on the weekends and she has also graduated middle school and will continue her studies to finish her high school.

www.casa-guatemala.org



NURSERIES OF 27 DE JULIO AND HOLY TRINITY, LIMA, PERU

We finished the academic year 2014 completing all our educational goals and paying great attention to all our children. This year we had 8 children with special learning needs and our aim was to give them the same education as other children. We call this programme "Take my Hand" and the good news is that every child completed the year with very pleasing levels of progress. Their families received pastoral treatment from the pastor of our church and his team.



During 2014 we could see the hand of God in all we programmed and in each activity God was present. In August when we had a week of rest for traditional fiestas, the roof of the 4-year classroom fell breaking children's tables and chairs. This happened the day before we resumed classes. I was shocked but thank goodness neither child nor teacher were hurt. We tidied up and put up a temporary roof. Now we are preparing to repair it but we need a great deal of help. We started by removing the wood of the fallen roofs and tomorrow they will begin to break the walls to erect the columns, replace floors etc. We haven't money to do the work but we have started borrowing and the children's fathers are helping us with hard physical labour, but we need an architect and we are speaking to one. There is no money in our diocese for these building works and we still need help with materials, but at the same time we have begun the reconstruction and God will provide.

Thank you friends of Caring and Sharing for your loyalty over the years and for allowing us to help very needy children.

Isabel Montoya, Principal