



Published by

## Children Of Honduras Trust

Newsletter December 2006

Tel: (01332) 679687 Fax:(0870) 0561592

E-mail: [info@chtrust.org.uk](mailto:info@chtrust.org.uk) Web: [www.chtrust.org.uk](http://www.chtrust.org.uk)

Mrs J. Cox, 20 Chapel Street, Spondon, Derby, DE21 7JP.

Charity No. 1075562

### INTRODUCTION

2006 has been an exciting year for CH Trust. Featuring in the highlights has been the move from Rotadata to the new facility at TDG, West Hallam, the opening and commissioning of our operation there and the interest shown by both senior representatives of the Honduran Government and our local councils. None of this could have taken place without the commitment and generous giving by **you**, the supporters and helpers of CH Trust. I must take the opportunity to wish you a very happy and blessed Christmas and a prosperous, satisfying New Year.

2007 will also be a challenging and exciting year for our CH Trust helpers, especially Loading Day, which will be a new experience for all of us! We are grateful that the Lord goes before us and shows us the way. Without His direction and rescue service I do not think that we could function. At the end of it all, it is wonderful to realise that several thousand children and adults in Honduras will



**- NEXT YEAR THEY WILL HAVE A NEW SOUP KITCHEN TO ATTEND -**

enjoy the Lord's blessing and help in their lives. We ask you to pray for the work of CH Trust, that the Lord will bestow much blessing and opportunity upon the poorest children of Honduras and give us wisdom in everything we do to further this ministry.

### THANK YOU TO EVERYONE IN THE UK

The children and the families of Honduras thank you for your great effort. We see people cry when we go to those places of extreme need. They are so grateful and happy to receive a T-shirt, shoes, dress, trousers or an afternoon snack with milk and oats. And they say thanks, because they have no clothes for the children to wear or no food to eat...

*Know that the work you do in England before God will receive a great reward. Blessings to all!!! We recognise your great heart and admire you a lot.*

**Pastor Alberto Cruz, Valle de Angeles, Honduras.**

*Thanks for the big job you do. You are receiving fruits of your labour here in our community. The projects are successful and people are grateful. Thanks.*

**Ricardo Hood, Naranjal.**

These are just two of the many letters that we receive from the Pastors. The content is usually the same and says thank you and what a blessing the items that we send are to the children and their families. These thanks we pass on to you as without goods and finance we could not send containers.

### THE CHILDREN'S FEEDING CENTRES

The 2004 national statistics prepared by the Honduran government revealed that 64% of the country's population lived in poverty and for 45% of them, their poverty was extreme. This means that 1 in 3 children under the age of 15 years are suffering from malnutrition. This great need has encouraged many churches to start feeding programmes. Most churches lack the means to provide the tables, chairs, plastic bowls, beakers, cutlery and large cooking pots needed to equip a feeding centre. CH Trust is contributing by providing such equipment through the churches we work with and also adding a little variety to the food that they can provide.

It is the goods and money that you provide, together with donated equipment from other sources, that is helping to make this happen. Some churches offer a snack,

others a substantial meal. Three churches are starting new feeding programmes next year. They will be located in the capital city, Tegucigalpa, Naranjal, a one hour drive from the capital, and in Le Ceiba on the north coast of the country.

Last year we sent metal cutlery to equip the Naranjal feeding centre operated by Pastor Ricardo Hood. For this year, he requested that we sent strong plastic cutlery in preference. I asked him why? This was his rather amusing reply:-

*“Sorry about the cutlery but I had a problem with the metal ones. Don’t smile but the kids here do not have many metal forks and spoons at home. So they were taking them home even though we told them not to. Therefore that is why I use the plastic ones. I still have some metal ones. I have sent some down to Pedregal. I will send the remainder to them and La Via when their soup kitchen is open full time. I’m hoping we have better luck there. I do plan to use the metal ones but we want to retain them in the soup kitchen not in their homes!”*

I am not convinced that the children will be any different in other villages. However, I now understand a little better the problems they have. We cannot simply transfer our systems and customs into a developing country. It is not that straight forward. The problem will only be solved when we have first equipped all the homes with metal cutlery!!!! Until then they need strong plastic cutlery (rather than one use only type).

Another thing we can help with is basic foods. The different ministries have a great heart to feed the children but their own resources are limited. The more food we send the more children will receive a good meal.

