



## NEWSLETTER

### Emergency Food Programmes

*Together this Christmas we supplied Food Support for over 1,000 Children and their families in Zambia and Nepal; from Lusaka to Kathmandu.*

Across 14 Projects together we 'Helped a Lot'  
With the support of our Friends in Nepal and Zambia we had a very busy but rewarding Christmas.  
Please keep up your Support into 2023  
*Thank you, Seamus, Pauline and all the Children.*

<https://youtu.be/GDkuuQ850ck>

### Street Children - Kathmandu

*This was our first of many Food Programmes we held over the Christmas period for Vulnerable Children in Nepal & Zambia.*

Today Anil and myself took over 100 food packets of Egg Rice with the mango drink to the Street Children in Boudha area of Kathmandu. There were more than 150 children so we had to share! It was very difficult for us to distribute the packets as everyone was hungry. They were all happy to get the food: thank you TOUCH Ireland for your support!

*Khemraj Puri – Phoenix House*

### Namakaka Community School



Hi, I arrived in Namakaka with the maize meal after a long and difficult ride on the muddy road. I did the Food Programme the following Morning and the community was very happy and thankful for the maize meal donated to them by TOUCH Ireland for Christmas. It is unprecedented for them to receive gifts at Christmas in form of maize meal since the beginning of the school in 2003.

This donation was made to families with children at our school.

This donation has worked as a pull factor as I could hear some parents saying they will bring their children to Namakaka Community school come next year.

*The Namakaka Community sends their appreciation to all in TOUCH Ireland, Evaristo.* Please see Video: <https://youtu.be/A-0QzERL3jI>



Left to Right: Kandongo, Kaoma Zambia.  
Phoenix House, Kathmandu, Nepal  
WHISPER Centre Mongu, Zambia

**Donate to TOUCH Ireland**

By PayPal on the TOUCH Ireland Website: <http://touchireland.net/> - By Cheque made out to TOUCH Ireland or by Cash

Please send your Donation to TOUCH Ireland, 17 Monread Meadows, Naas, Co. Kildare

## Education Zambia & Nepal



### **TOUCH Ireland Class of 2022 (Zambia)**

These are the eight students who graduated in 2022 with sponsorship, support and assistance from TOUCH Ireland. They all had dreams for a good education and with your help they were able to pursue and fulfill them.

*Photo from Left to Right:*

- Nalishebo Mulima – Degree in Physiotherapy
- Naomi Kasono - Degree in Nursing
- Bianca Mushily – Degree in Development Studies
- Tanim Chibamba - Degree in Nursing
- Leonia Nawa – Diploma in Environmental Health
- Jose Rufino – Diploma in Midwifery
- Victoria Mulenga - Diploma in Midwifery
- Esther Walubita – Degree in Teaching

We know they all have bright careers ahead of them!

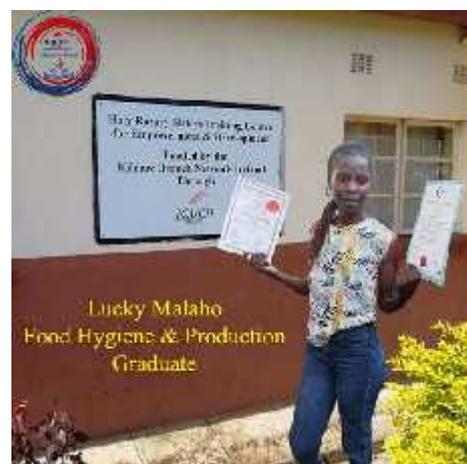
We hope also that they will carry on the tradition of TOUCH Ireland and support others in their lives!

***Congratulations to each of them again!***

***Adversity is inevitable in our lives, but how we deal with it can make a huge difference. We can choose to make excuses and give up, or we can choose to be determined! Congratulations to Lucky Mahelo who completed the 'Food production & Hygiene course in Chipapa Skills Training Centre, Lusaka.***



**Despite COVID 19 and personal issues in her life, Lucky overcame her obstacles and completed her Food Production & Nutrition Course. Here she is proudly receiving her Certificates!**



## Nepal



### **Congratulations to Susmita Bantha**

on her achievement completing her Nursing Diploma studies. Susmita has been sponsored by TOUCH Ireland through her education for over 10 years and part sponsored for her Nursing studies. She recently completed her Nursing Licensing course funded by TOUCH Ireland. We wish her good luck with her Nursing experience in her village.



### **Skills Training in Nepal!**

Nisma Thegim is a young girl who is from Eastern Nepal. Nisma got a small job minding the children at Phoenix House. After discussion with her about her future we agreed to send her on a Tailoring Course in Kathmandu. Women and young girls especially in rural area's, are often poor and have no chances. In most cases, the parents arrange their marriages, which according to Nepali tradition, the young women moving in with their new parents-in-law. This is one of the most important reasons that, in Nepal, there is no money for a girl's education.



In most cases, poor families don't have enough money to pay for a good education for their children anyway.

If they can become certified seamstresses, young Girls would be enabled to generate their own income, thus becoming full participants in society.

