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# Children Of Honduras Trust

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## UN RAISON D'ETRE

Cesar has written a few words to put into this newsletter as follows.

'Every bit of help from CH Trust has been of great value and changed people's lives. Nothing has been in vain. We can never thank the supporters of CH Trust enough and to those who have given the donations which provide so much help to people they have never met'.

Cesar also thanked CH Trust for giving him the privilege to work for a charity which does things right and with such love. Many poor families in Honduras have been greatly blessed.



**- THE CHRISTMAS PARTY DINNER WILL SOON BE HERE -**

## TIME FOR TREE PLANTING

The rainy season starts about May. They call this time of year their winter, a good time to plant seeds and trees.

Cesar asked permission to purchase 300 young fruit trees as well as different vegetable seeds. 160 of the trees were shared between four rural schools, as most have land within their boundary. Trees planted in the schools during past years have proved very successful. The children have enjoyed the fruit and benefited from the nutrition. The trees not only provide food for the future but also shade for the children from the hot sun at breaktime. The other 140 trees have been given to families in the Valle area. A small bag of fertilizer was given with each tree to be included in its planting, ensuring a good start for the sapling.

The planting of the fruit trees in the primary schools was timed to celebrate 'The Day of the Tree' and Health of the Planet. The teachers try to educate the children about the importance of trees to their environment and also how to care for them. The education of the children in such topics often reads across to their parents. The children take home with them the knowledge of how to look after trees, seeds, or chickens, which they pass on to their parents to be tried out at home.



### **- CELEBRATING THE DAY OF THE TREE AT SCHOOL -**

In the last few years, we have started to understand the importance of fruit trees to the food chain in Honduras. The recent climate extremes have demonstrated the effects of lack of rain and too much rain destroying the corn and vegetable

harvests, while the fruit trees seem to manage to produce every year. Some years will be better than others, as we find with our fruit trees, but they always produce something that you can eat or sell or both. This knowledge has encouraged us to buy and give out more fruit trees. Cesar has found a local nursery who will deal with our large orders at a good price. Cesar always buys a variety of different types of fruit trees. They grow a variety of citrus fruits, the oranges, limes, and lemons that we are used to, and others such as the royal lemon (which is the size of a grapefruit but sweet rather than sour and excellent for its juice to make a fruit squash). Royal lemons are grown on one of our fruit trees in the Guanacaste school. The nice drink it produces also provides lots of vitamins and minerals that the children cannot get at home. The other fruit trees bought included avocado, papaya, guava, apricot, peaches coffee and mangos. They also grow a few trees that are not familiar to us.

I consider trees to be a long-term investment into food security. Cesar takes 200 to 300 trees on each of his visits to the Lenca people and sometimes to the Tolupan.

To improve food security for the Lenca people, who live in the drought corridor stretching through part of Honduras and its neighbouring countries, we have built a large storage water tank connected to the local reservoir, which is fed from natural springs. This has given clean water to 1500 to 2000 families, or about 10,000 people. More people are moving into the area as they can now grow food. The fruit trees we have supplied will provide food to those living near the water



**- LENCAS RECEIVING FOOD -**

tank area and further afield. In this way we hope that the future will be better for them by enabling them to grow more food to eat.

## DEALING WITH THE PANDEMIC CHALLENGE

The situation in Honduras changes on a regular basis as it does here in the UK. The school year started in February with one day per week of 'face to face' teaching for each year group. This lasted for a few weeks but then stopped abruptly, as children started to die with a new variant of Covid imported from South America.

The teachers and the mums that cook the food we supply, in the group of rural schools we support, held a meeting. How to continue to teach and feed the children? With the help of the photo copiers that we bought, the lessons can continue with the teachers putting up school packs for the week, to be collected from school.

The cooks decided to continue cooking as there is so little food in the homes. The basic food prices have increased by 30% in the last three months so that means less food for all the family.

Currently, the food cooked at school is arranged to be collected by a member of the family at a given time slot allocated to them between 10am and 2pm.



**- THE LADIES COOKED AND PROVIDED THE MEALS FROM THEIR HOMES -**

The family member arrives carrying several dishes or containers and also a pop bottle. A member of the kitchen staff takes the containers and empty bottle and places them ready for the ladies to add a portion of food. The bottle is part filled with juice made from flavoured sugar crystals. Some of you will know what the drink is like, as we had something similar as children. Alternatively, it may be juice made with sugar, water and fresh fruit. The assembled meal is handed back to the waiting person and the team moves on to the next family represented.

