



Giving Indian street, railway and orphaned children a home, an education, a hope and a future

CONTENTS *Click on a link below to jump straight to an article or scroll down to read it all!*

[Frishta Children's Home](#)

[Alternative Christmas Gift ideas](#)

FINANCE AND FUNDRAISING:

[Construction Project News](#)

[Double your money](#)

[Furniture and Appliances](#)

[The ingenious 'SpinCycle'](#)

[Seven Billion People](#)

[India Bike Ride](#)

[The first Street Child Champion](#)

[And to Close](#)

[Give as you Live](#)

[The 'Girl Effect'](#)

Welcome to our pre-Christmas edition of Frishta news. We continue with the last edition's theme of focussing on girls, their problems and successes.

Frishta Children's Home

Rajinder Singh joined us in October as an Assistant to Nigel. He has quickly become indispensable and has been a great help with so many things – too many to list!

Like most school children in India, our Frishta children took first semester exams recently. In India it is necessary to pass the (1st and 2nd) semester exams to be promoted to the next year and avoid being held back and made to sit the exams again. This makes the exams and the revision time beforehand quite stressful for children and parents alike. I know this personally from helping my own three children revise, so imagine what it is like for Bhupinder and Sandeep with seven Frishta children to tutor!

All our Frishta girls did well in their exams, but it is evident that our three older boys are struggling. So one job that Rajinder has taken on is to give special attention to the boys in helping them with their homework and teaching them English in the afternoons. The effort is already paying dividends: Amit scored 50% in his class Maths test and Vinnay 54% in his Environmental Studies test – a big improvement on their exam scores. Well done, boys! [TOP](#)



A special request

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This Christmas season, would you please consider giving a gift to a disadvantaged child by setting up a regular donation to Frishta? If you could spare £2 per month, that would give us £24 a year. With Gift Aid added that would make £30 – enough to provide a Frishta child with all the school books they need for a year, or enough for their summer and winter school uniform. You can set up a monthly payment by following by [clicking here](#) and following the instructions.

Your donation really can make a difference. Thank you. [TOP](#)

Construction Project News

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Construction has slowed in recent weeks due to much the migrant workforce returning home to their villages in the state of Uttar Pradesh for harvesting and the Diwali festival season.

Work has continued but with only 10-12 men. In the second week of November ten more workers arrived and another 15 should arrive before the end of the month.

The promised video of the homes is taking a bit longer than planned to organise, so it will come with the next Newsletter. [TOP](#)



Picture from top clockwise: Two family home buildings; Kitchen and dining/study area; Internal courtyard; First floor corridor.

SpinCycle

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Richard Hewitt, a young inventor from Sheffield, England has developed an ingenious washing machine. Here's his story:



After washing around 30 loads of children's clothes at an orphanage in Burundi (Central Africa) in 2010, I was inspired to design a product which prevented people from having to wash clothes by hand in the developing world. I had a self directed project as part of my Product Design degree at Sheffield Hallam, and decided to design a cycle powered washing machine.

The SpinCycle is a patented, attachable device for the back of a bicycle which allows the bicycle to be cycled normally as well as

being able to harness the pedal power for washing clothes in a stationary position. This could provide a bicycle-business for a young entrepreneur in the developing world.

The SpinCycle can be cycled to a client's house or to a central point in a village before the device is rotated on the back of the bicycle to engage the wash drum with the back bicycle wheel. The SpinCycle frame lifts the back wheel off the ground and allows the drive from the back wheel to spin the wash drum and agitate the dirt out of the clothing.

The SpinCycle can also be used in a fixed position creating a 'cycle-powered launderette'.



This invention could be used at the Frishta Children's Village where electrically powered washing machines will be expensive to run and susceptible to power cuts. We contacted Richard and are looking into how it might be manufactured and used in India. [TOP](#)

Street Child Champions Award

[TOP](#)



On Thursday 20th October the Consortium for Street Children (CSC) launched the first ever Street Child Champions Award. The award seeks to recognise many inspirational people who work tirelessly to support street children and, like street children themselves, often go unnoticed.

