

# World Family



Your supporter magazine – how you're changing lives | **Autumn** | 2014



Tellme, a Sponsorship Co-ordinator in Zimbabwe, talks about the impact you're making on children's lives

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We revisit the Philippines ten months after Typhoon Haiyan to see how your donations are helping to rebuild the devastated landscape

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A new borehole funded by generous supporters like you means more school, more play – and no more sickness for Joseph

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## 'You gave us back our rights'



**We are living in a time of great global change. Finally, wonderful people like you are investing in girls' rights – and empowering girls to get the education they deserve is proven to be one of the most effective ways to break the cycle of global poverty.**

Across the world, there is no-one who bears the brunt of poverty more than girls. They are kept out of school by beliefs that girls don't need an education. They are forced into marriage by poverty-stricken families. Nearly 200 girls die every day in childbirth – simply because their young bodies aren't ready. They are abducted, abused, trafficked. And until now, they were largely ignored.

No more. Together, we are standing up for girls' rights. We believe that girls have the right to an education, a right to choose if they marry, when and to whom, a right to a voice. That's

why we launched our Because I Am a Girl campaign, which aims to directly reach four million girls across the world.

All over the world it has been proven that educated girls are likely to be healthier, earn more, marry and have children later. Interestingly, a girl who has completed her education is also much more likely to reinvest her knowledge and income back into her family and community.

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### Seize the day

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Join our incredible trip for the chance to visit a Plan project and trek the jungles of Vietnam.



BECAUSE I AM A GIRL

# Girls are shaking it up

The remarkable commitment and passion of Malala Yousafzai, 17, has galvanised global attitudes towards girls' rights. Even after being violently attacked by the Taliban for campaigning for girls' education, Malala has refused to be silenced. She advocates at the highest level for every girl's right to go to school and to live a life free from violence and fear.

**'Let us remember:  
one book, one pen, one  
child, and one teacher  
can change the world.'**  
— Malala Yousafzai, 17.



Maimouna, 15, is changing attitudes and behaviours in her community in Guinea Bissau through her role as an active member of the 'Girls Making Media' club, a Plan project. She is an uncompromising activist against early and forced marriage.

**'There are still girls who are victims  
of early marriage or other kinds of  
abuse here in our community, and we  
must do something for them.'**  
— Maimouna, 15.

You can find out more about everything we're doing to help girls with our Because I Am a Girl campaign at [www.plan-uk.org/becauseiamagirl](http://www.plan-uk.org/becauseiamagirl)



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So by ending the discrimination against girls, you and I are not only making a fairer world – we are also fighting global poverty. By mobilising girls we can unlock a whole world of potential. And here at Plan, we think that's remarkable.

With the help of our passionate supporters, we are equipping girls all over the world with the skills they need to stay safe, earn and control their own income and fulfil their potential.

**'Educated girls are likely  
to be healthier, earn  
more, marry and have  
children later.'**

Girls like fifteen-year-old Eman, who lives in a rural village in Egypt where girls are not as valued as boys. She says, "I felt inferior and ignorant, that I knew nothing about real life. I felt so jealous seeing boys wearing a school uniform and going to school while I took the donkey to the field."

Now, thanks to your support, Eman is being educated at the New Horizon Programme, which helps girls in her community not just understand their rights but fight for them.

With your support, we're helping girls like Eman take charge of their own destinies. Thank you, from girls across the world, for caring enough to make change happen.

## Bring in the boys

'When we talk about our daughters being raped, we must also talk about our sons who raped them.' 16-year-old Nigerian June Eric-Udorie believes that Plan's work with traditional leaders, fathers and boys is the key to stopping the exploitation of their sisters, mothers and daughters. This work is only made possible by your support.

It's been estimated that one in five women will experience violence in their lifetime, making the abuse of women and girls the most under-addressed human rights violation on earth.

June knows only too well that such abuse exists on her doorstep. She shares our belief that the only way to address it is by working in collaboration with men. "We need to ensure we partner with men to achieve gender equality – we cannot ostracise half the world on an issue that affects all of us."