They need dried or tinned foods such as dried milk, plain flour, rice, oil, pasta, sweet corn, carrots, tuna, hot dogs, sugar and tomatoes.

We are sometimes asked why we send sugar. It is mostly used to make a drink, which is traditionally given to children. It consists of oats, milk and sugar. We buy the oats and milk in bulk, but rely on people like you to send us the sugar.

### **SAUCE (SOW-SEA) SCHOOL, VERONICA’S DISCOVERY**

Whilst in Honduras I was introduced to an area on the edge of the Valle. It was all the result of a bit of a misunderstanding! I speak enough Spanish to hold conversations but can get confused. Like English people, the Hondurans speak with different accents, some easier to understand than others. I thought I was off

for a walk with a group that often walked on Saturdays! Wrong, I was off to meet up with a house group that met in Sauce, a hilly area on the outskirts of Valle de Angeles, in an area of pine trees and stunning scenery.

Sauce is about a 40-minute walk from the main road and the terrain is rough. It is possible to get a motor taxi but most drivers are reluctant to go there due to the road conditions. I imagine, in the rainy season, it would be very difficult to get there if not treacherous. Thus, due to the cost and lack of transport, most people walk.

I have to admit that I fell in love with Sauce over the resulting four weeks. I am now determined to spend as much of my time and resources as possible to help the children and people in the area.

It is a place of contrasts. The very rich from Tegucigalpa have weekend retreats there. As you penetrate further into the area, large guarded homes with their ferocious dogs give way to shacks with bare footed children, chickens and dogs running in and out of homes. What a contrast!

Elisa, (of the misunderstood walking group invitation) showed me the quaint little school building down in the valley. She told me about the lone teacher who taught 70+ children on her own! It all seemed unreal and I didn't really think much more about it. I almost envisaged Anne of Green Gables style living. How naive! My childish imagery was to be swiftly shattered as the reality of the situation hit me like the proverbial bolt out of the blue.

After meeting with the house group members, Elisa took me along with her to visit the different homes of those who had not been able to attend to check if they were all right. We went to the home of one family who I have ended up partially adopting. They were very poor and their story is far too tragic to relay here. Suffice to say it has drawn me into the area. I am now working to try to support the school as a means of helping the wider community. Initially I am hoping to provide funds to pay for an additional teacher at the school. I firmly believe that education is a route out of poverty. It is impossible to help everyone but through the children the future can be different. My dream is to see the community of Sauce transformed by the changes that happen at the school. I hope that next year the school will have two teachers and the children will get the education they deserve. One that will equip them for a life where they have choices about what they want to do. I hope that I will be able to return to

Honduras in the future to see this unfold. I dearly want to return to play a part. However, I realise that there are good, capable people in Honduras, already in place, who lack only the finances to realise my dreams. I know I have to balance the costs of realising my own personal desires against the cost of meeting their needs. Whatever happens I'm in it for the long term.

### THE CLEAN WATER PROJECTS

The buckets and sterilising tablets we sent last year are making a great difference. The two Pastors spear heading this project have said that it is one of the most important things we send in the containers. Clean drinking water is greatly prized and a luxury many cannot afford. Currently, for many families we are their only means of accessing clean water. One sterilising tablet will sterilise 200 litres of water at a cost of only 5p. There are, however, more families who would value clean water to drink than we have funds to supply.

It is difficult to imagine the difference clean water can make to peoples' lives. I remember when sterilising solution was added to the dish rinse water at the Orphanage many years ago. Over night, the stomach upsets and cases of diarrhoea dropped by 50%. I imagine a similar result will now be seen in many families in Honduras as a result of our help.

### AQUA BOXES

This year the Wirksworth Rotary Club were able to organise the donation of 20 (check amount) Aqua boxes to CH Trust. These are large blue, heavy duty, plastic boxes, which contain essential survival items and everything needed to purify contaminated water.

When the contents are removed the boxes can be filled with untreated water from a local source. The water is strained through muslin and carbon filters to remove solid matter. A single 10 gram purification tablet (effervescent chlorine release type) is added to the water. After two hours, drinkable water can be drawn from the box through the fitted filter and tap. Each box is equipped to purify 1,000 litres of polluted water, making it safe and pleasant to drink. 1,000 litres is equal to 5,000 cups of water, enough for a group of four people to drink 10 cups per day for more than 4 months.