Thanks to your Support Nisma is getting her chance!

### **TOUCH Ireland Breaking the Poverty Cycle!**

Nepal is the poorest country in South Asia and ranks as the twelfth poorest country in the world.



About four-fifths of the working population live in rural areas and depend on subsistence farming for their livelihoods. In these areas the majority of households have little or no access to primary health care and education. Life is a constant struggle for survival. Some poor families in Nepal are often obliged to send their children to work rather than to school. In this way, the poverty cycle is perpetuated into the next generation.

## Projects – Namakaka Community School



When you look at the school it will remind you of many a school we have replaced over the last twenty years and there are still so many more of them! However when you stop and think how Evaristo came through with TOUCH Ireland support and now he will go forward and continue to educate other children in isolated areas, then it is surely worth it.



### School Materials

With your support in 2022 we provided some Educational Materials and carried out a Food Programme at Christmas for these children. In 2023 we will build a solid school structure consisting of a two classroom block with one office.



**The Headman of Namakaka Village** tells how grateful he is for the support of TOUCH Ireland.

We have been here for so long without any support or development! He urges the parents to bring their children to school so that they can be the future! Through the support of TOUCH Ireland, it can be a sign of good things to come from their support. <https://youtu.be/ToJgYlfg8c>

**Leave no child behind** - You can be forgiven for thinking sometimes “is it all worth it” does anything ever change! **Well Read ON!**

Access to good education is a huge problem in vast rural areas of Zambia. In a small clearing, around 190 children sit in a makeshift classroom of Mud Blocks and a straw shelter. This was set up by the community themselves, with the resources they have. However Bush schools like Namakaka Community School provides a space for education for Children. There are no toilets, desks, or even chairs in the school.

**However what is surprising is the level of enthusiasm for school as children walk up to 10km from their homes in the surrounding area.**

**This is Evaristo Matola;** he attended St. Patrick’s Community School built by TOUCH Ireland in Mapepe, Lusaka. We subsequently trained him to become a teacher.

His first assignment is to Kapondo district in Southern Zambia. This is an extremely remote village in the Bush. Indeed it is isolated for five months in the Rainy Season.



One of the mothers gives her appreciation.

I am so grateful and excited. Widows like me have no means of finding money to buy books like these for my orphaned children Thank you so much for your support! May God Bless you all.

**“If you wish to move mountains tomorrow, you must start by lifting stones today”—so goes an African proverb.**

## RUNAMUCK for TOUCH Ireland '23

### New School Block for Namakaka in 2023

[https://www.njuko.net/runamuck2023/select\\_competition](https://www.njuko.net/runamuck2023/select_competition)

To register...click on the above link...scroll down to Team entry of Team of 20 and over...enter Team name of Team TOUCH IRELAND and follow registration instructions. After the 10th of February, entry prices go up, so please use the discount code of TOUCHIRELAND to keep it at €32.

Any questions at all, please feel free to call or text Hazel on 0873617100.

Thank you so much, Warmest wishes, Hazel

If you can help in any way please RUNAMUCK and give these children a Happy & Healthy 2023!

Please see YouTube Video of Present School and its children at:

<https://youtu.be/ToJgYlfg8c>



<https://giv.i.ng/qyiB>

### Calling all Football Fans

#### TOUCH Ireland support to TOUCH FC. 2023

We don't want this Fundraiser to interfere with our Food Programmes or Education Projects as they are of a greater urgency on an ongoing basis. However if you feel you can support this without affecting your ongoing support to TOUCH Ireland that would be great!

You might know someone else that may be very Sports orientated and be willing to support the buying of Football Boots for these Youths.

**TOUCH FC was started by TOUCH Ireland** many years ago to support disadvantaged youths.

Our aim is to keep youths off the streets away from alcohol and drugs. It has been a great success over the years and now they play in Division 1 of the Western Province league where they are placed in the top third of the table. This is credit to their coaches and management with your support!



<https://giv.i.ng/qyiB>

In our continuing efforts to support these youths we funded the purchase of a new Football Kit and Training Gear. This has just been delivered by the coach in association with TOUCH Zambia! One of their biggest challenges was lack of good football boots and training gear so we have sorted one of their needs for now.

We will continue with our Food Programme for TOUCH FC and we hope to supply funding for boots in the near future.

We need to raise 15,600 Kwacha, approximately €800 to purchase 13 pairs of Boots. If you can help in any way please support these Youths. **IDonate Fundraiser:**

### Still benefiting from the cost of a Bottle of Wine or a Beer!

These two young girls Mwansa & Favour from a compound in Ndola We met these two girls at their homes with their parents in April last year on our visit to Zambia. As a result I worked out the cost of a bag of Millie Meal and cooking oil for each family, about 200 Kwacha which is about €10! This to support a family with food for a month for the cost of an average bottle of wine!

We found where they lived was very poor and small. They are so grateful and can't believe that we do this for them. They say that it will really help them to get through a month.

We continue into 2023 with hope 🙏 Can you Help!



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