



Published by

Children Of Honduras Trust

Newsletter August 2007

Tel: (01332) 679687 Fax:(0870) 0561592

E-mail: info@chtrust.org.uk Web: www.chtrust.org.uk

Mrs J. Cox, 20 Chapel Street, Spondon, Derby, DE21 7JP.

Charity No. 1075562

LOADING DAY

Loading day went extremely well at our new location. We loaded four 40' containers. The weather was perfect, sunny but not too hot. If the day is too warm we 'cook' the loading crews inside the containers. This would not be good news! We seek to look after our container loading teams, because we cannot go home until they have completed filling them.

136 people helped us in various capacities on the day, with the kitchen staff probably considered the favourite team. They worked very hard to keep everyone fed and watered.

Understandably, we were a little nervous about how Loading Day would work out with a combination of new logistics with four, rather than two or three containers. We should not have worried. Thanks to your prayers and the Lord's blessing, it



turned out to be a great day.

We have now completed a full year at TDG. It has been an excellent year and we have made many new friends at this new location. So many people have helped in so many different ways and we have been made to feel very welcome on site and everything has been done to help with this work for the children. I think this large invasion of women into a predominantly male part of the site was a bit of a shock at first but now the work force look out for us and make us feel safe if working on our own without the team. For those that have not visited, we are one mile into the site and not at the very end. The site is huge. Thank you all at TDG.

At this point I would also like to thank my team of packers who have worked most Tuesdays throughout the year packing what now arrives as a continual stream of donations throughout the year. You are essential to the smooth running of the operation. We have become good naturedly territorial over our packing tables and areas of expertise. We have also become a place of excellence for back massage, prayer and the eating of home made cake!!!

SOME STORIES FROM PEOPLE WE HAVE HELPED

MARCIA'S STORY

Dear friends from England,

I have six children and to survive I sell tortillas. I want my children to be able to study, and that is why we work so hard. Each morning my husband goes out to look for work as a labourer, but work is very scarce. Sometimes he gets work, sometimes not. Thanks to God we have our children who are also able to help, like my oldest daughter who is sixteen years old and also works selling tortillas. It is sad she is not able to attend school but without her help we would not survive. It is sad we cannot read or write and have had to get help in writing this letter. We live in one room and even the children have to work so that we can all eat each day.

Thanks to God we are all well.

From Martha & Javier Ilias

One family received clothes, shoes and food from the containers. None of the children had shoes and they were excited to get 'new' clothes as well as shoes to

wear. They cried when they received the bucket of food and planned to use only one item out of it each day so that it would last as long as possible.

LOVITA'S STORY

My name is Dilcia Lovy Montero Zelaya but they call me Lovita. I was taken into the Orphanage at the age of three, along with my younger brother Daniel Montero Zelaya. Thanks to God! I came from a dysfunctional family where my mother was unable to look after us. It was here, at the orphanage, that I learnt moral and spiritual values. I remember with affection two marvellous people, Mama Josie and Don Roque. Although I did not know Jennifer personally, she was also a part of my life at the Orphanage as you sent the presents, clothes, food and shoes. We had many marvellous Christmas's at the Orphanage, thanks to you and God. On behalf of myself and the many other children who did not know you, I say thank you very much and also to God.

I left the Orphanage at the age of 16 and lived for two years in San Pedro Sula. I then went to study general medicine at La Ceiba University (north coast of Honduras) and later transferred to Tegucigalpa. I never forget my roots and always visit the Orphanage and always they receive your help. The children have very happy Christmas's, thank you. I am now doing my social service in a clinic at a village called Naranjito, in the department of Santa Barbara, near Santa Rosa de Copan. The clinic serves two thousand people and there is much need.

Lovita graduated as a doctor in general medicine on 21st July 2007.
Congratulations, Lovita.

A real success story. Without the Orphanage she would not have received the education that allowed her to go to University. Many children from dysfunctional families never even have the opportunity to learn to read and write.