The 20 boxes sent last year have proved a great success. (Our co-workers in Honduras have requested more boxes for next year.) They were distributed to several schools, children's feeding centres, a children's AIDS clinic and a prison.

The last location may come as a surprise. The prison in the capital has the worst quality water in the city. Since very little is provided by the state, prisoners rely on their wives and partners, who come with their children, to visit them in prison and re-supply them with basic necessities otherwise unavailable to them. Those visiting usually have to travel some distance in the heat, often on foot. They need a drink while attending at the prison. One of the boxes has been allocated to the visitors' area so that, at least for a while, the children do not have to suffer for the mistakes of the parents by having to drink contaminated water during their visit.

### **THE CHILDREN'S FEEDING CENTRES**

Ricardo gave this following report:

*"I will be using the four blue Aqua boxes for the children's soup kitchens. Because there were so many requests from the local community for help with water, I had to be creative in the use of the sterilising tablets you also sent. I was able to help some of these people by making 35 filtration buckets from the ones you sent. I had fun making the filter buckets. They did not cost us anything as the taps came in the blue filter boxes. All I had to do was to make a hole in the bucket. I gave them out to the most needy, together with the correct dosage (one quarter of a tablet) for mixing a 5 gallon bucket. The filter lasts for twenty treatments and can be changed. Thus 35 families are extremely happy. However, the demand for the buckets is very high. People are still coming to ask me for them. So please put them on the list for next year, as many as you can.*

*Our worst water is during the rainy season from May to Dec. The heavy rains result in the water collecting mud and dirt. So the buckets came in very handy. Although the water comes directly from the mountains it is very muddy by the time it gets to the community tanks. This year the Government, with the help of foreign aid, is constructing several filter tanks to the community main water tank. By next year we should have cleaner water.*

*Please let the donors know that we are using the sterilising tablets you sent wisely. Also the Aqua boxes for use in the soup kitchens will be a great blessing."*

I then asked Ricardo if he would need Aqua boxes next year. He replied that, although some communities will have benefited from the new filtration system, the villages of Pedrigal and La Via will not be supplied with filtered water for this next year. The boxes are still therefore needed for the children's feeding centres.



**- MODIFIED BUCKET WITH FILTER AND TABLETS  
PROVIDES CLEAN WATER -**

**HELP FOR THE HOSPITALS**

As reported in the previous newsletter, the needs of the state and Christian run hospitals we are trying to help is great. In the capital, poor patients have to queue all day to see a doctor. At the end of the day they may or may not have achieved, as there are more people than the doctors can attend to. There are also few beds for those who are lucky enough to gain admittance. The hospitals are very short of consumables. One pair of plastic gloves will have to be used for three patients. There is not always soap available for the doctors to wash their hands. It is difficult to imagine how they cope.

Can we help? Potentially useful sources of surplus to requirement equipment are local doctor's surgeries that are no longer recommended to sterilise their own equipment. They may have redundant sterilising units and instruments. Industry has first aid posts that have to stock bandages, which have an expiry date on them (strange but true).

We are also happy to receive items that have been used in the home for nursing people. All unused items returned to the chemist have to be destroyed but we can use them in Honduras.

## WHEELCHAIRS ARE ALSO IN GREAT DEMAND

We have had requests from several of the clinics and hospitals for nebulisers. Many children suffer from breathing problems but their parents do not have money to buy medication and inhalers. They have to visit the nearest clinic or hospital and queue up to use the nebuliser. Several clinics do not have a working nebuliser. Others can use more than one as the demand is so great. A Pastor wrote 'I have 2 families that have asthmatic children continuously in crisis and in need of humidifying treatment at home.'

As many parents will agree, child illnesses always seem to be worst at night when it is very difficult to get help. Travelling across the city at night to reach a hospital can also be very dangerous.

I am happy to receive any nebulisers whether designed for personal use or of hospital standard. David Yates has taken on the challenge to raise funds for as many hospital nebulisers as he is able. The fund started earlier this year from money given in memory of his wife Mary who, sadly, died in July. She was a great supporter of our work in Honduras.

A hospital quality nebuliser costs about £260 with extra masks and tubing. David is selling shares in the purchase of a nebuliser. These cost £10 and are issued with a certificate. If you would like to purchase a share and thus help give relief to children with breathing problems, please send your gift to the address on the front cover. I will, in turn, pass them on to David. Cheques should be made payable to CH Trust.

