

EDUCATION

EDITION



ORPHANS IN NEED



4 - 5. Editorial

By Aasiya Bhamji, our Orphan Sponsorship Manager.

6 - 7. 10 years of giving hope

Our achievements over the last 10 years.

8 - 9. The importance of education

Read how one of our sponsored children, Yusuf, thinks education is a necessary mean of eradicating the unemployment problem.

10 - 11. Our sponsored children

Meet some of the children that keep us going.

12 - 15. A day in the life of Ijhar

Follow Ijhar through a typical day at our Orphans Village in Delhi.

16 - 17. I'm not educated

A personal account of how a woman prioritised her children's education over her own.

18 - 19. Somalia Careers Day

Read how we helped organise a careers day to help students prepare for university.

21 - 23. 'Look up, there's more to learn'

Everyone learns in different ways, Heba couldn't finish school but found her strength in an apprenticeship.

24 - 25. The play gap

Have a glimpse of the fun days and activities we held for our children to help boost their morale.

CONTENTS

OFFICIAL MAGAZINE OF ORPHANS IN NEED

26 - 27. Making a life by giving

Nazir is one of our most committed supporters. See what drives him to continuously work with us.

28 - 29. Move. See. Grow.

Read how travelling can change your outlook on life.

30 - 31. Are we too engrossed in our smartphones?

Everything has a good and a bad side, but when it comes to using your phone, what are they and how can you stop before it's too late?

32 - 33. Team sports: Good for the body and the mind

Team sports have helped our children mentally and physically, see if it can help you too.

34 - 35. Bullying: A playground of insecurities

Read about how a sponsorship helped Ahd overcome the fears and anxieties inflicted by his bullies.

36 - 37. Ecotherapy

If you haven't heard of it, read on to see how ecotherapy can benefit your life.

38 - 39. Our top 5 school puddings

Did your favourite school-dinner pud make our top five?

40 - 41. The Great OIN Bake Off

See who won our team's bake off and use our Ferrero Rocher cheesecake recipe to win your own.

42 - 43. Kids4Orphans

Rahima Khan talks to us about her experience with the K4O programme at Noor Ul Islam Primary school.

FEATURE



Follow **Ijhar** through a typical day at our Orphans Village in Delhi.

44 - 45. Baked Pakoras

A healthy baked version of the classic pakoras using cod and kale.

46 - 47. Fundraising, events and challenges

Check out how our amazing volunteers have raised funds for Orphans in Need this past year.

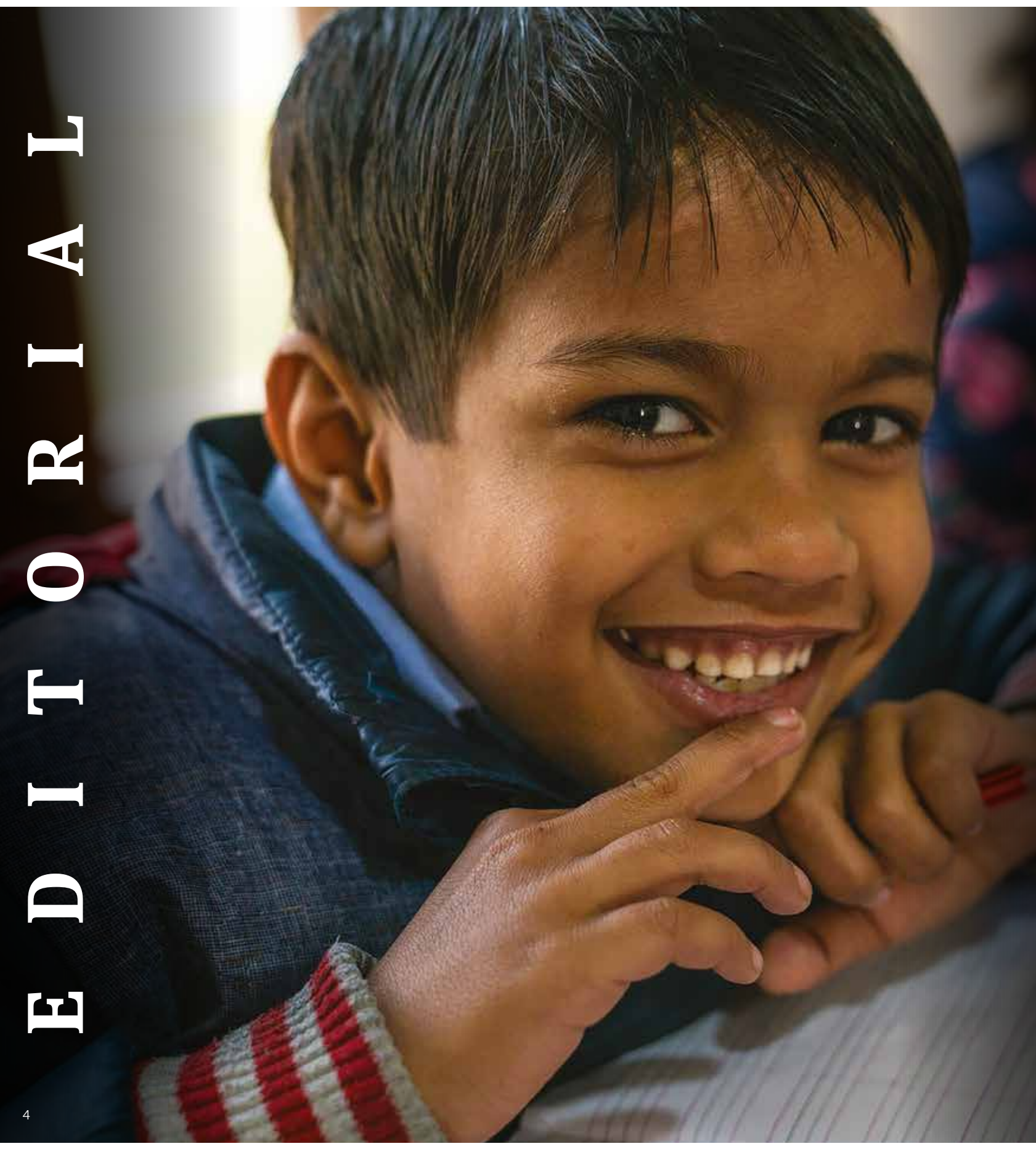
48. Puzzles and games

Cootie catcher, paper fortune teller, or chatterbox. Whatever you call it have a go at our 'do good, feel good' chatterbox.

49. Print a T-shirt at home

Looking for something fun to do with your family? Try printing your own t-shirts.





“Education is the most powerful weapon which you can use to change the world.”

By Aasiya Bhamji

This issue is dedicated to learning, and to showing how school is not the only way that we help children gain knowledge. Every child is unique and we want every child to have a dream, work hard for it, and achieve it. This is why we encourage children to follow a path that suits them, whether that be school, apprenticeships, university or training. We also want our widows, guardians and our partner organisations to instil the values of education into the children that they care for, so that from a young age, these children can thrive to their full potential in whatever route they take.

