



Newsletter No. 109

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ABOUT CED

Christian Engineers in Development (CED) is a Christian professional consultancy service dedicated to development work with overseas communities, and through service, to witness to the Christian faith. Operations usually comprise a tri-partite arrangement between a developing country organisation, a funding agency and CED providing technical assistance. CED responds to requests for assistance, improved water supply being the most frequent request but by no means the only one. CED promotes self-help with the maximum use of local resources.

CED's services include site visits, feasibility studies, assistance with project proposals, design, contract documents, procurement, tender evaluation, project supervision, direct labour employment, on-the-job training of local staff, project monitoring and evaluation, assistance with fund-raising and the management of project funding.

CED's income comes primarily from grants for projects together with donations from churches, trusts, members and supporters, and membership subscriptions. Most of the expenditure goes to operations; management costs are kept as low as possible. CED is not a funding agency and therefore cannot directly fund major projects but it can, and often does, fund preliminary investigations for potential projects.

The Association is registered as a Company Limited by Guarantee (without shares) and being a non-profit organisation, it is registered as a charity. It is managed by a Board of Directors/Trustees, elected from the membership, giving their services voluntarily. The Board appoints a Secretary and a Treasurer. CED Members participate in the work of the Association either voluntarily or if they depend on earnings for their livelihood on negotiated payment for their services.

Membership of CED is open to any person who is professionally qualified, supports the Aims, accepts the Statement of Faith, supports the activities of CED in any way, or serves as an employee or volunteer, both in the UK and overseas. Membership requires an act of commitment and usually an annual subscription. Becoming a Supporter of CED is open to any person or group that supports the Aims, and wishes to be kept informed of CED matters.

Anyone wishing to become a Member or Supporter should contact the Secretary. An application to be a Member should be supported by an existing Member or Pastor.

Newsletter

The Newsletter is published twice annually. We'd be delighted to provide additional copies for friends, colleagues, church book stands etc. Please contact ian@ced.org.uk and let us know how many you'd like. The newsletter can also be downloaded from the CED website.

The editor would be happy to receive contributions for the next Newsletter . Please send to ian@ced.org.uk

PrayerPoints

Copies of our monthly prayer bulletin are available by e-mail or post. Please request a copy by email to ian@ced.org.uk or by writing to the Secretary.

**SHARING SKILLS
CHANGING LIVES**





Letter from the Chair

Welcome to the latest edition of CED's newsletter. The last few months have seen a great deal of overseas activity. I hope you will enjoy reading all about it. Rob and Barbara Brighthouse and Rob Wakeling went to Tanzania in January. They were returning to one of CED's largest projects – the Pawaga Sustainable Development Programme. The project brought the first ever clean drinking water supplies to over 16,000 people in eight villages back in 2011. The question on Rob, Barbara and Rob's minds was: "How well is the system working today?"

Ian Rankin and Alan Michell have been helping the community at Mayange in Rwanda to build their own ferro-cement water storage jars and kitchen gardens to help alleviate the poverty that they face. Afterwards Ian travelled on to Kamembe in western Rwanda – on the border with the Democratic Republic of Congo. Here the training was repeated with eager men and

women who had crossed over from the DRC, a country riven by strife. At the same time Alan Michell joined Ian Bell in Sierra Leone. They are investigating how to get clean water to three communities that lack the services that you or I might take for granted.

Finally, CED member Edward Rhodes travelled to Uganda to hone the operation of the prototype self-backwashing filters that were installed on the Kisyaga project. Our aim is to move these projects from concept to execution, in order that peoples' lives might be transformed.

Our strapline is "Sharing Skills, Changing Lives". I originally started getting involved in CED after being challenged about what I could do to help a world in need. Goal 6 of the Sustainable Development Goals, "Ensure availability and sustainable management of water and sanitation for all", is one area where CED focusses our very limited resources. In 2015, 2.3 billion people still lacked even basic sanitation; and nearly one million still practice open defecation. 29% of the global population still lacked safely managed drinking water supplies.

There is no shortage of places for us to apply our engineering skills - what we really need is discernment and God's power: our God is able to achieve immeasurably more than we can ask or imagine. Thank you for your support, your prayers and your encouragement to us.

