

Children Of Honduras Trust

Newsletter September 2025

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WORKING WITH THE WEATHER

Christmas seems to be approaching very fast! The year has also passed very quickly, with a lot happening in Honduras. Currently, another very active hurricane season is underway. I hope that Honduras can get to December without any hurricanes causing severe flooding in the country. Their winter/rainy season should soon be coming to an end but they are experiencing unusual weather patterns like the rest of the world.

Our work in Honduras is cyclic, in concert with the weather and their school terms. The school year will come to an end with the Christmas parties in November, held just before the end of term. The children who have not managed to pass their grades and progress to the next grade will receive extra tuition and resit their end of term government set exams. If they fail again, they will have to repeat the whole school year!



- RECEIVING FOOD AT A SCHOOL FEEDING PROGRAM -

Cesar would like to give a basic food bag to 1,000 Lenca families and another 1,000 bags split between the Tolupan and the poorest inhabitants in the Valle area. I am saving donations towards this, as the bill will be over £20,000.

Some of our year's activities are featured below. Read on!

PILAS

This year we have again managed to build pilas for several families.

Water storage is a big problem in Honduras. The water issue has become much worse since we all last visited. The big houses and hotels in the Valle, with their swimming pools, have made it worse. The water to the taps is only turned on once a week or once a fortnight depending upon the supply. When I say that the water is turned on, the pressure is nothing like what we have in England. Collecting and storing water is essential.

This is why Pilas are so important. They act as a large tank to store water and as an added bonus provide the means to wash clothes, pots, children etc. It is a complex build requiring two separate drainage pipes, one for the tank and one for the washboard.



- A COMPLETED PILA -

The base must be level, filled with stones and secured with concrete. Metal rods come out of the base that will thread through the blocks as they are laid on the concrete base.

It is difficult for us to realise what a difference a pila will make to this family, There is plenty of work to running a family, without worrying about water.

Pilas are another long term investment into poor families in rural Honduras.

FRUIT TREES FOR SCHOOLS

Cesar bought 180 fruit trees for rural schools and colleges. He chose a variety of different trees. Each variety will have its own prime harvest time, giving an extended fruit supply for the children as the fruit ripens and the trees mature.

Cesar bought two varieties of lemons. The Persian lemons are large, sweet and full of juice. They are ideal for making refreshing vitamin packed drinks for the children. His shopping list was as follows:

- 20 Nebulo Oranges
- 20 Victoria Oranges
- 20 Indian Lemons
- 20 Avocados
- 20 not sure of translation
- 30 Persian Lemons
- 15 Mangos
- 15 Nances
- 20 blubberies



I was not sure what Nances fruits were. See the image above.

The following is the Google description of the taste, which is obviously very complex:-

'Acidic, subtly sweet and sour taste with fruity nuances of lychees, bananas, and crab apples, mixed with sharp, parmesan cheese-like undertones.'

The fruit trees we buy now are older and have more leaves on than when we first started. The ones we have just bought will cost more but are better established and more likely to survive and be successful.

The fruit will be given to the children to eat at school.



- A PUPIL SHOWING OFF THE TREE THEY WILL HELP PLANT -

These trees will provide a free supply of fruit for the children for many years to come. They may fight over the first year's fruit production but the quantity of fruit will increase with every year of growth, adding variety and essential vitamins and minerals into their diet of basic foods. Fruit is too expensive for most of the children to have at home.

TOILETS AND SEPTIC TANKS__

So far, this year, we have managed to build one toilet and septic tank. They involve a lot of labour and a big materials list. However, the advantages to a family are considerable, so we progress one family at a time.

The septic tank has to be dug out. This is usually done with a pick axe, as the earth is usually very hard. When it reaches the legally required depth it is lined with blocks.



- DIGGING THE SEPTIC TANK -

On the left below, a lid is being made over the tank from concrete reinforced by metal bars. The white tube is to allow the methane gas to escape.