## BUENA VISTA DINING ROOM

The school at Buena Vista village needed a dining room and kitchen to help relieve the burden placed on the volunteer mums, who had to collect food from the school, carry it home, cook it for several hours and then return it for the children to eat. This can be hard work, especially during the rainy season when everywhere is reduced to mud. A group of five or six ladies take on the responsibility for cooking and serving the food at school for the week. Some live 15 minutes walk away, others nearly an hour. They have to work as a team, especially when it comes to carrying the cooked food back to school. This is made more difficult by the terrain, as they are situated on the slopes of a mountain.

A request was made to CH Trust for help to build a dining room. A meeting was later held with the teachers and parents as to how this could be achieved at the least cost. The parents and community agreed to provide the unskilled labour and also donated a stainless steel sink unit that had already been bought for a future kitchen. CH Trust accepted the request to engage with the project.

It was envisaged that the new building would also be used as extra classroom space, for things like library reading, the making of wall posters and other special lessons.

CH Trust has funded the build with money donated specifically for this project. The walls are block part way up, topped with wire mesh windows, placed to give a feeling of being outside. The mesh windows help to keep the room cool in the very hot summer temperatures, which can reach the high thirties.

The window and door into the kitchen are covered with a fine mesh to keep flies and other insects out and, therefore, away from the food being prepared and served. This kitchen will be a great help to the ladies who cook, as they no longer have to carry the food to and from their homes. The ladies are currently cooking items to sell, in order to raise funds to build a wood burning stove and buy a

fridge for the kitchen.

The parents have enhanced the building by planting ornamental bushes in front of it. The walls feature painted pictures, which Jorge outlined and others helped to fill in with colour. Another distinctive CH Trust dining room. Visitors cannot believe something so beautiful is there for ordinary children and not part of a private school. It feels good for the children of poor families to have colour and beauty in their lives.

Discovering that Buena Vista had received their dining room, the school at Macuelizo again asked if they could have one built. In all fairness they first started asking almost five years ago. Happily, for Macuelizo, the couple who paid for the dining room at Buena Vista were also prepared to fund another. So, Macuelizo will have a dining room for the start of the new school year in February 2022. As you can imagine, thanks to Covid, building work without the children in school has many advantages. They always want to ‘help’!



**- NEW DINING ROOM AND KITCHEN AT BUENA VISTA -**

### **HYGIENE KITS AND FRUIT TREES FOR GUANACASTE SCHOOL**

CH Trust mainly works through the schools, where the teachers know their children and the families. They are well positioned to identify those who have great need and those who will make the very best of any help they are given. The

head teacher at Guanacaste is Jorge, who you see on many photos helping Cesar. He also does the artistic painting on some of our buildings. Cesar commands respect and support from many people. He is well liked and has been able to build a good team of men around him, who give their time freely and work hard for CH Trust.

The people selected to receive a fruit tree had been told and were gathered and waiting, when Cesar arrived with the saplings. They each chose from the variety of fruit trees that CH Trust had bought. They also received a hygiene kit, consisting of a mask and large piece of soap.

Masks are an issue. Most of the masks worn are of the disposable variety. In the case of the masks provided by CH Trust, I asked Cesar to provide only cloth, washable masks, because they are much longer lasting.

The number of masks CH Trust was able to provide was boosted by a UK church that provided extra funding to buy more masks.



**- RECEIVING MASKS AND FRUIT TREES IN GUANACASTE -**

Groups of children are asked to bring in their weeks school work at specific days and times, for Jorge to mark and explain anything they had got wrong.

The children are called to attend school in small groups to prevent unnecessary mixing. This is how school has operated for the last eighteen months. Not ideal

but they are trying to keep everyone safe, as they do not have a health system to cope with Covid 19.



**- JORGE GOING THROUGH MARKED SCHOOL WORK -**

### PHOTOCOPIER/PRINTERS FOR SCHOOLS

This year, CH Trust has put extra support into the education system around the Valle. There has been no more than a handful of weeks of ‘face to face’ schooling since March 2020. The recent hope to start some part time ‘face to face’ schooling was dashed when the Covid19 Delta variant arrived! Sadly, it is back to homework prepared by the teachers.

