EDITORIAL: BUILDING HOPE...
Chris Rose on cycling, building involvement and what we’re calling ACTIVE’ISM.

WHEN DISTANCE DOESN’T MATTER
Karin Joseph writes about why Amos’ new off-her-terres campaign is so important.

HOPE IN DARK PLACES
An interview with atul vagheji from our street child partner Umthombo in South Africa.

KNOW YOUR RIGHTS
Peter Bone on February’s trip to Nicaragua – where there’s always the threat of a good idea.

TEACHING AMBITION
Azey Bennetts writes about what small victories look like at karunalya in India.

IN THIS LAND
An update on our partners and projects in the West Bank and Gaza Strips.

NICARAGUA GALLERY
We share some of Clive Horsman’s images from the Amos trip to Nicaragua earlier this year.

INVESTING IN PEACE
Details of a new publication from our friends at saabed-karun for local church activists.

LISTINGS
All the latest trips and events for your diary. Please join us.

WATER FOR LIFE APPEAL 2018
Full details of Amos’ Water for Life appeal for Nicaragua.

A TASTE OF PALESTINE 2019
This year’s culinary tour of Palestine sold out so quickly we’re already planning another trip for October next year.

BUILDING INVOLVEMENT
Chris Rose

RIDING INTO PARIS, past the Palace of Versailles, is one of the great experiences in life. Unfortunately building work to the Eiffel Tower slightly took the edge off our ending, but arriving there with 40 other riders was fantastic. Amos Road Club is unlike most road clubs, it’s not very macho for starters — it’s all about involvement, enjoying each other’s company and the ride.

Bike riding provides great lessons in solidarity. For Nive and I this annual ride provides a much-needed space to get our heads together with a fantastic group of people.

We are committed to challenging injustice, building hope and creating change by working with our local partners. A basic part of building hope is building involvement. As a creative organisation one of the key things we seek to do is to make space for people; for you to get involved in ways that suit you and allow you to contribute. We know that people are busy and there are limits to this, but we believe it is so important as it breaks the myth that there is nothing we can do.

One of the most popular readings in our ‘Words of Hope’ book is this one by Howard Zinn, “To be hopeful in bad times is not just foolishly romantic... And, if we do act, in however small a way, we don’t have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now is itself a marvellous victory.”

At this time when there is so much which is bad around us, when the situation in Nicaragua is so difficult, when Palestinian aspirations seem further away than ever and when children’s rights, especially girls rights, are so routinely ignored, it is easy to despair. We believe that it is essential that we have a spirituality of resistance and hope at such times that can feed and equip us. And, that we are called to act, otherwise the end will be all that we fear it will be.

Cycling to Paris may not, in one sense, achieve that much — although thank you so much to all who so generously sponsored the riders, but it is a glorious celebration of life and all we long to see. To be joined by Mpendulo Nyembe, the director of Umthombo, was fantastic and gave an opportunity for people to meet him and hear from him.

The cycle rides, the Marathon (and any other run people are doing), the home rebuilds, the walking trips, Women 4 Women events, the culinary tours, plays and concerts are all part of our Active’ism — just as much as going to protests and writing to our MP’s. This is because there is an intentionality to it, and when we come back we tell the stories of the people we met and why we got up and did something, and these stories are so often transformatively.
When Distance Doesn't Matter

Karin Joseph talks about some of the reasons why Amos’ ON HER TERMS campaign is so important.

WORDS OF HOPE | SUMMER 2018

“Sometimes we are scared to try new things out. We may feel girls are too delicate. And we hold the issues faced by girls so close to us, we can relate so much. It often gets overwhelming.”

LIZ — KENYA

When distance doesn't matter.
HOPE IN DARK PLACES

Umthombo’s Mpendulo Nyembe visited the UK from South Africa back in May. Karin Joseph caught up with him.

INTERVIEW: Karin Joseph
PHOTOGRAPHY: Ben Harvey

“We are looking at how to journey with girls in a way that will benefit them most.”

MPENDULO NYEMBE, DIRECTOR — UMTHOMBO, SOUTH AFRICA

What are your current priorities at Umthombo?

“About a year ago, we did a mapping exercise to look at high-risk communities around Durban that we see kids coming from. We started to identify who had key roles in the community and to partner with churches and schools. They help us to identify who may be at risk. It’s proven to be a good model and is key to prevention work.

