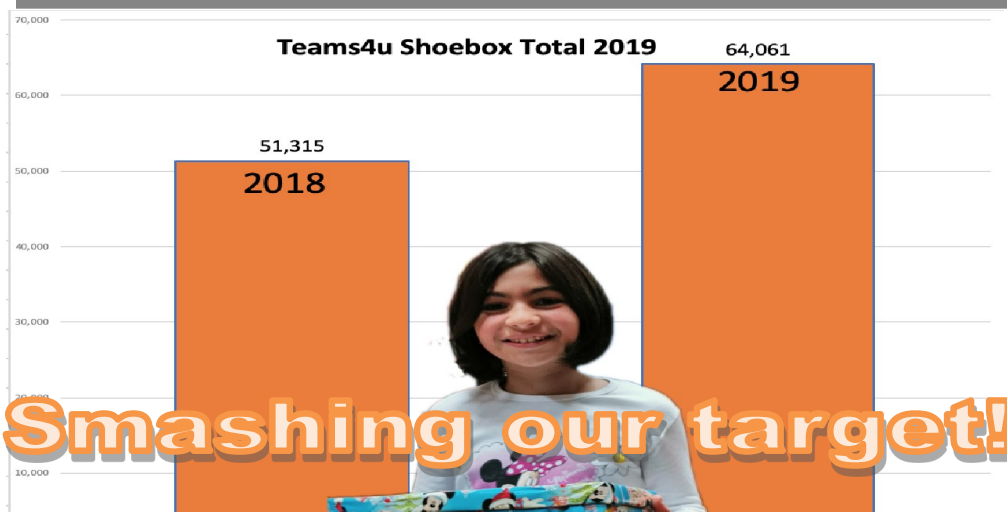


January 2020



Smashing our target!

Thank you for a phenomenal year...

Apart from the incredible joy contained in every one of those precious boxes, what has been so exciting about this year has been the number of you who have stepped forward to run the appeal across the UK. We have loved seeing our Teams4U family grow with new Shoebox centres established in Derby, Nottingham, Burton-on-Trent, Kidderminster and Portsmouth, plus many others collecting across the country from Aberdeen to Cornwall. We know we say every year that we can't do it without you, and the evidence speaks for itself—over 35 areas, countless volunteers and man-hours resulted in over 64,000 children and families blessed this Christmas! Thank you!

Where did they go?

Nationally, shoeboxes travelled to displaced people groups in Breza, Bosnia; orphanages and poor communities in Minsk, Belarus; marginalised communities in Bihor, Bralia and Tulcea, Romania; deprived communities in Moldova; and, for the first time, we are shipping boxes to Kumi, Uganda.

What difference do they make?

We're always asked what's the impact of the shoebox program? It's so much more than simply a box containing a few material goods. Each box is an expression of kindness and compassion that says to the child "You matter; I care". Thank you for reaching out and speaking to the hearts of children, through a shoebox, across Eastern Europe and Uganda!

Celebrating 2019

We are deeply grateful for all your support enabling us to continue making an impact across the world:

- **64,061** Shoeboxes head to Eastern Europe & Uganda
- **9** volunteer teams across **4** nations impacted over **20,000** lives
- **1,500** Schoolgirls given washable sanitary wear
- **135** teachers educated in Menstrual & Reproductive Health
- **64** young adults completed a year of training in our vocational colleges
- **70** children with special needs had an activity programme in their orphanage
- **31** primary schools benefited from our WASH programme
- **7** employed in our new Ugandan sewing room manufacturing pads



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Teaching • Transforming • Treatment • Teams • Training

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 Tel: 01978 310110 Email: info@teams4u.com Web: teams4u.com
 Registered charity no. 1114131

A year in Review

Establishing Koindu College:



Last September we opened a new vocational centre in Koindu, a town in Sierra Leone on the border of Liberia and Guinea. The local village chief has provided rooms rent-free and, to date, 25 students are enrolled training in catering. Many of the students are like Martha, who aged 17, has virtually no schooling due to difficult family circumstances that forced her to leave home and attempt to fend for herself. All of the students hope that securing a vocational skill will provide them with an opportunity of employment and the possibility of changing their lives.

Manufacturing in Mukongoro, Kumi:

In October we were able to provide schools with washable sanitary pads made locally in Càn y Goleuni vocational college, Mukongoro. Currently supported with funding, the micro-business employs 7 tailors, most of them graduates from the college, and aims to produce enough pads to support Teams4U's commitments in the area, plus make pads, schoolbags, liquid detergent and soap available for sale. We are very grateful to generous donors from Wales, including Wrexham based company DTCC, for funding sewing machines and the training from franchise "Days for Girls" in the manufacture of the pads.



Government Invite:

We were honoured to be the only NGO represented from the Teso region (which comprises 8 districts including Kumi) at the Ugandan Ministry of Education's Menstrual Hygiene Management day on 28th May. It was a privilege to speak for our Develop with Dignity project and discover more regarding how the country is nationally handling Menstrual health.

Kumi Guesthouse completed:

The T4U guesthouse in Uganda is now finished and has already hosted 4 teams! The house is spacious with 5 en-suite bedrooms capable of accommodating up to 20 people. Having this space has significantly helped team-life, providing space for briefings and team-exercises.

Going Forward... What do we have planned for 2020?