I met a six-year-old called Ebrahem, on my recent visit to The Gambia, who lost both his parents within the space of a year. Ebrahem’s confidence plummeted as a result, and he stopped communicating with people. He was unable to attend school as his uncle could not afford to send his own children, as well as Ebrahem and his siblings. After finding out about Ebrahem, we stepped in and enrolled him into a school where he is now thriving with confidence like a child should be.

This year, we are celebrating 10 years of our child sponsorship programme and through this, our work has now expanded

to 14 countries in Asia and Africa, supporting over 28,000 children. We work extremely hard to ensure that all of the children under our care are provided with an education, which will give them the chance to gain the knowledge and skills they need to improve their lives and work their way out of the poverty cycle.

Education is one of the core values of our work at Orphans in Need and we believe every child has the right to gain an education in a safe environment, to learn and prosper. I am delighted to be able to share our work with you, which would not have been possible without your kind support. Carry on reading to find out about our 'Somalia Careers Day' on pages 18 - 19, and 'Our sponsored children' on pages 10 - 11 to learn more about our children.

Aasiya Bhamji is the Orphan Sponsorship Manager at Orphans in Need. Her department ensures the delivery of the care as well as liaising with you to ensure you are kept up to date with your child’s progress.

The first child we sponsored was in **2010**, in India.

Currently, we support over **28,000** children worldwide.

Every sponsored child is either in primary or secondary school, or in higher education.

In Pakistan we have our first ever trainee doctor.

We helped train 20 widows in The Gambia on income generation, they are now able to support themselves.

15 of our sponsored children in Somalia are now at university.



THE IMPORTANCE OF EDUCATION.

“Education is the backbone of a country, and every country needs a backbone to grow and develop.”

This proverb speaks clearly that every country needs education for their development. We all know how important the backbone is for an individual's survival. Similarly, education is equally important for humans in order to shape them into better people.

Education plays a vital role in our lives. It lays the foundation stone for a successful future. An illiterate person may find it difficult to cope with some aspects

of life, but it is very simple for an educated one.

Education expands our vision and creates awareness. It helps us to develop a disciplined life and provides us with better-earning opportunities. If you don't let your child acquire an education, just because you think that it is a waste of time, or it is expensive for you to afford the school fees, then surely one day you will regret it.

Education is something that remains after one has forgotten what they have learnt in school. It not only helps the people to face life's challenges in a better way but also makes an individual strong by making them aware of their rights, surroundings and opportunities. You may not be able to pick up a lot of opportunities due to the lack of education, which will ultimately become the reason of your failure one day. Apart from this, not knowing your rights may lead to social exclusion and the wrong use of laws on you. If you want to stand up for yourself and tackle the challenges of the society, then

it is mandatory to be aware of the laws and the rights and those can only be known by the means of education.

The present industrial society has opened plenty of occupations which require people with specialised skills and knowledge. So, education is the necessary means of eradicating the unemployment problem. There are a lot of countries which have started investing in human capital in order to increase the economic growth of the nation. The governments and the Non-Governmental Organisations have taken up the initiative and set up various schools to provide education to the citizens. So, it is our foremost task to acquire education, so that we can see the world with a different perspective and make the world a better place to live in.

- Yusuf Iqbal, 15.

Yusuf is one of our sponsored children who lives in India. He wanted to share his views about why education is vital for a child, and ultimately a country.



“It is not the strongest or the most intelligent who will survive but those who can best manage change.”

- Leon C. Megginson

Our Sponsored children...

Growing up in a war torn, poverty stricken country is tough for any child. However, for the children that we sponsor, this is their everyday life. We push all of our children to pursue their interests and hobbies, whether that be photography, cooking or even barbering.

Take a look at what some of our children aspire to be when they are older, and what they get up to in their spare time:



Sopna, 14
Bangladesh

Interests:
Enjoys playing with her friends and attending school.

Goals:
To become a Police Officer.

Future aspirations:
To pass the physical, written and interview tests to get into the Police force.

Waseem, 14
Nepal

Interests:
Reading and playing cricket.

Goals:
To own a business.

Future aspirations:
To get a good quality education & progress through to university.

Ahmed, 22
Palestine

Interests:
Learning new hairdressing skills.

Goals:
Become the most famous and successful barber in Gaza.

Future aspirations:
Carry on helping his brother with their hairdressing business.

Amina, 17
Sierra Leone

Interests:
Likes Kushe (handiwork), cooking & playing with friends.

Goals:
To become a pilot.

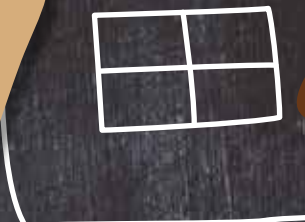
Future aspirations:
To be accepted into flight school and gain a Commercial Pilot Licence.

Ashaq, 14
Sri Lanka

Interests:
Enjoys studying and learning new facts.

Goals:
To become a software engineer.

Future aspirations:
To get into university after completing his studies.



A DAY IN THE LIFE OF IJHAR

Our Orphans Village opened its doors in 2015, built on a foundation of your generous donations. Fast forward a few years, and the village can now house up to 300 children, removing them from a life of danger on the streets. Each child is clothed, educated, provided with medical and counselling treatment (where needed) and fed healthy meals.

We would love to show you a day in the life of Ijhar, an eight-year-old boy, living in our Orphans Village:

6:00AM

A normal day for Ijhar begins at 6:00am.

6:15AM



Breakfast for the children changes daily at the Orphans Village, but today, Ijhar is having cereal, fruit, jam on bread and orange juice.

6:30AM



It's time to get washed, dressed and ready for school!

7:00AM



Ijhar and the other children at the Orphans Village are ready to leave for school.



The children take the bus to school which takes around 45 minutes, from the Orphans Village.

11:00AM



The school day starts at 8am and lasts until 2pm. In each class there are around 30-35 children. The main topics of study are; Hindi, English, Mathematics, Science and Social Science.

Ijhar dreams of becoming a doctor and once he is qualified and earning money, he wants to build a better world for himself and his siblings.

5:00PM



Once he is home from school, Ijhar enjoys playing Kho Kho with his friends.



Ijhar's favourite sport to play is cricket. He enjoys playing it with other children at the Orphans Village. Sport is encouraged amongst the children to promote exercise and team bonding.

7:00PM



At the village, the children have a chef who ensures they eat a healthy and balanced diet. There are some children who have intolerances, or who are vegetarian/vegan, so we make sure everyone is catered for.

What is Kho Kho?

Kho Kho is a popular tag game invented in Maharashtra, India. The game is played by teams of 12 nominated players out of 15, of which nine enter the field who sit on their knees (chasing team), and three extra (defending team) who try to avoid being touched by members of the opposing team.

