

STATE OF THE NATION

Honduras has been struggling economically for several years now, which has caused an exodus to America by many. Added to this is political unrest, which has caused businesses, schools etc to have days of closure due to riots on the streets. Until recently, the president only held power for one term of four years. The constitution has now been altered by the incumbent president to extend his period in office to two terms. He has now been implicated by his brother, who has been arrested in America, for smuggling large quantities of cocaine into the USA. Protests and riots have taken place as the President's 2013 presidential campaign was allegedly financed by drug money. The people want to remove the incumbent president, who they call the "narco dictator". This disruption is not helping the people or the country. They do not seem to have much luck with either the weather or their leaders!

Basic food security for most people is threatened by climate change, increased demand for food, rising prices, higher cost of imports, loss of agricultural



- HOME BUILT FROM ODDMENTS FROM OTHER HOUSE BUILDS -

knowledge and human resources. The nutritional needs remain huge, a consequence of which is low academic performance in the children and young people of Honduras. A deficient diet, low in energy, good quality proteins and micronutrients hinders the growth of school-age children, making them vulnerable to disease and reducing their ability to learn. Also reducing their life expectancy. The people of Honduras need the help of CH Trust now, more than ever.

A LETTER FROM PASTOR JERONIMO

I want to tell you that 11 years ago God called us to come and work in the area of Atlántida, on the north coast. This is a place where there is a lot of poverty. Poverty is due to the fact that there are no sources of employment. A little work is available, mostly for day labourers, for one or two days per week. Others are devoted to planting basic grains such as corn, beans, cassava but the harvest is not guaranteed, because there is no irrigation system. Too often the harvest is lost due to drought or too much rain. People are generally poor because most of the year there is no work for them. Before help from CH Trust, many children in my area did not attend school because of lack of financial resources. The parents could not afford to buy uniform, shoes and other school supplies that are necessary for school but, since CH Trust started sponsoring children, it has meant that many more children can now continue with their studies. This is bringing more development into this community.

The Church has a children's dining room in which we serve more than 70 children two days a week. This has been provided through the ministry and friends of CH Trust. This year we managed to buy grafted fruit trees, which were given to 20 families, so that they can plant and very soon harvest their fruit. All this has been made possible with the help of CH Trust. It is a great ministry. Thanks to all the donors who are helping us here in this place. Much blessing will come from your donations.

CHICKEN BLESSINGS

The hen house at Guanacaste is proving very successful. The children are eating the eggs as well as some being sold. From the profits made, they have built a toilet for the kinder children. One of the walls they have built is painted in bright colours. I like to see them making their own improvements, so I have promised to put a door on this toilet instead of the current curtain. This project was driven by Versely, one of the sponsored university students that you have read about, who had become a teacher at Guanacaste. Unfortunately, she died last year from an embolism after the birth of her second daughter.



- GUANACASTE KINDER TOILET -



- GUANACASTE HEN HOUSE HAVING A CLEAN -

VICENTE DINING ROOM

Luis wrote that the students who attended the Vicente's dining room always appreciate the bags of basic foods which they receive in November, at the end of term and also, for the last two years, in June. Attendance at the dining room is controlled by means test to help those who most lack an adequate daily food intake. The bags are a help because they contain great nutritional value, which also noticeably contributes to improvement in their school performance. Many times they silently ask Dona Cercilia (school cook) to give them another ration of food, since it is unlikely they will find any food in their homes.

LETTERS FROM STUDENTS

From Olga Dayana Maya Lopez

It is a pleasure to be able to write to you, wishing you every blessing in your life and the lives of your family and sending you my love and my gratitude.

The reason for my letter is to thank you for all the help that you have given the student dining room at the college, as it gives us the inspiration to continue our studies. Sometimes we only have enough money for travelling, (paying bus fare takes all their money leaving none for food) so we are grateful for the dining room and for those whom God has placed with us to give us help, so that we might have something to eat.

From Aldrin Ramses Aguilar Garcia

I am grateful to Vicente where the teachers have helped me with my personal development and with meals which enable me to stay in school.

DINING ROOM /CLASSROOM FOR SABANETA SCHOOL

Sabaneta is one of the small rural schools that we have been supporting for about ten years. When we were sending containers to Honduras, we provided them with food and school supplies. Today, we continue to provide food, purchased locally, which the mothers cook to give the children a meal each day during the lesson break.