## A BETTER START FOR SOME BABIES

Dina wrote to tell us how a group of ladies from her churches sorted out the baby clothes that we sent and made up bundles of clothes for baby girls and baby boys. They later took them to one of the city hospitals called "Hospital Materno Infantil". This is where many poor women go if they have complications in childbirth. The group, led by Pastor Beverly, made three visits to the hospital. In addition to distributing the baby clothes, they also prayed for some of the women and their new-born children.

Dina wrote:

*'I had an experience, which made me feel so good because, as you know, I suffered the loss of 3 children by miscarriage. This was very sad for me. I am now so grateful*



that God finally gave me my 2 children. Well, when we went to hospital, there were at least 10 women in the same room. Some of them had new-born babies and some of them had, for many reasons, lost their babies. There was happiness and sadness in the same room! I took my turn and prayed, especially for the 'loser' mothers. God brought counselling and peace to these women when I told them that, "even though I passed through this 3 times, God still gave me my son and daughter! He can do the same for you too".

In one room I met a young girl, like 16 or 17 years old. She was pregnant, waiting to have her baby that day. I said to her, "I want to pray for you and the baby". She said yes but was indifferent, with a hard face. While I was praying for her the Holy Spirit said to my heart, this girl wants to abandon her baby when it is born, (it is common in this hospital). So I prayed for love and for God's provision for the child. She cried and cried and then hugged me. Still crying she said thanks, many times.'



**- PRAYING FOR MUM AND BABY -**

### **'ONE OFF' SPONSORSHIP SCHEME**

The 'One Off' £50 sponsorship scheme has proved to be very popular both here in the UK and in Honduras. It is beneficial from the donor's point of view since it does not demand any ongoing financial commitment. On the other hand, Jenny Smith has to work very hard to enable a previously sponsored child to continue

with their education. The scheme is supporting children in several localities. Often they come from one-parent families and always in circumstances where it is not possible to purchase the uniform and other equipment mandatory for school attendance. Some children have no parents and are being brought up by a relative or grandparent. Those who write, say thank you for our help and many plead for it to continue for themselves and others.

In Honduras attendance at the state school is notionally free but only if the parents can afford to purchase school uniform (including black shoes), PE kit, tennis shoes, exercise books, curriculum manual, pens, pencils, crayons, dictionary, compass, eraser, etc and a small rucksack in which to carry it all. The children also take to school with them a snack and water to drink. The items listed above, needed by each child attending school, are purchased from the £50 sponsorship money.

We rely on the church leaders to identify needy recipients, fix them up with the 'school kit' package purchased by the sponsorship money and to provide us with information about the child. (The parents are not given the money). The church leaders in turn have been delighted to help us provide access to education for some of the poorest children.



**- I'VE FOUND A PAIR THAT FITS -**

For those new to the scheme, we send the money and allocate it to the Pastors. The report card of each child, if already sponsored in a previous year, is reviewed by the relevant Pastor to ensure that he/she has attended school regularly and worked hard. If not, the money will be awarded to another child. There are always more children than funding. Sponsorship is recognised as a scholarship in Honduras. So the child has to be prepared to work hard at their studies. It is often six months later before we receive the feedback which, I know you look forward to receiving.

Typically the items purchased from the sponsorship money are listed as follows:

- Rucksack
- Homework books
- Sketch book
- Compass
- Felt tips
- Colouring pencils
- Carbon
- Dictionary
- Pair of black shoes
- Pair of white tennis shoes
- Day uniform
- P E uniform
- Socks

The sponsorship cost of £50 has been arrived at as an average value, since the amount needed by an individual child will vary significantly, depending on age, clothing size, books required etc.

A further powerful factor is the currency exchange rate. The Lempira is tied to the US dollar, which has varied from 1.4 to 1.8 relative to the UK pound. It is administratively too complicated to track all of these variables. The guideline we follow is to ask the receiving pastor/leader to help as many children as possible with the funding allocated to them. For instance, where we have sent out funding for twelve children, it has in fact been sufficient to help maybe fourteen (and on one occasion even sixteen) children. In some cases a family may need help but not to the extent of 100% sponsorship. Individual cases, therefore, have to be assessed by the Pastor administering the scheme. The exchange rate is working in our favour again this year. This means that more children can be helped.

For some potential donors the £50 cost is unaffordable. Thus, a £25 option is also available.

## GIFT AID

Using Gift Aid means that for every pound you give, the charity you are supporting will receive an extra 28 pence from the Inland Revenue. This means that a £10 Gift Aid donation, is worth £12.80 to CH Trust.

