



# CONTESA NEWSLETTER

GIVING SANCTUARY and HOPE with LOVE COMPASSION and RESPECT

**CONTESA provides support to orphans and vulnerable children of all religions, denominations and to those who have no religion at all. CONTESA believes it is the caring, being there and willing to help make a difference which is important. Let us be there for them all!**

## **Trustee Margaret McDermott and her friends Barbara James-Bowden and Rosemary Stanbury relate their recent Zambia visit experiences**

Margaret, Barbara and Rosemary flew out to Zambia on 6th September with a mixture of feelings and anticipation. Margaret was very excited to be going back after her first visit a year ago and seeing how the CONTESA projects were progressing and helping to make a difference. Whilst Barbara and Rosemary were excited yet apprehensive as they had never been to Africa let alone Zambia before and had no idea of what to expect, not just in terms of the CONTESA supported projects and organisations but also the Zambian people and their culture and customs.

Here they relate their experiences, Margaret with an overview of their visit, Barbara with feedback, or is it 'footback', after going on rounds with the Homecare Teams and Rosemary telling us all about the difficult circumstances under which some of the schools and their children operate.

See page 2 for Margaret's overview , page 3 for Barbara's 'On foot with the Homecare Team', page 4 for Rosemary's 'Lessons Learnt at CONTESA Supported Schools' and page 7 for details of the next trustee accompanied visit to Zambia in April 2007.



Orphans at Messiah Ministries



Rosemary, Margaret & Barbara with Ndambo their driver



Rosemary with orphans at Chainda

# Second Time Around

It was great to be going back to our CONTESA-supported projects after a year and to see how things had progressed. Your money is being put to good use – **so much has been done but there is still so much needed** – and so much commitment and enthusiasm to do it from our partners and friends there.

The roof of the toilet block at Chainda went on while we were there but there is still the fitting out and drainage to be done. Planned provision of a borehole by Rotary Clubs in Cleethorpes and the U.S.A. will be a huge boon.

It was good to stay for a longer period at Kabwe and see and join in more of the work that is being done there. Rosemary and Barbara were terrific. It was a first trip to Africa for both of them and they have written about some of the things we did.

**There will be 2 Contesa trips next year – April and during school summer holidays. It is an uplifting, humbling, joyful and safe experience, so do consider it. The many young people (16-30) at Kabwe were particularly keen that some of their own age group might visit and share with them.**



Each visit we are also aware of the great need throughout Zambia and look at other projects that could be supported if the funds are available. **Many projects require monthly support**, such as the feeding programmes and proposed teachers' salary support, so if you are able to make a monthly standing order, even for £5 a month, it helps a great deal (standing order and gift aid forms available for print-out on the website). We are also **looking for partnership for specific projects from schools, youth groups (especially Boys & Girls Brigades), Rotary and Women's Groups, businesses** or similar, so if you have any links let us know.

Margaret McDermott (trustee)

October 2006



Orphans enjoying a playful time



Youngsters enjoying a dance for their CONTESA visitors



Orphans at Kabwe

## On 'Foot' with the Homecare Team of the Family Mission in Kabwe

Margaret, Rosemary and I had met with the Home Care Volunteers from the Mission on the Sunday (10th September) when we discussed the items they need in order to give the best possible care to those they visited. They also described to us how they function, the choosing of whom to visit.

Listed were items like bikes - to get the volunteers to and from the church a little quicker than on foot and also they would be able to take people to and from the Health Centre.

Umbrellas were another item on their list for use in sun and rain.

Boots/shoes, aprons, uniforms, soap and carrier bags were also requested by the volunteer team.

On the Monday (11th September) at 8.45 the three of us met the team of volunteers, about ten, mainly women but a few men. These are people who are not trained other than one lady who is a nurse.

We walked what seemed to be miles away from the Mission to a compound, then making our way back via a shanty town, where we visited families whose names had been put forward by church members of those in need of some help and advice. We visited about eight households in total, praying with each sick person. The problems ranging from ear infections, lack of medication, malaria, swollen feet, HIV, lack of food, some terrible sights. We had nothing to give or help them other than a few paracetamol and some sweets for the children.

