



Summer
Newsletter
2023

The Legacy Edition

Welcome to the Legacy Edition

WELCOME

In this legacy edition of our newsletter, we take a closer look at one of our core programmes running in Zambia, and what it means for the young people who access it.

Our Peer Health Educator programme has reached over 50,000 children since 2001 – something we firmly believe supports young people for a brighter future. Find out about what the programme involves on page 4 and hear Peer Educator and student nurse, Chileshe Chikombola's story on page 5.

We feel especially grateful to anyone that supports our fundraising, and a special mention goes to Matthew Iles from Southborough High School in Surrey for leading a team of his colleagues through the London 10k, raising over £2000 for Cecily's Fund. Thank you, Matthew!

Many of you reading this newsletter will have been reading since our first edition. In the year of our 25th anniversary we want every supporter of Cecily's Fund to know how appreciated you are. Our work is reliant on your generosity, and children's lives are changing for the better because of it.

As we move into the later part of 2023, we're looking forward to marking our 25th anniversary with a special in-person celebration in Bristol. Head to page 7 for the details. We'd love for you to join us.

Thank you



Cecily's Fund is named in memory of Cecily Eastwood, who died in Zambia during her gap year in 1997. The charity was set up by her parents, Alison and Basil. Over the years, our work has helped over 20,000 children and we've spent over £6 million on projects in the country, building brighter futures in Zambia and helping to break the cycle of poverty.

Social

Follow us: Cecily's Fund



About and Contact

Cecily's Fund is registered charity no:
1071660.

We make education possible for orphaned and vulnerable children in Zambia.

Feedback: admin@cecilyfund.org

Supporter enquiries:
lwiza@cecilyfund.org

07983287093

Fundraising enquiries:
acooper@cecilyfund.org

Website: www.cecilyfund.org



A Closer Look—Peer Health Education

We've spent 25 years supporting children in Zambia in the hope of creating better lives for the most vulnerable and disadvantaged children.



Many of you will know we do this through educational programmes, but what difference can we make when education goes beyond academic skills?

Our Peer Health Education (PHE) programme is a collaboration between Cecily's Fund and The Copperbelt Health Education Project in Kitwe, Chingola, Luansobe (forming the Copperbelt) and Lusaka. Each year the PHE programme identifies and trains talented and willing young people who have been supported through Cecily's Fund to become Peer Educators.

Peer Educators are trained to instil behaviour change and provide confidence, essential life skills and knowledge. Peer Educators lead interactive sessions with pupils on sexual reproductive health, HIV/AIDS, Covid-19, basic rights, gender equality, relationships, substance and alcohol abuse, peer pressure and safety.

Cecily's Fund is also working hard to expand the Peer Education programme so that young people are made aware of their responsibilities to protect the environment and reduce the effects of climate change.

Our first PHE programme started in 2001 and focused on schools in Kitwe. By 2019 we were reaching over 3,000 pupils each year, across 52 schools. Its success saw the charity secure funding to pilot a 3-year programme in Chazanga, on the outskirts of Lusaka. This has gone from strength to strength and PHE is now being taught in schools in neighbouring districts too.

The majority of schools the PHE programme operates in are poorly resourced community schools. The children attending them are from impoverished and vulnerable communities.

Some children are living with one parent, in crowded households with an aunt or grandmother, or with older siblings taking on the role of parents. Poverty is extreme and

opportunities to gain a better life are severely limited.

We believe the success of the programme comes from young people delivering the sessions. Peer educators are very close in age to the children they are talking to in the classroom; they are seen as role models by the younger children who look up to them and feel they can confide in them in a way they find difficult with parents, carers or teachers.

Cecily's Fund secured funding from two major funders, Comic Relief and UK AID from 2015 to 2019, to deliver Peer Health Education in local communities, with the aim of reaching children no longer in school because their families were unable to pay school fees. We also wanted to reach young people who had completed school but were unemployed.

This is where Sunshine Clubs were developed. Integral to the training provided for these young people was sexual reproductive health information as well as other life skills like financial literacy and entrepreneurship. Sunshine Club leaders were previously Peer Educators, so they had the skills and knowledge to take on this much more challenging role.

Your support enables us to continue delivering programmes like our Peer Health Educator programme to children in Zambia.

£15 a month allows a peer health educator to share these essential life skills that can benefit generations. Donate now at www.cecilyfund.org/donate or via the back page of this newsletter.