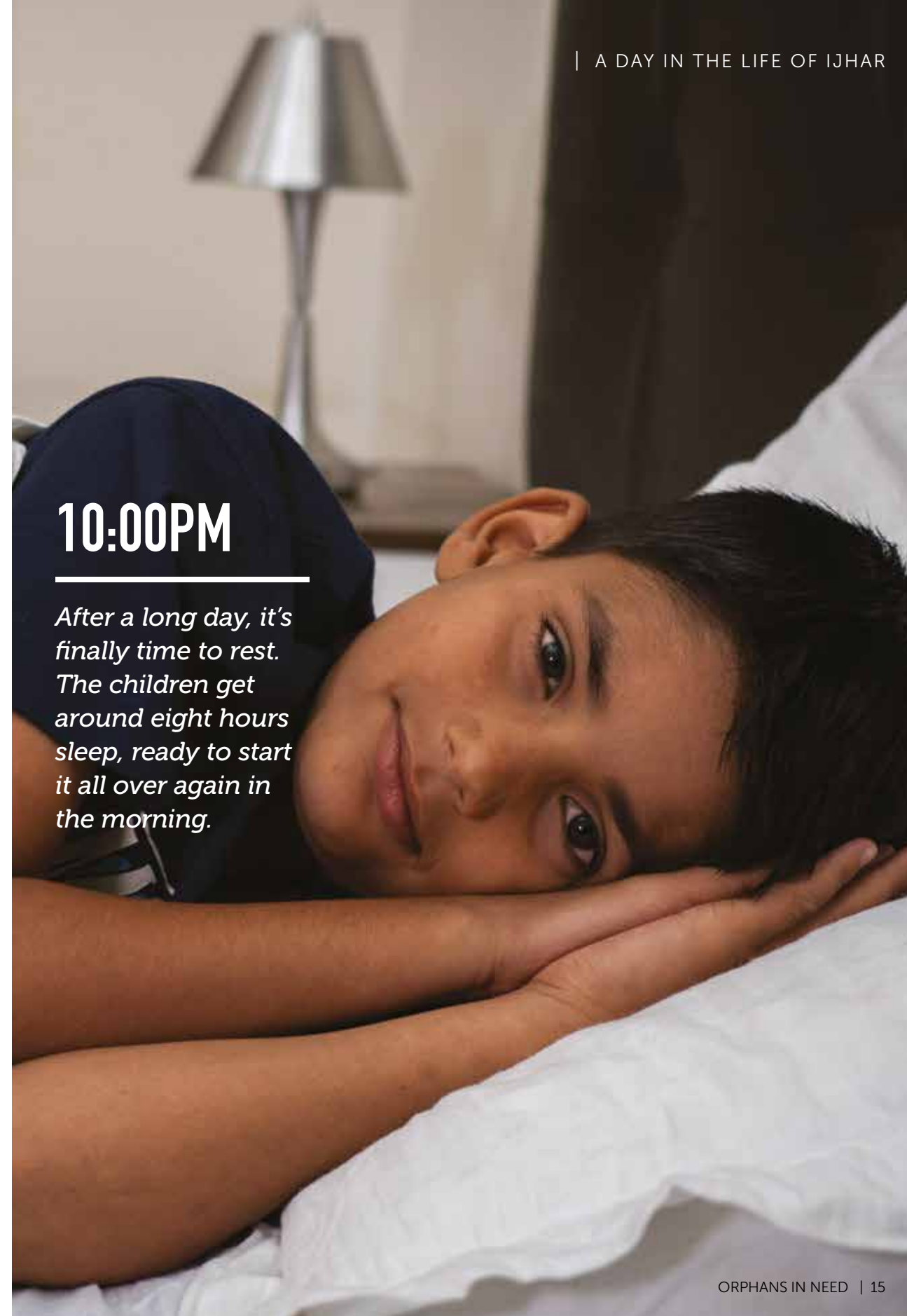
9:00PM



In the evenings, after playing games, finishing homework and eating his dinner, Ijhar and the other children settle down for the night to read or watch TV.

10:00PM

After a long day, it's finally time to rest. The children get around eight hours sleep, ready to start it all over again in the morning.





I'M NOT EDUCATED!

INSPIRED THROUGH WORDS.

Our children, Imtiaz, 13 (left) and Asif, 14 (right), from Kashmir (J&K), received first and third prize in their school's annual Naat poetry contest.

Dubai Grand International School holds a yearly Naat poetry competition which all students are encouraged to participate in. The competition is an opportunity to inspire students, allowing them to experiment with their writing and creative instincts in a supportive environment.

Well done to Imtiaz and Asif and all of the children who participated!

Rukshana gave up everything to raise her children. At a young age herself, she chose to work over finishing school. Rukshana's story shows her determination and gives hope to single parents everywhere.

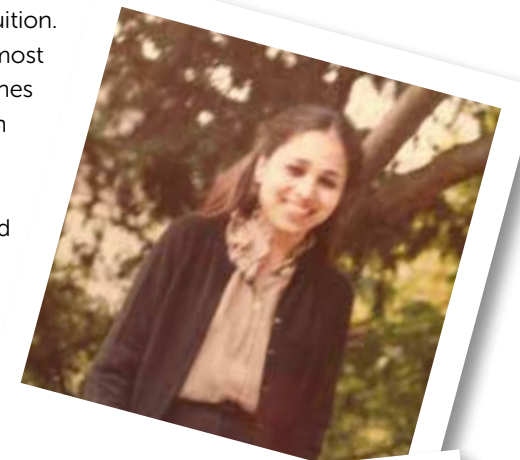
"When I moved to the UK at the age of 18, I didn't speak the language. Instead of learning English in a classroom I learnt it from watching Home and Away and Neighbours. At 20, I got my first job at a dry cleaners and by 23 I was married. Three children later, I was alone and had to fend for myself but I had no idea where to begin. I knew very little English, had no degree, or the confidence to go out alone, but I knew I had to do it for the sake of my children.

I felt it was too late for me to go back to studying and with three young children, I didn't have the time, so I worked instead. I made sure that I did everything I could with whatever I learnt so that my children wouldn't have to struggle

like I did. I made sure they were never late for school or tuition. I worked double shifts almost daily to pay for food, clothes and fees, I even worked in the tuition centre so that my girls could get the extra support for free. I did everything I could at the time that I thought was right.

There's a huge part of me that feels guilty for not trying harder to finish my studies. If I had, I could have been earning more and given my children more. But now, my girls are grown women who are earning and living comfortably.

Raising them alone has taught me a lot more than what I think I would have learnt at any college or a university, and what I've learnt over the past 30 years are things that have helped me survive."



Orphans in Somalia are some of the worst suffering in the world due to years of conflict and a lack of government or institutional support. Many can't afford to go to school, resulting in an increase in unemployment and poverty.

Right now we are supporting 360 orphans in Somalia with the majority of the children in full-time education. We have 15 orphans in university, 16 coming to the end of secondary school, and the rest in primary school. For the students who are about to finish school and want to go to university, we organised a Careers Day to help them get there.

We arranged a day dedicated to giving guidance on what they can do after completing school and how. There were workshops on how to choose a university, how to fill out application forms and how to write personal statements.

Most of the students have high hopes of getting into Mogadishu University or Benadir University, two of the best universities in the country, and we want to make sure that they have a fair chance of getting accepted. One of the teachers who were present also said that when he was applying for universities, he sent his application without a personal statement. He said, if he had a day like this he would have known and got the degree he wanted.



Fewer than 50% of girls attend primary school, and the last countrywide survey from 2006 showed that only 25% of women aged 15 to 24 were literate.

