

World Family



Your supporter newsletter – how you're changing lives | **Autumn** | 2015



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From sponsored child to teacher – in Robson's own, moving words



Thank you for making us smile!

You are amazing! Your support is giving children a great start in life, helping them to grow up healthy, happy and able to earn a decent living for themselves, their families and their communities.

Many children trek for hours to drink dirty water that gives them sickness and fever. But because of kind people like you, last year Plan were able to bring clean water to 69,000 people in Bangladesh and encouraged an amazing 700,000 families to build toilets.

You have also helped to give over 300,000 children a more hopeful future by immunising them against

diseases such as polio, tetanus and malaria. Every single supporter helps to break the cycle of poverty, giving children the power to make a better future for themselves and their families. You're helping children and their communities to create real, lasting change.

Thank you!
We couldn't do it without you.



Join #TeamPlan!

Challenge yourself and raise funds to help children thrive!
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Thank you



Thank you for your amazing generosity! You help give children and

their families across the world the chance at a happier, healthier life. And in disasters like the Nepal earthquakes, your support can mean the difference between life and death.

I was on my way to Kathmandu when the first earthquake hit. Everywhere was chaos and destruction, and so many children's lives were at risk. So I was incredibly moved when amazing supporters like you donated £423,000 to our Nepal Earthquake Appeal earlier this year.

You can read my account of what happened on page 3 and see for yourself what a huge difference you made to children who lost everything in the earthquakes.

You can also read about how supporters like you helped us to save lives during the Ebola epidemic. Donations helped us set up community care centres and educate communities about how the virus was spreading. However, sadly the struggle against Ebola isn't over yet.

I hope you will enjoy reading about the amazing impact you're making on children's lives around the world.

Thank you!

Tanya Barron
Chief Executive, Plan UK

Q&A with Casely, Country Director of Plan in Sierra Leone



Casely Coleman has been helping communities in Sierra Leone fight the deadly Ebola virus. Caring for orphaned children continues to be a priority.

Q: How did Plan help fight the virus when it first appeared?

A: Plan's first role was to protect the children. We set up community care centres where suspected cases were reported, tests given and people could wait for results in a safe environment. The next step was to bring supplies to quarantined homes: new mattresses, clothing, food and water – sometimes for people in very remote areas. Sadly, despite all our hard work, more than 3,700 children have been orphaned by Ebola and we still urgently need to help these vulnerable girls and boys.

Q: How did you educate people on how the disease was spreading?

A: This was a sensitive area because we were asking people to change age-old traditions such as the way they handled the bodies of people who had died of Ebola. But because Plan has a strong presence in Sierra Leone, communities already knew and trusted us, so they respected what we said and took it on board.

Q: It's great that schools have reopened, what's the next step?

A: Yes. This is a really positive boost for children across the country. During the time schools were closed we supplied 22,500 solar radios to children who couldn't attend class and broadcast daily lessons so that they could learn from home. Plan have made sure classrooms are now safe by providing hand washing equipment, drinking water and toilets. The teachers have also been trained to spot potential cases of the virus.

Q: How does Plan aim to help Sierra Leone move forward?

A: With the right resources now to hand, we can see light at the end of the tunnel. The most important thing is to focus on keeping children safe and making sure orphans are integrated back into their communities.

"Thank you for saving my school. It's easier to learn with my friends around."

– Lillian, 14, Kenema

Children in Sierra Leone are going back to school – a really optimistic sign.



Temporary classrooms give children in Nepal a safe place to learn and play



Bringing hope to Nepal

Your fantastic support is giving thousands of children in Nepal a chance to get their lives back on track after the terrible earthquakes in April and May changed their lives forever.

Nepal's devastating earthquakes killed more than 8,600 people. An estimated 2.8 million people still need assistance – many with young families. But you have helped make an incredible difference to 196,000 people's lives, including more than 82,000 children. You helped provide life-saving food, water and a dry place to sleep at night, which gave people time to recover and plan for the future.

Everyone was shocked by the earthquakes but it was particularly difficult for the children. But with your kind support they now have temporary classrooms that hold 200 children a day. The classrooms are stocked with books, pens and notepads so the children don't miss out on learning while schools get back to normal.

Together we'll help rebuild Nepal

Tanya Barron, Chief Executive of Plan UK, was travelling in Nepal when the earthquakes hit.