GLENDAS STORY

Glenda was admitted into the Orphanage in 1975 at the age of six. She was the eldest child of a family of four, three girls and a boy. As is often the case in Honduras, they spent more time with their grandmother than their mother. Glenda sold eggs for their neighbour in order to earn money for the family to eat. At other times she remembers scavenging for food to eat on the rubbish dump. This was all by the age of six! Her mother was nine months pregnant with her next child when her husband badly beat her up. In the aftermath, she took the four children to Josie at the Valle de Angeles orphanage and asked if she would

take them in. Glenda still remembers that Josie took just one look at her mum's injuries and took the children in to join the family of nearly 150 children. This was then Glenda's home for the next ten years.

Glenda had never been to school and she longed for this experience. When she finally got the opportunity, she loved it and worked so hard that she came top of her class every year during her primary education. In recognition she received a prize from Josie for such a great achievement.

Her ambition was to go to college to train as a nurse. However, the funding required to enable her training was not available. Since there was a shortage of help at the orphanage, she worked full time there looking after the babies. In this capacity she was able to accompany Josie and her family when she (Josie) came to England to visit her parents and sister

Later in time, Glenda benefited from the opportunity for a long-term visit to England, which eventually led to her residency here.

Today, Glenda is happily married to Terry. They have two children, Joel 14 and Jeanie 11 and live in England. Glenda is still very supportive to her sisters and brother and their families who continue to live in Honduras. The family is also very committed to the work of CH Trust.

Monday 16th July was a very special day for Glenda, because her childhood dream became a reality. She graduated as a nurse at Nottingham University. I had the privilege of seeing her receive the certificate she worked so hard to achieve. Well done. Her comment, as we walked back to the car, was to note that it was only through her admission to the orphanage that she had been allowed to graduate as a nurse that day. She commended CH Trust, because it was the support from England over the years that enabled the orphanage to care for so many children and provide educational opportunity. Without that support, the orphanage could not have taken her in and given her the gifts of love and education that she received.

FOOTNOTE FROM GLENDA

I hope that reading my story and Lovita's will encourage the people who often give so much and often don't see or get to know the end results. Thanks to God my dream has only come true because of people like Josie and Roque, who gave up so much, and people like yourselves who also give up your time and care enough to help people you don't know. Lovita's story and mine are just a couple from many others who have also benefited from your selfless giving. Of the other members of my family,

brought up at the orphanage, my brother has become a teacher, one of my sisters is an accountant and the other is studying to be a lawyer. Other orphanage children include Bessy and Christian who became hairdressers, Nolvía who runs a bilingual school and Cesia who is a secretary. There are many others who one day, hopefully, you will get to read their story.

GLORIA'S STORY

My name is Gloria. I am 24 years old and I have 4 children. I never learnt to read or write. All my life I have rented little houses or looked after other people's home in return for my keep in the property. At present I look after a property in El Mirador El Sauce. I live here with my husband and 4 children who are "Rita 12 years old, Sandra 9, Carlos 5, Mario 4. Rita & Sandra attend Sauce School. They had fallen behind at school because we could not provide for them the school materials and school uniforms. This was very difficult because my husband only earns 500 lempires (£12.85) per week. This was barely enough to buy food for all 6 of us, let alone provide for schooling. Now my situation has changed. I have been blessed with help comprising of uniforms, shoes, pencils, books, etc. I felt so happy with all the help I received from England that I decided to ask if I could send my son Carlos to kinder in Sauce. To my joy he also received the same help and they also have a meal while they are at school. I've seen a great difference in my children, they look more beautiful and much happier and this makes me happy too. I am very grateful to God and all the people who made this help possible. It helps me to know that when my children come home from school, they do not come home hungry. They also receive vitamins, rice, cereal, pasta and milk at school. This saves me a lot of money and also helps us have a little more food in the house. Thank you very much for everything. May God bless you abundantly.

GLORIA.

HERE TO HELP

NOTHING TO WRITE ON!

We have now managed to reach some of the mountain area state schools. One of them, in Guanacaste, has over 100 children and one teacher. Many of the children did not have a chair to sit on or a desk to work at. It was also discovered that many of the children had nothing to write with and no books to write in. They come from a very poor rural community, who lives very simply. There is no electricity and no money to spend on school supplies for their children. We were able to help with some of these basic necessities from the supplies sent out in the containers.