Mike Beresford



Sustainable Development Goals displayed in Freetown, Sierra Leone

Safeguarding

CED's way of working overseas involves close cooperation with a local partner. We discern the nature of the problem that needs addressing in their community: possibly impacting their health, safety or livelihoods. CED then works with the partner and their community to develop a solution. CED's engineers aren't independent loose cannons who plough their own furrows – we work hand in hand with our partner's staff. Following the OXFAM scandal in Haiti, a great deal of pressure was exerted on charities working with vulnerable people overseas, to ensure that their methods and personnel adhere to the highest standards of behaviour.

CED doesn't actually work directly with vulnerable groups; we only work indirectly through community representatives. As such, we are not entitled to obtain enhanced disclosure checks for overseas volunteers. However, CED's directors felt that we need to take all possible measures to assess the background of anyone who represents us

overseas. We have therefore become members of the safeguarding organisation **thirtyone:eight** (formerly CCPAS) and are introducing basic disclosure checks for all CED's overseas travellers. These checks can be carried out simply. If anyone is interested in travelling overseas with CED in the next few months, then please get in touch with Mike Beresford at chair@ced.org.uk and we can initiate the disclosure checks. Our safeguarding policy is located in the members' area of CED's website and can be made available to any supporter or other interested party on request.

Mike Beresford



Open Day, York, 29 June 2019

CED's Annual Open Day and General Meeting will be held on Saturday 29th June at York Baptist Church in Priory St, York YO1 6EX. Tea and coffee will be served from 10.00am and our opening time of worship will commence at 10.30am.

We have invited CED Member David Fulford as keynote speaker to address us on the subject

of biogas in development contexts. We also expect to have workshops and discussions on topics relevant to CED's work overseas after lunch. The formal meeting will conclude at about 4.00pm. After the meeting we are planning to visit to Holgate Windmill, described as "York's last surviving windmill and the oldest 5-sailed windmill in the country", see www.holgatewindmill.org/. We will also be arranging a meal at a local restaurant for those who are able to stay for the evening.

Please note the date and look out for more details nearer the time.

Mike Beresford



Mike and Constantine in conversation during our last Open Day in York, 2014



Chapel, Lamb Hospital

LAMB Hospital, Bangladesh

CED has been working with LAMB Hospital near Saidpur in northern Bangladesh since spring 2018. LAMB's aim is to transform their local community through the love of God, helping them to live in healthy and just communities. Last year CED reviewed some of LAMB's waste management issues. In 2019 we are again partnering with Cranfield University to support two MSc students to carry out research projects there. These

students (Johanna Le Pors and Cristina Martinez Lopez) will be working on the technical and operational feasibility of an anaerobic digestion system for the compound's waste stream: this will include organic/food waste and faecal matter from septic tanks. Glamorous stuff!

CED has agreed a Memorandum of Understanding with LAMB Hospital and Lamb Health Foundation, the UK charity set up to support LAMB Hospital. This agreement covers CED's provision of engineering support services in waste management and treatment, drinking water supplies, electrical and architectural services. CED hopes to be able to support LAMB in both the medium and long-term: in the medium term to help it with environmental compliance, then in the long term with their site development plans.

Mike Beresford



Maternity unit, Lamb Hospital

Pawaga Revisited

The Pawaga Sustainable Development Project was completed in early 2012 and officially opened by President Kikwete in March that year. It was CED's biggest project and the only one which involved employing a UK based engineer part-time. Rob Wakeling was that engineer and, accompanied by Barbara and Rob Brighouse, returned to Pawaga in January 2019 to see how the system was operating seven years on.

CED's partner for this project was the Anglican Diocese of Ruaha. Bishop Joseph Mgomi became the Bishop of Ruaha in Iringa during the final year of the three-year programme. He welcomed us warmly and during our stay enthusiastically took us to see another community in need of help. He regularly receives requests from pastors in his Diocese for water supply improvements.

Tanzanian Engineer Andrew Kisaro was appointed by the District Executive Director in 2018 as the District Water Engineer responsible for all the rural water supplies in the large Iringa District. Mr Kisaro also welcomed us warmly and told us very honestly about the problems in Pawaga.

