

THE WORK CONTINUES

The work of CH Trust has continued to be greatly blessed during the year. Many children have been fed and educated, houses built and needy families helped. At home, the year has been rather more turbulent, but the work goes on. Below are some glimpses into the work that has been achieved and the way that the Trust continues to develop. So, let us begin with toilets!

DOWN TO BASICS!

We were asked if we could fund ten individual toilets for families. The question was why these ten particularly, when there are so many others who do not have a toilet?

Lack of toilets has been flagged as one of the greatest problems in the Valle area. The resulting bad smell was first initiated from the latrines and those who relieve themselves in the forest. The rainwater carries this waste into the local



- CHILDREN WITH LETTUCES THEY HAVE GROWN -

water source. Many people make latrines with recycled car tyres. This has an added danger for children as the hole is uncovered and can permit a small child to fall down the hole and drown in faeces. These latrines sometimes drain into the streams causing pollution to the local water source. Digestive problems, and diseases such as cholera, malaria or dengue fever are easily spread. Poverty prevents many from improving their situation.

In order to make a difference, albeit a small one, we have been given funding for the first ten toilets to be built. Cesar is very strict in the delivery of this kind of help. The people have to agree to keep their new facilities clean and cared for and they will be monitored. As the wider community observes what is happening, I am sure he will have requests for many more to be built. In Honduras it goes dark at 6pm so, a toilet in a safe dry lit place will be such a luxury, as well as a great step forward in health, both for the families themselves and those who live downstream.

The toilets will empty into an underground septic tank, where waste solids are collected and decompose. Excess fluid is drained into an absorption field where it then penetrates the soil. This system requires technical planning but can be maintained by each household with the use of lime.

AN UPDATE ON THE HEN PROJECT

We now have three operational hen houses attached to schools. The first one is nearing its first birthday. The resulting egg production has had a direct impact on the health of the children living there, many in poverty and some in extreme poverty. The project offers a two-fold benefit, the provision of food for the children and also in the form of a teaching tool. The children are able to learn all aspects of the daily care required by the chickens.

The cleanliness in the hen house is entrusted to both parents, students and teachers. Part of the ethos of the teaching provided by this school is learning by doing. In this way children are directly involved in each of the processes of caring for poultry and are thus able to apply what they have learnt to life in their homes now, or in the future. They learn the need for and how to keep the hen house clean as well as the feeding and watering of the hens. The children also learn the cycle and time lines for hens producing eggs and those raised for meat. They learn to keep the chickens secure at night, away from animals who will kill

them. The hen houses have come to be called ‘technified’ chicken coops. One day this knowledge could help the children to raise chickens at home.

Guanacaste, our first hen house, has excellent egg production which now helps to feed the children at the school and even the community soup kitchen to which CH Trust also supplies food.

RETIRO HEN HOUSE

This, our second build, has had a great impact on one of the poorest communities in the Valle area. It helps 145 children who are registered with the feeding centre. The dining room is very active thanks to the egg production.

The children have already been fed with eggs and chicken meat many times. The chicken is accompanied by eggs, rice and tortillas. The benefiting children now receive a decent diet. Most of them will only ever get to eat eggs and any type of meat at the feeding centre. Their parents are too poor to buy this type of protein. The children benefit the most when there is a shortage of food in the area. At such times the CH Trust finance available to the centre makes a huge difference.

The Retiro Educational Feeding Centre hen house was the first to provide chicken meat, as many of the baby chicks that they were given turned out to be males. They kill any ‘excess’ roosters as too many of them hinders the production of eggs. The less fortunate roosters were made into a broth and accompanied by rice!

They are planning to divide the hen house so that it can work with the two different aspects of poultry raising. One area is needed for egg production and the other section for raising chickens for meat.

This is a letter from the Retiro school:-

Through this letter please receive warm greetings from the School Zea Arismendi located in the community of El Retiro, in Valle de Angeles. As a representative of our institute, I reiterate our gratefulness to all of you for the solid support to the school in the relation to the execution of our high-tech chicken house project which is of great support to our dining room in which we feed 130 children from our school. This has also bettered their nutrition. The project has seen great success and all the students have benefited from this, in particular with providing food. This is a great support to us.