NEW MATTRESSES

This year we were given some new single mattresses to send. One was given to a girl who had no mattress on her bed, only cardboard. She also received a new quilt and cover and a family bucket. Although she does not look happy, she was very grateful for the gifts. It turns out that she was sad due to the recent loss of her mother. She now lives alone with her father. She commented that she wished her mum could have seen her new bed, it would have made her happy.

SEEDS

This year we launched a new project to assist the poor to help themselves. We sent vegetable seeds for them to plant in their garden (or yard) and also gave some to the school. The children enthusiastically prepared some soil in the school grounds and planted their seeds. They were very excited to now have the responsibility of looking after the plants. The children dedicated themselves to making sure that the plants were watered every day before they went home. We still await news from others who are growing our seeds to help supplement their meals.

Similarly, we are pioneering a project to help poor families improve their diets and maybe earn a little money. Many people have a little outside area where they could place a bag or pot with some soil inside in which they could grow some seeds. We have chosen to start with tomatoes, peppers, courgettes and green beans. These can be eaten cooked, or raw, and the people know these foods. We are therefore asking for packets of seeds to make this happen. Would you like to help?

BITS AND PIECES

THE SAN PEDRO RIVER PEOPLE

Talking about the poor now, we are attending about six families, with children, who have problems with their health and with providing food and dress. But God has sent you to help with the solutions.

A church in San Pedro Sula, is now taking care of several families in the really poor marginalised sector called “El Bordo”, at the border of a river called “Rio Blanco”. The families have up to six children, the eldest being 13 and the youngest two years old. El Bordo is located a kilometre away from the church, in no-man’s land. Their homes are made from waste, there is no potable water and no sanitation. The help they are receiving is partly sourced from CH Trust supplies.



**- THIS GIRL'S BED HAS NO MATTRESS,
SHE SLEEPS ON CARDBOARD -**



**- SHE NOW HAS A NEW MATTRESS,
HER MOTHER WOULD HAVE BEEN PLEASED -**



- PLANTING SEEDS AT SAUCE SCHOOL -

THE LADIES AT EL CAMPAMENTO

I am writing on behalf of Victoria and all the ladies who received a part of all the nice things you sent. They were especially happy with the baldes (buckets) that they can carry their water in. There were 30 families that received gifts. Thank you very much for sending so many nice things and remembering our poor people in Valle de Angeles. May the Lord continue to bless you both and all others who are sending things. They all asked me to send their THANKS.

THE NEW HOPE CLINIC

This clinic, called Nueva Esperanza, was started just over a year ago. It serves 7000 people, covering six Colonias. It is located in Comayaguela, a district in Tegucigalpa, which houses some of the poorest people in the city. The residents helped to build the clinic with some funding from the government but the money dried up before it was completed. The staff is made up of medical students. These include a fifth year student doctor and a third year pharmacy student.

FEEDING THE HUNGRY

CH Trust has become instrumental in helping to feed a growing number of children in Honduras, both in the home situation and in schools and feeding centres.



- THESE ARE CHILDREN WE ARE HELPING TO FEED -

The Honduran government is trying to introduce free meals in schools for children in need. This is a long-term vision. At present, they cannot even manage to provide basics, such as tables and chairs, in some of the rural schools. In a small way, we are realising their vision, if only for a few days each week through the year.

The soup kitchen in Naranjal continues to provide children with a meal three days a week. The number they cater for has increased from 120 to 150 children per day. A second soup kitchen, in Pedrigal, should be up and running this year. The latest news from Ricardo is that he is also helping two Pastors in Tegucigalpa to set up feeding stations for children in the city. In Honduras, the government counts people surviving by scavenging on the town rubbish tip as having employment. Families living off the rubbish dump do survive but only just. We help one of the churches situated near the rubbish dump, which works with two hundred children. We have been making a special effort to help these children.

Food has also been given to Vicente College in Tegucigalpa.

