

Isubilo Community Resource Centre was registered under the Zambia Registrar of Companies as a Company limited by guarantee (non profit making) on 19 May 2000 and as a UK Charity in London registered number 1090539



COMMUNITY

RESOURCE

CENTRE

ISUBILO GIFT LIST

This list is shown in Departments and Projects

The Departments items are needed all the time to support our clients and keep the project going. Projects items are needed for specific projects that are currently under way, some of these items are for 'one-offs' such as a digital projector for the new OVC centre or ongoing needs for the agricultural scheme.

If you would like to donate to items on this list, fill in the form section at the end of this leaflet, make your cheque payable to Isubilo and send to:

Mark Jowett
22 The Lodge
Manor Road Edgbaston
West Midlands B16 9NB

Feel free to make a donation towards any item from any section. Since some of the items are very expensive you can make a small donation by using the product code for the item and writing the amount of money you wish to donate on the form.

As with less expensive items, feel free to make donations of any amount and they will be allocated to the specific item. You can also make a general donation which will help the project run on a daily basis.

If you would like further information on the work of Isubilo please visit our website at www.isubilo.org or if you need any further information about making a donation to Isubilo please contact:

Mark Jowett
+44 (0)77 7161 4674
or email: info@isubilo.org

THANK YOU FOR YOUR SUPPORT WITHOUT IT WE WOULDN'T BE ABLE TO DO THE WORK THAT WE ARE ABLE TO DO IN ZAMBIA



ORPHANS & VULNERABLE CHILDREN (OVC) DEPARTMENT

Child Support Programme & School

The Child Support Programme provides help for families who are struggling to survive. Children are enrolled into a local government school and given all the necessary supplies. Food supplements are given out, medical treatment is given, and agricultural programmes are started with the families. As well as this family support, the children meet twice a week at the Centre for sports, activities, and bible teaching. Some of the money also goes towards raising standards in the schools by providing sports equipment, desks and chairs, educational posters and much more.

OVC01 Child Support Programme for one family per month **£25**

OVC02 Child Support Programme for one family per year **£240**

The above amount is used to support a family with up to three primary aged children. However we are increasingly coming across families of up to fifteen children, since orphans go to live with their nearest close relative. We therefore need to provide for these children as well with school costs which have recently gone up by 50%. If looked after well, a uniform can last for over two years.

OVC03 Uniform for a primary school child **£30**

OVC04 Uniform for a secondary school child **£35**

OVC05 School fees per year for a secondary school child **£70**

OVC06 Equipping a primary child for school - including uniform, shoes, school fees, books, stationery, exam fees **£50**

OVC07 Equipping a secondary child for school - including uniform, shoes, school fees, books, stationery, exam fees, ID cards **£110**

OVC08 Salary for a teacher to teach at Isubilo for one month **£120**

The above amount is for extra tuition which is often required for all children who attend school, especially during the years of their exams. Many of our children have started their schooling late, so the need for extra tuition is even greater. We currently have two teachers coming to the Centre three

afternoons a week in order to take groups of our children and bring them up to standard in their subjects. This seems to be working well with normal class sizes being up to seventy, it's a brilliant opportunity for the children to ask questions and tackle problems they may be having in a small group with more teacher input. Without this tuition, these children are extremely unlikely to pass their exams.

Rent

Occasionally we have families where all of the older generation have passed away and it is just the children who are living there. If the children are young, they are placed with another family in the area, but if the children are old enough and are passed by social services to stay on their own, they stay in the property. The properties vary from a small concrete built cabin to a single room in a mud brick house.

OVC09 Rent per month for a child-headed house **£30**

Food

On Saturday all of the children come to the Centre for games, singing, bible teaching and lunch. Again, since some of the families on the programme are so large, the cost of providing food for them all needs to be supplemented. Lunch consists of nshima (maize) accompanied by chicken, beef, beans or fish, and some vegetables and a drink.

OVC10 Meal on Saturday for twenty five children per week **£10**

Meal on Saturday for twenty five children per month £40

A pack of food which consists of some ground maize and some eggs or fish is given to each family per week. However, some families who are going through a particularly difficult time, for example after the death of a relative, need more than this.

OVC11 Food supplements for a family per month **£15**

ISUBILO - HOPE FOR THE FUTURE IN ZAMBIA

http://www.isubilo.org



MEDICAL DEPARTMENT

Most medical requirements are based on individual's needs; however there are some items that are always needed in our clinic. If you would like to give a donation towards general medication for our clients, it is possible to do so using the code below.