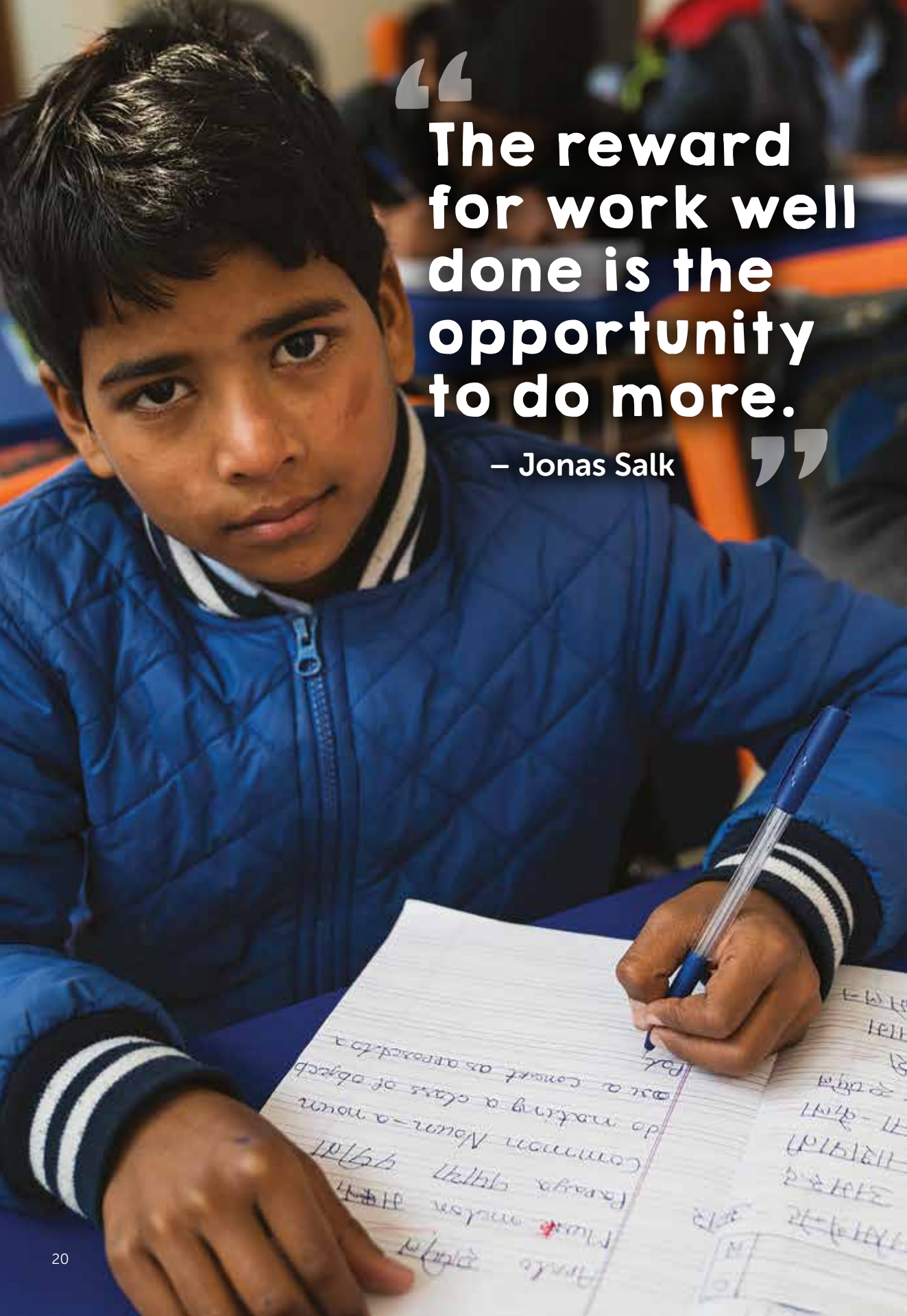


Only 18% of children in rural households are in school. (Unicef 2017)



A Careers Day is a great opportunity for the children. The majority are unaware of their options after finishing school or the jobs and opportunities available.

Only 30% of children are in school and only 40% of these are girls.



“
The reward
for work well
done is the
opportunity
to do more.

– Jonas Salk

”

LOOK UP!

There's more to learn...

When we think education, we think about the knowledge that exists between the covers of books, the discourse of the teacher at the front of the classroom or nowadays, webinars.

Learning, however, happens beyond the walls of these formal settings – it happens everywhere.

The value of an education is unquestionable. Qualifications grant us access to careers and jobs that allow us to progress in life, provide for our families and contribute to society. For many children around the world, it is also a route out of poverty.

But formal education is not for everyone

and not everyone is capable of excelling at it. Take the likes of Mark Zuckerberg and Steve Jobs – they did not attain university degrees yet they developed two of the technological giants that exist today.

Orphans in Need ensures that all children on our sponsorship programme are enrolled at school or college. We also promote extra-curricular activities such as swimming lessons, camping and horse riding alongside extra tuition.

We recognise that school grades do not define a child's ability, whose talent may lie in the arts, sports or anywhere – the world is at their feet!

Just look at Heba (PTO for Heba's story...)



HEBA'S STORY

Heba couldn't cope with the loss of her father and lost the motivation to do the things she used to do. Eventually, she gave up on going to school, but we didn't give up on her.

The harsh reality for a young girl living in Palestine, is that her father, who was a Police Officer, is no longer with her due to being killed in the 2014 war against the Gaza strip. Heba, who is 15 years old, still lives in Gaza with her mother and eight siblings.

When her father passed, Heba suffered with her mental health. She lost interest in her education and struggled to do basic tasks, which resulted in her missing school.

After ninth grade, Heba decided to leave school, but knew she needed to improve her skills so she could get a job in the future. After searching for apprenticeships in various industries, she was offered a scholarship at the Gaza Community College in sewing and embroidery.

We recognise that the traditional route of education is not for everyone and support those who choose vocational learning, like Heba.

In her spare time, Heba enjoys making beaded bracelets and then sells them for a small sum, she is always thinking of new ways to improve her skills and enjoys watching YouTube to further her learning.

The sponsorship money from Orphans in Need has changed her life as she now has enough money for food, drink, transport and college costs.

When asked why the sponsorship money is important, Heba said:

"It helps make many orphans' lives easier to help them walk towards success."

Heba is excelling at her apprenticeship and hopes to one day open her own shop, so she can provide for her family. Heba knows that her achievements will allow her to help less fortunate orphans who are in the same position she once was in.

In every walk of life, you learn by doing, the vocational route of study is proven to be as effective as academic learning and allows students to follow their creative instinct, so why do we still push our children to conform to what is classed as a traditional norm?



By allowing our children (and ourselves) the opportunity to explore the world beyond the classroom, we open up the doors of limitless knowledge. These experiences expand the horizons of young people, opening their eyes to the wonders of areas such as art, heritage, culture, adventure and the natural world. Thousands qualify with degrees every year, but what makes the individuals stand out is their experience and the utilisation of their abilities beyond what they've been taught.

Broaden their horizons...

