

# Self Help Projects



...Cows



...Poultry



...Water pumps



...Sewing machines

Helping families to generate  
a better income...



God's love in action...

[www.kingscare.org](http://www.kingscare.org)

## Helping people help themselves

The purpose of self help projects is to help people improve their income so that they are not continually in need of aid.

If we can do something to improve a family's income, they are enabled to help themselves and do not have to keep coming back to ask for help.

It is amazing how little in Western terms is needed to make a real difference to a person's life. An investment of £100 to £400 can radically change a family's income and repay itself again and again.

This leaflet describes some of the ways that we are helping desperately poor families; restoring their dignity and setting them on the road to self sufficiency. Please help us to help them help themselves.

## Adopt a Cow

£180

By giving a single cow to a family (purchased locally), we can enable that family to double its income by selling milk from door to door. Because most of the families have no land of their own, they will have to find grass from wherever they can, often from the side of the road, and bring it to their cow.

To help the families retain their dignity, the first (female) calf is returned to the church who will pass it on to another family.

The cost of a cow including veterinary fees and an allowance for some cattle feed to cover the period till the cow can produce milk is around **£180**.

## Sewing machines

£100

Providing a sewing machine is a valuable way of helping a mother generate an income in her own home. She can make clothes for her own family and sell them to others. A sewing machine in Sri Lanka, for example, costs around **£100**.

## Poultry

£300

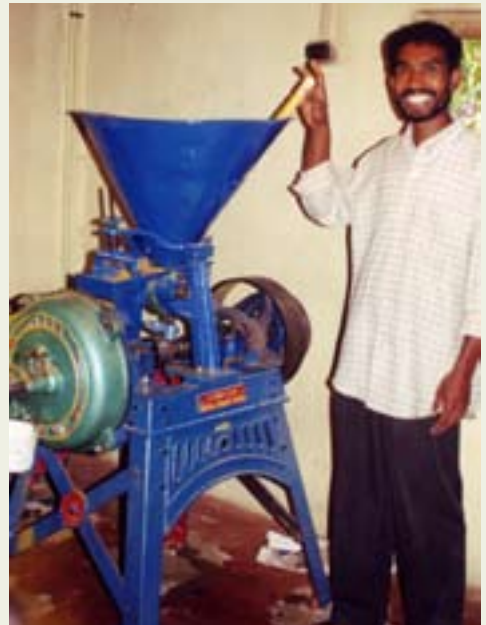
Raising chicks to be sold for food provides a good income for a family. We provide money for a shed, the first batch of chicks and chicken feed to last until they are ready for selling. From that point on, the enterprise will be self financing providing a continual income for the family. To help each family costs around **£300**.

## Other income generation schemes...

For example; supplying a fishing boat to a group of men in Jaffna provides a steady income to support a number of families. A fishing boat costs around **£2600** or a set of fishing nets is **£400**.

Children need bicycles to be able to get to school and adults to be able to travel to work. The cost of a bicycle is around **£50**.

This man was given a grinding machine to set up in business. In Sri Lanka food is not prepackaged! They use a lot of spices but they all need grinding. This machine cost **£600**.



## MY RESPONSE

DONATIONS CAN ALSO BE MADE ON-LINE AT [WWW.KINGSCARE.ORG](http://WWW.KINGSCARE.ORG)

Name

Address

Post Code

Telephone

Email



Yes, I would like to help towards the cost of:

- Adopt a Cow     Sewing Machines     Poultry     Other
- I enclose a cheque payable to Kingscare for £ .....
- I would like to donate by card (Please use the Donate by Card form below)
- Please send me a Bankers Order form for making a regular donation

## GIFT AID DECLARATION An extra 28%

*giftaid it*

- Please treat all donations to Kingscare that I have made since 6th April 2000 and all donations I make hereafter as Gift Aid

Name of UK tax-payer

Remember to notify us if you no longer pay sufficient income tax or capital gains tax to cover the tax we reclaim for your donations (28p for every £1 you give)

## DONATE BY CARD

I would like to make a gift of £

Card type (Visa, Mastercard, Maestro):

Card Number:

Expiry date:

Issue number:

Name as on card:

Date:

Signature

## MAILING OPTIONS

We want to keep you informed about what Kingscare is doing but do not want to annoy you with unwanted communications

- Please do not send me your general quarterly newsletter KINGSCARE NEWS
- Please do not send me appeals about other Kingscare projects
- Please do not even send me information about projects I support

PLEASE RETURN TO KINGSCARE, The Kings Centre, High Street, Aldershot, Hants GU11 1DJ, UK