MED01 General donations towards medication for the Isubilo project £___

Malaria

Malaria continues to be a huge problem in Zambia. If not identified and treated quickly and effectively, lives can easily be lost - just this year we lost one of our eight year old boys to malaria. Mosquito nets really are necessary for all our clients, especially those who are already weak from other illnesses.

MED02 Treated mosquito net £25

Treatment for malaria is required all year round, although there are certain times in the year that malaria is more prevalent. Some local clinics still give out chloroquine, even though it is now very ineffective. Coartem is a relatively new medicine that is far more effective in fighting malaria.

MED03 Course of Coartem £7

HIV/AIDS - Anti-retroviral Adherence Programme

The aim is to provide support for clients that have just started taking treatments for HIV (ARVs). Support is given through information, advice, counseling and food supplements, helping clients to understand and keep taking their treatment. This is vital, particularly in the early stages when the body attempts to tolerate it. Clients are supported for two months, providing a foundation for lifelong adherence to treatment.

MED04 Contributions towards the ART programme £___

Here are two cost examples

Initial care of client - monthly supplements £25

Progressive care of discharge client - monthly supplements £20

Other medical items

We have at present around twenty five underweight babies and their mothers / carers meeting regularly at the Centre. The babies may be underweight because they have lost their mother, or have mothers who are just too ill to care for them. The supplements that we

give them are essential in giving them the nutrition that they require.

Around ten of these babies are orphaned, and a number of others have mothers who are HIV positive. As guidelines are constantly changing, assessment is done on an individual basis as to whether HIV mothers should breastfeed. If not, the babies are given dried milk mix.

MED05 Supplements for an underweight baby per month £15, per year £180

MED06 Dried milk for an orphaned baby, per month £15, per year £180

Around ten people a week are coming to our clinic requiring chest X-rays. This is mainly due to TB related problems. We also refer patients who have abdominal, liver or kidney problems to the hospital for ultrasound scans. These scans cost the equivalent of over three days of the average wage.

MED07 Chest X-ray for ten patients £10

MED08 Scan for ten patients £25

HOSPITAL DEPARTMENT

The local hospital is always overflowing with people needing care, and it is also very under-funded. It can be a tricky job for the hospital staff to ensure that all patients in the hospital are fed. A group of Isubilo volunteers cook fifteen meals every day at the Centre and then take them to the hospital in town for patients, some of them are for our patients who are admitted, and the other meals are given to other patients who are in the greatest need.

HOS01 Meal for fifteen hospital patients per week £40

HOME BASED CARE (HBC) DEPARTMENT

The Home Based Care department includes twenty volunteers from the local community who visit patients in their own homes to give physical and spiritual support. The volunteers have gone through official training in home-based care at our Centre and support up to six clients by cleaning the house, bed-bathing, bringing food packs and washing clothes. The volunteers also give weekly progress reports and liaise with the medical staff when medical attention is required. Food packs are given out twice a month, and other resources are given as required.

HBC01 Food pack for a patient per month £10

HBC02 Rent for a family per month £30

HBC03 Spraying a house to eliminate parasites, per average house £10

PRISON DEPARTMENT

Services are held at a local prison by Isubilo staff every Monday morning. We have also provided a small prison library of Bibles and a selection of Christian literature so any additional Bibles, bible notes and Christian books would be gratefully received. The prison is crammed full of people and the hygiene is terrible. As well as the spiritual input, we also help out with practical problems in the prison such as eliminating bugs and pests, collecting prescriptions for sick prisoners and providing the medications, and emptying the latrines - a job that was previously done by hand.

PRI01 Emptying prison latrines £25

PRI02 Spraying the prison to eliminate bugs and pests £200

PRI03 Prescriptions for sick prisoners per week £45

AGRICULTURAL DEPARTMENT

Agricultural Programmes

The agricultural department led by Gladson Tanga is involved in many areas of the project. It is through small agricultural programmes that we are able to teach and encourage our clients to become self-sufficient. Every patient and child involved with Isubilo is given training, seed and fertiliser so that they can grow a small amount of produce in their back gardens. We also have several hectares of farmland near the centre where we grow maize for the project and in a good year one hectare can produce three tonnes of maize. As well as all of this there is land around the main Centre where vegetables are grown.