"The apocalyptic scenes I witnessed when I visited Nepal will stay with me forever. The quake went on for about two minutes and in 30 years of development work I've never experienced anything like it. As the shaking grew more violent, my colleagues confirmed this was much bigger than anything they were used to. People were running out of buildings screaming, and dogs were barking like mad.



95% of school buildings in Sindhupalchowk district have suffered damage. These girls are getting back to school with a temporary classroom.

"We had no choice but to take shelter under the lintels of doors.

"Thousands of homes, hospitals and schools were simply ripped apart in that first terrible earthquake, turning vast areas into great hills of rubble. With all those homes destroyed, just think of how many children had nowhere to go.

"The apocalyptic scenes I witnessed in Nepal will stay with me forever."

- Tanya Barron, Chief Executive, Plan UK

"Your support has been incredible! But there is still so much to do. An earthquake is a hard thing to recover from and we have a huge challenge ahead. But I know we are equipped to respond as best we can. And with your valued support we will help the children of Nepal to rebuild their future."

A safe haven

You are helping children find a way to learn, even in the most difficult times.

Nine out of ten schools in Nepal were destroyed in April and May's earthquakes. But with your incredible support Plan has set up Child Friendly Spaces – safe, protected areas supplied with nutritious meals, drinking water and toilets. Each is made with children's wellbeing in mind. Children are encouraged to learn, play and sing, and share their experiences with their friends to help them recover after the disaster.

Plan already have 50 of these centres up and running, and with your amazing support there will soon be 100 more so that children are safe while schools are being rebuilt.

We like it here!

Eight-year-old Mabish loves coming to his local fun, friendly place where he can focus on learning and playing.

Ganesh, 14, also loves the child-friendly area. His house was totally destroyed in April's disaster but he is full of hope for the future, "it will take years for Nepal to recover from this earthquake, but hopefully we will be better prepared for the next one." And with you helping Plan train teachers to show children how to deal with disasters in the future, we'll make Ganesh's wishes come true.



A home for now

Plan delivered 46,121 tarpaulins – plus blankets, mattresses and mosquito nets.



"It's wonderful. I come here to play with my friends. Drawing is my hobby and being here means I get a chance to paint and think about things I like." – Mabish, 8



Thank you for the new classrooms!

20,000 classrooms were destroyed in the earthquakes and 10,000 need repair. But your amazing support helped provide 166 temporary learning centres enabling 7,666 children to return to school.



Life-saving supplies

Your valuable support helped distribute 40,000 food packs, 42,650 water purification tablets and 30,509 water kits.



Thank you, Rose!

A Plan supporter like you is transforming the lives of children in Myanmar even in the midst of the recent conflict. Thousands of children have left their homes and now live in temporary camps. They can easily become separated from people who care for them, making them vulnerable to abuse and exploitation. But a kind legacy has given these children hope of a better life.

A healing sanctuary

Dr Rose Hayma sponsored six children with Plan during her lifetime. When she very sadly passed away, her niece contacted Plan to see if there was a project that might benefit from her aunt's estate.

Thanks in part to Rose's legacy, there are now 50 Child Friendly Spaces in Myanmar camps. Built with children in mind, these safe areas have toilets, food and water. Books, pens and toys are also at hand to encourage children to learn. And of course there's always a friendly person around with a smile and time for a chat.

Thank you Rose, for giving children a safe place to learn and have fun!



Thanks to Rose's kind legacy, children in Myanmar now have a relaxing, fun place to play and learn

Discover another way to make a real difference to children's lives

If you're thinking about making a **gift in your will** call **Sophia Stylianou**, Plan UK's legacy officer on: **020 3217 0215** or email her at: **Sophia.Stylianou@plan-uk.org**

Names and images have been changed to protect the supporter's and children's identities.

Be your own hero!

Amaze yourself and be a champion for children! Push your limits, smash your targets and find out what you're really made of.

Whether you're a first time runner, a keen cyclist or are up for an adventure, join #TeamPlan and blast your fitness goals into orbit. Just think of the sense of achievement you'll feel when you cross that finish line!

For example, the money you raise could help Plan provide children with clean, safe water by providing boreholes that benefit whole communities. Or you could help children be immunised from nasty childhood diseases – and live to see their fifth birthday.

We have places in the 2016 events listed below:

- ★ Royal Parks Foundation Half Marathon
- ★ Ride London 100
- ★ The London Marathon
- ★ Bupa 10k Run

Find out more:

Website: www.plan-uk.org/challenge

Email: communityfundraising@plan-uk.org

Call: 0300 777 9777

Follow: #TeamPlan on Twitter



Speak up, shout out!