On the right is the toilet cubical built with blocks. Again a strong base is needed. Inside you can see lots of small pieces of tiles. All ladies will know how much easier it is to clean tiles rather than bare concrete! All the mud produced in the



- CAPPING THE TANK AND THE COMPLETED CUBICAL -

rainy season is an added problem. The one item not shown is the piping between the toilet and the septic tank. As the tank is built below the toilet, it all works by gravity. Flushing is usually effected by means of a bowl of water and all paper put into a receptacle at the side of the toilet. This is done so that the septic tanks does not fill up so quickly.

HARVEST TIME!

I now have photos of this school's first harvested crop. Radishes are a favourite crop as they grow quickly. The variety Cesars buys are large and sweet. I recently enjoyed the luxury of eating several radishes with a salad but, in Honduras, they are too precious a commodity to use like that. In the past I have seen them sliced very thinly, so that each child could have a few slices with their school lunch. They also grow crops of lettuce.



- THEIR RADISHES ARE AS BIG AS BEETROOT -

MARCIAL SOLIS SAN JUANCITO COLLEGE

This is a colegio, which is equivalent to our senior school. They have been able to construct a polytunnel, which is a sort of greenhouse made from formers covered by plastic sheeting. This makes growing easier but they do not always have the funds to purchase the seeds needed to take advantage of this asset.

The next photo features a colegio with a large amount of land. This provides the opportunity to teach horticulture, which can provide jobs and food at home for those with access to a small amount of land.



In contrast these children are planting in small containers. Coriander is a popular herb used in cooking, Honduras style.



The schools make the most of any space available to them. If they do not have space for a bigger garden, they bring soil into the school and plant in bread type trays or plastic containers.

I am sure all the crops we have seen have now been eaten. In conclusion, they have enjoyed extra food and gained extra knowledge from a project which is not taught in the classroom. It ticks all the boxes for the students.

THE FIRST LENCA HOUSE

We stopped building houses in the Valle district in 2023, as the cost had doubled beyond the amount allocated by CH Trust for a house. The cost increases were the result of large hikes in materials costs, which go up every year and, also, additional labour costs as many of the neediest families were single mums with children, without anyone to help with the construction. This shortfall then had to be met with contracted labour, thus increasing the cost of the house.

Cesar and the Honduras team were concerned by how many of the Lenca people lived in shelters which did not keep the weather out. To build houses for them had always been a dream. However, the remoteness of the area, preventing site management and supervision by our own builder, presented a big obstacle. Also, posing an unacceptable potential risk to other peoples' money. (Cesar has always been very responsible with the money belonging to CH Trust).

It so happened that the Lenca people were desperate for a large water storage tank. After careful consideration CH Trust took on the chance and built one. The success of this project led to the building of three more. The honesty and dedication of the Lenca people, demonstrated throughout these projects, gave confidence that money could be transferred and used with integrity to deliver to the specification defined by our building plans.

In the wake of these projects, Cesar has negotiated with the local council to build ten houses at a fixed price for the materials and including help with the construction. (The council is providing the skilled labour and some materials).

The start of the building programme incurred a delay as, the council wanted to build houses which were bigger than our basic specification. Cesar said NO! The plans submitted by CH Trust will consume all the money that can be made available for each house. This was accepted by the Lenca council.

The family that Cesar chose to occupy this first house would probably not have been chosen for a large house, if chosen at all. The scale of house we build is best suited to the lowest income groups. Now we have started, I hope that we can build more houses that I currently have the money for, before the heavy rains stop construction and the transporting of the supplies along the mud roads.

Cesar wrote:-

The construction of the first house, in Yarula la Paz, is in the Tierra Colorada Village.

My first shock was that I began to remember when we started this similar project in Valle de Angeles in 2011. We found the Robledo family living in a 'plastic' house. Maybe you remember it better. It seems to repeat the same story, starting this project in Yarula Tierra Colorada. (A 'plastic' house is a house that relies on plastic sheeting to form the roof and large parts of the walls. This is why we christened them 'plastic' houses).

On this occasion, the Lenca family consists of Vicente Perez Martines, age 32 years old (over time he has lost his sight and sees very little) and Martha De Jesus Sanchez, 36 years old. She has learning problems and did not go to school.