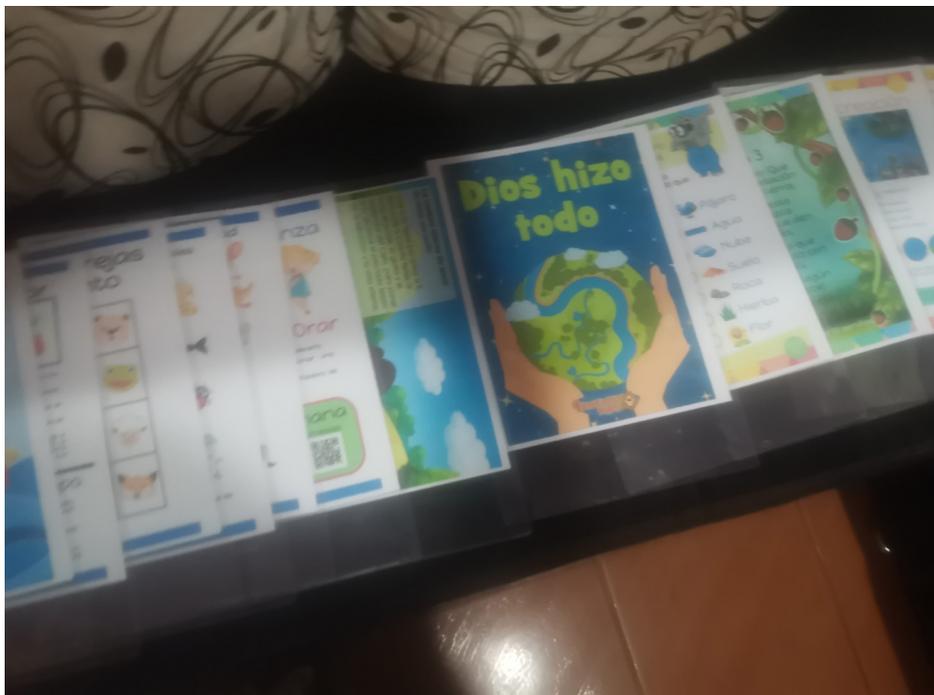
In the rural schools that we support, not all benefit from a Wi-Fi signal, even for the few people who have a tablet or phone to receive schoolwork. In the middle of 2020, to help relieve the business of distributing school work, CH Trust bought four photocopier/printers for different schools. We also provided the paper and ink refills. These have been a great success, giving encouragement to both teachers and pupils. Lessons can be prepared and sent home with the children. This covers some of the work that the teachers usually write on the blackboard each day. The teaching technique in Honduras is still very much talk and chalk but they have moved onto white boards. The teachers have to buy their own white board pens.

Having purchased the photocopier, the ink and paper would normally have been purchased by asking the parents to give a small amount of money for their child or children. This, however, has not been possible during the pandemic as few have

any paid employment and struggle to afford food. This is why we are currently providing the paper and ink. As with all good things, the word has spread among the teachers and Cesar has been asked if we can provide photocopiers, paper and ink for two more schools, namely El Chimbo village school in Santa Lucia and the other for the Zarabamda village school. These schools are in the municipality of Santa Lucia. Their problem is the same, lack of internet access for these children makes it difficult for them to access education. The photocopiers help make teaching and homework more varied and accessible to all.

### LAMINATOR MAGIC

I (Jenn) have made some children's books by printing free download pictures and text in Spanish and laminating them. These were taken to Honduras by Lourdes about two months ago. The teachers really like them as they are more durable than books. The children do not necessarily have clean hands! Soap and water are not always available at school. A wipe clean book is magic. I therefore suggested that Cesar bought a laminator and packs of sheets so that similar books could be made in Honduras. Jorge, Head Teacher at Guanacaste, is very good on the computer and very motivated in this area. He has already produced some books as can be seen in the photo.



**- BOOKS MADE WITH THE USE OF THE LAMINATOR -**

## INVESTING IN BOOKS

Several years ago, we introduced mini libraries into some of the small rural schools. They had no books and no book cases or shelves to store them. I cannot imagine schools without books. How can they practise their reading? We provided mini libraries to schools in the Valle area as well as to the Lenca and Tolupan schools. Predictably, they were a great success with both teachers and pupils. Other schools, hearing how good it was for the children to have books, have asked if they can have a library corner as well. Amazing to me is that the teachers had not experienced the help and enjoyment that reading books brought to the children. The teachers were quick learners and word soon spread. We are hoping to fund another seven libraries at £245 each. This provides a sturdy wooden bookcase and a selection of books. The children are aged six to twelve.

