



CARING HANDS NEWS

Registered Office: 58 Sproughton Court Mews Sproughton Ipswich Suffolk IP8 3AJ
(tel: [+441 or 01] 473 461561) Winter 2019/20

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

More 'Rainbows of Hope': It's back to the Raduga Centre in 2020

The Rainbow ('Raduga' in Russian) social rehabilitation centre in Volkhov exists to help orphan children and children from troubled families. Its staff aim to address immediate needs, and to look for people to foster orphans, so that children can grow up in a family setting - though fostering is not big in Russia. It is the place to which 'at risk' children are brought while decisions are made about their futures. For all 3-18 year-olds, the Centre aims to restore them to school or college, to return them to, or place them in, families, to provide social and psychological help (to parents as well as to children), to observe and defend children's rights, to provide medical care and to assist in finding work.

A few years ago, the Centre was moved into a larger building which had previously served as an orphanage. There is rarely money in local authority budgets for the maintenance of buildings, and there are many needs. The Games Room is in a particularly poor state, and is virtually unusable in the winter months. We have undertaken to refurbish it. If time and funds allow, there are other jobs around the building we could tackle as well.

We will be carrying out this work in August 2020. 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, but we need to know as soon as possible. Contact Tony Wilcox (post and email addresses below) to find out more. We will want to book flights by the end of January.



Dates: August 14th-28th 2020, subject to flights

Cost: £650 - covers flights, visa, local travel related to the project, and accommodation, but not insurance or travel in the UK.

Galina's Travels

In her role as Director of a Centre providing support to children and young people with disabilities, Galina came to this country in 2016 to see something of the provision offered here to youngsters whose challenges she was familiar with. We were able to put together a programme of meetings and visits, plus 'tourist time', over a period of ten days. Galina has said that it was one of the most useful - and intense! - trips she has ever made.



She is still in that role, and also in charge of a separate centre for adults with disabilities. In addition, she is now Director of the Raduga Centre; a quite different field of social care. At her request, we are in the early stages of planning a second visit here for her, this time to explore the principles and practices which operate in Britain in relation to those who face the range of situations that Raduga seeks to address in Russia. We expect this visit to take place in April 2020.

We shall therefore be looking for help with accommodation, transport and good translation - and perhaps additional funding, should we have to pay for some of that! Please let us know if you could help.

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

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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 above.

Our website is at: www.caringshandsru.org

Photo credits: Wullie McCracken, Tony Wilcox, Natasha

Project report 2019

In our last two Newsletters, we have described a Women's Crisis Centre which exists to support homeless and abused mothers, allowing them to keep their children with them, in contrast to the standard practice in Russia. It offers food, shelter, rehabilitative counselling and nurturing of faith. It seeks to restore broken lives through structure and teaching in life skills.

In August 2018, a small team of volunteers erected three long polytunnel-type greenhouses, and rebuilt the chicken enclosure. Twelve months later, it was good to see the greenhouses full of tomatoes, a larger area for green vegetables enabled by the seeds we had brought, and twice as many chickens - and therefore increased egg production, all contributing both to the Centre's food supplies and budget, and to the teaching of useful skills.

This year, we were asked to construct a storage facility to cater for the gifts the Centre receives, largely of clothing. This was a relatively straightforward job, building a timber hut, for which there are good local suppliers of materials. By the time the team left, the building was a complete structure, with roof, insulation, floor, windows and door all in place, and needing only internal fittings and painting. With the local labour available, there would have been no difficulty in bringing the building into use quite quickly.



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 2019)

Income-	
Balance at 1/4/2018	7734
Standing Orders & donations	1341
Team payments	3845
Craft sales	155
Returned from 2018 Project	680
Total	13755
Expenditure-	
Project flights, visas & insurance	1583
Project accommodation etc	1123
Project building & equipment	3000
Stationery	192
Balance 31/3/2019	7857
Total	13755

The balance in hand at the time of our AGM in October was £7155.34.



1993 1995-2000 2001-2004 2001-2011 2006-2007 2008 2010, 2014 2011-2013 2009, 2016 2018-2019