One of the most interesting pieces of evolving work has been with girls. We have been fortunate in the past few months to find Hlonphile, our girls’ outreach worker, who has the passion, love and soul to engage with girls. Since Hlonphile took up her role, we have seen a huge increase in the number of girls we work with. She has managed to go to places where most of the previous field-workers were afraid to go, to build relationships with not only the girls, but the people who surround them who are often hiding them and preventing them coming for help. We are looking at how to journey with girls in a way that will benefit them the most.”

What are the biggest challenges you encounter in the lives of children on the streets?

“Many young people in Durban that we work with, drugs are the main issue. There has been a shift from glue towards stronger drugs that are heroin- or nicotine-based, mixed with various concoctions of antiretroviral [for HIV], housing-detergents and meat poison, and then evolved with cannabis. Umthombo has seen a decrease in younger children coming onto the streets, but an increase of older young people who’ve just finished or dropped out of high school and are facing unemployment or insurmountable problems at home. These substances are readily available once they arrive on the streets, and they soon get hooked.”

Do these issues differ for girls on the streets?

“Girls also tend to be hooked on highly addictive substances, and added to this, form dependence on the hormones or the drugs that get them ready early and use them for commercial sex work. Women, and all of the girls are suffering multiple traumas. The circumstances that may have led them to the street include sexual or physical abuse and harassment at home, and then they find themselves in a similar situation on the street. There are many health issues too — the majority of the girls we work with are HIV-positive.”

When we first engage with girls on the streets, they share minimal information with us because we’ve not yet built that trust.

By being available to them on a consistent basis, they start opening up. In many cases there is such a lack of self-esteem — they have withdrawn into themselves, and express deep shame and guilt. They normally see their situation as their own fault. Our work is about enabling them to re-envision themselves as people who can come out of their victimhood and express what really happened to them, and find release.”

What are you learning, in your work with girls?

“We are reflecting on is the need to accept that girls’ work is an intense work. It’s not about outreach, reintegration — job done! We need to listen to the girls and find out how we can best journey with them. Their situation is quite unique because of the level of trauma they have faced. What is important is to listen with our heart, and do the things girls direct us to do.

This means being there when they are ill; listening to them when they come in having been gang-raped and uveen the previous night, yet they don’t want to report it to the police; assisting them to access healthcare, highlighting possibilities of seeking an intervention, and when they feel safe. It is about providing a safe space for them to come and not feel judged, accepting them as they are. It is about saying we are here, even while you are on the street. Home may not be an option right now but what can we do to journey with you?”

Do you have hope in your work?

“There is plenty of hope in the work that we do. The hope comes from the little stories of success, for me. We are working with human pain. And if one person out of a whole group finds hope, it gives us hope for the next. If one person takes one or two little steps towards empowerment themselves, it gives us hope.”

One girl has been on the street for over three years; through an encounter with her she has found hope, and today, she will have finished her first week in training as a supermarket cashier, doing something that she wants. She’s seen people doing this, when she’s gone into shops with the minimal money she had; she can now see herself sitting there serving customers. There’s hope in that.

There’s hope with families. We receive calls from parents and caregivers to say ‘our child is doing well’. But there is hope too when families know that they can come to us about the struggles they may still be facing, but they haven’t just given up on their children — they say ‘can you further assist?’ There is hope in that. It is exciting.

There is even hope with young people that are hardened on the street — who, when things become difficult — still come to us and say, ‘can you assist?’ We know that you are here for us. They come to us, look for our workers, reach out to them. There is hope in that. Just to know that there is somebody there with you.”

To find out more about Umthombo in South Africa and how you can support their amazing work, please visit amosuctrust.org/umthombo
“When I come into Nicaraguan airspace I can feel my soul re-enter my body.” Those of you who’ve been there will resonate with these words of Nicaraguan author Gioconda Belli. I felt something similar when I returned there in March, co-leading the recent Amos trip with Katie Hagley.

Since I first heard about Nicaragua back in the 80’s, I’ve been fascinated by this little country that somehow overcame 3 generations of brutish dictators and replaced them with a government of poets and priests. Hearing Gustavo Parajon, founder of (Amos partner) CEPAD, speak at Greenbelt, only furthered my resolve to go. I went on the first Amos trip to Nicaragua in 2000. It’s been heartbreaking to see the slow unfolding of the promise that was there that year. The killing of peaceful protesters has ushered in a new, brutal phase. We were visiting every community in the Teutsepe region, to get to know how CEPAD’s 5-year community empowerment projects work on the ground.