We have also donated food to schools called Escuela Club de Leones and Escuela Lempira in Comayagua. Similarly, children in the Sauce and Guanacaste primary schools receive some meals out of food sent from England. The food that

we send feeds many children in various parts of Honduras. The places mentioned above are but a selection. However, I can put names to them and have received photos to share with you.

VINCENTE COLLEGE

El Vincente College, also called 'El Centro' was established in 1878. It is one of the largest and busiest colleges in Honduras and currently has 9000 pupils, who are taught in three separate shifts, morning, afternoon and evening. State run, it provides the equivalent to our secondary school education. Government run, it caters for pupils from all different backgrounds and social levels. They are aged from eleven upwards and on graduating will be qualified to attend university or gain certificates in commercial or computer studies. (I am sure it does much more but that is the information I have at present).

The college is situated in a poor part of the capital, Tegucigalpa. As with all developing countries there is never enough funding for consumable supplies. Even so, the college's aims include trying to provide some food, dental aid and clinic facilities for its more needy students. This is because the vast majority come from the poorer areas of the city, often coming to school having not eaten that day. The college has a kitchen and dining room.

This year we sent food to Vincente for the first time. We thought this was to supplement the food provided by the Government. It turns out that the Government has only provided enough funding to buy two weeks worth of food. We have also received word that what we sent is currently the only food the college has to feed the young people. They have engaged a lady who was desperate for work to cook for the children. She is receiving about £10 a week out of the college funds. The teachers have selected 150 of the most needy children to receive a meal. These are children who will only have a meal that day if it is provided in college. We have difficulty imagining this degree of poverty. They said that there are about 400 children who need this meal but our food will only stretch so far. Therefore they have chosen 150 of the younger 11/12 year olds. (John and myself hope to take some money with us to buy more rice when we visit in September).

Our food is taken, in lots, to the college every two days so that strict control of the supplies is maintained. The food item they like best is the rice as it fills hungry stomachs so easily. We sent drums of oil, which is classed as a luxury in Honduras, as it cost £2 for 500ml. I am keen to continue to send this luxury as

it makes the rice taste so much better than if served on its own (as it often is) and secondly, it is packed with calories which the children badly need. They have greatly appreciated the oats and dried milk we sent. They have asked for more rice, tinned tuna, tomatoes or tomato paste to mix with the rice. This seems to go the furthest and give much needed flavour. I imagine they stretch it to almost non-existence but that is because they have so little. It is good to know that we are succeeding in feeding those who desperately need our food. At least some of these young people can now expect one meal a day for more than just two weeks.



- SICK BAY AT VINCENTE COLLEGE -

The medication sent from England has been received with great appreciation as the majority of the young people's families are unable to buy medication. The majority of their mothers work in the market place, or work sweeping the streets, receiving very little salary. Most of them have 4 to 5 children each. Because of the containers, everyone is able to have at least one meal a day now, vitamins and if not well, a place to go to receive treatment.

HELP FOR CLINICS AND HOSPITALS

We were given many items to send out to the clinics. These ranged from small items, from homes, to larger gifts from firms. These have now been distributed in Honduras. Unfortunately, at the time of going to print, I have limited feedback to pass on to you. The pastors are waiting until our visit in September to provide more detailed information. More news will, therefore, be available in the Christmas edition of the newsletter. We do know that the supplies are greatly appreciated and are making a difference. It is our hope to send more next year.

Already we have been donated three wheelchairs. The demand in Honduras is great. For many, they are unaffordable. However, a wheel chair can give the mobility that allows a disabled or bed confined patient to be part of the family once again.

Stretchers have also been requested because many places cannot be accessed by vehicle. In fact, most poor people do not have the availability of a vehicle, even in an emergency.

CLEAN WATER

Clean water has been a new focus for the past two years and looks to be a continuing important part of our supplies for the future. The benefit to the children is self-evident and now water treatment supplies are top on the pastors' list.

You may remember that we sent out 20 Aqua boxes last year. These proved very successful and resulted in requests for more from all that received them.

