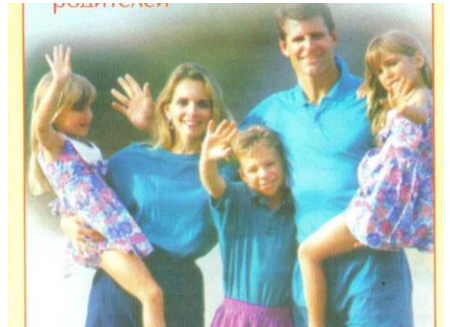




CARING HANDS NEWS

Registered Office: 58 Sproughton Court Mews Sproughton Ipswich Suffolk IP8 3AJ
(tel: [+441 or 01] 473 461561) Winter 2015/16

Caring Hands Russia is a company limited by guarantee with no share capital. No: 03494503. **Caring Hands Russia Ltd** is also a registered charity No: 1068029



More Rainbows of Hope

The Rainbow social rehabilitation centre in Volkhov exists to help orphan children and children from troubled families, by addressing immediate needs and by looking for people to foster orphans, so that children can grow up in a family setting. It is now the place to which 'at risk' children are brought while decisions are made about their futures. For all 3-18 year-olds, the Centre aims to restore them to school or college, to return them to, or place them in, families, to provide social and psychological help (to parents as well as children), to observe and defend children's rights, to provide medical care and to assist in finding work.

In 2009, we took a team to Volkhov and refurbished the sports hall in the building Raduga then occupied. They're now in a bigger place!

In 2016 -

We plan to take on further work to support Elena, Raduga's Director, in her task. How much we can accomplish depends on how strong a team we can bring together, as well as on funds.

We need a team of volunteers to come and work - we hope, in partnership with local people. Will you come with us?

Or perhaps you could sponsor someone else to come; please get in touch.

Contact Tony Wilcox (address above) to find out more. An Information Pack is in preparation.

Dates: 14th-28th August 2016

Cost: £600 (travel/health insurance extra).

Note that this applies to people currently resident in the UK, as the bulk of the amount is to cover flights and visas. If you would be travelling to Volkhov from anywhere else, we'll work out actual costs.

Please note that current rules relating to the Russian visa require applicants to have their fingerprints taken in either London or Edinburgh. The £600 does not, unfortunately, cover the cost of your travel to the visa centre (in June) or to the airport (in August). We will supply the necessary details.

What are we going to do?

The front entrance steps of the Raduga building are in a poor state, so re-concreting them will be the first job to deal with.

The football pitch is not level, and is subject to waterlogging. The court for volleyball / netball / handball clearly needs a lot of work. Like the football pitch, it needs to be levelled. At present, it appears to have originally been a tarmac surface which has degraded and now has grass and weeds growing through it.



There is also work to be done on Filippok's play area, and in front of the main entrance, if we have enough time, funds and people.

It can be hard work in fairly spartan conditions, but there's time for fun, time to relax, time to see the sights and time to make friends – Russian as well as British.

Prices of flights can be volatile; so -

Please apply by January 31st.

Filippok's Galina



Galina Davidovich is the Director of a centre in Volkhov which provides therapies, activities and general support to disabled children and their families. Widely known as 'Filippok' – after a small boy in one of Tolstoy's stories – it is also a place where we have worked in recent years. Galina is planning to visit this country in 2016, to see what is offered here and to talk with people involved. We're hoping to arrange a programme of visits and meetings, to enable her both to gather useful ideas and to share her own experience. We will pay for Galina's flight and visa, provide the official invitation, find accommodation, arrange the visits and, ideally, secure translators.

We are therefore looking for –

- Suggestions of people and places that Galina might profitably visit
- People who could offer accommodation (for two ladies, together)
- Help with transport
- Good translation; that is, able to cope easily with some technical terminology, particularly in relation to disability

Let us know if you can help.

Galina writes: "We (Vera and I) could come from 11 to 22 April. I very much want to see the work with disabled children, the centres they attend and to talk to the staff. In Britain there's an interesting method of working with children called "Portage", I'd like to learn more about it. I could prepare a presentation on the work of our rehabilitation centre and talk about what we do. And I want to thank you and your team with all my heart for your contribution to the development of our centre"

Finance

We warmly welcome any financial support, as well as prayer and interest. We are funded primarily by direct giving, by individuals and by churches. Due partly to increasing regulations, and partly to local priorities, our work at Raduga will be as much about funding work by local contractors as about our own team's DIY skills!

Which is another way of saying 'We need more money"! Any help you could give would be marvellous and much appreciated. We do not use professional fund-raisers.

We can send you a **Gift Aid** form if appropriate (or you can download it from our website); it increases the value of a contribution at no cost to you, provided that each gift is identified and you pay a sufficient amount of Tax.

Summary of finances (year-end 31 March 2015)

Income-

Standing Orders & donations	2570
Craft catalogue	70
Team payments	3511
Return funds	940
At Bank 1/4/13	7464
Total	14555

Expenditure-

Project Costs 2014	5421
Promotion (Newsletter, website etc)	216
To Russian partners	800
At Bank 31/3/15	8118
Total	14555

You can now make donations via our **PayPal** account. You'll find it on our website, on the Donate page.

Or you can give to Caring Hands Russia at any branch of Lloyds Bank or Bank of Scotland (and probably through your own bank): Sort code 30-97-00 Account number 01338970

Email: This Newsletter is produced in pdf format for uploading to our website. If you would like to receive the Newsletter by email (as a pdf attachment), rather than by post, please email Tony Wilcox as opposite.

Thanks - to all who continue to supply us with packets of seeds: individuals, churches, and Thompson & Morgan, a seed and garden supplies company near Ipswich. Seeds are distributed to needy families, elderly folk et alii, as they provide a good means of encouraging self-help.

Our website is at: www.caringhandsru.org
We have just launched a new website! Have a look.

We Hope

- that this Newsletter will give you food for thought and prayer. For more details, or for one of us to come and speak at meetings or church services, contact:

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