

Winter 2025 - Issue 13



2025 – A Message from FOAT Chair of Trustees

Welcome to the winter 2025 Friends of Amani, Tanzania Newsletter. As you can see from all the snippets of news and the photos, a great deal has been taking place this year. There were two Trustee visits – Ken in April (reported in the last Newsletter), and Bridget and Leslie in August, and one from FOAT associate, Barbara, in June/July. These visits are very important, not least because they underline FOAT's commitment to support the invaluable work of Amani with disabled children and their families. You will see that throughout the Newsletter, there are opportunities to help Amani by donating to the project of your choice and any amount you can afford.

Best wishes and season's greetings

Prof. Ken Spours (Chair)

Trustee and Associate Visits

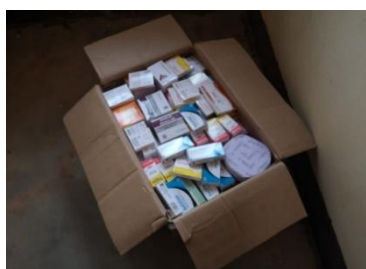
Barbara's Trip

Barbara undertakes an annual visit to Amani, and this year's five-week trip was no exception – she truly packed in a huge amount of activity! She fundraised an incredible amount in advance, which she was able to spend in Amani during her time in Tanzania on the projects that needed it most.

Highlights of her trip included:

- Reviewing the Biogas project to assess progress and identify issues. The biogas project uses animal waste to create energy for cooking food for staff, students, and children. Currently, not enough waste is being generated, so one of the staff members will now use a Bajaji to collect additional waste from the local area.
- Creating a plan for the Goat Project (see further down!)
- Purchasing a two-month supply of food and a three-month supply of medicines
- Purchasing two acres of land for growing sugar cane
- Repairing the tractor to enable Amani to plant and harvest
- Purchasing one desktop computer and revitalising two laptops
- Repairing the physiotherapy equipment

Barbara's dedicated support is appreciated by all at Amani and FOAT.



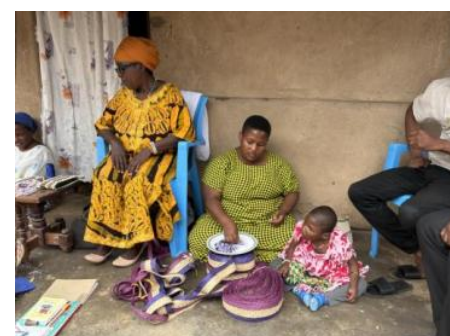
Bridget and Leslie's Trip

Bridget and Leslie recently completed a comprehensive visit to The Amani Centre, visiting all four Amani sites, meeting with Amani management, meeting with Bishop Lazarus of the RC Diocese of Morogoro, reviewing the economic and social empowerment projects, observing home visits, and much more.

They returned feeling optimistic about Amani's future. Despite the day-to-day challenges, the commitment of Amani's staff remains unwavering. Teams across all sites continue to provide dedicated support to children with disabilities, while new priorities and strategies are being developed to strengthen Amani's fundraising efforts. Each centre was full of its usual energy, with children receiving the care, therapy, and education they deserve.

Highlights from the trip included:

- Supporting transport for children - a donation was made to replace the minibus tyres and battery, ensuring children can continue travelling safely to and from the centre.
- Medical supplies - Amani's medicine stocks were once again depleted, so an additional donation was provided to replenish essential supplies.
- Home visits - Bridget and Leslie joined home visits to six children, including four who recently received surgery funded by The Park Family Charitable Trust.
- Helena Memorial Group - the newest group offering parents/carers valuable business training and social support was visited.
- Improved water access - at Amani Mikese, they saw the second well in use, helping irrigate a small vegetable plot.
- School repairs - a donation of £425 was given to build new toilets for the boys' dormitory at the school after the previous ones were destroyed in a storm.
- Printer – a private donation enabled the purchase of a much-needed colour printer for the Amani Office.