The Rotary Club at Wirksworth, who supplied the boxes, were pleased with the impact they made and agreed to donate 200 more Aqua boxes for this year. This generous gift, however, gave us a big problem. So many boxes take up a lot of volume in a container. At the time, we had planned to send three containers, which we knew would be completely filled with the items already in store. The Rotary Club, however, came to our rescue by committing to finance a fourth 40' container to transport the Aqua boxes alongside of our supplies. This was good news and bad news. Although we could get all those Aqua boxes to Honduras, it gave us four containers to load at our new facility. Help! Praise God, it was a good problem to have. Most of you have already read that God richly blessed our loading day. Likewise, the Aqua boxes are indeed blessing the many people that have received them. As yet I only have feed back from two of the nearly twenty destinations. More is expected in due course.

Some of the boxes were placed with large families, or where several families are able to share. Pairs of Aqua boxes have also been placed in three rural schools.



- AQUA BOX AT HEALTH CENTRE IN NARANIJTA -

Nine Aqua boxes have been given to Vicente College, which teaches about 9000 students. The young people, 11-18 years, are thrilled to have clean water to drink on site. The water in this area is particularly bad and many of the students do not have water available to bring from home. It is difficult for us to imagine living with such a limited water supply.

Many homes only have river water to drink, which is delivered twice a week by tanker. This means only a few buckets of water a week for the whole family. Those who have piped water will only have a supply for two or three periods in a week, not a continuous supply. This is why the large blue barrels and the many large white buckets we send out are so essential in the business of storing water. In the rainy season, the water collected is the best drinking water in Honduras.

We are very grateful to the Wirksworth Rotary Club for their commitment to this project. It is making a major impact on the day to day health of a large number of children and families in Honduras.

THE ONE-OFF SPONSORSHIP SCHEME

After an initial enrolment fee of between £3 and £10 per child, education in a Honduran State school is free but every child has to have all the necessary uniform and educational tools before they can attend. At the end of the year the family must pay a further £3 for the graduation certificate and photograph to verify the child has completed the grade. Completion of a grade allows the child to continue to the next level. As part of the government's plans to improve education, enrolment and graduation in the state schools and colleges this year has been free. However, there are still families who do not have money to buy the school essentials or uniforms for their children, especially when there may be two or three in school at the same time. Sometimes they decide to send only one child, usually a younger one, so that the older ones can work to help support the family.

The £50 sponsorship scheme provides a way of helping these families access education for their children. Your donation buys the sponsored child a uniform, shoes, trainers, school bag, school manual (in Spanish) and sufficient equipment to attend a state school for one year. (There is a £25 half-sponsorship option also available where CH Trust matches 2 sponsors and still provides a child with a full year's education). This year the scheme has proved even more attractive in Honduras as there is no enrolment or graduation fee to find. When first introduced in 2003 we were able to help 20 children. In this, our fifth year, with your generous support, enough funds were sent out to Honduras for 102 children to be fully equipped to attend school for one year. Not all areas get the same amount of funding; we distribute your sponsorship based on need at the time and the necessary commitment from our co-workers in Honduras to administer the scheme.

All the ministries taking part have sent their sincere gratitude to all our kind and generous donors and, without exception, have expressed the view that without this input many children would not have the opportunity to go to school at all.

We are now considering sponsorship for 2008. The earlier we can send donations to Honduras, the more time the pastors and their wives have to source and make up the necessary fabric for the uniforms, fit the youngsters with shoes and

purchase books, stationery etc. We would like to make the money available to the pastors well before they become busy with Christmas festivities. To facilitate this, it is necessary to establish a **deadline** by the end of **October** for receiving the money. As the cost of bank transfers to Honduras is considerable the funds are sent as one lot. Thus, we will reserve any donations received after that date for the following year. When we change the clocks you need to have your sponsorship paid.

If you would like to sponsor the education of a child, the contact details are on the front cover of this newsletter. Please make any cheques payable to “CH Trust” There are two options available, sponsorship for a full year, cost £50, or a half-year option for £25. It can also be paid monthly.

For our regular sponsors we can send a reminder for this date but do not automatically do this unless requested. We do not want people to feel obligated to continue with sponsorship if this is not their wish and we do not want anyone to feel pressured. Again thank you to everyone who has contributed to the success of this scheme.

