

May We Eat 2016

Luke Whitehorn

During May we're inviting you once again to take part in May We Eat, a month of focused fundraising in support of our long term projects in Africa. Every day Meal a Day helps feed over 2700 children. This relies completely on your generosity, and this May we're asking you to do whatever you can to help. You could run a coffee morning, do a sponsored run, have a bake sale or give something up (like chocolate!) and donate the money you save! Thank you.



Finance 2015

Stuart Barrett

We thank our Father for his blessings, and all who have supported CMaD through 2015. It has been a challenging year, with income below our long term average. Total income rose eventually to £666,659, 31% down on a particularly generous 2014. However, with reserves carried forward from 2014, we were able to commit to supporting all our long term projects for 2016.

We were also able to fund a smaller number of very worthy 'one off' projects, mainly providing clean water. Currency exchange variations helped to the tune of a little over £30,000 but this is unlikely to be repeated, as sterling weakens again. Recognising the downward trend in our annual income, and the sharply upward trend in costs in Africa, we must take steps to review and reduce our long term commitments.

We spent £668,000 across a range of projects that support poor communities with clean water, agriculture, primary healthcare and education, plus three orphanages and several centres for disabled children.

CMaD continues to put 95p in every pound donated directly to work in these projects - dramatically better than any of the major charities due to the amount of voluntary work undertaken for the charity by its trustees and members, and by

CBM UK. We thank all who have helped in this way. The graph shows the key areas supported.

The above figures are subject to audit. If anyone wishes to see final audited accounts or to know more about CMaD's finances, please contact Stuart Barrett (email: stuart@meal-a-day.org)

Fig. 1
How we spent the grant monies of £668,000 per £1



- £0.35 Homes & Orphanages
- £0.34 Feeding & Water
- £0.16 Education & Schools
- £0.09 Medical & Hygiene
- £0.06 Self Help & Training

CMaD Presentations

A great way to learn more about CMaD is to host a presentation. We can show you some of the projects and how they improve lives, answer your questions and discuss the Biblical basis for CMaD's work.

Email info@meal-a-day.org to discuss getting this into your programme or using it as a witness opportunity.

e-newsletter

If you would like to receive the monthly CMaD e-newsletter, please sign up at www.meal-a-day.org/e-newsletter



Registered Charity No. 1133397

CHRISTADELPHIAN

MEAL A DAY

Spring
2016

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

Keep up to date with our work

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



Welcome to our Spring 2016 newsletter.

We hope you enjoy reading about how you have helped CMaD to make a difference.

Psalm 113 v 5 - 7 (NIV)

Who is like the LORD our God, the One who sits enthroned on high, who stoops down to look on the heavens and the earth? He raises the poor from the dust and lifts the needy from the ash heap.

Shirati borehole, Tanzania

Melanie Ford

We often take water for granted. Drinking, washing, cleaning, cooking. It comes clean out of a tap. Not so in many parts of the world, where people may have to walk for hours to collect water. Every day 900 children under 5 die of diarrhoea diseases caused by dirty water.

Last year CMaD funded a borehole in Shirati, a village in northern Tanzania. Now 1500 people have easy access to clean safe water. Previously, they had to walk for 4 hours to obtain water from dug dams. Tim Evans (CBM linkman for Tanzania) co-ordinated the construction of the

borehole. Watch his account of a visit to the borehole (on YouTube <http://youtu.be/2QX95M0x5Mw>) to see the borehole in action and hear of the effect it has had on villagers' lives. Our photo shows a village elder working the borehole with the village chief looking on.



Shirati borehole

Meal a Day Academy, Monrovia, Liberia

Gordon Dawes

How does CMaD help provide real basics – such as meals and primary education – to some of the poorest communities in Africa? Here is one example...

