

**AMOS TRUST CLIMATE JUSTICE**

**WATER FOR LIFE  
RESOURCE PACK**

**HELPING COMMUNITIES IN  
NICARAGUA TO FLOURISH**



FRONT COVER IMAGE:

A young girl runs outside her school in AGUAS CALIENTES to enjoy the long-awaited rains.

“ An elephant and a chicken were friends but when the chicken had to sit for days on her eggs waiting for them to hatch the elephant was impatient and wanted to help. So she gently lifted her off and took her place.

Unfortunately, too much development work is like this — crushing the communities that it seeks to assist.

**Gilberto Aguerre**

CEPAD



Photography: © Amos Trust/Clive Horsman





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### Helping communities in Nicaragua to flourish

#### Nicaragua: background

**NICARAGUA is one of the poorest countries in the western hemisphere. Most of its population still live in isolated rural communities that experience the worst impacts of climate change.**

It's also a beautiful country of volcanoes, rainforests and revolutions, which has inspired poets and theologians. Throughout its history it has had to struggle with natural disasters, climate change, deforestation and political upheaval.

A civil war in the 1980's, aggravated by the interests of superpowers left widespread poverty and political turbulence in its wake. Unfair trade agreements exacerbated these problems leaving a country that was too poor to provide healthcare and education for its people with over 45% living on less than one dollar a day.

But with the emergence of small grassroots organisations, its people are becoming empowered, championing equality, developing inclusive theology, and maintaining a culture that sees art and poetry as the norm for everyone.

Described as “the threat of a good example” Nicaragua is a country which prioritises the poor and shows the rest of the world how to build a community with equality.



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Helping communities in Nicaragua to flourish

“ We walk with a community until it has the skills to claim the rights it did not know existed.”

**Gustavo Parajon**  
Founder of CEPAD





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### Helping communities in Nicaragua to flourish

#### Who do we support?

AMOS TRUST partners with CEPAD in Nicaragua. CEPAD works with communities that come to them for help. It trains and equips them with the practical skills needed to run community development projects, enabling their whole community to rise up out of poverty.

The organisation was founded by Amos' great friend and mentor, Rev. Dr Gustavo Parajon who believed passionately in helping individuals to be the principal actors in their own development.

CEPAD's core programmes seek to empower rural Nicaraguan villagers to identify their most pressing problems and then gives them knowledge and training to solve those problems themselves. CEPAD wholeheartedly embraces the concept of 'teaching a person to fish', as this ensures they can feed themselves for a lifetime and then train others in the community to do the same.

CEPAD chooses to listen to the communities they work with, despite, or indeed because of, their expertise, they will not tell communities what they have to do. Only then will they help the communities implement change and start training people within the communities to make a difference.

Amos Trust also has strong relationships with two offshoot projects from CEPAD, Amos Health and Hope Community Healthcare programmes and the Prestanic Micro credit scheme. Both of these work alongside CEPAD to help realise a communities' needs.



# JOURNEYING WITH THE PEOPLE OF TEUSTEPE

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Watering a garden  
full of pinapples in  
POCHETAL.





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### Helping communities in Nicaragua to flourish

#### Teustepe, Nicaragua

AMOS TRUST is committed to partnering with CEPAD, to empower seven communities in Teustepe in the region of Boaco, to acquire the skills, knowledge and community resilience they need to address the different problems found within each community. Much of this will focus on education, training and empowering women.

CEPAD's projects include community banks, livestock share schemes and farming cooperatives. CEPAD's agricultural projects not only enable individuals to sell what they grow, but also teach sustainable agricultural techniques to counter soil erosion caused by global warming.

They also recognise the vital role of women in successful community development. The Women's Patio Project is one of CEPAD's most recent and successful initiatives. Each woman participating in the project receives ten hens, one rooster, and a wide variety of seed stock.

Alongside this, they receive training in simple agricultural and irrigation methods to protect against soil erosion and other climate change related problems. These women are then able to provide for their families and cultivate their own food even on the smallest patch of ground.

CEPAD works with communities over a 5-year cycle equipping them with the training and expertise they need to flourish. Amos Trust is committed to supporting Teustepe over this cycle. In 2021 we hope to support CEPAD's work with another 7 communities in a different area.



