



## **Winter Newsletter 2021**

**Random Acts  
of Kindness  
Month: Read  
How One Act  
of Kindness  
Changed  
Teddy's Life**

**CF Alumni  
are Giving  
Voices to the  
Voiceless  
with Story  
Telling  
Project**





# Welcome! (Mulishani!)

Welcome to our 2021 New Year Newsletter! What an unusual year 2020 was, however, we are so grateful to have had your continuous support despite the obvious economic and social challenges faced by us all.

Pages 4-5 give an inspirational account of how one act of kindness completely changed the life of Teddy, a BISO alumnus. Your generosity in the past year during the Coronavirus Pandemic has helped to change the lives of many alumni like Teddy and other children and young people cared for through Cecily's Fund.

Thank you also for your overwhelming support in helping us raise crucial funds towards our Christmas Appeal which continued to support the nutritional needs of families in severe hardship.

Page 6 shares why sports enthusiast, Eneless, says she is 'living the dream', in a story derived from our alumni's Storytelling Project where two CF alumni have been interviewing and collating a range of stories from young people who have been supported by us.

We hope you enjoy the newsletter!

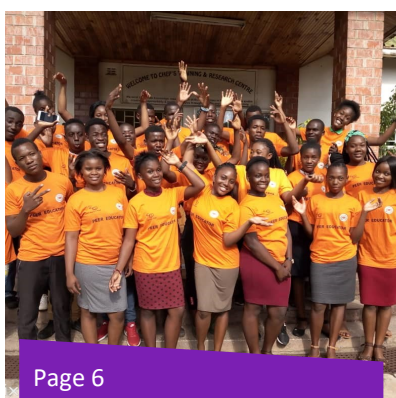
## In this issue...



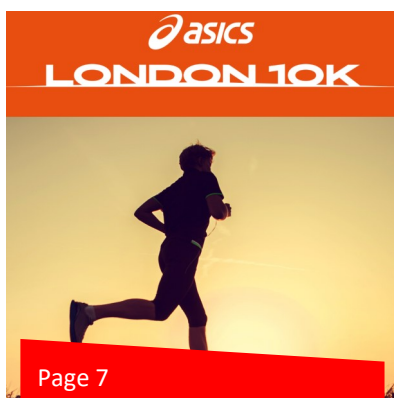
Page 3  
Christmas Appeal Update!



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Act of Kindness: Teddy's story



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Alumni Storytelling Project



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Run for Team Cecily's Fund!



Cecily's Fund is named in memory of Cecily Eastwood, who died in Zambia during her gap year in 1997. The charity was set up by her parents, Alison and Basil. Over the years, our work has helped over 20,000 children and we've spent over £6 million on projects in the country, building brighter futures in Zambia and helping to break the cycle of poverty.

## Social

Keep up with our news on Twitter, Facebook and YouTube at /cecilysfund and on Instagram at cecilys.fund



## About and Contact

Cecily's Fund is registered charity 1071660. Our work makes education possible for orphaned and vulnerable children in Zambia.

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# THANK YOU for Your Generosity!

Our 2020 Ubuntu 'Give to Live' Appeal raised a tremendous £22,817.54! To our amazement, this total surpassed our target and will help make a huge positive impact in Zambia in 2021.

While we hope that the looming difficulties of the pandemic do not last much longer, the past twelve months have been especially difficult, and we are therefore very grateful to everyone who donated, fundraised, and visited our shop. Because of your trust in us, we have been able to continue our transformative work providing a life line to the extremely poor orphaned and vulnerable children who we will continue to be able to support in 2021. The money raised from the Christmas Appeal always provides our work with a great boost, particularly in challenging times like these. We truly cannot thank you enough.

## Cecily's Fund 'Ask US' Q&A Presentation

Thank you to everyone who was able to join us and participate in our first interactive virtual Q&A presentation at the end of last year.

Hosted by Cecily's Fund Founder, Basil Eastwood, we enjoyed the opportunity to be joined by our Zambian partners and three alumni, where we got to hear directly from them and learn first hand about their experiences and thoughts on different issues past and present.

We were all deeply moved when alumni Noriah, Evans, and Jackson, enthusiastically spoke about the positive, life changing impact that Cecily's Fund has had on their lives. One recurring sentence from each of them was, 'I don't know what my life would be now if it were not for Cecily's Fund and the support of all the donors; I am so grateful, God bless you all'.

The specialist Panel comprising Cheryl Hooper (CF Director), Steven Barlow (Programmes Manager), Roy Mwilu (Executive Director CHEP), and Mrs Beatrice Chola (Executive Director BISO) gave an insight into our work and ongoing programmes.

Beatrice Chola, also shared with us that BISO have experienced several challenges as a result of the pandemic with 3 distinctive issues being:

- **Feeding Programme restrictions**
- **No resources for online learning**
- **No monitoring and evaluation from the government regarding the coping mechanisms of schools**

The evening was received with great enthusiasm by all and we look forward to similar future events.







Teddy and his friends relax outside his barber shop

## ‘Indeed knowledge is power’ - Teddy

### How an Act of Kindness Changed Teddy’s Life

‘My parents’ divorce ruined my life; if they stayed together my life would have been different’ expresses Teddy, a former Cecily’s Fund beneficiary. He is now a young adult, living in Chazanga compound, Lusaka, with his wife and two sons. This area is well known for its high levels of youth who are not only unemployed, but who have not received a school education either; most waste the days away abusing drugs and alcohol.

When he was only 6, his parents divorced. With the story that his father was leaving on a business trip, and was the last time he ever saw him. ‘At first it was hard to believe. I would think that dad would come back, but he never came back home, this made me feel incomplete. I asked myself why our father left without saying good bye, what crime had we committed for him to leave us like this’ he explained.

Years later, sudden news of his father’s death came as a shock. All hope was lost and it was then that his mother decided to take Teddy to BISO to enable him access further education. In 2006, his mother passed away after being ill for a while. This left Teddy feeling he had lost all sense of purpose and direction with zero interest in life; catapulting him into becoming a completely different person. He began to exhibit anti-social behaviour

fuelled by the heavy alcohol consumption he relied on to distract himself from his own thoughts and emotional pain. ‘I wished I could join them; there was nothing else on earth for me’ he bravely explained.

Teddy was still in school when he started to become violent, with no care about what would happen to him next. He gave up on things that once mattered to him the most: his two sisters and his education. The BISO staff team believed that something had to be done to help, but Teddy distanced himself from the organization. *‘We couldn’t stop looking for him; we think he was scared that we would judge him but we are not here to judge. It is our duty to help those who are distressed or lost along the way. It’s our duty to create self-sustaining communities and we can only achieve it when we target the most affected and most vulnerable in our communities’* Mr. Kataso, BISO Head Teacher, explained.



Teddy with his sons





Teddy with one of his clients in his barber shop

*'I am able to make basic calculations, manage finances, plan on how to expand my business above all I have developed a culture of saving which is the most important thing in growing a business.'* -Teddy

One Saturday morning in 2017, Teddy met his friend Richard a former schoolmate, to discover that he was heading to BISO for the Cecily's Fund Fresh Start Entrepreneurship Training Programme. He explained to Teddy what it was all about and persuaded him to go with him. Teddy had not visited BISO for many years. He was ashamed and embarrassed to face the BISO staff or his former schoolmates because of his past behaviour, but this time he was ready for anything that would change his life for the better. 'At first I was sceptical about it, I didn't know how they would react to me, but I was well received and this was very encouraging.' During the orientation of the Fresh Start Training funded by Cecily's Fund, Teddy was touched and his mindset completely changed. The Trainers at the orientation said things that changed his perception 'for good'. He explained Mr. Motoka in particular said, 'entrepreneurship is all about a mindset change; **if you are not willing to change your mindset then you are likely to fail in everything you do.**'

### Random Acts of Kindness Week 17—23 Feb 2021

Whenever we have the opportunity, we are encouraged to choose kindness and do good to everyone.

According to science, our well-being and happiness increases every time we do an act of kindness for someone. In every situation, there are huge positive mental health benefits with each act of kindness ensued, for:

- ◇ The giver of kindness
- ◇ The receiver of kindness
- ◇ The onlookers who may have witnessed the act of kindness take place

Whenever you are on the receiving end, one thing to remember is to try and pay it forward.

Have you been a fortunate target or witness of a random act of kindness? We would love to hear about it! To share it with us, please add a post on our on social media pages with the hashtag #CFActOfKindness or email [princess@cecilysfund.org](mailto:princess@cecilysfund.org) with your experience and we will share it to our page for you.

Frackson Phiri, who also went through the Fresh Start Entrepreneurship Training programme explained how this played a major role in his own transformation, saying 'Don't expect people to love you if don't love yourself. If no one is willing to love you, love yourself. If no one is willing to help you help yourself. You need to take a stand on your own and everything else will surely work out for the better.' Another trainer said, '**Don't let other people define you, self-identification is important**, once you allow other people to influence you then they are likely to block you.'

'This gave me a sense of belonging and my hope was restored, the words from the speakers touched me, it was as if they were directly targeted at me' Teddy said. 'The training was a well-organized event and got me interested in learning more. I realised I can create employment for myself and others - **indeed knowledge is power**. The education that I got was enough to get me started. Without it I would have been useless and a threat to society he explained.'

***'I am grateful to BISO, Cecily's fund and its funders for their continued support, they have opened my mind. I am alive today because of the love and support that I received at time I needed it the most. I have learnt to love and appreciate those that love and care about me,*** and if I had a chance to be young again, I would make the right decisions that would prosper me instead of giving in to peer pressure and other bad vices that are destructive like alcohol and drug abuse, I would also advise my younger self to be focused, dedicated, hardworking, and not to be carried away by things one has no control of or things that one can't change.' I will end by saying; 'dear past thank you for the entire lesson, dear future I am ready now.'



