



Reg Charity No 1112949

Zimbabwe A National Emergency

Your support enables ZANE to provide aid to around 2,600 destitute, elderly people.

2,110 children have received treatment to correct clubfoot as a direct result of your donations.

ZANE provides a life-saving nutritional food supplement to hundreds of school children each year.



Newsletter winter 2016

Thank you



Tom Benyon OBE

It's been a tumultuous twelve months, even by Zimbabwean standards. Zimbabwe sits on a knife-edge with tensions rising and the anticipation of change greater than it has been for some years. Yet whilst the people wait, hope and pray for change, the situation in their beloved country continues to deteriorate.

Zimbabwe is facing a "perfect storm". As Mugabe ages, a power vacuum is being created. The political parties are split into factions, as are the police and the armed forces. At the same time there is serious drought and famine

– an estimated five million people require urgent food aid. Exacerbating this already desperate situation is the knowledge that the country has been drained of US dollars and new bond notes introduced; leading to panic and a widespread fear of the return of hyperinflation and lost savings.

During this misery, the rest of the world is preoccupied by its own problems: South Africa has a crisis with Zuma, the drought has affected all the surrounding Southern African countries. The spotlight of the world's media is firmly focused on

the fallout from Brexit and the US election.

And so it falls to ZANE to continue to provide aid, comfort and a life-line to thousands of innocent victims of Zimbabwe's ruin. It is your generous donations that enable us to do this and I thank you wholeheartedly for continuing to support ZANE with such enthusiasm and acts of generous giving.

Here you will read a number of stories highlighting how your gifts have transformed lives. On behalf of the ZANE team and the many thousands of beneficiaries, thank you.

Diane's story

Diane lived on a farm for 16 years and had a comfortable and contented life with her husband. She remained on the farm after her husband died and found happiness again when she adopted a four year old son. This happiness was short-lived as her farm was invaded and stolen in 2002.

Diane and her son fled with just a suitcase, forced to leave their remaining possessions and a lifetime of memories behind. They moved to Bulawayo to live with Diane's sister where they adapted to city life and her son settled into school. They were dealt another blow when the hyper-inflation hit in 2008 and what little money they had saved was rendered worthless. Diane was forced to take a 40% pay cut and the family could no longer afford the rent or school fees.



Diane is now 77 and living in a one bedroom flat in a rundown part of town. A concerned friend alerted ZANE to Diane's situation. Our workers were distressed to find Diane severely malnourished and struggling with anxiety. She explained how tough life has become. *"My son is now 18 but can't find a job - there is no work here and he is bored and frustrated. He wants to work and everyday he looks for a job, but to no avail. We struggle to pay the bills. I make samosas to sell on the streets but my stove has broken and I can't afford to*

replace it. I sleep through the day to try and keep the hunger pains away."

ZANE is able to help Diane with a regular contribution towards her rent and a monthly food parcel. In addition, we provide a nutritional food supplement, e'Pap, for Diane and her son. *"If it wasn't for ZANE, we would not have a roof over our heads. Thank you for your help - without it, we couldn't survive."*

£28
will cover the
cost of providing
food for one destitute
elderly person for
a fortnight.

Two thousand lives transformed

The ZANE-funded clubfoot correction programme has treated an incredible 2,110 children to-date, transforming their lives. Treatment is carried out using the Ponseti method. This involves careful manipulation of the foot and plaster casting over a period of 4-8 weeks, followed by an achilles tenotomy (small incision to the heel tendon) and a further three weeks in plaster. Once full correction is achieved, the child needs to wear a brace for up to three years. Through the provision of ongoing training funded by ZANE, medical staff use this Ponseti method to treat and cure infants without expensive surgery.



£240
covers the cost
of the entire
clubfoot treatment
for one child.

sun herding cattle because their parents cannot afford school fees; you see mothers and children sitting on the roadsides selling bowls of wild fruits and get shadowy glimpses of men panning for gold or digging in dry river beds looking for minerals that they can sell.

