



Scottish Charity
Registration:
SC037178

Food4Africa



Welcome to our Newsletter

Scotland's Newest Charity



A Warm Welcome to **Food4Africa** (UK) Ltd.

I am delighted to say that we received our Scottish Charity registration in February. Our aims are to raise awareness of the needs of orphans in Southern Africa and to raise money to help feed children a nutritionally rich porridge.

We have been setting up as a company and as a charity since October 2005. It was a long, robust but ultimately most rewarding process. And we have made many friends and supporters along the way who have given generously so much of their time to help us establish a charity that really will make a difference.

Thank you for all your amazing support and encouragement.

I look forward to working together to make **Food4Africa** a big success.

Best wishes, Dawn Broadberry

Making a Difference

Food4Africa began in South Africa four and a half years ago.

We are currently distributing a nutritionally rich porridge made from a precooked maize and soya base (enriched with 19 minerals and vitamins) to over 10,000 children every day.

One simple meal a day has extraordinarily positive effects on children by improving their weight gain and well-being.

This porridge also has an extremely beneficial effect in helping children to

fight the diseases and illnesses of everyday life.

Our aims for the children are to:

- Alleviate hunger
- Maximise energy levels and enhance immune systems to fight off diseases
- Help to develop 'brain' potential at the most crucial time of a child's life
- Promote better concentration and a sense of well-being
- Make it easier for them to cope with everyday schooling

Food4Africa is helping:

- Children between 6 months and 12 years: to feed them on a sustainable basis at the most crucial development stages of their fragile lives
- Orphans with AIDS: Early nutritional intervention can help prevent progression or death in HIV-infected children.

Did You Know ...

Southern Africa has the largest number of orphans in the world?

They need a chance to reach their teens and beyond with improved quality of life and hope. Our feeding programme can help to make this happen.

April 2006

Issue 1

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'The Walk' in
Edinburgh - July 2005



Introducing Some of F4A's Children



The Porridge Mix



Meet The Zikhali Family

Ingwavuma is a town in one of the most remote parts of South Africa, on the borders of Swaziland and Mozambique.



The town centre

One of the families that

Food4Africa looks after here is the Zikhali family. The mother of these five children passed away in January 2005. She too was orphaned at a young age and went to live with a family in the local community.

The children all have different fathers. None of them have met or know their

father. This is typical. The only relatives the children have are two aunts and one uncle but they show little interest in their well-being.

When **Food4Africa** found the children, they were living in a one-room hut made of mud, stones and sticks.

In this room, they kept their belongings, slept,

bathed, etc. Their belongings included some clothes, two pots, four water containers, three blankets, a couple of plates, cups and cutlery.

There was no furniture. They slept on



the dried mud floor. They did their cooking outside on an open fire. They had to walk 20 miles one way to get water from the river because they could not afford to pay 2p for 3 pints at the community water pump close to their home. They had no electricity. And Nkanyiso was suffering from scabies as a result of malnutrition.

Thanks to **Food4Africa** all the children are in school and are living in Ekukhanyeni, a small home for 17 orphans.



The Zikhali family –they are Zinhle (age 17), Hlezephi (age 15), Siyabonga (age 11), Ntando (age 9) and Nkanyiso (age 5)



Some of Our Events So Far

Primary Care Collaborative Event

The Scottish Primary Care Collaborative Learning Workshop 2 was held in St Andrews in October/November 2005.

Many thanks to the folk who didn't dress up for Halloween because they were 'fined' by the brave folk who did dress up! Together they collected £237.00 for Food4Africa.



Auchenback Primary School

The Primary 4/5 class at Auchenback Primary School in Barrhead introduced Food4Africa to the rest of the school at an assembly one morning. They went on to fill a piggy bank with £37.00 from a collection in their class.

In March the Primary 7 class chose Food4Africa as the charity to support for the school Health Fayre. They raised £170 by 'charging' pupils 10p to take part in fun activities!



South East Glasgow

Last December, South East Glasgow LHCC (as it was then) chose Food4Africa as their Christmas charity.

