

Life Lines

November 2015



Sewing the seeds of Success

We have been working alongside the Women's Development Centre (WDC) on the Pupuressa Tea Estate near Kandy since 2010. As our three year project drew to a close, we investigated what we could do to leave the community even more self sufficient in the long term.



Participants in the Pupuressa Sewing Project

Whilst educational and nutritional standards had improved substantially, there was still a need to help mothers become more independent, so in August we started the **Pupuressa Sewing Project**. The aim is to increase the capability of women to earn money by means other than just the daily tea picking wage. The project offers access to equipment and lessons in sewing both clothes and sanitary napkins. Products can then either supplement the community needs, or be sold outside the community via WDC. The women are also being given the opportunity to create self-help finance groups, with training on saving and credit management as well as entrepreneurship skills.

So far the project has helped develop the skills of 20 women and is due to run until February 2016.

Cycle Challenge 2016

The big event in our fundraising calendar is the annual Cycle Challenge. Next year, back by popular request, we will be running "The Six Ferries" challenge, circling round the Solent and taking in both the Isle of Wight and the New Forest. Whilst the basic route covers 50 kilometres, there will also be a longer route for the seasoned cyclists, and a safe, off-road 10km route for those with little legs!

Our cycle challenges are a chance to test your physical capabilities, an opportunity to meet new friends and most of all great fun. If you are interested in joining us, please put **Saturday 11 June 2016** in your diaries and email events@shininglife.org to confirm your interest.



Accommodation will be organised at Shorefield Holiday Park on the Friday and Saturday nights for those wishing to make a weekend of it.

Give as you Live



With Christmas fast approaching, please remember that if you shop online, 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 and select Shining Life Children's Trust as your charity.

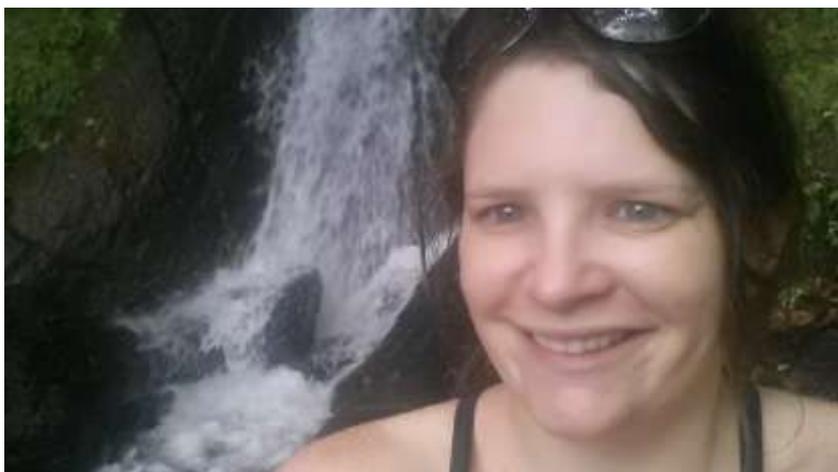
Either download the widget, or go to retailers direct from the Give as You Live site, and a small portion of what you spend will be sent to us – you just shop as normal!

www.shininglife.org

Welcome back to Beth

We are delighted to announce that another former Field Director, Beth Rattigan, has joined the Board of Trustees.

Beth worked for us from August 2007 to July 2009, during which time she closed the Telwatte and Samarakoon Watta projects, as well as starting up the Rikillagaskada and Galewala projects. Since leaving Sri Lanka she has worked in the field with international development agencies in Thailand, Afghanistan and Kenya and is now based in London with a global network organisation supporting young entrepreneurs.



Beth brings a wealth of knowledge and practice to our team, as well as an interest in helping us develop our social media coverage.

***Finally, our 2015 Christmas cards are now available!
Please place your order with us by returning the attached form,
or order direct through the website.***

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 to our account. 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, please let us know by email admin@shininglife.org or write to us at the address below.

By credit card

You can donate by credit card through the Charities Trust or BTMyDonate websites. Please go to <http://www.charitiestrust.org/charities/shining-life-children-strust/index.html> or <https://mydonate.bt.com/charities/shininglifechildrenstrust> to make a donation.

There are also links from the Support page on our website (<http://www.shininglife.org/support.html>).

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

www.shininglife.org