

Fundraising tips:

Make sure that you register your fundraising event with Self Help Africa. If you want to organise a sponsored event, get in touch to see how we might be able to help. Contact our office on low-call: **1850 75 76 78** or e-mail: **events@selfhelpafrica.com**

We will be able to help you promote your event by providing:

- posters
- sponsor cards
- Information leaflets
- advice on publicity
- collection buckets
- Contact your local county co-ordinator about your event. He/she will be happy to help, to ensure that your activity is a great success. If you wish to contact your local county co-ordinator, email the relevant county e.g. to contact Laois co-ordinator, email laois@selfhelpafrica.com or call us at 1850 75 76 78 to get your co-ordinator contact details.
- If your event is to take place on private property, make sure you have the permission of the owner.

- Make sure that your venue is safe, and don't forget about fire safety, and crowd control.
- Self Help Africa cannot be liable for your event. If insurance is required, please make sure that you are covered.
- Don't do anything that could put yourself or others in any danger.
- Take care when collecting money - always be aware of security.
- We would advise that you nominate two people to be in charge of any money that is raised, and be responsible for counting and lodging to the Self Help Africa bank account.
- Please use the enclosed giro slip for lodgement, as it will enable us to keep track your fund-raising efforts.
- Finally - fund-raising should be fun - enjoy it!

Payment method:

The proceeds from your fundraising event and donations can be lodged directly into the Self Help Africa account in any Bank of Ireland branch.

Account name: **76828672**
Sort code: **90-66-70**
Branch: **Bank Tinahely Wicklow**

Alternatively, you can forward a cheque or postal order made payable to 'Self Help Africa' to: Miriam Enright, Self Help Africa, Dublin Road, Portlaoise, County Laois

Please include your individual/organisation details on any cheques, so that we can follow up and in case of queries.

What your support will help us to do:

€25-40 will provide an African family with the seed they need to produce enough food to feed their family, and possibly sell the surplus.

€70 will enable an African woman to borrow the funds that she needs to start her own business, and earn an income.

€200 will enable us to plant 1,000 tree seedlings, to help rehabilitate the environment and provide essential firewood for an African community.

Kindly supported by:



www.selfhelpafrica.com



Help plant the seeds of CHANGE

Lend a hand by fundraising today

Kindly supported by:



www.selfhelpafrica.com





National Sandwich Day Friday, November 14th



Self Help Africa has been working for close to 25 years, planting the seeds of change in Africa.

Self Help Africa is an international development agency that works at grassroots level tackling poverty and improving lives in rural Africa.

Operating in nine countries, Self Help Africa's primary focus is assisting families and communities to grow enough food to feed themselves and to earn a sustainable living.

Our all-African staff and local partners will this year help hundreds of thousands of people to work their way out of poverty. We will do this by bringing simple and effective innovations to farming, managing natural resources and helping people access basic services like clean water, healthcare and education.

Self Help Africa has almost twenty-five years experience in bringing lasting solutions to poverty for Africa's rural poor.

The organisation has been created following the integration of Irish agency Self Help Development International, established in 1984 in response to the devastating Ethiopian Famine, and Harvest Help, the UK based agency that has been supporting development programmes in rural Africa since 1985.

We now operate in Burkina Faso, Eritrea, Ethiopia, Ghana, Kenya, Malawi, Togo, Uganda and Zambia.

'In Ethiopia we know about poverty.

But I also know about hope. Hope has been given to me by Self Help.

By giving me the chance to earn my own living, by giving me the chance to support my own family, my life has changed.

I am not rich as you would know it in the West. But I am rich in my heart'.

- Atto Mulugeta Hailu grows fruit and coffee tree seedlings in Gogeti, Ethiopia. He was supported by Self Help Africa with training and start-up support. A father of five, he built a new home for his family last year.



Take part in Ireland's first ever **National Sandwich Day**, have fun, and play your part in supporting some of Africa's poorest people.

All you have to do to get involved is bring the coupon enclosed with this pack to your local 'Pat the Baker' stockist, and get three loaves of Pat's famous white sliced pan absolutely free.

Buy the other ingredients that you will need, and make sandwiches to sell to your friends, work colleagues, classmates, clubmates, or whoever else you wish.

Organise to sell your sandwiches on a date on or around our **National Sandwich Day, Friday 14th November**

After that, all you have to do is collect your takings, deduct the cost of the other ingredients you have bought, and send on the earnings that you have made to Self Help Africa.

Play your part in making this event a huge fund-raising success for Self Help Africa. For advice, helpful tips, and much more visit:

www.sandwichday.ie



NATIONAL SANDWICH DAY VOUCHER



Bring this coupon to your local retailer - who will redeem it in return for three loaves of Pat the Baker's famous white sliced pan.

Retailers will be reimbursed by their Pat the Baker distributor upon presentation of each voucher. Valid only during week starting Monday, 10th-Sunday 16th November

Self Hand Africa's National Sandwich day is kindly supported by Pat the Baker

www.sandwichday.ie

Registered Charity Number : 6663

You can have fun with your fund-raiser for Self Help Africa. Enjoy running an event for a good cause, but also have a laugh with friends, neighbours, work colleagues or classmates.

At work

- A golf tournament
- Football match
- Charity ball
- Charity auction
- Staff contributions through payroll
- Casual clothing day

At play

- Table quiz
- Coffee morning
- Cake sale
- Sponsored run/cycle
- Karaoke night
- Sponsored head or beard shave
- Fashion show
- Masked ball
- Gym challenge

At school

- Non uniform day
- Fancy dress
- Coin mile
- Face painting
- Hair braiding
- Sports event
- A silent hour
- Car wash



Low-call:
1850 75 76 78

E-mail:
events@selfhelpafrica.com