

MARY'S MEALS

WINTER 2023/24

MAGAZINE

JOY IN ETHIOPIA

Our meals are bringing hope for the future

MEALS TO MEDALS

Olympic success for Mary's Meals duo

LITTLE ACTS OF LOVE

Hear from our incredible volunteers



mary's
meals

a simple solution
to world hunger

WELCOME

Mary's Meals serves nutritious school meals to children living in some of the world's poorest countries. The promise of a good meal attracts these hungry children into the classroom, giving them hope for a better future.

We are already feeding more than 2.4 million children every school day. If you're new to Mary's Meals, welcome to our global movement! We hope you'll join us to reach the next hungry child waiting for Mary's Meals.

Please visit marysmeals.org.uk to find out more about our work.



It costs us just 8p to produce each copy of this magazine. You could help this money go further by sharing this magazine with your friends and family.



I often say that at Mary's Meals we do one simple thing – provide a daily meal in a place of education for the world's poorest children. But the truth is, because of the places we work and the many challenges some of the world's poorest communities are facing, this 'one thing' can be a very complex task.

This is especially true in areas caught up in war and unrest, and we know that communities already made vulnerable by poverty, marginalisation, and food insecurity are often worst affected in times of conflict.



Photo by: Colin Mearns | The Herald and Times group

We've seen this most recently in Ethiopia, South Sudan, and Haiti, where our partners continue to work under very difficult conditions to ensure we can keep supporting communities and

bringing much-needed meals to children while they learn.

And in places where children are living through war and conflict – and experiencing suffering that no human should ever have to endure – our meals are not just important because

of their nutritional value and potential to promote access to education. In these areas, where children's lives have been turned upside down by conflict, our meals bring consistency and security against a backdrop of chaos and remind those

children they have not been forgotten. Thank you for helping to make this possible.

Magnus MacFarlane-Barrow
Founder of Mary's Meals



IT COSTS JUST £19.15
to feed a child for a whole school year

Donate here





AMID DEVASTATION, WE BRING HOPE

Our report from war-torn Tigray

Mary's Meals provides nutritious school meals in 18 of the world's poorest countries. When emergencies occur in places where we work, we aim to adapt our programme so that we can continue to help children when they need us most, even if that means a change to our usual model. In Tigray, Ethiopia, we began a community feeding programme when conflict forced schools to close.

Graeme Little, Chief Programmes Officer, says: "Upon arrival, the devastating signs of conflict were soon abundant. Schools, once places of education and safe havens, had been used as makeshift bases for armed groups in the war. Now, they are seriously damaged.

"We heard brutal stories wherever we went, with no-one remaining unaffected by the war."

Thanks to generous support for our Crisis in Ethiopia appeal, our local partner was able to provide vital food aid and trauma counselling to tens of thousands of people who had fled their homes during the war, in fear of their lives.

It is with much joy that we can now share that we have taken the first steps in reinstating our much-needed school feeding programme in Tigray. Together with our long-standing local partner, Daughters of Charity Tigray, we've reintroduced feeding for around 10,000 children in 14 schools.

Although fear and uncertainty remain, after terrible suffering, the recommencement of in-school meals is bringing the prospect of a brighter future.

Alex Keay, Director of Programme Affiliates and Partners, says: "During the darkest days, when it wasn't possible to deliver our normal school feeding programme, emergency meals and community food distributions offered people essential sustenance and, above all, hope.

"It gives us hope, too, being able to take these first steps and keep our promise to the children – that they will eat when they attend school."

Join our mailing list to find out more about our work: marysmeals.org.uk/subscribe

FUN FUNDRAISERS!

Whether you're a star baker or you like to get active, there's so much you can do to raise funds for Mary's Meals!



Geraldine

Home to Rome

Mary's Meals supporter Geraldine embarked on an epic adventure to walk from her home in Glasgow all the way to Rome, her ultimate bucket list destination. During her 2,000-mile journey, Geraldine raised money for Mary's Meals and received amazing support from people she met along the way. She says: "My dad was a taxi driver and used to come home with halfpennies. I would save them up and send them to Africa to feed the children. My dad died in 1999, but Mary's Meals is the kind of charity he would have supported."

Walk, run, swim or dance – however you choose to get active, you can turn your moves into meals and make a life-changing difference to hungry children across the world. [Find out more at marysmeals.org.uk/fundraise](https://marysmeals.org.uk/fundraise)

Bake with love

There's no need to break a sweat if you don't want to. Baking from the comfort of your own home is a perfect way to raise funds for Mary's Meals.

You can help us reach more hungry children by holding a bake sale for your friends and family. Whether or not you're a star baker, there are lots of simple treats and savoury bakes that are easy to make.

For first-time bakers, and kids keen to get involved in the kitchen, MasterChef Gary Maclean suggests making biscuits is a good way to get started.