The project also gives very valuable lessons in vocational skills to both the children

and the community, teaching them the different stages of keeping livestock (growing, maintaining, consuming and selling the product) this has also generated a better relationship between students and teachers and a mutual support between colleges. Today our institution is better equipped and enjoys the food resources provided, which are substantial and covers the great need there is amongst our poorest children. We are committed to taking this project to new heights. Due to the social economic state of our community the project has provided different learning opportunities for both teachers and students in which they have been able to participate in the growing, maintaining, consuming and selling the product and also have provided us all with new skills in learning how to maintain our resources.

Today our institution is a lot stronger and better prepared, thanks to your generosity. We are committed to continuing with maintaining this project as it has given us very satisfying results.

Yours Sincerely,
Sara Elizabeth Ruiz Lara
Director of Zea Arismendi El Retiro school



- EVERYONE HELPS KEEP THE HEN HOUSE CLEAN -

JUNCALES

This is our most recent build. Sadly, sporadic cases of chicken mortality have been encountered. The location of this house is at higher altitude, in a more mountainous area than our other hen houses. The roosters have already been

eaten by the children. However, parents have requested that due to the climate of the area, they would welcome technical assistance from a poultry specialist about how to continue egg production or, alternatively, that they be permitted to produce only birds for meat production in the poultry house. Production time for eating birds is shorter than for laying hens and could produce several batches during the course of a year.

In Cesar's opinion, the donation of the 'technified' henhouse was to serve the interests of the students by providing daily food support with the production of eggs. He believes this should continue, if at all possible.

The expert said it was inexperience that had caused the deaths. It appears that they were not letting the hens out to scratch for food, which is how these breeds of hens eat (by foraging). It also turns out that the food that they were giving them in the hen house was not best suited for them. A problem that can easily be rectified.

JUANCITO

Our fourth hen house, is for a high school of two hundred students. Many live inside the Tigre national park. This teaching head is very proactive in teaching the pupils land development skills that can improve their lives and also a way of earning money. This hen house has been started but the progress has been stalled because the access road collapsed due to heavy rain. This prevented the lorry carrying the building materials from delivering to the college. This has now been rectified.

Once the rains start it is not unusual to find that an adjacent bank has slipped onto the road, sometimes making it impassable. Even worse is when the road collapses down the hillside leaving a big hole, often more than half the width of the road. These can be difficult to see, especially when travelling at night, and can be very dangerous.

The parents involved with the hen houses benefit as they learn how to care for hens, and what needs to be done at various times. Many hope to start their own hen production at home. These will be family affairs as their children have also been working and learning about chicken rearing. The parents do the repairs on the hen house and check the hens early in the morning and at bedtime. The day starts at 4am!

Currently all of the hen houses have blue or green plastic sheet around them. This is because it is the rainy season, which they also call their winter. The sheeting helps to keep the hens warm and dry.

SEEDS FOR SCHOOLS

Cesar was eager to buy seed for the eighteen schools selected for the planting of vegetable gardens. Last year the scheme was a great success, with an excellent harvest. This year more schools have joined the scheme. One of the smaller schools is fortunate to have a kitchen. Here the children have been shown how to prepare, cook and then eat the vegetables that they have grown. One photo shows a girl eating her school lunch of rice, beans, a piece of yucca and two radishes that had been sliced. The latter had been grown by the children.

The project has become slightly easier, now that they have found what grows well on the land available to them in the areas prepared for growing. There is also a sharing of ideas and a competitive edge to the harvest between the schools. This year Cesar hopes to plan a 'green sale' weekend in the centre of Valle de Angeles. All the schools will bring their excess harvest to sell in a situation where they can get the best prices. This is because many of the better off people from the capital, Tegucigalpa, visit the Valle at the weekend who will be interested to buy fresh produce.