As Christmas 2016 approaches, Zimbabwe is on a knife edge. Attempts at peaceful demonstrations to highlight the plight of ordinary people invariably result in riot police, tear gas, police beatings and arrests. Every day you watch your mobile phone for warnings about which streets to avoid, where demonstrations are underway and where tear gas is filling the air.

In the countryside the most common sight is of women and girls walking kilometres to collect water from rivers, carrying it home in twenty litre containers on their heads. In village after village you see children, who should be in school, out in the



A new wave of patriotism has emerged in Zimbabwe in 2016 called 'This Flag', and for the first time in decades people are standing together for the love of the country rather than a single person or political party. It doesn't matter if you've got a bucket of water on your head, are sitting on the roadside

Sisterly support

Sisters Frances, Mabel and Harriet have always been close but certainly didn't predict that they would be spending their twilight years living in the same retirement complex, entirely dependent on charity. All three had careers doing jobs they enjoyed and led busy and full social lives. They saved hard and planned to travel together and see the world when they retired.

That dream was cruelly crushed when they lost everything in Zimbabwe's economic crash. "Our savings literally disappeared overnight along with our dreams of cruises and visiting museums in Europe."



The three sisters now live just minutes from each other in tiny cottages in a retirement complex in Bulawayo. The sisters take comfort from each other and try hard not to dwell on their situation. *"If it wasn't for ZANE, we'd be in the gutter. We'll never forget how well you've treated us - we'll be eternally grateful."*

selling tomatoes, waiting for hours to withdraw a fraction of your own money from the bank, can't afford rent, school fees or medical treatment; the fact is that Zimbabweans are united in their calls for change in the country. God willing it comes soon.

A letter from Zimbabwe

Along the banks of a river in Zimbabwe the days start with a magnificent pink sunrise and end in golden sunset to the sound of grunting hippos. In the heat of the day crocodiles patrol the river while a myriad of colourful birds flit between towering riverine trees. In the surrounds, wildlife move soundlessly through the dry, scratchy bush: sable, kudu, giraffe, zebra and the shy, beautiful bushbuck; its white spots startling against the russet of its rich coat.

This is just one face of Zimbabwe. Another is the people: friendly, welcoming, resourceful, educated and endlessly patient but ravaged and exhausted after Zimbabwe's sixteen year long collapse.

We are a country held hostage by a leadership in power for 36 years; a leadership bereft of ideas, devoid of empathy and who have led us into the second economic collapse in just eight years. Transparency International reports that we are losing US\$ 1 billion a year to corruption and the police, local councils, vehicle and driving licence inspectorate and education sector are among our most corrupt institutions.



ZANE is one of the most impressive charities I have seen. The charity provides practical support to the most vulnerable people and does so in a way that caters for their mental and physical needs. ZANE has a dedicated team which focuses on building relationships. ZANE staff ensure that every penny raised is used to deliver results.

HE Catriona Laing CB
UK Ambassador to Zimbabwe



ZANE does invaluable, literally lifesaving work in Zimbabwe in providing essential support for those who can no longer help themselves - especially amongst our senior citizens. As ZANE extends its fundraising activities to Australia, I am pleased to endorse the importance of its work and guarantee that the money raised goes where it is needed most. I encourage fellow Australians to support them generously.

Matthew E K Neuhaus
Australian Ambassador, Australian Embassy, Zimbabwe

Some names in this Newsletter have been changed for security reasons



Over five million people in Zimbabwe require urgent food aid – a huge number of them children. In addition, thousands of children are not attending school, their parents unable to afford the school fees.

ZANE Kids is a ZANE initiative aimed at encouraging children and young people in the UK to

raise money for impoverished children in Zimbabwe. One day the situation in Zimbabwe will improve and the country will rely on the next generation to re-build the infrastructure, to teach, be doctors, etc. That is why it is so important that children in Zimbabwe are supported to attend school and to receive an education.

