



# THE RĀHULA TRUST

(Child Sponsorship Programme)

Registered Charity No. 1075742

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## 2008 - 2009

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### PROGRESS REPORT FOR 2009

We are immensely grateful for the loyalty of our supporters, which has enabled us to continue and even expand our commitments to various projects, including child sponsorship, despite the difficult financial climate. We know that for many people money is tight at the moment and we do appreciate the continuing generosity of our supporters in these uncertain times.

We wish to place on record our deep appreciation of the donations we have received for the last 10 years from the Abeynanda and Swarna Perera Trust, made through the Public Trustee of Sri Lanka. The total amount donated amounts Rs. 2,63752.76 approximately £1533.00, all of which has been used to sponsor children.

Once again we should like to place on record our thanks to Alan Mitchell. This year also (2009) he has organised an art exhibition in co-operation with his students at the St. John's International

School in Brussels and has kindly donated the proceeds to the Trust. This year he has raised the magnificent sum of Euro 980 and we are very grateful to Alan and all the students for their generosity. Also we would like to thank all those generous supporters who contributed.

#### Child sponsorship

A significant proportion of our funds are spent on child sponsorship, and in 2008-09 the number of children sponsored through the Rahula Trust increased from 432 in 2008 to 478 in 2009. We are very grateful to our supporters who have shown that they share our belief that no child should live in poverty and be deprived of the right to a good education. The fact that child sponsorship continues to grow highlights the importance child sponsors see in their commitment to support a vulnerable child and the community

We are very happy let you know that there are a number of students who have passed the GCE Ordinary and Advanced level examinations, and who have chosen continue their studies. There are also some students who have completed their studies and left school. We have selected more children to receive sponsorship in their place.

For the last ten years we have kept our monthly sponsorship at £10.00. However, several factors are affecting the value of this gift. The cost of living in Sri Lanka continues to increase. For a while we were able to offset this by increasing the amount of rupees paid to each child per month from Rs.1,000 in the year 2000 to Rs.2,000 in the year 2008. This was funded partly by a beneficial exchange rate and partly by drawing on funds from our reserves. Recently, however, the value of the pound against the rupee has fallen sharply. We do not wish to decrease the amount in rupees paid to each child, therefore the Trustees have reluctantly decided to ask each sponsor to increase the amount of the monthly donation to £12.00. We should like

to emphasise that we continue to monitor our administrative costs very closely and the full value of this increase will be passed on to the child.

#### Other Projects

Last year Rahula Trust donated books and cupboards to develop a library in Keselpotha in Mahiyanganaya. The Trust is continuing to support pre-school education by donating funds to Gemunu Pre-School in Tawalama. Our association with the Viharamahadevi Girls Orphanage in Biyagama continued with the provision of funds to employ additional teachers to provide extra classes for the inmates who can not afford to pay tuition fees for extra classes.

The Trust is maintaining its support for the Siddhartha Child Development Foundation to conduct additional teaching in the village school at Ranchamadama in Embilipitiya.

*(There is a separate report on this project)*

#### YOU can make the difference.

If you cannot afford to make a big donation, but would still like to make a difference, then child sponsorship is one of the easiest and most effective ways to do so! You just set up a monthly standing order of £12 (that's just 40p a day) and help a child receive an education! Sponsoring a child also allows you to see the big difference you make in a child's life! You receive regular updates on the child's progress.

No deductions are made from the sponsors' payments for administration. We are very grateful for work done by volunteers in our England office and Sri Lanka, which helps keep our costs low. All sponsorship payments therefore go 100% to the charity's work for and around the sponsored child. Our child sponsorship scheme ensures that your donation will go directly towards improving the education of your sponsored child.

**By becoming a Child Sponsor today, YOU can ensure that one less child has to suffer the handicap of a poor education.**



*Sponsored child and the family in Welikanda.*



*Sponsored child and the family in Padawiya.*

# Education Development Project- - Ranchamadama



7. Clustering and further strengthening sessions are being conducted twice a week. Clusters of 10 students have been formed in this respect. During these sessions, the teacher discusses question papers, difficult parts of class-room lessons and some solution-based discussions about the domestic issues of the children

(psycho-social support to some extent). These volunteer teachers undertake home visits to the homes of the children in his cluster. In addition to discussing question papers and the difficult parts of the class-room lessons, discussions on personal and family issues are also held during these sessions.

The Educational Development project in Ranchamadama is progressing well. Students' participation in the coaching classes is at a satisfactory level. The Siddhartha Foundation can confidently report that the children are now showing a better interest in studies as shown in their improvement in performance.

