

Summer 2016

## Nepal, one year on

It's been a year since Nepal was hit by two devastating earthquakes. More than 8,000 people lost their lives and tens of thousands were left injured or homeless. The earthquakes had a huge impact on children and their education, as school buildings were destroyed.

Since the earthquakes, our partner in Nepal, Voice of Children, has provided educational support to 400 vulnerable children in the remote Ramechhap and Kathmandu Valleys. Thanks to grants from Jersey Overseas Aid Commission and Thomas Cook Children's Charity we have provided warm clothes and repaired school buildings. We've also provided children with school bags, books and pens as well as sports materials to ensure they can continue their education, as well as building their confidence to re-enter their schools.



**'The initial activities of relief, repairing schools and distributing educational materials have sown the seeds of hope for many poor children who have lost everything including their parents. We are committed to taking a long walk with these children. We will continue supporting them through government and international communities, until they regain back their feet by education and livelihoods skills' Voice of Children, ChildHope Partner**



People are rebuilding their lives, step by step. However, we understand it may take several years and much more support to return to normal. For now, children can return to school without fear.

Voice of Children, is working with the local communities to ensure children are kept safe. Sessions were held to promote Child Protection and raise awareness of issues such as trafficking, which are common after such disasters.

Read more about our work in Nepal at [www.childhope.org.uk](http://www.childhope.org.uk)

## JOAC

Jersey Overseas Aid Commission

Thomas Cook  
**Children's**  
CHARITY

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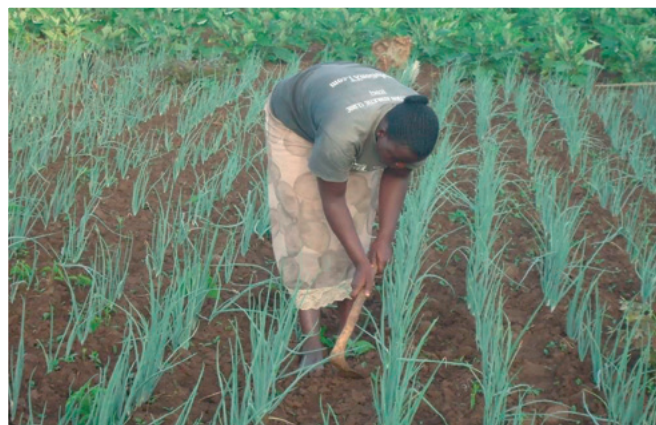
## Letter from our new Chair, Charlie Middleton

We are pleased to announce that Charlie Middleton has been elected as Chair of Trustees. Charlie has been a ChildHope trustee for almost five years and has extensive experience in the banking industry, working for more than 20 years for Barclays before joining Dutch ethical bank, Triodos, as Managing Director in 2003. He qualified as a Psychotherapist in 2013 and, having recently left Triodos, is now planning to do more counselling work.

**'I am delighted to take on the role as Chair and play a part in helping some of the world's most marginalised children to thrive. 2016 marks the start of our new five year strategy and we have exciting and ambitious plans ahead. We will continue to work hand-in-hand with locally based organisations to ensure we truly meet the needs of children. We will focus our efforts on reaching those children who have insufficient support from families and communities and are often beyond the reach of other charities. I'm particularly excited about our plans to make significant steps to meet the needs of disabled children within our projects. This work is only possible thanks to the generosity of our supporters. I am humbled by the support and commitment shown by our donors and individuals who raise funds throughout the year. I look forward to updating you on our work and achievements and hope you can continue to support us in 2016.'**

*Charlie Middleton*

## Spotlight on Uganda: Stella's story



Through our local Uganda partner, KICWA (Kitgum Concerned Women's Association), we are supporting young people to increase their life skills, enabling them to improve the standard of living for them and their families. Stella is 23 years old and lives in a rural area in Northern Uganda with her 2 young children and 5 other dependents. With only Stella's income, the family were struggling to pay school fees and often had only one meal a day. They had limited washing facilities at home and poor nutrition, Stella's household was enrolled onto a livelihood support project run by KICWA.