The Goat Project

In our last Newsletter, we shared the exciting news of a new Goat Project being launched at the Mikese Centre. Amani's long-term vision is to grow the herd from 25 to 100 goats, creating a sustainable source of income and nutrition for the community.



After further planning, Phase 1 is now underway. This first phase focuses on purchasing 25 goats, bringing the herd to around 40. As the project grows, the team will carefully manage the herd by maintaining a healthy balance of males and females and gradually replacing older animals.

The project will be led by one of Amani's young adults, supported by a dedicated goat herder and a night security guard.

A pregnant female goat costs just £30, and with medicines included, £840 needs to be raised to complete Phase 1.

Magubike Amani Centre

Amani Magubike's Open School

Bridget and Leslie visited the Magubike Amani site during their trip and were happy to see physiotherapy sessions in progress, as well as children attending Amani's Open School and receiving basic education. The children at the school range in age from 6 to 12, coming from very poor families and had not previously been attending school.

The plan is to educate each child up to Standard 4 and then integrate them into the Open School class at Amani Mvomero School.



Physiotherapy

On 29th September, families travelled to the Magubike site to register their children for physiotherapy services at Amani. The first physiotherapy training session was conducted on 8th October by a team of physiotherapists and was delivered to a packed hall.



Economic Social Empowerment Group

As part of the Ecumenical Empowerment Group initiative, mothers of children with disabilities living in Magubike have formed a support group called Upendo. The purpose of the Group is to offer mutual support and provide a safe space to share experiences related to caring for their children. In addition, members will receive entrepreneurship training with the hope of developing a group business initiative.



Tailoring Project

The Tailoring Project is proving so enjoyable and successful at the Mikese site, that four girls at the Mvomero site have now expressed a keen interest to also learn the skill. A former chicken house at Mvomero has already been designated for conversion to a new tailoring room. Watch this space!



Safeguarding

A message from Cath Swanson (FOAT Trustee):

Safeguarding is a vital part of FOAT's work. We are accountable to the UK Charity Commission for promoting safe and ethical practices. As Trustees, we aim to leverage any influence we have to reduce risks to children.

This year I have been to Morogoro twice to help lead some child protection workshops. My experience living in Tanzania and ability to speak Swahili really helps to get to the core of the topic and to listen and find out what people really think about matters like caning or hitting children.



We talked about early brain development, the importance of talking to babies and toddlers to 'make their brains grow' and how violence and stress restricts healthy development.

For more information, email me on cath.swanson@aimint.org or check out the Safeguarding page on our website: [Safeguarding](#)



Child Sponsorship

We remain incredibly grateful to our generous Amani child sponsors. More than 30 children with disabilities currently live at Amani's Chamwino site and are supported through our child sponsorship scheme. With 20 sponsors already involved, we would warmly welcome anyone who feels able to contribute to this impactful programme.

The Child Sponsorship Scheme at Amani is a crucial part of fundraising, which ensures Amani can provide the basic needs of food, clothing, education, therapy and medicines for the children who live there. Without these vital funds, Amani would not be able to help as many children and their families.

All we ask for is £20 a month which goes directly towards care and support for the children living at Amani. Of course, any amount is appreciated and helps massively.

If you might be interested or know of someone who might be, please get in touch at amanicentre.sponsorship@gmail.com. A huge thank you to all of our sponsors!

Christmas 2025

Christmas Party

Each year, FOAT and Amani supporters in the UK donate towards a Christmas celebration. This important occasion enables the children, staff and community to come together as an Amani family and celebrate Christmas and the year's achievements.

FOAT hopes to raise enough money to cover the cost of a Christmas party where everyone from the four centres can gather in Chamwino. It costs about £500 to stage the event, including the purchase of 10kg of dry beans, 50kg of meat, 50kg of potatoes, oil, fruit, drinks, and transportation.

Thank you to everyone who has contributed towards the party in previous years. If you would like to do so this year, please use the details here <https://amanitzuk.org/donate-here> and use the reference "Christmas Party" so we can allocate the funds to this event.