They live in extreme poverty. They have tried to make a living by working the land through the growing of corn, beans and animal hunting.

They have never had the opportunity to live in a different way, other than in a 'plastic' house. Inside, it is furnished with a makeshift bed, a fire for cooking, string for hanging clothes and some corn cobs on a bow, which they use for hunting their food.

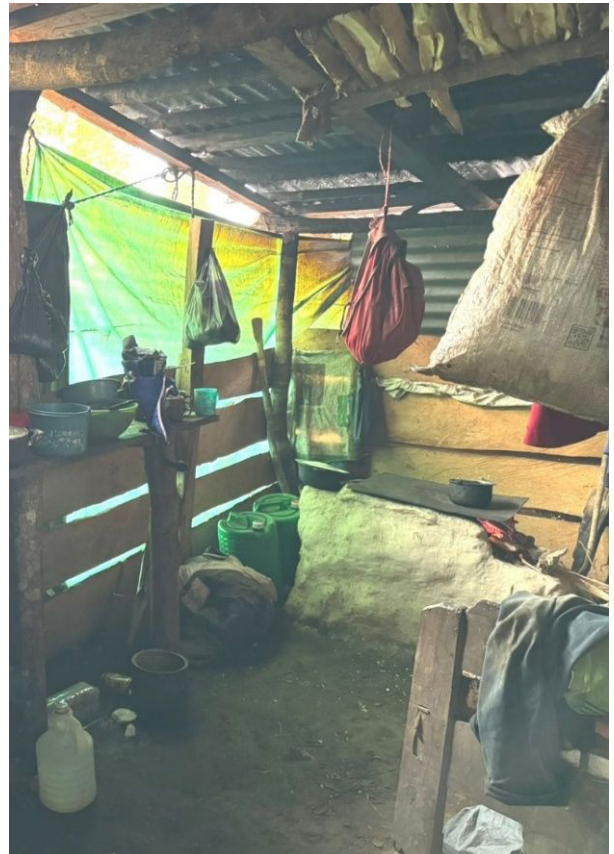
The purpose of having built this CH Trust house for them is because their living conditions are so very difficult. They have lived all their lives in a house they have made from bits of wood and plastic sheeting. There is little light, little access to good health and food for them is scarce. They have a child, Elmer Moises Perez Pineda, seven years old. He is currently living with his grandparents due to the difficult conditions posed by his parents' housing. Thanks to CH Trust, the new house will make it possible for him to return to his parents and live in a decent home. "A NEW HOME, A NEW LIFE"



- THE NEW HOUSE NEXT TO THE PLASTIC HOUSE -



- ELMER AT SCHOOL -



- INSIDE THE PLASTIC HOUSE -

THE DAY OF THE CHILD

The day of the Child is celebrated in Honduras on the 10th September. The schools try to make the day special with a drink, food or candy. The funding for this should be provided by the parents. This is possible in some schools but those that we support are in poor areas, where the parents struggle to feed their children. So, CH Trust tries to help. In addition to those schools where we provide food, Cesar also tries to help others we do not with food on the day. Even though we would like to help everyone, our funds can only stretch so far. The teachers also provide what they can to make the day special.

Luis asked for funding to provide food, drink and some candy for this day, instead of a Christmas dinner. This is for the schools we have always supported on the outskirts of the capital, Tegucigalpa. The money provided a meal of rice with chicken and diced vegetables. A soft drink and a bag of candy or a pinata with the candy inside was also included.

THE JENNY SMITH LIBRARY IN CANTARRANAS

We have built another library, this one in memory of Jenny Smith. It has been funded from a special donation. It is located, in Cantarrannas, in a senior school called Institute Olivalente.

The schools in this area do not have a library to work in or to read books. An empty classroom had to be found which could be used for this purpose. (Building a room is very expensive). It was also important that the head teacher bought into the idea, as the room needs 'out of hours' supervision on Saturdays.

New lights have been fitted and bars fitted at the windows for security. Shelving for the books is also fitted.