With your support we're able to fund local groups that encourage men and boys to see the world through a girl's

eyes – groups like the boys' club at Chala's primary school in southern Ethiopia.

Chala and the other boys in this club were instrumental in stopping the genital mutilation of the girls in their village. When they learned of the actions of a local circumciser, Almaz, the boys visited the

June Eric-Udorie, is a campaigning blogger, member of Plan UK's Youth Advisory Panel (YAP) and an FGM Ambassador for Plan UK. She advocates for girls' rights and ending FGM in the UK and Nigeria. Read her blog at [www.plan-uk.org/equality](http://www.plan-uk.org/equality)

61-year-old woman at home and talked to her about the terrible consequences of FGM. By engaging with her and educating her, they finally persuaded Almaz to renounce the practice. This is the revolutionary progress that your support makes possible.

**June Eric-Udorie  
with Plan ambassador,  
actress Frieda Pinto.**





# Q&A with Tellme, Sponsorship Co-ordinator

Tellme Musendo has worked for Plan for 25 years. We quizzed her about why she chose to change the lives of children in Zimbabwe.



**Q: Why did you decide to work for Plan?**

A: I grew up in a poor family, I am the second of nine children. My parents couldn't afford to send me to secondary school so I

had to rely on social welfare. I have two children and my childhood experiences made me want to work with children and ensure they are accorded their rights.

**Q: Tell me a little bit about being a Sponsorship Co-ordinator.**

A: I cover an area of around 100 km<sup>2</sup> on my motorcycle. In the morning I talk to sponsored children before their lessons begin and deliver some items from their sponsors. After lunch I visit projects in the area for monitoring and support and meet with other co-ordinators.

**Q: Can you tell me about a sponsored child you have had contact with recently?**

A: Thelma is eight years old and she lives with her family in Mutare District. She is a shy girl who loves to play football after school with her friends Melody and Memory.

**Q: What would life be like for Thelma if she wasn't sponsored?**

A: She would have no access to clean water, and would have no classroom for her school classes. Fetching water from the nearby borehole means that Thelma now has time to play football, study and care for her own vegetables.

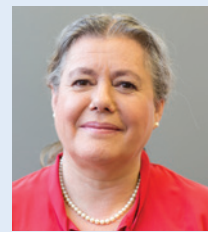


Thelma gathers her very first potato harvest

*'Thelma loves to tend to her vegetable garden. Her mother told her it will make her a caring and responsible person when she grows up.'* – Tellme.

**Q: If you could say one thing to a person in the UK who sponsors a child, what would it be?**

A: Whatever contribution you make to our work, it is never small, but brings significant change in the lives of children in Zimbabwe.



Welcome to our new look World Family! In these

pages you can see the impact of every single donation you give – from improving education to rebuilding homes, to funding boreholes so that children like Joseph have more time to play, laugh and learn.

You can also learn about how you help us to stand up for girls and defend their rights, protecting them from abuse, genital mutilation and exploitation.

You make amazing things happen. On behalf of every child whose life is touched by your generosity, thank you. I hope you enjoy reading these wonderful stories!

*Tanya Barron*

Tanya Barron  
Chief Executive, Plan UK

## Be a sponsorship communications volunteer!

If you would like to be more actively involved, then we have an exciting opportunity for you. We need volunteers to coordinate communications between our sponsors and sponsored children. You'll read and log letters from sponsored children and be the first person to spot good news stories about how sponsorship makes a difference to children's lives.

To find out more and apply please visit [www.plan-uk.org/careers](http://www.plan-uk.org/careers)



## Day of the Girl

Celebrate the amazing girls in your life, and all around the world, with a series of inspiring events designed to showcase girls' power and potential.

Get involved on

**October 11<sup>th</sup>**

and join the movement that's sweeping the nation!