SCHOOL HARVEST ENTREPRENEURS

The participating schools have some idea of how much food they can grow. One college, with the help of the Home Economics department, has formed a micro company. In the Valle College the students have been producing pickles in jars, which are sold in order to purchase materials for teaching. The government supplies very little in the way of consumables.

The students are learning new skills which could potentially earn them money in adult hood. At the time of writing the College were waiting for the sweetcorn crop to be ready, as they were going to roast and then sell the corns. They will also make tamaletos. Tamoletos are a traditional dish made of masa. Masa is made from maize that has been soaked and cooked in an alkaline solution, which is then minced into a dough. The dough is placed in a corn husk or wrapped in a banana leaf, tied and steamed. The wrapping is discarded before eating.



- BRINGING IN THE HARVEST -

SPONSORSHIP

Sponsorship communications, this year, have been disturbed by the illness encountered by Jenny Smith. On her behalf, I am pleased to inform you that all our children have managed to receive sponsorship for the year 2018. In addition, all the information received from the children and their families has been distributed. I apologise if the standard of information has not quite been up to the usual high standard.

In response to Jenny's illness, I am very grateful to Mick Liggins, who offered his help and has been involved in much of the recent activity.

SAD NEWS FROM HOME

With great sadness, I have to inform you that Jenny Smith passed away at the beginning of August. She has worked tirelessly for CH Trust from well before its registration with the Charities Commission and has played a crucial role in its administration. Many of you will have communicated with her in the context of child educational sponsorship. In addition, she has also been responsible for accounting and managing the trust's financial affairs. She has performed both roles with a high degree of excellence. Her untimely death is a grievous loss, which will be difficult to absorb. However, many thanks to Mick Liggins, who has offered himself to continue Jenny's sponsorship work. Over a number of years, Mick has made a significant contribution to the work of the trust. We now welcome him to an even closer involvement.

In the context of next year's sponsorship, can you please forward any queries or monies to Mick. His postal address and email address are detailed below. If, perchance, you lose the details you can also send it via me, Jenn Cox (details on the newsletter heading).

Postal Address:
Mr M Liggins,
3 Stewart Close,
Spondon,
Derby DE21 7EG

Telephone: 07811006196
Email: sponsorship@chtrust.org.uk

SOME SAD NEWS FROM HONDURAS

Three of the pastors we worked with in the north of Honduras were killed in a car accident in May of this year, whilst travelling to their mother church in Tegucigalpa. Carlos and Rosibel Flores pastored a church in Lima. They were in their fifties with three adult children who, I think, are in their twenties/thirties.

Lesley, who was younger, has left a husband, Pastor Abel, and two children under 12 years. She worked with the children who lived by the river in San Pedro Sula. She was also responsible for administering the Child Educational Sponsorship for us in her area. We have worked with these churches for over 15 years, known to many of us as 'Lima' and 'Pavon'.

KINDER CLASSROOM

On a lighter note, we were asked if we could fund the material to build a kinder classroom in the village of El Macuelizo. The school already has a class of 25 children receiving kinder education aged 4-6 years. Primary education starts at age six with no formal education before this. To date, the kinder class has been allowed to use part of a classroom. As the numbers in the school have increased they have been asked to move so that the school can meet the legal requirement for number of children in the classroom. The government currently does not put money into educational building. The village is very poor due to lack of employment in the area.

The community has approached the government several times with a request to build a classroom but permission has been refused because they did not have a budget in place with which to build it.

Without any help, the kinder class would be limited to operating on the veranda of the school. If the class is stopped the children would be denied this facility, as

the nearest kinder class is two kilometres away. This would result in the parents keeping their children at home.

The only way that the Kinder can have a classroom for their children is with outside help. CH Trust has been able to provide the funds to build this classroom with the community providing the labour. This will help 25 children currently, many more into the future and will impact the lives of some 180 families.