**'I thank KICWA for giving me knowledge in modern farming and saving. Today, I know how to save that enables me to pay school fees for my children and buy them scholastic materials.'**

Thanks to the project Stella now has knowledge on kitchen gardening and has begun to grow vegetables and sesame seeds on 5 acres of land.

**'I planted eggplant and onion and sold some of it; the money helped me with paying tuition fees to my children and dependents. I am having a peaceful home, and am grateful to KICWA.'**

Learn more about this project and our other work at [www.childhope.org.uk](http://www.childhope.org.uk)



# ChildHope London Summer 10K

Join hundreds of runners and take part in our London Summer 10K. The run takes place in the beautiful London Regent's Park and is suitable for all ages and fitness levels. This is the perfect opportunity to take part in our largest event of the year and raise funds to help some of the world's most marginalised children to thrive.

**What:** 10K run

**Where:** Regents Park, London NW1 4RU  
(start location near to The Hub)

**When:** Start time 10.30am Sunday 28th August



There's no minimum fundraising target but each runner is encouraged to raise as much as possible. Our dedicated team will be on hand to offer fundraising tips and advice every step of the way.

**'Running the 10k in torrential rain as a complete novice, I wasn't sure I'd make it round, but the thought of raising over £100 per kilometre for ChildHope was all the impetus I needed.'**

**Gretchen Shoring, London Summer 10K run participant and ChildHope Trustee**

As a ChildHope Runner you'll receive:

- ✓ Commemorative medal
- ✓ Finish line goodies
- ✓ Fundraising pack and expert advice
- ✓ Training guidance
- ✓ Full route signage and marshalling

Entries before 31st May are **£18/20\***

Entries after 31st May are **£20/£22\***

Entries on the day are **£23**

2 mile Fun Run **£5**

*\*Member/Not a member of UK Athletics*



To register simply fill in the online form at [www.childhope.org.uk](http://www.childhope.org.uk) or call Pamela on 0207 065 0967 or email [patherton@childhope.org.uk](mailto:patherton@childhope.org.uk)

# Supporters' Corner: Charles Medhurst

At ChildHope we are extremely grateful to each and every one of our supporters, who organise events to raise money and give children the chance to transform their futures. Charles Medhurst is one such supporter, who has been fundraising for ChildHope for decades. Charles recently told ChildHope why he chooses to support us ...



'In 1997 I ran the London marathon for ChildHope, having seen an appeal on television for the charity. I completed the marathon, and while I'm no longer able to run I am able to support ChildHope in other ways, such as a monthly gift and coffee mornings. The last one raised £485. Recently, Flog It! (BBC) Came to the Old Royal Naval College in Greenwich where I was fortunate to be able to sell a Cantonese ivory fan in aid of ChildHope. The programme will be televised later this year.'

## ChildHope Marathon runners aim to raise £4,000



We'd like to say a huge thank you to Tod Ridgeway and Nick Toko for taking part in the Virgin Money London Marathon to raise funds for ChildHope projects.

**'We smiled and laughed from start to finish. The encouragement from the crowds was mind blowing. This and seeing all the amazing charities that were being supported made for the most uplifting day. I can't thank ChildHope enough for one of the most special days – a real privilege to be a participant and supporter.'**

**Tod Ridgeway**

Inspired to organise your own event?  
Looking for your next challenge?  
There are so many ways to get involved, visit [www.childhope.org.uk/get-involved/](http://www.childhope.org.uk/get-involved/) or for more information contact Pamela on 0207065 0967 or [patherton@childhope.org.uk](mailto:patherton@childhope.org.uk)

# ChildHope

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The names of children in this newsletter have been changed. All children who appear in the newsletter have given their informed consent for the use of their stories and photographs in ChildHope's literature.