# 9EE INUULUEA SHOP

By buying our products you are helping us to continue to change lives with all proceeds going directly back into PCF's projects. pcf.org/shop

# SELL

Help us by selling our products at your local fete, festival, market or hold a Purple party at your home, to find out more about PPS (Purple Product Selling) see our website p-c-f.org

## SPEAK

If you enjoy public speaking help us to spread the word about the Purple Movement by becoming a Purple presenter. Or if you would like to have a Purple presentation at your work, school or club please get in touch e: info@p-c-f.org t: 01489 790 219

### UPCYCLE

Join the ring pull revolution! Send us as many ring pulls off the **top of drinks cans** as you can!

## SUPPORT

All our projects need your support in order to continue to change lives. Check out our website for details of how you can support our health, nutrition, education and mentoring and livelhood and skills training p-c-f. org e: info@p-c-f.org

## DONATE

Every pound donated to PCF makes a huge difference. If you'd like to donate, please visit www.p-c-f.org/ donate, call us t: 01489 790 219 or send a cheque made payable to PCF.

### Find us on social media

Search for PCF UK on Facebook, Twitter and Instagram and subscribe to our e-newsletter to keep up-to-date with news.

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www.p-c-f.org

Call us on 01489 790 219 or email info@p-c-f.org

PCF, PO Box 294, Hedge End Southampton SO30 2YD, UK

Company Number 8963655 | UK Charity Number 1158729 Please recycle this leaflet after use.

# **LEBASED**

Providing community projects that change lives through education & mentoring, health & nutrition and livelihood & skills training.

www.p-c-f.org

PURPLE

COMMUNITY

# who we are

PCF is a grass roots UK registered charity, our main beneficiaries live in the worst urban slums in the Philippines.

We began our work in 2002 and our successes have come from working closely with and listening to our beneficiaries which has enabled us to tackle the root of their problems with innovative solutions, and not just providing short term relief.

# what me do

We passionately believe in providing sustainable opportunities so that our beneficiaries can help themselves and their families out of poverty through the acquisition of education and mentoring, livelihood and skills training and our holistic programmes. We strive to make a difference to those who are in the direst of circumstances.

PCF funds and runs our own education and mentoring, livelihood and skills training, health and nutrition community programmes. We believe in seeing the possibility in everything and fighting for the possibility in everyone.





### **Community Education & Mentoring**

This unique programme is for children who have dropped out from mainstream education due to lack of financial and/or emotional support. The children are placed together in groups of 20 with 2 parent volunteers. Each child receives school books & supplies, uniforms, shoes, transportation fees and daily nutritious lunch boxes as well as extra tuition, life skills and mentoring and out of school activities.



#### **Community Livelihood & Skills Training**

Adults are trained to become artisans making beautiful handmade upcycled products using ring pulls from canned drinks, glossy magazines, men's ties and sandals and shoes made from aeroplane tyres providing them with a sustainable income. 100% of the profit from product sales goes back into PCF programmes. p-c-f.org/shop



### **Community Health**

PCF's walk in community health clinic provides access to life saving healthcare for our beneficiaries. 25 members of the community have been trained in basic health care to advise neighbours in urgent need to visit the clinic.

### Community Nutrition

Our community kitchen provides nutritious meals for students in our education programme, vulnerable adults and children and emergency food parcels containing fresh fruit and vegetables, rice and some canned goods.