Sign up to a class - Do they have a knack for a sport? Cooking? Or art? Search for opportunities locally where they can explore this talent further.

Ask questions, and answer them! - Children love to ask questions, especially when you visit a new place with them. Listen to their questions and answer them – if you can't, then research the answer together!

Talk to new people - We learn so much from interacting with different people in different spheres of our life. Everyone has a story to tell and experiences we could not even imagine.

“
In the future,
I intend to help
other orphaned
children, as I'm
fully aware of
how difficult it
is to live without
a father.”

– Heba

Four types of learners & what works for them

Pinpointing how someone learns best can dramatically affect their ability to absorb knowledge. Here are the four types of learners and their preferred methods of learning:

Visual (spatial)

Prefer using pictures, images, and spatial understanding. Charts, graphics, diagrams – visual learners love these.

Aural (auditory-musical)

Prefer using sound and music. These learners prefer to hear info rather than read or see it – think lectures, audio books, podcasts.

Verbal (linguistic)

Prefer using words, both in speech and writing. Interacting with text is more effective for them – reading, writing notes, answering questions, annotations.

Physical (kinaesthetic)

Prefer using the body, hands and sense of touch. These learners like to 'do' – role playing exercises, write/draw notes, build something, group exercises.

The play gap.

Part of childhood and growing up is about learning, whilst having fun.

We're closing the play gap by creating opportunities for our orphaned children, whilst they learn new skills and have fun. Activities like the lake, swimming and skiing trips are funded through our Global Orphan Care project, to allow our children to have similar experiences to other children across the world.



Some of the children taking a residential trip to 'The Blue Camp' in the heart of the Himalayas.



Children from Bait ul Salam orphanage on a skiing trip to Gulmarg, Kashmir.



Our children on a day trip to Dal Lake in Srinagar, Jammu and Kashmir.





Making a life by giving

We met up with **Nazir Hussain** who has been a dedicated volunteer of ours. He's raised hundreds of thousands of pounds and has taken part in numerous challenges from walking across the Grand Canyon, to visiting our orphans in Nepal.

How long have you been supporting Orphans in Need?

Oh, for a very long time. I have five sponsored children with Orphans in Need that are mainly from Bangladesh, I didn't specifically choose Bangladesh it was where the need was at the time.

How many events/challenges have you been involved in?

Quite a few with Orphans in Need and other charities as well, but I have done the Grand Canyon, Nepal and Snowdon trek through Orphans in Need. That's just a few.

Which has been the best?

Nepal. It was the most humbling experience seeing and speaking to the orphans and widows there. When you go outside of Kathmandu you see the severity of the situation and it is a picture I can't forget.



How much have you raised altogether?

For the Grand Canyon, the group I was in raised more than £100,000. Similarly with Nepal.

Do you think education is important for children? Why?

You can give a child the food and clothes they need which will help the current problem but for their future, sending them to school helps them learn how to support themselves in the long-run. It's like the teaching a man to fish story – give a man a fish, and you feed him for a day. Teach a man to fish and you feed him for a lifetime. An education is how we can help them for a lifetime.

What is your educational background?

I left India when I was 16 so I didn't go to college or university which I don't regret. I love to read a variety of materials, books, magazines, articles, and I think that is how I have picked up a lot of what I know.

What makes you want to be so actively involved?

I like adventures and have had an interest in being able to help the needy since I was in my twenties. I guess I got this from my elders. My father used to collect money and buy foods in bulk and make small packages that he would then give to poor families. My grandfather was similar.



How do you motivate yourself?

A child once asked me if I have any children, I said 'two boys', 'no girls?' they asked, I said 'no.' Another girl stood up and looked at me and said 'don't worry, we are your girls'. I get tears in my eyes every time I remember that girl. That is enough for me.

Why Orphans in Need?

Orphans are dear to my heart and Orphans in Need specialises in orphan care. They are transparent and you can see how passionate they are. Whenever I visit their offices they are so welcoming that I feel I can trust them.

What adventures do you have planned in the future?

Nothing as of yet, but I am looking forward to the next one with Orphans in Need.



MOVE. SEE. GROW.

“He who returns from a journey is not the same as he who left.”

Meaning, with every journey, trip or adventure you take, you will learn something new that you will hold on to forever.

- » You learn to be more independent. You’ll have to make all the decisions, which way to go, where to eat, and how much money to spend.
- » You learn languages. Learning a few phrases before you go means you can speak to the locals and from those conversations, you will pick up more.
- » Learn about cultures. Seeing how others live compared to you will open your eyes.
- » Learn history. Reading about the Great War is one thing, walking through the trenches is another.
- » Learn about the planet. Walks in the park or in the mountains will show you the beauty of our world and why we should preserve it.
- » Learn to be more confident. Conversing with strangers will become easier every time.
- » Learn to be more compassionate. The different people you see will humble you.
- » Learn about yourself. What you like or dislike, what you want in life, your passions and motivations. It will become clearer.

Don't believe it? Try it for yourself. It doesn't have to be a lavish five-star holiday, it can be a two-hour drive to the nearest town from you. The idea is to be in a location that is foreign to you.



Are we too engrossed in our smart phones?

From the palm of your hand, you can manage your money, contact anyone in the world, access information as it happens, check the weather and even catch up on the latest transfer news. We can work smarter and quicker, no matter where we are. Technology has meant that we are no longer chained to our desks and can work from home or remotely – allowing us to cut down on commute times and spend more time with our family and friends.

From the comfort of our homes, we can learn new languages, download books, access millions of websites on any subject and learn how to get that perfect tint from our moisturiser. YouTube can show us how to jump start a BMW 3 series (clue: the battery isn't under the bonnet), how to change your leaking tap in the kitchen or how to lay down wood flooring.

This is just a drop in the ocean of the capabilities that we have at our fingertips. The question is, just how much has this improved our lives?

Are we exponentially better, more efficient and therefore happier than two or three decades ago? - What is the difference between now and 30 years ago?

The flip side...

Have you ever felt that you were too dependent on technology?

Became anxious when you couldn't find your phone?

Imagine leaving the house for the day without your mobile, how would you cope?

Many would argue that these are signs that we have become too reliant on technology and the internet.

We spend hours scrolling through social media, streaming content and messaging. We switch off just before bed and continue as soon as our eyes open in the morning. For many, the ping of a phone causes anxiety but we can't bring ourselves to turn it off.

So what do we do?

Step back, and take stock of your tech habits.

Consider:

1. How often are you picking up your phone when you're at home?
2. Is everyone else on their phone?
3. How long can you go without using your phone?

Tips:

1. **Phone usage apps** – these tell you how much time you've spent looking at your screen and what apps. You can also opt to automatically lock yourself out of apps after a specific amount of time.
2. **No phones at the table** – establish some simple house rules like no phones at dinner.
3. **Turn Wi-Fi off** – a simple one to keep the kids off their devices at night.

Being less dependent on your phone will help you sleep better, help you trust your instincts, be present with family and friends, be more aware of your surroundings, and appreciate the world around you.

Team Sports

Good for the body & the mind.

Better physical health is just one of the perks of playing sports but there are more benefits to be gained from team sports than you would think.

