

May We Eat 2017

Luke Whitehorn

We're delighted to share the news that we will again be running May We Eat in 2017. This will be its fourth year, and for those of you who haven't got involved before, it's a great opportunity for a dedicated month of fundraising for Meal a Day. We're always amazed by the support we receive, and the number of innovative fundraising ideas you come up with. In the past we've had scooter marathons, triathlons, shared lunches and bake sales, so start getting your thinking caps on and get involved! Thank you!



Finance report 2016

Stuart Barrett, Finance Director

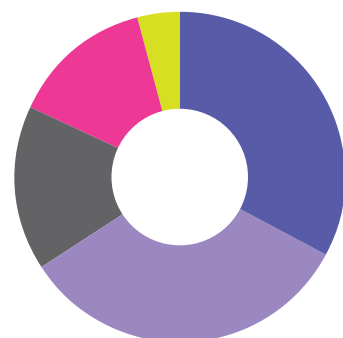
After quite a low income year in 2015 we thank our Father for being so richly blessed through 2016.

At the start of the year we foresaw a difficult time ahead, not knowing whether we would be able to build sufficient reserves to support all of the longer term projects through 2017. We can now report that income received was just in excess of £1 million, enabling us to move forward into the year with greater confidence. This was particularly important as political and economic uncertainty both in the UK and globally added to our financial pressures. The British pound fell in value relative to other foreign currencies, hence our 2017 spend is up by over £100,000 just to stand still. Higher inflation, poor harvests and poor rainfall have added to these ongoing costs.

The chart shows how every £1 was spent in the project areas we cover. In all we spent close to £750,000 including supporting over 2700 children with a meal a day through the school year.

So, from all of us, and especially from those whose circumstances are improved by your generosity, a big 'thank you'. Thank you for your regular, monthly giving and for your one-off fundraising efforts. Please give thanks to our Father for this blessing and that we will be able to continue to make a difference to so many lives, until Jesus' return.

Fig. 1
How we spent the grant monies per £1



- £0.33 Feeding & Water
- £0.33 Schools & Education
- £0.16 Homes & Orphanages
- £0.14 Medical & Hygiene
- £0.04 Self Help & Training



CHRISTADELPHIAN

MEAL A DAY

Spring
2017

www.meal-a-day.org

Post and Donations:
Christadelphian Meal a Day Fund
PO Box 17124,
Tamworth,
B77 9NU

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 2017 newsletter.
We hope you enjoy reading about how you are helping CMaD continue making a difference.

Isaiah 41 v 17 (NIV)

The poor and needy search for water, but there is none; their tongues are parched with thirst. But I the LORD will answer them; I, the God of Israel, will not forsake them.

Adult Literacy Classes, Sierra Leone

Kate Lawrence

As we walked down a narrow path by the side of a less than clean, open river in Kroo Bay, Freetown we heard singing coming from up ahead, and some of our party were beginning to dance. A bizarre sight, until you realise just what the Adult Literacy Class (ALC) means to the local women it is helping.

During the civil war in Sierra Leone (1991 - 2002) any schools that didn't close gave priority to males, and after the war it took 10 years to create any sort of

equality in education. This lack of education for a generation of women, combined with rising global food prices and Kroo Bay's lack of adequate access to clean water (CMaD-funded water taps are their only source of clean water in the area), sanitation and health services, has resulted in a deep cycle of poverty and malnutrition.

CMaD now funds four ALC groups across Sierra Leone, attended predominately by grown women who missed out on education as children.

Andrew, one of the tutors, writes, "Some are petty traders, others seamstresses, police officers, drivers, hotel waiters,

etc. These women have benefited greatly from the ALC project. Those who are working in hotels as waiters have been promoted and their salaries increased because they can now read and write, and those who are skilled workers have improved in their skills and those who are petty traders can now use calculating machines in running their businesses."

Education is giving cause for much joy and dancing!





Find Your Feet, Zimbabwe

Neil Brighthouse

In the Chimanimani region of Zimbabwe, 80% of families depend on farming for their food and income. Many find they can't grow enough food for the year, because of poor soil fertility and erratic weather caused by climate change.

