

Summer 2025 - Issue 12



2025 – Welcome to the FOAT Summer Newsletter

Message from Rachel – FOAT Trustee

We're delighted to share this summer update and give you a glimpse into all that Amani has been accomplishing recently. With visits from four of our trustees and long-time Amani supporter Barbara, we've had the incredible opportunity to witness first-hand the powerful impact your support—and that of Friends of Amani Tanzania (FOAT)—is making on the ground.

Thank you for your continued interest in and support for Amani. We appreciate your support, and we'd love to hear from you! Whether you're interested in fundraising, making a donation, or simply learning more about the Charity, please feel free to reach out: <https://amanitzuk.org/contact-us>.

Don't forget to follow *Friends of Amani Tanzania* on Facebook too—I try to share updates when I can!

Transforming Lives: Amani's Surgery Enablement Programme

In our last newsletter, we shared news about the support from The Park Family Charitable Trust, which has made it possible for children with physical disabilities to receive life-changing surgery and therapy.

Five children with rickets had been identified for surgical treatment. We're happy to report that three of these surgeries took place in January, and by May, all three children had made excellent recoveries.

One of the children, Don (pictured right), has fully recovered and has now started school—an exciting and important milestone. The other two children, who had metal plates fitted to support their recovery, are also doing well and are already walking with confidence.



These surgeries have not only improved mobility but have also brought new hope and opportunities for a more active and independent life. It's great to witness such positive outcomes.

Meet the Trustees Behind FOAT -

The Friends of Amani Tanzania (FOAT) is run by a team of six volunteer Trustees. At different points in our lives, each of us has been deeply touched by the incredible work of Amani. We have a shared passion for helping Amani continue its vital support for hundreds of children, their families, and communities.

The Trustees meet around four to five times a year, and we aim to ensure at least one of us visits Amani annually (always self-funded, never using FOAT resources). These visits are invaluable as they allow us to witness first-hand both the challenges Amani faces and the impact of the support made possible by your donations.

We feel especially fortunate that by the end of this year, visits will have been made by Ken (Chairman), Bridget and Leslie (Treasurer and Secretary), Cathy (Trustee), and Barbara (Associate). Each visit strengthens our understanding and connection to the work on the ground.

For more information, check out our website: [About FOAT](#)

Care of the children

This year marks ten years since the arrival of the Masista, whose presence has played a vital role in the growth and care offered by Amani.

Currently, there are 13 Masista supporting Amani's work, with that number expected to grow to 20 by the end of this year. As the team expands, they will be based across Amani's four sites, providing much-needed, hands-on care to the children who live there.

Many of the Masista bring valuable expertise, with some having completed university degrees in teaching, nursing, and education. Their knowledge, dedication, and compassion benefits the lives of the children and enhances the support and care Amani offers.



2024 Christmas party and gifts



A huge thank you to everyone who donated towards Christmas at Amani this year. Thanks to child sponsors and other donors, all the Amani children received a gift and enjoyed a Christmas party.

In recent years we have changed the approach to Christmas presents. Instead of purchasing in the UK and posting to Amani at significant cost, we provided donations to Amani who then purchased gifts in the community, thus also supporting local businesses.

Snapshots from each centre

Chamwino

A remarkable act of kindness has transformed life at Chamwino. While passing through, a visitor noticed the Masista collecting water in buckets from a local stream. Moved by the scene, he generously purchased a water well for the site. Thanks to this gift, everyone at Chamwino now has access to clean water for washing and cooking—dramatically improving daily life and cutting Amani’s water bill by 90 per cent.



This new development complements several self-sustainability projects already underway at Chamwino.

Those at Amani Chamwino are now raising chickens, quails, and guinea pigs, alongside tending to small gardens.

During a recent Trustee visit, Ken joined Amani social workers on two of their regular home visits. These twice-weekly visits offer support and guidance to families in their own environments.

One of the children visited, a young girl who had undergone a leg operation (generously funded by the Park Family Trust), is now recovering well and dreams of attending school. However, her family’s financial struggles make this difficult—they depend solely on a small *shamba* (like an allotment) that produces sufficient food for just one meal a day.

The second child visited had also had a leg operation and was walking and running when Ken visited! He lives with his grandmother and they too face financial hardship. They rely on their little *shamba* and with the modest gift packages brought during Amani home visits.