Taking part in team sports can help improve your mental health and social skills. How?

Mental health benefits

1. Playing sports releases endorphins, the natural happy hormone!
2. The better you get at the sport, the more confidence you'll gain. You will feel better about yourself and build your self-esteem.
3. It gives you a sense of purpose and a feeling of belonging.
4. It's a super de-stressor and helps reduce stress and anxiety.

Social benefits

1. With your teammates you already have something in common, so you can make friends quicker.
2. Starting at a young age means you're more likely to be active growing up.
3. Team captain? You learn leadership, communication, and social skills.
4. Part of the sport is losing, from that you learn resilience. This can be applied to other aspects of life.

How it helps our children

Children in our orphanages all have a team they belong to. Whether its football or cricket, we know how important it is for them to interact with each other. Building their relationship with the other children helps form the foundations of any future relationships they may encounter, but most importantly, it helps them understand that they are not alone. Some of our children have already made progress through sports, they are more confident and vocal and have been achieving higher marks in school.

Try it for yourself. Go to that Sunday football gathering or that evening netball club and see how you feel.



BULLYING:

A playground of insecurities

Ahed was picked on for not being smart enough or getting high marks at school.

Ahed used to love going to school, he was confident and had many friends to play with. When the bullying started in year three, there was a shift in his behaviour at school. He couldn't concentrate in lessons and slowly lost the motivation to go to school. His class mates didn't know that he was underachieving because he was grieving the loss of his father.

Things got better when Ahed was in year five and began seeing a psychologist who helped him deal with his emotions and concentrate in class. The therapy gave Ahed a safe space for him to express his feelings and helped him cope with the negativity in his life. Being able to release his frustrations to the therapist meant that he could refocus and deal with the bullying better.

Ahed is a sponsored child and the support that he gets from Orphans in Need has helped pay for the therapy, without which he would have still been suffering.

Bullying should not be taken lightly. Traumatic experiences can lead to insecurities, a lack of self-worth and confidence, self-harm or even suicide. If you know someone that you think might be getting bullied here's what you can do:

How to know if they need help...

- » Are they eating less or feeling less hungry?
- » Are they more tired?
- » Are they avoiding certain situations? Maybe getting the last bus out of school to avoid certain groups.
- » Do they seem more anxious?

What to do...

- » Tell them that it is not their fault and that the bullying behaviour is wrong.
- » Reassure them that you will find a solution *together*.
- » Inform a member of the school faculty and if they cannot solve the problem, contact the authorities.
- » Ever heard of the buddy system? Ask a teacher about having a friend at times they might be vulnerable to bullying, e.g. in-between classes and breaks.
- » Encourage them to talk without being pushy. Create a safe environment for them so that they feel comfortable enough to talk freely.

Have you heard of Ecotherapy?

We're talking about connecting with nature. Who knew a little gardening could do such good things for you?

Our children participating in some early morning yoga at our Orphans Village in New Delhi.

Ecotherapy, green therapy, or nature therapy, refers to a range of outdoor activities that are aimed at improving your mental health and physical wellbeing.

Activities range from nurturing plants at home to reading in the park, the aim is to interact with nature.

Connecting with nature has many benefits that include reduced stress levels, better physical health, and increased confidence and self-esteem. It has also proven to help people with anxiety disorders and depression. Humans have a connection with their natural environment and just taking a few minutes to absorb the sounds and smells of what

is going on around you can boost your mood immensely.

If you can't find a green area to go to, try focusing on images of greenery or listen to natural soothing sounds like a fire burning, rain fall, or the sea. Nowadays, you can easily find atmospheric music on YouTube to help soothe you.

There are many different types of ecotherapy available and a range of programmes you can try, have a look at charities like Mind, to see what they suggest. You can also try Calm, an app to help you manage your stress and sleep better.

Why not give ecotherapy a try? Here's how you can get started:

1. Think of when you are most stressed during the day.
2. Can you go out for a walk or find a small green area to focus on?
3. Start small, spend a few minutes in that space and try to relax.
4. Take a buddy with you.

Our top 5 school puddings

When you think back to your school dinners, did you ever think how awful they were but how amazing the puddings were? We did. So we asked around our teams to see what their favourite school dinner puds were and have come up with our top five:



Sticky toffee pudding:

A warm British classic with a not-so-secret recipe. Apparently, the staff of the original pudding-maker, Francis Coulson, had to sign a secrecy agreement to guard the recipe. That didn't last long, this steamed sticky sweet delight has been a part of school dinners for years.



Chocolate cake:

Everyone loves chocolate, right? Chocolate cake is an all around crowd pleaser, especially when it's drowned in chocolate custard.

Cake & custard:

A classic that can be made multiple ways! Cake in custard or custard on cake? Chocolate cake and chocolate custard or vanilla cake and vanilla custard? Warm cake or warm custard? Remember the pink custard at school? Yum.



Arctic roll:

Ice cream was one of those 'special occasion' treats you would only get in school. No one really had ice cream at home, so when an arctic roll was on the menu for school dinners it was chaos in the lunchroom. Ice cream with a sponge surrounding? Bliss! But you have not lived unless you've tried a banoffee arctic roll!



Crumbles:

The ultimate dessert for comfort! An apple crumble. Yes, you can crumble almost anything, rhubarb, plums and berries, and devour it with some custard or ice cream, but there is nothing that hugs the soul as much as the humble apple crumble.

The Great OIN Bake Off

Last year we were inspired by the Great British Bake Off and decided to hold one of our own. All of our staff in our Bradford office baked their best treats and brought them in for judging.

The winner of our bake off was Chris, our Marketing and Graphic Design Manager, for his white chocolate cheesecake. If you need inspiration for a bake off of your own, then try making our Ferrero Rocher Cheesecake, our best seller at Café Blu, our charity coffee shop in Birmingham.



Ferrero Rocher Cheesecake!



What you will need:

- 750g Cream cheese
- 308g (or 2 packets) Oreo biscuits
- 40g unsalted butter, melted
- 400g Nutella
- 100g Chopped hazelnuts
- 8 pieces Ferrero Rocher for decoration

We raised €130 at the bake off that went towards our winter campaign.

Get Making!

