

Azafady, Madagascar

Neil Brighthouse

Meal a Day is working with Azafady in SE Madagascar to dig wells and to improve sanitation by encouraging communities to dig and use latrines. In a country where less than 30% have access to clean water and 40% of children die before their fifth birthday, Azafady is improving lives at the most fundamental level. So far communities have been supported in the completion of 314 latrines (benefitting 2668 people), the provision of four new wells, the repair of twelve existing wells and sanitation education for schools and communities.



Well & pump, Madagascar

DONATIONS BY CHEQUE

Every cheque Meal a Day receives attracts a significant bank charge. In 2012 we had to pay our bank £4600 in charges! Please, wherever possible, consolidate cheques into one single cheque to Christadelphian Meal a Day. Even better, please consider using Electronic Transfer, where costs are lower. Meal a Day's bank details are: Sort Code 20-33-83 and Account Number 13238164.

CHRISTADELPHIAN

MEAL A DAY

Spring 2013

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 2013 newsletter.

If we imagined the world's population as a village of 100 people, with all existing human ratios remaining the same, the demographics would look something like this:

- 80 would live in substandard housing
- 50 would be malnourished and one dying of starvation
- 48 would live on less than £1.20 a day
- 39 would have no access to a toilet
- 33 would be without access to a safe water supply
- 20 would live on less than 60p a day
- 16 would be unable to read or write
- 5 would control one third of all the wealth
- 1 would have HIV

It's easy to forget the circumstances endured by many in the developing world. A huge 'thank you' for your continued generosity in the face of ever increasing need, which allows Meal a Day to improve the lot of some in our global village.

(Adapted from "Who lives in the Global Village?" by Donella H. Meadows)

Be'er Sova, Israel

James Munday

God's people have always been encouraged to share with the poor and the alien through gleaning and tithing. Today in Be'er Sheva (Beersheba) that practice continues through an organisation called 'Be'er Sova', which means 'the Well of Fullness'. This small organisation, run by volunteers, provides meals and food packages to poor families and the elderly, through its restaurant for the needy and meals-on-wheels programme. In the spirit of the law given to Israel so long ago, they feed poor Bedouin families, immigrants from places such as Ethiopia, and many local Jews

living on the breadline. Like all 'developed' countries, Israel contains pockets of need often met by small charities that make donations go a long way. Be'er Sova is one such charity and Meal a Day has been privileged to be able to support its work for eight years, sharing the 'tithes' of UK Christadelphians with the needy in Israel. "Your support truly makes a difference," says Elizabeth from Be'er Sova, "and will help us bring light and hope to the souls of the needy we assist daily. Each one joins me in expressing our deepest appreciation for the commitment and caring of the Christadelphians."

The Be'er Sova restaurant



2012 Financials

Stuart Barrett

We are fortunate to be amongst the richest portion of the 'global village' of the Introduction. Our thanks to you and our Heavenly Father that you were moved to share what you have with those in need. Meal a Day received approximately £755,000 in 2012. Using this and reserves from 2011 we granted over £825,000, so some in poverty had food, safe water, shelter, medicines and education to help them become independent in the future. Importantly, they also saw the love through Jesus that you have for them. All told, an effective witness supporting CBM and our members in those places, and we thank CBM UK for its continuing support and help with projects.

Take a look at the graphs, which show how the money was used. We granted to 51 projects in 17 countries in Africa, as well as Israel and Bosnia.

2012 also underlined Meal a Day's increasing financial challenges. Despite the recession you helped us to a similar income to 2011. That is wonderful. But project costs in Africa are increasing much faster than our income. Food costs have risen dramatically, so local wages must rise, else families begin to struggle or starve. Meal a Day dealt with food price increases of 15-20% in 2012, and similar wage increases.

To manage this squeeze we have progressively reduced the number of projects Meal a Day assists - 51 in 2012, down from over 80 four years ago. Our 28 long term projects, which used to

take 50% of our income, now take nearly 70%. If our income does not start to rise year on year, then within two years we may not be able to continue with all the long term projects.

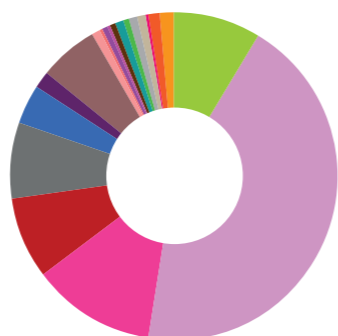
If you would like to receive our draft Accounts, and later full audited Accounts, please email stuart@meal-a-day.org and they will be sent to you. And we are always willing to give presentations on the work.