“This way to girls, you can have ambition.” In the pavement-dwelling communities that Amos partner Karunalaya works in, child marriage from as young as 12 is the norm, with over 50% of girls married before the legal age of 18. Extreme poverty and lack of aspiration means most children drop out of school to work as child labourers, beg or look after younger siblings and parents will marry their daughters off in exchange for money. “We teach girls to shrink themselves, to make themselves smaller. We say to girls, ‘you can have ambition, but not too much. You should aim to be successful, but not too successful. Otherwise, you would threaten the man.” (Chimamanda Ngozi Adichie). These are messages given to teenage girls limiting their choices, focusing their goal on marriage. Karunalaya seeks to challenge this view, held by girls and mothers from pavement-dwelling communities (and the streets), to create opportunities when they can realise their self-worth.

For parents, they want them to value their daughters, rather than be burdened by them. To not marry them off before they turn 16 out of fear of rape or of [her] running away and being labelled ‘unsuitable for marriage.’

Malí had been involved in Karunalaya’s programmes for a number of years. I met her in the summer of 2012, she was excited she had passed her exams at 16 making her the first in her family to get a certificate. She had spoken about women’s rights as part of Karunalaya’s advocacy events. However, in spite of the interventions, her family (with Malí’s permission), arranged her marriage at 17. This came as a shock to the project workers who had spent years working with Malí, her family and her community.

“I RUN A FOOTBALL LEAGUE for children in slums, pavement communities and at Karunalaya’s centres. To realise this, she wants to undertake a formal football coaching qualification. We are proud of her success and her ambition, but not too much. You should aim to be successful, but not too successful. Otherwise, you would threaten the man.” (Chimamanda Ngozi Adichie). These are messages given to teenage girls limiting their choices, focusing their goal on marriage. Karunalaya seeks to challenge this view, held by girls and mothers from pavement-dwelling communities (and the streets), to create opportunities when they can realise their self-worth.

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So it was a real pleasure to be back in Nicaragua this year with a great group of Amos supporters. We were visiting every community in the Teutsepe region, to get to know how CEPAD’s 5-year community empowerment projects work on the ground.

UPDATE: At the moment CEPAD can still get through to the communities of Teutsepe but their finances have been severely affected by cancellations of supporter trips and an increase in their costs. A crisis on our website at amostrust.org can read more about the current situation and how to help.

KARUNALAYA: TEACHING AMBITION

Asey Bennetts on the importance of small victories when working with girls on the streets of India.

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With every new place we went, every new conversation we had, we started to get it. We started to get how radical it is to try to live out Gustavo Parajon’s mission statement in one of the poorest countries in the world: “We walk with a community until it has the skills to claim the rights it did not know existed.”

To visit these isolated rural communities we drove on roads that simply didn’t exist before. We ate Rosa’s surplus vegetables. This is what can happen when a community claims its rights.

Karunalaya: Teaching Ambition

Asey Bennetts on the importance of small victories when working with girls on the streets of India.

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IN THIS LAND

THE CONTINUING JOURNEY OF SOLIDARITY IN PALESTINE

An update from Chris Rose on our partners and projects in the West Bank and Gaza Strip.

Words: Chris Rose  Photography: Mark Kensett

I have longed to proclaim good news from Palestine. To stand, like the watch person in Isaiah, on the highest peak and shout in joy. I have been an Amos for 12 years — I count the years in World Cups, and, like England, the story in Palestine has been a long and depressing one, (although didn’t get too close!) After last year’s Just Walk I was not due to go back until the end of the year and yet I have been there three times now; for the Palestinian Marathon, the Giro della Palestina protest ride and for a failed attempt to visit our partners in Gaza. Each of these visits has been sobering and inspiring.

I like other road cyclists who have visited Palestine, had desperately wanted to cycle through the West Bank. I find it so hard to explain why cycling gives such a different perspective, but it does. So when it was suggested that we carried out a protest ride to highlight the sports wheat that was the Giro d’Italia Grand Depart in Jerusalem, it was something we couldn’t resist.