So we were not too optimistic as we took our first journey in the government vehicle down the 50km gravel road from Iringa to Pawaga. The good news is that the water is still reaching all the 8 villages and the improved water supply has produced other developments. All the eight villages are now connected to mains electricity and many new



buildings have appeared in the villages nearest to the intake. The intake and the water treatment works are still working although without the chemical dosing which was intended.

There are many challenges however. Both the District Water Engineer's team and the Diocesan team need to persevere with staying alongside the diverse Pawaga communities so that the water is more fairly shared down the length of the long delivery pipeline. In particular, the many unauthorised connections which have been made need to be removed for the supply to operate as designed. The Government are pressing ahead with plans to extend the system to serve four more villages. This is good news, but it is imperative that management issues be resolved before more communities are connected to the supply.

Please pray for the Diocese and the District Water Engineer and his technicians as they work together.

Rob Wakeling and Barbara Brighouse



Our meeting with the Ward Councillor, Water Manager and other members of the Water Committee in Ilolompya

Christine Kilipamwambu

We were saddened to hear that our good friend Christine Kilipamwanbu was promoted to glory last year. We give God thanks and praise for all He did through her. As Development Officer for the Anglican Diocese of Ruaha in Iringa Christine was key to the success of the Pawaga project. Rob Wakeling has written a tribute:

“We give heartfelt thanks for Christine’s life and work, in both large projects and smaller ones over many years. Christine was at the heart of the partnership between CED and the Anglican Church of Tanzania in the Diocese of Ruaha, especially between 2004 and 2012. We were saddened to hear that she was promoted to glory in 2018 but we also give God thanks and praise for all He did through her. Christine worked tirelessly to mobilise the communities in Pawaga and Kilolo. She had a deep understanding of development issues including gender, capacity building and community ownership. We were privileged to have her as the speaker at the CED Open Day in Glasgow in 2010. She worked first for Bishop Donald Mtetemela and then for his successor Bishop Joseph Mgomi.

When Christine came with me to the UK in 2010 this was not her first visit. She had previously visited Tearfund and worked with Tearfund before and alongside her work with CED. Christine was very concerned that I



should understand the gender, capacity building and community ownership issues which were important to her. She was a devout and committed evangelical Christian in the Anglican Church of Tanzania . Although she worshipped in Swahili she had a firm grasp of English as we found in Glasgow in 2010. She was not afraid to address large groups of men and she could move them to action with her motivational style of speaking. She kept a firm grip on the financial budget for each project she worked on.

Although her health was declining throughout the three years I worked with her on the Pawaga Project and she was looking forward to retiring throughout that period, her work output and enthusiasm did not decline. In fact she continued working for the poorest communities long after the funding was used up. We do miss her. Her kindness in looking after us personally while we were in Iringa and even in Dar es Salaam was unfailing. Praise God for Christine!”



Christine at the Little Ruaha River Irrigation Intake with the chairman of the Ruaha Diocesan Development Committee

Rwanda Training

I recently returned from 5 weeks in Rwanda. The longer than usual trip allowed more time to settle into the country and the practical nature of the work enabled relationships to form despite the language challenge. Both groups that we trained – one coming from Tanzania and the other from DRC – spoke Swahili and after a month my own limited Swahili was starting to come back.

The Mayange group included both survivors from the 1994 genocide and returnees who had lived in Tanzania for two or three generations. A few years ago the Tanzanian and Rwandan governments were unhappy with each other's meddling in DRC and as a result the Tanzanians started expelling people with a Rwandan background. I was shocked to learn from the young women I was talking to that they had been manacled and tossed onto buses and lorries without even being allowed to go home for a change of clothes. Families were split up and some people lost their lives. They now form a rather marginalized community on the outskirts of Mayange, gradually trying to build new lives.