## DO I QUALIFY FOR GIFT AID?

Providing you pay as much tax as the charities will be entitled to reclaim on your donations in the same financial year, you are entitled to use Gift Aid. For example, if you wish to Gift Aid charitable donations that total £100 in one year, you will need to have paid at least £28 to the taxman in respect of that tax year. If unsure please have a chat with Jenny Smith or myself.

Thank you to all that have taken part in gift aid. It now pays the shipping cost of one container each year.

## MILK

We usually send two tons of dried full cream milk each year. It is no surprise that everyone asks for more. Milk is a good source of protein, which is easy to administer to the children. It is often given as a substantial drink made of warm milk, oats and sugar; all items that we send in the containers.

We can only purchase dried milk in complete tons. Last year, a ton of milk cost £1420. Although we can usually manage to afford to send two tons of milk, we do not have a spare £1420 for a third ton. One ton has been paid for, for several years by a couple, who save hard to make this happen. However, another way we can send milk in smaller quantity, is to buy dried and canned milk from the supermarket. I favour tins of evaporated milk, as this is full cream milk with the water removed. The dried milk available in our shops and supermarkets is created from skimmed milk. The children really do need the fat content present in full cream milk. If you are thinking of purchasing some evaporated milk, please obtain the most by buying the cheapest, often stores home brands. As usual we are after quantity. A 32p tin of evaporated milk will make one and a half pints of milk. Not bad, at 21p per pint.

Since starting to write the newsletter I have found that we can buy 20kg sacks of full cream milk for £42. This compares with £28.40 per 20kg if purchased by the

ton. My final decision with respect to a third ton needs to be made in January and will depend on funding.

## **WHAT DO THE CHILDREN NEED?\_\_**

### **CLOTHES AND SHOES**

**Children's shoes and clothes our biggest need.** These are still in great demand and greatly appreciated. Each year, as we reach more and more children, this remains the predominant need. **New Children's Socks and Pants** always a favourite.

Children's books in Spanish are very valuable, especially primary reading books. These can be bought in many corner shops in Spain. The reading age is displayed on the back cover. Anos is the word for years.

### **FOOD**

Basic foods such as sugar, oil, milk, oats, pasta, plain flour (this is short dated and must have a date after July 07) Catering tins of carrots, peas, corn, tuna, tomato paste, soup and chicken is their favourite.

**Sugar.** We are sometimes asked why we send sugar. This is because churches, feeding centres and families use it with the oats and milk we send to make their merienda snack. It tastes like rice pudding but the small amount of oats used means that it can be more like a drink than a pudding.

**Juice to dilute and drinking chocolate** make a good treat. With the chocolate buy for quantity rather than named brands. Sweets, please remember they have to travel a long way and some can go very sticky.

**Cereal.** Breakfast cereal is wanted, to put with the milk we send, to provide a quick nutritious snack for children. This is needed where there are no facilities to provide a cooked meal. Again we are looking for quantity not quality. Stores own brands are often the cheapest. Weetabix type, cornflakes and rice crispies.

### **PLASTIC BEAKERS, DISHES AND PLATES**

Several of the churches are asking for plastic beakers, dishes, plates, forks and spoons. They are looking for the sturdy plastic rather than the disposable. These are used for giving the children their 'Merienda' snack or meals. They need to be able to wash and use them again and again.

Catering saucepans are again being requested as many churches provide a snack type meal for the children in their care.

## **RUCKSACKS**

Every Pastor asks for rucksacks, as each child going to school has to carry their books, school supplies and a drink with them. Many children walk a considerable distance to school and a rucksack is a necessity. We are happy to receive new and used rucksacks.

## **SCHOOL SUPPLIES**

Each child has to provide all of their own materials. The school supplies nothing. We send pens, pencils, rubbers, rulers, compasses, crayons and exercise books. Exercise books are becoming more difficult to buy and can be expensive. We have been told that the note pad type, which is often on sale buy one get one free, would be just as acceptable. In this way we can buy more with the money we spend. Each child needs two black, two blue and two red pens for school.

The teachers request marker pens and white board markers. Also, pictures that can be used for a display or cut up by the children. Pictures of animals, plants, cars etc. They modify educational posters by sticking Spanish over our English words. We have been asked for posters showing parts of the body for biology classes. Also, for microscopes and mounted slides.

