

# CONTESA NEWSLETTER

**Supporting AIDS orphans in Zambia**

Giving Sanctuary and Hope with Love Compassion and Respect

February—April 2007

## SCHOOLS and YOUNG PEOPLE PROVIDE STRONG SUPPORT TO CONTESA

**HILLSIDE COMMUNITY FIRST SCHOOL** in Verwood is an enthusiastic and committed community of people, although not a church school their ethos is one of caring and commitment about the children,



Esnat receiving a cheque from the pupils

their education in their community and about the wider global community. The school has 270 children, ranging in ages from 4 in the Rainbow Classes (see photo) to aged 8 in Year 4. The school motto is 'Working together to promote life long learning for all' and the school's ethos is that learning needs also to include real life understanding and experiences.

Hillside pupils have adopted CONTESA as one of their supported charities and have already donated £1300 which they raised through a book week and dressing up as their favourite book characters and from their Christmas concerts, £800 of which Hillside earmarked for the 'Sponsor a Desk' appeal.

**LONG FURLONG PRIMARY SCHOOL** in Abingdon, Oxfordshire

held a CONTESA and Zambia Day on Friday, 9th February 2007. Rosemary Stanbury made her way to the school on a snowy Friday to join the excited children in their celebration of a CONTESA (which is their nominated charity for 2007) and Zambia Day. The children had already learnt a lot about CONTESA from the website but were very eager to learn more. Rosemary showed them a lot of her slides from her visit last year and she talked to all the year groups, Nursery to Year 6. The children asked many interesting and perceptive questions. Some girls (see photo) had dressed in chitenges (Zambian batik material) whilst some had made a wonderful display with Rosemary's Zambian artifacts, which staff, pupils and parents all stopped to investigate. Rosemary cooked beans and pulses with the children, the aromas permeating the whole school.



Contd on page 3

### SECOND CONTESA CHARITY BALL

Ball Organiser Rose says planning is well advanced for 14th April and the Ball is on course to be even better than last year. Please buy your tickets now, see attached form and please donate items for the auction or raffle.

See page 3 for full details.

### THE HEAL PROJECT

Teenagers Rebecca and Simon Hookins give a first hand account of their recent trip to Zambia to help at 'The Heal Project', they spent 12 days at the N'Gombe School in Lusaka.

Read their account on page 2.

## Rebecca and Simon Hookins report on their visit to Zambia

During last summer, we were invited with 2 friends (Andrea and Simon Coakley) to visit and help at The Heal Project in Zambia. The four of us spent 12 memorable days at N'Gombe School, which was set up specifically for children affected in any way by HIV, AIDS and TB. During the 2 weeks we got to know and love the children at the school, and although each child we met had experienced and were going through a hard childhood; each and every one of them were happy and content with the life they had.

With us we took lots of equipment for the school, most of which was generously donated by local residents and businesses. This included hundreds of exercise books, pencils, colouring pencils, rubbers, sharpeners, skipping ropes, beads, balls, rugby balls, and many more games. They were all thrilled to receive these gifts and we had lots of fun showing them how to use it all. When we were there, the paper and stationary were put to good use through drawings the children did. Unexpectedly, all the children gave us their drawings as a present, which was really moving. They all had nothing, but they still had love, generosity and happiness.



Children at the N'Gombe School

Each day we learnt something about the African culture (which included lots of dancing), and they learnt something new from us. We taught them how to play a simplified version of rugby, with the balls that we'd taken over there. They thoroughly enjoyed it, and were pleased to have an alternative team game to play, other than football.

They particularly enjoyed playing rugby, and it became a daily event. Making necklaces and bracelets were also a favourite and it was great to see some of the necklaces that had been made still on their necks, when we left the school. We taught them many English songs, such as "Incy Wincy Spider" and "Heads Shoulders Knees and Toes", which they all loved to sing, although there were a few variations on the words.

At lunch we had to hand out the food which was African rice, however there were not enough bowls to go round the entire school and so the older ones would patiently wait until the pre-school had finished eating. For most, this is the only meal they will eat each day.

In the afternoons we normally went for a walk with all of the children and a few teachers, they were very proud to show us their country and even more proud of the few pylons that were up which delivered electricity into Lusaka. It was really interesting to see the surrounding area of Zambian countryside – barren, rugged, dry, flat land describes most of it. Whilst on the walks we had an opportunity to get to know certain individuals who we grew close to, and it was also a great time for us to learn a little of the local language which all of them found amusing. However, although each of us thoroughly enjoyed the walks, none of us were used to the heat and as we tended to leave the school at around 12:00 all of us suffered in the midday sun, but we were motivated to keep going by the fantastic singing that the children did. It was always a relief to see the school in the distance as it would signal the end of our journey; only for us to return and enter straight into a rugby match, with celebratory dancing afterwards!



Rebecca & Simon with friends Andrea & Simon walking with the children

We also spent a day at Jean's transit home – a three-bedroom bungalow that houses 24 sick children; and Jean (the Project Organiser) herself has HIV. It was an amazing experience, each child had sad stories of illness, abuse and desertion and yet they were the happiest children we met.