How your donations were used by Meal a Day in 2012



- Feeding programme 22%
- Orphanages / homes (running costs) 17%
- Schools (running costs) 9%
- Schools (improvements) 12%
- Water / sanitation 9%
- Education 15%
- Medical / hygiene 9%
- Self help / training 7%

In 2012 your donations supported projects in these countries



- Cameroon 9%
- Kenya 44%
- Liberia 12%
- Sierra Leone 8%
- South Africa 10%
- Uganda 4%
- Bosnia
- Zambia
- Burkina Faso
- Burundi
- DR Congo
- Ethiopia
- Ghana
- Guinea
- India
- Israel
- Madagascar
- Malawi
- Mozambique
- Swaziland



Sierra Leone

Kate Lawrence



Left: Patients at Lakka Hospital
Below: Lunch at Talia School,
Sierra Leone

‘The trauma of war touched the hearts of everyone in Sierra Leone and many still talk of seeing bodies in the streets’



bags of rice to the hospital every month and, during our visit, also provided some parcels of soap, biscuits, dried milk and toilet rolls. During the distribution there is also a short Bible talk and prayer, which the patients really appreciate.

The trauma of war touched the hearts of everyone in Sierra Leone and many still talk of seeing bodies in the streets. I feel that the Meal a Day projects have given the Sierra Leone Christadelphians a boost of energy, pride and encouragement to energise their preaching, which has been reflected in the growth of the congregations.

Having been surrounded with so much hate they “encourage each other in the Holy Spirit and in sincere love; in truthful speech and in the power of God... poor, yet making many rich; having nothing, and yet possessing everything” (2 Corinthians 6 v 6,7,10).

Lakka Hospital

Hospitals in Africa rely on patients’ families to support them by providing food, bedding and other necessities like soap. Lakka Hospital, near Freetown, treats patients with TB, HIV and leprosy, and these patients are often abandoned by their families due to the nature of their illnesses.

The hospital is very basic but had a feeling of community with friendly and committed nurses. Everyone had a mosquito net and a bed, but little else. Freetown Christadelphians, with aid from Meal a Day, take two 25kg

Our thanks to Kate Lawrence for this report of the visit to Meal a Day projects in Sierra Leone during a recent CBM visit.

Halden Town Amputee Camp

The horrible war which raged in Sierra Leone for ten years, fuelled by foreign mercenaries, left a terrible legacy in the many people who had hands or feet amputated. These people were rehoused in camps with inadequate resources and little opportunity to earn a living. One such camp is Halden Town, where a Christadelphian community is now established.

Meal a Day piped water into the camp where there are now six working taps - it was previously a two mile walk to collect water.

On our visit, we spent a pleasant afternoon cheering on the amputee football team playing on their crutches.

Talia School

This was the high point in our trip. Built by the government, Talia Primary School was badly maintained and failing. Meal a Day has taken on the school and turned it around. This is a very poor area with no employment and the children live in grass houses in the village.

The school’s 150 students receive free education and one

good meal a day. The teachers and pupils are very pleased with the school and its ethos. The classrooms and dining hall are light, cool and airy and there are properly functioning toilets.

Meal a Day has also built and equipped a clinic for the area. The government will provide the nurses and medicines once the nurses’ accommodation is completed.

Water supply at Halden Town Amputee Camp



How can I help?

£5
pays for a blanket at an orphanage

£10
a month pays for education for a child in a Children’s Home

£15
a month pays for a child to attend pre-school

£20
a month feeds a child in a Children’s Home

£30
pays for a mattress at a school for disabled children

£200
pays for a latrine

To set up a regular donation, please download a standing order form from our website. If you prefer to set up a standing order via online banking, please e-mail us with your name, address and the details.

Practical skills abroad: Lignum charity

People sometimes contact us to offer their practical skills to our projects abroad. Meal a Day uses local skills wherever possible, in order to minimise cost and support local economies and jobs. However, these offers can now be directed through THE LIGNUM PROJECT, a Christadelphian charity, which presently offers woodworking skill training and is now considering expanding into the training of other practical and trade skills in developing countries around the world.

If you would like to register your willingness to help train young people abroad please email Roger and Carole Lees: stocklands2@btinternet.com