Unable to earn an income from their farm, families can't afford fertilisers, good seed or irrigation to overcome these challenges. Hunger is a huge problem, with malnutrition causing 25% of deaths among children under 5 years. The situation is urgent as Zimbabwe is experiencing severe drought causing failed harvests.

Tsime ('source' in the Shona language) is a project run by Find Your Feet, helping families to grow enough food so they don't go hungry, and to build a future free from poverty. Tsime farmers are exemplary farmers, chosen by their neighbours, who use a peer learning model to facilitate the learning of other farmers, focusing on improving farming yields and increasing household income. Women make up 50% of the beneficiaries.

CMaD has provided funds to Project Tsime to train 500 farmers in sustainable agriculture techniques.

Stephen Chimusoro has already benefitted from the project. He lives with his wife, three young children, and three orphans. Although they have land, it was becoming increasingly infertile as chemical fertilisers and flooding leeched nutrients out of the soil and washed it away. This meant the family could not grow enough food to eat. Nor could they earn the money they needed to invest in their farm to improve yields, trapping them in a cycle of hunger and poverty.

Stephen has received training on a range of sustainable farming practices to help him make the most of his land and improve its quality in the future. This has included learning about intercropping (growing complementary plants in one field to maximise yields), compost making, plant nursery skills (so he can propagate plants himself instead of having to buy new ones), soil and water conservation methods, and mulching (to help retain moisture in the soil). He has also learnt about organic farming and basic marketing skills, to help him to earn higher prices for his produce in local markets.

Using these skills, Stephen is growing more vegetables on his

CMaD has provided funds to Project Tsime to train 500 farmers in sustainable agriculture techniques.

land and his wife is able to sell the surplus at their nearest market, earning money which is helping to improve their lives:

"From this income we have started getting clothing, medication, and farm inputs like seeds, as well as being able to pay school fees for all our children."

(Stephen's story with thanks to Hannah Ross of Find Your Feet).

Images courtesy of Find Your Feet.
Left to right:
Edison Mabuto, a Tsime farmer.
Stephen Chimusoro and family.
Farmers selling produce.

Fundraising

Gordon Dawes

We're always bowled over by the many fundraising events you run to support CMaD. It's not just the number, but also the creativity! Every year there are new and different ways you find to raise money for us! We are really grateful for all this support, and know we are blessed to have so many amazing people supporting the Fund. For example, Maidenhead Sunday School and young people recently worked both individually and together to raise money for Meal a Day on walks, cycle rides, swims and various sales. While thanking everyone for this, we are appealing to you for next time to consider carefully through which website you raise those funds. Please read on...

Many choose to raise funds using the JustGiving website – it's probably the most well-known charity site allowing events to be widely circulated and publicised – but there are other, similar sites which will send much more of what you raise through to CMaD.

Sadly, JustGiving is now one of the most expensive ways to fundraise.

You as donors will not see this, but CMaD has to pay an increased subscription each month to be registered on the site, and even then JustGiving takes 5% from each donation. That means that less of your hard earned effort for charity comes through to CMaD than you might expect, so less goes to projects. We are unhappy about this

– especially when we work hard to keep our own operating costs to the absolute minimum.

There are other 'giving platforms' that charge far less, and we encourage you to use these in future, in preference to JustGiving.

We are registered with myDonate (www.btplc.com/mydonate) and with Virgin Money Giving (www.uk.virginmoneygiving.com).

Both of these sites take much less than JustGiving - in fact myDonate will send EVERYTHING you raise through to Meal a Day! Simply go to their webpage and search for Meal a Day to get started.

But, please, keep fundraising!
Thank you all.

CLICK & RAISE

A massive thank you to everyone who helps raise funds for CMaD by first using the Click and Raise website when shopping online. Since its inception in 2004 Click and Raise has raised almost £25000, every penny of which benefits the fantastic projects CMaD supports.

Special thanks to Hannah and Steve Wilson, whose brilliant yet simple idea it was, and who run Click and Raise.

Visit www.clickandraise.com to see how you can raise funds for CMaD whilst shopping online!