ZANE Kids aims to educate children in the UK about the

situation in Zimbabwe and for them to appreciate how fortunate they are to receive an education, to have food to eat and to understand and empathise with children so much less fortunate. We are asking children and young people in the UK to take part in fundraising initiatives to raise funds towards a number of projects supporting impoverished children in Zimbabwe. There have been several incredible efforts to date.



Reaching the Peak(s)

Earlier this year Milly Sinclair along with her sons Isaac (14) Silas (12) and her nephew Simeon (15) undertook the Three Peaks Challenge. This involved climbing the UK's tallest mountains – Ben Nevis in Scotland at 1345m, Scafell Pike in England at 978m and Snowdon in Wales at 1,085m – all in 24 hours. Incredibly, they completed the challenge with fifteen minutes to spare, despite climbing Scafell Pike in pitch darkness



and heavy mist. They raised over £4,500 for ZANE Kids which will be used to fund a teaching mentor at a school in Harare and towards educational resources for children attending the school.

On completing the challenge Milly said *"In Zimbabwe, for many people, there are no options to turn back from their difficult mountain climbs. There is no easy shelter from the storms. Their only option is resilience. To face, overcome and be strengthened by adversity, or simply not survive at all. We learnt about resilience, teamwork, encouragement and responsibility. However, teaching my children that they can make a powerful difference in the world by stepping out of their comfort zone and doing something challenging has been the most wonderful aspect of this adventure."*

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School support

Several schools in the seaside town of Whitstable have been fundraising for ZANE Kids by going to school dressed in the colours of the Zimbabwe flag. They have raised money towards a pop-up classroom at a school in Harare, enabling an additional twelve children to attend.

Do you have children or grandchildren who could take part in a fundraising event for ZANE Kids?

Would their local school consider a dress down day? Fancy holding a cake sale, quiz night or other fundraiser for ZANE Kids? Could your local Church or Rotary group get involved?

Pop-up schools

ZANE Kids is keen to secure funding to pay for more of these clever pop-up classrooms for children living in high density townships. Too many children living in these areas are not currently attending school – their parents simply don't have the funds to pay the school fees. However, by setting up pop-up classrooms in these areas, dozens of children will be able to attend each school, gaining a vital education. Children will follow a full curriculum but in addition will learn farming methods, helping them to grow maize to feed their families.



£1,500 will cover the cost of a pop-up classroom on wheels featuring storage, shelving, a teacher desk, display boards and two student tables.

£550 will pay for the books, pens and pencils for twelve children attending a pop-up classroom.



Three legs are better than two

Eight year old Eli and his five year old brother Zac undertook a sponsored walk with a difference – they were attached to each other! They completed a five mile three-legged walk from Wellow to Bath in October and raised over £1,400 for ZANE Kids. The funds raised will be used to provide treatment to cure six children with clubfoot in Zimbabwe.

Porridge with punch

ZANE supplies a nutritional food supplement called e'Pap to hundreds of impoverished people – both young and old - in Zimbabwe. e'Pap provides essential vitamins and minerals that are easily absorbed providing energy and alleviating hunger. Similar to porridge, it comes in a range of flavours and simply needs to be mixed with water. ZANE funds the provision of e'Pap for children and women in high density areas, for children at a school in Harare and for hundreds of pensioners – all dealing with

lack of food and at risk from malnutrition.

A member of the ZANE team in Zimbabwe recently provided this account of the power of this simple porridge. *"I walk into the women's ward at the old people's home and Ida's bed is empty. It's never empty. She's always there, sometimes sitting on the edge of the bed but most often lying down. I start to panic, and then I hear a clip-clop behind me and there she is, walking slowly but steadily*



towards me with a walker. She looks much the same as always: impeccably dressed, quietly dignified, but seeing her on her feet like this is a first. The nurses tell me this is how she is now. She gets restless lying or sitting on her bed all day and wants to walk. She's still painfully thin but there's new life in her somehow, new energy.