He says: "It's great to do this with kids because it should only take 15 to 20 minutes for a biscuit to bake, and it doesn't really matter what shape they come out."

Gary Maclean



There are so many ways you can raise funds which can change the lives of hungry little ones. Check out our fundraising webpages for some inspiration to get you started.

Visit marysmeals.org.uk/fundraise



BRINGING HOPE TO HAITI



As Haiti faces prolonged insecurity and violence, our partners have continued to deliver school feeding throughout 2023, ensuring that more than 200,000 young learners can rely on receiving a daily meal in school.

Issac is one student benefiting from our school meals. Before Mary's Meals, Issac would often go hungry as his parents were unable to afford enough food. Today, he is blossoming at school and says learning and lunches are the two things he loves most about attending each day. A daily meal of rice and beans gives him the strength to walk to school each day and concentrate in class.

We recently caught up with **Cassandre**, Programmes Director at our partner, **Summits Education**:

What is life like in Haiti?

"The security and the violence have peaked to a level that is really out of control. After 5pm, no one goes out. Even when you have an emergency, you stay at home. There is no hospital open, no pharmacy open. It's a very scary situation. It's extremely difficult."

How is Mary's Meals helping in this difficult situation?

"Families who were living in the capital, Port-au-Prince, are escaping. So, more children are enrolling in schools that we support in more remote areas.

"Mary's Meals provides nourishment to a population that is extremely vulnerable. The meals are crucial to keep children enrolled in school. Once the food is at the schools, the children can eat on a daily basis. So, the students will not miss school days because we know this is what keeps them going.

"The safety, security and hope that Mary's Meals provides is extremely crucial to the students that we serve."

Watch our full interview with **Cassandre**



FOLLOW US ON

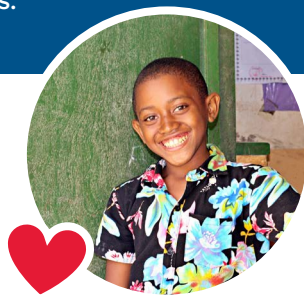
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twitter.com/**MarysMeals**
instagram.com/**MarysMealsUKcharity**
youtube.com/**MarysMealsTV**

LITTLE ACTS OF LOVE

Mary's Meals' work is only made possible by the dedication of volunteers across the UK.

Thanks to people from all walks of life who give their time to support us, we can reach more hungry children with our nutritious meals.

While our volunteers' efforts undoubtedly make a huge difference to the children we serve, many have found personal benefits to volunteering too.



Patrick

'It helps me maintain a positive outlook'

Patrick (72) from Belfast began donating his time to Mary's Meals after retiring three years ago and believes it has given him a sense of purpose.

He says: "I enjoy getting out and meeting new people. I strive to tell everyone I meet about Mary's Meals!

"In Northern Ireland, there is a great community of volunteers who are always keen to share ideas, support each other and celebrate successes – and it really spurs me on to do more."

'It gives me a sense of achievement'

Jodie, 29, from Rutherglen, has volunteered with Mary's Meals for four years and says it has been 'life-changing.'

She explains: "It's made me more mindful and feel 'it's not all just about me.' It's made me more grateful for what I have. It gives me a great sense of achievement to be able to give a child a life that they deserve.

"It's an amazing opportunity and one I wouldn't want anyone to miss out on. It's life-changing. You're making a difference and that's what it's about."



Jodie

Visit marysmeals.org.uk/volunteer or call 0800 698 1212 to find out about joining your local volunteer group.

FROM MEALS TO MEDALS



Get to know the impact of our meals

With no lines and no net, it takes a lot of imagination to recognise a tennis court in an almost 200 square metre area of concrete in northern Malawi.

Patrick Sichamba has that imagination. Five years ago, he hit a ball with a racket there for the first time. Now the 16-year-old, who has additional needs, is a double Special Olympic World Games gold medal winner.

Patrick and Hannah Wines, also 16, ate Mary's Meals at their school in Malawi. This summer, they won gold together in the tennis mixed doubles at the Special Olympic World Games in Berlin. There was further joy for Patrick, who won a second gold medal in the singles tournament.

Patrick says: "I was able to train relentlessly because the phala [porridge] I received every day from Mary's Meals gave me energy.

"My dad passed away when I was really little. But I think my mum is pretty proud of me, and so is my teacher. Tennis has changed my life. Without tennis, I would never have known that I could do anything really well."



Host a talk on our work

Help us grow our movement and learn more about our life-changing work by hosting a volunteer speaker.

To arrange for one of our wonderful volunteers to give a talk (either in person or online), please contact us on info@marysmeals.org or 0800 698 1212.

Find out more about where we work at
marysmeals.org.uk/what-we-do/where-we-work

**GIVING THE
GIFT OF**

HOPE

A charity gift from the Mary's Meals online shop is the perfect way to treat yourself or a loved one, all while helping to feed hungry children.

