

Winter 2024 - Issue 11



2024 – Welcome to the FOAT Winter Newsletter

Welcome to our latest FOAT Newsletter packed with news from the Amani Centres at Chamwino Morogoro, Mvomero, Mikese and Magubike, Tanzania.

This Newsletter comes at the end of a very busy and productive year in which visits from Barbara Bristow (April) and Bridget and Leslie Green (August) have supported Amani in making considerable progress in service to the disabled and poor of the Morogoro Region.

We hope you enjoy our Winter 2024 edition and invite you to get in touch if you want to get involved in any way, whether it's fundraising, providing a donation or just asking questions about the work of Amani - <https://amanitzuk.org/contact-us>

Transforming Lives: Amani's Surgery Enablement Programme

The Park Family Charitable Trust has extended crucial support, enabling life-changing medical interventions for children with physical challenges.

2023 Achievements:

- 5 children received surgical treatments
- 2 children gained mobility
- 1 child was able to start in mainstream education
- Ongoing rehabilitation for remaining participants

2024 Objectives:

- 5 children with rickets identified for surgery
- Procedures planned in Dar es Salaam
- Continued comprehensive patient support

Each operation represents hope, mobility, and potential — restoring children's opportunities for a fuller, more active life. We'll keep you updated on their progress in the next Newsletter.

Thank you again to everyone at the Park Family Charitable Trust.



Improvement to buildings and accessibility at Chamwino

Amani has invested in the buildings at Chamwino, by raising the roofs to make the bedrooms airier and more comfortable for the staff, volunteers and children living there.

Additional space has been created, along with a new bedroom to allow for more beds and cots. This will mean there is space for future families and children who reach out to Amani for support.

Along with this building work, ramps have also been installed to ensure everyone, no matter their disability, can move around the site freely.



Chamwino Nursery

The joyful sounds of children laughing and playing have always filled the air at Chamwino. Recently, these sounds have become even more vibrant thanks to a generous donation from a local benefactor, who funded new desks for the nursery.

Now, more than 40 children attend Chamwino daily, including siblings of children with disabilities and older children with physical disabilities. This inclusive environment not only fosters a sense of community, but also provides these children with the opportunity to continue their education at the Amani Mvomero Special School in the future.



Amani agriculture

Maize

Sadly, the maize crops at both Mikese and Mvomero were very poor due to a lack of rain this year. This unfortunately means that more food than usual has to be purchased, which is pricey for the number of people to feed at the centres. Everyone is hopeful that 2025 will bring rain and a better harvest.

Beehives

In recent years, Amani has started beekeeping. They have a number of hives at Mikese and are hoping to produce a good amount of honey soon for all at Amani to enjoy.

Mangoes

Amani hopes for a reasonable crop of mangoes in December, but this all depends on the weather between now and then. Fingers crossed!

Vegetables

There are three shambas (farms) at Mvomero used to grow vegetables. The first shamba (within the Amani grounds) has seen a variety of vegetables successfully grown this year which will all be eaten by those at Amani.

One of the other two shambas was purchased with money gratefully received from Fonthill Foundation. This 2.5 acre site has successfully grown Chinese leaves to be sold at market. The shamba is irrigated by pumping water from a local stream.

Fish ponds

A fantastic new initiative has started at Amani; the use of fish ponds! Advised by a local expert, the first pond was started with mud fish in mid-June.

December should see the first 'harvest.' The second pond has been completed and stocked with a different variety of fish.

Amani expects to use the fish for food and to sell any surplus.



Child sponsorship

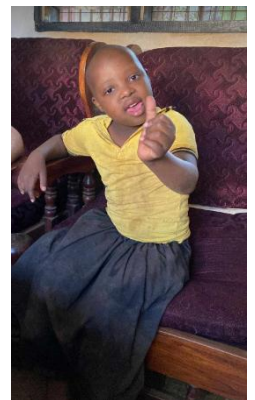
There are currently 32 children with disabilities living at Amani who are part of the child sponsorship scheme and we are keen to find sponsors for 10 of these children who do not yet have sponsors (including Veronica in the picture to the right).

The child sponsorship scheme at Amani is a crucial part of fundraising which 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.

We have some sponsors who have decided to sponsor a new child each time they have had a new child or grandchild of their own – a brilliant way to support Amani.

We ask for £20 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!



General Giving Appeal – ‘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. These unrestricted funds are crucial for several essential needs, such as maintaining the vehicles that allow Amani to visit children in rural communities, keeping the physiotherapy equipment in good condition, maintaining the tractor, and planting crops to reduce the need to purchase food from the market.

We are asking our supporters either to increase their regular giving or consider providing a small amount towards core costs. We like to call this initiative **Giving for Living**. Funds donated under this initiative will be unrestricted and used according to Amani’s needs.

For more information of how to donate, please click here <https://amanitzuk.org/donate-here>

Amani Christmas Party

Each year, FOAT and Amani supporters in the UK donate towards a Christmas celebration. It is a wonderful occasion for 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 project.

Scenes from the 2023 Christmas Party



Christmas gifts

In the past, FOAT would send a parcel of gifts to Amani for the children to open for Christmas. With the number of children having increased so significantly, it was becoming costly to purchase the gifts for the children without UK sponsors. It also felt like a wasted opportunity to put money into the local community.

We therefore made the decision to purchase locally. Amani has provided a list of appropriate gifts that they 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 of suitable gifts and provided approximate costings:

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

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 cards

Two FOAT Trustees began the Amani Gift Christmas Card initiative several years ago. Each card costs either £15 or £25 and can be purchased instead of (or as well as) a present for family and friends.

All proceeds go 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 2024 Amani Christmas cards.



£25



£15



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 support Amani's mission.

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. In order 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

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.

Birthday Appeal

There is an option on Facebook to do a birthday fundraiser (in lieu of gifts). Please consider FOAT if you ever choose to do this! FOAT 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 more regular updates! Search for 'The Friends of Amani Tanzania', give us 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>

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!

All the best for 2025!