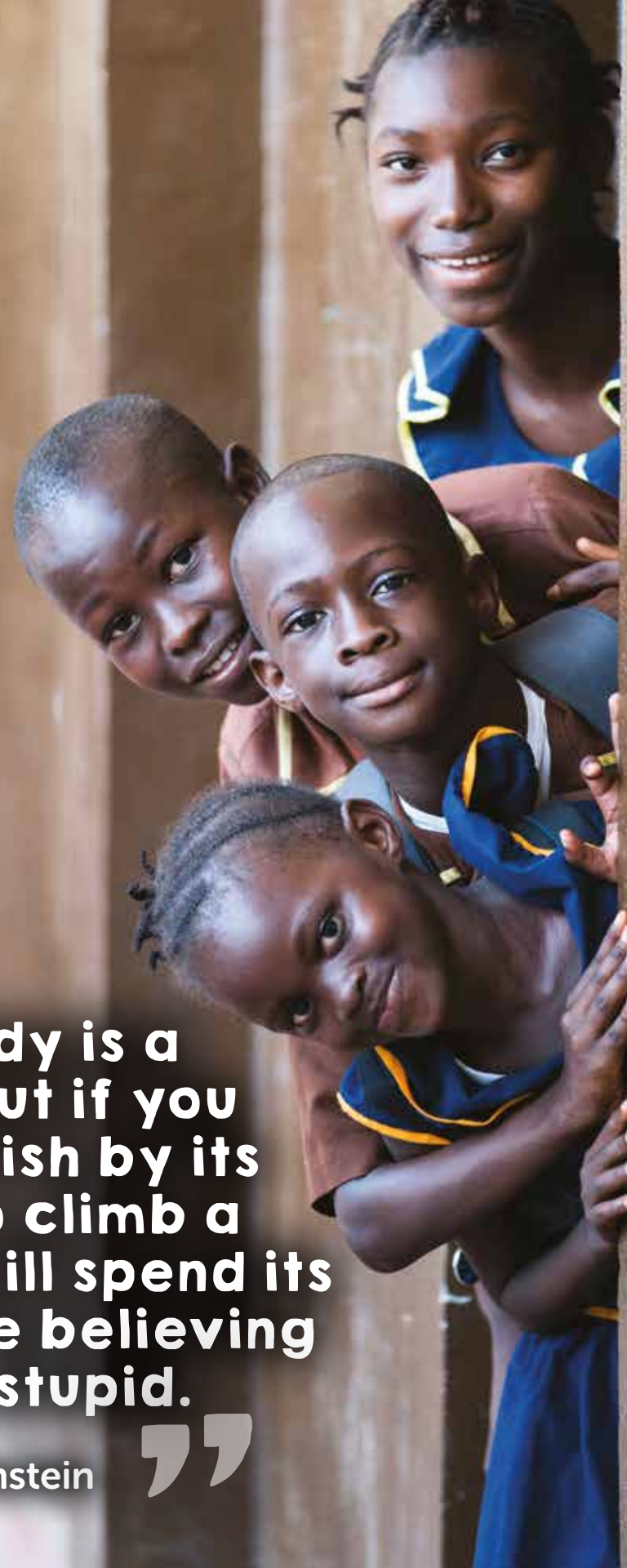
1. Mix the cream cheese with 300g of Nutella and 50g of hazelnuts in a bowl until combined.
2. In a food processor, blend the Oreos until you get crumbs. Add the butter and stir. Pour this into your tin and flatten it to cover the base. Refrigerate for an hour.
3. When the base is ready, pour over the cream cheese filling and decorate with the rest of the hazelnuts and Ferrero Rocher chocolates. Drizzle the rest of the Nutella on top and place it into the fridge for around eight hours.
4. Make sure to take the cheesecake out 10 minutes before serving.

Kids4Orphans

Interview with Rahima Khan

Kids4Orphans is a campaign we run in collaboration with schools across the UK. Through writing letters to our children and raising funds and awareness of orphaned children, the campaign teaches students about the importance of helping those less fortunate. Noor Ul Islam Primary School has been a great supporter of ours from the beginning. We spoke to Rahima Khan, who was the Deputy Head at Noor Ul Islam school, to pick her brains about how the campaign has helped their students.

“
Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will spend its whole life believing that it is stupid.
 ”
 – Albert Einstein



How long have you been supporting Orphans in Need?
 I have been supporting Orphans in Need for two years.

How have you supported Orphans in Need?
 We have been sponsoring 10 Palestinian primary school children and monitoring their progress through K4O.

What interested you in this specific programme, K4O?
 We wanted to develop a programme that reflects our school ethos and develop pupils' awareness about the world they live in. A key focus was to get young children involved in helping others, especially those less fortunate.

How do you think K4O benefits your students?

Our pupils benefit through learning about the challenges that orphans face, develop essential skills and have the chance to make a life-changing impact through fundraising activities.

How much have you raised?
 The children raised an amazing £5,200.

Why do you think education is important for children?

Education is essential for children as it prepares them for the real world in a safe environment and helps them develop social, moral, and cultural skills to later become positive and active citizens. The formal qualifications gained is a gateway to the many opportunities for a successful future.

What motivates you in your field of work?

Knowing that each day makes a huge difference to the lives of

so many children, their families, and their community as a whole is enough to keep me motivated.

Why did you choose Orphans in Need?

We chose Orphans in Need as we know the charity to be one of the most trusted and reputable organisations that deliver and work directly with vulnerable children.



Baked

cod & kale pakoras

This simple and healthy recipe is perfect for an afternoon snack or to impress your guests. Baking the pakoras makes them a little healthier, but you can always fry them for that classic taste.

Try it with
Tamarind Ketchup:
Combine equal parts
of ketchup with
tamarind paste and
season to taste.

(Serves 4)

Chickpea Batter:

1 cup chickpea flour
 ½ tsp dried chilli flakes
 ½ tsp dried coriander powder
 ¼ tsp turmeric powder
 ¼ tsp salt
 ½ tsp whole zeera, grinded
 1/8 tsp baking powder
 1 tbsp water
 1 tbsp oil

Pakora Filling:

½ cup finely sliced onions
 ¾ cup grated carrots
 ¾ cup fresh or frozen curly kale
 100g cooked cod

Method:

1. Preheat the oven to 220 degrees, line and grease two baking trays.
2. Combine all the ingredients for the batter in a bowl and mix together until you form a thick paste.
3. Add the onions, kale, and carrot. Break up the cod with your fingers and add to the mixture, then stir until everything is evenly coated with the batter.
4. Let the mixture stand for a few minutes. The mixture might release some water, if it becomes too runny then just add a little more flour.
5. Using a tablespoon, divide scoops of the batter on to your lined baking trays and bake for 25-30 mins. Serve them hot!



FUNDRAISING EVENTS & CHALLENGES

Our Orphans in Need supporters are our true troopers.

Our supporters have helped raise a total of £50,000 for our orphan children over the last year. All the money raised goes towards the wellbeing of the orphans in our care, the food they can eat, supplies they may need for home or school and essential medicines.

Each and every supporter is of huge value to us at Orphans in Need. If you've ever considered volunteering, it can help you develop new skills, build confidence, meet new people and create career opportunities.



