

PARTICIPATION FORM

Please tick the relevant boxes below if you might be able to help with any of the following:

☐ I can offer Tom's party (3 people) a meal and beds for the night

☐ I would like to walk with Tom and Jane from (please see provisional route)

☐ I will be walking and would like to collect my own sponsors, please send me a sponsorship for

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Phone me on

or email

***This could be me:
this could be you.***



Sisters Betty and Sylvie *, are both in their 80's and have lived in Zimbabwe all their lives. Betty had a career in a biscuit factory and Sylvie worked in a care home. Neither married but they lived valuable lives surrounded by friends. They lived prudently. Both saved for retirement.

Their dreams, however, were shattered in 2008/9 during the first bout of Zimbabwe's hyper-inflation when their pensions and savings were obliterated overnight. Betty, the elder of the two, was laid off when the factory closed down and she struggled to find sustainable work. Sylvie suffered complications following hip surgery, which greatly restricted her ability to work.

The sisters survived for years with help from friends and the money Betty earned from temporary admin jobs. However, in 2017, their situation became desperate. They both suffered poor health. Suddenly they couldn't pay the rent on their cottage or afford food and medicine. Weak with hunger and suffering from anaemia and with no medicines, the sisters were referred to ZANE. They now live in a shared room in a care home. Sylvie can no longer walk and Betty has lost her hearing, but they are safe and well fed and cared for, thanks to ZANE's generous supporters.

"Finding we were destitute was a bitter blow but ZANE's support has been life-saving. Please thank ZANE's donors for their great generosity."

REASONS TO SUPPORT ZANE

1. ZANE provides aid, comfort and support to 2,100 impoverished pensioners with nowhere else to turn. Only those genuinely in need of assistance receive it.
2. Donors can choose which area of ZANE's work they wish to support.
3. ZANE was the Telegraph Group Overseas Charity of the year.
4. ZANE is looking after over 465 aged and frail veterans and their widows. These people fought for the Crown in WW2, Malaya, Korea and Aden. Without ZANE, they would be living with insufficient food and no healthcare.
5. ZANE runs education programmes in the high-density areas assisting women and children living in extreme poverty.
6. ZANE funded the first clubfoot correction programme in Zimbabwe. Fifteen treatment centres have been established and over 6,200 children have received treatment to date.
7. ZANE runs a unique medical programme, providing basic medication to pensioners (including war veterans and their widows) for the treatment of conditions such as hypertension, diabetes and prostate issues.
8. ZANE ensures your donations are subject to rigorous audit and ZANE is proud that since its foundation it has never lost money to collapsed banks, middlemen or corruption.
9. ZANE asked an independent consultancy to review ZANE and the report stated:
"The charity thrives on its responsiveness,



Reg Charity No 1112949

ZANE: Zimbabwe A National Emergency

*Identities have been changed on grounds of security.

ZANE Walk 2025
1-15 September
Gravesend to Folkestone
The Walk & Work Continue



The Saxon Shore Way and King Charles III Coastal Path.



Reg Charity No 1112949

ZANE: Zimbabwe A National Emergency

For the 16th year, Tom, Jane and their dog, Moses, will continue walking to raise funds for the destitute pensioners ZANE supports.

PLEASE SPONSOR US TODAY AND SAVE LIVES

Dear Reader

We and our dog Moses propose to walk again. Why? Because ZANE's commitment to the destitute people in Zimbabwe remains absolute.

We walk because ZANE remains the only lifeline for many of the old, the hungry and the sick. We walk to help the most vulnerable and marginalised people in Zimbabwe; we walk to support those who have nowhere else to turn but ZANE.

Imagine being old in a country where there is no material healthcare. Imagine being old with no social services to rely on. Imagine being old and sick when your pension and savings have been stolen because of rampant bouts of inflation.

We walk because life in Zimbabwe remains a relentless battle for survival; hospitals are struggling without power and water, let alone essential medical supplies. Today, nurses and teachers earn barely enough to pay essential bills, and parents are unable to support their children.

FOLLOW THE BLOG

Read Tom's walking blog at www.zane.uk.com



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I much admire ZANE's valuable work amongst the poorest of the poor in Zimbabwe, particularly amongst pensioners, and for its clubfoot programme.

The Rt Hon Sir Andrew Mitchell KCMG MP
Former Secretary of State for International Development

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Thousands of destitute pensioners lack food and medicine. We walk to help people like Betty and Sylvia - see their story overleaf; honest, hardworking people who deserve a different evening of their lives.

If you can, please sponsor our ZANE walk. Your donations and messages of support inspire us to keep walking. Your kindness and generosity save lives. It also sends a message of hope. By supporting ZANE you are letting the vulnerable know they are not forgotten.

We see them. We hear them. We walk to support them.

Yours sincerely

Tom Benyon

Jane Benyon

Tom and Jane Benyon



ZANE Walk 2025 1 - 15 September



If you would like to walk with Tom & Jane, please complete the form overleaf

Day	Date	Start Point
1	Mon 1-Sept	Gravesend
2	Tue 2-Sept	Cliffe, Rochester
3	Wed 3-Sept	Hoo St Werburgh
4	Thu 4-Sept	Fort Apache, Gillingham
5	Fri 5-Sept	Lower Halstow
6	Sat 6-Sept	nr Kemsley
7	Sun 7-Sept	REST DAY
8	Mon 8-Sept	Conyer

Day	Date	Start Point
9	Tue 9-Sept	Faversham
10	Wed 10-Sept	Seasalter
11	Thu 11-Sept	Herne Bay
12	Fri 12-Sept	Rivercroft, Upstreet
13	Sat 13-Sept	Sandwich
14	Sun 14-Sept	Walmer
15	Mon 15-Sept	Dover
		End Folkestone



Can you help with accommodation?
If you live close to the route and could accommodate the party of three (Tom, Jane and their support driver), please let us know by ticking the box on the Participation Form overleaf.

RESPECTING YOUR DATA Like any charity, we could not do our important work without being able to communicate with valued supporters like you. ZANE will never sell your data to any third party. You can find more information about how we use and look after your data and your rights, including what to do if you want to hear from us less or stop hearing from us, in our Privacy Policy. You can obtain a copy of this on our website (www.zane-zimbabweanationalemergency.com/policies.asp) or by:
a. calling 020 7060 6643 b. emailing info@zane.uk.com c. writing to us at ZANE, PO Box 451, Witney OX28 9FY.

SPONSORSHIP & DONATION FORM

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Zimbabwe A National Emergency Registered Charity No. 1112949

You can make a donation by phone 020 7060 6643 or online www.zane.uk.com

Title	Initials	Surname
Address		
Postcode		
Tel		Email

Please tick if you are happy for ZANE to send you updates by email ☐



Please complete this form and send it to: **ZANE, PO Box 451, Witney OX28 9FY**

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

If a specified project is fully funded, donations will be used where most needed.

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
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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

I enclose a cheque for £ payable to "ZANE: Zimbabwe A National Emergency"

DONATE BY CARD

or please debit my Debit/Credit Card for £

Mastercard Credit ☐ Visa ☐ Amex ☐ CAF ☐

Name on Card

Card no

Start date Expiry date