



NEWSLETTER No 2 - April 2005

Hello Everyone

This is our second newsletter and the delay in producing it is due to my recent trip back to South Africa from where I returned on 16th March.

Firstly let me tell you how we have been doing since the last newsletter. We are practically up and running with our website, hopefully by the next newsletter we will be in full flow – “Watch this space!” Please fill in and return the attached Contact Information form. This information will greatly help in cutting down expenses as we may in future be sending newsletters by email or publish them on our website.

Since “One Life” has been operational we have raised just over £9,000 which I feel is tremendous for such a small charity and all due to you, our sponsors and supporters, so my grateful thanks to you all.

We have 86 children sponsored between England and Wales and 2 from Switzerland, and there are another 9 or 10 people at the enquiry stage. This is wonderful, long may it continue.

At Christmas £350 was raised from our ‘Name the Father Christmas’ fund raising event, despite having one of our Father Christmas’ stolen. We also sent one of these musical Father Christmas’s out to Nseleni for the orphans, which I hear caused great excitement amongst the adults as well as the children.

During the year several hundred pounds were raised through the sale of handmade greetings cards – made by Elena Utton and Jean Spinks – two of ‘One Life’s’ trustees.

Just before Christmas some of the pupils of the Coedcae School in Llanelli, South Wales, with the help of Pam Evans founder of the Peace Mala Project, and with kind permission of the headmaster, Mr W. Harvey Jones, raised £670 for us and also enough money to purchase Peace Mala bracelets for each of our orphans who are the heads of our 38 child-headed families. This was an amazing effort and a great result. Our warm thanks to the wonderful pupils of Coedcae School. About £40 has also been raised from the sale of Peace Mala bracelets.

Our Charity Lotto bonus-ball fundraiser brings in the fantastic sum of £1250 per annum, so thanks to all who are involved in this. The weekly prize is £25 and it costs just £1 paid at five weekly intervals, or longer. If you wish to go on our waiting list to join in this at some future date please contact Elena on 020 8926 2431.

Elena Utton, 43 Alpha Road, Chingford, London, E4 6TD

☎ 020 8926 2431

elena@oneline-online.org.uk

On April 30th we are holding a 'Prize Bingo' fun afternoon fundraising event in the local church hall of St Edmund's Parish Church here in South Chingford. We have for everyone's enjoyment – Prize Bingo, a Raffle and you can enjoy various alternative therapies such as Indian Head Massage, Reflexology, etc. We will also have stalls selling

- 1) Salt Dough ornaments – e.g. clowns, flowers, animals, etc.
- 2) Toys
- 3) Hand-made Greetings Cards and CD's
- 4) African bracelets and Indian OHM bracelets

Face painting will also be available for the children and by kind permission of Chingford Round Table we are able to borrow a bouncy castle for the forecourt in front of the Church Hall. Please come along and support us if you live reasonably locally. This event is from 2pm to 5pm on Saturday 30th April – doors open at 1.45. This promises to be a fun afternoon!

If you have not yet received a photograph of your sponsored child with this newsletter, then I apologise. I came home from S Africa with 188 photos, but for various reasons 15 of our children were unable to attend the centre at the times I needed them. I have left a list of these children's names and donated a camera to Nancy so we hope to get these photographs taken in the near future. Please continue to be patient. I also brought back with me the names and photographs of 37 children in need of sponsoring. If you know of anyone who is interested in sponsoring or in supporting us by donation of any size, that would be wonderful.

My trip to S Africa was very worthwhile, and it was very gratifying to be with Sr.Emmanuel, Nancy and the children again. I met wonderful Africans helping their orphaned neighbours, whilst having so little themselves, and also a man named Franz Balack who spends his life helping distressed, sick and orphaned African children in an area called NDABAYAKHE. He also visits the sick and dying Aids victims in the local hospital, where he took me on my last evening in Zululand. I am hoping that "One Life" can reach out and support Franz and his children. More information on Franz in the attached "Africa News"!

Many of you have asked if you can write to your sponsored child and/or send some small gift. If you want to do this please contact me for address details.

I am very happy to announce that we have a new trustee – Debbie Pipe – my next door neighbour. Debbie has supported me and "One Life" from the start by sponsoring a child, donating gifts for the children and with her vast fund of viable ideas for fundraising. A big, warm welcome to you Debbie.

