

Legacy Packs available - please contact Hannah Beautiful new handbags and jewellery inside

Bigger Christmas decorations for 2018

## Message from Jane

Thank you so much for supporting PCF. Words simply cannot express our sincere gratitude, without YOU there would be no life changing programmes for the Filipino children and their families.

You are amazing, in this newsletter we wanted to show you the impact your donations have had in the community and to our beneficiaries!

In 2018....

300 children are going to school



Treating and providing medicines for over **3,360** patients a year in the walk in clinic



1,500 people a month receiving dental care



Equipping new kitchen and providing daily lunches for **300 children** in the education programme



**10** school leavers are attending university and **10** school leavers are learning a trade in college

15 mothers trained to be community health workers

**57 mothers** training and earning a reliable income making upcycled products

**13 fathers** learning new skills in sandal making and upcycling



**New** livelihood and community kitchen in the relocation site in Bulacan.

I have just returned from Manila and there are many children and their families not being helped by our programmes who are in severe desperate need and have given up hope of a future worth living for.

I spend six months every year in the Philippines, working with, designing and implementing programmes with the community, I ask them "what else can we do, what is the best way we can help you?" and together we make plans.

Without YOU there would be no life changing programmes for our children and their families.

We have all the heart for the work, the community fully support it and most importantly we have you our amazing donors, can you help us to raise the funds to help more families?

Thank you so much for your continued support and generosity, none of this is possible without you.

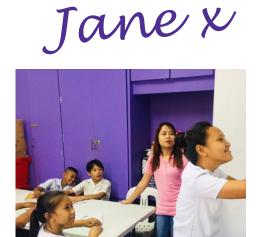
# Some examples of the tremendous difference your donation will make:



£5 a month over a year provides school supplies for 10 students.



£10 a month over a year provides medicines for our walk in clinic.



£20 a month over a year provides educational support for a group of 20 children



£22 donation provides a child with a new school uniform.



£30 donation provides 5 hospital lab tests or a baby pack for a newborn.



£75 donation provides a hot nutritious meal for 5 children for a month.



£150 donation provides 5 emergency food parcels for a family for a week.



£305 donation provides tuition fees for a teenager to learn a practical trade.



£500 donation provides medicines for our walk in clinic for 4 months.

# We need your help.....

Ben-Mar wanted to be a teacher but had to give up his dreams.

Ben-Mar dropped out of school because his family could not afford to send him. He wanted to be a teacher but had to give up his dream, he is depressed and has no hope for his future. He spends his time in the neighbourhood where he is at risk from joining a gang, sex traffickers and paedophiles who frequent the area. We have a waiting list of children like Ben-Mar who desperately want to go to school.

## Can you give 20 children the gift of education for just £20 a month?

Rather than helping a single child you will be helping many. The children have a greater chance of staying in school as any problems they encounter are shared and solved together in their group with their parent volunteers, coaches, tutors and friends. Your support will give the children hope and purpose in their lives and the security that they are part of an extended family that love, support and believe in them. The children are thriving working together as a team.

We cannot do this without YOU, please help today by sponsoring a group of children into education and change their lives.



# Christmas is a bleak time for our families.

You gave the gift of food to 1042 children and their families last year! Thank you so much, that was amazing!

Christmas is a time of increased hardship for our families as many parents are unemployed or casual labourers without work over the Christmas period.

The children's homes are not seasonally decorated, there are no Christmas gifts, families desperately want food for Christmas day and a few treats for their children. The greatest gift you can give is food for Christmas.

The amount of donations we receive determines the contents of the Christmas food parcels.



"What I dream of for Christmas is simple, to have something on the table for Christmas day so I, my children and husband will have something special at Christmas. Before PCF my family would stare at our neighbour's eating. I closed our door so they will not see other children eating spaghetti and treats. It would really break my heart if this happened again which is why I am so grateful to PCF for making Christmas special for all of us".



£30 will provide treats and food for Christmas for one family but every donation helps, please give what you can.

To donate please visit our website w: p-c-f.org or contact Hannah e: 01489 790219, e: info@p-c-f.org or send a cheque made payable to PCF.

Thank you.

28th November is the deadline to ensure the food parcels can be delivered in time for Christmas

## Wonderful New Products!

We have some exciting new products that our amazing artisans have made in the Philippines. 100% of the profit from the products sales goes back into our programmes.



CHRISTMAS DECORATIONS £3 each or 4 for £10



RING PULL CHRISTMAS DOOR WREATH £10 available in silver ring pulls with either red or green ribbon



RING PULL CHRISTMAS DOOR STAR £10 available in gold, silver, red or green



BERNIE BAG £30 available in black, silver or red & black





MARGARET BAG £65 with real leather handles

### Wonderful New Products!

To order your Purple Products please visit our online shop w: p-c-f.org/shop or call us in the office t: 01489 790 219

\*\*All photographs generously taken by our wonderful volunteers Brian and Linda Pain\*\*



MUG MATS £5 each or 4 for £15 available in silver, red, or gold



BIGGER COIN PURSES £5

available in royal blue, red, green, silver, turquoise, pink, purple, multi or gold



HEIDI NECKLACES £7 and £10 available in red, blue, brown, black, pink or purple



ELLIE PURSE £10

available in mustard, red, chocolate, cream or black





SLOUCH BAG £25 authentic Tanzanian fabric with real leather strap

#### Sell a Handbag to Help a Child!

Thank you so much for buying and selling our handcrafted products, the profit goes back into our programmes, helping the children and their families. By selling our products you are creating employment for the wonderful women in our livelihood programme.

