



Charity Registration:  
SC037178

# Food4Africa



## Welcome to our Newsletter

### Your Charity

A Warm Welcome to **Food4Africa**

I am delighted that so many people now regard **Food4Africa** as 'their' charity. This is what makes us unique; it belongs to 'you' and to everyone who wants to lend their support, in whatever way is meaningful to them.

Since our last newsletter, your support has helped us raise enough money to supply 200,000 meals to hungry children.

This newsletter illustrates some of the work you have been doing on the charity's behalf. All those 5p pieces have made a real difference to thousands of children over the last few months.

As always, thank you for your continued support and encouragement.

Best wishes, Dawn Broadberry

### Protecting the Future

**Food4Africa** now feeds 15,400 children every day a nutritionally rich porridge made from a pre-cooked maize and soya base, enriched with 19 minerals and vitamins.

This is an increase of 5,400 children since our last newsletter!

One simple meal a day has extraordinarily positive effects on children by improving their weight gain

and well-being.

This porridge also has an additional beneficial effect in helping children to fight the diseases and illnesses of everyday life.

A reminder of **Food4Africa's** aims for children are to:

- Alleviate hunger and poverty
- Maximise energy levels and enhance immune systems to fight off diseases
- Develop 'brain' potential for future learning
- Promote better concentration and a sense of well-being
- Make it easier for them to cope with everyday schooling



Food4Africa food bags at the  
Masiyake Pre-School, Port Elizabeth  
— April 2006

December 2006

Issue 2

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# Introducing Some of F4A's 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.





## News Page - Some of our recent Events

### BAE Systems— 'Clydeside to Stateside'

In August 2005 Scott McLelland and David Johnson set off from Glasgow to Boston on a trip to raise money for charity. They travelled on motorbikes the 5000 miles across America to Los Angeles arriving there on the 16 September 2005.

With the support of their employers BAE Systems, they stopped at 11 BAE Systems sister sites to help raise money.



**Food4Africa** is delighted to receive a donation of £2000 from the money Scott and David raised on their triumphant charity ride.

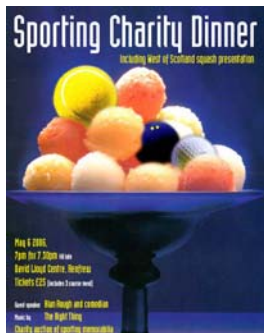
### NHS in Glasgow

A big thank you to everyone in NHS Greater Glasgow & Clyde who continues to support the charity - your energy and commitment are very much appreciated.

### Sporting Charity Dinner

In May the West of Scotland Squash Committee held their annual Sporting Dinner.

In addition to the auction of sporting memorabilia, guests were treated to the wit and wisdom of Alan Rough and the comedy of Jimmy Stirling. The event raised £1600 for **Food4Africa** and the Yorkhill Foundation.



### Update on Auchenback Primary School

We reported in our last newsletter that Auchenback Primary School in Barrhead had become firm supporters of **Food4Africa**. Well it didn't end there...

The Primary 4/5 class had introduced the charity to the rest of the school at an assembly one morning. Now they have gone a step further to introduce **Food4Africa** to an even larger audience! They have been contacting a number of 'important' people to tell them about the charity. So far they have had replies from Downing Street and Virgin.

The Primary 7 class had supported **Food4Africa** in their 'Star Challenge' by organising a healthy fun day for the whole school as part of the school Health Week activities. In June they were rewarded with a Gold Award at a local Enterprise Awards ceremony. Many congratulations!



### Knitted Decorations

The sale of hand-knitted Halloween and Christmas decorations has so far raised £243. Thank you to our talented knitters!



### Wild West Party

The Wild West came to Glasgow in October! And raised £800 for **Food4Africa** and Childline.

Thank you to everyone who supported the event; and to Next Generation at Anniesland for kindly donating the hall.

Special thanks to Marietta Nicolson for all her hard work organising the night.



### Hutcheson's Grammar School

Thank you to Hutcheson's Grammar School for their kind donation of £200 to **Food4Africa**.

Many thanks to Lawprint for printing our first newsletter free-of-charge as a contribution to **Food4Africa**.

**Lawprint**

print & office supplies

**Thank you to everyone who supported our work or raised money in the following ways:**

- Holding car boot sales
- Making and selling cards
- Selling homemade tablet to work colleagues
- Giving individual donations
- Filling up piggy banks
- Selling newly potted plants
- Selling knitted cactus plants
- Sponsored to Stop Smoking
- Sponsored in the Glasgow Run
- Donating money raised at a birthday party (instead of guests buying presents)
- Making posters for our events
- Setting up a Standing Order to make a regular monthly donation

**And to everyone who is currently raising money and supporting us by:**

- Buying Gift Food Certificates over the festive period
- Donating their staff Christmas card money
- Buying handmade Christmas cards
- Buying Santa dust
- Arranging the 'annual' Fashion Show in Rutherglen
- Providing raffle prizes for our events



# KAOS in Ayrshire



Thank you so much to the Kilmarnock Amateur Operatic Society for choosing **Food4Africa** as their charity for their annual 50:50 Concert on 11 November 2006.

It was a truly spectacular night of song and music to an audience of 900 people.

Thank you to everyone who donated through the event; from the money in the buckets on the night to the personal cheques. To date, KAOS has raised £1960.

KAOS will also hold two fashion shows to continue to raise money; one in December in Glasgow and the other in February in Kilmarnock.

## The Ready-Teddy-Knit Challenge

The concert saw the start of the Ready-Teddy-Knit Challenge.



**Food4Africa** has been sending knitted teddies to the children at Mount Moriah Crèche. They are given to the orphans for comfort, so they have something to call their own. KAOS would like

to make sure that all the children in the crèche have a teddy and so have launched the challenge.

Would you like to take part? Here's how:

- Knit a teddy! There is a teddy pattern on the KAOS website or you may have one already
- Take your teddy to the KAOS Fashion Show in Kilmarnock on Friday 16 February 2007
- Take your teddy to the KAOS "Anything Goes" show beginning on 12 March 2007
- Take it to Palace Theatre Box office, Kilmarnock
- Give it to a KAOS member (or to anyone at **Food4Africa**)

For more information and a copy of the pattern, please visit [www.kaos-operatic.co.uk](http://www.kaos-operatic.co.uk)



Robin & Alan introduce the Ready-Teddy-Knit Challenge



Grant, Tracy, Clare, Billy, Trish & Jason - some of the Food4Africa helpers on the night



**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 4 children every day for a month



## Please get in touch:

Food4Africa  
PO Box 5516  
Newton Mearns  
Glasgow G77 5ZY

Phone: 0141 639 4525  
Mobile: 07811 440722

E-mail: [Dawn@food4africa.org](mailto:Dawn@food4africa.org)  
Web: [www.food4africa.org](http://www.food4africa.org)

## How You Can Help

To make sure we continue **Food4Africa's** life changing work, it is just as important to raise awareness as it is to raise money. Here are just some of the ways you can help:

- Hold an event: 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 something you would like to try, please let us know - we may be able to help you
- Piggy bank: you could have a piggy bank on your desk in work or at home and encourage your colleagues and friends to donate their loose change
- Standing order: donate a regular amount each month to **Food4Africa**. Remember, £10 will feed 7 children every day for a month
- Corporate sponsorship

Wishing you a peaceful and happy festive season.

Best Wishes  
from everyone at  
**Food4Africa**



Directors: Dawn Broadberry, Robert Prentice, Dr Graeme Marshall Company Secretary: Glen Watson

Charity Registration: SC037178 Company Registration: SC296412

Registered Office: 34 West George Street, Glasgow, G2 1DG