We had all been walking for about three and a half hours in very hot temperatures and felt useless.

The next visit was on Wednesday (13th September) and we were a little more prepared, we had been to Shoprite and purchased Lifebuoy soap and tablets and had given these to the volunteers to give out on our behalf.

Again the morning consisted of us visiting about 7 households in the compound and shanty town. The problems were the same as before, but some were improving on the medication they had been prescribed.

On our second visit we met with a couple in their 80's, a Mr and Mrs Phiri, their house had been rebuilt by Mission members and presumably it was only because of the Home Care Volunteers that the Mission was aware of their plight and able to help.

I would just like to say that the volunteers were tireless, always smiling and always willing to answer our questions in a helpful manner not just to us three but to everybody they visited.

Barbara James-Bowden

October 2006



**Small village along one of the Homecare Team routes**



**The rounds are long and exposed dusty and hot roads**

## Lessons Learnt at CONTESA Supported Schools

When Margaret McDermott mooted the idea of my accompanying her on her next visit to CONTESA in Zambia, I had no notion of what a life-changing experience I was to have.

Very soon after we arrived, we were off on our first visit to **Chainda** shanty/compound on the outskirts of Lusaka, and the CONTESA project there.

The widows and grandparents were singing and dancing us a welcome outside, and the childrens' welcome inside was equally joyful. This was an emotional time as we all hugged each other, and laughed a lot, as they taught us the intricacies of an African hand-shake.

The building which had been constructed as a kitchen/dining block is actually used as a schoolroom/dining room, and the secure store-room as a kitchen. The ladies who cook 120 meals (nshima and bean or split pea stew and cabbage) five days a week on 2 discarded wheels filled with charcoal, are in various stages of illness and age. They are amazing, and **so** skilled.

The school has some basic counting and alphabet posters nailed to the concrete block walls, and a copy of the traditional Lord's Prayer. Grades 1 to 4 attend in the morning and stay for the meal served on tin plates, and the older children arrive for the meal followed by afternoon school. Zodwa, the teacher, is obviously doing her best with very limited resources. We were able to supply her with pencil sharpeners (broken and blunt pencils are useless without a sharpener) and chalk (a blackboard is no good without it) – small things which make a huge difference. She asked me to teach the younger children a song, but they have very little English. We struggled, but had great fun with 'If you're happy and you know it'. Emphasising 'happy' and the clapping. We spent some time helping the children as they learned to write letters and numbers. They were thrilled with the stickers Barbara gave to them afterwards. There is as yet no water on site, so it all has to be carried by the children in gallon containers from a standpipe and stored in dustbins. After classes some older children come to the project to do their homework, as they have no room or opportunity for study in their homes. They 'pay' for this facility by helping with hand-washing, water-carrying, etc.

The next school we visited was the **Messiah Mission Orphanage and School**. There are now 13 girls and 10 boys living there, the boys' dorms brightened by the blankets CONTESA bought last year. The children are immensely proud of their few possessions, and keep them spotlessly clean and tidy.

The 266 children who attend the school are also fed each day. Although it was a Saturday, many children arrived and performed a most moving musical play about sex, prostitution, and



**School is hard at the best of times but even harder with no desks or chairs**



**Pupils posing with their teacher at Kabwe**

HIV/AIDS and its consequences. The school can teach Grades 1-7, but the government recently withdrew 3 government-trained teachers. The remaining ones are largely untrained. Finding even minimal salaries is proving an impossible task. The other great need when we visited was for screws to mend desks, and we were able to help with the gift of money.

When we arrived at the **Church Family Mission** in **Kabwe**, everyone was very pleased to see Margaret again, and our welcome was enormous. We were soon being taught how to greet each other in the Bemba language, amid much amusement then, and on future occasions, when we tried to use it.

