



the linda norgrove foundation

May 2013



Welcome

Welcome to our first interim newsletter. For two years now we've sent out an annual newsletter in November. This year we've decided to supplement this with a Summer newsletter, sent specifically to our more committed supporters and our regular donors.

We are now a smaller organisation run entirely by volunteers since our sole employee, Rachel Wade, left earlier this year. Primarily we made this change so we can fulfil our commitment, given when the Foundation was started, to keep our overheads to a bare minimum.



Running a charity is a difficult balance. To raise money, you need to spend some, which reduces the proportion of funds getting through. Just where to draw the line is very much a value judgement and one consequence of less administrative support is that the Foundation will unfortunately be less able to provide the support Rachel gave for a wide range of fundraising and publicity activities.

This means we'll raise less money and given that to date we have put out twice as much to fund projects as we have received in donations, it also means we'll have to shut down eventually. I've written about this dilemma at more length in my latest blog on our website.

One thing you can be sure of though is that all of the donations we receive will be put to work where they really will make a difference. You only have to read on to see how relatively small sums have transformed the lives of Afghan women and their children.

John and Lorna

For more information please contact us:

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News Items



New Changes, New Faces

At the Foundation HQ we were sad to see Rachel Wade, the Foundation's development officer since June 2011, leave in February to begin a new position with aid company DAI in Liberia, West Africa. She made a fantastic contribution to the Foundation and we are delighted to hear that she is excelling in her new post. Margaret Orwig, our advisor in Afghanistan, is coordinating a new part time employee who helps source and advise on new projects for us there. Zaniab lives in Kabul and works as a lecturer at the Gawharshad Institute, as well as contributing towards the Foundation's work part-time. Zaniab has been with us since March and we look forward to developing new projects through her links on the ground in Afghanistan. Welcome Zaniab!

Calendar Success

The debut Linda Norgrove Foundation calendar raised a fantastic amount of funds, selling out its first and second print run. The calendar features a collection of Linda's photographs from her time in Afghanistan, and the Foundation has received some excellent responses from happy customers. Calendars were delivered as far afield as Canada, America, Australia and Afghanistan, where a few line the walls of the British Foreign Office in Kabul. Here's to the next calendar for 2014 - watch this space!

Back to School

Cheltenham Ladies College in Gloucester and Gordonstoun School in Moray

both invited John and Lorna to give presentations about the Foundation to raise awareness of its work in Afghanistan. Both talks were very well received and the pupils responded enthusiastically to the projects and with great interest, choosing to raise funds for the Foundation independently.

Giving is Good For You

Make sure to look out for John Nickson's forthcoming book "Giving is Good For You" as it features a small section about the Foundation and the cultures that surround donating money and time to good causes. Great to see the Foundation getting a wee nod!

Trustee Meeting

The trustee meeting in March was a storming success. All five trustees were hosted at Scaliscro Lodge in Lewis to discuss visions for the Foundation in 2013 and plans for the future, enjoying a musical ceillidh after. Decisions, decisions...

World Wide 10K

Time to look out those running shoes... the Linda Norgrove Foundation 10K is back! On 5th October the Foundation will host its third 10K run in Uig on the Isle of Lewis with participants invited to run or walk to raise funds for our projects. If you don't live locally fear not - we hope as many people from around the world will take part and run a 10k wherever they are. Let's try and beat last year's number of participants...keep an eye on our facebook page and website for more updates on how you can get involved.

Projects

Gawharshad Institute of Higher Education

This year the Foundation is funding seven scholarships and a class prize, allowing women to study a four year bachelor degree in either Law or Political Science at the Gawharshad Institute of Higher Education in Kabul.

The scholarships ensure that the most promising women are not discouraged from continuing their education due to lack of funding, and women from all provinces across Afghanistan are encouraged to apply.

The Linda Norgrove prize of \$250 is awarded to the student who has shown the most promise and dedication in her field and to the course each year.

“Female education is a crucial need in this country,” says Nasima Rahmani, Director of the Womens Empowerment

Centre at the Institute, “however, there is less interest to improve this situation.”

With myriads of Afghan people suffering impoverishment and living in poor conditions, it is beyond reality to expect the working class to invest in their children’s education. By funding women studying law they will be able to contribute to a better and more secure future for women who often lack access to legal representation.