Cesar travels to the other side of the capital to buy books at the best prices. He also managed to get some free with his bulk buy. Cesar delivers the bookcases and books to the schools in his pickup. He works so hard for us.



**- MINI LIBRARY GIVEN TO A SCHOOL IN SANTA LUCIA -**

## FOOD BAGS

We finished the year 2020, which has seen Honduras stricken by Covid and two hurricanes, with the distribution of food bags for thousands of families. Extra costs were incurred due to price increases associated with the crop failure arising from a very wet season destroying crops and seeds. We were also able to help

some who were left with nothing, due to flooding caused by the hurricanes in the north of the country. However, all of this left us with very little money at the start of 2021. Never the less, due to generosity of so many of you, we were able to accumulate enough money to be able to provide another round of food bags. Cesar took 1000 bags to the Lenca people at the end of August, next was to be the Tolupan people. In September over 1000 bags will be given to communities on the outskirts of Comayaguela, the poorer city next to the capital. 3000 will be given out to the villages around the Valle. This totals about 5500 bags at nearly £10 per bag, a bill of £55,000, making the food bill extra-large this time round. Currently, the cost of basic foods has increased by 30% since last year. This has partly been caused by the failure of the crops last year in Honduras and the region due to a year of continual heavy rain.

As a result, the bank account is looking somewhat decimated but we have fed about 5500 families, most with multiple children. If we were in their desperate situation, I am sure that we would be very grateful to have received such help. ‘Well done’ to everyone who has helped to make this happen with both small and large donations. You have given hope to people in Honduras that things will get better and that people care. This is often a thing that they find difficult to understand, that people who they do not know and will never meet, have been so generous to them in their time of need.

On an encouraging note, so far this year, the crops are looking good. They just need to bring them to harvest.

## HOUSES

This year we managed to build fifteen houses. The donation you provide buys the materials and pays for the expert labour. This is needed to lay out the house on the land owned by the beneficiary and to calculate and build the retaining wall that is needed to keep many of our houses on the steep hillside. Family and friends provide the unskilled labour. The 138 houses that we have built so far, stayed protected and secure during all the heavy rains that swept much of the country all of last year, which finished off with the two hurricanes that brought even more wind and water.

The pandemic has seriously affected Honduras, such that there is little work. So, friends and family have been available to help in a greater degree than previously, enabling the houses to be completed in record time. This has allowed us to build more houses than usual. That is the good news. The bad news is that we have

now used all the designated donations for the houses. Until more funding for houses is received no more houses can be built. This will be the first time this has happened since we started to build in 2012. An average of 13 houses per year have been built over the ten years since we began. Unfortunately, house costs have increased considerably over that time, in line with the world market. The houses now cost £2000 each. As some people who built houses in the past are finding it more difficult to find such a large sum, several now pay what they want to each month or year, until they accumulate the price of a house.

I cannot describe what a difference a house can make to a mother with children to support. Firstly, there is no rent to pay and no chance of eviction, a threat which hangs very heavy over so many at the end of each month. The money released can now be spent on food, education and other basic needs. The children can now settle to one school instead of moving around the area, as mother seeks to find some where for them to shelter when she has no money for the rent. The worry carried by the mother is soon felt and shared by the children, even before they are even old enough to understand the problem. House ownership also brings with it a huge step change in self-esteem and the motivation to advance in life. (The title to the houses is gifted to the new owners, and is not held by CH Trust).