Every girl has the right to an education and a life free from violence. But for millions of girls, these rights are being denied.

This school year, 246 million children worldwide will be affected by violence at school. Violence at school can significantly hold back a girl's chance of succeeding in education and beyond. That's why we're leading the **world's biggest girls' rights campaign – Because I am a Girl.**

At Plan, we're fighting for every girl's right to learn without fear. In Kenya, we've created a new system to make it easier for girls to report cases of sexual violence in schools. We've also trained schoolchildren to identify the signs of harassment and encourage their peers to report the abuse.

In 27 countries worldwide, we're working with girls to create safe, supportive schools and eliminate violence. And with amazing supporters like you beside us, we're getting closer to a future where girls have the rights and respect they deserve.

Day of the Girl

Sunday 11th October

marks International Day of the Girl.

This year we're fighting for every girl's right to

#learnwithoutfear

Find out what we've got planned at:

www.plan-uk.org/girls



**Because
I am a girl**



"Plan talked to my parents about the bad effects child marriage can have on girls like me"

Thanks to you – now I have a choice

Shockingly, 66% of girls in Bangladesh are married before they're 18 – and 10% give birth before their 15th birthday. With your help we're educating families on the dangers of child marriage.

You're helping girls get back to school, learn a trade and teaching families about the damaging effects of child marriage. And you're supporting girls like Farzana to make her own decisions about her future.

When Farzana was just 14, she came home from school and her parents told her they'd found a husband for her to marry. Farzana tried to make them change their minds – but she couldn't.

Farzana turned to friends and teachers for help

Back at school Farzana told her friends what was happening. Her friends and teachers

informed Plan. Plan staff visited Farzana's house to talk to her parents about the terrible effect child marriage could have on Farzana, as well as reminding them that child marriage is illegal. Thanks to Plan, her parents then understood the implications, and agreed to stop the marriage.

I'll help others say 'no' too!

At a Plan Girl Power project, Farzana learnt how to use a sewing machine and make traditional handicrafts. She's now selling her produce to cover the cost of her education. And her ambitions don't end there. "I want to become a teacher, but my main goal is to make other girls aware of child marriage and get them to say 'no' too."

Names and images have been changed for child protection reasons.

A day in the life...

Until recently, nine-year-old Ludivina from Timor-Leste had no access to clean water. Before school, Ludivina would leave home with her younger brother and sister to collect water from a shallow stream an hour's walk away. Ludivina would then go to school – but she'd feel tired. She often had to make the exhausting journey twice a day. But thanks to your amazing support Ludivina's life is now totally different.

Hope springs

Plan has now installed a water pump in Ludivina's village. The whole community now enjoys a safe, clean water supply, meaning they have better health and can tend crops, which helps keep them independent. Ludivina – and children like her – are now safely back in school.

Now, instead of spending hours collecting water Ludivina has more time to play with her friends and she's no longer tired at school. She's delighted by the change to her life. Thank you for giving Ludivina more time to learn, play and laugh!

Watch Ludivina's story online at www.plan-uk.org/where-we-work/asia/east-timor/walking-for-water



My whole world expanded – thanks to Plan sponsorship!

Robson is a teacher in Zimbabwe's Mutare District. He was once a sponsored child, through Plan.

"I became a sponsored child when I was eight years old. My father passed away which made life very difficult. My family was so poor that I didn't even have shoes, so I went to school barefoot.

Sponsorship changed everything for the better. Now I work hard as a teacher so I can show my appreciation for what has happened to me. I was given a special opportunity and I want to use that chance to help other people too."

When you sponsor a child you help break the cycle of poverty. You begin a new cycle of progress for your child, their community and for generations to come.

If you'd like to find out more about sponsoring a child with Plan, please visit www.plan-uk.org/sponsor-a-child or call 0300 777 9779.

Robson was sponsored as a child. He now inspires other children as a teacher



In their own words – a big 'thank you!' from children around the world.

"I am so happy because now I don't have to walk for hours to get water."

Kitty, 8, Philippines

"Plan's support of our school motivated us to enjoy education as we knew we had enough books and good classrooms so it wasn't so cold in the mornings."

Gracious, 16, Zimbabwe

"My biggest dream is to study hard and become a doctor so I can have a bicycle and a ball."

Mauricio, 5, El Salvador