The pupils at this school and nearby schools are timetabled to use the library. This special classroom will be open to anyone who wants to use it on a Saturday. Our other library is very successful. So much so, that the opening time has had to be extended to accommodate all the visiting students. The library provides a good working environment for the students, in circumstances where many homes do not have a table upon which they can work. Even if there is a small table, it will most likely be covered with cooking items.

The library will be a valued asset and help to many students, something that Jenny would fully approve of. She believed that every child has a right to education and reading is where it all starts.



- NEW LIGHTS, BARS AND SHELVES AT THE LIBRARY -

SUNDAY SCHOOL

We were asked permission for part of Jenny Smith school to be used for a Sunday school. In this area there is no other building that could be used. (This was why the school was built here because there was nowhere for the children to attend school).

We gave permission and the kinder classroom was used. I was asked if there was anything that the group needed. The answer was yes, could we provide some food to feed the children. This is very much in line with our aims as a charity, as the children in this area come from poor families. An extra meal is a good investment in their young lives. We were pleased to be able to help in this way.

SPONSORSHIP NEWS 2025 FROM JUDY DAVIDSON

It turns out that there have been some problems using the sponsorship email, as it was refusing to send to certain email addresses without actually indicating which ones!



- SUNDAY SCHOOL AT JENNY SMITH SCHOOL -

Bearing in mind the email issue, should you have been unfortunate enough not to receive any correspondence and feedback about the sponsorship you paid for last year, please get in touch, so that the situation can be remedied.

The general education fund is still open under the sponsorship umbrella for any 'one-off amount' donations. There are also gift cards available for education at £15 each.

Literacy rates in Honduras are low, with a big rich/poor divide. Improving access to school not only gives the poorer children a chance of a better life but, also, eventually leads to a better economy for the country. This starts with ensuring the children have the supplies which the government requires them to have to attend primary school from grade 1 to 6.

It was reported in 2024 that 400,000 children age 6-16 were not enrolled in school, often because they were unable to afford the basic requirements for attendance. This is almost 25% of school age children. Most of these are in rural areas.

The 'school essentials kit' programme has meant that the team in Honduras have been able to reach out to small rural schools, often neglected by the state, and bring them into the scheme. This has enabled many more children to be included in the CH Trust sponsorship programme.

Sourcing and distribution of the kits involves a big logistics operation in January, once the donations have been forwarded to the bank in Honduras. Despite most of the volunteers having full time jobs, they rally to the task of buying, packaging and delivering across the country. The packs are tailored to the different school grades. The older children need spiral edged books which are divided into the four main subjects taught plus other items such as pens, glue, scissors, geometry set and crayons. We gave out 3,000 kits last year.



- EDUCATION KITS READY FOR DISTRIBUTION -

Cesar's estimated cost of single full sponsorship is now 80 US Dollars, which is currently about £62. The £60 can alternatively fund 4 school children with essential kits at £15 each. The allocation per child can vary from £15 for a kit (or less for a primary child) up to £60 when a rucksack, trainers or uniform are added in.

Where possible, the team in Honduras continues to provide many photos of the children receiving their kit on distribution day. This is not just a record but ensures that the children feel motivated by their special support from England. The teachers report high attendance as a result.

Although the completion of year 6 is our main focus for sponsorship, we do receive news of children who, despite economic pressures, have been able to continue their studies. Often, this has been thanks to our extended sponsorship support into and beyond secondary school.

Some have achieved notable success:

- Susan, who is now 25 years old, is completing her engineering qualifications.
- Iris who started with CH Trust in kindergarten and has completed senior school in 2024.
- Jose Abel has completed senior school and is applying to study graphic design.
- Jonathan Josue Medina Chavez, who is 21, has graduated from university.
- Naomi qualified as an auxiliary nurse in 2024.
- Delmi graduated as a teacher in 2023.

Your continuing support inspires not only the children but also the teachers and our volunteer team on the ground in Honduras. They send their heartfelt thanks.

My name is Lois Ferrando Ordonez Sierra. I am 12 years old and I am in sixth grade. I live in Las Berenjenas, where my mother and two sisters live in my house. The school kit was very useful for me because my dad passed away a year and a half ago. My mum has to work very hard to get money and buy supplies for my sisters and I. Thanks to your donations I will be able to study and get ahead, they will be a great help to me.