Going to Zambia and meeting children so loving and giving yet so deprived and hungry, really put into perspective the horrific situation all over Africa. But it definitely helped us to appreciate our lives more, seeing that we had so much, and they were happy with so little. Leaving was a difficult process because all of us had got very close to many of the youngsters out there. It was a fantastic experience; one that none of us will ever forget and their spirit, generosity, and kindness will stay with us forever.

## CONTESA CHARITY BALL

The second CONTESA Ball to be held on 14th April at the President Suite of the Carrington House Hotel, Knyveton Road, Bournemouth, is well on schedule according to Ball Organiser Rose Kaye. Events will start at 7.30 p.m. and the programme will include a four course meal, dancing, auction and raffle.

Rose has advised that apart from His Excellency Anderson Chibwa Zambia's High Commissioner to the UK, Miss Flavia Mbezima, Miss Zambia UK will also attend with several of her attendants.

Tom Toomey well known musician and 'Music For Africa' founder will provide live music for the evening, see page 4 for a profile of Tom and his charity. CONTESA hopes to be able to forge links with Tom and 'Music for Africa' and work with them in Zambia.

Steve Worth well known local personality will be the Master of Ceremonies. Steve a top tax accountant, see page 5, will be our MC and auctioneer for the evening.

Rose or Esnat would like to hear from anyone who can donate an auction or raffle prize for the Ball although a number of items have already been pledged.

A copy of the Charity Ball details and booking form are attached to this newsletter, please book early or pin up where interested people might see it. Thanks.

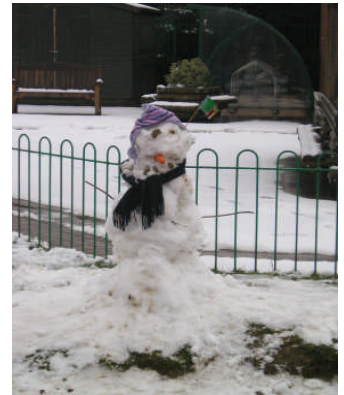
## LONG FURLONG PRIMARY SCHOOL (contd from page 1)

Each year group participated in a different activity including safari painting, mask painting, printing, scrap weaving, computing whilst the Nursery Year made a snowman holding a Zambian flag (see photo opposite).

The other very exciting activity was the African drumming which resounded throughout the school all day.

The children who each paid £1 to come to school in clothes in the colours of the Zambian flag raised £200.

It was a fun day enjoyed by all and CONTESA wishes to thank Rosemary for her wonderful ideas and effort and in turn she wishes to express her thanks to all the staff who put in so much preparatory work to make the day so enjoyable and such a success.



## 2007 TRUSTEE ACCOMPANIED VISITS

Due to personal circumstances, illness and synchronising visits with the Zambian representatives there have been a few changes to the scheduled 2007 visits. MARGARET is now planning for a June 2007 Visit (1st-16th) whilst ESNAT is now planning to lead a visit in August 2007.

We do hope that the trips will be well supported so please if you can spare the time and/or know anyone who might be interested please contact Margaret or Esnat, contact details are on page 6.

CONTESA is hoping that the BOURNEMOUTH BOYS BRIGADE will confirm their intention to join one of the 2008 Trustee accompanied visits to Zambia. If their plans come to fruition they intend to donate some of their instruments to the Kabwe Boys Brigade.

## MONTHLY PLEDGES

With our monthly commitments for the feeding, outreach and school projects now running at over £600 we would like to appeal for all supporters to try and bring in more monthly pledges, every £1 counts and helps.

## DESK and BICYCLE Appeals

A big 'Thank you' to all donors who responded to these appeals



CONTESA made a special appeal in the October 2006 Newsletter for funds for the manufacture of desks for the Kabwe Family Church Mission School. We had a target of 50 desks costing £20 each.

We have had a great response especially from Hillside Community School which raised £800 and £200 from Long Furlong Primary School.

Already 20 desks have been manufactured and are in use although it is still 3 children to a desk.

Any excess donations will be used to provide additional desks if required otherwise will be used for other educational projects.



CONTESA also made an appeal in the October 2006 Newsletter for funds to buy 10 sturdy local bicycles for use by the Kabwe Family Church Mission Homecare Team who visit terminally ill AIDS victims in their homes.

We also had a great response with the appeal and as can be seen above the bicycles have already been bought and put into operation.

Patrick Sichilima of KCFM said the Homecare Team are now enjoying their work much more and return home each evening in much better shape and are able to cover more patients in less time. They are also able to transport on their bicycles those patients who need to attend the clinic.

## TOM TOOMEY and MUSIC for AFRICA

CONTESA has been most fortunate to obtain the services of Tom Toomey the well known Somerset based musician to provide live music at the Ball on 14th April. Tom, besides being a great guitar player and musician, is also committed to raising funds for AIDS orphans in Africa through his own UK registered charity 'Music for Africa' (registered no 1102129).



Tom is currently away in South Africa for the 2nd Music for Africa on 24th March 2007 at the V&A Waterfront, Cape Town.