These serve as a powerful reminder of the vital role Amani’s support plays in the community, both by providing a listening ear and consistent presence, and also the small social gift packages provided to families. Looking ahead, we hope to launch a livelihoods project, enabling families to raise chickens together. This would offer both income and community connection—an encouraging step toward greater self-reliance.



Mvomero

Mvomero is thriving with energy, now home to 120 pupils! The classrooms are alive with learning, laughter, and lively lessons. While the pace is fast and often hectic, everything is running smoothly, thanks to the dedication of the staff and short-term support from a generous local donor.

However, resources remain stretched. We all hope that the Tanzanian government's promise comes to fruition, to begin covering teacher salaries. This would significantly ease financial pressure.

The cultivated land is now dominated by sugarcane - a productive cash crop. Alongside it, vegetable gardens, a rice paddy, and livestock—including 39 pigs, three cows, and chickens—add to the site's sustainability.

The cows supply waste for a biogas digester, reducing reliance on firewood and improving cooking efficiency, while pig waste helps to fertilize the crops. The three fish ponds offer both food and future income potential.



Mikese

Mikese is the largest site with a total of 50 acres of which about the third is presently cultivated. The focus is on growing maize, millet, cassava, sunflowers and fruit trees (although these did not provide much fruit last year because of dryness), along with rearing cows, goats, chickens, rabbits.

The crops of maize (less than last year), millet, cassava and sunflowers were all looking good following the rains that arrived late this year.



When the children are a bit older, they tend to move from Chamwino to Mikese to begin learning the skills in cultivation and animal rearing – crucial skills for their future.

The second solar-powered borehole is almost complete and awaiting pipework from the wonderful Mama Tanzania. Water can then be transported to the fields below with the possibility of planting during the dry season. A garden will be developed immediately below the tank in an area that will always be wet – very innovative!

Magubike

The newest centre at Magubike is a small but thriving community consisting of three buildings, a small garden and plenty of chickens. When Ken visited, there was a kindergarten class underway with the children reciting and writing from the board.

There are 18 acres and what was most notable was the intercropping of a bush bean and various cucumbers and squashes. The bush bean is an annual and can be cut down, following several harvests, for firewood.



The aim is to continue to expand Magubike and eventually have somewhere for Masista to live there, so the children can have quality teaching and care.

Farming update

There never seems to be an easy year when it comes to farming at Amani. There is either too little, or delayed rains, or there are deluges that wash away planted seeds. This year there is little maize because of dryness in February/March. Some maize was planted in late April following the arrival of the main rains, but it is still immature. In the meantime, Amani will have to depend on millet which is more drought resistant and can be used for porridge.

This also means that Amani will need to unfortunately buy more maize than usual this July/August, and it will be more expensive compared with last year. Amani will need to spend in the region of £700 this July to cover their additional food needs.

Projects

There are a several projects in the pipeline or in progress at Amani – all with the aim of either providing disadvantaged children with skills or with self-sustainability in mind.

A few of these projects are:

The Goat Project – With support from FOAT, Amani aims to gradually increase the size of the goat herd from 25 to 100, with Phase 1 being to increase the herd by 10 goats. A pregnant female costs just £30. Goats are easy to keep, eat anything, and the Mikese youth can learn how to herd. A big herd can produce lots of offspring, thus be a steady source of income. Please consider buying a goat for £30 here → [All Together for Mikese Goats - JustGiving](#)

Tailoring – With thanks to the John Pitman Charitable Trust, Amani will begin a tailoring project. Youth with disabilities often experience barriers in accessing education and employment. This six-month project will provide young people with an income-generating opportunity through learning the skill of tailoring. Amani have identified a group of young people with disabilities who are motivated to learn. At the end of the project, the successful graduates will receive their own tailoring machine.

Chamwino Café – Under the fantastic leadership of Joyce, Chamwino Amani café produces excellent food and brings in a small number of customers. We continually try to find ways to

increase the income. On his recent visit, trustee Ken purchased a TV for the café to attract more customers and by the last evening, the café was looking very full!

Current Financial needs

There is always an Amani Wishlist, but often urgent needs overtake future plans and money has to be spent to respond to unexpected situations. Some of the current financial needs are:

Food security for the coming months. There is an urgent need for £700 for 30 bags of maize. This is as a result of the late rains and poor maize harvest this year.

Medicine – The medicine costs increase as the number of children at Amani increase. The ongoing cost for medicine is £150 per quarter.

Transportation – Transportation challenges are becoming big issues. The current vehicles at Amani are very old and we do not think they'll last much longer. The minibus is crucial to bring children to the centre for therapy and day care. The 4x4 is important to transport staff and children between sites. These will be expensive to replace.