Since I started to write this newsletter I am delighted to have received money for another house. I thought this donation would be allocated to the build programme for 2022. Not so! Cesar is currently completing this year's build programme. He tries to get the families into their new home by Christmas. A few days ago, I was speaking to Cesar via Glenda who translates for both of us. He lodged an urgent request. Could he build just one more house this year for a truly desperate family in need of shelter?! I could not refuse him when I had money in the bank for just one more, especially when they could be living in it by Christmas. Many families move in as soon as the roof is fitted, as they are then secure and rent free. For some, it is fundamental, to the extent that it means they actually have somewhere to shelter from the weather with their children and few belongings. Sadly, it is truly a different world out in Honduras and many other parts of the world

## **SPONSORSHIP**

Many of you have now decided to spread your sponsorship money between as many children as is sensible. I know that for many of you the decision has been hard and a shift in thinking. The feedback from Honduras is that the new arrangement has received widespread approval, especially this last year. When there are so many families struggling to buy even the basics needed to attend school, to keep

giving the help to the same child every year just seemed wrong, even though this is what many expect and want in this country. Over many years they have worked according to our wishes but it has gone against what they perceived as the greater need before their eyes. Last year they had the freedom to help as many children as they could. This has added up to thousands of children we have managed to get into education. It was heart breaking to read that a child had missed a year of study because the parents did not have enough money to buy the exercise books, pens and glue etc. needed to do the work set by the school. Without the need for uniform and some other kit, it cost under ten pounds to equip a child for the year. With no school to attend, it also gives more children something with which to fill their time.

If you sponsor a child and have not let Mick Liggins or myself know your choice of spreading your donation, or staying with one child, please let us know in the near future please. The sponsorship is still £60 but any amount can be given to the education fund, to allow more children to access education.

#### CHRISTMAS DINNER PARTY

As usual, we hope to provide a Christmas party dinner for hundreds of children. This is done through the schools and feeding centres and the wonderful hardworking ladies, who cook and prepare the food through out the year. Last year we allocated 50Lmp (£1.70) per child and allowed the cooks to decide how they would cook the chicken. Some groups cooked it with vegetables in the form of a stew, others shredded it and mixed it with the rice and vegetables. Others had contacts who could deep fry the chicken pieces, which they then served with salad and rice. Each group added their own extras, but all had a drink and a piece of fruit, either an orange or banana.

I asked Cesar how much it would cost this year, as food prices have increased so much. He told me that the lady, who owns Rossys (where he buys all our food) would provide the food at last year's prices. She is very appreciative of all the food we have bought from her store during their long lockdown. During this time, few have had money to spend in her store. However, the large orders put in by CH Trust for the food bags has helped to sustain her business. This has enabled paid work to continue for her employees, supporting their families and many other people. CH Trust's contribution to her turnover has helped to keep her business alive. She is now returning the blessing by providing the children's Christmas dinner, at a special price.

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Your donations reach out into so many unexpected areas. We often only see the

first person we help or the lady receiving the food bag. Rarely do we see how far the love and help stretches out to so many people. Every tree and seed we buy, or building we put up, gives others employment and food to eat. Children continue to dream of a better life for themselves and their families because they can attend school and gain the education that many of their parents never had. Others will dream of going to university and many will make it. But it is a hard journey, lasting many years. Students have to provide their own study books and transport costs as well as long walks to a bus stop, if you live in a rural area.

## **LOOKING FORWARD TO CHRISTMAS**

Christmas will soon be upon us. I think we are all hoping that it will be less stressful than last year. Hopefully any plans made will be able to go ahead and that family and friends can meet safely. May I take this opportunity to wish you a blessed Christmas and a successful 2022.

## **GIFT CARDS**

I have kept the gift cards at £5 even though, as you have read, this amount does not cover the cost of a complete food bag. We are however getting two and a half trees for five pounds. The card entitled 'invest in a child' will be used to buy essential items needed for a child to access education. A 'Christmas dinner/ party' card will pay for food for three children. We have a new card, which will provide money to buy food for the four feeding centres that we supply.

### **CARD LIST**

Food for a family in need	Invest in a Child (education)
Fruit Trees	Children's Christmas/Party Dinner
Seeds	Food for a feeding centre

## **ADMIN**

### **GIFT AID**

If we hold a declaration to claim Gift Aid from you and you are now unable to Gift Aid your donation, because you not paying enough tax, please let us know.

### **AMAZON SMILE**

During the last three months another £20.77 has been raised by those of you who put smile before their Amazon order. It is very easy, with no registration details or lots of forms to fill in, you just choose which charity you would like to support. We are on the list.

## 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 £ \_\_\_\_\_

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## STANDING ORDER FORM

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



**- CHILDREN RECEIVING FOOD PROVIDED  
BY YOUR DONATIONS -**

**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.

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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

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

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