Most of the classes are taught in the church building with at least 3 going on at any one time. At present there are 50 children in Grade 1, with new ones arriving every day, and a similar number in Group 2. From Grade 3 teaching is in English. The school is teaching children up to Grade 6, with a curriculum including mathematics, verbal English, reading, writing, and science (life-skills) for the lower grades, plus African geography and history for the older children. The government has heard about the success of this school, and has granted Examination Status (upon certain conditions, for example Grade 6 & 7 must have desks, and there must be a Grade 7 which the CFM will have to fund.) There is now a programme for making desks but money for materials is required. The school has 2 government-trained and paid teachers (£80 per month), and 5 church-funded teachers with one more needed for Grade 7. These are only able to be paid at £30 per month and are becoming demoralised. CONTESA has been asked to support this ongoing need. All the teachers we saw were highly committed and able.



Children crowded into.. and crammed on benches for their lessons

The teachers were very grateful for the gifts we were able to bring from England – coloured paper for wall posters, games, coloured pencils, felts, and stickers, as well as blutak, sharpeners, rubbers, chalk, exercise books, and blackboard paint we purchased in Kabwe. (They were using chipboard with white chalk.)

The school day follows the pattern of Chainta, and we joined in lessons for Grades 1-4. We also saw an adult literacy class being taught in the partially-built (CONTESA funded) dining block. As an income-generating resource there is also a private pre-school class, and an IT class. (It was incongruous to see students learning about PowerPoint presentation and Windows, and we did not find out where the 4 computers had come from.)

In all that we saw, love and respect are paramount. I cannot commend the work of the CONTESA support teams, here and in Zambia, highly enough.

I pray that I will never be the same again.

At the end of our school visit we met the Bishop, who said:

‘Since CONTESA came to us the standard has been raised.

This place is an oasis of peace.

God’s love is powerful.

See what the Lord has done.’



# PROFILES OF CONTESA SUPPORTERS

## Wendy and Ian MacCallum



**Wendy and Ian in Zambia at the Chainda Centre**

**Wendy MacCallum** has taught all ages from Primary to Secondary School including G.C.S.E O levels and A levels in England, France and Hong Kong. She also lectured in education (part-time) in London University schools of Education. She was deputy principal of an international school in Hong Kong and was head-hunted to open a new international school on one of the islands. She was supervisor of schools (including one for mentally handicapped children) and worked to help physically handicapped children and with Against Child Abuse in Hong Kong.

**Ian MacCallum** spent all his working life in Hong Kong where he was the senior partner of a major Hong Kong Law firm. He took a keen interest in social work and was chairman of the Hong Kong Bible Society and of the Salvation Army Advisory Board as well as being the vice chairman of St. James Settlement, the leading multi Service Social Centre in Hong Kong.

**Wendy and Ian** have just agreed to become **CONTESA's representatives in France** (see page 7). We are very grateful to them for their wonderful support.

**Lidia Chan** an ex-colleague of Esnat who has become one of CONTESA's staunchest supporters and largest donors. Lidia who lives in Hong Kong is an accountant and is married to Timmy, they have two young children Paco eight and Patricia who is six.

Lidia says that since having children she has a much better understanding of the needs of children and believes that all children need love and hope and if sadly they are orphaned or vulnerable then it is the duty of the rest of us to try to meet this gap in their lives.

In the last eight years she has started trying to make a difference through her work and charitable organisations, she has donated to charities in China, Hong Kong and Africa and hopes to continue her support of CONTESA.

We are very grateful to Lidia for her support and to her sensitive understanding of the situation facing so many young children who are AIDS orphans or just vulnerable due to their dire family circumstances and she believes we must all show the children that there are people who care.



**Lidia with her husband Timmy and their children.**

## New CONTESA Trustee and Representatives Appointed

CONTESA is very pleased to announce that at the Trustees meeting on 4th October 2006 the following appointments were confirmed:-

**Linda Bailey was appointed as CONTESA's fifth trustee.** Linda who is currently the Deputy Mayoress of Bournemouth will be profiled in our next newsletter. CONTESA thanks Linda for accepting this appointment and her commitment to CONTESA.