- THE NEW KINDER CLASSROOM -

AID FOR THE LENCAS

Cesar has been taking our help to the Lenca people in the La Paz area for many years. It started with bags of basic foods and, as Cesar identified a need that we could meet, our aid has expanded to include donations of chickens, fruit and medicine trees, the building of special eco-friendly cooking stoves that use less wood and that do not put smoke into the living and sleeping areas of the homes. We have also provided some basic vegetables seeds. In this way we have alleviated hunger in poor families and improved their living conditions. Illiteracy is high and they get little help with agriculture. The lack of opportunities means that towns have not developed. Helping these communities is not easy as it takes several hours to reach them along mud roads which are in poor condition. They live high in the mountains, so getting vehicles there is always a challenge and sometimes not possible in the rainy season, when rivers appear across the road which cannot be crossed with a loaded car. The journeys to the Lencas takes many hours each way. We would like to do so much more for these people who work hard but live in extreme poverty. Most of them suffer from malnutrition but

helping them is not easy.

The Lenca communities suffered badly from the political unrest during December and January. During this time roads were blockaded so that the Lencas could not get their produce and flowers to market.

Cesar had planned to take 800 food bags to them but had to revise this number, as the cost of food and fuel had increased and the agreed budget could only purchase 600 bags. We were able to provide the extra funds enabling 800 bags to be delivered to a people who had been asking for several months. The bags consisted of beans, rice, sugar, coffee, matches, stock cubes, pasta, tomato paste, salt and wheat flour. At the point of delivery, more people than usual came and some bags had to be split so that everyone could have some food to take home.

The children present were all given a packet of liquid milk to drink and some biscuits. These children had walked a long way and probably waited several hours, before the long walk home. Many would not have had anything to eat and so would have been very hungry. In the past we gave the children a lollipop to eat on the way home but now we try to get some nutritional food into these children.



- CHILDREN LINING UP TO RECEIVE FOOD -

The two limiting factors are finances and having vehicles large and strong enough to make the eight-hour long journey up into the mountains on the unmade roads.

This year the delayed delivery of the food bags resulted in Cesar discovering that these people, who rely for their existence on what they grow, had no seed and could not afford to buy any. As a result, we released £1000 to buy basic seed for them. It made more sense to buy seed, which they can grow, rather than haul extra bags of food. Another trip was quickly arranged, after Cesar had been to the wholesalers to buy the sacks of seed.

Ada, Cesar's sister and her daughter put the seeds into small bags for distribution. The principal seeds are corn and beans, with smaller bags of onion, chillis, cucumber, carrots, peppers, coriander and marrows. Some of these vegetables they will be able to sell.

When they heard that seeds were on the way they prepared their land ready for planting because the rainy season had already started. They knew that what Cesar promised he would deliver. One village had two oxen which they used to plough the land. They have a communal growing area worked by the ladies, whilst the men go out and look for casual labour. If the men cannot find work, they return and also work on the land. They place the seeds in a plastic container strapped around their waists, make holes in the soil with a pole and drop a seed into each hole. Some families also work the small plots around their homes. We look forward to a good harvest, which will feed many families.



- SOWING THE SEEDS -

On both of his visits to the Lenca communities Cesar took fruit trees. The number is limited by the space available in the trucks. We have given 200 trees to the Lenca community. These are mainly citrus trees and some medicine trees. I was told that they also received some tangerine, mango, papaya, Persian sweet lemon and pineapple orange trees. I needed to look up what these were. Persian sweet lemons are medium-sized round fruit, averaging 5 centimetres in diameter, with slightly yellowish-green skin that matures to a warm yellow. The taste is sweet, more like that of an orange. However, within a few hours after cutting, the juice can take on a bitter flavour, similar to grapefruit juice.

The sweet flavour is not the result of higher sugar content, but rather a lack of acidity.

Pineapple oranges are a midseason fruit, which are medium to large in size. The Pineapple orange is acclaimed for its juicy sweetness. In a few years time these trees will become food factories for the Lenca people.