CSC, of which Frishta is a member, is the leading international network dedicated to realising the rights of street children worldwide. The award ceremony celebrated the work of those who have made a 'significant difference' to the lives of street children. The winner was **Father Patrick Joseph Shanahan**. He received £1,000 to go towards a project of his choice supporting street children.

Fr. Patrick Shanahan has been dedicated to supporting street children since the late 1980's, when he relocated to Ghana. It was there he established the first local charities working exclusively with street children; Catholic Action for Street Children and Street Girls Aid which specifically supports street girls. After returning to London in the early 1990's, Patrick founded Street Child Africa, which went on to become the largest UK charity exclusively supporting street children in Sub-Saharan Africa. He helped develop the 'Take your shoes off' street worker training programme. In 2008 he co-founded StreetInvest, which focuses on children not yet ready to leave the street.

Most recently, Patrick spoke and was a panellist at the UN Human Rights Day of Discussion on the Rights of Children Living and Working on the Street.

Sally Shire, CEO of CSC, said: "CSC is absolutely delighted to award the first ever Street Child Champions Award to Patrick Shanahan (photo opposite), a man who has dedicated over 30 years of his life to working with street children. He is widely acknowledged as one of the 'fathers' of the movement and it is only fitting that he should be the first ever winner of this award." [TOP](#)

[Click here for the full story](#)

Double your money

TOP

Fancy doubling your donation, for free? You can do just that during the Big Give Christmas Challenge Week which begins at 10am on the 5th December. All donations made to Frishta via the Big Give website will be doubled. Put the date in your diary and help us find and help twice as many children! [TOP](#)

[Click here to donate](#)

[Click here for more information on our projects](#)

India's Unwanted Girls 2

TOP

In the last edition of Frishta News we drew attention to 'India's Unwanted Girls' as highlighted in the country's 2011 Census. Here are three articles that each give a different slant on the issue.

1. Girl babies still unwanted

The following information was taken from the Indian web site www.savegirlchild.org:

'From a Folk Song of the state of Uttar Pradesh:

*Prabhuji mein tori binti karoon
Paiyan Paroon bar bar
Agle Janam Mohe Bitiya Na Dije
Narak Dije Chahe Dar...*

And in English it means,

*Oh, God, I beg of you,
I touch your feet time and again,
Next birth don't give me a daughter,
Give me Hell instead...*

Society is meant to be the most vital support system of a human being. It is shaming then, that in a developing country, such norms of the society itself have victimized and endangered the very existence of the female child in India.

We give you an insight into the most crucial reasons for female foeticide:

- The menace of dowry
- Fear of loss of face in the local community
- Desire to keep the wealth within the family, through sons
- Fear of dependence of the girl on the family, for life
- Attempt to control family size.'

2. No longer 'Unwanted'

Over 280 girls who were named officially as "Nakusa" or "Nakushi" (a derogatory name meaning "Unwanted" in Hindi) were allowed in October to choose a new name. Civil society organisations view this as a positive step towards combating India's nationwide problem of the preference for sons. One teenage girl formerly named Nakusa by her disappointed grandfather chose to be called "Ashmita," meaning "very tough" in Hindi, while other girls selected names that channel positive thoughts or are

of glamorous Bollywood stars. "Now in school, my classmates and friends will be calling me this new name, and that makes me very happy," said Ashmita.

SOURCE: NEWS.ONEINDIA.IN

3. The Girl Effect

For millions of girls across the developing world, there are no systems to record their birth, their citizenship, or even their identity. The oppression of women and girls used to be a fringe issue, but besides the UN has made the health and human rights of women a central issue in the achievement of the Millennium Development Goals.

In 2000, the UN set some goals with a target of ending poverty and improving global health by 2015. The eight Millennium Development Goals are in the following areas:

1. Ending poverty and hunger
2. Universal education
3. Gender equality
4. Child health
5. Maternal health
6. Combating HIV/AIDS
7. Environmental sustainability
8. Global partnership.