**Wendy and Ian MacCallum** who live in Cannes, France were confirmed as the **CONTESA representatives in France.** Our thanks to Wendy and Ian who will be off to Zambia with Esnat in April for their second visit.

**John Coneely** and his family have accepted to become the **CONTESA representatives in New Zealand.** Our thanks to John and his family.



Through the CONTESA feeding programme an orphan looks healthier and happier

## ESNAT STARTS TO GET ORGANISED FOR APRIL 2007 ZAMBIA VISIT

Chair of the CONTESA Trustees Esnat has already set the intended departure date for the April 2007 trustee accompanied visit to Zambia and to the CONTESA supported projects. The d-date is 18th April 2007 just a few days after the 2007 CONTESA Charity Ball (see page 8). Wendy and Ian MacCallum have indicated that they wish to go again and fellow France residents Alan and Ingrid Calder have also tentatively put their names down, as has Esnat's eldest daughter Lillian.

The visit will include visits to the Church Family Mission, Kabwe, Chainda Centre, Messiah Ministries, Chawama Clinic and any other potential projects plus of course offer the opportunity to visit the Victoria Falls and Zambia's outstanding game and wildlife parks.

## CONTESA CHARITY SHOP

Esnat and Roger with great support from Geoff Fletcher have been very active in seeking suitable retail premises but with no luck so far. An offer was made on a shop in West Moors but this was not accepted by the landlord. They have been looking mainly in Verwood and West Moors but may have to settle on Charminster or Winton to achieve the right balance of shop size, rental level and pedestrian flow.

Esnat and Roger will visit several shops in the coming week and hope to find a start up site before too long but if anyone has any suggestions or possible locations please give them a call, on 01202 870474.

# CONTESA EMBARKS ON TWO SPONSORSHIP DRIVES

## ‘SPONSOR a DESK’ and ‘SPONSOR a BIKE’

### SPONSOR A DESK APPEAL

CONTESA Trustees are embarking on a special fund raising campaign for desks. After the feedback from Margaret, Rosemary and Barbara’s recent visit to the Family Mission, Kabwe and the plight of many of the children who have to sit or lie on the floor for lessons, the CONTESA trustees at their meeting on 4th October resolved to initiate a specific sponsorship appeal to raise funds for constructing 50 desks. The Mission has recently constructed a prototype multi-purpose desk which seats 4 children and can also be used for the feeding programme, each desk will cost about £20 to produce and this will be done by volunteers at the Mission.

CONTESA would like to hear from anyone who might be able to support this appeal especially through their local school, maybe we can set up a ‘School twinning’ whereby one or more schools will link directly with the community school at the Mission.



Young children doing their school work using just benches



One class having their lesson but with no desks or chairs



Children sharing a meal before class starts

### SPONSOR A BICYCLE APPEAL

As Barbara vividly related in her article on the Mission Homecare Team, it is a very daunting task to cope with visiting clients who are mostly terminally ill and malnourished and who also live in poverty and dire circumstances. However as Barbara, Margaret and Rosemary experienced to do this on foot every day when you have often a 5 or 6 mile round is not just difficult and exhausting but is very disheartening.

Therefore CONTESA trustees are embarking on a ‘Sponsor a Bike’ Appeal to raise funds, initially, for 10 bicycles for the Homecare Team. These sturdy bicycles cost approximately £50 each and will be shared between the Homecare Team members and will not only make their rounds more manageable but also allow them to reach more clients and to reach them quicker and in much better spirits.



## 2007 CONTESA CHARITY BALL

Trustee Rose Kaye is already hard at work on the 2007 Charity Ball which will be held at the Carrington House Hotel, Knyveton Road, Bournemouth on 14th April 2007. The hotel will have a number of rooms available at a concessionary rate of £45 per person, for details please contact the hotel on 01202 369940 and quote CONTESA's name.