Sabaneta's head teacher has worked very hard with the local community. Between them, they won last year's school seed competition. We gave seeds to nearly twenty schools and colleges this year. A competition is held between them to demonstrate which school has grown the best produce. Sabaneta won and, indeed, were able to eat cucumbers and beetroot from their own garden with the Christmas dinner that CH Trust finances and the mums cook. I heard that



- SABANETA DINING ROOM AND FOOTBALL PITCH -



- THIS IS WHAT WE CAN DO WITH THE BUTTERFLY -



- SABANETA DINING ROOM DECORATED -

the school had already planted their own harvested seed, even before Cesar had bought and distributed our contribution to this year's seed. An early and flying start to this current year. Other schools will now be challenged to do the same.

Sabaneta School is working hard to maximise all the help they get. They asked for an extra classroom, which will be used in many different ways. They needed it to be used as a dining room, protection against the strong sun or the torrential tropical rain in the rainy season. They also needed it as a space to be used as a library and reading area plus the many other things such a useful space can facilitate. They have no other buildings apart from the basic classrooms. We have built this with legacy money and that donated to us in lieu of flowers. This building will furnish a lasting memory for the people who supported and prayed for these children.

Cesar designed the new 'dining room' so that it integrated into a wall of arches, which have been part of Sabaneta school for many years. The build was preceded by a meeting with the parent association and others who could help. They helped to keep down costs by providing unskilled labour. Because the community have helped with this building, it will therefore be extra special to them.

A double sink is fitted in the corner of the room, for the children to wash their hands. They also have to wash their own beaker and dish after the meal.

The head teacher wanted the room to feel like being outside, rather than an enclosed area. Part of its construction is of chicken wire with sheets of Perspex fitted to stop the rain from coming inside the building. The storm rains in the rainy season are very heavy. The community painted the building inside and out.

Without CH Trust they would not have realised this building. The walls have been decorated with cartoon type fruit and vegetables. On the outside wall are the two butterflies that we currently use to represent Britain and Honduras. The young girls can now be part of the butterfly as seen in the photograph. We are seeing something of the great talent that resides in Honduras. Our decorators were Jorge, Dulce and Adam.

A sequel to this new build is that a group of foreign visitors where hiking past the school and saw this attractive classroom. They stopped to ask about it, as it did not have the appearance of a government build. The head teacher told them the story and how CH trust had paid for the building and had been helping the school for many years. The hikers said that they would like to build a basketball court for the school. The teacher was delighted but did not hold her breath, as much is promised in Honduras but little is delivered. She was greatly surprised next day when a truck arrived with sand, gravel and cement for the basketball court. The other good news was that the group were going to pay the local labour force to build it. This is an area of minimal work opportunity, so was very welcome news. A double blessing!

Although the dining room is now built, it had no tables or chairs. These have now been bought by CH Trust, delivered to the school and unloaded by the students. The project is thus completed.

FOOD BAGS FOR THE LENCAS

Cesar and team made a second visit to the Lenca communities in June. They took 800 bags of food in December but it was not sufficient for the need, so they took 1000 bags this time.

The 1000 bags of basic foods were loaded in Tegucigalpa after dark, for security reasons, and then parked safely in the Valle de Angeles ready for the 3am start to visit the Lenca communities in La Paz. It takes many hours to drive a fully loaded truck into the mountains on poor roads. The waiting people were organised into six long queues and the lorry placed on the other side of a fence. This kept the

delivery organised and efficient, with all rows supplied simultaneously.

After all the bags had been given out, a fruit lorry arrived carrying 75 people from two hours distance away who had heard about the food bags. The team finished up going to La Paz to buy more food to help these extra 75 people, who had not been included in the count. This gives some indication as to how important these relatively small bags of basic foods are to these people living in desperate need.

The children had walked with their mothers, many for more than an hour, some even two hours and then had to wait for the lorry to arrive. They would be hungry as there will have been no food at home to feed them. Cesar takes a biscuit snack and drink of milk or juice for each child.

Cesar also bought 200 fruit trees. We are trying hard to move these people forward but without rain in this agricultural area it is difficult. We are, however, having success with trees. He chose avocado, orange, banana and lemon trees. Hens were also given to 15 more families in the area.

