



CARA is a UK-based charity no. 1165824 that supports children in Asia by providing financial and in-kind support directly to local organisations in the field.

We are:

- Non-political
- Non-religious
- Strongly committed to the best interests of the child and the UNCRC.

Newsletter

A Year Dominated by the impact of the Covid Pandemic

The situation in Thailand has deteriorated throughout the year. With very low levels of vaccination the virus has spread rapidly and government schools have been shut since March.

The impact on the migrant population has been devastating. With collapse of the tourist industry and factories closing many migrants have lost their jobs. One Sky's research shows that some families are living on around 70 pence per day per person. This is well below the World Bank calculation of the poverty line in Thailand of £3.70 per day. One Sky has had to prioritise the welfare and health of the children with many more families needing monthly food drops to feed their children.

Our Christmas appeal

We need your ongoing support to help families living in poverty through 2022 which is going to be another difficult year for them.

To donate go to

<https://www.carauk.org/donate>

You can donate for FREE while Christmas shopping online using the link below

www.easyfundraising.org.uk



Birthdays not forgotten as One Sky volunteers made possible by CARA support children entrapped in government Covid isolation centres.

Regular supporters make a massive difference

Our fundraising activities have been curtailed by lockdown. Monthly bank transfers are more valuable than ever. CARA bank details:

Bank: HSBC

Account: 22075849

Sort code: 40-08-39

Add 25% by using GiftAid

Download GiftAid form [here](#) and email to

Colin.lillicrap@btinternet.com

Andy's 50x50x50 challenge



We are all having to dig into our resilience as covid continues to put challenges in the pathway of our lives. I consider myself very lucky to have been inspired by the incredible resilience of children in Sangkhlaburi over the last 10 years as I have witnessed first-hand their strength, patience and determination to complete their education and rise themselves and their families out of poverty.

Drawing on their energy, I decided to set myself a goal and to test my own resilience. I have decided to run the distance of 50 marathons in my 50th year with the aim of raising enough funds for One Sky to support 50 students to stay in school for one year.

If you would like to know more and would be interested to follow my progress, then please use the link below.

<https://www.strava.com/athletes/1836988>

To donate go to <https://donorbox.org/50x50x50>

A big thank you to all our supporters

So far this year CARA has raised over **£26,000** thanks to the generosity of our many supporters in the UK and abroad. Every donation large or small goes to supporting children living in poverty and under normal circumstance helps them to achieve their potential through access to an education while continuing to live with their families

Thankyou from all at One Sky and CARA

Where your donations went in 2020/21

- CARA provided significant funds for One Sky's education support program, helping over 200 children to stay in education.
- CARA provided funds for One Sky's covid relief fund helping to bring food and basic essentials to over 1,000 children.
- CARA met the urgent call to recruit volunteers when One Sky reported that the hospital and testing centres were overwhelmed allowing a rapid response until UNICEF stepped in.
- CARA was able to fill gaps in One Sky's salary budget throughout the year as the team worked tirelessly in response to the covid crises.

Thank you for making this possible

The year ahead 2021/22

We are anticipating that when schools reopen there will be even more families needing support to send their children back to school.

We are budgeting to provide support to 300 children to ensure as many as possible do not drop out of school and lose the opportunity of an education which can transform their lives.

Covid prevented us in 2020 but this year the CARA garden party was back!



We were able to welcome back many of our supporters to our annual garden party in August. After missing out due to lockdown last year everyone enjoyed the entertainment by Gentle Jazz while raising a record £2330. We also ran a successful market stall selling craft items from Myanmar and will be in the high street again on 11 December.

News from the field



Rung coordinates One Sky's food welfare program:

How many families are on the monthly food drop each month?

On average, 50 families per month but were unequal every month because they had more help during the month and it was short-term in some families who need help only when they can't cut the rubber, causing no income.

What do you provide for the families?

Rice, eggs and oil by considering the needs of each family and the number of family members especially the members who are children

Do you stop and talk with the families? What do you talk about?

I talk to these families every time that I delivers food to ask about their well-being, their work and education of their children in the families.

Why is the monthly food drop important for these families?

Although food assistance will not help families to take care of themselves in the long term but it alleviated the hardships of the family for a while to give them a time to find work in order to earn money and solve family problems. Especially with children that should not be in a difficult situation that will affect their health and development.



Care reform in Thailand



Alternative Care
Thailand

The system of care for children in Thailand remains largely unregulated and reliant on an institutional approach that is now seen as harmful to children in many other countries.

If you would like to know more about this, then please visit www.alternativecarethailand.com

Alternative Care Thailand (ACT) is a coalition of like-minded organisations and professionals working together to both push and support the Thai government with the reform of the care system for all children in Thailand.

One Sky is one of the leading members of ACT and CARA is fully behind this effort to bring about long-term improvements for all children and families in need of support.

In November ACT partnered with the Department for Children and Youth (DCY) and UNICEF Thailand to host a breakthrough (online) conference for almost 500 key personnel. (see poster above).

The conference ended with a ministerial statement pledging commitment to reduce the reliance on institutional types of care and to increase the support available for families and also family-based care (such as foster care) when needed.

This was a huge moment for everyone involved with ACT we commend their commitment over the last 6 years to have reached this point. We look forward to hearing more as all those involved begin the long road towards reform of the care system.

Happy Christmas and Best Wishes for a Covid free 2022

Stay safe

Colin and Jan

CARA Trustees