Organisations such as the Gawharshad Institute are committed to ensuring women are not overlooked when it comes to education. Since its establishment the Institute has allowed hundreds of women to receive an education and is working towards increasing that figure through securing additional scholarships each year.

Through your donations, the Linda Norgrove Foundation is enabling women from across Afghanistan achieve their full academic potential, regardless of their financial background.

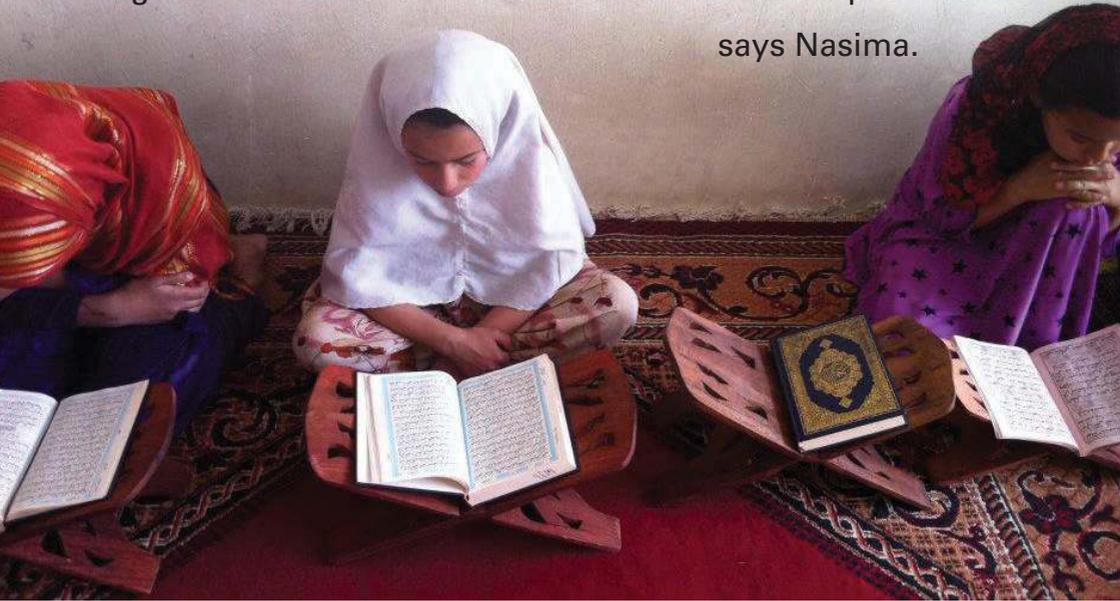
To find out about our commitment to education for women in Afghanistan through some of our other projects, visit our website www.lindanorgrovefoundation.com

Cost - £382 per student per year



“Society is profoundly male dominated and that leads to a further lack of interest about women’s education. Women are considered second class humans, while men are celebrated as the guardians to the families as well as the honour protectors.”

says Nasima.



Student Profile

Meet Shabnam, one of our scholarship students studying Law at the Gawharshad Institute. She explains her situation and her pursuit of education like this:

“Although I was the best student at my school, due to my bad financial situation I couldn’t continue my studies at university. I had to work to help my father as there are nine of us, and only he was working. I got a job, but my salary was not enough to cover my university costs as well as our other living expenses.

I heard about the scholarships on offer at Gawharshad that enable poor girls to study, and considering my financial position, I applied.

I believe that with higher education we can work better and be a useful people [sic]. In Afghanistan there are millions of girls who are not able to go to school and university for different reasons. One of my plans in the future is to support girls’ education and equality so eventually no one will face the problem of not being able to afford an education.”

