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CALM Africa. So far, this is being achieved. In June we met in London for our AGM meeting. It was a busy but lovely day, with the group discussing activity at CALM Africa, the great work that volunteers are doing to develop the work in Uganda and the work being done here in the UK to support them.

Have you been involved with CALM Africa or Children First Uganda recently? Do you have something you'd like to include in future newsletters or blog?

Email us at [media@childrenfirstuganda.co.uk](mailto:media@childrenfirstuganda.co.uk)

As we reflect on the first half of this year, the CFU board are so pleased to report some fantastic news this summer. Earlier this year, we said that our hopes for 2014 were for plenty of activity and to build our base of regular support to

We hope you enjoy reading about these activities and we look forward to even more great news in our next issue.

**Thank you, from the team!**



The Mad Hatter's Tea Party was a great success in Bournemouth, raising £500!

Read more from the volunteer host Sherry on page 2.

In our last issue, we outlined the difficulties we were facing last year in helping CALM Africa with their core costs, enabling money to be spent against priority needs.

So far this year, we have seen a significant increase in regular monthly donations which is fantastic! We have to say a

massive thank you to those who have signed up to this scheme, helping to cover core costs at CALM Africa.

This means CALM Africa can maintain continuity and high standards in their work. Meanwhile, for the rest of 2014, CFU can focus our efforts on fundraising campaigns for

education and outreach projects and greater awareness-building activities.

Thank you, as ever, to each of you who continues to support us in any way you can, whether that's through donations or just spreading the word. Keep up the good work with us!

## FEATURE FUNDRAISERS

### A Mad Hatter's Tea Party by Sherry Lumber

My Mad Hatter's Tea Party was held on the 21st June in Bournemouth. We had lots of cake and drinks to be enjoyed by everyone!

A total of 107 people I knew came along with their family and friends. I had great support from friends and family, helping to set up and pack away. Louisa [friend & fellow volunteer] came down with her mum and friend to help set up and stayed for the event.



For more information on the campaign:

Email: [slumbertravels@gmail.com](mailto:slumbertravels@gmail.com)

Like <https://www.facebook.com/pages/Health-and-Hope/429382307151269> on Facebook

Follow @Health\_HopeUG on Twitter

My sister's singing, dance and drama school came along - Shoebox Academy - who sang a variety of songs to entertain guests.

Party guests enjoyed games such as the tombola and 'guess how many sweets in the jar'. We also had a massive raffle with some fantastic prizes! Animal donated hats, keyrings, discount vouchers, a ski bobbing voucher and much more; there were 4 x family tickets for attractions in Dorset, restaurant vouchers, and more!

I raised £500 in total, which for my first time doing an event is amazing and I didn't realise just how well it would go.

I also help out at a girl guide group and I got the girls to come along and help. On the day, 11 of them turned up; a group of them helped with the tombola and guess how many sweets in the jar.

Sherry spent 3 weeks in Uganda last month at CALM Africa, volunteering again with Louisa to work in Jolly Mercy Learning Centre and on the outreach programme.

Whilst there, the money raised was used to provide healthcare supplies to CALM Africa for the school and community.

This is just one activity as part of the ongoing campaign 'Health & Hope' to provide better healthcare in Nangabo.



Some were in the door as people arrived, to help direct them and hold a donation jar. Then two more small groups were selling cakes and drinks. Everyone who came enjoyed it and said how well I'd done.

All the money raised will go directly to buying medical supplies for my trip out to CALM Africa at the end of July 2014. A huge thank you to everyone who came along and helped the event be successful!



## Charity Challenge by Natalie Moore

Four years ago, I had an absolutely unforgettable experience volunteering at CALM Africa. I have returned since, but as I'm sure many of you volunteers appreciate, it's not easy to regularly go back. CFU gives me the opportunity to stay involved and help in whatever ways I can from home. I only wish I had more time to be able to do more things for CFU!



