



More Life

**Featuring:
Masterchefs
Sports Day Extravaganza
Become a Life Changer**



Spring 2016

Welcome to More Life Spring 2016

I am writing my first newsletter from Thailand, where we arrived to serve CCD in August 2015. Having supported the CCD projects from the UK since 2001, it has been a total pleasure to be here on the ground on a more permanent basis and become part of the CCD community.

Spending most of my time in the UK London office, but visiting regularly, I have been very much involved with the heart of CCD for many years, but having taken a step further in, I can honestly say I have been more deeply moved and

inspired by the children, young people and staff here than I could have imagined.

Life at CCD is definitely busy and hard work, but it is rewarding and fulfilling to see the children improving bit by bit. Each child is precious to us and to God.

We are, as ever, grateful for your support, generosity and prayers.

With affection,

Lydia George

For Life Vision

Our vision is to bring LIFE and lasting change to the thousands of abandoned disabled children who live in the government institutions of Nonthaburi, a district just outside Bangkok.

We are working against a tide of cultural discrimination and poverty to see lives transformed and hope restored to the children and teenagers who have been deserted because of their disabilities.

As much as possible, we use passionate volunteers to keep For Life running, so that more of your money goes straight to the children in Thailand.

We also do our utmost to keep our costs to a bare minimum, with stamps, equipment and stationery often being donated.

We work with CCD to reach disabled children in the following ways:

Rainbow House - A specialist residential home for up to 50 children with disabilities. We seek to reunite them with their families and, where this is not possible, to help them get adopted so that they can have a second chance to live a happy life.

Day Care Centres - CCD run four day-care centres inside the government orphanage homes where the children come for the day to be stimulated, educated and loved.

Community-Based Rehabilitation - We work in the poorer provinces of Thailand with families of disabled children. We provide educational support, daycare and empower parents through training workshops.



Meet Ped...

Ped, full name Jakkreit Poamai-Ngam, was born in 1992 with a congenital limb abnormality which means his right leg is only half length. He was left by his mum aged 4, and first went to Baan Fuang Fah and then Baan Nonthapum, the government institutions in Pakkred.

Ped's future was looking hopeless, but then he came to live in CCD's group home called Vision House when he was 8 years old. He was able to go to school with support and help from CCD, and graduated from High School in 2011 (pictured right with Khru Ning, Rainbow House manager).

Thanks to help and support from CCD's Education fund he then went to Suan Dusit University for 4 years to get a degree in Computer Business. He finished at the end of 2014 and then chose to work for CCD in the office rather than getting a job elsewhere.

When asked why he is now working for CCD he says 'I wanted to give something back to CCD, so when Khun Wasan asked me where I wanted to apply for a job I said "I want to work for you Dad".'

Ped has overcome so many obstacles to get to where he is now. We are so proud of you Ped! CCD are transforming the lives of so many children and young people like Ped. Please donate to help us reach more people like him.

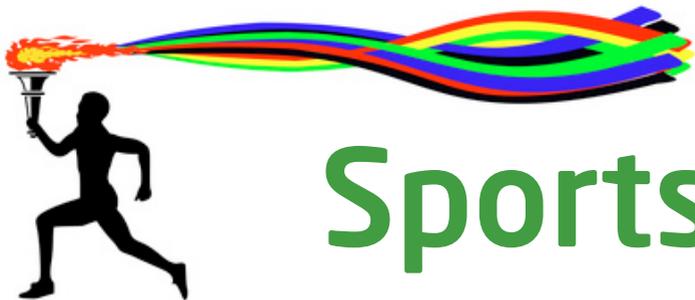


Above: Ped graduating from High School.

Left: Ped aged 8 on arrival at CCD



*I wanted to give something back to CCD, so when Khun Wasan asked me where I wanted to apply for a job I said, "I want to work for you Dad"
Ped, aged 22*



Sports Day

In the Autumn CCD held its biggest ever Sports Day Extravaganza, and it was quite an event! The different CCD projects were divided into 3 teams, and they all came together to compete against each other to win the trophy. Hours and hours of preparation went into creating outfits, making pom poms, learning cheer leading routines and making props. There was even an opening ceremony involving a torch relay (only the adults carried the real flame) culminating in Khun Wasan and Khun Chariya lighting an Olympic-style Cauldron (hand-made by our staff).

