

# Life Lines

October 2013



## Life as a Volunteer

This year saw the launch of our Volunteer Programme: an opportunity for those interested to join activities on the ground in Sri Lanka and provide direct, hands-on assistance. Marcia Summers spent three weeks with us in July this year, primarily working with the Women's Development Centre (WDC), our NGO partners on projects in Kandy. Working with the Community Development Manager, she travelled to out-reach projects in schools, crèches and training centres in Pupuressa, Denmark Village, Ulapane and Nuwara Eliya

By gaining a thorough understanding of WDC's activities and resources, Marcia was able to employ her training skills to develop:

- A staff appraisal system that reflected the values and culture of WDC;
- Training on report writing, monitoring and evaluation of funded projects; and
- Workshops for teachers and managers to help engage parents in their children's education.

We are sure Marcia's input will have long lasting benefits for WDC and will give us structure for future activities with other volunteers.

Read her report in full on the News page of the website.

*Marcia pictured with members of WDC*



## Life in Galewala

1 October marked the celebration of Children's Day in Sri Lanka. Events in Galewala are seen here being taken very seriously by the participants!

It also marked the start of the full, 30-month, Galewala Child-Centred Livelihood Development project. We successfully completed the 6-month pilot project in three rural villages this Summer.

One of the highlights from the pilot project was a 2-day Health & Nutrition Training Programme and an infant weighing programme that instructed mothers how to capture and record their child's weight and to recognise potential problems in their development. We also introduced a community leadership programme for women that focused on developing expertise in teamwork, leadership and skills in community development.

The pilot established firm foundations for the main project which is now underway and will be covered in future editions of this newsletter.



## Give as you Live



**If you ever shop online, did you know you could be sending us a small donation without it costing you a penny?**

The vast majority of online retailers have signed up to help charities through Give as you Live. All you need to do is register your details at **[www.giveasyoulive.com](http://www.giveasyoulive.com)** and select Shining Life Children's Trust as your charity. The widget you download will automatically transfer a small portion of what you spend to us – you just shop as normal!

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

## Life Cycle Update



The last Shining Life Cycle Challenge took place on 18 May. Our dedicated cyclists braved the ups and downs of the Isle of Wight to complete the 100k circuit and raise funds for our Galewala Livelihood Project.

We are delighted to report that the total raised has now topped the £8,000 mark!

Due to the popularity of these events, we are planning a cycle challenge in the New Forest next year. The date is **Saturday 7 June 2014**. In addition to the 100k challenge, we will be organising a '*sometimes cyclists*' route over 50k, as well as a 10k children's challenge. We hope this will appeal to a wide range of our supporters and their friends and families. If you would like to join us for a fun weekend (meeting Friday night and departing Sunday morning), please put the date in your diary now and email us at [events@shininglife.org](mailto:events@shininglife.org) to register your interest.

***Finally, our 2014 Christmas cards are now available!  
Please place your order with us by returning the attached form,  
or order direct through the website.***

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

**Visit our website, or donate to us safely and securely  
through [CharitiesTrust.org](http://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.....

.....

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.