On the first day we cycled from Tel-Aviv to Jericho and it reminded us of just how small this land is. We started at sea level, then after a long morning climbing we had a breath-taking, world-class descent finishing 300 m below sea level at Jericho.

In the following days, as we cycled from Jericho to Tel-Aviv, from Bethlehem to the Summit Camp in the South Hebron hills, Ma’mour Darwish’s words: ‘What makes life worth living is here in this land’ spun through my head. As we experienced the beauty of the land we also saw the totality of the occupation; the permanence of the ever-expanding settlement blocks and the settler bypass roads that cut through the West Bank. Palestinians can be denied access to all manner of places by a network of barriers that allows only Israeli rights and aspirations to be realised.

The Marathon race day, like the first day of the ride, was breathtakingly hot. We describe the course as ‘technical’ or ‘lumpy’ — and normally forget to mention the altitude. When it is as hot as it was — the hills feel really steep (which the ride confirmed) and the air is hard to breathe. Our runners were incredible, individually, and as a group.

Most local runners decided to drop from half to full marathons, ours pioneered in temperatures that would have seriously worried the organisers of the London Marathon. But what stood out, as ever, was the atmosphere in Bethlehem. The town’s creativity and celebration in the face of so many hardships is incredible.

In the South Hebron Hills the military presence dominates the area. We felt this acutely as we cycled through Checkpoint 300 at Bethlehem, where the soldiers were outraged that we were going through a border crossing on bikes, (even though it is not a recognised border.)

Alongside this were the inspirational people we met at Alrowwad, at Jenin Freedom theatre, with Zoughbi, Lucy and Tarek at Wi’am (all of whom are coming over in December). Our conversations were dominated by their concerns over the ‘Deal of the Century’, a forthcoming announcement on Israel & Palestine to be made by Donald Trump.

It looks likely, and not surprisingly, that this will be a one-sided deal favouring Israel that will be backed, not necessarily in words, but certainly in actions, by some of the most powerful states in the region. Moreover, Trump’s plan is that this will be a final status resolution.

It is hard to know yet what the response will be from a highly demoralised Palestinian population. What is for certain is that we continue to journey with our friends and partners in Palestine and Israel as they seek to respond to this, and as we campaign for their rights and aspirations to be realised.

We believe it is particularly important, at this time, that we continue to ramp up our efforts. Elsewhere in this edition of Words of Hope you will be able to read about our forthcoming trips, the new Investing for Peace resource and our future plans.

My third trip was meant to be to Gaza, but problems over visas meant that despite having a valid permit, I was not allowed in at the Erez crossing. We will all, by now, have witnessed Israel’s response to the peaceful protests at the Gaza borders. The March of Return, which was originally to be held each Friday from Land Day (13th March) to the 70th anniversary of the Nakba (May 15th), has continued beyond this. On 12th June the UN reported that 135 Gazans had been killed (118 in protests) and 14,605 injured, (7,802 of whom were hospitalised and of these 3,895 were a result of live ammunition) — whilst in the corresponding period there were 5 Israeli injuries.

CHRISS ROSE, AMOS DIRECTOR

WORDS OF HOPE | SUMMER 2018

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© Amos Trust/Mark Kensett

Words of Hope include how you can get involved in our Christmas campaign, please visit amostrust.org/christmas

For more information about our work in Palestine and Gaza, including how you can get involved in our Change the Record campaign, please visit amostrust.org/peace

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Francisco was eager to talk about the difference CEPAD had made to the community of La Joya — February 2018.

NICARAGUA...
THE THREAT OF A GOOD IDEA

photographer: Clive Hindley
WATER FOR LIFE... HELPING THE COMMUNITIES OF TEUSTEPE TO FLOURISH

OPPOSITE PAGE

digging — Amos supporters help a community in La Joya to dig a micro-dam to store water running from the roof.

#WATERFORLIFE

above left

flourishing — Seedlings ready for the family gardens in La Concepción, one of the communities that Amos supports.

above right

cooking — Secciaro teaches Amos supporters to cook the sweets that she sells thanks to training from cePad.

above

painting — a mural depicting campesino life as a nativity scene including political and cultural figures from Latin America.