I say goodbye and may God Bless you greatly for helping the people who need it most.

My name is Evelin Tatiana Martinez Cruz and I am twelve years old and in my final year at elementary school. God has allowed me to study this year. I thank the sponsors and Pastor Roger for bringing the donation of notebooks that helps us so much. I live with my grandmother because my mother abandoned us when I was very young and does not care about my brothers and my father and my grandmother. They are looking out for us even with our limited resources in the village of Tamales and Queso. The children are very happy and we hoped for the donation of supplies to start school. Jesus, bless the hearts of those who gave towards these school supplies.

Another boy writes:-

I am very happy because I did not have any school supplies as my mother was not able to buy them for me. Thank God this beautiful blessing arrived. God bless you all.

Many of these children are waiting for our supplies to arrive so that they can attend school. It is pastor Roger Rivera that distributes to these children out of the city.

Letter from Pastor Jeronimo Garcia

I want to share with you one of many stories that have happened throughout all this time we have been part of CH Trust.

This young woman in the photo is IRIS LOZANO and she has been part of the group of sponsored children since she started in kindergarten. She completed her sixth grade and moved on to the seventh, eighth and ninth grade and last year 2024, she managed to graduate from high school. She was able to continue her studies every year thanks to the financial support of each of you, who I know make a great sacrifice to be able to contribute, so that many children can have the opportunity to study. This year Iris is going to tenth grade and her dreams are big. Her parents do not have the capacity to finance her studies due to the poverty that they live but God never forgets his children and has used you as a channel of blessing so that their dreams come true. Iris is faithful to the church meetings and her mother and grandmother also attend the church.



- IRIS LOZANO -

We thank God and each one of you who make everything possible.

LOOKING FORWARD TO 2026

The central work of CH Trust continues to be focused on the education and wellbeing of underprivileged, poor children. This work is further supported by projects to promote self-sustainability and life opportunity for these children and their families. Without the contribution of our supporters none of this could happen. So, alongside the thanks of CH Trust, give yourselves a big thank you too. Your donations are making a big difference to the lives of many families living in severe poverty; all of whom would be otherwise be denied opportunity and access to a better future.

Thus, with your help, the work cycle of CH Trust moves forward into 2026, bringing relief and joy and hope to otherwise repressed lives.

CH Trust wishes you all a very Happy Christmas and a rewarding 2026. Onward!



- ONE OF OUR FEEDING PROGRAMS IN ACTION -



**- SEWING SUPPLIES BOUGHT FOR OLDER STUDENTS
AT HECTOR MEDINA COLEGIO, WITH MONEY GIVEN IN MEMORY
OF ONE OF OUR SUPPORTERS -**



- A SPECIAL MEAL PROVIDED BY CH TRUST -

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 £ _____

ADMIN

GIFT AID

The Inland Revenue has a scheme called Gift Aid where, if you are a UK taxpayer, CH Trust can claim back 25% on top of the value of your donations/giving. If that's you, it would be great if you would complete the Gift Aid details on the back page of this newsletter. We will do the rest. Please remember to tell us if you drop out of paying tax.

GENERAL FUND DONATIONS

Contact Details

See front page.

Bank Details

To (Bank) Name: HSBC	Sort Code: 40-19-37
Account No: 61589865	Account Name: C H TRUST

SPONSORSHIP DONATIONS

Contact Details

Post: Mrs J Davidson, Trent Farm, Tenter Close, Long Eaton,
Nottingham. NG10 1HX

Email: sponsorship@chtrust.org.uk

Bank Details

To (Bank) Name: NatWest	Sort Code: 55-50-53
Account No: 64612155	Account Name: CHTrust sponsorship

CARD LIST

Cards are £5 except where indicated:

Food for a family in need
Fruit Trees
Food for a feeding centre
Education Kit (£15)

Invest in a Child (education)
Children's Christmas/Party Dinner
Exciting Reading for School Kids

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.