Skydive Challenge



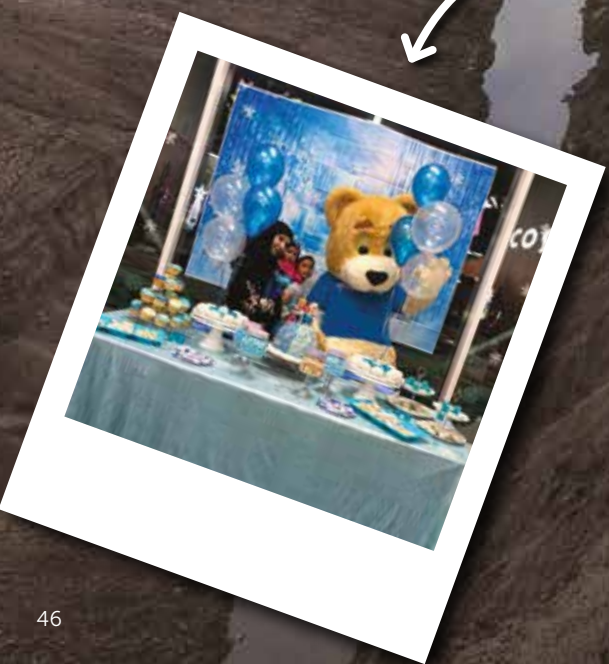
London Marathon



Mourne Mountains Trek

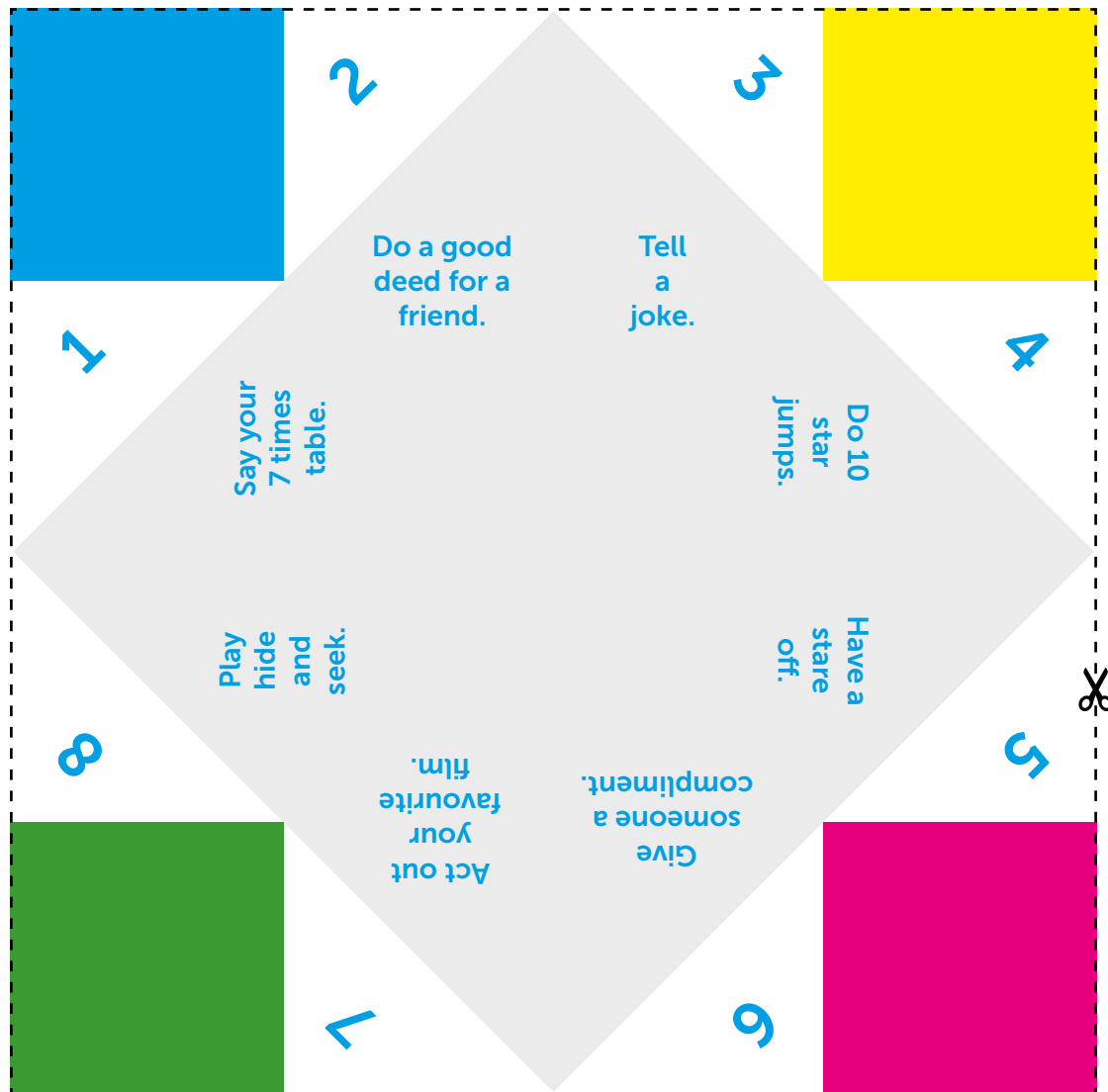


Snowdon Challenge



4 year old Maryam's Charity Party

CHATTERBOX!



Follow the instructions below to make your **CHATTERBOX!**:

1. Cut out the square above.
2. Take one corner and fold it over to the opposite corner, do this with the other corner too.
3. Now take each corner and fold those inwards towards the centre. You should get a smaller square.
4. Turn the paper over and repeat step 3.
5. Fold and unfold the square in half, both ways.
6. Push out the flaps and there you have it! Your own do good feel good chatterbox.

Make your own by using different colours, shapes, or change what you write.

D.I.Y PRINTED T-SHIRT.

The next time you're feeling bored, grab some sand paper and crayons and get creative, here is what you'll need:



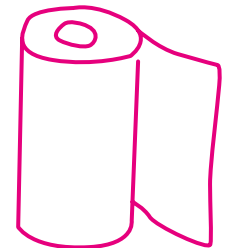
T-shirt

(plain white, black, or an old tee that needs some excitement.)

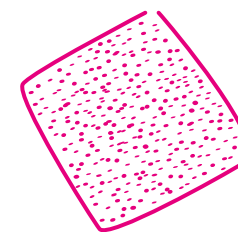


Iron

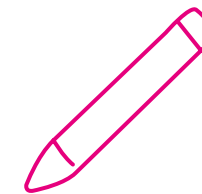
(Don't leave young children alone with a hot iron!)



Paper towels



Sand paper



Wax crayons



Cardboard

What to do:

1. Draw your design on the rough side of the sandpaper. The picture will be reversed when you print it so bear that in mind when drawing your designs.
2. Put your t-shirt on a flat surface and put a bit of cardboard inside to stop the colour leaking through the back of the top.
3. Place the sandpaper on the t-shirt where you want it with the design facing down.
4. Make sure your iron is on the 'cotton' setting, put the kitchen towel on top of the sandpaper and hold for around 40 seconds. The heat will melt the crayon onto the t-shirt.
6. Remove the iron and slowly take off the kitchen towel and sandpaper.
7. Use a hairdryer on cool to dry the design, or leave it for about 30 mins.

Notes:

1. The more times you go over your design on the sandpaper, the better the colour will come out on your t-shirt.
2. You can wash your t-shirt on a normal 40 degree wash.

Hand printed t-shirts make a great DIY gift! They are a fun way to get all of the family involved, at a low cost.



Got any
**feedback,
comments**
or just
want to
say

hello?

Get in touch
with us.

@orphansinneed



0207 100 8866

orphansinneed.org.uk



10
YEARS

**ORPHAN
SPONSORSHIP**

**10 years of giving hope.
10 years of changing lives.**

For more information visit:
orphansinneed.org