The State schools have navy blue uniforms. Any jumpers, sweatshirts, shirts and trousers in these colours would help a child access school. White polo shirts are also needed. **Sweatshirts** are requested as they wash well and are needed in the colder months by those who live in the mountainous areas.

## **TOYS**

Because of the very large number of children we try to help, toys are in great demand. Some children will only receive a toy if we send them in the container. Here are a few ideas if you are going out looking for items to purchase. Skipping ropes, yo-yos, marbles, cars, dolls, footballs, basket balls, **colouring books and crayons** etc, drafts, ludo, (complicated games are of no use as they cannot read the rules as they are Spanish speaking), balloons. Up to 100 piece jigsaws. Second hand toys are also very acceptable. MacDonalds toys are a nice size for filling the small gaps that inevitably appear in the boxes we pack..

## **FOOTBALL BOOTS, KIT AND BALLS**

All football related items are in great demand by the boys. As in all developing

countries, the men folk are mad about football. On occasion, while travelling with some of them, they have even become excited while passing two goal posts in a very uneven field! To have real football kit is a huge bonus and will be much appreciated. They also need the ball to kick.

### **CHILDREN'S TOILETRIES**

#### **Shampoo, Conditioner, Nit combs, Combs and Brushes.**

We are waging war against head lice in Honduras, this is a big problem. A number of the churches will spend a Saturday morning washing and checking children's hair. This is what the shampoo is needed for. They also use the nit combs to check the children's hair. Conditioner helps the comb to pass through the hair and also helps to release the lice. We are also putting together nit combs with instructions in Spanish as how to keep the heads clean. To do this they need to thoroughly comb or brush the hair daily. This can only be achieved if they have combs and brushes. Can you help.

#### **Soap, Toothpaste and Toothbrushes**

**These are needed for inclusion in the family bags as well as distribution in other areas.**

### **TOWELS AND BEDDING**

#### **LAVENDER**

We would like to send lavender for the craft sessions. Please do not put any money into this item, as we should be able to collect from gardens.

#### **CURTAIN WIRE AND POLES.**

**Please do NOT send ordinary curtain rails.**

#### **CARPENTRY AND DIY TOOLS.**

#### **WALL MOUNTED SOCKETS**

Are there any wall mounted electrical socket boxes out there, that are looking for a home. We only send a limited range of electrical goods as the supply is different. Like America, Honduras has a 60 HZ supply. In England we use 50hz. This means some items will not work in Honduras.

When we send electrical items to Honduras we leave our plugs attached, as they need to be wired to a 220V supply. If one of their own items is plugged into this supply it will burn out as the normal domestic supply is 110V. To prevent this, we encourage them to use our plugs but then we need to send them wall-mounted

sockets as well. These can cost us a lot of money, which we would rather use on other more essential items, so are there any second hand ones not in use?

### **WEIGHING SCALES**

Ricardo wrote , ‘looking for weight scales to weigh children, The kind you find in doctor’s office. If not, a scale that can weigh up to 100 pounds, or 50 kg, could be used and created into a scale for kids. I can make a chair or basket to fit to the scale’.

### **PRINTER INK CARTRIDGES**

If you change your printer and find you have a spare ink cartridge we would appreciate it. Last year we sent out several printers and we were able to equip them with ink cartridges that had been donated. Cartridges are expensive and I do not like to spend our funds on them.

### **UMBRELLAS**

Umbrella and Sun brollies are being asked for, as the main form of transport is on foot. An umbrella against the sun or the rain can be very useful.

### **PLACES TO ACQUIRE THINGS**

Lost property from schools and gyms.

Collections of shoes and football boots at schools. Plenty of notice needs to be given parents for this.

Charity shops that do not sell shoes.

### **HOSPITAL NEEDS**

This is only a part list of the things that various hospitals and clinics have asked for. Some I have not yet translated from the Spanish as they are not in my dictionary, so please add any items you have to this list.