We have received a progress report from the Ranchamadama Project in the Rathnapura District, Embilipitiya Zone of Sri Lanka. This covers the period February to October 2009. Whilst the Rahula Trust has been providing financial assistance, the work is being done by the Siddhartha Child Development Foundation, which has been working in the area over a considerable period. There are many obstacles to overcome in trying to educate the children in such a remote area. The most difficult thing is to persuade the teachers and parents that these children must be given an equal opportunity in education in the core subjects. Students in this area have been identified as needing help in four core subjects, namely English, Mathematics, Science and Computing.

1. Students have been grouped according to the knowledge level of the 4 core subjects and classes are being conducted every Saturday in Ranchamadama Vidyalaya with the help of graduate teachers. The classes are for the students of three schools namely Ranchamadama Vidyalaya, Andoluwa Vidyalaya and Halmilla Ara Vidyalaya. In the absence of trained English teachers to teach this subject, an Indian volunteer with a Masters Degree has been engaged. The children have shown great interest in his classes. Students' overall attendance is satisfactory with about 90% of students attending the classes every Saturday. We provided O/L and A/L pass papers, books and work books as an additional aid for the students who are facing their coming examinations. These seem to be a great help to them in their examinations.

2. A peer learning environment has been established for those students who have difficulty in learning to study from other students who are doing well in their studies. This has been done under the guidance of the teachers.

3. Periodic tests are being conducted, evaluations are made and corrective steps are taken. Apart from the class-room subjects, children were given an orientation to life skills particularly on self-awareness, decision-making and problem-solving, with prizes for the children who wrote the best essays. "Gimhana Sansadaya" a children's camp was conducted from 30th of August to 2nd of September with the participation of 135 students. They were taught about life skills and goal setting in this programme. In addition to that, children could display their talents as singers, players and actors in the concert which was organized on the final day of the children's camp.

4. Supportive arrangements such as Parents' Awareness programmes, Teacher Motivation Discussions and library facilities are being implemented. Furthermore, an awareness programme of home gardening was done by a government agriculture officer with the participation of 73 parents.

5. A Management Committee was established for monitoring and facilitating supportive arrangements. The Project Coordinator, the Mobiliser and the Volunteer Teachers of SCDF visit the students regularly and the Executive Director visits the students quarterly as a part of the monitoring mechanism and progress review missions.

6. Solution-focused consultative meetings are held every Saturday with the parents of students who require special attention in terms of educational development. We observe some development among the students subsequent to these discussions.



## Mr. John Jackson Memorial Donation

We record the passing away of Mr John Jackson who was a good friend of the London Buddhist Vihara. His funeral was held at Mortlake Crematorium. He is survived by his loving wife Barbara. It was Barbara's wish that instead of flowers, money should be donated to the Rahula Trust. John's friends showed themselves to be extremely generous and over £550 was donated to the Rahula Trust. We should like to thank them all.

## Nepal - Metta Centre

*Metta Centre Children's Home has put up a new building for the children and our contribution was greatly appreciated. Our donation appears on line three of the tablet. The picture on the right shows our good friend, Mr. Amrith Sthapit, who visited the home on behalf of the Trust, together with the children in the home.*



## Secretary's Visit to Sri Lanka.

Ven. Bandula visited Sri Lanka in January 2010 and managed to visit some of the children and some of the projects we are sponsoring.

Due to the war in Sri Lanka it has been impossible to visit those children who live in the border villages. Now, however, it is possible to travel to these areas and Ven. Bandula was able to see for himself how things are going. We sponsor some children in Padavi - Sri Pura in Anuradhapura District and Welikanda in Polonnaruwa District. Most of those children are doing well in their studies and their progress is satisfactory. Ven. Bandula visited some of the children in Mahiyanganaya and Tissamaharamaya.

Additionally there is a teaching project supported by the Rahula Trust and managed by the Siddhartha Child Development Foundation at Ranchamadama in Embilipitiya. He found this project to be well managed and progressing very satisfactorily. Ven. Bandula also visited some of the additional classes being held at the Viharamahadevi Girls Orphanage and as well as the Pre-School in Tawalama.

We would like to thank the Executive Director, Staff of the Siddhartha Child Development Foundation and Mr. Tom Kariyasam for their kind contribution to make these projects possible.



