

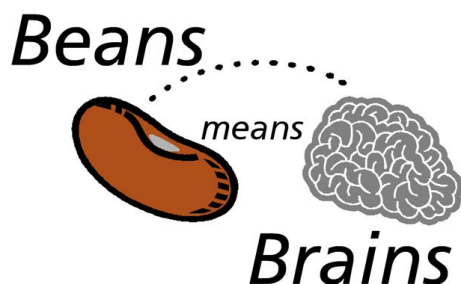
2008 Sponsored Charity Abseil in aid of Sustainable Communities Network (UK)

and its

Beans Means Brains and Koch Goma Secondary School programmes in Uganda

The 2008 charity abseil at Ipswich Hospital will take place on Sunday 13th July, time to be confirmed (though likely to be mid to late morning). This is a great opportunity to do something a bit different, and perhaps a bit challenging! The expert instructors will ensure you get every encouragement to complete the abseil down the maternity block, even if you have never abseiled before.

We are raising money to support two programmes in Uganda:



Beans means Brains is a school lunch programme for children at Buhumba Primary School in south western Uganda. We provide lunch for over 660 children each day. It is the only school meals programme in a government school in the whole of the District and makes a huge difference to the health, education and motivation of the children and their teachers. This year the local community are working together to begin growing their own vegetables and potatoes in order to help make the programme sustainable in the long run.

Koch Goma Secondary School in Gulu District, northern Uganda has spent the past 20 years away from its home village due to war. The school has been relocated 4 times as the land they were using was needed for other uses. The conflict with the Lords' Resistance Army has had an enormous impact on the region, with over 1.7 million people currently living in camps for internally displaced people and thousands of children experiencing the horrors of being abducted and made to be child soldiers. The area is currently peaceful and SCN is about to begin helping the school to re-establish itself in its home village.



More info at www.scn-uk.org

To take part, please complete and return the form below.

Please enclose the entry fee of £21* (cheques payable to Sustainable Communities Network)

Name	
Address	
Email address **	
Phone number	

* If you raise £75 or more in sponsorship, you can reclaim the entry fee, if you wish.

** Please be sure to give an email address so we can send you sponsorship forms and keep in touch easily.

Please send the completed form to: SCN (UK), Woodilee, 2 Haughley Green, Stowmarket IP14 3RQ

Alternatively, if you bank online, you can submit the above info by email to david@scn-uk.org and we'll send you our account details for an electronic transfer.