Thank you Jenny Smith for the excellent running of this scheme. It takes a lot of time and effort.

THINGS WE HAVE BOUGHT

This year, UK transport and the basic shipping costs have remained much the same as last year. However, the cost of haulage from the docks in Honduras to Tegucigalpa was much higher. This came as a surprise, an unwelcome development outside of our budget, which will be investigated to see if any mitigation can be achieved for future years. We thank God that it has been possible to absorb the cost.

Increased funding received during the year has allowed me to purchase an extra ton of dried full cream milk. This gave us a total of three tons this year. Every Pastor requests milk and we can never send enough. I also bought an extra ton of oats, making it four tons this year. It sounds a lot until you start to divide it between 26 different ministries, some feeding large numbers of children on a daily basis. We also bought dried pasta, catering tins of meat, fish and vegetables as well as oil and flour. These are destined for feeding centres, an orphanage and general distribution. This year we also sent food to a college. These pupils come from low-income families. There is never enough food to provide for all those

who desperately need to receive a meal. Never the less it will feed a few more needy children.

The third area concerns medical supplies. We send only the very basics. However, the large volume of them generates large bills! We start with worming tablets and vitamin tablets. The children are given worming tablets to remove intestinal worms twice a year. These are followed by a course of vitamin tablets, one taken daily for one month. We also send antibiotics for the children. These only cost 25p per 100ml bottle and can be lifesavers. The other supplements we have sent this year are iron tablets and folic acid tablets. The first treats anaemia, often caused by the intestinal worms. Folic acid, given to a pregnant mum, can reduce the incidence of babies being born with a hair lip. All of these items are relatively cheap until you start buying them by the thousands. However, the improved quality of life they afford must be priceless. The other new items I purchased were sutures, for sewing together skin, and local anaesthetic to make this and other procedures less painful. A few hundred painkillers were also added to the list. We managed to send out about 20 nebulisers, some old, some bought. I also spent money on medication to put in the nebulisers. Finally I bought some children's clothes, when found at an excellent price, and many other items as the need arose.

DAVID YATE'S MEMORIAL FUND FOR HIS LATE WIFE, MARY

Mary Yates, a long time supporter of the work of CH Trust sadly died last year. In her memory, David (her husband) requested donations for the work of CH Trust. The money collected was put to the purchase of much needed nebulisers, for use with the children. Since then David has continued to raise funds as a tribute to Mary. As a result, we have been able to purchase several more nebulisers, all vital to the treatment of the many children in Honduras with breathing problems.

REGULAR DONATIONS

The number of people now making regular monthly payments into the CH Trust bank account has increased since the last newsletter. We would like to say a big thank you to those involved as this provides a predictable source of working capital through out the year. This enables us to bring forward the purchase of some of the larger items we need to a time in the year away from the busy months prior to loading.



- BABY ON OUR NEBULISER -

GIFT AID

Gift Aid has also brought in a record £4491.13 this year. Thank you to everyone who has made this possible.

CALENDARS

CH Trust 2008 Calendars, with a different A5 photo for each month, are now available. They cost £5 each, plus 60p postage. Every penny of that £5 will go towards purchasing rice to feed the children.

Many thanks to Photocal.co.uk, who produce and give them to the Trust.

LOADING DAY DVD

A 15 minute DVD of this year's 10th March Loading Day is available at a cost of £1 (inc P&P). It also includes the TV media coverage that we received. If interested, please contact Jennifer Cox via the CH Trust contact details provided on the newsletter header.

REQUESTS FROM HONDURAS

WALL CHARTS

The schools have asked for charts for the walls. Numbers, science, shape, nature, the human body, etc. The language is Spanish but they write over the top of our words.

The also like animal and nature pictures.

READING BOOKS IN SPANISH

Children's books in Spanish are very valuable, especially primary reading books.

Can anyone get us any primary reading books to make a reading library for the schools? These can be bought in the supermarkets and corner stores in Spain. The reading age is displayed on the back cover. Anos is the word for years.

For reading, the children only have what is in their manual. We are a nation of readers. To have schools without books for the children to read seems wrong.