*Children from the Viharamahadevi Orphanage.*



*A group of students in Mahiyanganaya.*

## Summary of Expenses for Projects in 2009

Sponsorship Sri Lanka	£51,477
Viharamahadevi orphanage	£3,309
Prithipura Infants Home	£1,721
Tawalama Pre-School	£1,008
Ranchamadama Project	£3,648
Library in Mahiyanganaya	£366
Sponsorship Nepal	£1,500
Nepal - Metta Centre	£1,000
Kenya - Nyumbani project	£1,000



*Mr. Alan Mitchell is one of our regular donors. He kindly agreed to donate the cost of a computer to Iresha Chamari at Beruwala. The photo shows Ven. Bandula handing over money on Alan's behalf to Iresha.*

## Graduation in Kampala, Uganda

For many years the Rahula Trust has been sponsoring the education of Mary Mutuku, a girl from Nairobi in Kenya. For the past three years she has been studying at Makerere University in Kampala, Uganda. Makerere is regarded as one of the very best universities in the entire African continent and is widely respected for its high academic standards. In January 2010 Mary graduated with a BA in International Business Studies. She is contemplating continuing her studies to do an MA, but wants to gain some commercial experience first. After so many years of academic study, she is now back in Nairobi looking for a suitable job which will make full use of her abilities. The photo shows Richard Jones, one of our trustees and a generous supporter who attended Mary's graduation ceremony in Kampala.



## The Rahula Trust Summarised Accounts Year ending 30th September 2009

	Unrestricted Funds £	Restricted Funds £	Total 2009 £	Total 2008 £
<b>INCOMING RESOURCES</b>				
Donations, Sponsorship, Gift aid	17,660	39,746	57,406	57,511
Investment income	4,161	733	4,894	3,439
<b>Total incoming resources</b>	<b>21,821</b>	<b>40,479</b>	<b>62,300</b>	<b>60,950</b>
<b>RESOURCES EXPENDED</b>				
Costs of generating funds	253	367	620	1,006
Charitable expenditure	12,189	53,256	65,445	64,516
Management and administration	303	-	303	289
<b>Total resources expended</b>	<b>12,745</b>	<b>53,623</b>	<b>66,368</b>	<b>65,811</b>
<b>Net incoming resources</b>	<b>9,076</b>	<b>(13,144)</b>	<b>(4,068)</b>	<b>(4,861)</b>

*The financial information has been extracted from the annual accounts. For further information please ask the Secretary for the full annual report and accounts and examiner's report.*

### forthcoming fundraising event

## Sponsor a Colombo Marathon Runner

This October, Benjamin Mclean, a law student at Cardiff University and a professional athlete, has agreed to run the Colombo Marathon to raise funds for the Rahula Trust. The run is 26.2 miles through the Sri Lankan capital and has been an annual event since 1998. Last year's event attracted 1000 runners. Ben was a professional athlete competing in the Modern Pentathlon from 2000-2008, taking part in 10 world

championships, 7 European championships, and was short-listed for the 2004 and 2008 Olympic Games. His highest world ranking was 1st in Britain, and he was ranked 20th in the world. In 2005 he was placed 7th in the World Cup final and was British champion on four occasions.

You are invited to donate to Ben's 'JustGiving' site and to raise much-needed funds for the Rahula Trust

in helping children who are living in poverty receive a necessary education. Just £10 in sponsoring Ben to finish the Colombo marathon could make a change to a child's entire life. And if you are an UK taxpayer, please remember to Gift Aid it! You can access Ben's site at:

<http://www.benmclean.co.uk/> and look for the link to the '**Rahula Trust**'.



#### Trustees of the Rahula Trust:

Ven. Tawalama Bandula  
Mr. Martin Evans  
Mr. Rohan Kariyawasam  
Dr. Robert Parsons, M. B. E.  
Mr. Richard Jones  
Mrs. Pat Smith

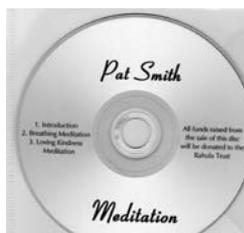
Office:-  
22 Ridge Lea  
Hemel Hempstead  
Herts HP1 2AZ

Tel: (020) 8995 9493  
Fax: (020) 8994 8130

e-mail: [secretary@rahula-trust.org](mailto:secretary@rahula-trust.org)

Web site: [www.rahula-trust.org](http://www.rahula-trust.org)

Designed and typeset by Ven. T. Bandula



### MEDITATION CD

**GUIDED MEDITATIONS  
BY PAT SMITH  
Price £5.00**

Pat Smith, one of our trustees, has been teaching meditation to beginners at the London Buddhist Vihara for some ten years. She produced a CD on the subject and very kindly offered to give all the funds raised from the sale of these CDs to the Rahula Trust. So far over £500.00 has been raised.