The event began with a drum procession in the three teams, and then an opening ceremony involving the flame and National Anthem. Shortly after that the staff and volunteer tug of war event launched the actual sports, and soon all teams were settled into cheering one another on and taking it all very seriously. Tug of war, ball relay, digging eggs out of the sand, skittles, water spoon race, a bicycle race and a cheerleading contest were the events in this hard fought battle.

It was a close finish but the Green team—Rachawadee Boys, Rachawadee Girls and Fuang Fah—just pipped gold, and were delighted to be presented with their trophy and goodies. After that came a delicious lunch kindly donated by a local Thai family and then a long nap to recover!



Team Profile

Colour: Blue

CCD Projects: New Hope Centre and Office Staff

Team Size: 26

Mascot: Yute (pictured left)

Final Position: Bronze

It was a triumphant day for everyone and extra special because these children don't get to have Sports days at school like most kids. It has created memories to treasure forever.



Extravaganza!



Above: Khru Ning running the torch relay with Martin

Right: Khun Wasan awarding represent-atives from the 3 teams their trophies and prizes

Team Profile
Colour: Green
CCD Projects: Fuang Fah, Rachawadee Girls and Rachawadee Boys
Team Size: 31
Mascot: Rachanook (pictured left)
Final Position: GOLD



Team Profile
Colour: Pink
CCD Projects: Rainbow Day Care and Residents
Team Size: 35
Mascot: Ray Rai (pictured left)
Final Position: Silver

Welcome to Andrew and Charis

We are pleased to welcome Andrew Cooper as the **new Managing Director of For Life**. Andrew has been the CEO of Feltham Community Chaplaincy Trust since 2013. Andrew has a passion to see people reach their full potential in Christ and a desire to engage with those people society struggles to know how to nurture.

Andrew has just returned from a two week trip to CCD to see the work first hand. He will be spending time on the ground in Thailand in the CCD projects twice a year and also seeing how For Life can best support CCD going forward.

Andrew is ordained in the Anglican Church and is a gifted preacher and speaker. He is available to come and speak at churches, youth groups and events to inspire and motivate people to reach out. He is also an IT whizz (his first degree was in Business and IT) and loves spreadsheets - an impressive allrounder! He begins working in the office 3 days per week on 18th April and you will be hearing from him soon.



We also have Charis Todd, a veteran CCD volunteer, beginning work with us on 24th March, fulfilling the role of Volunteer Co-Ordinator and Fundraising Support. Charis has spent a total of 12 months volunteering for CCD in Thailand, spread across 3 different visits.

Charis has already been a supporter of For Life for many years, and has assisted in volunteer training, interviewing and application processing previously, not to mention also running the London Marathon twice in aid of For Life and raising over £7,000! We are delighted to have Charis working with us in a more formal capacity, and are hoping to expand and develop our volunteering programme.

We feel really excited about this new team starting in the office and know they can take the reigns over from Lydia since she moved out to CCD in August 2015.

We would like to thank Julia Burns for working with us during most of 2015 and wish her all the best for her future.

Become a Life Changer

Since For Life began in 2004 we have always had an amazing number of committed supporters giving monthly. It has enabled our work to grow and helped us transform hundreds of disabled children's lives.



Are you able to give regularly to become a Life Changer?

We are currently building our very own hand-made Tree of Life in Thailand at Rainbow House! In the same way that a small seed can become a huge tree, CCD believes that every child has that same potential.

Donors who commit to becoming a Life Changer for a minimum of 1 year will have a leaf hung in their honour.

