



CARING HANDS NEWS

Registered Office: 58 Sproughton Court Mews Sproughton Ipswich Suffolk IP8 3AJ
(tel: [+441 or 01] 473 461561) Winter 2017/18

Caring Hands Russia is a company limited by guarantee with no share capital. No: 03494503. **Caring Hands Russia Ltd** is also a registered charity No: 1068029



Families in Crisis

If you have grown up in a Russian orphanage, the chances are that you will not have experienced much care beyond the simple provision of basic necessities. You are unlikely to have made much progress in education, and then you were thrust out with little support, few prospects and less hope.

A few years along, and you are likely - especially if a woman - to have suffered abuse and violence. You may well be homeless, destitute, and vulnerable to addictions and criminal behaviour. And you have a child to care for. How do you manage, and to whom do you turn?

A Women's Crisis Centre in a town near St Petersburg exists for women like this. It offers food, shelter, rehabilitative counselling and nurturing of faith. It seeks to restore broken lives through structure and teaching in life skills. The fundamental difference between this rehabilitation centre and others is that, while elsewhere children are forcibly removed and placed in the orphanage system, the mothers here may keep their children, building and strengthening that irreplaceable parental bond and helping them grow together as a family. Not only that; it's about the only way of saving the children from a repeat of their mothers' experiences.

One activity which both contributes to their budget and teaches useful skills is the production of some of their own food supplies. But their greenhouses are poor and generally need renewing every year. Caring Hands Russia has undertaken to fund and erect three 8-metre (26 feet) long tunnel-type greenhouses of better quality, to sustain the growing of vegetables and fruit. The Centre also keeps goats and chickens, and we have undertaken to improve their enclosures.

We will be carrying out this work in August 2018. If you would like to help finance it, that would be wonderful. Details of how to contribute are overleaf. If you would like to join the volunteer team and help with the work on site, we can probably take two or three additional people. Contact us for details soon.



We Hope - that this Newsletter will give you food for thought and prayer. For more details, or for one of us to visit, contact:

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Email: This Newsletter is produced in pdf format for uploading to our website. If you would like to receive the Newsletter by email (as a pdf attachment), rather than by post, please email Tony Wilcox as overleaf.

Our website is at: www.caringhandsru.org

Finance

We warmly welcome any financial support, as well as prayer and interest. We are funded primarily by direct giving, by individuals and by churches.

Any help you could give would be marvellous and much appreciated. We do not use professional fund-raisers.

We can send you a **Gift Aid** form if appropriate (or you can download it from our website); it increases the value of a contribution at no cost to you, provided that each gift is identified and you pay a sufficient amount of Tax.

You can also make donations via our **PayPal** account. You'll find it on our website, on the Donate page.

Or you can give to Caring Hands Russia at any branch of Lloyds Bank or Bank of Scotland (and probably through your own bank) or online:

Sort code 30-97-00 Account number 01338970

Summary of finances (year-end 31 March 2017)

Income-

Balance at 1/4/2016	8946
Standing Orders & donations	3408
Return funds from projects within budget	1290
Total	13644

Expenditure-

Galina's visit	773
2016 project costs	5075
Promotion (Newsletter, website etc)	139
Gift for use of meeting room	50
To Russian colleagues	250
Balance 31/3/2017	7357
Total	13644

The balance in hand at the time of our AGM in September was £7597.49, with Gift Aid income to come.

To Russia with love, paint, concrete, funds, seeds, carpentry . . . a very brief history

<p>1993 Ozerki - two derelict buildings became a children's home and a school</p> 	<p>1995-2000 Helios Centre - supporting a children's home</p> 	<p>2001-2004 Opochka - work to the timber buildings of a children's hospital</p> 	<p>2001-2011 Craft Centre - we supported for ten years, giving disadvantaged people opportunities for social interaction and learning skills</p> 
<p>2006-2007 Kolpino - work in a special needs primary school</p> 	<p>2008 Vasilyevskiy - an 'English garden' at a centre for people with mental health problems</p> 	<p>2008 We arranged a visit to Britain for two Russian colleagues working in mental health and deprivation</p> 	<p>2009 Raduga - renovating the gym in a centre for at-risk children</p> 
<p>2010 work in a centre for children's activities and adult groups</p> 	<p>2011-2013 Veronika - work in a centre for children and young people with disabilities</p> 	<p>2014 more work at the centre for children's activities</p> 	
<p>2016 Another visit to Britain, this time for the Director of Veronika</p> 	<p>2016 Brightening up the entrance to Raduga's new home</p> 		