



One Life is a charitable organisation that has been set up to help accommodate, feed and educate the children of Nseleni and other surrounding rural areas of Empangeni in Kwazulu, South Africa. These children are suffering from malnutrition and many are HIV positive or have AIDS. Where children have died from AIDS we also help with the funeral costs.

Part of the education program is to teach adults about AIDS. In addition to this they are also taught simple craft skills and other life skills so that they are able to be more self supportive and regain a sense of self worth and dignity.

Whilst some specific areas of need are detailed on the back page of this leaflet, any small donation (even just £1) will make a great difference to the lives of the children.

A visit to Kwazulu in 2000 started our interest in thinking of ways to help but the experience of a further visit in 2003 became the catalyst for the application for registered charity status and a return visit in February 2005 confirmed the need for continued help and support.



The trustees of One Life: Roy Utton, Jean Spinks, Elena Utton and Debbie Pipe

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People involved in this project

Elena Utton	Founder and Trustee
Roy Utton	Trustee
Jean Spinks	Trustee
Debbie Pipe	Trustee
Nancy Khuzwayo	Project Manager Nseleni Kwazulu
Sister Emmanuel (Dominican Nun)	Active in helping disadvantaged Africans in Kwazulu
Frans Ballack	Manager of Project Hope in the rural areas of Empangeni, Kwazulu

Elena Utton lived in South Africa from 1964 to 1970 where she first met Sister Emmanuel. She returned to South Africa in 2000, 2003 and 2005. In 2000 she first met Nancy Khuzwayo and was introduced to the work Nancy was doing. During the 2003 visit it became apparent that the project had grown enormously in order to meet the needs of an increasing number of children affected by HIV, AIDS and malnutrition, and a later visit in 2005 confirmed the need for urgent financial funding.

Roy Utton plays an active role in One Life and contributes the use of his computer skills when needed.

Jean Spinks has been friends with Elena Utton since 1997 and in 2000, both she and Elena began to raise money for the children of Nseleni by making and selling hand-made cards. Both are committed to the success of One Life.

Debbie Pipe has supported One Life from the onset by sponsoring a child and contributing her time and invaluable ideas to all fundraising events. She became a trustee in March 2005.

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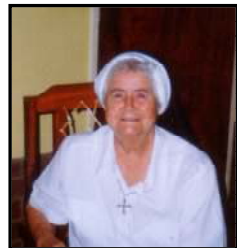
Nancy Khuzwayo (left) is Project Manager of the Thandukuphila Centre in Nseleni. Here, there is a crèche for children under school age and the centre also provides 500 school children with 2 meals a day. It is also a drop in centre, a place to learn new skills and to receive support in any other ways needed. In 1999 it was Nancy who discovered the first 5 orphans living alone, out of school and without

food. These, she took into her own home and although prior to that Nancy was involved with helping disadvantaged Africans, it was from this point that the Thandukuphila Centre evolved into what it is today.



Frans Ballack met up with Elena Utton during her visit to Kwazulu in 2005. Frans is Project Manager for Project Hope which supports AIDS orphans in the surrounding rural areas of Empangeni. Children, some of who walk miles barefoot, come each afternoon for their one meal a day. Many live solely with siblings in empty dwellings, some without even a blanket to cover them in winter. One Life is now

reaching out to support Frans in the wonderful work he is doing. These children are in dire need and funding is urgently needed (see back page). Frans feeds and cares for 1100 children.



Sister Emmanuel is a Dominican nun who is very active in helping disadvantaged Africans in Nseleni and the surrounding rural areas. She has known Nancy and supported her work for a number of years and is also supporting Frans Ballack of Project Hope. In Kwazulu, Sister Emmanuel is known as the Mother Theresa of Empangeni (the area where

she lives). At the time of this booklet going to print she is 82 years old, a wonderful inspiration to us all.



Shacks before they were destroyed in the floods of 2000. Many people in the rural districts are still living in shacks like these.



This ancestral home is sturdy and waterproof and has been passed down from generation to generation.



Although some Africans live in these ancestral homes, their living conditions are very poor and inadequate. Some have only 1 or 2 basic items of furniture. (See left picture)



Here Elena Utton (Kwazulu 2005) is being photographed with Lihle (left), one of the first 5 orphans found by Nancy in 1999. Kelvin (right) is now sponsored by Sandra Smith of Enfield Lock, London. Lihle is one of 3 children sponsored by Elena and her husband and co-trustee Roy.



Msawakhe Zulu (11, Male)



Phumzile Zulu (9, Female)



Sabathile Zulu (6, Female)

Here are some of our children in need of sponsoring. Pictured above are 3 of 4 children living with their grandmother. Their mother was killed by their father leaving also at the time a 2 year old boy. Shortly after the father came out of jail, he was found dead in his bedroom, leaving the children orphaned.

These are the fortnightly food parcels being collected from the Thandukuphila Centre by the children. Some of these children walk long distances to collect this food. The continued supply of these life saving parcels is essential as they are the only source of food for these families.



Purity Mlondo (16, Female)



Minenhle Nzuza (9, Male)

Purity is the head of a child headed family staying in a shack. She is responsible for her 2 sisters and 2 brothers.

Minenhle is part of a child headed family. He stays with his older sister and younger brother. His sister is not working and has no means of support.



This is a photo of children taken in the Thandukuphila Centre crèche in 2005. Sponsoring for these children starts at age 6 when entering primary school. Every year there are a new set of children that need to be sponsored.



Here you can see Sister Emmanuel at one of the feeding centres with some of the children, prior to receiving their one meal of the day.



Elena Utton is pictured here with some of the children at the same feeding centre in rural Kwazulu.



Some of these orphans have walked miles for their one plate of food a day. Many are HIV positive, unwell and in need of our help.



Here the children are sitting down to eat their plate of food.

Important Areas for Funding

Education

School fees (£13 - £20, usually £15) per year depending on the age of the child.

Uniform/Clothing

The cost of these is £35, which is quite expensive in comparison to school fees, but is a necessary cost in order for the children to be accepted into school. Any small donation towards the cost of these would be greatly appreciated.

Transport

Funds are needed to purchase a people carrier or small minibus to reach children who are unable to come to the Thandukuphila Centre for food or for transportation to clinics or hospitals. A combi is needed for Frans Ballack of Project Hope for the daily collection of food for the children and also for the transportation of children and adults to hospital.

Food supplies - Murvite / Epap and peanut butter

Murvite / Epap is a complete and highly nutritional food important for boosting the immune system and general health of people suffering from HIV / AIDS or from malnutrition.

Medical Fund

We urgently need funding for Oxygel which is an immune booster for children who are HIV positive or suffering from AIDS

Funding is also needed for children's general medicines. Specifically, Paracetamol, Mayogel for diarrhoea and other general medications.

Funeral Expenses

Sadly it is a regular occurrence that children connected to the Thandukuphila Centre and Project Hope die from AIDS. Their families have no money to pay for funeral expenses. Donations are needed to go towards the burial of these children.

Emergency Fund

We have a general fund for any emergencies and crisis which may crop up. For example a two year old child knocked over a candle (the only source of light) in one of the shacks. The child was rescued but the shack burnt to the ground. We were able to re-home this family using our emergency fund.

Contributions of any size towards this fund are urgently needed.

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