Visit our Facebook page for the latest news [facebook.com/planuk](https://facebook.com/planuk)



# Philippines emergency

## While there's a need, Plan stays

Plan Philippines' Country Director, Carin van der Hor, would like send her appreciation:

*"Thanks to the support of our sponsors and the international community, we have come a long way in a short time to protect children, their families, and help rebuild from the destruction of Typhoon Haiyan. However, children remain particularly vulnerable and we have a lot more work to do."*

When Typhoon Haiyan ripped through the Philippines last November, Plan joined the rush to help the country rebuild. Ten months on, the world may have looked away, but we're still here helping children and families recover from the trauma.

Millions of people had their lives turned upside down by Typhoon Haiyan, the biggest storm ever to hit land. Today we are working with the people of the Philippines to rebuild their homes, their shattered infrastructure – and help their children smile again.

Beyond schools, homes and infrastructure, there are the seemingly smaller projects.

Our Philippines' Early Childhood Care & Development Specialist, Beverly Bicaldo, is co-ordinating some of these projects. Together with her team she has been making simple toys from simple materials to be distributed alongside aid – a stripy bag becomes 'a zebra bag'!

Helping children regain their ability to play as a way to, in Beverly's words, "release and divert their minds from the scenes they've witnessed".

There may still be a long way to go in the Philippines, but none of what we've achieved so far would have been possible without you and your support. And we cannot thank you enough.

## FOOD & WATER

With your support we've helped to provide 45,000 people with access to clean water. And distributed food to 1.2 million people.

## BEDDING

The generosity of our supporters has enabled us to provide basic bedding and furnishings for over 600 families.



## HOUSING

Thanks to the help of our wonderful supporters, we've been able to enrol 436 people in our Build a Home project, supporting survivors to build their own homes. And helped 6,000 people to build houses.

## SHELTER

Since November 2013 we have provided 1,973 families with temporary shelter. We've given nearly 23,000 families shelter kits – containing plastic sheeting, bamboo, rope and floor mats – to rebuild their homes.





## PHILIPPINES



## Motorbike midwives rush to rescue typhoon babies

Before Typhoon Haiyan, most areas of the Philippines had specialised maternity units. When many of these were destroyed by flooding and extreme winds, it took the kindness of supporters like you to help piece things back together.

When disasters like Typhoon Haiyan strike, a lack of access to clean, safe care leaves mothers and their newborn babies incredibly vulnerable. Contaminated water means hands are never clean, and equipment is damaged. No roads means no medicines, doctors or supplies. All this, with an estimated 900 mothers giving birth every day in the affected areas: mothers like Ronalyn.

Ronalyn had to climb onto the roof of her home with her newborn twin boys, John and Jun, when the floodwaters hit. Thankfully, neighbours were there to help and provide clothes



Ronalyn sits in her bedroom beside her twin sons, John and Jun

© Plan / Peter ten Hoopen

*'I was so scared. I was standing on the rooftop, holding both my sons in my arms, trying to protect them,' says Ronalyn.*

and shelter, and they survived uninjured. They now live in one room in the midst of the disaster.

Thanks to you, Plan is supporting mobile motorbike clinics in 23 of the most severely affected municipalities. Motorbike midwives are providing regular care to pregnant women, and post-natal care to both mothers and newborns in the most vulnerable period after delivery. We're working to get every health facility back into action to provide for the mothers and children of the Philippines.

# Heal, grow, play

Even before Typhoon Haiyan struck, life wasn't always easy for 16-year-old Jamaica. One of nine children, she lived with a cousin who supported her education and living expenses. Then the roof was blown off their home, taking almost everything they owned with it. But today Jamaica is working hard and trying to look to a brighter future.

With the help of tarpaulins provided by Plan, the family has been able to return home. "Slowly we are trying to recover" says Jamaica, "I need to be strong and stand on my own two feet. I must not show how hard things are for me."

*'When I play, everything lightens up and problems seem to fade away.'*

Jamaica also has access to one of Plan's 'Child Friendly Space' tents. She and her friends – 'Team Fab' – use it to video their experiences as part of Plan's Youth Reporter programme. And in these rare moments, when she can laugh and play, she can briefly leave her worries behind.

Jamaica from Leyte.





# This year, you spread so much joy around the world!



(Above) At a Right to Play centre in Malawi, children bounce their worries away.

