Welcome

Welcome to our first newsletter. It’s now just over a year since our daughter was killed in Afghanistan and the birth of the Foundation that we thought was the best way to commemorate her memory and to create something positive from the whole tragedy. We do hope that, after reading this, you will appreciate the considerable progress that has been made in that year due in no short measure to the support we have received, often from volunteers of whom Thomas Fisher, trustee, and John Conway and Annelise Jespersen who have developed our splendid website in their leisure time, deserve special mention.

We have gained much satisfaction from being able to help women and children affected by the war in Afghanistan and are delighted if we can facilitate this feeling for others. To all who have helped us and this Foundation over the past year - thank you.

John and Lorna

Finance

The Linda Norgrove Foundation continues to spend more than 97% of all of our income directly on projects in Afghanistan. This means that your donations are going straight to where they matter most - helping women and children affected by the war in Afghanistan.

Contact Us

The Linda Norgrove Foundation is a UK registered charity.
Charity Number: SC041843

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From the Outer Hebrides to the outer reaches of rural Afghanistan, Linda Norgrove travelled many miles and affected the lives of many people. She devoted her working life to helping to improve the life of others, especially those in Afghanistan.

Linda was kidnapped in the Kunar province of Eastern Afghanistan on 26 September 2010 and died in an attempted rescue by US special forces on 8 October. She was 36. However, Linda is not defined by the tragic circumstances of her death, but by the life she lived and the choices she made.

Linda chose to live a life that matters. She was a highly qualified and dedicated environmental expert, graduating with a PhD from the University of Manchester in 2002, but it was her rare and precious gift of empathy with all people, no matter their condition, culture or beliefs, that was her driving force.

As regional director for DAI, an American company working to help rebuild Afghanistan, Linda managed and worked with a team of around 500 Afghan staff as they moved across districts of Eastern Afghanistan, working with communities to implement projects in conjunction with local people. She taught herself the Dari language in her spare time to allow her to speak directly with both villagers and her Afghan colleagues.

Training Afghans was an important part of the programme and Linda was instrumental in ensuring women and disabled people were included.

Linda, and rare people like her, can show the rest of us how to wish for a better world. They are people who make change happen so that societies throughout the world can have hope of future peace and self-determination.

I felt inspired by her life and what she did. I didn’t know her, but hearing her stories of her life and the challenges she faced and the things she achieved - it makes you feel that anything is possible.

Rhoda Bamsey
ultra-marathon athlete, prior to her 150 mile fundraising run for the Foundation.
Afghanistan

**Population**
30 million - half that of the UK.

**Area**
652,230 km² - twice the size of Britain. The country is varied with vast deserts and large mountainous regions in the north and north east. Considerable farming takes place in surprisingly fertile irrigated valleys. Dramatic seasonal variations mean average temperatures drop to -15°C in winter and rise to over 40°C in the summer months.

**Language**
Dari (Persian) and Pashtu are official languages. The Turkic languages (Uzbek, Turkman and Kirghiz) constitute an unofficial third language group. There are more than 30 other languages spoken throughout the regions.

**Health**
Due to lack of funding, education and the hostile environment, Afghanistan has some of the world's poorest health. Around 1 in 7 under-five year olds die in Afghanistan (Unicef) compared with 1 in 200 in Britain. In Afghanistan there is one doctor and two hospital beds per 5000 people. In the UK there is one doctor for 365 people and one hospital bed for every 295. Life expectancy in the 1970s was as low as 35; today it is 48 years of age, the second lowest in the world. People in the UK can expect to live for 80 years.

**Education**
1 in 2 men and only 1 in 8 women can read and write. In 2000, under Taliban control no girls were allowed to attend schools. Today, around 27% (2.2 million) girls are enrolled in primary school. Education for boys has more than doubled to 44% since 2000. In 2008 some 83,000 students graduated from high school, the highest number ever recorded in Afghanistan. Teacher numbers increased eightfold from the year 2000 to 158,000 in 2008. Almost a third of these are female.

- There are an estimated 2 million widows in Afghanistan. One in four adult women is a widow.
- The number of women who die during childbirth is 10 times higher than those who die in conflict.
- Due to a low life expectancy and high birth rate, the median age is 17. In the UK it is 40.
- Around 40% of Afghanistan’s population is under 14 years old. It is the youngest population in the world outside of Africa.

The Linda Norgrove Foundation is working with local communities to change these statistics. By focusing on areas such as health and education, we encourage communities to develop self help and create sustainable livelihoods. Through our volunteers, the Linda Norgrove Foundation is providing support, care and hope to groups of women and children in Afghanistan.

I am being driven through Kabul with quite an exciting objective. Money has been raised to buy winter clothes for all the children at the children’s home in Kabul. The Linda Norgrove Foundation got in touch with my husband and I as we had met Linda in 2009 when she came to trek through the Wakhan corridor, where we ran a small project. I was immediately drawn to what the foundation was hoping to achieve, and immediately suggested the children’s home.

There are 10 children at the children’s home, all with a mix of learning and disability issues. In Kabul the winters can get very harsh, and before the Foundation brought the children proper beds, some of them slept on the concrete floor with very little heating. Some of these children have cerebral palsy, they cannot move and so get very cold quickly. It’s important to ensure the children are as warm as possible.

