

Life Lines

July 2012



Daily Life in the Kandy District



At 4am, the tea pluckers are up to get their children ready for school, before they start the long trek to the Tea Estates. The women drop the youngest children off at the Shining Life Children's Trust repaired crèche and pre-school facilities, where the day begins with formal lessons and finishes with games, singing and outdoor activities. During the day, the children receive nutritional guidance and a healthy meal. At the end of the day, they attend a SLCT sponsored Children's Club meeting for fun and games, as well as important instruction in child rights and nutrition.

The women of the community face the gruelling task of tea plucking from 7am to 4pm. This used to be a full day with no breaks and only rotti (made from just flour and water) to keep hunger at bay. After intervention by SLCT, tea pluckers in the area now follow a different routine, following the "plucking trail" they work towards the newly built Workers Rest Room (funded by your donations). This is a safe place to eat a nutritious meal of curried vegetables and rice, as well as a venue for the dissemination of information about women's rights and health information.



At the end of the day they attend Women's Societies meetings, monitored by the Women's Development Trust (our local implementing partner) and funded by SLCT. These meetings are an opportunity for them to voice their concerns, as well as a forum for specific activities and programmes funded by SLCT. These have included savings schemes programmes and health education. At the end of these meetings, women return to their homes to prepare dinner and get ready for the next day of tea plucking.

Seeing the work of the tea pluckers and the way they live each day, means you'll never take a cup of tea for granted again!

Sporting Life

Sutton Football Club kindly donated a team strip which is now in use by all under 15 sports teams (boys and girls) at Ulapane school, for football, volleyball and cricket. The children are delighted with the shirts and are looking forward to using them in forthcoming events.



Ulapane school is a small middle school in the Kandy District which has formed part of our 'Empowering Communities in the Kandy District Project'. Attached to the school is the Ulapane Community Based Rehabilitation Centre for children with disabilities, that SLCT also supports. Many students come from the neighbouring Denmark Village, where we are also active and which suffers from poor transport facilities.

Life Support

In February, we launched an Appeal to raise funds for the next phase of our Community Empowerment & Development programme in Galewala. We are over half way towards our **£17,000** target, but we still need your help.

If you can help us make up the shortfall, guidance on how to donate is overleaf.

Our new Field Director

The role of Field Director for SLCT provides a unique opportunity for those seeking a career in international development. We generally appoint someone to the role for a two year period, and we are approaching the changeover point in the cycle.

For the past two years, the position has been in the capable hands of John Dean, who will be handing over the projects, relationships and networks he has helped us build. John plans to return to his native Isle of Man In August, before taking on new challenges.



We're pleased to let you know that Kevin McParland will take up the post. Kevin has an MA in Development Studies and has been working most recently as a Programme Officer for Link Community Development, improving access to quality education in five sub-Saharan African countries. We are sure he will continue and expand our efforts, joining us at an interesting time when we are about to start new projects in Galewala.

A heartfelt thank you to John, and a warm welcome to Kevin!

How to donate to Shining Life Children's Trust

Visit our website, or donate to us safely and securely through CharitiesTrust.org

I would like to help bring a shining life to children and their families in Sri Lanka by donating:

£10 a month £25 a month £50 a month £100 a month other amount £_____

I am unable to give regularly, but would like to make a single donation of £_____

Name..... Address.....

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Telephone..... email:.....

To the Manager of (insert the name of your bank)

My Account Number..... Sort Code.....

Please pay Shining Life Children's Trust, CAF Bank, Sort Code 40-52-40 Account Number 00016399

Amount:..... Date of First Payment:..... Ref: (Insert your last name)

I want the Trust to treat my donation(s) as Gift Aid – if you are a UK tax payer, this enables us to increase your donation by 25%.

Signature..... Date.....

Please send this donation form, or a cheque, to SLCT at 1 Chestnut Lane, Amersham, Bucks HP6 6EN.

www.shininglife.org