We have a fantastic group of supporters who regularly donate and run their own fundraising activities. But, we want to give

people greater opportunity to get involved in the CFU community by doing activities we help set up - and I thought it was time for me to do something more myself to fundraise!

So, on 23rd August I took part in the Isle of Wight 56km challenge. My friend and past volunteer Lisa Vicary also took part and I am very grateful I had her company! It was a beautiful sunny day, gorgeous landscape and views across the island and we had a great trip. It

certainly was no walk in the park though! All around the coastal path, it was a tough course and our feet and legs took a bit of a battering.

After setting off at 8:45am we finally crossed the finish line at 11:30pm - a bit emotional, very proud and absolutely shattered. After a cup of hot soup (Lisa managed a bit of champagne!), getting our medals and t-shirts we were shuttled back to our tents for a well-needed rest!

Thank you so much to everyone who sponsored both of us doing this challenge. It certainly was challenging - the last part in the pitch dark along the cliff edge path wasn't the easiest of walks! We're so glad we finished the course and have raised money for a great cause by doing it.

So far, between us we have raised £589.75 to be donated. Even better, my employer Deloitte do a match funding scheme for charity activities so my proportion of the fundraising

would be doubled by them. The money raised will be spent to help the CALM Africa education and outreach programmes; I'll be talking with James to determine where it is most needed to help their work this year.



**Children First Uganda** are now signed up with Action Challenge who run these events both in the UK and abroad and we hope to do more with them in future. We've been invited to their open evening in September to hear more about what's in store for 2015 - so we hope some of you might like to be involved next time. Please contact [fundraising@childrenfirstuganda.co.uk](mailto:fundraising@childrenfirstuganda.co.uk) to register your interest for any challenge activities.

## Making a difference

Being a small, focused charity gives us the ability to show our supporters where their generous donations are spent and the impact that fundraising has on the work at CALM Africa.

The Toy Trust grant of £5000 received through CFU has been distributed across various activities to support the Community Outreach programme. Some of the money was used to purchase 9 bicycles. These bicycles were to provide social workers and councillors who visit families in the



communities an easier way to make their visits and to be able to visit more people.

Over coming months, we will be following up on the journeys these bikes make and the impact that is possible because of the workers having

them. With donations like this and many other projects, we show you how and where the money gets spent and the lives it is making a difference to.

We also have a new writer for CFU, Hillary Muheebwa, who will be giving us news articles directly from Uganda for future newsletters and more regularly on our blog. She has very kindly volunteered as a pro-bono journalist, to help in spreading the word about CALM Africa and CFU's work - we look forward to reading the articles!

## Getting involved

Of course, generous donors increasing our fundraising targets are what keeps the work in Uganda continuing, improving and developing. But giving money to projects is not the only way to help from home.

Now signed up with Action Challenge, there will be sporting activities to get involved in next year. If sport isn't your thing, you can host your own fundraiser and we are happy to support with materials and online donation services. We're also planning our next community

fundraising activity - place and time tbc!

If you have your own ideas, we always welcome people coming to us to discuss them. Much of the great work that has been done has been through the fantastic initiative of CALM volunteers and CFU supporters.

To get involved with CFU in any way, just contact us to discuss what you might like to do.

To get involved in fundraising activities email:  
[fundraising@childrenfirstuganda.co.uk](mailto:fundraising@childrenfirstuganda.co.uk)

To get involved in our newsletter or social media email:  
[media@childrenfirstuganda.co.uk](mailto:media@childrenfirstuganda.co.uk)

For general enquiries or information about CALM Africa, email:  
[info@childrenfirstuganda.co.uk](mailto:info@childrenfirstuganda.co.uk)

**Our next newsletter** will be out at Christmas 2014. If you have done some fundraising activities, are planning an event or have an article you would like included then please get in touch. We always welcome volunteers and supporters contributing to the things we do. Contact [media@childrenfirstuganda.co.uk](mailto:media@childrenfirstuganda.co.uk) to discuss anything related to newsletters or other media.