Girl Effect Facts

POPULATION TRENDS:

- Today, more than 600 million girls live in the developing world.
- More than one-quarter of the population in Asia, Latin America, the Caribbean, and sub-Saharan Africa are girls and young women ages 10 to 24.
- The total global population of girls ages 10 to 24 — already the largest in history — is expected to peak in the next decade.

EDUCATIONAL GAPS:

- Approximately one-quarter of girls in developing countries are not in school.
- Out of the world's 130 million out-of-school youth, 70 percent are girls.
- More than 40 percent of the Indian population is known to be illiterate, with women, tribal and scheduled castes being the most affected.
- Nearly two in every three women in India are illiterate. Only 82 girls for every 100 boys get enrolled in school, while 35 million girls in India do not attend school at all.

THE RIPPLE EFFECT:

- When a girl in the developing world receives seven or more years of education, she marries four years later and has 2.2 fewer children.
- An extra year of primary school boosts girls' eventual wages by 10 to 20 percent. An extra year of secondary school by 15 to 25 percent.
- Research in developing countries has shown a consistent relationship between better infant and child health and higher levels of schooling among mothers.
- When women and girls earn income, they reinvest 90 percent of it into their families, as compared to only 30 to 40 percent for men.

The good news is that it's no mystery any more that investing in women and girls is the best way to alleviate global poverty. ***In fact, investing in a girl's education is the highest return investment available in the developing world.***

When you educate a girl, she stays healthy, she gets married later, she gets a job or starts a business, and she then earns a solid income and provides for her family's health and education. In other words, she has the opportunity to raise the standard of living for herself and her family. This is called 'The Girl Effect'.

At Frishta we are committed to empowering girls and 'The Girl Effect' proves that it is an efficient and effective way of spending our limited resources. Why not join with us and invest in a girl's education by sponsoring a Frishta girl? Please contact nigel@frishta.org.uk for details. [TOP](#)

World Population passes 7 billion

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The United Nations estimated that on Monday 31 October, the world's population reached seven billion. However, the UN itself has decided not to identify a specific child as the seven billionth person.

The UN Secretary General, Ban Ki-moon, told a news conference marking the occasion that the milestone was not about one newborn baby, but about the entire "human family". "Our world is one of terrible contradictions," he said. "Plenty of food, but one billion people go hungry. Lavish lifestyles for a few, but poverty for too many others. Think about our children, think about the future with vision and foresight." He said he would call for the world's poor not to be forgotten in a time of economic austerity and for women and young people to be given a proper voice in their future.

Here are some fun things to do to get some perspective on how you are placed amongst the world's seven billion people:

1) After growing very slowly for most of human history, the number of people on Earth has more than doubled in the last 50 years. Where do you fit into this story of human life? Fill in your date of birth [HERE](#) to find out. SOURCE: BBC NEWS AT BBC.CO.UK/NEWS (WITH PERMISSION)

2) Three billion people live on less than \$2/£1.25 per day, while 1.3 billion get by on less than \$1/60p per day and 70% of those living on less than \$1/60p per day are women. Have you ever wondered how rich you are? To find out, [CLICK HERE](#) and put in your annual income. You will be surprised at the result! [TOP](#)

Finances and Fundraising

[TOP](#)

Furniture and appliances

Thanks for your donations towards the items we need for the four new homes - £1,030 raised so far. There is still time, so if you want to pledge money for a specific item please get in touch: nigel@frishta.org.uk

Fridge Freezer (Rs. 15,000 / £215)

Washing Machine (Rs. 10,000 / £143)

Dining Table and benches (Rs. 9,500 / £136)

Sofa and Chairs (Rs. 6,000 / £86)

Bed & Mattress (Rs. 4,000 / £55)

Gas Stove (Rs. 3,500 / £50)

Bookcase (Rs. 3,000 / £43)

Rug (Rs. 1,500 / £21)

Pillow, Bedding & Towel (Rs. 1,650 / £23)

Ceiling Fan (Rs. 1,100 / £15)

Curtain / Blinds (Rs. 1,000 / £14)

