

# FRIENDS OF CONTESA

**SUPPORTING AIDS ORPHANS IN ZAMBIA**

Volume 1 Issue 2 November 2005/January 2006



## **Zambia visit - Account of her experiences and feelings by trustee Dr. Margaret McDermott. A week of laughter, tears, hope & challenges.**

Esnat took five supporters of CONTESA (myself & my daughter-in-law Lisa, Sue Oxtan and Phil Cuddington) to see the current projects for ourselves in early October. The overnight BA direct flight brought us to the early morning sun of Zambia and the hospitality of Esnat's brother Dauti and his wife Matt. Their home was our base and we enjoyed the company of the extended family who lived and visited there, especially the children. Unfortunately throughout the time of our visit there was a fuel shortage with no petrol or diesel available except on the black market. Our driver, Ndambo, spent much of his time seeking out a few litres here and there to enable us to visit the projects, but sadly there was none for extra sight-seeing.

Early on Sunday morning we set off for Kabwe, a former mining town, some 90 miles north of Lusaka to the Church Family Mission where, at Esnat's first visit in April, the church people were managing to feed 200 orphans once a month. With CONTESA's help that has increased to 3 times weekly. The morning service was a civic service with the (surprisingly young) Mayor of Kabwe and his wife attending, and also ourselves, very embarrassed to be treated as honoured guests, shaking hands with over 100 girls from tots to twenties of the Girls' Brigade, who were lined up in welcome, for it was to be their parade and enrolment service. The service itself was vibrant with music, dancing and drama, hope and commitment, with hundreds of people of all ages in a simple, partially finished, block building.



**MARGARET, SUE & PHIL WITH BISHOP NKOLE, HIS WIFE AND THE MAYOR OF KABWE AND HIS WIFE**



**CHILDREN QUEUING UP AT THE CHURCH MISSION FOR THEIR MEAL**



**CHILDREN AT CHURCH MISSION  
ENJOYING THEIR MEAL**



**MARGARET HELPING TO FEED  
THE CHILDREN WITH THE LADIES  
OF THE CHURCH MISSION**



**CONTESA VISITORS INSPECTING  
THE GIRLS' BRIGADE**

As we emerged after the service the orphans were already lining up with tin plates or plastic boxes to be fed. We understood that this would be their only meal for the day, and possibly until the next feeding in 2 days time. A generous portion of nsima (maize meal “stodge” – rather like mashed potato in consistency) and some cabbage and chicken in gravy was served to each child. They then went to wash their hands with just a beakerful of water and then sat down to eat in the open. It was a fine day and the children ate in the dry, hot sun, but what about in the rainy season, due to start in November and when the temperature drops and with daily heavy rain (so necessary for crops and water supply) it turns the ground into sticky mud? Already work has started, funded by CONTESA, on the foundations of a dining/kitchen block, and thousands of building blocks are being made by volunteer church members, as we saw during the afternoon, much helped by the water pipe which CONTESA has had laid to the site. But can it be finished in time for the rains? The people themselves decided that to finish a toilet/shower block before the rains was even more urgent, as the only available toilets were a few pit latrines, screened by grass walls and open to the sky, for the hundreds of people who are using the facilities each day. The church itself could be used as shelter for cooking and eating temporarily.

Later that afternoon and again the next morning, after a night at a local guest-house, we met with the leaders to hear of what is being done and their plans and hopes, and to give them the gifts we had brought – some wool, a second-hand electric sewing machine for the widows/carers group for income-generation and pens and notebooks for children to attend school – a very small amount that we could carry in our baggage allowance. We heard of the newly-formed home care support team, nursing people with AIDS-related infections (with no soap, disinfectants or gloves), plans for chicken-rearing for food and income, schooling for those unable to afford it (primary education is free but compulsory uniforms, shoes, pens and books are not), community laundry facility, skills training for employment and income-generating schemes for carers and widows, among others.

***What was so impressive was the commitment to work within and for the poor township areas around the church where so many are suffering dire poverty from the ravages of HIV/AIDS and unemployment, wherever the need was greatest.***

There is no welfare state in Zambia – no unemployment or sickness benefit, no state pension or child allowance. With the sickness and death of so many of the younger adult population the usual support mechanisms of the extended family are unable to cope. Grandparents and older children are trying

to look after, feed and educate younger children with no money coming in, and often care for sick and dying relatives as well. Very few families, right across the social spectrum, are untouched by this.

### **The enthusiasm, knowledge, skills and detailed costing and planning are there but not the financial resources.**

The same was true of the Chainda Project in a township on the outskirts of the capital, Lusaka, which we visited the following day. Here the Ladies Bible Study Group from the Anglican Cathedral have, over the past 5 years, rented a small building and fed and supported 120 of the most needy orphans and their carers. Now they have bought a plot of land to expand the work but need funding for the buildings.

In UK money terms, costs are low. £25 feeds 200 children a meal for a day. A block with 9 flush toilets and showers (no facilities in most township homes) costs about £6,500. A kitchen/dining building for 200-300 with secure storage for bulk-bought foodstuffs (cheaper) and electric stoves (hydro-electric power is cheap and saves burning environmentally scarce trees and charcoal) will cost about £13,000 (although cement costs have risen by 1/3 since our visit).

