

TOGETHER WE'LL HELP CHILDREN WITH DISABILITIES
IN SOUTH SUDAN TO ACCESS THE EDUCATION AND SUPPORT
THEY NEED TO BUILD A BRIGHT FUTURE



### **YOUR £1 = £2.**

### YOUR DONATION WILL MAKE TWICE THE DIFFERENCE.

From the 12 February till 11 May, all public donations to our WEE BOX, BIG CHANGE appeal will be doubled by the UK government. Your donations will help SCIAF's life-changing work worldwide, while match funding from the UK government will provide a lifeline to children with disabilities, their families and communities in South Sudan, helping them to build bright futures.





# "THE ULTIMATE GOAL OF FASTING IS TO HELP EACH ONE OF US TO MAKE A COMPLETE GIFT OF SELF TO GOD."

- Pope Benedict XVI



You can also set up an online sponsorship page at www.justgiving.com

# WEE BOX, BIG CHANGE APPEAL 2021

This year, your £1 = £2. Give before 11 May and all public donations to our WEE BOX BIG CHANGE appeal, including through your sponsored fast, will be doubled by the UK government.

Your donations will help SCIAF's life-changing work worldwide, while match funding from the UK government will provide a lifeline to children with disabilities, their families and communities in South Sudan, helping them to build bright futures.

Your support will help to adapt six schools so that pupils with disabilities can access mainstream education. Teachers will be trained so they understand the needs of children

with disabilities and how to include them in their classes. The children will be supported by the provision of aids, such as wheelchairs, ramps, hearing aids and canes, as well as healthcare, so they can live more independently and actively participate in lessons, sports and other activities with their classmates.



### **FUNDRAISING TIPS**

Whether you fast for 24 hours, have a simple meal with your family or organise a soup lunch with your parish, your donations and prayers will make a real difference to people living in poverty.

### What can I fast from?

You could also fast from something else such as social media, electronic devices, or think about the impact of the food we eat on the environment and eliminate food waste.

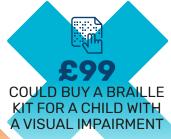
### What's my target?

There's no fundraising target but our fundraising team are on hand to support you with setting up your JustGiving page, forms and resources. Contact us on **getinvolved@sciaf.org.uk** 

### What will my sponsorship money do?









### **GIFT AID IT**

Gift Aid adds an amazing 25% to the value of donations made. This means we can do even more vital work with some of the world's poorest communities, at no extra cost to donors.

We also have useful resources such as collection envelopes and sponsorship forms.

Online: if you're holding an event requiring sponsorship, set up an online JustGiving page at www.justgiving.com/sciaf.



Last year St Margaret's Academy's socially distanced S6 team did the 24 hour sponsored fast for SCIAF and raised £1143.17. A fantastic amount that was doubled under UK Aid Match and made twice the difference. Well done!



### **WHAT TO EXPECT WHEN YOU FAST**

As you fast, your body will go through different stages and it's important to pay attention to what your body is telling you, and to respond accordingly. It's important to pay attention to your energy levels and always drink fluids during the fast.

### **FEELING TIRED?**

Sit down and rest for a bit. Have some personal reflection time or pray. Drink some water or diluting juice, which will bring your energy levels back. Steer clear of items that are high in refined sugar (ice lollies, sugary drinks etc.) - they'll only make you feel more tired.

### **FEELING ENERGETIC?**

Great, do an activity to harness that energy – but don't forget to drink plenty of water during and after.

### **FEELING HUNGRY?**

This is bound to happen, but drink some water and the feeling will pass. This is a great time to reflect on on how fortunate we are and the one in nine people worldwide who do not have enough to eat every day.

### **FEELING DISTRACTED?**

Towards the end of your fast it's common to have difficulty focusing on tasks.



### **SPONSORSHIP FORM**

Name:
Parish name:
Event name:

I want to raise: <b>£</b>
My reason for taking part is:
To sponsor me, please write your name, address and sponsorship amount below. <b>Thank you.</b>

## PUT YOUR TAX TO WORK TO HELP PEOPLE FIND A WAY OUT OF POVERTY!

When you Gift Aid your donation you can make your gift worth 25% more at no cost to you.

By signing up to gift aid you agree that: I want all the donations I've made to SCIAF since 6 April 2016 and all donations in the future to qualify for Gift Aid until I notify you otherwise. I am a UK Income or Capital Gains taxpayer and understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. SCIAF will reclaim 25p of tax for every £1 you donate.

Title	Initial	Surname	Home address BLOCK CAPITALS	Postcode	Amount given £	giftaid it	Date
Mr	А	Example	123	EX4 MPLE	£10	1	03/03/2021

Your details will be used to process the donation and any gift aid as well as allowing us to evaluate our fundraising appeals overall. SCIAF will keep your details secure and never sell them. So that more money can reach some of the world's poorest communities, SCIAF does not send acknowledgement letters to thank individual sponsors.

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**TOTAL** amount

	£
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### **Scottish Catholic International Aid Fund**

SCIAF is the official overseas aid and development charity of the Catholic Church in Scotland and a proud member of the Caritas family. 7 West Nile Street, Glasgow G1 2PR. Tel: 0141 354 5555. Scottish Charity No: SC012302 Company No: SC197327.







to adjust – savour each bite and take time to be thankful for the food on the table.

### **GRACE BEFORE THE MEAL**

Bless us,
O Lord,
and these your gifts,
which we are about to receive
from your bounty.
Through Christ our Lord,
Amen

"We must fast with our whole heart, that is to say, willingly, wholeheartedly, universally and entirely."

- St Francis de Sales

### **FOOD FOR ALL PRAYER**

O God, You entrusted to us the fruits of all creation so that we might care for the Earth and be nourished with its bounty.

You sent us your Son to share our very flesh and blood and to teach us your Law of Love. Through His death and resurrection we have been formed into one human family.

Jesus showed great concern for those who had no food – even transforming five loaves and two fish into a banquet that served five thousand.

We come before You, O God, conscious of our faults and failures, but full of hope, to share food with all members in this global family.

Through your wisdom, inspire leaders of government and business, as well as all the world's citizens, to find just and charitable solutions to end hunger by ensuring that all people enjoy the right to food.

Thus we pray, 0 God, that when we present ourselves for Divine Judgement, we can proclaim ourselves as one human family with food for all.

**AMEN** 

Remember for ideas, tips and support please email getinvolved@sciaf.org.uk or call us on 0141 354 5555

# THANK YOU FOR SUPPORTING CHILDREN IN SOME OF THE POOREST COMMUNITIES IN THE WORLD THROUGH YOUR FAST

### Scottish Catholic International Aid Fund

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