(Right) Children sing “This is the way we wash our hands” as they practice proper hand washing in a Child Friendly Space in Eastern Samar, Philippines.



(Above) ‘Spaces of Joy’ tents give 5,400 children in Paraguay a safe place to play.

(Below) Over 2,000 Nepalese girls have been saved from domestic slavery by Plan’s Kamalari project, which rescues and recovers girls so that they can receive an education.

(Bottom) Sweet music plays for Plan Global Ambassador, Richard Lui, on his visit to Harps and Guitars Learning Project in Paraguay.



© Plan / Peter de Ruiter



## Why I sponsor a child

“I think it makes such a difference to have a nominated child – someone you can write to, send birthday cards too, etc – it is so much more personal than giving to just an organisation.”

**Bob McBride,**  
sponsors **Liz (10),**  
in Peru.

“We had a tour around the town and saw the community hall and the pre-school/kindergarten. We watched them having a lesson and they were so well behaved! We didn’t understand a word of what the teacher was saying but it made it all the more fun!”

Abbie Woodward, aged 12, visited her family’s sponsored child Nhung (4) in Vietnam.

“Sponsoring a child bridges the gap between two worlds and exceeds the satisfaction of giving someone a helping hand towards a better future. I have been fortunate enough to make a personal connection with my sponsor children through letters, pictures and visits.”

**Amrita Rana** sponsors children in El Salvador, Senegal and China.



# Splish, Splash, Splosh

Thank you for supporting Plan's Africa Water Fund. Established as a long-term initiative, we aim to reach up to 725,000 people in hundreds of communities across five countries.

Diseases from dirty water currently account for 4,000 child deaths every day, but with your help we're making a real difference. Take Eastern Uganda, where we're building boreholes, advising new mothers on baby nutrition, and



Joseph, a boy from Luwero, drinks fresh, clean water from a borehole funded by Plan.

installing school sanitation facilities. These projects will benefit over 86,520 people across 124 villages and 45 schools.

People like eight-year-old Joseph, whose village is now home to one of Plan's 27 new boreholes. Joseph spends much of his time caring for his sick mother, but – thanks to your support – he can now attend school regularly as he no longer has to travel vast distances to collect clean water. And for the first time in his life, he's scored 92% in mathematics. As Joseph says, "We are having less difficulty finding clean water...I read more books and go to school early every day."

Joseph is just one example among countless others of how your support is helping children stay healthy and have the best possible start in life. Thank you!

Trip of a lifetime!

## Visit a Plan project and the jungles of Vietnam!

Here's your chance to go on the adventure of a lifetime and see the impact of our work first-hand.

In March 2016, trekking experts Different Travel are organising a fundraising trek through the jungles and mountains of Vietnam for Plan UK. Are you up for the challenge?

The ten-day journey starts in Hanoi, a fascinating city that blends East with West in its own unique way, and continues through villages and hamlets, verdant countryside, vibrant jungles, mountain ranges and rice paddies. You'll lodge with local families in their homes and stay in traditional stilt houses. At times the going will be a challenge, which is all the more reason to ask your friends, colleagues and family to be extra generous with their sponsorship. It's an opportunity to experience the real Vietnam, visit a Plan community to see first-hand some of our projects that help whole communities and raise money to help lift even more children out of poverty.

For more information please go to [www.plan-uk.org/vietnamtrek](http://www.plan-uk.org/vietnamtrek) or call our friendly challenge events team for more information on 0300 777 9779.



## Light up a child's life – send a card today!

Sponsored children are so excited to get a card from their sponsor – it's a chance for sponsors and their sponsored children to find out more about what life is like elsewhere in the world.

If you're a child sponsor, why not write a special message to your sponsored child today? You could even draw a little picture, or include a photograph of your family. You can also send lots of lovely messages and photos through the Plan Postbox: [www.plan-uk.org/postbox](http://www.plan-uk.org/postbox)

We're sure you take child protection as seriously as we do. To make sure your letter reaches its destination safely please read our Child Protection policy online at [www.plan-uk.org/childprotection](http://www.plan-uk.org/childprotection) or give us a call to receive your free copy.