Thank you for the ring pulls that you collect, they are shipped to the Philippines and upcycled into beautiful handcrafted bags, jewellery, clothes and household items.

You can view products on pages 6-7 and our full range on our online shop w: p-c-f.org/shop.

Our products can be sold anywhere, a get together in your home, your workplace, club, Church or fete. The more products sold the more families we can help. When you have had your sale, just send the box and money raised back to us to receive a thank you gift voucher to redeem in our online shop.

Selling our upcycled products is so easy. Download the form w: p-c-f.org/resources-library or contact Hannah t: 01489 790219 or e: info@p-c-f.org. We will send you your box of products, display stands, tablecloth, money belt and leaflets.

Every item you sell or buy helps children and their families.



Selling our products helps children like Angelica go to school

"When my shop box arrived I felt like a kid at Christmas, I wanted to have a good look at everything! The kit is great, it's got so much helpful stuff in there, labels, stands, bags, leaflets — thank you!"

#### Community Livelihood Programme

Thank you so much for your donations for our Community Livelihood
Programmes. Your donations have trained 40 adults in Tondo with a skill where they can earn a reliable sustainable income and provide for their family's needs and you have also provided equipment for them to learn those skills

Families have been relocated by the government 20 miles away from Tondo to Bulacan, although we have been able to find some sponsors for the children so that they can attend school, their parents have absolutely no source of income and have asked for our help. With your donations we have rented a building where we are running a small livelihood programme, training mothers how to make clothing from recycled men's ties which you have collected for us.



# We need donations to help more women and their husbands in Bulacan learn a skill so that they can support their families.

France with some of the ladies in the Bulacan Livelihood



France said: "I first started working for PCF in 2004 teaching mothers how to make school uniforms and how to line the ring pull handbags. I am so happy at age 63 that Jane has asked to help develop a whole new line of clothing from recycled ties. I love teaching and training mothers to gain new knowledge, techniques and to earn an income. Some of the mothers are struggling to buy food for themselves and are eating whatever they can find."

"I am so grateful to everybody who supports PCF as I feel fulfilled and blessed to be able to help my fellow countrymen."

#### Community Health Programme

Thank you so much for your donations which we have used for our community walk in clinic. We have also trained 15 mothers in basic healthcare who visit the community.





This is Clarissa, we first met her in 2006 when she was working on the rubbish dump to feed her young children. Her husband was bedridden and needed medicines and Clarissa was faced with the awful choice of feeding her children or buying medicines for her husband.

Sadly Clarissa is now widowed and has her own health problems, she has type 2 diabetes due to poor circulation. She developed gangrene in her toes which have been amputated. Your donations paid her hospital bills and purchased a wheelchair.

Your donations have saved lives, purchased much needed medicines and provided healthcare in our walk in clinic.

We are overwhelmed by the needs of the community as we are the only free clinic that deals with long term sickness. We are so lucky in the UK that we do not have to pay for x-rays, MRI's, consultations and operations; we desperately need donations as we have so many people waiting for help.

We desperately need donations for our medical fund. To donate please visit our website w: p-c-f.org or contact Hannah t: 01489 790219 or e: info@p-c-f.org or send a cheque made payable to PCF.

Thank you.

#### Meet the Philippine Team



TESS
Tess is a remarkable woman, overseeing our Education
Health and Nutrition
Programmes, she is a guiding light for families in need, an excellent leader, kind, and extremely compassionate.



MARCEL
Marcel is a fantastic mentor and oversees all our livelihood programmes for mothers, fathers and students who have graduated and are ready to learn a trade. He is deeply passionate to help families earn a sustainable income.



JISELLE
Jisselle is an inspirational
tutor, a dedicated academic,
she is a licensed teacher and
nurse, she loves to coach
and prepare the students for
their exams in school and
college.



EDGAR
Edgar is a compassionate experienced social worker who loves to be outside visiting and helping families.



JOEY
Joey is a Human Resource
guru, helping us with all our
recruitment and training
needs, he's an excellent
trainer and loves to prepare
the students to start work.



RAI
Rai is naturally numerate
and enjoys analysing and
managing Upskills accounts.



JOCELYN
Jocelyn is a master trainer and patiently trains all our new mothers how to make our beautiful ring pull products.



MARY ANN
Mary Ann is an outstanding volunteer supervisor who now manages the education parent volunteers. Her passion is to help the children in the community complete their education and find jobs.

## FHUUH AOR

Without your support we cannot help the incredible children and adults living in the most notorious and dangerous slums in the Philippines. Supporting our programmes gives our beneficiaries the priceless gift of education, provides livelihoods with reliable sustainable incomes, saves lives, and provides nutritious food.

You can make regular monthly donations which help us to plan for the future or one off donations. No amount is too small, every penny helps.

There are a variety of ways to donate:

- Set up a direct monthly donation or one-off donation from your Bank to
  - CAF Bank sort code 405240 account number 00026864
- Pay via Paypal on our website by visiting www.p-c-f.org/donate
- By cheque made payable to PCF and posted to: PCF, PO Box 294, Hedge End, Southampton. S030 2YD



Alan, Jane & Lis at a recent conference.

Margaret doing a sale at her local gym

Alan, Margaret and Lis make a huge difference by giving talks about PCF using our DVD, collecting ring pulls and selling products to small groups and associations in their local area. They raise hundreds of pounds for us every year. They are our Purple Champions!

To Join our team of Purple Champions please contact Hannah t: 01489 790219 e: info@p-c-f.org

Please note that to keep costs down this newsletter was designed in house, printed by Instantprint and sent out by a social enterprise in Southampton which supports local people with mental health and learning difficulties w: trojanmailing.org.uk



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