



Newsletter No 5

November '06

Hello Everyone

My apologies for taking so long to put this newsletter together. As some of you may know I was quite poorly in August and part of September so the newsletter never got done. I am happy to say that I am now fully recovered.

September/October and early this month I have been extremely busy collecting sponsor money for school fees, uniform and books for the 177 orphans we now support. Once again not everyone managed to get the money in on time with some money still outstanding. Those children's school fees have had to be paid for with donated money which I was hoping to use as a donation towards Christmas for the children. I would now like to ask everyone who has difficulty getting the money in on time to please consider paying in future by standing order either monthly or yearly. If any of you wish to do this a standing order form can be downloaded from my website or please contact me directly. All contact details can be found at the bottom of this page. Outstanding sponsor money can still be paid and will be gratefully received. If at anytime you wish to discontinue with the sponsorship please do let me know and return any photos and background information giving me time to get a new sponsor for the child in time to pay the school fees for the coming year.

One Life has been operational for three years this month and since it's onset we have raised and sent out to Africa £35,000 so my grateful thanks to you all for your support. We have certainly changed the lives of so many children, when I visit Kwazulu it is a joy to meet up with the children we support and see them looking so much healthier and happier.

Please remember we now have an up and running website thanks to my son Graham. Please visit us there throughout the year to see what we are doing and how as a charity we are progressing.

Fund Raising Events

Our first sponsored walk was held on June 10th. We walked from Richmond to Kew incorporating a wonderful Thames river bank walk where we saw many herons and other forms of birdlife. We lunched at a riverside pub and generally

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enjoyed ourselves. We had T-shirts printed with a One Life logo which we proudly wore on the walk. These were kindly done by Lesley Worstencroft a supporter of One Life. The walk raised an amazing £2,674.

In July Rosie Faupel from near Cambridge travelled up to join us on the walk and the following month raised £100 for the charity from a car boot sale held on our behalf.

In August Jean Spinks (trustee) raised £100 from the sale of handmade greeting cards.

Coedcae school in Wales donated £450 in July by the fundraising efforts of the year nine pupils. Our grateful thanks for the schools ongoing support go to Mr W. Harvey Jones, the headmaster who also sponsors one of our AIDS orphans.

In September a Mr Sanjay Patel a paediatrician at one of our local hospitals made contact with One Life as he was due to shortly leave with his fiancé (an anaesthetist) for a years work at one of the hospitals in Kwazulu, South Africa and they wished to become involved with One Life and visit our projects there. They held their farewell party on behalf of One Life and presented us with a cheque for £670 on the evening prior to their departure

The selling of handmade greeting cards/ wristbands and bracelets at St Anne's Church, Chingford in September raised £100 plus a donation of £50.

On November the 8th a handmade greetings card party was held on the premises of One Life and £142 was raised. Dee Astil a friend of mine and a member of the North Chingford Golf club attended the evening and presented us with a cheque for £300 raised by the ladies section of the golf club.

Future Trip to Kwazulu.

Since the millennium I have made regular trips out to Kwazulu, South Africa. Since the onset of the charity due to the visits in the years 2000, 2001 and 2002 this has become a vital and wonderful opportunity for me to see what is happening at the Thandulkuphila Centre with our many sponsored children and to have direct contact with them to see how they are progressing health wise and educationally and also to receive from Nancy answers to the many queries which crop up related to the charity and the work which we do.

Playing a very important part in my visit to Kwazulu is my connection to Hope Project and the many children we raise money for needed for medication, blankets in winter and in many other areas of need. With a member of Hope Project I visit the children at the many outdoor feeding centres in the rural areas delivering the all important one meal of the day without which the children would not survive. With a member of Hope Project I am able to visit the sick and dying Africans some of who I met and forged bonds with last year and I also take the all important photos for our website and for the next newsletter.

I stay with Sister Emmanuel and three other nuns at their small convent in Empangeni. Sister Emmanuel will be 83 years of age in April 2007 and although not as mobile as she would like to be she is still very active in helping the African adults and children who need our help. I have known her for almost 40 years so it is very enjoyable to have this opportunity to spend time with her.