For anyone interested in learning the basic techniques of Buddhist meditation, this is an excellent source, informative and authoritative. You can obtain your CD from either Pat Smith, 19 St Peter's Square, London W6 9AJ or The Treasurer, The Rahula Trust, 22 Ridge Lea, Hemel Hempstead, Herts, HP1 2AZ. Please enclose a cheque/postal order for £5.00 + 50p P&P, made out to The Rahula Trust.

# You can help a child in need. Become a sponsor today...

## Sponsorship costs just £12 a month but all donations are welcome!

A small regular donation of £12 per month can make the world of difference to the quality of education a child receives thousands of miles away. Every child should have the opportunity to receive an education, but without assistance, many children will remain uneducated and, as adults, be unable to rise above poverty.

Each child sponsored through The Rahula Trust is assigned to one sponsor. If a sponsor ceases his/her support, we seek a new sponsor for the child.

### How to give:

- **STANDING ORDER** *(this is easiest way to give)*
  - Paying by standing order is easy to set up and means you don't have to keep remembering to send off cheques.
  - It is also beneficial for the Rahula Trust because it reduces administration costs.

***A standing order is the preferred method of payment for child sponsorship. Please complete the form.***

#### ALTERNATIVE WAYS TO PAY -

If you are not able to pay by Standing Order:

- **CHEQUE/POSTAL ORDER (Please make payable to the Rahula Trust)**

#### New Gift Aid scheme

On 6<sup>th</sup> April 2000 a new and much simplified Gift Aid scheme came into operation. If you are a taxpayer, all you have to do is complete the declaration and return it to us. This will enable us to recover nearly 30p in tax for every £1 you give, on any payments you make to The Rahula Trust in the future.

#### Charitable Bequests:

Gifts made to the Rahula Trust in your Will are free from inheritance tax. This is a wonderful way to give and generate *metta* at a time when material possessions are no longer necessary.

#### In Sri Lanka:

If you would like to give donations in Sri Lankan Rupees to the Rahula Trust please send your cheque/postal order or money payable to **Rahula Trust A/C No. 1-0001-01-02601 to:- The Chief Manager, National Savings Bank, Head Office Branch, Colombo 3, Sri Lanka.**

If you have recently donated please accept our thanks and hopes for your continued support in the future.

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## SINGLE DONATIONS

For a single donation, please make a cheque payable to THE RAHULA TRUST. Please tick one of the following boxes.

£ 10 Only       £ 20 Only       £ 50 Only       Any other amount.....

Name of donor:.....

Address:.....

..... Post Code..... Tel:.....

*Please sign the Gift Aid Declaration.*



# THE RAHULA TRUST

(Child Sponsorship Programme)

Registered Charity No: 1075742

## STANDING ORDER

The Manager (Name of your bank).....

Address: (Address of your bank).....

.....Post Code.....

Please credit **THE RAHULA TRUST** Account No: **80006000** Sort Code: **40-50-56**  
**BANK OF CEYLON,** 1, Devonshire Square, London EC2M 4UJ

The amount of: £..... (£.....) monthly/ quarterly/annually\*.

[The suggested sponsorship for one child is £12/month. Please enter the amount you want to give in words and figures.]

Please debit my Account No. ....Sort code.....

starting on ..... (insert date) or immediately on receipt of this order whichever is the later date.

Signature ..... Date.....

Name of Account to be debited:.....

Home Address.....

.....Post Code..... Tel.....

\* Please delete as appropriate.

PLEASE RETURN THIS FORM TO THE RAHULA TRUST, NOT TO YOUR BANK. THANK YOU.

### GIFT AID DECLARATION

*giftaid it*

To enable the Rahula Trust to claim back the tax already paid on your donation(s) please complete this form and return it to THE RAHULA TRUST, 22 Ridge Lea, Hemel Hempstead, Herts, HP1 2AZ.

### THE RAHULA TRUST

Please treat all donations that I have made in the past 6 years and all future gifts of money that I make from the date of this declaration as Gift Aid donations.

Title ..... Forename:.....

Surname: .....

Home address: .....

..... Postcode.....

Signature ..... Date .....

You must pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April one year to 5 April the next) that is at least equal to the amount of tax that the Rahula Trust will reclaim on your gifts for that tax year.

Please notify the Rahula Trust if you: 1. Want to cancel this declaration. 2. Change your name/home address. 3. No longer pay sufficient tax on your income and/or capital gains.

If you pay income tax at the higher rate, additional tax relief is due to you. In order to claim this you must include your Gift Aid donations on your Self Assessment tax return.