



**AUTUMN**

**2008**

**Final Reports Success**

**Tsunami Rehabilitation Project**

**Childcare Project**

**Nutrition Project**

**10 Year Anniversary Project**

**10 Year Anniversary Project**

**How to donate to us**

# Final Reports Recognise Success and Effectiveness of Shining Life Children's Trust

In this newsletter we bring you news of the culmination of three of our projects which you have been following over the last 3—4 years. To ensure the sustainability of our projects, we evaluate each one thoroughly at the end to measure how well the aims have been met



before it is handed over to the community to continue. Below you will find extracts from those final reports.

We hope you agree with us that these final reports give Shining Life Children's Trust and its supporters us a lot to feel proud about. Tangible and lasting progress has been made in all project areas, with some outstanding improvements in many areas. And were we can do better, we have been told and will take this learning on to our next projects. We hope you enjoy reading the newsletter.

## Tsunami Rehabilitation Project, Telwatte

To illustrate the success of this project, here is a comparison of one area of the project's aim, community empowerment, clearly showing the impact of the project in this area.

<b>Community empowerment</b>	
<b>Aim:</b>	To empower women and the community in general to make democratic decisions and collectively represent the post-tsunami needs of the community with external bodies
<b>Pre-project</b>	a previously vibrant community devastated by the tsunami with a lack of housing, facilities and employment
<b>Post-project</b>	<ul style="list-style-type: none"> <li>-first Mother's Society established so successful with over 100 members that a second one was formed</li> <li>-visits hosted from other communities to learn from Telwatte Mother's Societies</li> <li>-in 2008 the Societies held a fun day for all children to celebrate New Year – this would not have been possible without the new community cohesion and the money raised by the societies</li> <li>-successful Children's Club established which engage in positive educational recreational activities including training in alcohol and drugs awareness and first aid, talks and a library facility</li> </ul>

## Childhood Care and Development Project, Kalpitya

In each of the project areas, women have become empowered enabling them to provide an increased amount of care and security for their children. Training in early childhood care and development has been effective, and investment in pre-schools has had a positive impact in all communities.

Awareness of health and environmental issues in each community has improved through training. In addition, the nutritional awareness of mothers and pre-school teachers has improved and changes in behaviour in the feeding of infants has been noted.

An increased amount of women have access to low interest loans, some of which have been used to meet their families' basic needs throughout the year. Other loans have been used to develop income generating activities and several successes were reported by women in the project areas.

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



## Early Childhood Nutrition Project, Samarakoon Watta

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 89% of under-5s are the correct weight. Whereas before 25% of ill people were unable to access appropriate healthcare, now 99% can.

We also aimed to empower children and help them to realise their potential. Before the project 21% of children did not attend school, but this figure has now risen to 98%. Whereas before there was little awareness of children's rights, Children's clubs now have 54 members who work together to organise activities and voice their needs.

Finally, for community members, the new community building is clearly the physical marker of the success of the project. A committee runs this building democratically and the building is extremely well utilised by different community groups.

*"Earlier there was no place for us to play . Now we have our own playground of our own.... I look forward to playing netball and elle "*  
(a traditional Sri Lankan game.)

Children enjoy a playground in a Shining Life pre-school .

# Celebrating our 10 Year Anniversary

As you know, this year Shining Life Children's Trust is celebrating its 10 Year Anniversary. Since its foundation in 1998, the Trust has raised £200,000 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 will include:

- basic health and nutrition training
- investment in preschools
- income generating training
- Small loan credit schemes

*“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.*

## Friends' Information Evenings in London and Cheltenham

There have been two events this autumn in which Friends and supporters of Shining Life Children's Trust have been able to meet each other, learn more about the Trust's 10 Year Anniversary project and enjoy delicious Sri Lankan food.

In London twenty people gathered 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 superb buffet dinner included egg hops and a mouth-watering selection of

meat, fish and vegetable dishes.

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

## Six Ferry Challenge Sponsored Bike Ride

STELLA's ARTICLE



**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.

If you would prefer to receive this  
newsletter by email, please let us know!

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

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 donation of ..... A cheque is enclosed

### **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, HSBC, Cheltenham. Sort Code 40-17-10 Account Number 81582828  
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%

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

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