



FRIENDS of CONTESA

Supporting AIDS Orphans in Zambia
Giving Sanctuary and Hope with Love, Compassion and Respect

Volume 1 Issue 1

August—October 2005

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Contesa Starts Work



An orphan getting ready to enjoy his daily meal at the Kabwe Church Mission Below a temporary clinic shelter



Welcome Friends to this first issue of the quarterly Friends of CONTESA newsletter.

We are all very excited as finally CONTESA has now started work. The first project approved by the CONTESA Trustees is the Kabwe Church Family Mission's 'Meal-A-Day'. This programme will help to provide 190+ children and widows at the Mission with at least one basic meal a day.

CONTESA started sponsoring the programme with effect from 1st July 2005 and is donating 300 pounds a month.

Bishop Nkole of the Mission has expressed his sincere appreciation and said that the orphans and widows are so happy and grateful that they can now have at least one basic meal a day.

The Trustees have also approved in principle to provide funding to the Kabwe Mission to assist in the building of a kitchen and dining block and a borehole. The Bishop has advised that the total cost of these two projects is likely to be in the region of 18,000 pounds.

CONTESA has received the bills of quantity from the Mission for the kitchen and dining block and these were reviewed by the Trustees at a meeting on 26th July. The Trustees approved an initial donation of 1,000 pounds to allow work to commence before the rainy season starts. These building projects will be visited and reviewed as part of the Zambia trip.

ZAMBIA VISIT SCHEDULED FOR OCTOBER

The trip to Zambia has been confirmed to take place between 30 September 2005 and 13 October. We have a confirmed team of five for this visit including Trustees Esnat Avon and Margaret McDermott, and very supportive Friends of CONTESA Lisa McDermott, Sue Oxtan and Phil Cuddington.

The Team will be provided with

home accommodation for their stay in Lusaka by Esnat's brother Dauti, who many of you will have met. He has very kindly agreed to host this CONTESA visit.

The itinerary for the Team has just been being finalised and will include visits to the Kabwe Family Church Mission, Chanda Centre as well as allowing a couple of days to visit Zambia's prime tourist attrac-

tion the wonderful Victoria Falls.

The flights have been arranged through the specialised charity travel agent North South Travel.

Anyone interested in joining the next visit, probably April 2006, will be most welcome and should contact Esnat.



Meal Time (sometimes) at the Kabwe Family Church Mission

This issues theme is that giving provides fulfillment and provides



A young group of Orphans at one of the villages

Future Fundraising Events

The Trustees and Friends of CONTESA have identified a few possible fundraising events including a sponsored 'Big Hair Day'.

Friend of CONTESA Sue Scipio has already been very active and 'persuaded' two friends of hers to donate their 'hair' to raise funds for CONTESA

Currently work is in hand to confirm this event and it's location and timing.

Other events being actively considered by the Trustees are a young people's music event in mid-2006 featuring the up and coming rap duo MDK and they will be supported by the Chewatribe production team.

A charity ball in the spring of 2006 is also being considered as well as regular car boot sales with items provided by Friends and other supporters.

A school children's mini-rugby or soccer tournament

is also being considered.

Another activity which will be reviewed after the Zambian trip is the 'Crate it' project. CONTESA is considering sending a regular container load of new/used clothes, wool, knitting accessories etc.

Anyone who has any good ideas or is willing to volunteer please contact Esnat.

Letter from Bishop Nkole

Dear Friends,

I would like to thank you so much on behalf of the Mission but most of all on behalf of the orphans and widows which the Mission supports for your kind generosity.

We are steadily getting our projects into shape. As I write today, it is a feeding day. Currently we are only able to provide a meal every other day but this is still a huge improvement over a weekly meal cycle. We have engaged two widows with their own children to do the cooking for the 200 children and widows whom we currently support. Hopefully within the next few months the World Food Programme (WFP) will fully support the provision of food and the Mission can then concentrate on putting some basic shelters and facilities into place.

As a minister I continue to see heart breaking situations on a daily basis with destitute children living on the streets many of them suffering from AIDS/HIV, having to beg for scraps of food, suffering from malnutrition and existing with almost no hope for their future.

Life is very tough especially in a country where disease and poverty are rampant.

CONTESA has been a real blessing to all of us here at the Mission and I pray that this friendship and support will continue to grow and we will become long term friends.

