



CARING HANDS NEWS

Registered Office: 58 Sproughton Court Mews Sproughton Ipswich Suffolk IP8 3AJ
(tel: [+441 or 01] 473 461561) Winter 2018/19

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

We have often written about the life chances that can be expected for young people who have grown up in a Russian orphanage. Many will not have experienced much care beyond the simple provision of basic necessities. They are unlikely to have made much progress in education, and then they were thrust out with little support, few prospects and less hope.

A young woman in particular is likely to suffer abuse and violence. If a married woman is hit by her partner, the police will only intervene if she ends up in hospital, or dead. She may well become homeless, destitute, and vulnerable to addictions and criminal behaviour. And if she has a child to care for, how does she manage, and to whom can she 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. It is run by local Christians, and the fundamental difference between this 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. Last year we paid for and erected three 8-metre (26 feet) long polytunnel-type greenhouses, to sustain the growing of vegetables and fruit. We also rebuilt the enclosure for their chickens, to give them more space and better security (and room for more hens!). More about that overleaf.

The Centre also keeps goats, and we have undertaken to improve or rebuild their accommodation, chiefly to combat winter conditions. There is also a need to provide adequate storage for the gifts of clothing the Centre receives, and a variety of items the Centre needs. They haven't enough chairs; would you help us buy some? Several rooms need extra light fittings; a trampoline would be a great asset, as would a projector and screen.

We will be carrying out the practical work in August 2019. If you would like to help finance it, or help us provide the other items, 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:

Revd Tony Wilcox

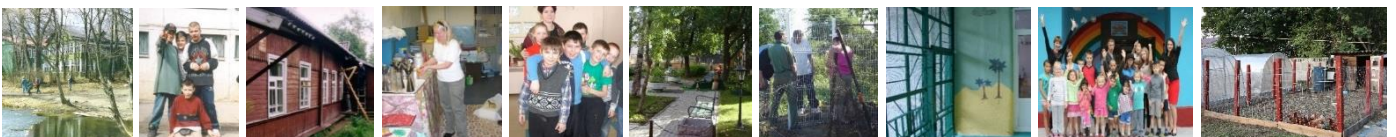
58 Sproughton Court Sproughton Ipswich Suffolk
IP8 3AJ tel: 01473 461561
e-mail: tony.wilcox@caringhandsru.org OR

Billy Parker

4 Belleisle Close Kilwinning Ayrshire KA13 6RG
e-mail: billy.parker59@gmail.com

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 above.

Our website is at: www.caringhandsru.org



Project report 2018

A small team of volunteers went to Russia in August 2018 to work at the Women's Crisis Centre described overleaf. It was a good time, both from the point of view of completing a practical project, and of building and strengthening relationships with Russian partners, especially as we were able to live and worship with them.

As we had requested, the three greenhouses had been obtained, and concrete bases laid for them, before our arrival. Erecting the frames, attaching and trimming the coverings, adding door handles and finishing off was a fairly straightforward job, especially as we had some local assistance. At the same time, an extended run was built for the chickens, around three sides of the existing one, about a foot out, so that the birds did not have to be moved. They did, however, take a close interest in the proceedings, especially as our digging produced a good supply of worms.

We were also able, through a team member's personal fundraising, to provide a new laptop and a new printer, both bought locally, and a refurbished English laptop, to add to the laptop we provided funds for earlier in the year. This equipment was needed, not only to help with the administration of the Centre, but also with the children's education. Thanks to the generosity of churchpeople here, we were also able to deliver our usual supply of seeds. Growth in several directions!



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 2018)

Income-

Balance at 1/4/2017	7358
Standing Orders & donations	1574
HMRC - Gift Aid	783
Team payment	150
Fraudulent payments returned	3450
Total	13315

Expenditure-

Flights + accommodation (UK)	612
Fraudulent payments	3450
Flights + baggage + fees (for 2018 proj)	1345
Promotion (Newsletter, website etc)	174
Balance 31/3/2018	7734
Total	13315

The balance in hand at the time of our AGM in September was £7052.88.

Privacy

Like most other charities, we have been required this year to spell out our privacy policy. At Caring Hands Russia, we are committed to protecting and respecting your privacy and personal data, which consists of contact details and, for a limited period, anything necessary for participation in our overseas work, or for claiming Gift Aid. We do not sell, rent or give your personal information to others, without your express permission. No information is retained by or through our website.

The great majority of the names on our mailing lists are of people who have expressed interest in one way or another, at some time or another. A handful have been passed to us by mutual friends in parallel work. We thus use the data we collect on the basis of a legitimate interest, given that we provide easy ways for people to exit our lists. That interest is the dissemination of information to encourage support for our purpose of helping disadvantaged people in Russia.

If you change your mind about your preferences on how we contact you, or if you want to update or correct the information we hold for you, or do not want to receive communications from us, then please contact us, by email, telephone or post to Tony Wilcox: the details are overleaf. In the case of a postal item, re-post it 'Return to Sender' to have the addressee's name and contact information removed immediately from our distribution lists.

The full policy may be found on our website, or we can send you a paper copy. We also have policies in respect of Risk Management and Safeguarding; policies on Health & Safety, and Volunteer Management, are in preparation.