



**S • M • O • A • T**

**REIGATE'S OVERSEAS AID TRUST**

REGISTERED CHARITY No. 280091

8 November 2022

*Dear SMOAT supporter*

Once again this year we are supporting two projects for our Christmas Appeal. The first is a project to support maternity care in Nyaishozi, a village in North East Tanzania, working with Action in Africa. The second is a project focusing on keeping girls in education through psychosocial counselling, and this project is from Zambia Orphans Aid UK.

### **Action in Africa – The purchase of an incubator to support maternity care in Tanzania**

Tanzania has a population of 55 million, 28 million of whom are under the age of 25. This makes it one of the youngest populations in the world. It is also one of the poorest.

In the remote village of Nyaishozi there is no sanitation and extremely high rates of maternal deaths and new born deaths. This is due to the lack of basic maternity facilities and the fact that pregnant women continue to work in the fields right up until they give birth.

In the small community dispensary in Nyaishozi, it is not possible to provide critical post-natal care. Currently if babies are pre-term, they are kept warm under a light bulb or simply placed on the mother for warmth. Where there have been complications with the birth and the mother cannot provide body heat, the baby inevitably dies.

SMOAT's goal is to raise £6,000 to enable Action for Africa to purchase an incubator for the clinic in Nyaishozi. There are approximately 400 babies born each year in the clinic, of which around 130 are born prematurely. So, as you can see, the equipment need is urgent.



*Nyaishozi Dispensary*

### **Zambia Orphans Aid UK – Keeping girls in education**

Education is a proven route out of poverty giving children the potential to transform not just their lives but also their families' lives - women and girls are more likely to invest their earnings in family and community. Education does this by improving social mobility – equipping disadvantaged girls with an education helps them access jobs and an income when they leave school. Those who are academic can access college (through ZOA or other funders) to gain vocational qualifications leading to salaried jobs enabling them to earn an income that could lift their family out of poverty. Education increases a person's chances of having a healthy life, reduces maternal deaths, combats conditions such as HIV/AIDS, promotes gender equality, reduces child marriage (Zambia has one of the worst rates in the world), and promotes peace. It is one of the most important investments.

This is Mary.



### Mary's story

*"I am Mary Chileshe. I am 21 years old. I am studying Public Health at Lukupa College of Nursing. My life before was bad. I liked school but I never thought I would finish due to the poor financial situation of my family. I was always sorrowful and thought of committing suicide. ZOA support has brought happiness and has enabled me to complete school. With the counselling I have been receiving it has helped me to understand myself and I am happier."*

Statistics from ZOA's Psychosocial Counselling two-year pilot impact study:

- School absenteeism reduced by 68%
- Reduction in suicidal thoughts of 51%
- 19% increase in happiness at home
- Students 371% more likely to reach out to a teacher for support
- 49% reduction in feelings of sadness and depression
- 43% reduction in anxiety, nervousness and worry

SMOAT is aiming to raise £2,500 to enable teachers and other frontline workers at Chibolya Community school to be trained as psychosocial counsellors. This would give them the skills to provide targeted counselling services to 300 girls a year to tackle anxiety and social issues so that they can keep participating in education.

Two very different projects this year, but of equal importance. I am constantly astonished at my own ignorance. We live privileged lives in the Western world. It might not always feel that way, but we do. When I hear about projects like this, it always hits me very hard that the things we take for granted are non-existent in parts of the world. I know many mothers whose babies have had neo-natal care and have lived the first few days or weeks in an incubator. We know when we have babies that we have the best possible care available.

And education is something that we all take for granted in this country. Girls particularly, in developing countries, do not have an education for all kinds of reasons. But education is the most important tool we can give them to fight their way out of poverty and make lives for themselves and their families.

I know that times are hard for everyone at the moment but I hope you can support us this year in our endeavours.

On behalf of the SMOAT Committee, I wish you a peaceful and happy Christmas and a healthy and happy New Year.

*Barbara Perkins*  
Chair

# SMOAT Christmas Appeal 2022

I enclose £ ..... towards SMOAT's work in Tanzania and Zambia, or have donated £ ..... by Bank Transfer, or Donate online at <https://cafdonate.cafonline.org/22010>

Title ..... First Name or initials ..... Surname .....

**Cheques**, payable to **SMOAT** should be sent to: SMOAT Treasurer, 12 Ifield Close, Redhill, RH1 6SW

**Bank Transfer:** Account Name: St Marks Overseas Aid Trust - Sort Code: 40-38-10, Account Number: 93027767

*To enable us to reclaim the Gift Aid, please ensure we have a completed Gift Aid form, and that Bank Transfers are identified with your name. Gift Aid forms may be emailed (without signature) to [treasurer@smoat.org.uk](mailto:treasurer@smoat.org.uk)*

## Gift Aid Declaration – SMOAT

**Boost your donation by 25p of Gift Aid for every £1 you donate**

Gift Aid is reclaimed by us from the tax you pay for the current tax year.

Your address is needed to identify you as a current UK taxpayer

**In order to Gift Aid your donation you must tick this box:**

I want to Gift Aid my donation of £\_\_\_\_\_ and any donations I make in the future or have made in the past 4 years to SMOAT.

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 my donations in that tax year it is my responsibility to pay any difference.

### My details

Title ..... First Name or initials ..... Surname .....

Full home address .....

..... Postcode .....

Signature ..... Date .....

### Please notify SMOAT 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.

*If you pay **Income Tax at the higher or additional rate** and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.*

**Data Protection.** SMOAT will not share your information with any other organisation. If you wish to update your contact information, or be removed from our contact list, please contact us at any time.

Email [contact@smoat.org.uk](mailto:contact@smoat.org.uk) or write c/o 49 Redstone Hill, Redhill, RH1 4BG

If you are not currently on our address list, you may tick the preferences below, or alternatively sign up online at [www.smoat.org.uk](http://www.smoat.org.uk)

Title(s): ..... Name(s): ..... Date: .....

Please tick all boxes which apply. **Please contact me(us) by:**

post: Address as above  e-mail: .....

phone: .....

Please indicate preference for Newsletters:  printed  e-mail