AGR01 Providing a small 'garden' including fence, seed, fertiliser etc. for patient/child per year £30

AGR02 Bag of maize seed £25

AGR03 Bag of fertiliser £60

AGR04 Maize seed and fertiliser for Isubilo farmland per hectare £500

AGR05 Upkeep of Isubilo maize farm per month £500

Volunteers Crops

All of our home-based care patients have volunteers who regularly visit to check on their progress, offer any help that they can as cleaning, washing clothes, bed-bathing and then report back to us on how the patient is doing. A volunteer is a church member who has been vetted by their church leader and been through official training in Home Based Care. These volunteers do such a great job and are very generous with their time and limited resources. The only help they receive from us is a bag of maize seed and some fertiliser so that they can grow enough maize for their family. They usually grow their crop on a 'lima' of land. A lima is two thirds of an acre. In Zambia, this is an area, if well cultivated, considered to be sufficient to sustain an average family in maize for a year.

AGR07 Seed and fertiliser for a home-based care volunteer £145

AGR08 50kg bag of maize to mill for our clients £15



The Mill

We have a roller mill for producing ground maize, which is known as mealie meal, the staple food of Africa. This is enabling us to cut the costs of providing food for our patients as we mill the maize from the Isubilo farm and buy maize from other farmers to supplement our stock. We are also able to provide a service of producing mealie meal for people who want their maize milled. It is an amazing piece of machinery but since it is being used so much, we will need it serviced regularly and replacement parts are very expensive.

AGR09 Contributions towards spare parts for the mill, for example, new rollers £ ____

SHELTER HOUSE DEPARTMENT

We currently have one shelter house in action in the local community and a second house has been prepared for imminent occupation. In Zambian culture, if a child's parents die, the children are passed on to an aunt. All too often, the aunt will also die, and the children will be passed on to another aunt. This continues until there are only the grandparents left. As a result there are ageing grandparents looking after up to fifteen to twenty children. When the grandparents pass away, the children are left to fend for themselves. This is a more and more common situation, and the most cultural solution is to place the children with other women in the community.

The idea of a shelter house is to work alongside the social services department in placing children who have no-one to care for them, with widows or mothers who are willing to help. We currently have four orphans living with a member of our support group, who has lost one of her own children, in a house which was built specifically for this purpose. It is working really well, and Isubilo supports the 'mum' by providing all the food and other necessary supplies.

We are in desperate need of expanding this department as more and more children every month are left to fend for themselves. We need to purchase other houses in our catchment area that we can make into other shelter houses for widows and children who have no-one to care for them.

SHE01 Bills for the current shelter house per month £200

SHE02 Donations towards a property that can be converted into a shelter house - a typical house costs around £3000 £ ____

SHE03 Donations towards renovating a house for this purpose £ ____



BUILDINGS PROJECT

There are a number of building projects that we are undertaking at the moment. With all of these projects, we employ local staff to make our own bricks - it works out much cheaper and they are invariably better quality than the bought alternatives!

Orphans and Vulnerable Children Centre

The finishing touches are being added to the new orphans and vulnerable children (OVC) centre. This centre will be a meeting place for all two hundred and fifty children that we are currently looking after in their homes. Among the facilities will be a meeting hall, library, counselling room, computer suite, classroom, office and storerooms. There will be many uses for this centre but the over-riding aim is for these children to have somewhere where they can meet and feel safe and loved.

PROVC01 Contributions to finishing the OVC Centre £ ____

SPORTS LAND PROJECT

We acquired a large piece of land from the council which we are wanting to develop into an activities field for the whole community. There is virtually no entertainment for the children and young people in the area, and now that the new OVC centre has been built and new mill building has been added to the front of the site, our children have little space to play when they come to the centre. We firmly believe that sport is an important tool in developing many social skills and disciplines. We plan to have a football pitch, volleyball courts, basketball court, netball court, as well as a play park area for younger children with slides and swings. There will be a large amount of levelling of land required.