Kabul is a really mixed city; it’s not what many would imagine. Yes, you have buildings half falling down and you can still see some of the bullet holes from a decade ago. But most of these old buildings are being cleared and new large glass structures four storeys high are being built up around the city.

I still cannot get over the immense amount of traffic and the complete chaos of the roads, there is at best an idea of keeping to one side of the road but often cars will come straight at you. Today is no exception and I grit my teeth as children weave between the cars selling balloons, chewing gum and various other things, narrowly escaping the oncoming cars.

We continue driving past fruit sellers who line many of the streets and the colours are just captivating. There is pride in appearance and even carts filled with cabbages are built up in a triangular fashion in a colour co-ordinated way.

The driver pulls up outside the children’s home and Frozan, one of the Afghan ladies at the home, gets into the car. Frozan directs us to a quieter part of town so we can start our shopping escape. We jump out at the corner of a street and walk down some marble steps into a small cluster of children’s clothes shops. A smiling Afghan man greets us and our eyes start darting around the small shop to see what is in stock. I spot a nice top with a zip down the front that would suit one of the children. The shop keeper doesn’t think he has many in stock so we ask if we can take it off the mannequin. He nods with a grin, then scuttles off to see if his neighbour’s shop has any other sizes.

A couple of Afghan women are also browsing the shop covered by their burka. They initially nod a greeting but its not long until we are laughing together. While trying to ply the top off the mannequin its hand falls on the floor and we scramble to pick it up and screw it on again before the shopkeeper comes back in.

After buying a small bundle of clothes, we head for another shop and are directed to a smaller street. The quality of clothes is good and they will be nice and warm for the winter. Finally, we have a large bundle of jumpers and trousers and are directed to another desk to pay. I’m suddenly hugely encouraged; the Afghan owner has heard the clothes are for the children’s home and immediately gives us $10 off the total price. We graciously thank him and squeeze our way back down the steep steps into the street.

The children are all so excited about their new clothes which will make a massive difference now that its getting colder and the winter is drawing in.

It’s lovely to see the children having ownership over their own clothes. These wonderful children appreciate it more than you will ever know.
Projects

The Foundation has been working with our team on the ground in Afghanistan to bring hope, support and a new way of life to women and children affected by the war. Your donations have made a real difference to these people.

Your donations have:

**protected** 28 villages against diseases such as measles, polio, tuberculosis, diphtheria, pertussis (whooping cough) and tetanus through funding a medical programme that provides vaccinations for people in remote areas. Very little medical help reaches rural communities, meaning the project is benefitting those who need it most. Cost: £7,500

**educated** women in 15 villages in birth life saving skills that will provide the right knowledge to ensure a safe, hygienic birth for both mother and baby. Scandinavian charity Operation Mercy will be carrying out the initial training so that women can then transfer their new skills to others and help combat the high level of infant deaths in rural Afghanistan. Cost: £8,433
provided a better quality of life for a group of 10 children in a disabled children’s home in Kabul. Through your donations, the kids have been gifted toys to encourage sensory learning, new winter clothes to keep out the cold, a chicken coop and hens to provide nourishment, and 10 locally sourced beds to give comfort and warmth instead of sleeping on the cold concrete floor.  
Cost: £4,823

helped fund 250 women in remote communities to learn to read and write through a literacy project with our partners Canadian Women for Women in Afghanistan. The project included setting up libraries within the villages, and over the next year approximately 3,000 villagers will benefit from its resources.  
Cost: £14,975

built a bread oven to feed and sustain women and children in a widows home in Jalalabad. The bread will not only provide a healthy diet but also a source of income. The children were gifted footballs and cricket sets thanks to your help. There are approximately 2 million war widows in Afghanistan.  
Cost: £529

enabled a tourism business to start up in the remote Wakhan corridor by providing funds for tents, equipment and English lessons to guides. Tourism is one of the only sources of income in the region.  
Cost: £3,486

supported women and children victims of trafficking, violence and domestic abuse by providing furniture and a counselling room for a ‘safe house’, a shelter that gives help, safety and support. It offers immediate refuge for victims, access to medical care and legal services, economic independence through education and social integration where each individual again feels part of a community.  
Cost: £11,025
Over the past 12 months, supporters of the Foundation have been hard at work raising funds to go towards our projects in Afghanistan. From art auctions to tractor runs, cycles to swims, ultra-marathons to sponsored hair cuts, fundraising support for the Foundation has come from all over the world. Together, we have raised over £100,000 through these events. To read more about these fantastic achievements, visit our website: www.lindanorgrovefoundation.org

With your help, the Linda Norgrove Foundation has transformed the lives of women and children affected by the war in Afghanistan. If you would like to make a donation, please complete the form below together with your donation and return it to this address: The Linda Norgrove Foundation, 3 Mangersta, Uig, Isle of Lewis, HS2 9EY. Your help is greatly appreciated, however you choose to support the Foundation. Thank you!

Full name:  
Address:  
Email:  
I enclose a donation £  

If you would like your donation to be treated as Gift Aid please sign the declaration below:

I would like the Linda Norgrove Foundation to treat my donation and all future donations as Gift Aid Donations. You must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the charity recovers on your donations in the appropriate tax year, (currently worth 28p for each £1 you give).

Signed:  
Date:  

We’d love to hear from you! Please add a message: