

FSH Bukavu, D.R. Congo

Melanie Ford

The war that ravaged the Democratic Republic of Congo for 10 years only ended in 2007. According to the Washington Post the rape and violence during that time was amongst the worst the world has seen. 5.4 million people died, 40% of whom were children under 5. Most were not killed in conflict but by preventable diseases, aggravated by displaced populations living in unsanitary, overcrowded conditions that lacked access to shelter, water, food or medicine. Many regions, including Bukavu, are still terrorised by armed militia, who roam the mountains and jungle attacking, plundering and raping the local population.

Fondation Solidarité des Hommes (FSH) started as a vocational training and feeding programme for street children in Bukavu. Its work now includes rehabilitating young men who have been child soldiers and young girls who have sold their bodies in order to feed their families. It provides accommodation and has a centre running courses in sewing, carpentry, car mechanics,



FSH car mechanic workshop

carpet making and crafts. Many children have to steal to stay alive and end up being arrested. FSH works with the authorities to help accommodate, rehabilitate and educate these children rather than them being sent to adult prisons.

CMaD has helped fund FSH for over 12 years, paying the rent on the premises and contributing to the work of the project.



FSH sewing class

Income sharply down this year

Gordon Dawes

CMaD's income from donations is significantly down in 2013, so we must start to think quite carefully about how this will impact our work in the immediate future.

Income has been remarkably stable for the last three years (thank you!) but this year has fallen by almost 30%. Because we held some reserves from larger donations in the last two years we can, God willing, support all our key projects through 2014, but we will not be able to do much else. With those reserves used, next year becomes very difficult and we may need to reduce our core projects.

This is a key moment for the Fund. Can we encourage old and new donors alike to increase their support to those in need?

'If you want to touch the past, touch a rock.
If you want to touch the present, touch a flower.
If you want to touch the future, touch a life.'

(Anonymous)

CMaD presentations:

Marian Dawes

The best way to learn more about our work is to host a presentation. We can show you some of the latest projects, explain how these change lives for the better, answer your questions and discuss the Biblical basis for this work. Email info@meal-a-day.org to discuss getting this into your programme or using it as a practical witness opportunity.



Registered Charity No. 1133337

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MEAL A DAY

Autumn 2013

www.meal-a-day.org

Post and Donations:

Christadelphian Meal a Day Fund
PO Box 1178
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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 Autumn 2013 newsletter.



FlySpec, Zambia

Neil Brighthouse

The accident shattered your leg. Someone called an ambulance. You were at hospital within 15 minutes and in surgery later that evening. A couple of months in plaster, almost back to normal... that is if you are lucky enough to live in the 'developed world'. If you lived in rural Africa the reality would be very different. Your future would probably be a lifetime of pain and disability.

FlySpec is a team of surgeons who travel the length and breadth of Zambia, using light aircraft or travelling by road, to reach patients in need of orthopaedic surgery, plastic surgery and obstetric fistula repair. It's the

only way that patients in remote areas are ever going to get treatment – they are completely out of reach of existing specialist services. The Zambian healthcare budget is very small and concentrates largely on infectious diseases. FlySpec's work is therefore extremely important, caring for those disadvantaged by the lack of infrastructure.

FlySpec plane overflying rural villages



The team is led by Prof. John Jellis OBE who, until he turned 70 recently, piloted a plane and performed orthopaedic surgery. The surgery is now undertaken by Mr Goran Jovic (Plastic/Reconstructive Surgeon), also a pilot, and seven other surgeons. During 2012 the team made 87 visits, travelled over 47,000 miles, saw 4821 patients and performed 1431 operations. For free.

Christadelphian Meal a Day (CMaD) has made contributions to the work of FlySpec for many years and we need your help, please, to be able to continue supporting this essential service.



FlySpec clinic

Isaiah 1 v 17 (NIV)

"Learn to do right; seek justice.
Defend the oppressed.
Take up the cause of the fatherless;
plead the case of the widow."

Lela Children's Home, Kenya – four years on

Paul Lucas



'A visit to Kamukuywa is a rewarding experience, with the local Christadelphian congregation bursting at the seams and supporting a Sunday School of up to 400 children!'

Left, right and below:
Lela Children's Home, Kenya



The Lela Children's Home at Kamukuywa, Western Kenya was opened in April 2009. It is now home to 40 girls and 30 boys aged between 5 and 15.

Lela means 'caring' in Swahili and care is certainly what the home provides for these children.

Most faced desperate circumstances before they arrived here. Many are orphans as a result of the HIV/AIDS epidemic. Others come from desperately poor families who cannot support their children. Some have been the subject of neglect and abuse.

The Directors of the project are Justus and Annette Mabuka, who had provided a safe haven for these children at their shamba (smallholding) before the Home was built. This approach had increasingly become unsustainable, so in 2008 around £85,000 was raised jointly through Christadelphian Bible Mission Project Aid and CMA D, which resulted in the construction of two dormitories, a dining hall, kitchen and borehole. Since 2009 there have been a number

of improvements to the project, funded through CMA D, costing around £30,000. These include provision of a water storage tower and electric pump, shelter for activities in the shade, extensions to the site compound, new latrines, a private consultation room, office and store. Many of these projects have been generously sponsored by youth groups and Christadelphian congregations.

