



20 stories, 20 years - Meet Phriyani

An anniversary provides an opportunity to look back at achievements as well as forward to new possibilities. Through our **20 stories, 20 years** we have gathered personal accounts of the impact Shining Life has had on people such as Phriyani and her family. It is humbling to read these stories, thank you so much for your support that has enabled these incredible transformations over the last 20 years.

Phriyani is 46 years old and lives in Telwatte with her husband and four children. Shining Life worked with the community of Telwatte between 2005 and 2008 to help them recover from the 2004 Tsunami. This is Phriyani's story.....

"Shining Life was helping to set up a Mothers' Society and I wanted to join. After the tsunami we didn't have anything to bring us all together. The Mothers' Society gave us a shared purpose.

Through the Mothers' Society I learned many skills. We had training on health and addiction problems, and also received support to help us set up and manage our own businesses. I didn't know anything about these things before the project.

I have used these skills, and our community loans scheme, to set up my own business in rope making, which has helped to support my family. I have also been able to set up a small transport business that helps local school children get to school.

I have a clear purpose now, we are making a profit and I want my business to keep growing. My children are also happy, they have a good education and the younger ones go to the Children's Club that was started by the project; they all get together and love playing sports and having fun.

The project really helped bring our community back from darkness. After the tsunami was such a terrible time for everyone, we were left with nothing. Now we work together to help each other, we laugh and smile so much more now. I want to thank everyone who has supported us. I want Shining Life to continue working in Sri Lanka, there are many others who need help. The project has shown us what we can do, I think everyone should have this opportunity. Everyone can do something, sometimes you just need help to make it happen."

To read more personal accounts please visit '20 stories, 20 years' at <https://slct2020.wordpress.com/>

Shining Life's 20th Anniversary Project



In our last newsletter, we introduced you to our new project with 3 extremely remote villages in Anuradhapura district, north central Sri Lanka. Poor roads and very limited access to public transport makes it challenging for people to access basic health and services.

The local economy is reliant on agriculture, but in this area, known as the 'dry zone' in Sri Lanka, over-cultivation, pesticides and poor sanitation have led to contaminated drinking water sources. Families have to purchase expensive bottled water or use unsafe water for drinking and cooking. As a result Chronic Kidney Disease rates are high, having a knock-on effect on household's self-sufficiency and the ability

of children to be healthy and attend school.

Shining Life and our local delivery partner (Human Development Foundation) will work with the community for the next 2 and a half years to build a brighter future for the families and their children. In particular we will improve access to pre-school education, support additional studies for older children, establish libraries, increase access to health care and safe water and provide vocational training.



Capital Ring Walk



As part of our 20th anniversary celebrations, we are walking a section (4-8 miles) of the Capital Ring Walk on the 20th day of each month, finishing in October 2018, with additional walks on the Bank Holiday Mondays in May and August. This circular route takes us through London's finest scenery. Walkers are invited to make a donation of £20 per section they walk and for this, they will be guided on the walk, receive a printed guide, a fairtrade energy bar and a certificate. Thank you to Jonathan Bailey for organising this.

This is a great way to discover unfamiliar parts of London and learn about its history, landscape and wildlife, while keeping fit, meeting other walkers and raising money to help the communities in Anuradhapura. For more information, contact events@shininglife.org

Shining Life Cycle Challenge 15/16 September 2018

This year we are moving our cycle challenge to take place on 15 September, along the beautiful Dorset coastline near Poole. We will organise the usual 100km route as well as a shorter 50km one. Although hilly, we hope you will be tempted by the stunning scenery and of course the camaraderie of completing the challenge with a group of enthusiastic cyclists. We will arrange accommodation and can organise cycle hire if you need it. If you are yet to take part in a Shining Life Cycle Challenge—please consider joining us—they are both fun, and rewarding events and the money raised will make a real difference to our project in Anuradhapura.



To book your place, please contact events@shininglife.org

Fundraising Ideas?

To celebrate our 20th anniversary, could you organise your own event to raise money for Shining Life?

We can help you organise a cake sale, a quiz night, a dinner party, a concert, a sponsored walk or a tea party. Why not give it a go?

We can provide fundraising material and other resources that will help you explain to your guests what you are raising money for—maybe you would like to select an aspect of the project to support.

Go on—you can do it—you will find it both fun and rewarding!

Three voices and a flute

A huge thank you to Sara Bartolozzi, for organising a stunning concert showcasing incredible singing and flute playing. Despite the the logistics of organising this on what turned out to be a very snowy March evening, the concert was a real treat to attend. Thank you to Sara and colleagues for raising over £200 for Shining Life.

How to donate to Shining Life Children's Trust

Regular donations

Regular donations help us to plan our work in Sri Lanka better. If you would like to donate regularly, please set up a standing order. You will need to give your bank these details:

Account name: Shining Life Children's Trust, Sort Code: 40-52-40 (CAF Bank), Account Number: 00016399.

If you set up a standing order, let us know at admin@shininglife.org or write to us.

By credit card

You can donate by credit card through the Charities Trust or BTMyDonate websites. Please go to our website (www.shininglife.org/support.html) for links.

By cheque

Please send your donation to Shining Life Children's Trust at:
1 Chestnut Lane, Amersham, Bucks HP6 6EN.

If you are a UK taxpayer, we can claim an additional 25% through Gift Aid. Thank you.