Tractor – Amani needs a new (or second hand) tractor to facilitate the planting and harvesting of the acres of crops.

Giving for Living – As a charity, we are incredibly grateful and fortunate to receive funds for various projects. However, we often find that contributions towards general funds (or unrestricted funds) are quite low. Having unrestricted funds available means we can respond to unexpected needs as and when they arise

If you think you would like to support any of these projects, or you know of any person, organisation, or trust fund who would be interested in supporting any Amani project, please access the below links for contact details and donation details:

- [Donate Here](#)
- [Contact Us](#)

Safeguarding Training

From Trustee, Cathy Swanson:

I am the Safeguarding Lead for FOAT which means I make sure that everything we do as a UK charity is in alignment with the highest possible standards for trustees. I also happen to live here in East Africa and visit Amani Centre whenever I am able. Children with disabilities or communication difficulties are particularly vulnerable to abuse. This month I will be running a Child Protection workshop in Morogoro and using this as an opportunity to update the Amani staff on ways they can promote the children's safety and wellbeing. For child protection measures to be effective they need to be relevant and context- specific. For example, a girl with cerebral palsy left at home while her mum goes out the market, is at risk of being taken advantage of by a random passerby. In our workshops we will brainstorm this scenario and work out solutions that are practical and realistic for families living in very basic circumstances.



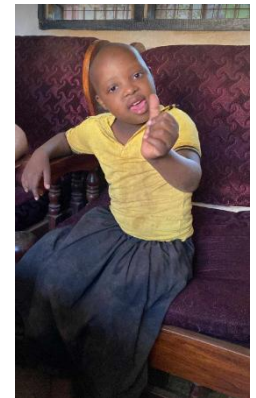
Child sponsorship

There are currently more than 30 children with disabilities living at Amani who are part of the Child Sponsorship Scheme and we are keen to find sponsors for 10 of these children who do not yet have sponsors (including Veronica in the picture to the right).

The child sponsorship scheme at Amani is a crucial part of fundraising which provides regular support so that Amani can provide the basic needs for the children who live there. Without these vital funds, Amani would not be able to help as many children and their families.

We ask for £20-£25 a month, all of 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!



Getting involved

Fundraising

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. We have had people do sponsored runs for Amani in the past, which raised hundreds of pounds.

Movement for Good

Each quarter the 'Movement for Good' giving programme donates £1,000 to multiple charities. 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. Thank you!

Birthday Appeal

There is an option on Facebook to do a birthday fundraiser. Please consider FOAT if you ever choose to do this. Trustee Rachel recently raised £75 via this method – every amount helps!

Facebook

Did you know we're on Facebook? As a charity, we're trying to get better at sharing regular updates. Search for 'The Friends of Amani Tanzania', give a like and follow, and stay informed!

FOAT's Bank Details

A reminder that FOAT has a new bank account with CAF (Charities Aid Foundation) Bank. If you would like to make a donation to FOAT, please use the details found via this link:

<https://amanitzuk.org/donate-here>

Shinyanga

Since FOAT began supporting families of the disabled in Shinyanga in 2019 through the Diocese of Shinyanga's Care Ministry Programme, there have been many developments. Here are just a few from the last 12 months worthy of reporting.

Nikolaus is fitted with leg braces and attends secondary school - After struggling to walk with a 'support boot' which didn't grow with him, the Care Ministry Team arranged for Nikolaus to be fitted with leg callipers at a specialist orthopaedic unit in Mwanza. He is now walking better and enjoying his new school where he is a high academic achiever.



Supported by a UK sponsor and living with the priest and his family, Shija and Lucia are thriving - Shija (on the right of this photo) now attends the Lutheran Secondary School at Mwadui.



Evangelists and Bicycles - Seventy-two evangelists have now been trained. Some are continuing with theological studies to become priests. Sixty-seven are working in rural parishes across the Diocese. Their work with families of the disabled is very encouraging; two new social economic empowerment groups have started in the last six months. So far, 15 evangelists have been issued with bicycles, thanks to the generosity of Friends in the UK. Recent donations mean a further eight will be issued during Bridget and Leslie's visit in July.

Finally - life at Amani captured in pictures



Thank you

As always, a huge thank you from all of us at FOAT to everyone who reads the newsletter. We are grateful for your continued support, whether that's through general giving, child sponsorship, one-off donations, providing advice or just by talking about Amani!