THE GUANACASTE FEEDING CENTRE

Following the start of the new school year in February, the new feeding centre in Guanacaste has provided meals for 70-80 children, twice a week. They have now asked for the funding to be increased so that they can provide food 3 times a week for 150 children. What has changed? We have now entered the rainy season, which they call winter. This means little in the way of daily labouring work and no work on the land. The sugar factory is idle until the next sugar cane harvest. Thus, there is little money coming into Guanacaste. No money means no food, so there are more children needing a meal. For the first time, CH Trust will have been involved in feeding the children of Guanacaste throughout the whole of the year. This includes those in school and those who are not.

FOOD

We use a lot of our funds to feed many children on either a daily basis, or at other locations, several times a week. This not only makes them feel good but also improves their health and development. Most of our food is linked to education, where it tends to improve attendance, as parents are less eager to keep their children at home if they are able to take advantage of a free meal.

Even though much of our effort goes to feeding children, I tend to write more about the different projects, as these have interest value and are often something different with good pictures. However, our first priorities remain to feed and

educate the children.

We feed children in six rural schools as well as the feeding centres. In the rural areas most work is usually day labour. Sadly, there is never enough work. Often, workers will return home with only about a dollar to feed a family of four, sometimes no money at all. In the rainy season, it is more difficult to walk from one village to the next, so agriculture and construction also stops when it is very wet. As a result, there is much malnutrition and many associated health problems in these communities.

It is hard for us to imagine what this kind of lifestyle is like. Even so, I always marvel that they survive at all and that they still remain positive and hopeful. We foster that hope with our help. We know that, with that help, every child in these schools will receive at least one meal in the day. Thankfully, they can survive on one meal a day. Many have to, especially in winter. If breakfast exists, it will probably consist of weak coffee and a bit of bread. Many walk long distances to school with no food inside them. This has been affecting their ability to learn, as they are unable to concentrate. This was particularly noticeable in the village of Retiro, where they found that 90% of the children were suffering from extreme poverty and malnutrition.



- A FREE MEAL USING THE CORN WE'VE GROWN -

Parents and children are happy to attend school if a meal is included, so it is

a double benefit for the children i.e. both education and nutrition. In the event, many parents really want their children to receive an education. They realise that education can help with employment and, of course, everyone wants the best for their children, even if you are poor.

We have three main areas of food provision. We give out bags of basic foods in several districts, where the people are very poor. We make at least two trips to the Lenca communities with 600 or 800 bags. We give food bags at the end of the school term to about 1000 students to take home. These are given to the urban poor near Tegucigalpa. We provide bags of food to 300 families in great need in and around the Valle area. We feed 400 children in the six rural schools. These are now being supplemented by the vegetables they have grown. We have five feeding centres with a sixth about to start. These each feed on average 100 children twice or three times a week. This means that we are feeding thousands of children, which in turn costs many thousands of pounds! But I am sure you will agree that it is money well spent.

REMEMBERING MY TRAVEL DRAMA

In 1994 Rita and myself were making another visit to Honduras, to visit Valle de Angeles Orphanage, where we had sent our containers of supplies.

We were on the second leg of our journey to Honduras. We had flown out of Heathrow the previous day but had to overnight in Houston as Tegucigalpa is a daylight airport only. This means that aircraft can only land if they can see the runway without lights. The pilots have to have a certain level of experience to be allowed to land in Tegucigalpa as it is regarded as the second most dangerous airport in the world, with a tricky landing. The runway is also one of the shortest and is surrounded by rocky mountains. To successfully land, the pilots need a fast descent and sharp turn to line up with the runway.

We were delayed an hour as they had problem with the navigation system, so we followed the coastline of Mexico down to Honduras. As we crossed over the gulf of Honduras we felt a thump. I was filming and thought we had caught the curb with our wheels, until I remembered we were in a plane not a car. The pilot then announced that there was an enigma and we were going to land in San Pedro Sula, in the flat northern area of the country, instead of going down to Tegucigalpa. When we landed the hostesses gave each of us two cans of coke and told us that the aircraft was going nowhere. We also saw several trucks following us off the runway. These were emergency landing vehicles. We waited for about

two hours in the one room which was San Pedro Sula's airport at this time. Another local airline flight was diverted to pick us up and take us to Tegucigalpa. This new pilot was not happy as we would be landing in Teguc. very near sun down, in a country where it goes from light to full dark in thirty minutes. We were happy to have landed and to start our hour long journey to the Orphanage in the Valle.