Floor Cushions (Rs. 1,000 / £14) [TOP](#)

India Bike Ride

On 27th October the Frishta team of Balkar Singh, Stephan van der Merwe, Samuel Nwooley and Nigel Studley set out on a sponsored cycle ride of 80km. Thanks to all the sponsors, we raised nearly £4,000. If you want to help make it more, you still can - [Click Here](#). Here's how it went:

'We left our homes in the dark at around 5.45am. Our bikes were of varying weight and road worthiness and so we took it turns on each other's bikes. The ride was easy up until 35km, near our half way mark, too easy, and so we decided to go further to Tikkar Taal lake in the hills and make it into a 100km round-trip. The extra distance made the ride into an adventure! The climb up was tough, and we walked several km, but the views were spectacular. After lunch at Tikkar Tall we started the steep ride up and then down. Samuel got a puncture and we were still miles from anywhere, so we took it in turns to jog, pushing his bike. Then Balkar's pedal came off and we were down to two working bikes. After 10km we found a closed bike shop (because of the Diwali holiday), but we managed to get the owner to open it and he fixed both bikes. By then we were quite late, 4.30pm and still 35km from home. We cycled on, again rotating the bikes between us. As the sun setting we treated ourselves to a well earned coffee in the 350 year old Ramgarh Fort, now a posh hotel. Towards the end, Samuel's handlebars were rocking like a see-saw, but we reached our homes safely around 8pm, very tired, but content.' [TOP](#)

For more pictures [click here](#)



Give as you Live

As featured in the last Newsletter, would you like to help turn the £6.8bn that will be spent online this Christmas into £s for Frishta? You can as thousands of stores will donate money to Frishta when you shop online with 'Give as you Live' created by Everyclick.

[Sign up here](#)

Change a Life with your Christmas Gift

TOP

Are you searching for great gift ideas to bless your family and friends with this Christmas? Why not give a gift worth giving, honouring the one you love by providing hope to someone in need on their behalf. We make it easy for you. Choose one of the life-changing gifts below and your shopping is done! Just *email* the names and mailing address to which you want the acknowledgement sent and we will joyfully notify you or the recipient with an attractive card by registered post from India. Or you can remain anonymous if you prefer. Please email us by 5th December to beat the Christmas rush.

Gifts worth Giving - choose from:

- 1) £15 School uniform, shoes, lunch box and school bag
- 2) £30 School exercise and text books
- 3) £60 Education for a year at an English medium school

You can pay by Credit or Debit Card using our secure link [HERE](#) or post a cheque to our UK address at the end of this Newsletter. [TOP](#)

And to close...

'May the Lord show special kindness to Onesiphorus and all his family because he often visited and encouraged me. He was never ashamed of me because I was in chains. When he came to Rome, he searched everywhere until he found me.' 2 Timothy 1:16-17



Paul gladly gives recognition to the 'unsung hero' Onesiphorus, who helped him when he was being persecuted and oppressed and many others had deserted him. Paul wrote to Timothy when he was hidden away in a Roman dungeon and was out of sight and out of mind. The Street Child Champions Award mentioned above seeks to recognise the unsung heroes who work tirelessly to find and support street children who like themselves, often go unnoticed. It also reminds me of a line in a *poem* I wrote in 2005 after meeting Shardha and her orphan sibling family, the first children that Frishta supported. The poem contains the child's cry of, 'Ask questions, find answers, find me!'. When I see the way that the Frishta children have responded to the love and patient care given to them, I am convinced they are glad to have been 'found'.

You can be a hero to a disadvantaged child in India by joining with us to find the children most in need of a home, an education, a hope and a future. [How to become a hero](#)

And we wish you a happy and peaceful Christmas and a Happy New Year!



YOUR PART: We can't serve the children of India disadvantaged by poverty without the help of people like you. Would you consider volunteering, giving, or simply forwarding this email to a friend? THANK YOU.

If you have any comments, questions or offers of help, please contact us – we would love to hear from you. Please see details opposite.

Please email info@frishta.org.uk...

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