CMA D was keen to find a partner to share the running costs of the Home; Canadian Christadelphian charity Agape in Action, which was already supporting the upkeep of many of the children, agreed to support half the running costs of the Home alongside this Fund. They also support 36 older teenagers at the Kimbilio ('Sharing') project located at the shamba. Fourteen staff – a nurse, house parents, kitchen staff and night watchmen - are employed at the home.

The cost of running the home is now £53,250 per annum, i.e. as little as £60 per child per month.

Of this, food costs about £22 per month and clothes and school costs amount to £8 per month. CMA D's biggest challenge is to sustain its funding for this and similar projects - offers of monthly contributions by Standing Order to help with these costs are very welcome.

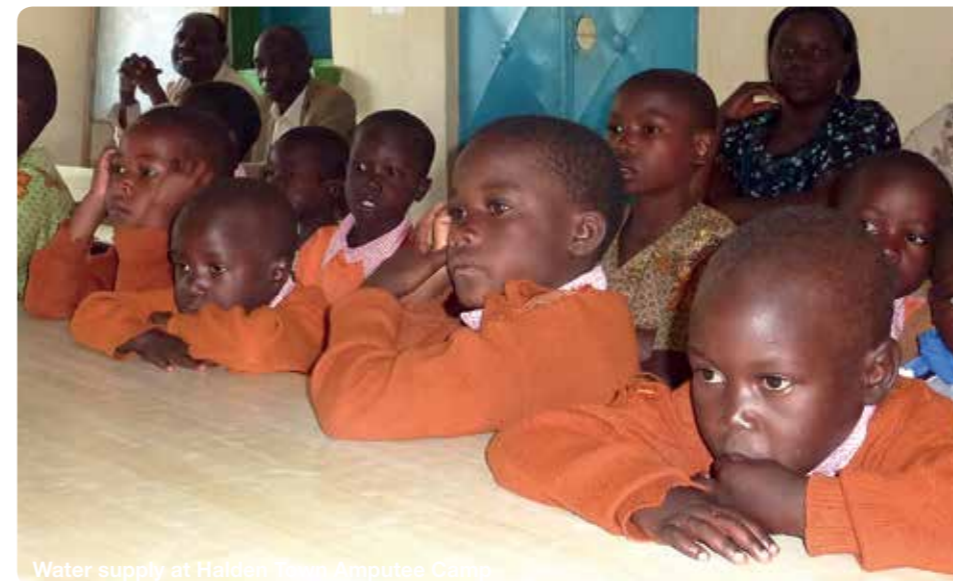
The Shelter is used for a small early years group, for the youngest children at Lela and local children, providing them with some education before entering primary school at age 6/7. Most of the remaining children attend a primary school located about two miles away. CMA D has supported this school with the provision of two large rain water storage tanks and a new classroom block completed in 2012, to ensure that all eight year groups, covering ages 7 to 14, have a classroom. Most classes have nearly 100 children attending them!

So Justus and Annette are Dad and Mum to over 100 children! It is obvious that this close relationship is a wonderful reality for all. Lela is regarded

as a model home in Western Kenya, setting high standards of care and support for children, so much so that visits from other institutions take place so others can learn of the good practice there. A visit to Kamukuywa is a rewarding experience, with the local Christadelphian congregation bursting at the seams and supporting a Sunday School of up to 400 children, including the children from Lela! Some of the older children associated with

the projects here have committed their lives to follow the Lord Jesus and have been baptised.

More than four years on from opening, the Home is thriving, providing a special haven for children and a witness to the love of the Lord Jesus Christ in our community's life.



Registered Charity No. 1139337

Water supply at Halden Town Amputee Centre

Do you use the internet for shopping?

Log on to www.clickandraise.com and click on any of the web shop names there - Amazon, Argos, Tesco, John Lewis and many others. If you make a purchase you'll raise money for CMA D - for example Amazon raises 5%. It really is that easy and it won't cost you a penny more than the purchase price. Every penny raised through Click and Raise goes to Christadelphian Meal a Day. A huge thank you to the site owners, Steve and Hannah Wilson of Kettering Christadelphians, who have now raised over £10,000 for Meal a Day by this means.

Raising funds via the internet

Gordon Dawes

Lots of you help us raise money for projects, which is brilliant - thank you! Our supporters work hard - arranging concerts, social evenings, cycle rides, marathons and even crazier things, to be sponsored by friends and families. But the choice of fundraising website affects the final amount CMA D receives. The leading website takes almost 6% from the funds you raise!

CMA D now has an account with Virgin Money Giving (www.virginmoneygiving.com) to provide a more efficient - yet equally effective - way to collect sponsor funds. This not-for-profit website will yield to CMA D 3% more than other sites, so PLEASE use this website in future.