# GOOD NEWS FROM LA JOYA

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Amos supporters help  
to build a water capture  
system in LA JOYA.





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#### La Joya

EUSEBIA got involved with CEPAD in 2014, she is a community leader and involved with the ‘patio project’. Thanks to training from CEPAD she has learned to improve her plot of land, producing more and better food and eating a healthier diet. She is now training others in the village.

“Today, thanks to the training I feel content and strengthened, I am able to identify the problems with my crops and I know how to prepare healthy food. My family can now save money, as we used to purchase fruits and vegetables and today we can produce them and eat them right out of our own plot.

In the future I hope to diversify more, eat more fruits and vegetables, increase the size of my plot, train new generations, share my knowledge and the materials that we produce.”



# GOOD NEWS FROM LA CONCEPCIÓN

Rosa Martinez from LA CONCEPCIÓN tells us how her life has changed thanks to training and support from CEPAD.





## WATER FOR LIFE RESOURCE PACK

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Helping communities in Nicaragua to flourish

### La Concepción

ROSA is from the community of La Concepción. When we first visited in 2015 the community seemed desperate with no children in school, no road or access to medical facilities and few adults working.

Now there are over 50 children in school and thanks to Rosa's determination and the training she received from CEPAD, she has successfully advocated for a new road and daily bus service. Showing off her amazing garden Rosa said:

“Before we had to go to the market in Boaco to buy food, now I go there to sell my vegetables which means my children can go to secondary school. If I receive training and then do not pass it on. What am I doing? Nothing!”

# GOOD NEWS FROM AGUAS CALIENTES

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A young school boy from AGUAS CALIENTES shows Amos supporters where they will be helping create a new school garden.





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### Helping communities in Nicaragua to flourish

#### Aguas Calientes

CARMEN is a teacher and a participant in CEPAD's Family Garden programme. Along with other women in AGUAS CALIENTES she received training in how to create a small garden next to her home to improve the nutrition of her family and increase their income through the sale of her produce.

As a family they were able to sell squash and cucumber which helped them to buy things like sugar, rice and oil, to compliment what they are able to grow themselves, and also to buy medicines.

Carmen teaches in the local school in her community where 24 children attend. She, and others, decided that with her new knowledge she would help the students establish a garden at the school so they would be guaranteed better nutrition.

“In the school we are growing squash, onion, beets, green pepper and watermelon to improve the nutrition of the children... I want to continue to guarantee fresh fruits and vegetables in the school garden to provide healthy food for the children because the government only provides rice and beans.”



## WATER FOR LIFE RESOURCE PACK

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### Helping communities in Nicaragua to flourish

#### Getting involved

##### THERE ARE A NUMBER OF WAYS TO GET INVOLVED:

- host/organise a fundraising and awareness raising event using the ideas in this pack
- become a committed giver or make a one-off donation to support the communities of Teustepe – simply click [here](#)
- support our Water For Life appeal
- host a speaker – simply email [katie@amostrust.org](mailto:katie@amostrust.org)
- sign up to receive our Words of Hope e-news
- use the readings, poems and reflections from our WORDS OF HOPE book to remember Nicaragua in your church – please click [here](#).

#### Fundraising: getting started

##### 1. PLANNING

Whatever event you're planning – a film night, a party, a sponsored event, a coffee morning, an event in church or at work, a bungee jump, a quiz or a talent show – planning well in advance is key.

Set the date, time, venue and a target to aim for (e.g. getting two new committed givers, a fundraising target, people attending, people signing up to Amos newsletter).

##### 2. PROMOTION

Publicise your event as early as possible. A 'Save the Date' email can give breathing space as you design posters. Use every means possible: posters, Facebook, Twitter, the local paper or radio, newsletters, word of mouth and Amos Trust (we can promote your event on our website). We can supply images, logos and help with text — simply contact [katie@amostrust.org](mailto:katie@amostrust.org)



## WATER FOR LIFE RESOURCE PACK

---

### Helping communities in Nicaragua to flourish

#### 3. RESOURCES

We can provide resources about Amos Trust and our partners' work in Nicaragua. Please print a copy of the sign-up sheet and encourage people to sign up to receive our e-news for updates on all our work, event details and trips; or 'Viva Nicaragua', if they only want to hear about Nicaragua.

