



AMIGOS
CHRISTMAS
APPEAL

Help a mother
provide for her child

In Uganda thousands of children suffer from stunted growth because they don't have enough to eat. It's heartbreaking for parents who can't provide for their children.

Tell a mother...

“Together we can
change this”

For just £10 you can support a mother to receive training in farming skills so she can feed her children.

amigos.org.uk



Amigos



A mother trained in conservation farming skills will quadruple her crop yields.

Not only will her children have enough to eat, but she will have surplus crops to sell to pay for essentials such as medicine and school fees.

For just £10 you can ensure a child in desperate need has access to food, healthcare, education and clothing.

“ I have five children to look after and ever since I received training in conservation farming my family has never lacked food. We even have extra crops to sell. I'm so happy our lives are returning to normal after the war. ”

Helen, Gulu



will provide seeds and handbooks to train a mother in conservation farming



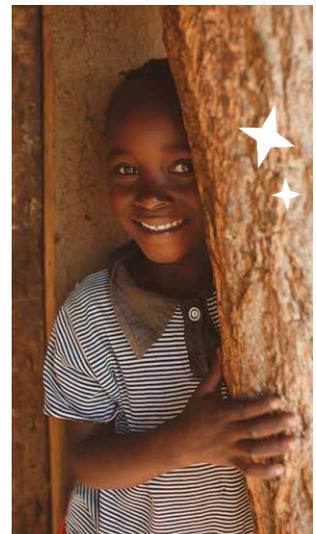
will provide training for a mum to learn new farming skills to feed her children



will train 4 people in conservation farming



will provide resources and training in conservation farming for a whole community



A hand-up through training, rather than a hand-out, will help these mums break the cycle of poverty.

Why Amigos? As a small charity we are able to keep our overheads low and plough maximum funds into our projects in Uganda. We are committed to transparency and integrity – we have an open door policy. If you're local, please drop in!



Food: Conservation farming quadruples crop yields, ensuring no one goes to bed hungry.



Climate: Farmers in Uganda are vulnerable to a changing climate, conservation farming techniques enable them to feed their families even when affected by unpredictable weather patterns.



Income: With surplus crops to sell families can earn money, often for the first time in their lives, buy medicine and pay school fees.



Domestic violence: Domestic violence has reduced by a third in the communities where Amigos has taught conservation farming.

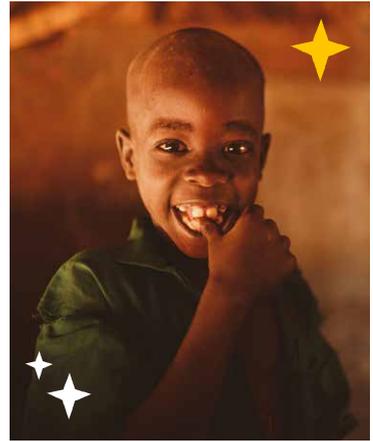
DONATE TODAY!

By Post: Drop a cheque into the enclosed envelope made payable to 'Amigos', including the cut out form below

Online: It's easy to donate online, simply go to:
www.amigos.org.uk/donate

Bank Transfer: You can put money directly into our bank account: Amigos Worldwide, Lloyds, Barnstaple. Sort Code **30-90-49** Account No. **01070832** Ref: **Appeal**

Donate by Text: Text AMIGOS (AMIG zero S)
£5 to 70070



I would like to give £ _____
to provide training for a mum so she can feed her children

GIFT AID IT! An extra 25% will be added to your donations at no cost to you – simply fill in your address

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 28p of tax on every £1 that I gave up to 5 April 2008 and will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

- I would like to find out more about **child sponsorship**
- I would like to find out more about **giving regularly** to Amigos
- I would like to find out more about **donating a borehole**
(often favoured as a gift in memory of a loved one)



Thanks to Lucy Peers (design) and TopTown Printers



AmigosWorldwide (Kira Farm)



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@AmigosWorldwide



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Amigos