Rose has appealed to CONTESA supporters to make sure they put the date in their diary and also try to find at least 2 people to also attend the ball. PLEASE BOOK and PAY EARLY FOR YOUR TICKETS (or TABLE). Ticket prices are the same as they were for the inaugural ball, £45 per person inclusive of a four course meal.

If you have any items that you could donate as auction or raffle prizes please contact Rose or Esnat.

### Tribute from Nina Thornborough (nee Miriam Awinja Anguwa) to a Wonderful and Greatly missed father



Nina with her father Eric in March 2006

Nina Thornborough sadly recently lost her father Eric, who was 88. Nina sent us this moving letter and a donation in lieu of flowers for Eric.

Richard and I just wanted to thank you for giving us the opportunity to become aware of your charity CONTESA. We were deeply moved by the presentation when we attended in April 2006 in Bournemouth at the Charity Ball.



Nina with her Mum and Dad at age 6.

I was fortunate to have been cared for by a couple (Eric and Constance Jenkins) whose hearts were warm and generous as they patiently nursed me back to health when I was suffering with severe malnutrition some 43 years ago in Kenya. They eventually adopted me when I was 6 years old.

Sadly my father died on 15 July 2006. I knew that my father would want to see good come from death; CONTESA was my first thought rather than money being wasted on floral tributes. We have raised £200 towards CONTESA'S work.

It feels strange without Dad - such a small man in stature, but such a huge void that has affected us all. I wish you much success in continuing your good work.

## CONTESA LAUNCHES YOUTH SUPPORT APPEAL

CONTESA is seeking to start a support group for young persons in the 13 to 29 age range to not only fund raise but also to try and get some young persons to visit Zambia and see how their counterparts live.

We would love to hear from young people, schools or anyone who might be interested in developing this CONTESA initiative and in organising a young persons trip to Zambia in August 2007.

If you are interested please contact Esnat or Margaret.

**CONTESA** would like to give **special thanks** to the following supporters and donors for their contribution during the last three months:

The Olive Branch Handbell Ringers of Wimborne  
 Marilyn Ayres News Editor of 'The Community Magazine'  
 Verwood Methodist Church  
 Wantage and Abingdon Methodist Circuit  
 Monday Social Group, Ringwood Methodist Church  
 Minster Press, Wimborne  
 Avonova Ltd.

**plus of course all our personal donors.**

## CONTESA Monthly Supported

Projects	£
Kabwe Feeding Programme inc.	
Home Visit clients & teacher supplement	550
Chawama Clinic, CONTESA Feeding Centre	<u>200</u> (est) 750
CONTESA monthly pledges	<u>380</u>
Current Monthly Shortfall	370

**PLEASE HELP BRIDGE THE GAP**

## ANNOUNCEMENTS

The first CONTESA Annual Report and Accounts for the year 1st July 2005 to 30th June 2006 have been completed and are available on the CONTESA website or a copy can be obtained by sending a self addressed stamped envelope to CONTESA.

CONTESA will issue a special 2 page Christmas newsletter and expression of thanks.

The CONTESA 'Every Drop (Penny) Counts' appeal through the placement of static collection boxes in supporter retail outlets will hopefully start within the next 2 months, we are just waiting for the production of the boxes.

CONTESA would like to appeal to all supporters to donate through the monthly standing subscription, even if it is just £1, every pound counts and we have set a target of £1,000 a month to reach a level which is capable of sustaining our monthly feeding programmes.

Finding Corporate Sponsors, do you have any contacts or ideas for CONTESA?

## 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.

# 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 second charity ball will be held on 14th April 2007 at the Carrington House Hotel, Kynveton Road, Bournemouth BH1 2BZ.

Events will start at 7.30 p.m. the programme will include dancing, raffle, auction and many more, with all the proceeds going to CONTESA.

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 and pay 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



## 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 \_\_\_\_\_ 200

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 request and complete a Gift Aid declaration form if you are a taxpayer.