To learn more about our work in Nicaragua and to download our free resource pack, please visit amostrust.org/nicaragua-resource-pack
“Garth writes redemption songs and then sings them without fear. His voice comes through clearly in these pages, challenging us by his witness to act for justice. He is a brave voice, needed more than ever in a fearful world and in a sometimes timid church.” REV. CANON LUCY WINKETT

Garth Hewitt’s autobiography ‘AGAINST THE GRAIN’ includes a chapter on Palestine entitled ‘From St Jerome to Banksy’, and of course, a chapter on AMOS TRUST.

AGAINST THE GRAIN
GARTH HEWITT’S AUTOBIOGRAPHY AVAILABLE NOW
amostrust.org/against-the-grain-book
The story of singer, songwriter, priest, author and activist — in his own words. A mixture of stories and humour — all building together to say something really important... but gently. Garth's new autobiography ‘AGAINST THE GRAIN’ covers stories about his music, his theology, and why he made the choices that he did.

The companion double CD to the book, also called ‘AGAINST THE GRAIN’, represents more than 40 albums released by Garth over 45 years, including eight never-before-released tracks and is also available to buy online now. Please visit amostrust.org/against-the-grain-cd

REMAIN IN LIGHT
FREE #REMAININLIGHT

29 SEPTEMBER
REMAIN IN LIGHT
AMOS DAY 2018

This year we’ll be splitting the day into two halves so you’ll be able to register for the whole day, or just the morning or afternoon sessions.

ON HER TERMS 10.30 – 13.00
Amos Street Child
In the morning, we’ll be sharing plans for our street child work in 2018 and beyond — On Her Terms. With films, presentations and conversations with the women workers from Amos’ partners in Burundi, India, South Africa and Tanzania.

Listen as our guests share new pioneering responses to working with teenage girls and young women who live on the streets. Hear their stories — the hurdles they have to overcome and what they have learnt from young women living on the streets.

APARTHEID @ 14.00 – 15.00
Amos Palestine
Seventy years after the birth of the Apartheid regime in South Africa, the apartheid policies of the Israeli government are becoming ever more entrenched. How do walls become bridges? Amos Trustee Robert Cohen will host this session with further special guests.

WORDS OF HOPE 15.00 – 16.00
Amos Communities — Reflection
Introducing a spirituality of climate justice with words and images from Tousterpo, Nicaragua.

AMNESTY INTERNATIONAL CENTRE 29.09.18
17 – 25 NEW INN ROAD, LONDON EC2A 3EA

Amos Day will have a new look and a new venue for 2018. This year we’ll be at the Amnesty International Centre at 17–25 New Inn Road, London EC2A 3EA. amostrust.org/remain_in_light

Join us as we share some of what we’ve been working on in 2018 and some of what we have planned for 2019 and beyond.

Please join us.

Tickets for remain in light: amos day 2018 are free but we would ask you to register. You can book for the morning, the afternoon, or the whole day. Simply visit amostrust.org/remain_in_light

PHOEBE RISON — TABEEL RAIEM, UK
ROBERT COHEN — WRITER/BLOGGER
RYNNA BOLAND — WAR ON WANT
GARTH HEWITT — AMOS FOUNDER

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“We learned in South Africa that the only way to end apartheid peacefully was to force the powerful to the table through economic pressure.”
ARCHBISHOP DESMOND TUTU — JUNE 2014

A group of Christian charities, including Amos Trust, has produced ‘INVESTING FOR PEACE’, a simple booklet which outlines the need for morally responsible investment as a powerful tool churches can use to support a just peace for Palestine and Israel. Its production has been led by Sabeel-Kairos and supported by War on Want.

“We believe that all of us have a critical role to play in the quest for a just peace.” Members of the British Christian community responded to ‘Kairos Palestine’ with ‘Time for Action’ (2012). In it, they stated their commitment to support and promote strategies to bring about the end of the occupation of the West Bank, including East Jerusalem, and the blockade on the Gaza Strip.

We are asking churches in the UK to join a growing movement worldwide, to implement morally responsible investment policies. To ensure that companies that profit from and invest in, do not profit from or advance the occupation.

Several churches globally have already applied policies which have resulted in them removing companies from their investments who are profiting from the occupation of the Palestinian territory.

“We as Christian Palestinians, and especially Christian women, call on people to stop supporting companies who profit from the occupation of Palestine and the dispossession of the Palestinian people.” Mira Rizek, General Secretary, YWCA Palestine.

The booklet outlines simple, practical steps you can take to begin to look at the issue within your own church setting.