The Legacy of PHE



When Cecily's fund began 25 years ago, it was built on the idea of legacy. We believe in sustained effort for long-term change, and that's exactly what our Peer Health Educator programme is designed to support. This is Chileshe's story.

Chileshe Chikombola was born 27 years ago in Kitwe and raised by a single mother. While at secondary school, Chileshe attended an ANTI AIDS club and later she trained as a Peer Health Educator and a Sunshine Club leader. Now, she attends Kalulushi Nursing School.

".... Having to grow up in a financially challenged home in Zambia with a single mother, education of a girl child is considered a luxury and not a necessity. When I qualified to grade 8, my mother couldn't afford to pay the school fees or buy other items. She only paid a k100 (just over £4) and I was going to school in home clothing. My grade teacher recommended that I be assisted by Cecily's Fund's and after a full assessment they paid for my school fees and my school uniform.

"Now, when I come home for weekends from college, I offer motivational talks with 'out of school' youth. I also give advice to other leaders on many issues regarding mobilisation and career guidance.

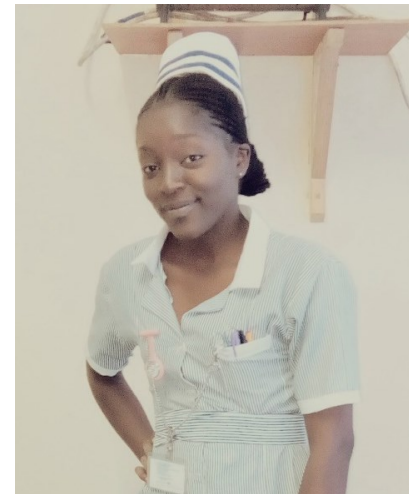
"I grew up in a family of eight in Chimwemwe township. I am the only one with tertiary education. My mother sells roasted and boiled maize at Nakadoli market with two of my half-sisters. On average, we have at least two meals a day and on a monthly basis she raises about k1500 (just under £60) from her maize sale.

"PHE has helped me understand the importance of delayed sexual debut and the impact of indulging in sexual activities as a young person. I became critical on many issues that affect my health and my wellbeing. Joining the clubs both during and after school gave me an opportunity to learn the art of saving money no matter how little it could be. Looking at my peers in Chimwemwe, they have

dropped out of school due to pregnancy and, consequently, been married off at a tender age while others have engaged

themselves in the sex trade.

"This would have been me had I not joined the Sunshine Club. Through the Sunshine Club, I decided to study nursing so that I could use the skills obtained from my time as a Peer Health Educator and Sunshine Club Leader combined with those of my nursing education to help these girls.



"Many of my mother's friends including some of my peers keep asking me how I

managed to get where I am now or what can they do to better themselves. Being raised by a single mother with no formal education or employment, many people thought that I was going to fail at everything and get married off. My achievement has inspired a lot of young people in the neighbourhood. They use my story to encourage girls on behaviour and attitude towards life in general.

"Cecily's Fund's PHE programme is very important because it looks at the young people who are disadvantaged by being vulnerable or orphaned. It's so important because it gives hope to the hopeless young people through education and life skills. It is so important because it has given another version of the HIV pandemic in Zambia. The version that even though a young person is orphaned by AIDS, there are people who care and are able to help anyone regardless of one's status in the community."

Zambia and beyond



When Cecily's Fund was launched 25 years ago, we had no idea of the numbers of children we would go on to support. What began as a collaboration with CINDI, the local Zambian NGO where Cecily had been working, quickly evolved into an opportunity to make a much larger impact. Our programmes developed and the level of support expanded. We're now proud to run programmes which directly recruit young people we have previously supported through education to reach even more children with crucial knowledge and resources.

Our focus was to continue the work Cecily wanted to achieve herself. In such a concentrated area, it was easy to see the immediate issues communities, and particularly children, were facing. Cecily's parents used the money raised at Cecily's funeral to place orphans in CINDI's care into school for a year. From there, the support we provided took a natural route and expanded exponentially.

Now, we're proud to say the legacy Cecily's Fund is creating is something that could reach far beyond Zambia. By creating outstanding programmes that tackle social issues as well as education, like our Peer Health Educator programme, we're not only seeing the direct impact on the young people involved, but the potential to set examples that could be rolled out across other areas where it's needed.

We want to build on our reputation. We want to create legacies in communities. By supporting over 50,000 children, you have helped us reach even greater numbers with the messages and resources that are passed from young person to young person, positively impacting whole communities.