Visit our online shop at marysmeals.org.uk/shop to view our full range of gifts.

Gift cards

Help us reach more hungry children with our range of beautiful gift cards and digital gifts, which start from £19.15.



Life-changing gifts

From just £50 you can help provide mugs or plates for hundreds of hungry children, help fund a cooking pot and stove set or feed a class of children for a whole school year.

Cards and gifts

Show you care for someone special with our beautiful range of Christmas cards, as well as our brand new mugs and dog bandanas.



Running t-shirts

For £18, you can help spread the word about our work by wearing one of our new high-performance Mary's Meals running shirts.



Tote bag

Only £4, our stylish cotton tote bag is a great way to support Mary's Meals on the go!



Any gift purchased from our online shop helps us keep our promise to the little ones who rely on Mary's Meals, like Gertude from Malawi. She says: "The phala (porridge) encourages me to arrive at school very early. It also helps me to learn with joy."



To find out more about our work:
visit marysmeals.org.uk/magazine
email info@marysmeals.org
or call **0800 698 1212**
follow us [facebook.com/MarysMealsUKcharity](https://www.facebook.com/MarysMealsUKcharity)

**mary's
meals**

a simple solution
to world hunger

1. Your details

| | |
|---------------|---------|
| Full name: | Tel no: |
| Home address: | Email: |
| Postcode: | |

2. Gift Aid

Boost your donation by 25p of Gift Aid for every £1 you donate.

giftaid it

Yes, I would like Mary's Meals to add Gift Aid to this donation and any donations I make in the future or have made in the past four years. No thanks.

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer. I confirm I am a UK taxpayer and understand that if I pay less Income and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

3. Contact preferences

We'd like to keep you informed about what's going on at Mary's Meals and how your support is bringing hope to hungry children. You're free to unsubscribe or change your preferences at any time by calling 0800 698 1212 or emailing info@marysmeals.org You must be 16 or over to join our mailing list, but please get in touch to find out how under-16s can get involved.

I'd like to hear from Mary's Meals by email: Yes No (please tick one)

Your privacy: By completing this form, you are agreeing to comply with our Privacy Policy, which governs how we store and process your data. Please visit marysmeals.org.uk for more information. Your details will only be used by Mary's Meals UK and Mary's Meals International (and suppliers working on our behalf) to provide the service you have requested.

4a. Make a single donation

I would like to donate £19.15 and feed a hungry child every school day for a year

or I would like to make a single donation of £

Please debit my **MasterCard / Visa / Maestro / CAF charity card** (Delete as appropriate)

Card number:

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(if appropriate)

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CVV:
(last 3 digits on back of card)

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4b. Make a regular donation

Please fill in sections 1, 2 and 3 overleaf and the Direct Debit Instruction below.

It costs £19.15 to provide a child with daily meals for a whole school year.

I would like to make a regular monthly donation of £19.15

or I would like to make a regular donation of £ Monthly Annually



INSTRUCTION TO YOUR BANK OR BUILDING SOCIETY TO PAY BY DIRECT DEBIT



Please fill in the whole form using a ballpoint pen and send to: Freepost, MARY'S MEALS

Service user number

6 7 4 6 9 3

Name and full postal address of your bank/building society

Reference

To: The Manager

Bank/Building Society

Address:

Postcode:

Bank/building society account number:

Name(s) of account holder(s)

Branch sort code:

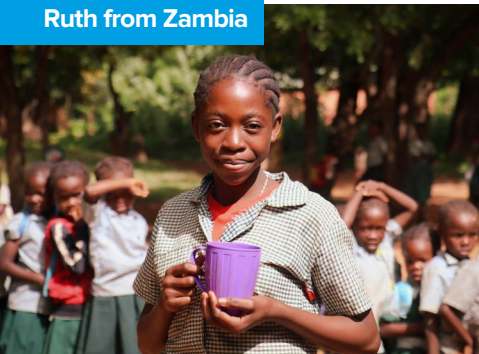
Instruction to your Bank or Building Society: Please pay Mary's Meals Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Mary's Meals and, if so, details will be passed electronically to my Bank/Building Society.

Signature:

Date:

Banks and building societies may not accept Direct Debit Instructions for some types of account.

Ruth from Zambia



Your generous gift gives children like Ruth in Zambia energy, education and hope for a better future.

Ruth, who lives with her parents and three siblings, says: "Hunger is painful. I cannot imagine being in school without Mary's Meals' porridge. Porridge provides me with energy to participate in class and I can concentrate better.

"My favourite subject is English and I hope that when I complete my education, I can become a nurse."

Gift Aid can boost the value of your donation to Mary's Meals, at no extra cost to you.

If you're a UK taxpayer, Mary's Meals can claim Gift Aid on your donations, meaning we could receive an extra 25p from the government for every £1 you donate.

Simply select "Yes to Gift Aid" when you make your donation.