We also bought seeds again for the Lenca's. We have specialised in the smaller crop seeds. The red beans and maize did not do very well last year because of the drought but the small crops of cucumbers, peppers, carrots, beetroot, chillies coriander and radish did much better and were saleable.

THE NEW "JENNY SMITH SCHOOL"

In the last newsletter I told you about the school that was being built in memory of Jenny Smith. Since our last writing the large school entrance gates have been fitted. These were a legal requirement, as the inner area where the children take their classes needed to be secure. We bought second hand wrought iron gates which we had spray painted and fitted. These cost 50% less than new ones.

Cesar had always intended to have the walls between the play grounds of the different levels decorated. The results have turned out to be spectacular. If you are viewing this in black and white, then it is worth viewing our website, where the murals are in colour. (www.chtrust.org.uk) On the outside of the building, by the gate, is a picture of a tree with the words written underneath in English, "from small seeds a tree grows". The phrase "from little acorns an oak tree grows" was a saying used by Jenny. This ongoing project continues to grow as they are wanting to move the kinder children from their abandoned house location to be



- HENS AND TREES FOR THE LENCA -



- MURALS AT THE JENNY SMITH SCHOOL -

included within the school compound. This work has now been started and a very tall kinder building is starting to take shape.

The school has now become a local attraction with people walking down the track just to look at this unusual building and the beautiful murals. One such admirer talked to one of the teachers and asked about the school. The quality of the buildings was such that he had assumed it to be a private school. He was greatly surprised to find that it was a state school. As a result, he bought the school a frame with two swings, similar to those we have in our gardens.

HOUSE PROGRAMME

This year we have built our 100th house, since we started in 2012. These are all owned by the people for who they were built and not CH Trust. That is 100 families who are safe and secure with no rent to worry about. Cesar has also made good use of all the small amounts of building supplies which have been left over from each build. Supplies such as sand, gravel and boulders are bought by the lorry load. These are not to the exact quantities needed by each house we build. The blocks are also purchased in 600 lots. He has collected together the leftovers and used them to slowly build single room homes for two ladies. In order to build we have had to use our expertise and needed to purchase the materials for the roof, as these are ordered by exact quantities. It does however mean that two more families are safe and will be able to add to this room in the future. They are on the road to owning their own house. They are secure and cannot be moved. What a blessing.

SCHOOL GARDEN PROJECTS

Cesar started the garden projects with the schools in 2016. The council of teachers all agreed to take part. The project has increased year on year as, when they see the results in other schools, more schools ask to be included. There is a competition between the schools, as to who can grow the best produce.

This project was started in order to teach the children how to grow their own food. With the help of volunteer mums, the children learn how to turn their produce into nutritious meals. Many children do not have fruit or vegetables in their diet at home as these are too expensive. Teaching the students and their parents how to raise their own crops has to be a good way forward. The parents help by providing natural fertilizers, tools, seeds and, occasionally, help on a voluntary basis.



- MURALS AT JENNY SMITH SCHOOL -



- MURAL BESIDE THE MAIN GATE AT
JENNY SMITH SCHOOL -

Schools are in a good position to teach children because, at that age, they are open to new ideas and young enough to acquire good habits and new knowledge with ease. They also take ideas home. Parents helping in the school gardens can also learn from each other.

During the 2016, 2017 and 2018 periods, approximately 3000 children have benefited annually within a total of 16 educational centres.



- BEETROOT GROWN AT LOS ANGELS SCHOOL -

SPONSORSHIP

Sponsorship remains an important part of our work. The one-off payment of £60 pays for the uniform and school supplies for a young person to attend school. Without these items they are not allowed to go to school. With several children going through education at the same time the poorer families cannot meet all these requirements. Our support of one member of the family is a great help.

People are sometimes confused as to when sponsorship needs to be paid. A convenient date to remember is November the 5th. We need to send the money out by Christmas, so that it can be used during January, ready for the start of the school year (at the end of January). Many people choose to pay £5 a month directly into the CH Trust bank account. This amounts to £60 a year, which is the cost of sponsorship.

The money collected this year pays for the sponsorship of a child throughout the following year. Sponsors should receive some information about their child during the summer of that year. Thank you for those who have given a child in Honduras the gift of education. It is life changing for them. As the situation worsens in Honduras our educational sponsorship becomes even more important. More sponsors are always needed.