### **We enjoyed ourselves as a group and there was much laughter.**

However the statistics are dire, the task is enormous for countries in Africa (and indeed in many impoverished countries of the world) but the tears are not theirs. The tears were ours at the generous welcome we received everywhere we went, the orphans of Chainda sang

#### **“We are so glad to be alive in 2005”**

and gave thanks for their food. Everywhere we met laughter and hope and determination to do something about the situation.

The challenge is to turn that hope into reality - and CONTESA is giving a way for that to be done. **I would encourage you to give as generously as you can - for every penny given will go directly to the supported projects, and if at all possible, go and see for yourselves and share the laughter and the hope and the beauty of game parks and the Victoria Falls on one of CONTESA’s accompanied visits.**



**CONTESA VISITORS BEING WELCOME AT CHAINDA CENTRE**



**CHILDREN WAITING TO SING TO WELCOME THE GUESTS**



**CHILDREN WAITING PATIENTLY TO SAY GRACE**



**CHILDREN ABOUT TO TUCK INTO THEIR LONG AWAITED MEAL OF NSIMA AND SOYA MEAT**

# News from the Trustees

## Know the Trustees

### Profile of Rose Kaye

Nigerian born Rose is 43 years old, married, and has lived in England for the past 18 years. Many of her immediate family are living in England with the rest in Nigeria and the USA and she keeps in regular contact with them all.

For the past 15 years Rose has been a member of the UK Branch of the Amauzari Progress Union which was set up to provide support for the local native community of that name in Nigeria.

Rose owns a hair salon business in Bournemouth which she established in 1995 and which specialises in Afro-Caribbean hair. She also owns and runs a local property development business.



For the past 3 years Rose has been a trustee of 'Fresh Stream' a local charity helping poor families in rural Nigeria and Gambia. She was delighted to become a founding trustee of CONTESA as she has great interest in helping orphaned children as she had lost her mother when she very young. She thus empathises and understands their needs.

## FUND RAISING

The Trustees discussed at their 7th November meeting a range of fund raising ideas:

**Charity Shop** – this is an attractive idea and we will be conducting a detailed feasibility study

**Carboot/Garage sales** - we hope to commence in Spring

**Soundburst/Choral Choir** - discussions are scheduled with a view to identifying suitable venues and dates

**Gala Ball/Raffle** - 1st April 2006 is being considered

**Sponsored Swim** - Millie Porter of Southampton has volunteered to do a sponsored swim to raise funds for CONTESA in January 2006

## CONTESA FINANCES

At their Board meeting on 7<sup>th</sup> November the Trustees discussed various aspects of the finances and the need to build up a steady income flow based on regular monthly donations. A brief statement showing total donations received so far and the funds dispensed to approved projects were presented and discussed at the meeting. A summary of these statements is shown below:

	£
<b>Total Donations Received</b>	<b>14,055</b>
	=====
<b>Amounts released</b>	
<b>Kabwe Family Church Mission</b>	
Piping water to the centre	1,400
Feeding of Orphans and widows	1,200
Building ablution block (showers and toilets)	7,300
Foundations and concrete for kitchen and dining block	1,000
<b>Messiah Church Mission</b>	
(one off donation)	300
	-----
<b>Total funds released</b>	<b>£11,200</b>
	=====
<b>Monthly Pledges</b>	<b>£160 p.m.</b>
<b>Lump Sum pledges</b>	<b>£4,000</b>

The total funding for the kitchen and dining block at the Church Family Mission Kabwe is estimated at £10,000.

The Trustees approved in principle at the 7th November 2005 meeting funding for an ablution block at the Chainda Centre's new development project, this block is estimated to cost approximately £5,000.

## Appointment of Zambian Representative

At the Trustees meeting of 7th November Esnat's brother, Dauti Phiri, was appointed as the Zambian Representative for CONTESA. The Trustees were unanimous in recommending Dauti's appointment after his hosting of the CONTESA team. Dauti will be profiled in the next newsletter.

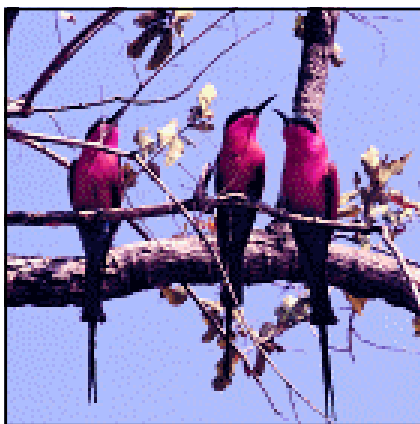
# Why not Combine a CONTESA charity visit with the holiday of a lifetime in Zambia