Tom is also the brains behind the Montacute Festival to be held on 13th/14th July 2007 at Montacute House, Somerset, see [www.musicforafrica.org.uk](http://www.musicforafrica.org.uk) for full details.

**Tom 'Have guitar Will Travel'**

The Music for Africa 2 concert is a smaller one day event to be held at the Castle Inn in the village of Compton Dundon, the 2007 date will be announced when details are finalised.

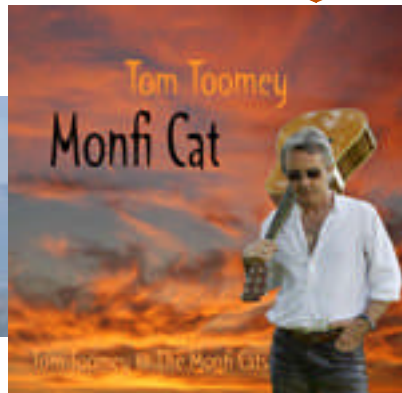
**CONTESA wishes to THANK**  
**All the CHARITY BALL Supporters**

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

**The  
 Minster  
 Press**

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

**Chewatibe Ltd**  
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Steve certainly makes tax look easy  
 visit him & his team at  
[www.easytaxaccountants.co.uk](http://www.easytaxaccountants.co.uk)

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 ★ THANKS TO MS. JUSTINA ★  
 ★ MUTALE FOUNDER OF ★  
 ★ PERRYFIELD ★  
 ★ PROMOTIONS ★  
 ★ AND MISS ★  
 ★ ZAMBIA UK ★  
 ★ ★ ★ ★ ★



**BIG ON SERVICE,  
 NOT ON FEES**



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

## CONTESA CHARITY SHOP

Esnat has advised that progress with the CONTESA charity shop has been slow as it is proving difficult to source suitable premises at a reasonable rent. However she is still looking and would like to hear from anyone at anytime if they have seen or might know of suitable premises.

In the meantime CONTESA is hoping to start quarterly jumble and cake sales at the Verwood Methodist Church hall. The church has agreed and Esnat, Margaret and the team are now working on the logistics.

## PROJECT PROGRESS

### Kabwe Church Family Mission

The final touches to the £15,000 kitchen and dining block are now in progress with the roof going on, the planned completion date is now by the end of April 2007. Hopefully Margaret can participate in the official opening when she leads the May/June visit.

### Chainda Centre

The building of the ablution block, costing £6,000 is on schedule for completion by April 2007 and to come in under budget and work on the US\$12,000 borehole sponsored by the Cleethorpes Rotary Club is expected to commence in March 2007 and to take one month to complete.

### Chawama Clinic

CONTESA is currently in discussions with the Clinic regarding a £200 per month feeding programme for the orphans.

## CONTESA Contact Details

### Supporting AIDS orphans in Zambia

#### Trustees

**Esnat & Roger Avon    01202 870474**

**Margaret McDermott    01202 824339**

**Rose Kaye                    01202 773900**

**Website                    [www.contesacharity.co.uk](http://www.contesacharity.co.uk)**

**Email                        [trustees@contesacharity.co.uk](mailto:trustees@contesacharity.co.uk) or  
[info@contesacharity.co.uk](mailto:info@contesacharity.co.uk)**

**Postal                        Odini House, 17 Boundary Lane,  
St. Leonards, Ringwood, Hants. BH24 2SE**

**UK Registered Charity no. 1109311**



If you would like to receive your regular newsletter by email please let us know at the above address. You can also see on the CONTESA website further articles, previous newsletters and many more photos taken during the Zambia visits to CONTESA supported projects and the living conditions of the orphans.



# ANNUAL CONTESA CHARITY BALL

**CONTESA supporting AIDS orphans in Zambia**

**Giving sanctuary and hope with love, compassion and respect**

CONTESA is very pleased to announce that its annual charity ball will be held on 14th April 2007 in The President Suite of The Carrington House Hotel, Knyveton Road, Bournemouth BH1 3QQ.

Events will start at 7.30 p.m. The programme will include dancing, raffle, auction including ethnic African items, helicopter ride and many more, with all the proceeds going to CONTESA.

**The Zambian High Commissioner to the UK the Hon Anderson Chibwa and Flavia Mbezima, Miss Zambia UK have kindly agreed to be the guests of honour.**

The ticket cost is £45 which includes a four course meal.

Dress is black tie or lounge suit.

Friends, supporters and sponsors wishing to donate and/or offer gifts for the auction/ raffle please contact the Ball Organiser

Please book early to avoid being disappointed

10% discount for tables of 10 booked and paid for in advance

To the Charity Ball Organiser and Co-ordinator Mrs. Rose Kaye, 24 Charlotte Close, Talbot Village, Bournemouth, BH12 5HR telephone 01202 773900 or 07977012582 or email trustees@contesacharity.co.uk

Please send/reserve..... tickets. I enclose a cheque to the value of

£.....payable to CONTESA

Name of Guests .....

Please send the tickets to

Name .....

Address .....

.....Post code .....

Special Dietary requirements.....

CONTESA UK Registered Charity no 1109311 [www.contesacharity.co.uk](http://www.contesacharity.co.uk)