Staff donated the money they would have spent on Christmas cards to each other. Those collections, together with a cheque for £150, came to £300.47 for children in Southern Africa over Christmas.

Fashion Show

What a ladies night that was! Imagine having lots of beautiful clothes, handbags and accessories to try on in your own home

Liz Daniels bravely allowed 30 ladies and the fashion company Sark to take over her house in December for a truly amazing night. By buying clothes and accessories (and contributing to a raffle), they raised £379.00 for Food4Africa.



A Tropical Party ... in February

Our single, largest fundraising event so far was held on a freezing Saturday in February.

More than 100 people came to a Tropical Party—and dressed for the occasion! Thank you to everyone who helped raise an amazing £1,100 for Food4Africa.



The limbo dancing was a big hit!



Thank you to everyone who raised money in the following ways:

- Three car boot sales (£520)
- Baking (including the best banana bread ever!) (£177)
- The Brownies in Newton Stewart (£55.50)
- Coffee morning sale of unwanted Christmas presents in Bridgeton Health Centre (£93)
- Candle Party (£140)
- Sponsored Slim (£115)
- Gift of food for 200 children for three days over Christmas (£30)
- Handmade cards (£450)
- Piggy banks (£220)
- Yorkhill staff (£37)
- Donations of Christmas card money (£204)
- Individual donations (from 5p to £150)
- Folk who kindly donated raffle prizes at our party events

Thank You Corner

Thank you so much to the many, many people who have supported Food4Africa over the past few months. It would be impossible to name them all! So here is a mention to some of the folk who kindly designed activities and raised money: Jenny Ackland, Clare Birschel, Emer Beattie, Billy Clarke, Liz Daniels, Lorna Dunipace, Becky Dunipace, Robin & Joan Fisher, Colin McCormack, Alice Morrison, Barbara Morrison, Sylvia Morrison, Ellen Paton, Susan Russell, Sandra Tough, Ellen White, Anne Yuill, and Whitecraigs Lawn Tennis & Sports Club for giving us a venue for our events.



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5p: all it takes to feed one child each day the porridge containing 19 vitamins and minerals

- **£1:** to feed one child for 20 days
- **£2.50:** to feed 50 children one meal or 2 children every day for a month
- **£5:** to feed 100 children one meal or 5 children every day for a month

Thanks to your generosity, we have been able to provide 70,000 meals so far.



How You Can Help

Food4Africa in South Africa is currently feeding over 10,000 children one meal per day. To make sure we continue this life changing work, we need regular donations. Importantly, we also need regular contributions to help us develop a programme to increase the number of children we can feed.

Here are some of the ways you can help to raise awareness and raise money:

- Events—as you see from the list on page 3, people are involved in a range of things that are important to them. Nothing is too small—they all make a big difference! If you have anything you would like to try, please let us know and we may be able to help you arrange it.
- Tell people about us— we can arrange leaflets for you and a copy of our 4-minute CD that tells you all about the charity and its work.
- Piggy banks—you could have a piggy bank on your desk in work and encourage your colleagues to donate their loose change. Or you could have a piggy bank for home.
- Standing order— donate a regular amount each month to **Food4Africa**. Perhaps you would like to sponsor a child or a family. Remember, £10 will feed 6 children for a month
- Corporate sponsorship—do you know a business that would like to sponsor a child or a family or a whole orphanage?

Some of the our forthcoming events

KAOS



The Kilmarnock Amateur Operatic Society has kindly chosen **Food4Africa** as the charity for their 50:50 Concert (that is 50 musicians and 50 singers) on Saturday 11 November 2006.

Please come and support us!

For tickets, please visit the KAOS website at www.kaos.ik.com or email mail@kaos-operatic.co.uk

Some of the other events coming up over the next few months are:

- A Sponsored Stop Smoking
- A Sporting Charity Dinner
- A Halloween Party

If you would like to add to this list, or would just like to get in touch, please send us an email. We look forward to hearing from you.



The children at Mount Moriah Crèche, Zululand

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