SCHOOL UNIFORM

The state school uniform colour is dark blue, sweatshirts, jumpers and skirts and dark grey or black trousers. They also wear white shirts, short or long sleeve, like our children. Any of these items would be very welcome and also the black shoes. If we can provide any of these items, new or second hand, we allow more children to access primary education. Without uniform they cannot go to school. Many parents never went to school and as a result cannot read or write. It would be good to improve this situation with the coming generation of children. We can help to do this.

We had a good response to our new socks and pants appeal. Children throughout the country will enjoy wearing these. They will, however, be ready for another pair this next year!

WHAT ARE THE CHILDREN'S MAIN NEEDS?

CLOTHES AND SHOES

Children's shoes and clothes our biggest need. These are still in great demand and greatly appreciated. Each year, as we reach more and more children, this remains the predominant need. **New Children's Socks and Pants** always a favourite.

FOOD

Basic foods such as sugar, oil, milk, oats, pasta, plain flour (this is short dated and must have a date after July 08). Tins of tomatoes or tomato paste and tuna are the most asked for. Tinned carrots, peas, and corn are also liked.

Juice to dilute and drinking chocolate make a good treat. With the chocolate buy for quantity rather than named brands.

CEREAL

Breakfast cereal is wanted, to put with the milk we send, to provide a quick nutritious snack for children. This is needed where there are no facilities to provide a cooked meal. Again we are looking for quantity not quality. Stores own brands are often the cheapest. Weetabix type, cornflakes and rice crispies.

PLASTIC BEAKERS, DISHES AND PLATES

Several of the churches are asking for plastic beakers, dishes, plates and forks and spoons. They are looking for the sturdy plastic rather than the disposable. These are used for giving the children their 'Merienda' snack or meals. They need to be able to wash and use again and again.

Catering saucepans are again being requested as many churches provide a snack type meal for the children in their care.

RUCKSACKS

Every Pastor asks for rucksacks, as each child going to school has to carry their books, school supplies and a drink with them. Many children walk a considerable distance to school and a rucksack is a necessity. We are happy to receive new and used rucksacks.

SCHOOL SUPPLIES

Books for the children to write in are in great demand. Exercise books are becoming more expensive, so we are moving towards the reporter pads with the metal spiral at the top. These are much better value and can often be bought with 'buy one, get one free' at the start of school terms.

Each child has to provide all of their own materials. The school supplies nothing. We send pens, pencils, rubbers, rulers, compasses, crayons and books to write in. Each child needs two black, two blue and two red pens for school.

The teachers request marker pens and white board markers. Pictures are valued

that can be used for a display or cut up by the children. One school also made a request for microscopes and mounted slides.

Similarly, Vincente College asked, for their science department, for test tubes, beakers and any other available science equipment including a microscope. They do not have a budget to buy or replace items.

The State schools have navy blue uniforms. Any jumpers, sweatshirts and shirts in these colours would help a child access school. They also need black or dark grey trousers and white polo shirts. Sweatshirts are requested as they wash well and are needed in the colder months by those who live in the mountainous areas.

Toys

Because of the very large number of children we try to help, toys are highly valued. Some children will only receive a toy if we send them in the container. Here are a few ideas if you are going out looking for items to purchase. Skipping ropes, yo-yos, marbles, cars, dolls, footballs, basket balls, colouring books and crayons, etc, drafts, ludo (complicated games are of no use as they cannot read the rules. They are Spanish speaking). Balloons. Up to 100 piece jigsaws. Second hand toys are also very acceptable. McDonalds toys are a nice size for filling the small gaps that inevitably appear in the boxes we pack.

Football boots, kit and balls are always a favourite with the boys. One boy wrote to his sponsor to say that he liked football but had never owned a football. I believe he received one this year.

Please note that we are unable to send out very large toys or soft toys larger than 12 inches.