- Nebulisers masks and tubing
- 2 autoclave or sterilizers
- Odontologic equipment (chair, x-rays, etc)
- Laboratory equipment (to install one)
- Gynecological lamps
- 2 surgery lamps
- Equipment for minor surgeries
- Aluminum recepticals
- Recepticals for sterile equipment



- Recepticals for discarded needles
- Trash recepticals
- Medical beds for physical exams
- Orthopedics equipment
- Dental equipment
- 6 incubators
- Electrocardiogram
- Ultrasound
- Echocardiogram
- Suction tubing
- Drip stand
- Vaccine fridge
- Orescope
- Hospital mattresses
- All dressings
- Syringes
- Gloves, examination and sterile
- Folders for patients
- Milk - Ensure or similar
- Casting material
- Surgical swabs
- Ventilators
- Delivery table
- Microscope
- Operating table
- Otoscopes
- Ophthalmoscopes
- Sphymomanometer
- Bandages and supplies for plaster casts

We are **NOT** looking for hospital beds.

We have been asked for equipment for the dental surgeries but I have had difficulty translating the list. I should have more information in January. All spare supplies and equipment would be much appreciated.

### GENERATOR

Towards the start of the rainy season it is usual to have severe electricity shortages, as the dam becomes dry. A generator to keep basic lighting etc would

be welcomed by nearly every establishment. For those who have no electrical supply at all it is even more valuable. They also appreciate storm lamps.

### KNITTERS

We are still happy to receive knitted jumpers and cardigans for babies and primary age children. The state school uniform colour is navy blue. If you do not find knitting a dark colour easy make one for general wear.

### CRAFT ITEMS

Craft items are required by several of the churches and schools. They run projects for the children but need suitable bits and pieces to help them do this.

There is also a need for sewing material. Many self help groups of women have started up with the view to sewing for their families or providing extra income for the family. Can we help? Also small bobbins of cotton are required. Lace and ribbon would also be appreciated.

### FRENCH KNITTING

We would like **wooden** cotton bobbins to make French knitting sets. We also need small amounts of bright wool for these sets. Crochet hooks would also be useful.

### SEEDS

We are pioneering a new project to help poor families improve their diets and maybe earn a little money. Many people have a little outside area where they could place a bag or pot with some soil inside in which they could grow some seeds. We have chosen to start with tomatoes, peppers, courgettes and green beans. These can be eaten cooked, or raw, and the people know these foods. We are therefore asking for packets of seeds to make this happen. Would you like to help?

### MONEY

Yes we collect money as well. I am sometimes asked how the work is financed. We have no church or organisation that underwrites our work. The Lord is our sole guarantor. The money we receive comes from individuals making donations from £5 upwards. We also get gifts from churches and groups of people that will hold a coffee morning or event to raise money for our work. The sourcing is slightly different each year. We are starting to get small number of people who

gift regularly into our HSBC bank account. This is a blessing, as I know that there is regular income, which I can depend upon each month. We also get a good cheque from the Inland Revenue as a result of people gift aiding their donations.

If you want more details ring or e-mail us. All cheques for donations and Sponsorship should be made payable to CH Trust.

### ITEMS NOT WANTED

This year we are **NOT** wanting adult clothes, computers and monitors or toilets and sinks, bikes, furniture, large toys like kitchens, large cuddly toys. We have sent sufficient over the last two years to meet the current need.

### FINANCES

This year we spent:

£2840 on two tons of full cream milk.

£199 educational supplies sugar paper and glue.

£714 three tons of oats.

£2959 medical supplies, antibiotics, worming tablets, water sterilizing tablets.

£778 three tons of cracked rice.

£1290 Inland haulage in England.

£4124 Shipping to Honduras.

\$9,264 / £5449 import and transport costs in Honduras plus deposit. We are expecting a refund on some of this money but none has appeared yet.

We spent money on basic foods such as oil, and spaghetti. Money was also spent on school shoes and some children's school clothing when we have been able to buy them at greatly reduced prices.

### PRAYER

#### **PACKING WEEK**

Packing week 'should' be easier this next year, as we will be working on one site for the first time in our existence. There is however, a lot of pressure on all those who work everyday during that week. Please pray for good health and strength, mentally and physically for all those helping during this week and those following as we approach loading day.

## LOADING DAY

We earnestly ask for extra prayer cover for the planning and operation of loading day this year. The logistics of this event will be different as the loading and unloading areas are very different from previous years and we do not know what problems or indeed benefits, this will bring. Organising 60 plus people in these circumstances is difficult. We need wisdom and protection for everyone on this day. And, of course, a warm dry day would be appreciated by all!

Thank you for your gifts and prayers. Together we are making a difference.

## PACKING WEEK

10–17th February 2007 (excluding Sunday)

## LOADING DAY

Saturday 10th March 2007



- WE HAVE 'NEW' SHOES -