



COUNT YOUR BLESSINGS -



As you count your blessings, we ask that you remember those living in Iringa, Tanzania, especially those who are disabled who are given a new life because of the Neema Crafts Centre for People With Disabilities. Think of the conditions they are living in, and **COUNT YOUR BLESSINGS** each day, and make a small contribution in the box provided.

October Programme to raise money to help the NEEMA CRAFTS CENTRE in Iringa (reg. Charity 1117305)

		Number	Total p
Sunday 1 st October	We are fortunate to have a hospital nearby. <i>Give 20p if you have had treatment at a hospital this year</i>		
Monday 2 nd Oct	Our doctors are always available.- some clinics in Tanzania only see a medical assistant (let alone a doctor) weekly or monthly. <i>Give 10p if you have had help from your doctor in the past 3 months</i>		
Tuesday 3 rd Oct	People with disabilities in Tanzania are excluded from employment because of the terrible stigma attached to being disabled in any way. (The Neema Crafts Centre now employs more than 100 people with disabilities in Iringa region who previously had no hope of employment, many were reduced to begging on the streets to survive) <i>Give 20p for each member of your family who has a job/ is in employment</i>		
Wednesday 4 th Oct	Many do not have any access to dental treatment, (Mariam, a polio sufferer who works at Neema Crafts, had a son who died after having a tooth out at the government hospital, due to an infection he caught there.) <i>Give 20p if you have seen a dentist recently</i>		
Thursday 5 th Oct	Most buildings do not have glass in the windows. <i>Give 2p for each window in your house</i>		
Friday 6 th Oct	Communications systems are poor, but when people talk they do so face-to-face! <i>Add up the figures in your telephone number, and give the total in pence</i>		
Saturday 7 th Oct	In Tanzania many people cannot afford to pay for drugs or treatment that they need. Children with minor disabilities don't get treated and grow up to be more severely disabled than they would otherwise have been. <i>Give 5p for each medicine that you have taken today</i>		
Sunday 8 th Oct	Water often has to be carried a great distance – imagine the weight of 20 litres of water in a bucket on your head for several miles a day <i>Give 2p for every tap in your house</i>		
Monday 9 th Oct	Many are unable to attend church due to distance, or lack a trained pastor <i>Give 10p if you went to a service yesterday</i>		
Tuesday 10 th Oct	Wood has to be collected each day for cooking, which is very difficult if you have a physical disability or are sick and the smoke produced from a cooking fire causes lung and eye problems. Cooking over an open fire each day is the same for your health as smoking two packets of cigarettes! (that is for the children who play in the kitchen too!) <i>Give 5p for each / oven microwave in your house</i>		
		Number	Total p
Wednesday 11 th Oct	There is no hot water in virtually all homes. <i>Give 5p for each shower/bath in your home</i>		