- ✓ The tree will be made from recycled Wood
- ✓ The Rainbow House children will help us to decorate the tree
- ✓ Each leaf will be cut from the same recycled wood, and painted by our children

The Power of Monthly Giving

- ✓ **Establishing predictable income** - Having guaranteed income each month is essential for our work to continue and allows us to effectively implement programmes that achieve better results for our children.
- ✓ **Lower administration costs** - because monthly donors give automatically, this all translates into reduced costs which allows CCD to have more money to help disabled children in desperate need
- ✓ **Manageable and convenient for donors** - the amount and date of your monthly gift is totally up to you. Every £ given makes a big difference

MASTER CHEFS!



Children and young people at CCD love cooking! Cooking is such a valuable activity for our children and young people as it develops vital independence skills and more than that; it also helps develop fine motor skills, language and vocabulary and emotional development. It is fantastic to see our young people's proud smiling faces and their feeling of accomplishment when they try the finished product. And of course it's lots of fun too!

The children at our Baan Fuang Fah day care centre recently had fun making smoothies (below) and cooking with vegetables (above). The taste of smoothies, in particular, was very popular!



The men at Rachawadee Boys also absolutely love cooking at the CCD day care centre. The men have taken part in making a range of yummy Thai dishes and some western dishes too!

Cooking activities are a fun event for the men and many of them enjoy developing their cooking skills such as chopping and stirring and seasoning.

Not all of the boys are able to partake in the making of the food but they still enjoy being able to watch how the food is prepared. Growing up in an institution food is served ready prepared, so it is a brilliant opportunity for the men to see the process of cooking; from ingredients fresh from the market, to the finished meal.

The men are encouraged to smell and taste the different ingredients, to discuss the different tastes and to decide what they think tastes good and what tastes bad! This is a brilliant opportunity for the men to think about their likes and dislikes. One week the food was a little bit of a disaster and was definitely not delicious! The CCD staff didn't view it as a disaster though as it gave the men the chance to make a choice whether to eat it or politely decline!



Below: The young people at CBR3 learn how to make sushi!



In honour of our children who love cooking so much, would you consider cooking a meal or a bake sale to raise money in aid of For Life?

Email info@4lifethailand.org



Rainbow Road Show



As many of you will know, Lydia and Henry George, who were part of the team who founded For Life in 2004, moved to Thailand in August 2015 to serve CCD, and to plant an Ichthus church called The Rainbow Church for CCD children, volunteers and staff. They moved out here with Andrew and Biz Boyle who have been involved with Ichthus and CCD for many years, and who are an integral part of the team. The church is going well (more on this in the next newsletter) and has begun reaching out into the local community as well.

One of their roles for CCD is to lead the Rainbow Road Show, which is an interactive hour of music, movement, stories and lots of good fun. The team has enjoying coming up with creative ways to communicate cross culturally, as well as communicating to those with special needs and behavioural disorders. We have been amazed at the open doors to be able to go into the government orphanage homes and share the Rainbow Road Show with up to 60 children at a time. It is incredibly moving to see the joy in the faces of children and young adults in the midst of such suffering and pain.



Are you interested in volunteering for 3 months in Thailand?

It doesn't matter if you don't have any special skills (although those are welcome!), everyone has something to give. More information on our website...



A BIG THANK YOU to...

Rogers, Stirk and Harbour Charitable Foundation who recently donated a whopping £3,709. Thank you also to Stephen Light for nominating For Life to receive this donation.

Broadway United Reformed Church for raising £673.79 at an Autumn Fair.

Lorna Goldring for her ongoing generous financial support, as well as specialist medical dressings for children with severe pressure sores as a result of poor mobility due to conditions such as Cerebral Palsy. Also, congratulations to Lorna on her recent wedding!

Perrycoste Investment for donating an amazing £1000 to our work.

Trevor and Dina Baxter for their faithful and ongoing support of our projects.

Yvonne Stanford for her continued support.

Anthony Weld Forester Trust for their recent gift of £200.

Justine Clifford, one of our new For Life Trustees, for her ongoing commitment, support and generosity. Justine took part in our fundraising Night Bridge Walk in May 2015, and also recently gave generously to support Tom's Campaign to reach the Paralympics in Rio 2016.