Develop with Dignity heads to Sierra Leone:



In April we were able to support 6 primary schools in Koindu with washable sanitary pads and underwear. This year, partly funded by the Wales and Africa grant scheme, we will be facilitating another 5 schools with pads and basic education on looking after their menstrual health. Currently, concerning reproductive health and family planning, Sierra Leone performs worse than at least two thirds of other countries and has one of the lowest percentages of female enrolment in Secondary education. We hope, through challenging stigma around menstruation and by providing resources to help the girls manage their periods comfortably, we will see more schoolgirls empowered to stay in education.

Schools Link Program:

As part of our commitment to Global Citizenship Education we have partnered 4 schools in Wales to 4 schools in Uganda. We look forward to seeing how this relationship benefits pupils in all participating schools.



Who's Who at Teams4U

Currently T4U employ 5 people and our UK office is located in Llay Industrial Estate, Wrexham.



Dr Dave Cooke

Founder of Teams4U. Fundraises and challenges the charity to come up with new ideas to support people.



Ziz York

Project Coordinator. Part-Time. Manages our Develop with Dignity and WASH programs, and coordinates our shoebox appeal.



Shirley Marks

Teams Coordinator. Part-Time. Organises all travel itineraries, flights and logistics whilst supporting the volunteers travelling with us.



Ben Omoding

Uganda Coordinator. Part-Time. Manages all internal logistics and additional staff during volunteer teams, plus oversees our long-term projects in Kumi.



Helga Sellu

Sierra Leone Coordinator. Part-Time. Manages all internal logistics during volunteer teams, plus oversees our vocational centres in Waterloo and Koindu.

Our Volunteer Partners

T4U are grateful to the following partners who support our charity in voluntary professional capacities:



Communicating Technology™

Provide all our IT support and professional email platform



disclosure services
Expert Support. Informed Clients. Clear Decisions.

Provided data inputting throughout the Shoebox Appeal

SAENTYS

Produced the graphic design for our annual Shoebox Appeal

Pearl Pawson

Manages our budgets, annual returns and Gift Aid claims

Tim Salter-Hewitt

Provides web-development support

Steve Hewitt

Films and edits our videos

Shinah Najjuma

Photographs our projects in Uganda

Our Thanks

- Many thanks to The Saltway Team in Droitwich Spa who kindly donated over £400 towards our projects
- A huge shout out to the Airbus, Broughton, for their kind donation of £350 to Develop with Dignity
- Our sincerest thanks to the family of Rosemary Bircher who made a donation in her memory
- Many thanks to the Nurses League in Blackburn Hospital for their donation of £200 towards our projects in Sierra Leone
- A huge shout out to St Hilda's Church, Manchester, for their generous donation of £472.50 towards our work around the world
- Our thanks to The Parish Church of All Saint's, Ladbroke, for their donation of £150 towards our work in Uganda
- Many thanks to the Lioness Club of Dursley for their donation of £100
- Our deepest thanks to those of you who have made the commitment to support us regularly by setting up standing orders—we are only achieving what we do through your consistent and faithful support!



Cynllun Grantiau Cymru ac Affrica Llywodraeth Cymru



Welsh Government's Wales and Africa Grant Scheme

Develop with Dignity

Developing a Supportive and Inclusive Environment for Schoolgirls aged 12-19 in Kumi, Uganda

Since starting our Develop with Dignity program (*providing washable sanitary pads and underwear to schoolgirls to enable them to stay in school during their periods*) we've learnt how challenging education can be for many schoolgirls. Few had been educated to expect their periods and many of them didn't know why girls have periods. Even though this district has the highest rate of teenage pregnancy in Uganda, the majority of girls were unaware of the dangers of unprotected sex and were fearful of using contraception (even if they knew where to get it).

In response to this Teams4U have been awarded two grants from UK Aid Direct and the Wales and Africa Grant Scheme to help tackle some of the misconceptions around menstrual and sexual health.

To date these grants have enabled us to run a Train the Trainers project, educating 186 teachers, 109 nurses, 155 religious leaders and 180 representatives from local Parent Teacher Associations on attitudes to menstruation, sexual health and the importance of tackling these taboos to protect their children.

What's the impact?

"I have learnt that family planning is good knowledge to be passed to the church and menstruation is normal in girls, not [a] sickness" Senior Pastor, Pentecostal Assemblies of God

"Family planning is not there to kill but for our development" Catechist, Oseera Catholic Church

Since the beginning of this project we have spoken to over 400 pupils about attitudes and stigma around periods. 55% reported that they'd had a lesson on their menstrual and/or sexual health in school (in contrast to zero before this project started) and we've recorded a 48% shift in how pupils describe periods. Instead of labelling menstruation as a "curse from God" or "sickness", they are now describing it as "normal" and part of a girl's healthy reproductive system.

Teams 2020

- **Apr 16th-26th Uganda**
Shoebox Distribution Team
- **Jun 20th-30th Belarus**
Summer Camp
- **July 12th-23rd Uganda**
Empowerment Team
- **Aug 12th-22nd Uganda**
Empowerment Team
- **Oct 19-30th Uganda**
Empowerment Team

Please contact our office for info on any of these teams

Travel with us!

We have many exciting opportunities this year to join us making a difference abroad! From summer camps in Belarus to icy shoebox distributions in Romania we have something to suit everyone. Please email info@teams4u.com to find out more!

Thank you for your continued support! We love hearing from you so please stay in touch!

Stay online with us:



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