Thursday 12 th Oct	Electricity is unreliable or non existent in villages except where people are using the micro-solar panels made by the disabled people at Neema Crafts Centre <i>Give 1p for every light bulb in your house</i>		
Friday 13 th Oct	Post is delivered to us in all weather. In Iringa you have to have a post box to receive post and pick it up from the post office, but there are only approximately 800 to go around the whole town! <i>Give 5p for each item of post you received today</i>		
Saturday 14 th Oct	Animals are kept for producing food not as pets <i>Give 20p for every pet you have</i>		
Sunday 15 th Oct	Many have to walk bare foot because they have no shoes <i>Give 2p for each pair of shoes you own</i>		
Monday 16 th Oct	People only grow plants for food, as water is usually in short supply <i>Give 2p for every pot plant you have indoors</i>		
Tuesday 17 th Oct	We can learn about other countries through TV and Radio. Last year Neema Crafts took some disabled workers to Dar es Salaam on the coast to train in bead making, none had seen the sea before and they could not conceive just how big it was. One comment was 'so does it fill up when it rains?' <i>Give 5p for each TV set in your home</i>		
Wednesday 18 th Oct	Lack of sanitation is a prime source of disease. A pit latrine in the village, or for many in town, a plastic bag tied up after use and thrown in the gutter. <i>Give 10p for each WC in your home</i>		
Thursday 19 th Oct	Transport is limited and most people walk everywhere, or crawl if they suffered from polio in early life. Buses refuse to give rides to these people because of the stigma attached to disability. <i>Give 10p if you have a car, 5p if you have a bike</i>		
Friday 20 th Oct	The exact time of day has little meaning when you are poor, but people in Tanzania will always make time for a guest or stop to talk if passing on the street. <i>Give 2p for each clock / watch you have</i>		
Saturday 21 st Oct	We can learn much about the world through travel, most people in Iringa have not even been to their capital Dar es Salaam <i>Give 5p for every holiday you have taken this year</i>		
Sunday 22 nd Oct	Many people cannot afford to buy protein regularly, unless they keep a few chickens for eggs and meat. Protein deficiency is a common health problem in children in rural areas in Tanzania <i>Give 5p if you have eaten meat or an egg today</i>		
Monday 23 rd Oct	Laundry is usually done in local rivers or streams by hand. <i>Give 5p for every time you used your washing machine last week</i>		
		Number	Total p
Tuesday 24 th Oct	Many children in Iringa town go to nursery schools, (often at a ratio of 40 or more children to one helper!) but children with disabilities are excluded. (The new centre runs mother and child groups teaching parents stimulative play techniques to use with their disabled children). <i>Give 10p for each child in your family who attends a play group/nursery</i>		

Wednesday 25 th Oct	Many children have to walk many miles to school each day. (Neema Crafts Centre provides literacy classes for disabled people who were unable to get to school when they were children because of distance etc). <i>Give 10p for each school that you attended</i>		
Thursday 26 th Oct	Many hard of hearing children go untreated and don't receive the hearing aids which could help them, becoming gradually 'more deaf' as a result. (The new Neema Crafts Centre will has an audiology unit and regular visits from U.K. audiologists). <i>Give 20p if you or anyone in your family wears a hearing aid</i>		
Friday 27 th Oct	In Tanzania bibles are in short supply <i>Give 2p for each bible in your home</i>		
Saturday 28 th Oct	Many live in poor housing conditions. An average Tanzanian village house, accommodating at least 8 people, would easily fit into a typical sized living room in the UK. <i>Give 2p for each room in your house</i>		
Sunday 29 th Oct	Most rural churches do not have any hymn books, even the pastor! <i>Give 2p for every hymn or psalm you sang if you attended a church service today</i>		
Monday 30 th Oct	If you have enjoyed the luxury of a meal in a restaurant this month <i>Give 20p</i>		
Tuesday 31 st Oct	Most do not have clean drinking water but with the SODIS household water treatment method being pioneered in Tanzania through Neema Crafts Centre many people now have a totally free way to get safe water (www.SODIS.ch) <i>Give 2p for every drink you had today</i>		

Extra Blessings!

If you feel very blessed, and would like to give more, please add the total here

If you are able, please gift aid your donation to help it go further

Gift Aid Declaration

As a UK taxpayer I wish Neema Crafts Workshop to reclaim the tax that I have paid on my donation. My annual income tax and/or Capital Gains Tax is more than the tax that Neema Crafts Workshop (reg 1117305) will reclaim.

Name:
Address:

tel:

Signed:

Date:

Total

THANK YOU FOR COUNTING YOUR BLESSINGS

Come and join us in (church/school etc.), for an (e.g. African Tea party) at _____, or supper between _____ on _____, and return your box, so that we can total the amount we have raised for the Neema Crafts Centre in Iringa, Tanzania (reg charity 1117305)

If you cannot make it to the supper, please hand in your boxes to _____ on or before _____ Or phone _____, to arrange collection or delivery

If you feel very blessed, and would like to give more, please feel free to do so!

MANY THANKS

(please include this form with your donation if you have signed the gift aid declaration)