

SPRING

2009

Final  
Reports  
Success

Tsunami  
Rehabilitation  
Project

Childcare  
Project

Nutrition  
Project

10 Year  
Anniversary  
Project

Friends'  
Events in  
London and  
Cheltenham

How to  
donate to us

***“The Telwatte project has given us knowledge that has helped to empower us and with this we feel so much more positive about the future.”***

***A resident of Telwatte.***



**Shining  
Life**  
Children's Trust

## Final Reports Celebrate Effectiveness of Shining Life Children's Trust

At Shining Life Children's Trust our ultimate aim when setting up projects is to run and support them in a sustainable way so that after three years the community can continue the development work independently from us.

To ensure this sustainability we evaluate each project thoroughly at the end to measure how well the aims have been met and work with the community to ensure the work can continue effectively without our direct support.



In this newsletter we share highlights from the final reports of three of our projects. We hope you agree that these final reports give supporters of Shining Life Children's Trust a lot to feel proud about. Real progress has been made in all areas of each project, with some outstanding improvements in many areas. Our reports also clarify where we can do better, and we take this learning on to our next projects. Thank you for all your support and we hope you enjoy reading the newsletter.

### Post-Tsunami Project, Telwatte

The Post-Tsunami Rehabilitation Project at Telwatte has been an extraordinary success. We could have never have imagined that a community so devastated by the tsunami of 2004 would now be transformed into a vibrant and thriving place to live, whose people can now face the future with a great deal more hope and security.

One of the principle aims of this project was to empower the whole community, and women in particular, to make democratic decisions about the future of the community. After the tsunami, a previously vibrant area was brought to its knees by the disaster, with much housing and local facilities destroyed and many local people left unemployed.

One way which Shining Life sought to empower women was to encourage the formation of Mothers' Societies which could meet regularly to discuss the needs of the community and work gradually to meet these needs. The first Mothers' Society established in Telwatte, with over 100 members, was so successful that not only was a second one formed, but the women of Telwatte played host to other women from nearby communities who visited to find out more about forming their own societies.

There were also successful micro-credit savings cooperatives formed which provided capital loans to families for income-generating projects, for example repairing fishing nets and starting up sewing businesses.

Popular Children's Clubs were also established which engaged in positive recreational activities for Telwatte's children, including training in first aid, alcohol and drugs awareness, talk-shops where children could articulate their rights and responsibilities, and the establishment of educational libraries. In 2008 the community held a Fun Day for all children to celebrate new year, something which four years earlier would have seemed an impossible dream. Many thanks to all our Friends for helping to support this most heart-warming of successful projects.

# Early Childhood Nutrition Project, Samarakoon Watta

## Security in Sri Lanka

The safety of our Field

Director is of paramount importance. We report on the current security situation at each meeting, follow Foreign Office guidance and maintain a strict Security Policy. Our projects work with all ethnic groups.

Visit

[www.shininglife.org](http://www.shininglife.org)

for complete

final reports of our

projects . Also for regular field Director

updates from Sri

Lanka and news of

fund-raising and

social events.

You will remember that the community of this project lived in an area prone to flooding right on the edge of a river. As a result of this situation there were severe health problems caused by water-borne illnesses, and instances of malnutrition.

One of the main aims of this project was to promote nutritional awareness and reduce malnutrition in the under-5s. Before the project, 36% of under-5s were malnourished, but now that figure is only 11%. Before the project 25% of people who fell ill were unable to access appropriate healthcare. Now this figure is only 1%.

The project really helped children to realise their potential. Before the project 21% of children did not attend school. After the project this is 2%. Before the project there was little awareness of children's rights. Now children's clubs have 54 members who work together to organise activities and voice children's needs.

Finally, for community members, the new community building is clearly the outward manifestation of the success of this project. A committee manages the use of the community building democratically and it is extremely well utilised by different community groups.



After a morning's learning, children at a preschool in Kalpitya tuck into a healthy lunchtime snack.

## Childhood Care and Development Project, Kalpitya

In this project awareness of health and environmental issues have improved through effective training. In addition the nutritional awareness of mothers and pre-school teachers have improved with the result that changes in behaviour in the feeding of infants has been noted. An increased number of women have access to low interest loans, some of which have been used to meet the basic needs of their families throughout the year. Other loans have been used to develop income-generating activities.