When she reaches her corner of the ward she doesn't go to the bed but instead sits upright on a chair. Is it possible to have a second chance at life when you're well into your 70s, and thin and frail? The nurses say it is, and they're accrediting her new vitality, and that of some of the other residents, to the e'Pap. You can even see an improvement in their skin."

e'Pap is a registered trade mark

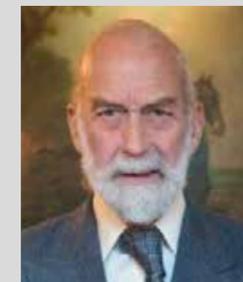
Running for ZANE

The ZANE team are joining the efforts for ZANE Kids too. Our Fundraiser, Camilla, took part in a half marathon raising over £1,800 to provide a pop-up classroom in a high density area north of Harare.

We would like to thank **David Saunders** who cycled 50km, ran 5km, climbed 500 stairs and undertook an abseil for ZANE. Good luck to **Sidney Zindere** and **David Wigg** who plan to run the 2017 London Marathon for ZANE – thank you for choosing to support us.



Just £5 provides a monthly supply of e'Pap for one child or pensioner.



I have supported ZANE for many years as they do excellent work amongst the vulnerable in Zimbabwe.

HRH Prince Michael of Kent
GCVO

Faith's story

Faith's home was demolished in 2012 as part of the Zimbabwe government's 'clean-up' operation – entire high density communities were bulldozed leaving thousands homeless. She was given no warning and lost not only her home but all her possessions too. Faith thankfully came to the attention of ZANE staff who found her living in extreme poverty. Separated from her children, she was sharing what can only be described as a shack with several other women. ZANE supplied Faith with food and essential medication and she joined a creative therapy programme. She showed great enthusiasm to learn and interact in the group. It wasn't long before Faith quickly picked up the sewing skills in which she was being trained. She excelled in making cushion covers, placemats and table runners. Faith volunteered to visit homes of other vulnerable women and help

wherever she could. Her vegetable garden was exceptional and was used as a demonstration plot to encourage others to farm to a similar standard.



Faith changed over the course of a year from being depressed and lacking self-confidence to laughing, taking initiative and leading the others in the group. Her confidence grew and she diligently applied whatever she learnt. Faith went on to find employment in a small factory making cushion covers and started a new life. She encourages other women ZANE works with to step out in faith and

confidence as she did. However at the end of last year, Faith lost her job when the factory closed. In a country with 90% unemployment, she struggled to find work. ZANE helped Faith through this difficult period, assisting with food packs, medical bills and school fees for her children.

ZANE recently introduced Faith to a school near Harare. After a period of successful volunteering at the school, Faith has secured a job as a student mentor. *"Without the support and encouragement from the staff at ZANE, I wouldn't have picked myself back up. The skills and counselling I received helped me find work and enabled me to regain and support my family. Thank you for saving me and my family."*

£205 will cover the monthly salary of a teaching mentor at a pop-up school in a high density area.

Support for Soldiers

Through its partnership with the Royal Commonwealth Ex-Services League, ZANE supports a number of ex-service men and women, and their widows. These brave veterans served the Western democracies in their darkest hour.



One such person is **Harold**, age 91. Harold served as a Sub-Lieutenant in Burma and Africa and was awarded the Burma Star. He later worked as a Civil Engineer for the Ministry of Works for 32 years. His wife was a pharmacist and they both worked hard all their lives and raised three children. Sadly, their savings disappeared and they became two of the many victims of Zimbabwe's economic freefall. Today Harold and his wife are suffering with

dementia and struggling with the increasing costs that their medical conditions demand. Thanks to the generous support of ZANE donors, we are able to help Harold and his wife in the evening of their lives.