CHILDREN'S TOILETRIES

SHAMPOO, CONDITIONER, NIT COMBS, COMBS AND BRUSHES

We are waging war against head lice in Honduras, this is a big problem. A number of the churches will spend a Saturday morning washing and checking children's hair. This is what the shampoo is needed for. They also use the nit combs to check the children's hair. Conditioner helps the comb to pass through the hair and also helps to release the lice. We are also putting together knit combs with instructions in Spanish as how to keep the heads clean. To do this they need to thoroughly comb or brush the hair daily. This can only be achieved if they have combs and brushes. Can you help?

SOAP, TOOTHPASTE, TOOTHBRUSHES

These are needed for inclusion in the family bags as well as distribution in other areas.

TOWELS AND BEDDING

LAVENDER

We would like to send lavender for the craft sessions. Please do not put any money into this item, as we should be able to collect from gardens.

CURTAIN WIRE AND POLES

Please do NOT send ordinary curtain rails.

CARPENTRY AND DIY TOOLS

Need for training in the college.

PRINTER INK CARTRIDGES

If you change your printer and find you have a spare ink cartridge we would appreciate it. Last year we sent out several printers and we were able to equip them with ink cartridges that had been donated. Cartridges are expensive and I do not like to spend our funds on them.

Umbrella and Sun brollies are being asked for, as the main form of transport is on foot. An umbrella against the sun or the rain can be very useful.

PLACES TO ACQUIRE THINGS

Lost property from schools and gyms.

Collections of shoes and football boots at schools. Plenty of notice needs to be given parents for this.

Charity shops. Please note that they do not sell shoes.

HOSPITAL NEEDS

We are still interested in all items medical and nursing that we can send to the clinic and hospitals. Already we have added 'The New Hope Clinic', which is starting without anything but the rooms. I am sure there will be more after our visit in September. The sort of things needed are listed below:

- All dressings
- Syringes
- Gloves, examination and sterile
- Milk, ensure or similar
- Microscope
- Nebulisers
- Otoscopes
- Ophthalmoscopes
- Sphymomanomete
- Wheelchairs
- Stretchers

These are all on our current wish list but all items will be found a good home.

GENERATOR

Towards the start of the rainy season it is usual to have severe electricity shortages, as the dam becomes dry. A generator to keep basic lighting, etc running would be welcomed by nearly every establishment.

For those who have no electrical supply at all it is even more valuable. They also appreciate storm lamps.

KNITTERS

We are still happy to receive knitted jumpers and cardigans for babies through to primary age children. The state school uniform colour is navy blue. If you do not find knitting a dark colour easy make one for general wear.

CRAFT ITEMS

Craft items are required by several of the churches and schools. They run projects for the children but need suitable bits and pieces to help them do this.

There is also a need for sewing material. Many self help groups of women have started up with the view to sewing for their families or providing extra income for the family. Can we help? Also small bobbins of cotton are required. Lace and ribbon would also be appreciated.

FRENCH KNITTING

We need small amounts of bright wool for french knitting. Also wool for our many knitters locally and blue wool for making school uniforms.

MONEY

Yes we collect money as well. I am sometimes asked how the work is financed. We have no church or organisation that underwrites our work. The Lord is our sole guarantor. All cheques for donations and Sponsorship should be made payable to C H Trust.

ITEMS NOT WANTED

This year we do **NOT** want adult clothes, computers and monitors, toilets and sinks, bikes, furniture, (large toys like kitchens), large cuddly toys (larger than 12 inches). We have sent sufficient over the last two years to meet the current need.



- OPENING AND SORTING OUR BAGS OF CLOTHES -

PRAYER

My husband John and myself are going to Honduras in September for three weeks to visit many of the churches and other ministries we supply. We would value your prayer support for this visit. In order to visit everyone, we have a gruelling schedule. We need wisdom for making the right decisions. We need the Lord's favour to try to improve and cut the costs of import and transportation into Honduras. We also need protection. Safety is always an issue in Honduras.

Thank you for your gifts and prayers. Together we are making a difference.

PACKING WEEK

9-16th February 2008 (excluding Sunday). Please note, any goods brought in after 16th February cannot be processed and will have to be rolled over for the following year.

LOADING DAY

Saturday 8th March 2008



- I HAVE A TOY FROM THE CONTAINER -