I do not think that I will be able to visit the UK but I do hope that visits from CONTESA trustees and friends will become a regular event so we can thank you in person and also the orphans and widows can meet the people who are so generous and have warm hearts.

May the good Lord who started a good work in you bring it to completion according to his word and to his satisfaction.

Bishop Nkole

CONTESA GIFT/DONATION FORM



To make a regular donation to CONTESA, please complete this standing order instruction to your bank. Please use block capitals.

Your bank details

To the Manager of _____ Bank Address _____

Account number _____

Account name _____ Bank sort code _____

Payment details: I wish to make a monthly donation of

£ _____ amount in words _____

I would like my payments made on the _____ of each month Commencing with effect from

Please pay the above sum to CONTESA's bank account, Lloyds TSB Bank plc, Ferndown Branch, 84 Victoria Road, Ferndown, BH22 9JB. Account number 01646106 (sort code 30.93.25) on the above date until I cancel this order.

(This cancels any previous order in favour of CONTESA.)

Your full name _____

Your address _____

_____ Post Code _____

Signature _____ Date _____

CONTESA Registered Charity No. 1109311

Please also complete a Gift Aid declaration form if you are a taxpayer.

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GIFT AID DECLARATION

Title.....Forenames.....Surname.....

Address

I want all donations that I have made since 6 April 2000 to the charity CONTESA and all future donations to be Gift Aid, until I notify you otherwise.

Signature.....

Please note:

- You may cancel this declaration at any time by notifying the CONTESA Trustees, at the above address
- You need to have paid in the tax year an amount of income tax and/or capital gains tax at least equal to the tax that CONTESA reclaims on your donations
- If you pay tax at the higher rate you may be eligible to claim further tax relief in your self assessment tax return
- If you are unsure whether your donations are eligible to qualify for Gift Aid tax relief, please ask your local tax office for leaflet IR1 13 Gift Aid
- Please notify the CONTESA Trustees if you change your name or address

CONTESA SUPPORTING AIDS ORPHANS IN ZAMBIA

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Registered Charity No. 1109311



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**If you would like to receive your
quarterly newsletter by email, please
let us know at the above email
address.**

KNOW THE TRUSTEES

Currently CONTESA has four Trustees, Esnat and Roger Avon, Rose Kaye and Margaret McDermott. In this newsletter we are featuring Margaret.



Margaret retired as a GP in Dorset three years ago. She has five adult children, two of Afro-Caribbean extraction and nine wonderful and gorgeous grandchildren, so far.

She was born in China and she has always had a great interest in the wider world and she greatly enjoyed two and a half years in Kenya some thirty five years ago, where her late husband taught and Margaret worked in a mission hospital on the edge of the Great Rift Valley. Margaret's husband Peter had also taught in Ghana and much later worked with Tools for Self Reliance, a charity enabling African artisans and their hope had always been to return to Africa when their children were grown up, to be part of the positive development of Africa.

Margaret met Esnat at church and she was inspired by Esnat's vision for CONTESA and the partnerships that could develop with Zambia, giving her the opportunity to help in a practical, direct and accountable way with children whose needs are so great.

Margaret will write an article for the next newsletter based on her impending CONTESA trip to Zambia.

In the next newsletter we will profile Rose.

CONTESA SUPPORTERS

The following are two strong supporters of CONTESA, whom we would like to thank for their support and contributions:

- **Chewatribe.com**

The music production company providing free web development services to CONTESA, why not visit their website.

- **Bongwe.com**

Hopefully a major source of future funding for CONTESA, the Bongwe series of childrens stories have already, through the parent company Avonova Ltd, made a sizeable donation to CONTESA.

Why not buy a book for your children or grandchildren or just enjoy reading yourself.

THE BONGWE STORIES

Many of you will be familiar with the Bongwe series of African childrens books that Esnat has written. These delightful stories are centred around the mischievous Bongwe.

Esnat hopes that these stories will eventually become widely published and can generate a steady income stream for CONTESA. The stories are supported by a CD with all the songs from the stories, this CD has been produced by Chewatribe Productions free of charge.

Currently Esnat, strongly supported by Wimborne Press (Chris Slocock), is still trying to source a publisher. Any advice or assistance to achieve this goal will be most welcome.



Bongwe Doing his daily Tai Chi exercises and below Bongwe's friend Mfuko.