All our For Life volunteers who have served at CCD recently - particularly to Steph and Chris Leadbetter, Jenny Farr and Angus Morton who has just arrived. Kara and Alex Williams began volunteering at Rainbow House for 1 year January - December 2016.

Anna Griffin for running the Portsmouth Half Marathon in honour of the whole Haddell family who recently moved back to the UK with their two children Lily and Tom who they adopted from Rainbow House.

Thank You!

In Memory of Por

It is with heavy hearts that we paid tribute to Por, a young man who was a Rainbow House resident from the age of 2 until 15, coming from the government orphanage home Baan Fuang Fah. Por was paralysed from the waist down. He was increasingly unwell with bedsores and infections, and eventually had to be moved from Rainbow House to a germ-free room at a government facility. He passed away in hospital on 7th February 2016.

CCD staff, volunteers and children held an emotional memorial service for Por on 16th February. His loss reminds us of the fragility of many of these children's lives and the desperate need for CCD's work; it spurs us to do more for every child we work with. Por brought much joy into our lives.





Make a difference

RESPONSE SLIP

There are many ways you can get involved with our work. Please complete this response slip by ticking the appropriate boxes below and returning it to our London office.

For Life, Langdale House, 11 Marshalsea Road, London SE1 1EN

Sign up for newsletters Please fill out your contact details below:

Name

Address

.....PostcodeTelephone.....

Email Tick here if you'd like E-Newsletters

Make a donation today! Even the smallest donation goes a long way in Thailand and makes a big difference to these children's lives.

I enclose a donation of £ _____ (Please make cheques payable to For Life)

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Is your donation Gift Aid eligible? If you are a taxpayer, For Life receives an additional 25p for every pound you donate.

I am a UK taxpayer and I would like For Life to treat this and any future gifts as a Gift Aid Donation. I understand that I must pay enough Income Tax and/or Capital Gains Tax to cover what this, and all other charities I donate to, will claim in Gift Aid this year. I understand that payments of VAT or Council Tax do not qualify. Please notify For Life if your tax status changes.

SIGNED..... DATE.....

Become a Life Changer! Could you give regularly by standing order? Tick for a form. All Life Changers will become part of our Tree of Life (p7)

Recycle your ink cartridges to raise money for us

Order a Fundraising pack Receive a FREE fun filled pack full of fundraising ideas and materials - including our Chilli 4 Charity pack!

Sign up to Volunteer Got some free time? Fancy taking on something new and rewarding? Why not Volunteer?! Whether it's in Thailand or in our London office, tick here and we will send you more information.

Get an Awareness Bracelet Enclose £2 for an I AM FOR LIFE bracelet.

Order a Gift List The catalogue features a range of items for children in Thailand, which can be purchased as 'gifts' to your friends and family.

More ways to support For Life!

Invite us to speak at your church

We have a team of passionate volunteers who are willing to come and share their stories first hand and inspire others about the value of giving money and time to those in desperate need. Our advocates are those who have worked with our disabled children in Thailand and can testify to the difference your money and support makes.



Give to charity whilst shopping at **amazon.co.uk**

For Life have a scheme with Amazon.co.uk, which helps us to generate more funds for our projects in Thailand. Each time an Amazon customer is redirected to Amazon.co.uk through the link on our website (www.4lifethailand.org), Amazon donate a percentage of the customers purchase to For Life - at absolutely no extra cost to the customer. So if you shop at Amazon.co.uk please visit our website, find the Amazon icon on the homepage and click it to access Amazon.co.uk.

Rainbow Camp is coming!



Watch out for photos and videos online of CCD's Rainbow Camp which is happening 27th-29th April. Rainbow Camp is the annual holiday to the beach where CCD take over 300 children, families, staff, and volunteers for 3 days of action-packed fun and activities. There will be NEW T SHIRTS so keep an eye out, as you can buy some too!

Find our Facebook (For Life Thailand) and follow us on Twitter @4life_thailand

For Life

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