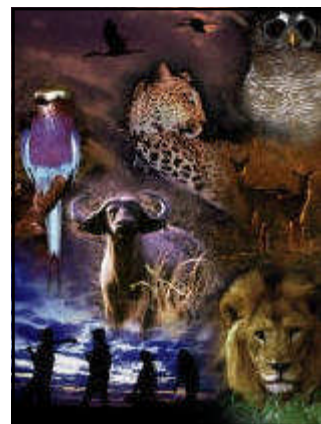
SUNSET ON THE ZAMBEZI AS CAPTURED BY ESNAT DURING THE OCTOBER VISIT



VICTORIA FALLS AT THE END OF THE DRY SEASON . WHY NOT VISIT IN APRIL 2006 TO SEE IT IN FULL FLOOD



ZAMBIA HAS 740 BIRD SPECIES AND SUPERB SAFARIS TO SEE THEM



ZAMBIA WALKING AND TOURING SAFARIS GET YOU UP CLOSE AND PERSONAL WITH THE WILDLIFE

Currently the CONTESA trustees are hoping to organize two accompanied visits each year, Margaret has put together several ideas for packages combining the charity visits with the opportunity for also visiting some of Zambia's wonderful tourist spots. Dauti, Esnat's brother, has very kindly agreed to host CONTESA team members at a very modest price, bed at £20 per night plus food at cost (approx. £5 per day), transport, drinks etc will be additional, at cost.

# CONTESA wishes to THANK

The Trustees wish to thank all the generous CONTESA donors and supporters

A BIG BIG thank you to you all

- Special thanks to the Verwood Methodist Church, the Rev. David Hookins and the congregation
- The donation and gift aid forms which were included in the first newsletter will not be included in future newsletter issues but are available from the CONTESA website ([www.contesacharity.co.uk](http://www.contesacharity.co.uk)) or by contacting the trustees
- If you know anyone interested in donating please encourage them to make an affordable monthly commitment



**DAUTI & MATT PHIRI WHO GRACIOUSLY HOSTED THE CONTESA TEAM DURING THEIR OCTOBER VISIT**

**Chewatrobe Ltd**  
**sponsors of the CONTESA website**

[WWW.CHEWATROBE.COM](http://WWW.CHEWATROBE.COM)

[www.printsolutions.co.uk](http://www.printsolutions.co.uk)

**The  
Minster  
Press**

**THANKS TO CHRIS SLOCOCK AND HIS TEAM FOR ALL THEIR SUPPORT**

## FRIENDS IN ZAMBIA

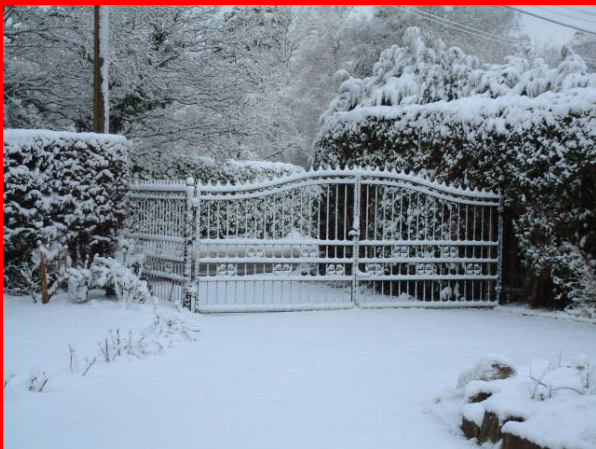
MANY THANKS TO ELLINGTON HARUPERI MANAGING DIRECTOR OF LUX LINE CAR HIRE COMPANY FOR PROVIDING TO THE CONTESA VISIT TEAM, CAR HIRE AT A CONCESSIONARY RATE AND PROVIDING A DRIVER FREE OF CHARGE.



**Avonova Ltd sponsors of CONTESA's administrative expenses in the UK**

[WWW.AVONOVA.ORG](http://WWW.AVONOVA.ORG)

Christmas and New Year  
Greetings to all CONTESA  
supporters and friends



SEASONAL GREETINGS FROM ESNA T & ROGER  
AND ALL AT ODINI HOUSE



A REMINDER OF THE BEAUTY OF BOURNEMOUTH  
AND POOLE BEACHES EVEN IN WINTER

*Unto us a King is born*  
*Unto us a Son is given*  
*To bring Peace, Love and Joy to each one of us*  
*To illuminate us with his Light*  
*For Ever and Ever*

# LINKS AND RELATIONSHIPS

One of the ways we are looking at to further assist our supported projects and centres is to work with other charitable organisations in a mutually beneficial manner, we have been in touch with Operation Sunshine an organisation which sends containers to Zambia and we hope to meet up with their representative early in the new year.

We have also contacted 'Tools for Self Reliance' and 'Re-Cycle' and hope that we may be able to obtain some assistance from them.

We are also intending to approach major international companies and organisations, concentrating on those which have operations in Zambia, with a view to seeking donations, we would like to establish our credibility and track record so we can obtain regular regular corporate donations. If friends and supporters have any ideas or contacts we would be very happy to follow up on them.



**FOUNDER LADIES OF CHAINDA CENTRE  
WITH CONTESA VISITORS**



**FLAMBOYANT TREE IN BLOOM IN LUSAKA**

## CONTESA CONTACT DETAILS

### SUPPORTING AIDS ORPHANS IN ZAMBIA



**GIVING SANCTUARY AND HOPE WITH LOVE COMPASSION AND RESPECT**

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