Our 'oldest' project in West Africa is the Meal a Day Academy in Monrovia, capital of Liberia, which has been running for over 30 years. It was started by local church members, and funded by Christadelphian Bible Mission, anxious to support some of the children in the poorest quarter of the city, who were unfed and could not afford to go to school.

The school was initially run in the church's building – a house rented from a kindly landlord. It served a settlement area behind the beach, where few official facilities existed. Numbers attending the school grew rapidly and quickly overran the building – the increase was particularly marked during the vicious civil war which blighted Liberia in the early 2000s. CMaD co-funded the school for a period, paying for the building of additional facilities, including some rudimentary classrooms and latrines. But the site was regularly flooded, either from the sea or by heavy rainfall, and lacked many basic facilities. After the first landlord died the school came under pressure to pay more and more in rent.

In 2010, now as sole funder and with the benefit of a generous gift, CMaD paid for a site in the

same locality that could serve both school and church. The new school was designed for over 400 pupils and construction was staged over three years. The small site now provides 12 classrooms, a resources library, a dining room (that doubles as the church meeting room on Sundays), a kitchen, toilets and washroom facilities and offices for the head teacher

and staff. All the facilities were paid for using gifts and legacies from individuals and churches, and cost about

The Academy continues to do what it always has - that is, to make a big difference to the lives and education of some of Liberia's poorest children

Meal a Day Academy, Monrovia



Meal a Day Academy, Monrovia Key Facts:

Opened: 1985

Location: Logan Town,
Bushrod Island, Monrovia

Number of children: 800

Staff: 28 teachers and care
givers

Cost: £39500 per year

Cost per child: £49 per year

the same as one average family home here in the UK!

Children attend from age 5 to 14, and sometimes beyond.

The school has now reached a high educational standard, despite being pushed to its limits with more and more children joining.

A second cohort of students

now attends in the afternoon and these pupils pay a small fee for tuition, so the school is becoming partly self-funded. As with all CMaD's education projects, the children receive a balanced meal each day, cooked in the African kitchen. We were very relieved that none of the school children fell victim to the recent ebola outbreak, due in part to having the proper toilet and washing facilities, and some basic education on hygiene.

The Academy continues to do what it always has - that is, to make a big difference to the lives and education of some of Liberia's poorest children, increasing their abilities and their prospects in the future. And the church, located in the centre of the compound, provides a witness to our beliefs, and to why we try to show the love of Jesus in this practical way.



Christadelphian Meal a Day is 40 years old!

Gordon Dawes

It started with a chat after a church service in 1975. Some members of Tamworth (UK) were wondering why the Christadelphian community had no charity to help with suffering in the developing world... and CMaD was born.

In 1976 the Tamworth Fund was renamed the Christadelphian Meal a Day Fund, a title inspired by Henry Kissinger, who told the 1974 World Food Conference that within 10 years no child should go to bed hungry, but receive at least a meal each day. The Fund received just over £1000 and spent it supporting projects in India and South America. In 1979 the income exceeded £2000 and supported projects in South America and Africa.

By 2008 the scale of CMaD's work required that it be split into three regions, to better relate to the parallel work of the Christadelphian Bible Mission. CMaD UK now works in Africa and Eastern Europe, while new charities in the USA and Australia support projects in the Americas and Asia Pacific respectively.

CMaD's aim remains to assist poor communities with basic life needs – clean water, better farming, basic healthcare and primary education. And to show a practical, loving witness to the blessing of Jesus Christ.

Now a major charity, the focus is on ensuring good governance, transparent project management and positive outcomes in needy communities.

Today CMaD receives substantial support from individuals and congregations, and UK income exceeds £600,000 a year. That supports 30 projects, including orphanages, centres for the disabled, nursery and primary schools and feeding programmes.

700,000 meals funded in 2015 means that thousands of children receive a meal each day. CMaD has also funded many wells and boreholes across Africa. For 40 years, and counting, CMaD has been Making a Difference while we await the return of our Lord to end poverty and inequality in His Kingdom.