#### 4. MAKING YOUR MONEY GO FURTHER

Don't forget to ask us for Gift Aid envelopes for your event. If tax payers complete these when they make a donation we can claim back the Gift Aid from the government, making every £1 worth £1.25

#### 5. SOME IDEAS TO GET YOU STARTED

Your event can be big or small, as simple or as complicated as you want to make it. Here are some starters:

**Do something tasty:**

Host a meal with a Nicaraguan theme – rice, beans, chicken, salsa, guacamole, mango, fresh fruit juices. You can find Nicaraguan and Central American recipes here. Don't forget the rum if you want your meal to go with a swing!

**Do something fun:**

Hold a quiz, a cocktail or wine tasting evening, an auction, a bingo night or a fundraising party.

**Do something at work:**

Have a dress down day – or maybe even a dress up day.

**Do something active:**

Join in an event that is already happening – a local fun run, half marathon, bungee jump etc. – you can often pay to enter and then raise funds for a charity of your choice. See what is happening in your area and encourage others to join you.



## WATER FOR LIFE RESOURCE PACK

---

### Helping communities in Nicaragua to flourish

And check out the diary page on our website to see if we are holding an event that you could get involved in as part of your own fundraising efforts.

**Do something entertaining:**

Organise a concert or talent show, or host a concert with Amos' founder, Garth Hewitt, and hear all about life in Nicaragua. Host a film night and charge for popcorn and refreshments and spend a few minutes talking about Nicaragua before or after the film.

**Do something in church:**

Hold a service using readings, prayers and liturgies from Words Of Hope and organise a retiring collection. Even better, if you have visited Nicaragua use this opportunity to tell your story. Alternatively, we may be able to provide a speaker for your event.

Why not persuade your church to commit to supporting the community of Teustepe. We need 30 groups or individuals to raise/give £360 a year for 5 years. Your church would receive regular updates on the developments in the communities they support via our Nicaragua e-news. Please contact [katie@amostrust.org](mailto:katie@amostrust.org) for more details.

**Do something informative:**

It's not all about fundraising, it's just as important to let people know about the situation. If that sounds a bit daunting, remember that we are here to help.

And if you have volunteered with or visited one of our partners in Nicaragua, then sometimes the best thing is simply to tell your story - "I have been and this is what I saw, experienced etc..." You may also find our Amos Trust soundslide a useful introduction to all our work before you speak about Nicaragua specifically.



## WATER FOR LIFE RESOURCE PACK

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### Helping communities in Nicaragua to flourish

**Do something with friends:**

Get your friends and family involved with your event, promoting it, catering, setting up etc., that way you will have much more fun.

**Stop doing something:**

You could give up coffee, chocolate, takeaway or your favourite magazine for a month and put the money you save towards CEPAD. Get your friends and family to join you or challenge the local youth group to 'Give It Up For Nicaragua'.

**Don't reinvent the wheel:**

If your university/church/school/workplace already hold a discussion group, a film night, a quiz night, a coffee morning, a harvest supper or a Christmas concert ask them if they could hold one for Nicaragua or give you a slot at their event to talk about the issues or promote future events.

**Do keep us posted:**

Whatever you do make sure you let us know what you are up to by emailing [katie@amostrust.org](mailto:katie@amostrust.org)



## WATER FOR LIFE RESOURCE PACK

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### Helping communities in Nicaragua to flourish

#### Legal stuff

**Whatever your event looks like, please remember that you are personally responsible for ensuring your event is run safely.**

You are responsible for organising any necessary public event licences and insurance for your event, as well as ensuring that you meet the health and safety requirements of your venue.

#### DONATIONS

It always works better to help people to make donations or sign up for regular giving while they are at an event rather than relying on people to remember to do it afterwards. If possible, we would recommend setting up a laptop or tablet if you have access to the internet at your venue.

Donors can then give directly to CEPAD or Water For Life via our website, make donations with credit or debit cards or sign up to become a regular giver by going to [amostrust.org/give](https://amostrust.org/give). Alternatively, people can give at your event without using the internet in the following ways:

##### **Regular giving:**

Set up a standing order by completing the form at the end of this pack, including the Gift Aid declaration if applicable. Please print a few copies of the form to have at your event.

