

## Ebola in West Africa

Gordon Dawes

We are very concerned about the Ebola disease threat. Meal a Day has 10 projects in Sierra Leone, including a 200 place school, and one large school project in Liberia with 600 children. All projects are closed (by the respective governments) until the risk to health recedes, and we are having to fund preventative measures. We pray for the safety of all the children, staff and church members.

## May We Eat 2014

Thank you to everyone who helped raise extra money for Meal a Day during May. Going without, frugal meals, sponsored weight loss, church lunches – you did it all, had a lot of fun doing it, and raised almost £25,000! It has helped us towards the funding we need for key projects for 2015.

Thank you all.



PIES new centre opening day



## PIES, Swaziland

Neil Brighthouse

Imagine you are a 10 year old boy living in Swaziland, where 1 in 4 children are born with HIV and around 10% are orphans. Your father died a few years ago and recently your mother died of AIDS. You are now living on the streets and struggle to find food each day. You can't go to school because you have no school fees. You have no hope of any sort of future.

Partners in Education Swaziland (PIES) runs a drop in centre to help deprived and needy children in Mbabane, the capital. Around 70 children a day are fed nourishing meals and are taught to read, write and do maths. Their medical and welfare needs are assessed and paid for. They are taught life skills, good nutrition and hygiene, and they are given the opportunity to play in safety.

With your support a Meal a Day grant has enabled the centre to open for seven days a week rather

than the five days previously. PIES provides a haven and hope for many children who would otherwise have nowhere safe to go.

Thank you.



Registered Charity No. 1133337

CHRISTADELPHIAN

# MEAL A DAY

Autumn  
2014

[www.meal-a-day.org](http://www.meal-a-day.org)

### Post and Donations:

Christadelphian Meal a Day Fund  
PO Box 1178  
Bristol  
BS39 4WT

### Sign up for information and quarterly email updates:

[info@meal-a-day.org](mailto:info@meal-a-day.org)

### Keep up to date with our work

on Facebook at 'Meal-a-Day (CMaD) UK'



## Welcome to our Autumn 2014 newsletter.

### CMaD Academy Monrovia, Liberia

Gordon Dawes

I visited the school in early June, with Stephen and Wendy Sykes. The new school site is finished and we were delighted with the progress of the children and their studies. There are over 600 children attending now, from the poor quarter of the city.

The Sykes' brought many good second-hand books from the UK for the Resources Room, which the children will use for reading and research. We also saw the older boys in their football final, and the older girls win their kickball final.

A very heartening visit.

### Matthew 22 v37-39 (NIV)

“Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbour as yourself.’”



Monrovia Academy children



# Nalondo, Kenya

Luke Whitehorn



Groups of children, aged between 4 and 18 years old, are walking between their classes at school. The same snapshot could probably be found millions of times across the world, but if you look closer, something special is happening here.

What stands out is that most of the children are either physically disabled, in wheelchairs or on crutches, or have a learning disability. I am at the Nalondo CBM School for the Physically Disabled, one of the largest projects that Meal a Day sponsors. It is one of the most uplifting places I have ever visited.

Traditional African culture refuses to accept disabled children, so even the youngest of these kids has to be brave and tough. The motto of the school completely opposes the traditional culture with the phrase 'Disability is NOT inability' painted above a huge Meal a Day mural near the entrance. The mural itself illustrates the support given by Meal a Day for more than 230 children with disabilities here who are fed three meals a day, educated and given a place to call home. Special care is given to suit each child's needs. Educational

achievements at the school are high and it performs well in regional and national sports and music competitions.

**From little more than a mud hut and a handful of unwanted children 16 years ago, Nalondo School has been transformed.**

Today it boasts an ECD (Early Child Development) class of 59, a Primary School of 211 and a Secondary School of 174 students.

The best illustration of how far the school has developed since Meal a Day has been funding it is the provision of wheelchairs. When the project first began, those who were unable to walk were simply carried from one place to another and sat on the floor when they had reached their destination. Now, the 41 children who require a wheelchair have one of their own and are supported by a fully trained healthcare team - an on-site physiotherapist, occupational therapist, and wheelchair handy man!

For me, the most emotional experience of this visit is Annsheillah's new legs. Less than a year ago Annsheillah had both legs amputated above the knee after a motor accident, which left

her seemingly without hope of an education. She is now standing in front of me with a beaming smile as she tests her new prosthetic legs for the first time. Not only has Nalondo given Annsheillah new legs, but it has given her a new hope. Next year she will sit her KCSE (Kenya Certificate of Secondary Education), and hopes to achieve the grades required to attend university. I'd hate to think where Annsheillah would be without Nalondo. The school has given her more than just an education and mobility, it's given her independence, hope, confidence and a future.



Annsheillah walking

## Nalondo Key Facts:

### Project opened:

Primary School 1998; Secondary School 2011

### No. of children attending Primary School:

270 children aged 5 – 20 years; 171 with disabilities (150 sponsored by CMA-D) and 99 able children

### No. of children attending Secondary School:

174 children aged 15 – 20 years; 131 with disabilities (80 sponsored by CMA-D) and 43 able children

### Key support from CMA-D:

Capital investment, healthcare team, feeding programme, school support costs, extracurricular activities

### Cost:

Primary School: £50,000pa; £360 per child

Secondary School: £18,000pa; £225 per child

Healthcare team: £6000pa

Wheelchair assessment, provision and support: £300 per child

Corrective surgery: £100 per case (28 operations planned for next 12 months)

### Most recent project:

Borehole, solar powered pump and water tower - £20,000

### Key challenge:

Maintaining and improving the standards of care currently being delivered.

## Send a Cow, Rwanda

Melanie Ford

In Rwanda, a combination of climate change, war and poor farming practices means that many families are extremely poor. Over the past two years Meal a Day has worked with Send a Cow to help 109 households. This is how the program works...

A cow is given to the female of the household, along with training and support in animal care. The cow provides milk for the family and for them to sell. The first female calf, or heifer, goes back to the Send a Cow project, but subsequent calves can be sold or kept for milk or meat. Training in agricultural techniques, sanitation and health is also given.

### One woman's story:

Eugenie Mukankuranga is a genocide survivor, a single mother with two children. Previously her life as a widow felt very hard, but Eugenie and her community began a partnership with Send a Cow and Meal a Day. They received training in sustainable agriculture – including how to grow fodder

and how to make compost - and Eugenie now grows vegetables which she sells at the local market.

Eugenie's first cow provided a bull and a heifer. She sold the bull for 25,000 Rwandan francs (£25) and used the money to buy clothes and other domestic necessities, whilst the heifer was gifted to another family from her community.

Now, Eugenie is a Peer Farmer and spends one day per week training and supporting others.



Nalondo children