Another is **Taneka**, 89 who lives in a rural area in a three room brick under iron roof house owned by her only surviving son. Her husband Francis served from 1939 – 1946 and fought in the Burma campaign, receiving the Burma Star & Service medal. He died of pneumonia in 1981. Taneka sleeps on a reed mat in the kitchen in the warm summer, moving into an internal room in the winter or when it rains.

Taneka's son pays for a female carer to take care of her needs. The carer fetches wood for the fire, cooks and cleans. She also transports Taneka six kilometres in a wheelbarrow to the local clinic when required. Taneka is well cared for but suffers from a range of age-related conditions which require regular treatment and medication. Taneka's son has struggled to find employment over the years but is now working for the Harare Municipality. However, he often goes several months without a salary. ZANE is able to provide Taneka with a small grant ensuring she receives the essential medication required and has sufficient nutritious food to eat.

£57 covers the monthly life-saving drugs for a pensioner with high blood pressure and heart disease.



Our oldest beneficiary is Zandi who is 113. Zandi is in remarkably good health with a great sense of humour and is a much loved resident at her Bulawayo care home where ZANE contributes towards her nursing fees. The secret of her youth? Coca-Cola, apparently!

Encouraging self-sufficiency

ZANE funds a number of projects encouraging self-sufficiency including teaching women and children to farm as well as creative therapy programmes teaching craft skills such as sewing, embroidery and beading. It also funds a loan scheme in a high density community near Bulawayo, encouraging people to start



small businesses. ZANE assists groups of women to help themselves through transforming aid into trade. With initiative and perseverance, most of these women are slowly lifting themselves out of poverty. Each group is loaned \$100 seed capital money to either manufacture or buy produce, which is sold locally. The small businesses set up to date include making and selling polish, washing up liquid, donuts and aprons. Profits are shared amongst the women to provide food for their families. After a year, the loan is expected to be repaid. *"This project has changed our lives. I'm able to help my sick mother and send my children to school. Thank you."*

Queuing in vain

One of the most common sights in every town and city over recent months is of hundreds of people standing in lines and sitting on pavements waiting to try and withdraw their own money from the banks. Zimbabwe has mysteriously run out of US dollar bank notes and withdrawal limits have plunged from \$1,000 to just \$50 per person per day. All too often, after queuing for hours, people find the bank has run out by the time they reach the front. The recent release of bond notes which will not be recognized or exchangeable outside Zimbabwe has caused widespread panic and in recent weeks supermarket shelves have been emptying of many basic goods.

Please help the people of Zimbabwe continue to get vital aid and support

2111216

Title _____ Initials _____ Surname _____
 Address _____
 Postcode _____ Tel _____ Email _____

Please complete this form and send it to: FREEPOST RSBR-YLRX-UBUH, ZANE, PO Box 451, Witney OX28 9FY

Preferred use of gift: Trustees' Discretion , Pensioner Work , Impoverished Communities , Clubfoot

giftaid it Please tick the box below and make this gift and any donations made in the future, or made in the past 4 years, worth 25% more with Gift Aid. Gift Aid is reclaimed by ZANE from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

I am a UK taxpayer and understand that if I pay less income tax and/or Capital Gains tax than the amount of Gift Aid claimed on all of my donations in that tax year, it is my responsibility to pay any difference.

Date _____ Signature _____

Please notify ZANE if you

- Want to cancel this declaration
 - Change your name or home address
 - No longer pay sufficient tax on your income and/or capital gains
- Please consider leaving a gift to ZANE in your will. Tick here for further information

DONATE BY CHEQUE OR CARD

I enclose a cheque for £ _____

cheque payable to "ZANE: Zimbabwe A National Emergency" or please debit my Debit/Credit Card for £ _____

Mastercard Visa Amex CAF Debit Start date Issue No

Card no Expiry date

Security Code Name on Card _____