To download your free copy of ‘INVESTING FOR PEACE’, please visit amostrust.org/sabeel-kairos

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WORDS OF HOPE | SUMMER 2018

AMOS LISTINGS
2018/19

AMOS TRUST events and trips are open to everyone. Join us as we challenge injustice, build hope and create positive change. #activeism

30 SEPTEMBER 2018
AMOS DAY
REMAIN IN LIGHT
amostrust.org/remain_in_light
With updates from our On Her Terms and Change The Record campaigns, plus ‘Words Of Hope’. Please note the new venue for 2018.

3 – 15 DECEMBER 2018
AMOS AT CHRISTMAS
amostrust.org/christmas-2018
We know it’s only August but please join us this December at one of our Amos Christmas card services in London, Bristol, Chesham, Canterbury, Cambridge, Bradford and Manchester.

19 – 24 MARCH 2019
PALESTINE MARATHON
amostrust.org/palestine-marathon-2019
Join Team Amos and run the seventh annual Palestine Marathon in Bethlehem, in the shadow of the Wall. The marathon was set up to raise awareness of the fact that you can’t run 26 miles in the ‘Little Town’ without going through a checkpoint.

7 – 18 APRIL 2019
AMOS HOME REBUILD
amostrust.org/rebuilding-home-2019
Amos Home Rebuild trips are an opportunity to bring hope to a Palestinian family and community by helping them to rebuild their demolished home. Join us in Palestine in April 2019.

24 – 27 MAY 2019
AMOS ROAD CLUB RIDE
HITS THE PEAKS
amostrust.org/amos-road-club-2019
The annual Amos Road Club ride is open to all ages and abilities. Next year’s ride will take place in the Peak District.

8 – 15 JUNE 2019
WOMEN OF THE WEST BANK
amostrust.org/women-of-the-west-bank-2019
This new women-only tour led by Amos Chair Jenny Baker and Bethlehemite and activist Lucy Talgiegh will give you a unique chance to understand more about issues facing women in Jerusalem and on the West Bank and how we can stand in solidarity with them.
You will stay in the Alrowwad Cultural Centre’s new accommodation block in Aida refugee camp in Bethlehem for 4 nights, one night will be a home-stay and two nights will be in a hotel in Ramallah.
Please note that this trip is limited to 16 places. If you would like to subsidise the costs of a women activist and particularly a younger participant who could not afford to take part, please contact jill@amostrust.org

5 – 14 AUGUST 2019
AMOS INDIA ENCOUNTER
amostrust.org/india-encounter-2019
This trip will enable you to meet children on the streets and their families, to discover for yourself the issues they face, and to learn about the solutions they are exploring with Karunalaya; solutions that speak of creativity, resilience, hope, and perseverance against the odds.
You will have the chance to watch as the children use theatre to engage and educate local communities about children’s rights; take part in yoga sessions and football training with the children; encounter the children’s traditional drumming and dance, and start to understand why Amos’ On Her Terms campaign is so necessary for girls living on the streets of Chennai.
Full details can be found on our website.

WOMAN 4 WOMAN
OCTOBER 2018

“When women support each other, incredible things happen.”

To mark breast cancer awareness month this October, we’re inviting women across the UK to get together to support the women of Gaza by raising awareness and vital funds for the breast cancer screening programme at Al AhiL Hospital in Gaza. Over the last 2 years, women have held coffee mornings, art exhibitions, gin nights, Palestinian meals and run marathons — all for WOMAN 4 WOMAN.
We hope that this year even more events will happen — join us.

For more information on WOMAN 4 WOMAN and to download your free resource pack, please visit amostrust.org/woman-4-women

AMOS TRUST events and trips are open to everyone. Join us as we challenge injustice, build hope and create positive change. #activeism

30 SEPTEMBER 2018
AMOS DAY
REMAIN IN LIGHT
amostrust.org/remain_in_light
With updates from our On Her Terms and Change The Record campaigns, plus ‘Words Of Hope’. Please note the new venue for 2018.

3 – 15 DECEMBER 2018
AMOS AT CHRISTMAS
amostrust.org/christmas-2018
We know it’s only August but please join us this December at one of our Amos Christmas card services in London, Bristol, Chesham, Canterbury, Cambridge, Bradford and Manchester.