There has been considerable interest from the supporters of One Life re a return trip to South Africa this coming year. I am happy to say that on November the 10th this year I booked a return trip back to Kwazulu . I leave Heathrow on Jan 30th and return to U.K. on February 28th.

One Life is a small charity and there are many benefits with it being so. The money we raise goes out to Africa for the relief of suffering of the children affected by the AIDS virus and any remaining sick adults in need. If anyone would like to contribute a small amount of money to be used while I am out there to enhance the lives of the children we support connected to the Thandulkuphila Centre and the children and adults in great need who I come across when travelling in the more rural areas where poverty is rife this would be gratefully received. These children and any needy surviving adults are attached to Hope Project who One Life also supports. Many of these children walk miles for their one meal a day. Cheques should be made out to One Life and sent as soon as possible prior to my leaving England on January 30th.

If you would like to write to your sponsored child, sending a photo of yourself if you have not already done so, please ensure it gets to me well before 30th January. After that it will be too late.

As long as I am able I would like to continue with these visits. To have direct contact with the children and adults we help is wonderful and brings what we are aiming to do onto a much more personal level.

Next year we are hoping to hold another big fundraising event to be held in one of our local church halls. We are also aiming to hold another sponsored walk encouraged by the great success of the one held last year. Details of these events will appear on the website in the coming year when organisation of them is in progress.

Africa News

Earlier in the year our new feeding centre opened. This is for the children living in the more rural areas. We are blessed with a building, a gift from the Zulu Chief and it is this which has been renovated by funding from One Life. This houses the feeding centre and also a small crèche, recently opened, for the children in need who are under school age. I am so looking forward to seeing the centre when I visit Kwazulu again early next year..

To see for myself the results of One Life's fundraising efforts is wonderful and inspiring. Some of these children living far out in rural Africa live in the most terrible circumstances; many of them are HIV positive some have developed full blown AIDS. I feel we are all truly blessed to be given the opportunity to help these children.

Nancy of the Thandukuphila Centre told me during a phone call I made a short while ago that our sponsored children are all doing so well at school. They are happy and are thriving due to our help so thank you all on their behalf for your loving support.

Other news of the children connected to Nancy and the Thandukuphila Centre will appear with photos in our next newsletter after I return to U.K. in February next year.

Hope Project has gone through some changes too. Frans Ballack is at the moment working in Iraq and three people very well known to Frans have taken over the running of the project. They are the Reverend Everhart, Ria and Lynette. I am in contact with them all and look forward to meeting them in February next year, they too have discovered more children in need and have opened another feeding venue.

We are discovering more and more children and adults in need of food, medication, clothing and care, the basic essentials of life. This is due to the death of many more parents due to the AIDS Virus or sickness due to AIDS related diseases. On the positive side many adults and children are now receiving Anti Retroviral drug treatment, this with some very positive results.

One Life continues to send money when possible to Hope Project for wherever help is needed. Last year I appealed to you just prior to my visit for funding to buy the children balls to play with. All children need to play. These were received with such joy. We bought with the money donated, footballs, netballs, small balls for the younger children and wonderful cricket sets. Whilst out there we were kindly donated a large amount of rope from which we could make many skipping ropes for the children. It takes very little to bring a huge smile to the faces of these children.

Incidentally while I am here compiling this newsletter an email has arrived from Hope Project saying they were getting desperate being without funding to do anything for the children for Christmas when my email arrived saying that £1000 was on it's way to them. I am so happy to hear that our money raised will help to give these poorest of poor children a day of fun and happiness.

From January we have our first sponsored child going to full time college. This is such a big moment in her life. She wants to be a hotel caterer and the Reverend Jude Bullock of St Anne's Church in Chingford is very kindly sponsoring this girl. I would like to start a fund for higher education as after leaving school, without qualifications it is impossible to get a decent job. I just trust that we will receive help and funding to do this in the near future. College fees are £700 per year this includes transport.

All that now remains is for me to wish you all A very Happy Christmas 2006 and A Happy and Healthy New Year and to thank you all once again for your ongoing support, love and caring for the children of Africa. Together we truly are making a difference.

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