Christmas Gifts

In previous years, we would ask Child Sponsors and Amani supporters if they would wish to purchase Christmas gifts and FOAT would arrange for a large parcel to be sent over to Tanzania for the children to open at Christmas.

As the number of children continued to increase each year, it was becoming costly to sort the transportation and to purchase gifts from the UK for the children without sponsors. It also felt like a wasted opportunity to put money into the local community.

A few years ago, we therefore made the decision to purchase locally. Amani has provided a list of appropriate gifts that can easily be sourced in the local area and, with help from donations, will purchase a present for every child. Doing it this way means that the purchase of gifts invests money into local businesses.

Amani has sent the following list as an example of suitable gifts and provided approximate costings:

- Toy Footballs (£2)
- Clothes/packets of socks (£4)
- Toy cars (£3)
- Large sheets of stickers (£4)
- Packets of balloons (£1)

If you would like to purchase a gift for a child, please donate using the details <https://amanitzuk.org/donate-here> and use the reference "Christmas Gifts."

Christmas Card Appeal

Bridget and Leslie began the Amani Gift Christmas Card initiative several years ago as a way to raise some money for Amani. Buying a card is, in essence, providing a donation to Amani rather than (or as well as) a gift for family or friends.

A card can be purchased for either £15 or £25 with all proceeds going to Amani. This initiative raises vital funds and also helps spread awareness of Amani to a wider network of people.

To purchase cards or to find out more information, drop us an email at contact.FOAT@gmail.com. Below are images of the 2025 Amani Christmas cards.



£15 Gift Card



£25 Gift Card

Amani Wishlist

Amani always has a wishlist of items and projects – one very large and the others smaller - to help support economic self-reliance and develop services for the children. If you are interested in supporting any of the items below or if you know someone, an organisation, or a trust fund that might like to contribute, please contact us. Any networking or connections have the potential to lead to something positive.

Current wishlist:

- A tractor to support agricultural needs (the current tractor is getting very old and needs regular repairs) – £12,000
- 1000-litre water tank for the Chamwino site – £600
- Tiling for the physiotherapy room – £700
- Television for the children – £100
- Toilet installation at the Amani cafeteria – £100

Getting involved

‘Give as you Live’

With Christmas on the horizon, don't forget to 'Give as you Live' when you do your online shopping. Whenever you make a purchase online, be sure to do so via the 'Give as you Live' website. Select 'Friends of Amani Tanzania' as your charity, choose your retailer through the site, and the shop will make a donation to FOAT every time! It's a free and easy way to raise a bit of extra money for Amani.

For more details, visit 'Give as you Live' - <https://www.giveasyoulive.com/>

‘Movement for Good’

Each quarter the 'Movement for Good' giving programme donates £1,000 to multiple charities. In December 120 charities will receive this donation. To be in with a chance, we need as many people as possible to vote for 'Friends of Amani Tanzania' (FOAT). Please help by nominating us!

Head to www.movementforgood.com, scroll down and enter 'Friends of Amani Tanzania' when asked for the charity and 'Disability' when asked for the charity type. Thank you!

Fundraising

Always dreamed of training for that marathon or fancy doing a bake sale? All amounts, little and large, go a long way to helping Amani fulfil its mission. Please consider Amani if you're ever doing a fundraiser.

Birthday Appeal

There is an option on Facebook to do a birthday fundraiser (in lieu of gifts). Please consider Amani on your next birthday!

Facebook

Search for 'The Friends of Amani Tanzania' on Facebook, give us a like and follow, and stay informed!

Shinyanga

Since FOAT Trustees, Bridget and Leslie's visit to Shinyanga in July, the Anglican Church, Diocese of Shinyanga has been very busy. During a recent mission, the church used bicycles provided by FOAT* to travel in the community and identify families of people living with disabilities. Fifteen such families were identified and will now receive training and support to develop community rehabilitation projects.

*To date, FOAT has raised funds for 30 of the 74 bicycles needed. Each bicycle costs £80. If you would like to donate towards the purchase of more bikes, please use the FOAT bank details ([Donate Here](#)), marking your donation 'bikes'.

Finally – a photo snapshot of Amani 2025