19 – 24 MARCH 2019
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In spring 2018 Amos supporters spent 2 weeks in Nicaragua learning how Amos partner CEPAD is changing lives in the 7 communities we support in Teustepe. The group helped build wells and water capture systems, heard stories of change, learned about an urgent need and came back determined to do more.

On day one in Teustepe we visited the community of Aguas Calientes. Everything was new, the sights, the sounds, the smells and the incredible welcome. We drove as far as we could, before gingerly making our way across a small river to reach the community. We were met by lots of women and children and wondered where the men were, we were soon informed that most of the men have to go away to work.

As we gathered in the school room, the heavens opened and rain pounded down on the corrugated roof causing much excitement. After months without rain, the women had to shout above the noise to tell us about the training they’ve received from CEPAD, showing us the plants and hair ribbons they now sell; and telling us about their new vegetable gardens and improved diets. They got excited about their new vegetable gardens and improved diets. They got excited about their new vegetable gardens and improved diets. They got excited about their new vegetable gardens and improved diets. They got excited about their new vegetable gardens and improved diets.

For the first-time, we take pebbles from the river and wash and dry them in the sun. It takes 3–6 days for the pebbles to dry. After drying, the pebbles are placed in a bucket. Later in the week we saw how the filters are made and improved diets. They got excited about their new vegetable gardens and improved diets. They got excited about their new vegetable gardens and improved diets. They got excited about their new vegetable gardens and improved diets. They got excited about their new vegetable gardens and improved diets. They got excited about their new vegetable gardens and improved diets. They got excited about their new vegetable gardens and improved diets. They got excited about their new vegetable gardens and improved diets. They got excited about their new vegetable gardens and improved diets.

To help provide safe drinking water to the people of Teustepe, please read our appeal on the following page or visit amostrust.org/water-for-life.

### WATER FOR LIFE APPEAL 2018

**Words:** Katie Hagley  
**Photography:** Clive Horsman

But despite all the positive changes in Aguas Calientes, Olga told us of one basic problem they still struggle with — access to clean, safe drinking water. The only drinking water available to them runs down from a thermal spring, which contains traces of arsenic. The arsenic causes numerous health issues with many people suffering from kidney problems. Olga lives in Aguas Calientes in Nicaragua, one of the seven communities that Amos Trust supports. Her family has benefitted from CEPAD’s family garden programme which you can read about on page 8.

Despite all the positive changes in Aguas Calientes, Olga told us they still desperately need clean, safe drinking water. The water that runs down from the thermal spring contains traces of arsenic but they still drink it because it’s all they have. As a result, many people have kidney problems.

CEPAD plans to supply 20 very simple and easy-to-maintain water filters alongside training to all 7 communities at a cost of just £35 per filter.

> “You can see how happy the families are because they trust the water — so this is a huge help for their homes. We see that with a small cost we can save lives. Before we installed filters we had people with e coli because of dirty water.” Dalila — member of a community which now has water tanks thanks to CEPAD. “People living in houses that have the water filters don’t get sick.” Francisco — member of a community which now has water filters thanks to CEPAD.

### WE WANT TO PROVIDE 20 WATER FILTERS TO EACH OF THE 7 COMMUNITIES WE SUPPORT THROUGH CEPAD, WILL YOU HELP US?

- £35 provides 1 water filter for a family
- £700 provides enough water filters for 1 community
- £4,900 provides 140 water filters to 7 communities

To make your donation please use this form or visit amostrust.org/water-for-life

### APPEAL FOR NICARAGUA

**WHAT IF WE TOLD YOU THAT A DONATION OF £35 MEANS A FAMILY IN NICARAGUA WILL HAVE CLEAN AND SAFE DRINKING WATER FOR 3 YEARS?**

Olga lives in Aguas Calientes in Nicaragua, one of the seven communities that Amos Trust supports. Her family has benefitted from CEPAD’s family garden programme which you can read about on page 8.

Despite all the positive changes in Aguas Calientes, Olga told us they still desperately need clean, safe drinking water. The water that runs down from the thermal spring contains traces of arsenic but they still drink it because it’s all they have. As a result, many people have kidney problems.

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### Thank you

To support our WATER FOR LIFE APPEAL 2018, please visit amostrust.org/water-for-life
Amos Trust is proud to support Palestine Music Expo. For full details, please visit palestinemusicexpo.com

Photography: Nayef Hammouri & Tarek Ziati

RAMALLAH, PALESTINE — APRIL 2018