Elena Utton, 43 Alpha Road, Chingford, London, E4 6TD

 **020 8926 2431**

elena@oneline-online.org.uk

Africa News

It was wonderful to be back in South Africa and to see Sr Emmanuel – a Dominican nun who is still doing so much to help reduce the suffering and distress of the children and adults of Nseleni and surrounding areas. She will be 81 years old this month and has never retired from this life of service to others. May she long continue – she is much loved by everyone. Nancy is an amazing African lady devoted to her work with the children. She never rests and our support helps ease her load. She has written a paper on the difference made by “One Life” to the children and all connected with our Thandukuphila Centre, if you would like a copy of this please let me know. Sadly she has now contracted Diabetes and is on medication. Both she and Sister Emmanuel are my inspiration.

I met a lot of our sponsored children at the centre, took photos, talked to them, saw them laughing, dancing and singing whilst making a video of thanks which I have brought back with me to England. The video is their way of saying “Thank you” for all of us who support them in any way whatsoever. I do not know how to get one video to so many people, postage and packing being too expensive for the charity to fund on such a large scale, but if you would like to see the video please send an adequate amount to cover postage and packing and then wait patiently for it to be passed around – unless you know of anyone who could make copies for me.

We have 965 children connected to Thandukuphila – our centre – of which 557 children are unable to come for food due to lack of transport. This is worrying and very sad – we need money for a combi – petrol and also driving lessons for Nancy – can you help? - or do you know of someone who can? We also need funding for a Satellite feeding centre for these children.

Seventy-six of our children are under school age and come daily to the crèche in our centre where they are bathed, fed, clothed and loved. We have also 34 orphaned babies who live with carers – Nancy supplies the food and nappies, etc. We need funding for disposable nappies for the babies and the little ones in the crèche who are HIV/AIDS. We also provide some medication for the children and Epap which is a complete food and is miraculous at building up the children who are HIV positive or malnourished. We now have a vegetable garden. Some of the produce is sold and the rest used to feed the children of which approximately 400 come to the centre twice a day for food.

I took with me on my trip to South Africa lots of underwear for the children and also pens, pencils and art gear for Nancy’s daughter Khanya to use at the centre on Saturdays where the skills development programme is held. Khanya still has the rest of the year and then one more year at University where she is studying psychology. She is doing very well, getting 3 distinctions this last time and she wishes when her education is completed, to work part-time at the centre and part-time at the local hospital where so many children and adults need counselling. She devotes all her spare time to supporting Nancy and the children at the centre. If her University fees are not paid she will not be able to complete her education. We have helped Khanya in the past and now would be a good time to help her again – any small donation from you would be of great help – we do so need Khanya and her skills at the centre.

In Home News I mentioned Franz Balack, who devotes his life to helping the orphans and visiting sick adults and people in need in this rural area of Ndabayake. He has a feeding post where 168 children come every afternoon for their one meal of the day. Of these 76 children are living as child-headed families and are totally reliant upon Franz for their plate of food needed for survival. By the time they return to where they live most of them will be hungry again.

Elena Utton, 43 Alpha Road, Chingford, London, E4 6TD

 **020 8926 2431**

elena@oneline-online.org.uk

Here is a picture of the children queuing for their one plate of food a day. Some walk miles from the mountain to receive this food. Their dwelling places are mostly totally bare. Many without even a basic blanket to cover themselves.



Volunteers for one year or more or short term to work with Franz and the children would be very welcome, but any decision to do this needs careful consideration. The reality is that it can be extremely hot and humid, not initially easy to live without life's little luxuries which we are so accustomed to, and it is physically and emotionally exhausting..... but very worthwhile.

For a lot of the children there is no school available and where there is a school there is no money for school fees or uniforms, so someone with teaching skills would be very welcome.



This two year old boy is terminally ill with AIDS. He walks alone to the centre every day to collect his food. I held him on my lap and my heart fragmented.

The very basic needs of Franz and his children are funds for petrol so that he can pick up donated cooked leftover food from restaurants in the town – this is how he feeds so many children. Funding is also needed for cheap coffins and for funeral expenses, to allow the people and children at least the dignity of a proper burial instead of a pauper's grave.

Funding is also URGENTLY needed for blankets and footwear for the children and for sick adults who need hospital treatment.

The cost of this is £3.50 per person but can only come about with funding as these people have very little, sometimes no money of their own at all.

I never wanted or intended to ask any of you for more help, especially financial, but since this last visit and meeting up with Franz, I feel in my heart I am meant to help him as well as Nancy and the children of Nseleni. These children are in dire need, winter for them is fast approaching and in rural areas it can be very cold at night. Please, if at all possible, help me to help Franz and his beloved children – they are in great need. No donation is too small. Thank you.

My sincere thanks to you all for your ongoing support, love and caring for the children of Kwazulu, S. Africa.

Enjoy our wonderful Springtime!

Elena Utton.....Trustee

Elena Utton, 43 Alpha Road, Chingford, London, E4 6TD

☎ 020 8926 2431

elena@oneline-online.org.uk