It was several months later that we learnt the cause of the problem with the 737 aircraft.

The captain Ray Miller stated that "our location was still well out over the water. I recognise that there was a very real possibility..... that we just might lose total control of this thing and end up in the Gulf of Honduras" he reported afterwards. He radioed the planes location in case it went down. He stated that had we been at a lower altitude and at a slower speed the flight would have been "non-survivable... due to the alarming and violent nature of the event"

The rudder had, without instruction, gone hard to the right making the plane want to roll and dive and at the same time telling the cockpit it had gone left. The captain cancelled the autopilot, gained control of the plane and landed using differential engine thrust to control the aircraft. We landed at a faster speed than usual, so that the wing flaps could be used to the full, to stop the aircrafts desire to roll.

This flight was in April 1994. In September of that year another aircraft with the same fault dived into a ravine killing all on board. It took many years for Boeing to understand and rectify this fault, which only happened occasionally.

We returned from a good visit long before we understood how near we had been to meeting the Lord on that flight.

SMOKE AND RAIN!__

We have built more environmentally friendly wood burning stoves with the important chimney, which takes the smoke outside the house. These have been built in the Lenca communities and the Valle area for those in greatest need.

We have also replaced 10 roofs, most of them needing replacement of the wooden roof joists. These have been bought and fitted to homes where the roof is failing

and where the family is too poor to provide for such an expensive item. The rain is like our storm rain and can fall most days for several weeks. A leaking roof makes everything damp for long periods of time, which can cause health and breathing issues. The other main problem is that many of the houses are built of bricks made from mud and cement. If these stay wet for periods of time they start to disintegrate. Then your walls start to disappear!

We can hardly imagine what it is like to live with a leaking roof, or the joy when your roof is replaced, in circumstances where it is totally beyond your means.

AID FOR THE TOLUPAN PEOPLE

Cesar has made his first trip to the Tolupan people, taking 300 bags of basic food. These are another indigenous tribe, older than the Lencas. Many still speak their own language. These people are difficult to reach, physically and in other ways, and therefore get little outside help. As you may have already guessed, malnutrition is a big problem with both children and adults.

CH trust is currently exploring this request to see what help could be given. Costs and logistics play a part as the Tolupans live high up in the mountain. We are looking at what materials are available in the La Paz area.

We received this account of Cesar's visit to the Tolupans:

Cesar set out early for La Flora Mountain with a pickup piled with food bags. This



- A TOLUPAN FAMILY RECEIVING A FOOD BAG -

was not to be an easy journey. He was met when he got closer with another pickup. At this point many bags were transferred to the other vehicle, to make it easier to negotiate the steep mountain roads ahead.

Eventually they arrived at their first destination. Here they only unloaded the bags out of the vehicles as it was already five pm and it would be dark within an hour. Cesar had hoped to visit families in their homes but this was another four hours walk away and he was many hours' drive from home.

Whilst the truck was being unloaded Cesar had a chat with the Pastor of the church who had walked to meet him. Cesar learnt that there was a great need for simple beds for the families. Most sleep on the mud floors. These are apparently damp and are shared with the animals. This apart from being uncomfortable is giving them health problems. CH trust is currently exploring this request to see what help could be given. We are looking into how to get as many families off the floor as possible for the cheapest amount of money, including researching what materials are available in the La Paz area.

The trip was not without some excitement. There are two rules you try to observe in Honduras. Do not travel in the mountains after dark as you cannot see where the track, or your road, goes. Often large pieces of the road are missing, where rain has washed away the edge down into a ravine. The second is to avoid being on the mountain in a rain storm. Cesar finished up being towed out of a ditch on the return journey. So, even though he managed to break both rules, the Lord kept him safe. He eventually arrived home in the early hours of the morning.