##### **One-off donations:**

Ask donors to put their cash and/or cheques into the donation envelopes provided. Please ask them to complete all the details on the envelope (including the Gift Aid declaration if applicable). Cheques should be made payable to Amos Trust with CEPAD or Water For Life written on the back.



## WATER FOR LIFE RESOURCE PACK

---

### Helping communities in Nicaragua to flourish

#### **Sending us the donations:**

Send us all cheques inside the donation envelopes they came in. If people have made cash donations we would be most grateful if you could:

- empty the cash from the donation envelopes
- write the amount of each donation on the envelope it came in and send us a cheque for the total of all the cash received
- send us all the donation envelopes

The above will enable us to claim Gift Aid on applicable donations.

Please ensure that donors fill in all the details on the support cards and/or donation envelopes so we can fulfil all the criteria for data protection and Gift Aid.

Please send all the completed support cards, cheques and donation envelopes to the Amos Trust office.

#### **Amos Trust**

St Clement's, 1 St Clement's Court London EC4N 7HB

Staying connected —

Please do alert supporters to the checkboxes (which are quite small) on the front of the Gift Aid Envelopes where they can indicate if they want to sign up to receive our enews or are newspaper.

Online fundraising page with JustGiving —

If you wish to set up a fundraising page so that people can support your event online (even if they can't attend), we recommend that you set up a JustGiving page.

Justgiving.com is very user-friendly and is a very cost effective way for a small charity like us to process donations. Donors using Just Giving will not be contacted by us unless they ask us to send them more information.



## WATER FOR LIFE RESOURCE PACK

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### Helping communities in Nicaragua to flourish

#### HOW TO SET UP A JUSTGIVING PAGE:

- go to [justgiving.com](https://www.justgiving.com)
- choose **START FUNDRAISING**
- choose **I'M RAISING MONEY FOR A CHARITY**
- type 'AMOS TRUST' in the search window
- select 'AMOS TRUST'
- fill in all your details etc.
- contact [katie@amostrust.org](mailto:katie@amostrust.org) if you have any problems or need help writing your page.

# Please support the AMOS TRUST WATER FOR LIFE appeal

I/we would like to support Amos Trust's Water For Life appeal with a regular gift

I/we would like to give regularly to Amos Trust and have completed the Standing Order form below

## About you Please complete this section in full

Name
Address
Postcode
Telephone
Email

## Payment methods

### Cheques: (payable to Amos Trust)

We accept CAF Cheques, Stewardship Services vouchers and Sovereign Giving vouchers.

### Credit Card:

To donate securely by credit card, please visit our website at [amostrust.org/give](http://amostrust.org/give)

### Standing Order:

To give a regular gift, please complete the standing order form opposite.

## Gift Aid declaration

Please treat as Gift Aid donations all qualifying gifts of money made (tick all boxes you wish to apply).

<input type="checkbox"/> Today	<input type="checkbox"/> In the future
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I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give on or after today.

Signature
Date

## Standing Order form

To: <b>The Bank Manager</b>
Your Bank
Address
Postcode

## Please debit my/our account

Account no								
Sort code								
With the sum of £								
<b>Each month / quarter / year until further notice*</b>								
Starting on <table><tr><td>D</td><td>D</td><td>M</td><td>M</td><td>Y</td><td>Y</td><td>Y</td><td>Y</td></tr></table> * Delete as applicable	D	D	M	M	Y	Y	Y	Y
D	D	M	M	Y	Y	Y	Y	

## And pay this sum to Amos Trust

Account no. 10939419	Sort code: 16-20-30
RBS, 10 North St, Guildford GU1 4AF	

## This replaces any existing standing order to Amos Trust

Signature
Date

## Please notify Amos Trust if you:

Want to cancel this declaration; change your name or home address; no longer pay sufficient tax on your income and/or capital gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

## Please return completed form and payment to:

**Amos Trust**  
St Clement's,  
1 St Clement's Court,  
London  
EC4N 7HB

**Telephone:**  
+44 (0) 20 7588 2638

**Email:**  
[office@amostrust.org](mailto:office@amostrust.org)

**Website:**  
[amostrust.org](http://amostrust.org)





Francisco is part of a community that finished working with CEPAD and has gone from strength to strength. He says: "NOW I HAVE NOTHING TO FEAR."





**CLIMATE JUSTICE**

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AMOSTRUST.ORG