# Living the Dream

*'I believe its my responsibility to share what I have learnt with others. It could be a turning point for them just as it was for me.'*

- Eneless Mambwe

## Changing Lives Through Sport

Growing up in a community that considers marriage as a big success is a big challenge. In such communities the most affected is a girl child, some families or cultures expect a girl to get married as soon as she reaches puberty age. Some tribes or cultures do not believe in educating a girl child, for some, a girl child is regarded as an asset exchangeable for a dowry.

Eneless Mambwe, 23, is a Hockey player at Olympic Youth Development Center (OYDC) and Teacher at Bwafwano Community School in Chazanga. She is actively involved in sports as a Hockey player at national level. This opportunity has allowed her to travel to 7 different countries (China, Malawi, Zimbabwe, Namibia, Ethiopia, Uganda and Kenya).

She has however, not been spared by the challenges of life, growing up with a single mother and deprived of basic needs like education, shelter and food. This situation forced Eneless to join Cecily's Fund local partner, BISO. She has since been determined to change the lives of the most vulnerable, through sport.

Coming from a home that had no food, Eneless was motivated to go to school because of the food that the school was offering through its feeding program.

'I had no reason to stay home, at home there was no food but our school [BISO] had food'

Today Eneless has a Diploma in teaching from Kitwe

College of Education, and is currently teaching at the community school she once was as a pupil.

'I chose to be a teacher because I want to impart knowledge, especially to the less privileged, and inspire them to become good and responsible citizens. I am here to tell them that they can be anything they want to be despite their humble backgrounds' she explained.

*'Cecily's Fund has given me more than just an Education, they have given me a life; the backbone of everything I am today. I cannot imagine my life without the support I got from Cecily's Fund, I can only imagine the worst. It's the trainings and support that I got through Biso that saved me.'*

This story was sourced and sent to us by alumni Evans Chinika and Jackson Tembo as part of a Storytelling Project that they have initiated to share the stories of other alumni.



# NEW Year You

GET INVOLVED

Make 2021 a year to remember: Reach your fitness goals while raising funds and changing lives

Following the year that was 2020, many of us have changed the way we are looking at life. We are taking less things for granted, focussing more on things that truly matter and setting more meaningful personal goals. The start of a new year is the perfect time to make plans to try new things and to challenge yourself — and at Cecily's Fund, we have some ideas.

For over a decade, Cecily's Fund runners have raised thousands at the London 10K; in 2021 we still have places available for this run, which is one of the UK's very best and takes in many of the capital's iconic sights. Contact us for more info and to sign yourself up!



Take on the London 10K with 10,000 other runners

## ZENTO EVENT

Three lockdowns later and you may have watched every boxset of your favourite television show; tried your hand at celebrity cooking programmes, or even given your best shot at popular 30-day home workout plans. Why not break the monotony and walk, run, cycle or even dance **10,000miles from Witney, UK to Lusaka, Zambia!!**

We have partnered with Zento Event to take your exercise routine to another level. Between 1 April and 30 June 2021, you will have the opportunity to virtually cross the globe while you keep fit and help Cecily's Fund break the cycle of poverty for orphaned and vulnerable children in Zambia. Be on the look out for more information in your inbox in the weeks to follow!

Ready for your challenge?

If you're inspired by these ideas and want to make 2021 a year to remember, email [acooper@cecilysfund.org](mailto:acooper@cecilysfund.org) to request more information.



Virtually travel from Witney to Lusaka

### Support us in 2021

Making a single or ongoing donation to Cecily's Fund is as easy as completing the form on page 8. You can also visit our website at [www.cecilysfund.org](http://www.cecilysfund.org) to make a single or regular online donation, purchase items from or shop, or learn more about the difference we're making together.

## Your chance to help out

### Donate today and help us change lives in Zambia

Whatever amount you can give, whether regular or as a one-time donation, can help Cecily's Fund build brighter futures for Zambia's orphaned and vulnerable children. Just £5 supports our feeding programme, while £50 can help us keep a child in school for a year.

Please return this form to:

Cecily's Fund  
Top Floor, 6 Church Green  
Witney  
Oxon  
OX28 4AW

Single and regular donations can also be made online at [www.cecilysfund.org](http://www.cecilysfund.org). Thank you for your support!

Yes, I want to give Cecily's Fund a one-off donation of...

£

Please tick to agree with the following statement: I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference. This includes any donations I make in the future or have made in the past four years.

Please tick to confirm the above:

☐

Title

First name or initial(s)

Surname

Full home address

Postcode

Email

Date

Signature

This form **must** be signed in order to be valid

### Bank Standing Order Mandate

(Please also fill in the left-hand side)

This is an instruction to your bank. Please fill in the form, return it to us, and we will process it for you.

Please pay Cecily's Fund

CAF Gold, Sort Code 40-52-42 A/C No. 00089893

The sum of:

£

Each month

☐

Each quarter

☐

until further notice

Each year

☐

Date of first payment

Bank name

Bank address

Name of account holder

Account number

Sort code

Signature

Date