Our unique approach to creating access to life-saving information, health and wellbeing creates a multi-generational ripple effect which will serve families for years to come.

Will you continue supporting us through the next part of our journey?

HOW OUR WORK IS EXPANDING

Our history and legacy

When Cecily's Fund was founded in 1998 to honour the life and volunteer work of Cecily Eastwood, HIV and AIDS was a widespread crisis in Zambia. While primarily a health crisis, HIV creates secondary social crises affecting those without the illness – mainly children.

24% of children aged 15 to 17 have lost one or both parents. When this happens, they become parents for their younger siblings, taking on the responsibility of raising a family and running a household – neither of which leave time to attend school or learn essential life skills for their own health and wellbeing.



It is estimated that secondary education for girls could virtually eliminate child marriage and reduce the number of babies born to girls under 18 by 75%.

Towards the end of the 1990s a few hundred orphaned children had been placed in school. Now, it is several thousand.

It is estimated that secondary education for girls could virtually eliminate child marriage and reduce the number of babies born to girls under 18 by 75%.

With statistics like these, it's easy to see why our holistic focus goes beyond education – something we believe should be accessible to every child – and incorporates essential life lessons to allow healthier and safer families for generations to come.



News and events

Join us in September

We would love for you to join us in person to celebrate our 25th anniversary on 16th September 2023 in Bristol.

Cecily's Day Celebration from 1.30pm

An afternoon of remembrance and celebration, hosted by the charity's Co-Founders, Basil and Alison Eastwood. We'll be sharing our latest news and providing the chance to meet other supporters and the charity team.

Find us at St Paul's Church, St Paul's Road, Clifton, Bristol from 1.30pm on 16th September 2023. Refreshments will be provided.

Gala dinner sold out

Celebration Black Tie Gala Dinner aboard SS Great Britain

Our first-class dinner aboard Brunel's fully restored SS Great Britain, the world's first ocean liner much admired by Queen Victoria, will take place in Bristol dock from 6pm on 16th September.

Tickets are now sold out. If you would like to join a reservation list, email basil.eastwood@gmail.com

Would you like to fundraise for us?

Communities like yours can make a world of difference to the children we support. By fundraising with your family, friends or community groups, you could provide the legacy education brings and benefit families for generations to come.

For a fundraising pack or more information, get in touch with Anne Cooper today: acooper@cecilyfund.org

For a fundraising pack and ideas visit:

cecilyfund.org/fundraise

A race to be proud of

Staff from Southborough High School in Surbiton, Surrey ran the London 10k this summer, raising over £2000 for Cecily's Fund!

Matthew Iles, a teacher at Southborough, led the team of 10 colleagues, including the school's headteacher, Niall Smith.

Matthew said: "Despite some initial and understandable low-level anxiety and keen expectation, the team rose to the occasion, with Dan Best finishing in a staggering 42 minutes and 35 seconds, coming 998th out of a field of just under 18,000!"

"The seasoned veterans, David Johnson, Meghan Brannigan, Darren Sowerbutts, Niall Smith and I put in an experienced, accomplished and polished performance."

We would like to thank Matthew and the whole team of runners for their effort and fundraising. The money raised will have a significant impact on our upcoming work.





Change a Life Today

Your gift makes a difference:

£5 supports our feeding programme

£50 helps to keep a child in school for a year.

A regular donation helps us to plan ahead, and gift aiding it helps us claim an extra 25p on every £1 you give. Your personal data is only used to process your donation and keep you updated with our work.

Please return this form to:

Cecily's Fund,

PO Box 811

BANBURY

OX16 6TQ

Thank You for your support!

DONATION FORM

Yes, I want to give Cecily's Fund a donation of... £

Gift Aid: I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference. This includes any donations I make in the future or have made in the past four years.

Please tick to confirm the above:

Title

First name or initial(s)

Surname

Full home address

Postcode

Email

Date

Signature

This form **must** be signed in order to be valid.

Registered Charity No: 1071660

Bank Standing Order Mandate

(Please also fill in the left-hand side)

This is an instruction to your bank. Please fill in the form, return it to us, and we will process it for you.

Please pay Cecily's Fund

CAF Gold, Sort Code 40-52-42 A/C No. 00089893

The sum of: £

Each month

Each quarter

Each year

One off

until further notice

Date of first payment

Bank name

Bank address

Name of account holder

Account number

Sort code

Signature

Date