Project List

- The Foundation has agreed to **fund school lunches for 120 children at the Afghan Educational Children's Circus** for a second year. The circus places emphasis on learning through team work and group activity whilst teaching literacy skills and important lessons such as land mine awareness and drug abuse. **Cost £9,252**
- Swedish Charity Operation Mercy has received funding for a second year from the Linda Norgrove Foundation, enabling it to continue to **run a mobile clinic that teaches key life-saving birthing skills and to administer medical vaccinations in the Wakhan Corridor**, a remote northern region of Afghanistan. **Cost £15,000**
- Women Activities and Social Services Association provides **free expert legal aid counselling and assistance to women seeking help in domestic abuse or family support cases in Herat**. The Foundation has supplied funding for a year to hire a female defence lawyer, project assistant and accountant to help clients in their pursuit of justice. **Cost £16,459**
- After successful results from previous medical operations, the Foundation has agreed to pay for **seven new surgeries at the children's Medical House in Kabul**, including medical procedures such as club foot or cleft lip. **Cost £6,423**
- **Support Children and Afghan Women in Need Organisation** is a small Afghan run group that helps over 250 widows and children in an impoverished area of Kabul get an education. Classes are offered in reading and writing, as well as tailoring, embroidery, painting, carpet weaving and sports such as judo, and are structured to provide the essential skills to begin a sustainable career outside of SCAWNO. **Cost £4,110**
- Canadian Women for Women Afghanistan have teamed up with the Foundation for a second year to continue to provide **funding for literacy programmes and libraries for women** in rural areas of Afghanistan. **Cost £22,488**
- A small amount of **funding has been given to 900 Afghan Girls**, an organisation raising funds to build, staff and equip a school for girls in Badakhshan. **Cost £913**
- **Support has been given to a struggling orphanage in Jalalabad** through Afghan Child Education and Care Organisation to help cover the running costs. **Cost £8,904**
- After a few months of working out logistics, the **Afghanistan National Institute of Music finally received their Marimba** in January. The Institute encourages children and young adults to use music as a way to find comfort and express themselves. Thanks to the Foreign Office for helping with the postage! **Cost £2,236**
- **The digital x-ray unit at the Cure Hospital in Kabul is fully up and running** thanks to the funding from the Linda Norgrove Foundation in late 2012. It is being put to excellent use training staff as well as diagnosing patients. **Cost £11,138**

Women for Afghan Women

In late 2012 the Foundation was approached by Women for Afghan Women, an organisation intent on setting up an emergency medical fund for women and children who have suffered the most horrendous kinds of domestic abuse.

Due to strict cultural family bonds and a lack of financial security, many victims are left in an appalling condition without any access to urgent medical treatment. The fund will allow WAW to cover the costs of emergency - sometimes life saving - care.

One victim, Latifa, recently suffered horrendously at the hands of her abusive husband and his family.

At the age of 14 she was married to a much older man, who abused her from the beginning. His violence became more extreme over the years, until one day he beat her so badly that her legs lost all function. He thought she wasn't looking after their animals properly. He then slit her mouth as he thought she was crying too loudly. After this horrendous act, her in-laws poured boiling water on her legs as they believed her to be lying about her condition.

Latifa was taken to Kandahar by her brother to seek emergency treatment. When WAW found out about her appalling condition, they paid for her airfare to a military hospital in Kabul. The burns on her legs were too severe for Afghan doctors to do anything for her. WAW contacted the Indian Embassy for help, and agreed to transfer her to an Indian hospital to receive specialist medical attention.

Latifa's brother-in-law was arrested, and her husband ran away. The police are attempting to locate him so he can be tried for torturing her.

It is through your donations that victims like Latifa can be saved from these awful situations, and given the chance to rebuild their lives.

Cost - Three interventions such as Latifa's have cost £1,485



Thanks for all your support

If you would like to make a donation to help transform the lives of women and children in Afghanistan, please complete the form below together with your donation and send it to:

The Linda Norgrove Foundation, 3 Mangersta, Uig, Isle of Lewis, UK, HS2 9EY.

Your help is greatly appreciated, however you choose to help the foundation.

Full Name:

Address:

..... Postcode:

E-mail:

I enclose a donation of: £

If you would like to know more about setting up a monthly donation please tick this box:

Please check contact details are correct (full name and address), and sign the Gift Aid Declaration below if you wish for your donation to be treated as Gift Aid:

giftaid it I want the Linda Norgrove Foundation to treat all donations 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 reclaims on your donations in the appropriate tax year (currently worth 25p on every £1 you give).

Signed:..... Date:

Please leave us a message, we'd love to hear from you!