A large number of children are being brought up by aunts or grandmothers, who struggle to feed them let alone provide the supplies needed to attend school. Some are in this situation because their mother left to get work elsewhere, others because their mother died and, in some cases, where they have been given away.

This year, in Jenny Smith's absence, we have tried to understand and send out the information received about the children you sponsored. Some information has been slow in coming and the last only arrived in September. Other sponsorship has been late due to my inability to process all the information, even though others have helped. The good news is that the children started the new school year with their new uniforms and school supplies. It is only we adults, here in England, that you have been waiting for. Now, all who have sponsored a child for this current year, should have received their feedback. If you have not heard from us please get in touch with me at the address on the letter header. Thank you for all who gave and for your patience. I hope things will be quicker next year.

Payment Address: Telephone: 07811006196
Mr M Liggins, Email: sponsorship@chtrust.org.uk
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Spondon,
Derby DE21 7EG

LIBRARY CORNERS

The government provides very little for schools. The students and teachers have to provide all their own supplies. Many of the rural schools that we visit have few books to read, if any. To have a school without books to read just seems wrong. Many of the teachers never had books to read during their own school years, so we are having to introduce this as a new idea to some extent. Good suitable books are needed which cover different reading abilities and interests. Cesar saw how students gained great pleasure from books when he was teaching at Buena Vista school earlier in the year. The books had been sent out some years ago in the containers, some in English, some in Spanish. The children enjoyed looking

at the books as well as reading the ones that they could. He was seeing a new dimension to teaching, which we take for granted in our schools. We agreed to buy bookcases and books for seven primary schools.

The bookcases needed painting before they were loaded onto the back of Cesar's truck, along with the books. The benefited children are delighted to have a good selection of new books to read and look at. Predictably, other schools have asked if they could have a library corner as well. As a retired teacher I like this project. I predict that the teachers will be surprised by how much these books will motivate the children to learn to read and to increase their ease with and speed at reading.

Each bookcase, along with fifty books cost about £260 to £300.

Books in Honduras are very expensive.

HELP FOR THE TOLUPAN PEOPLE

The last trip to be made before writing was to the Tolupan people. Cesar wanted to visit a school and community there on the Day of the Child, which is in September. This is a very special day to many in the poorer communities, as this day is when the parents and teachers try to make it special with sweets and a pinata or, if a school trip is planned, it will be around this date. The children are not in school over Christmas, so this is the time for their main annual celebration. As you can imagine this does not happen at the Tolupan school, as no one has money to donate to the school and the government provides nothing. This is why Cesar likes to go and make a special time for these children, whose lives are hard, with little fun or celebration. Although he likes to bless the children, he also took 300 basic food bags to give to the parents. These bags are greatly needed as the majority live below the world level for malnutrition. You can see this from the very thin arms and legs and lack of very thick black hair, which is their cultural norm.

A number of simple pinatas were bought and then filled with sweets and lollies. The children had to be shown how to try to hit the pinata with a stick. As it was all new to them, the children were not blind folded, as is the tradition for this game. The expression of intent on the faces of some of the younger children shows their full commitment to this awesome task. The pinatas are divided between the different age range groups to make it fair and to spread the goodies more evenly.



- A MINI-LIBRARY FOR A TOLUPAN SCHOOL -



- LADY WITH A FOOD BAG, TWO TREES AND A BOX OF MILK -

As with the Lencas, Cesar requested funding for fruit trees for these people who live off the land. He took 200 fruit trees. The trees will provide food in the future. Where we have provided them, trees have been a great success in all the communities and schools where we work. We first started in the schools and colleges, where we could monitor their success.

We have also learnt more about the keeping of our hens, from the schools where we built hen houses. During the winter months, we found that the hens were not laying because there was not enough food for them to scratch for or could be provided for them by the community. As start up projects, there was no income to buy food. In response, CH Trust stepped in to provide chicken feed for the winter months, so that the children could continue to get the eggs. This alerted us to the thought that the Lenca people, who were given chickens, would also have the same problem. We were impressed to find that they had proved faithful, in not eating the chickens when they stopped laying. This must have been a great temptation when you have no food to eat. Cesar has now started to give chicken feed to those families who had received chickens. He has yet to make the trip he has planned for his next visit to the Lencas, to see and understand how the various families are coping with the chickens, trees and seed. He is also going to discuss access to water, to see if we can improve irrigation. This will take place later, when his sister Adalicia can have a day off from work. She has a great love for the Lenca people as does Cesar. As she is big sister, Cesar is very wisely waiting on her availability. Those with older sisters can confidently attest to this wisdom!

JEANNI'S LETTER (CESAR'S NIECE)

Jeanni is the daughter of Terry and Glenda, who live here in England. Glenda, as a child, was brought up in the Valle de Angeles orphanage supported by CH Trust from the 1970's. Glenda currently functions as our primary liaison officer with Honduras. Following a family visit to Honduras earlier this year, Jeanni has written the following article about her experience of child education there.

Growing up here, in England, I was fortunate to live in a country where my education was free and my teachers were provided with the resources needed to ensure that I could reach my full potential. Now I am an educator myself, I understand that to help children reach their full potential many sacrifices must be made by the parents when there is lack of provision.

In England, we have faced times and are currently facing a time when there is great

uncertainty over what the future of our children will look like. I have learnt from some of my family members in Honduras, who are great educators, that our UK circumstances do not begin to compare with the uncertainties and trials that Honduras has faced and continues to face.

The current Government Administration of Honduras plans to privatise both the education and health sectors. This plan is widely opposed by the Honduran people because the increased costs they would face would mean that many of the children of Honduras may no longer be able to access even a basic education. In a country where access to education is already limited, this would be devastating for the poorest of families. It would also mean that many more families, currently able to provide for the education of their children, would now need our help.

From my many visits to Honduras, I know how lucky the children I work with in England are to receive the education they do. When their teachers need more books or pens or pencils the school is able to provide them with money from the Government. When a parent is on a low income and unable to provide their child with lunch for school, that child can benefit from a school meal. Though our system is not perfect, whatever the circumstance, our government provides to ensure our children receive a good education and help to grow up happy and healthy.

I can tell you now that education in Honduras is very different. Tough! Education is supposed to be free for all but, to be able to go to school, a child requires a uniform, a notebook, pens and pencils and school manuals. These are just the basics. All of this comes at a cost to parents, many of whom are poor and only receive a single income from work that is often seasonal. To afford everything is near impossible without immense year-long saving. Even when everything is bought, it is not without its limit. When the notebook is full it is up to the child to replace it, which often comes at great expenses to the family. Every parent would like their children to do better than they ever did themselves, that's a fact. However, more often than not, their circumstances are filled with restrictions, which means that their children often follow the same path as the parents and many finish up not receiving any education at all.

It is unfortunate that for the children of Honduras, they must live in a country where the government cares very little for their education and is unwilling to provide. However, CH Trust has become a beacon of hope for children and families in many ways but in a big way for education. Because of your support to CH Trust, we have been able to provide sponsorship, meals and the necessary resources for children to achieve their basic primary education, including the opportunity to learn to read



- VICENTE STUDENTS VISIT THE ZOO -



- CHILDREN RECEIVING FOOD AT JENNY SMITH SCHOOL -

and write, a skill that many parents have been unable to achieve for themselves. For some, the support has continued to enable them to attend college and university. Of these, many have now graduated as professionals, a goal they never thought would be possible.

So, thank you. It is through the grace of God that people like CH Trust exists and that no task is too great. I have had the privilege seeing first-hand the big difference CH Trust makes in the lives of children in Honduras. Thanks to your support, through sponsorship, many children can continue to receive basic education. I myself sponsor a child and have had the pleasure to meet her and her family and see her through to her secondary education. Her ambition is to become a teacher. I believe that with your continued support, one day, all children will have ambitions and be able to achieve them. It is my hope that with your continued support we can see more children through to secondary education, so that they also may dream big and have the career of their choice.

Finally, on behalf of the children of Honduras, I would like to thank you for all the work you have done and continue to do.

MONEY MATTERS

Amazon introduced Amazon Smile, where they give a small amount to the charity you choose when you purchase using Amazon smile. It is very easy. If you register, it will even remind you when buying. During the last year, August 2018 – August 2019, we received £68.37. Not a huge amount but it all helps. If you are an Amazon user, could you help increase this amount for next year by using Amazon Smile when buying?

CALENDARS COME TO AN END

I am sorry to inform you that this year there will be no more CH Trust calendars. After many years, I think this will be the end of them. I would like to thank Richard and Pirjo of Hampton Printing for their great support over very many years and their supply of calendars to us free of charge. The funds raised from the sale of these calendars has fed many children over the years.

ALTERNATIVE PRESENTS - GIFT CARDS

Our new card for this year was created by Hannah, Jenny Smith's daughter. It was something she had discussed with her mother before her death.

This card gives £5 towards a fund that provides one or two items for a child so that they can access education. Sometimes a family can provide the smaller items, or make do with some of the school uniform but shoes, trousers and skirts are expensive items, which are beyond the reach of some families to provide. This is a mobile fund which helps different families each year. Sometimes a family is in crisis due to ill health or lack of employment. This hopefully will have improved by the following year but, in the meantime, other families will have become affected. This is another way in which we try to do all we can to help as many children as possible to access education.

The cards currently available are listed below, all at £5 each

- Invest in a child.
- A bag of food for a needy family
- Free school meals for a child
- School manuals for a senior school student
- Fruit tree or medicine tree for school or families in need
- One chicken for a family (will be added to others)
- School Christmas Party/cooked meal
- Vegetable Seeds for a school or family

- Two chickens and a cockerel for a family £15

GIFT AID

Please check that you are still able to gift aid donations to us if you have signed a declaration in the past.

ONLINE DONATIONS

Donations can be made online via Wonderful.org. The only fee charged by the site, is the credit card one, which is unavoidable. They don't ask for a tip, they don't skim off the gift aid.

You can reach the page for CH Trust here:

<https://wonderful.org/charity/chtrustchildrenofhondurastrust>

Or you can search for the charity by going to: <https://wonderful.org>

Type **CH Trust** in the box below the title “Make a donation” and click the magnifying glass. It will show 0 Fundraising Pages. Just above that, click “Charities” and you will see CH Trust. Click on the image.

Once there, via either route, click “Donate now” and follow the instructions.



- FOOD AT SABANETA SCHOOL -



- PROVIDING FOOD TO CELEBRATE THE DAY OF THE CHILD -



- ENJOYING READING THE NEW BOOKS -



- TRANSPORTING SUPPLIES TO THE LENCAS -

DONATION FORM

Please complete the form below and return with your donation. Please make cheques payable to "CH Trust". Address on the front cover.

I would like to:

- Donate to the General Fund
- Sponsor _____ (Number of children) with a full/half sponsorship for the next academic year

I have enclosed £_____

STANDING ORDER FORM

Standing Order		
I wish to support CH Trust for <input style="width: 50px; height: 20px; vertical-align: middle;" type="text"/> £ <input style="width: 50px; height: 20px; vertical-align: middle;" type="text"/>		
Monthly <input type="checkbox"/> Quarterly <input type="checkbox"/> Annually <input type="checkbox"/>		
Starting on <input style="width: 20px; height: 20px; vertical-align: middle;" type="text"/> / <input style="width: 20px; height: 20px; vertical-align: middle;" type="text"/> / <input style="width: 20px; height: 20px; vertical-align: middle;" type="text"/> and thereafter until further notice		
To the Manager Bank/Building Society <hr/> <hr/> <hr/> Address: _____ <hr/> <hr/> <hr/>		
<hr/> <hr/> <hr/> Your account details		Postcode: _____
Name of Account Holder(s): _____		
Your Account No. <input style="width: 10px; height: 20px; vertical-align: middle;" type="text"/>		
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Signature(s): _____ Date: _____		
To (Bank) Name: HSBC Account No: 61589865		Sort Code: 40-19-37 Account Name: CH TRUST



**- A NEW EXPERIENCE,
A PIÑATA -**



**- EATING SWEETCORN
WE HAVE GROWN -**

GIFT AID FORM

If you are able and willing to grant to us Gift Aid, please complete the authorisation form below and send it with your donation.

I would like Gift Aid to be authorised for:-
(please tick all boxes you wish to apply).

- Today
Back dated for the last four years
For the future

I confirm I have paid or will pay an amount of Income Tax each tax year.
I understand the charity will reclaim 25p of tax on every £1

Signature Date

Address Postcode

Please notify the charity if you decide to cancel this declaration or change your name or address or no longer pay sufficient tax.