ALTERNATIVE GIFT CARDS__

The cards currently available are listed below:

A bag of food for a needy family at Christmas	£5
Free school meals for a child for seven weeks	£5
School manuals for a senior school student (four are needed per year)	£5 for two manuals
Emergency Education Fund Card to help a student who lacks an essential item such as an exercise book, or bus fare	£5 donation into fund
Two fruit trees or medicine trees	£5
One chicken for a family (will be added to others)	£5
Seeds for a school or family	£5
Food for the Children's Feeding Centre	£5
Two chickens and a cockerel for a family	£15

CALENDARS

The 2019 Photo Calendar of the children in Honduras is now available for £5. Postage is £1.26, for one £1.64 for two or three.

LATEST NEWS

I would like to be able to tell you that the Lenca community had a good harvest and were established food wise for the coming months. The reality is that they have not received a crop from the seeds that we provided. Last year minimal rainfall resulted in there being no seed to sow for this year, hence our donation. Once again, there has not been sufficient rain to grow the crops. The seeds started to grow but then perished through lack of water. There is a band of drought that stretches through several Central American countries. It is so bad that Honduras has declared a state of emergency. The people in the affected areas are the subsistence farmers who barely produce enough food to eat in a good year. Even though they routinely suffer from malnutrition, the situation is now even worse because they have no food to harvest. The price of basic foods has increased over the last few months, partly due to extra tax placed on fuel by the government. The people protested and went on strike but most had to return to work in order to earn money to eat. Lack of harvest will increase the food prices even further.

CH Trust is now the only charity taking aid into the Lenca area. Other charities have withdrawn through lack of support from the Honduran government. We are therefore planning to make more frequent visits to the Lenca community with much needed food bags. This is a big task for Cesar but the people are desperate and we seem to be the only answer. I will be using CH Trust funds in order to feed those families who are suffering extreme poverty. Cesar takes 1000 bags on each trip, the contents of which cost about £5 each. We are also giving hens and fruit trees as a long term solution to food poverty.

In contrast, the schools had a good harvest from their school gardens because they are in a different geographical area. They were also favoured by planting early, in response to the rains which started unusually early this year.

AMAZON SMILE

Amazon will make a contribution to your nominated charities each time you make a purchase through the Smile program. CH Trust is now one the charities you can support via Smile. For more details see: <https://smile.amazon.co.uk>

DONATION FORM

Please complete the form below and return with your donation. Please make cheques payable to "CH Trust". Address on the front cover.

I would like to:

- Donate to the General Fund

- Sponsor _____ (Number of children) with a full/half sponsorship for the next academic year

I have enclosed £ _____

STANDING ORDER FORM

Standing Order		
I wish to support CH Trust for	<input type="text" value="£"/>	
Monthly <input type="checkbox"/>	Quarterly <input type="checkbox"/>	Annually <input type="checkbox"/>
Starting on <input type="text"/> / <input type="text"/> / <input type="text"/> and thereafter until further notice		
To the Manager Bank/Building Society		

Address: _____		

_____ Postcode: _____		
Your account details		
Name of Account Holder(s): _____		
Your Account No.	<input type="text"/>	
Sort Code	<input type="text"/>	
Signature(s): _____ Date: _____		
To (Bank) Name: HSBC	Sort Code: 40-19-37	
Account No: 61589865	Account Name: CH TRUST	



**- BRINGING EMERGENCY AND SUSTAINABLE FOOD
TO THE CHILDREN OF HONDURAS -**

GIFT AID FORM

If you are able and willing to grant to us Gift Aid, please complete the authorisation form below and send it with your donation.

I would like Gift Aid to be authorised for:-
(please tick all boxes you wish to apply).

- Today
- Back dated for the last four years
- For the future

I confirm I have paid or will pay an amount of Income Tax each tax year.
I understand the charity will reclaim 25p of tax on every £1

Signature

Date

Address

Postcode

Please notify the charity if you decide to cancel this declaration or change your name or address or no longer pay sufficient tax.