PRSP001 Levelling of land for a football pitch £550

PRSP002 Football goal posts and nets £150

PRSP003 Basketball court, including all posts, boards, ball £500

PRSP004 Volleyball court £45

PRSP005 Local craftsman to make swings and slides £250

AGRICULTURAL LAND PROJECT

One constant problem with agricultural land is that healthy crops are an attractive prospect for thieves! We have had a number of patients and even children's gardens plundered by thieves over the last few years. This is why we are excited by the potential of nineteen hectares of prime agricultural land which we have acquired. It is literally down the road from our Centre and so is ideally located for our use. There is a small river running through it, so irrigation would not be a problem, and Tanga, our agriculturalist has already planned some fish ponds so we can provide fresh fish for our clients.

This land would serve as allotments for our clients and volunteers - a place where they could all meet and work together, and essential for those with not enough land around their property or the many who have water shortages. Because of the close proximity to the Centre, supervision would not be a huge problem, although we need to put an electric fence around the whole area.

PRAGR01 Contributions towards tools, irrigation pipes and a water pump £ ____

PRAGR02 Contribution to the development of a bigger, chicken house and fish ponds £ ____

All of the items in this list have been identified as being essential, practical items which will benefit the lives of individuals or the community as a whole. In order to be flexible in responding to needs in the community, from time to time the gift mentioned may be an example of what is provided. For example, all medical gifts may go towards malaria medication during bad malaria outbreaks. This allows us to target the most vital needs in the community at the time.

THANK YOU FOR YOUR SUPPORT

DECEMBER 2008



ISUBILO GIFT LIST

| CODE | DESCRIPTION | UNIT COST | QTY | COST |
|------------|-------------|---------------|---------------|------|
| | | IF APPLICABLE | IF APPLICABLE | |
| OVC01 | | | | |
| OVC02 | | | | |
| OVC03 | | | | |
| OVC04 | | | | |
| OVC05 | | | | |
| OVC06 | | | | |
| OVC07 | | | | |
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| OVC09 | | | | |
| OVC10 | | | | |
| OVC11 | | | | |
| MED01 | | | | |
| MED02 | | | | |
| MED03 | | | | |
| MED04 | | | | |
| MED05 | | | | |
| MED06 | | | | |
| MED07 | | | | |
| MED08 | | | | |
| HOS01 | | | | |
| HBC01 | | | | |
| HBC02 | | | | |
| HBC03 | | | | |
| SUBTOTAL £ | | | | |

| CODE | DESCRIPTION | UNIT COST | QTY | COST |
|-------------------|-------------|---------------|---------------|------|
| | | IF APPLICABLE | IF APPLICABLE | |
| PRI01 | | | | |
| PRI02 | | | | |
| PRI03 | | | | |
| AGR01 | | | | |
| AGR02 | | | | |
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| AGR08 | | | | |
| AGR09 | | | | |
| SHE01 | | | | |
| SHE02 | | | | |
| SHE03 | | | | |
| PROVC01 | | | | |
| PRSP01 | | | | |
| PRSP02 | | | | |
| PRSP03 | | | | |
| PRSP04 | | | | |
| PRSP05 | | | | |
| PRAGR01 | | | | |
| PRAGR02 | | | | |
| BROUGHT FORWARD £ | | | | |
| GRAND TOTAL £ | | | | |

PLEASE COMPLETE THIS SECTION & THE GIFT AID DECLARATION

NAME MR : MRS : MISS : MS _____

ADDRESS _____

POSTCODE

TELEPHONE NUMBER _____

EMAIL ADDRESS _____

CHEQUE ENCLOSED FOR TOTAL AMOUNT OF £ _____ :

Make cheque payable to: **ISUBILO**

If you are buying this gift for someone else please tick this box

Post this form and your cheque to: Mr M JOWETT
22 THE LODGE, MANOR ROAD, EDGBASTON
WEST MIDLANDS B16 9NB

If you have any queries please phone Mark on +44 (0)77 7161 4674

Upon receipt of your order we will send you a card explaining the gift that has been donated. If you have bought this gift for someone else there is space for you to write on the card and an envelope is provided so you can send the card on to them.

ISUBILO GIFT AID DECLARATION

Please fill in this section so we can claim back 28p for every £1 you give:

NAME MR : MRS : MISS : MS _____

ADDRESS _____

POSTCODE

I, the above named person, want all donations I have made since 6 April 2008 and all donations that I make hereafter to be Gift Aid donations. I understand that I need to pay enough income tax or capital gains tax in each year to cover the amount of tax that the charity will reclaim on my giving. I will also notify the charity if I cease paying tax.

SIGNED _____

DATE _____