The Children's Clubs which were established as part of the project are ongoing and successful. This is testament to the positive attitude of the children and their desire to learn and participate in different areas of the project.

## Marking our 10 Year Anniversary

As you know, in 2008 Shining Life Children's Trust celebrated its 10 Year Anniversary. Since its foundation in 1998, the Trust has raised £225,000 and helped over 1000 children and their families to build better lives for themselves.

To mark our 10 Year Anniversary we are funding an innovative new project on a tea estate in the Hill Country near Kandy. The Rahatungoda tea estate is

home to 1000 people including 300 children. This community has no electricity, running water or sanitation facilities– the local river has to serve all their needs. With your help we need to raise £30,000 to provide sustainable development work and ensure a brighter future for the children.

The project is being implemented by a local

NGO called HWF, with our support. The plans have already received approval from estate managers and local government officials, and the communities who helped to plan the programme are excited to see it commence. The project focuses on empowering and training community leaders and educating children's groups.



Beth Rattigan, our Field Director, meets with the young people of the tea estate.

## Friends' Evenings in London and Cheltenham

Two events last autumn saw Friends and supporters of Shining Life Children's Trust meeting together to learn about the Trust's 10 Year Anniversary project and to enjoy delicious Sri Lankan food.

In London twenty people met at Sekara restaurant in Victoria to watch a presentation about the Trust's current projects and learn about the 10 Year Anniversary project in the central tea-estate area. The buffet dinner included string hoppars and a superb selection of meat, fish and vegetable dishes.

In Cheltenham the Trustees thanked some of our 'founder Friends' for their support over the last 10 years. People at both events made donations or signed up as regular donors, so many thanks to those who came along.



Trustee Jonathan Bailey (with flute) at a concert featuring friends from St Mary's Church, Battersea. The concert was well-attended, warmly received and raised £800 for the Trust.

## Fund-Raising Solent Challenge Bike Ride

Back in June, 18 supporters completed The Solent Challenge Bike Ride, a 61-mile ride on the mainland and the Isle of Wight including 6 ferries across The Solent. The weather was kind to us, on land and water, as a gentle breeze accompanied us through beautiful meadows, forests, along the coast and over the waters. There was the usual drama of broken chains and punctures, but these problems were overcome thanks to a very accommodating bicycle repair shop owner who crossed the island to come to our rescue! After 12 hours' cycling we returned to a well-deserved coq au vin prepared by the support team and compared notes on which hill was toughest and whose blisters were biggest. A fantastic £9,000 was raised by this event.. Many thanks to all our cyclists, helpers and sponsors!



**Shining  
Life**  
Children's Trust

12 High Bois Lane, Chesham Bois  
Amersham, Bucks HP6 6DG

office as above

Tel: +44 (0)1494 432453

Email: Juliet-brown@shininglife.fsnet.co.uk

UK Registered Charity 1068123  
Registered as a limited liability company in  
England  
Number 3459486  
Sri Lanka registered charity number  
FL1 4011

### Objectives of Shining Life Children's Trust

- To work with local communities and help children disadvantaged by war and poverty.
- To provide support to children in a family-centred environment.
- To work in Sri Lanka.
- To work across cultures and religions.
- To ensure work undertaken facilitates sustainable development.
- To work in partnership with local organisations.
- To support small, unique and new projects.
- To support and develop projects that build on the strengths of Shining Life Children's Trust.
- To promote understanding and knowledge of Sri Lanka amongst supporters in the UK.

## How to Donate to Shining Life Children's Trust

You can now donate to Shining Life Children's Trust safely and securely online using your credit card. Visit [www.justgiving.com/shininglife](http://www.justgiving.com/shininglife)

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 £\_\_\_\_\_

### Standing Order

NAME: ..... ADDRESS: .....

Telephone: ..... E-mail: .....

To the manager of: ..... (insert the name of your bank)

Address: ..... (insert the address of your bank)

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

Please pay Shining Life Children's Trust, Sort Code 40-52-40 Account Number 0016399

Amount: ..... Date of 1st payment: ..... Ref: ..... (insert your last name)

I want the Trust to treat my donations as Gift Aid - if you are a UK tax payer, this enables us to increase your donation by 28%

I am unable to give regularly but would like to make a donation of ..... A cheque is enclosed

Signature: ..... Date: .....

Please send this donation form to  
12 High Bois Lane, Chesham Bois, Amersham, Bucks HP6 6DG