CED's provision of a large water tank, being for the wider community, is at last getting them some appreciation from the host village. As well as the big tank that will deliver water from the government piped supply, people are keen to have their own water supplies to avoid water charges and for security when the mains supply is interrupted. We have therefore developed a programme through which the local community will build ferrocement tanks to collect water from each home's roof. A team from those trained will build the tanks, giving them employment for a year or more; the hope is that in future others further afield will be able to afford to use their services commercially. As the materials are fairly expensive only wealthier people will be able to afford them but the tanks are recognized as



Building a 4000 litre ferrocement tank in Kamembe

being better and cheaper than the plastic equivalents.

The other training course was in Kamembe near the DRC border where we worked with a group of twelve Congolese and six Rwandans who stayed together in the Anglican church's dormitory. By the end of the course the Rwandan group had five enquiries from local people thinking about new tanks.

The Congolese group are now back home with plans to build demonstration tanks and also to try to develop programs that would allow them to provide tanks in areas that are really struggling after the unrest of the past few years. We are hopeful that CED will be able to continue to offer support though as the British Foreign Office advises against travel this is likely to be limited. There is much need, though. In Nganja Sector, Fizi, only 5% of displaced people own even a bucket or jerrycan to collect rainwater.

Mapendo from Goma (some of the students had travelled hundreds of kilometers to attend the course) is extremely keen to see further training happening there; Ebola is not far away and good water provision is one of the best defenses should it arrive in the city.

Ian Rankin



Building a small, unreinforced tank in Kamembe



Pastor George with his new ferrocement tank

Kavumu Mayange Interview: Pastor George and Bagwaneza Kerare.

Pastor George and his wife Bagwaneza came back to Rwanda from Tanzania in 2014 due to pressure from the Tanzanian Government. They have three children aged 5, 8 and 13 years. The two eldest children attend primary school in Mayange which is the nearest town to the village of Kavumu, about 1 hour's walk from the village. Pastor George was recently appointed as Pastor to the village and last year attended training in Uganda.

On arrival in Kavumu village they had no home of their own and relied on friends and neighbours for accommodation and support. Their current home was built under a community support scheme known as Umuganda. It is built using mud bricks and measures 8m x 6m. There is cement-rendering on the outside, but once inside you see that the floors are made from compacted mud. There is no water supply or electricity to the home. Cooking is on wood fire and lighting

is provided by a single small solar lamp.

Pastor George takes no salary and relies on God's provision for all his needs through the support of the local church and community. When asked about his vision for the future he said that the ongoing work on the church building together with the CED project that had started this month was, he believed, a part of God's plan for the returnee community in Kavumu. When asked how an improved supply of water would help, Pastor George replied "an improvement in health and more time for the Children's schooling". They are looking forward to using the first of the kitchen gardens which has been constructed next to their home.

Pastor George asked that a message of thanks be taken back to the churches in the UK that are supporting this project and gave thanks to God for the blessings they are receiving from people they had never met.

Alan Michell



Pastor George and his wife Bagwaneza with Pastor Charles and Alan in the part-built church building

Ferrocement Tanks

Ferrocement has been around since the 1840s and predates reinforced concrete. It has always been attractive to appropriate technology enthusiasts but as training is required and plastic tanks are promoted in the cities it has proved difficult for the technology to take root.

The CED training courses were very well received... not least because we had great meals on both locations!

The basic challenge with ferrocement is to keep chicken wire in the appropriate position while the mortar sets. The tanks built during the course solve this with a removable steel curved skeletal framework. The double curve of the walls helps relieve stress and the demountable mould means that access to remote communities served only by bicycle track is not a problem. The tank is a more natural shape; a passing artist asked if the tank outside the cathedral was a piece of artwork!

Another challenge is catching the mortar in the chicken wire without it passing right through. 13mm chicken wire was not available so, with larger apertures, we decided to follow the technology used in the longstanding CED cylindrical tank design and put a backing behind the wire. (members can access all the tank designs from the CED Website Members' Area under technology / storage tanks).

There is a lot of interest in domestic rainwater harvesting just now. Collecting rainwater is relatively low cost and is recognised as a solution by the UNDP when assessing progress towards the Sustainable Development Goals.

Ian Rankin



Checking a spar against the template.



Winding the horizontal spiral onto the vertical spars.



Cement mortar on wire and chicken wire against sacking and string tied to steel sub-structure.



... and finally it's complete!

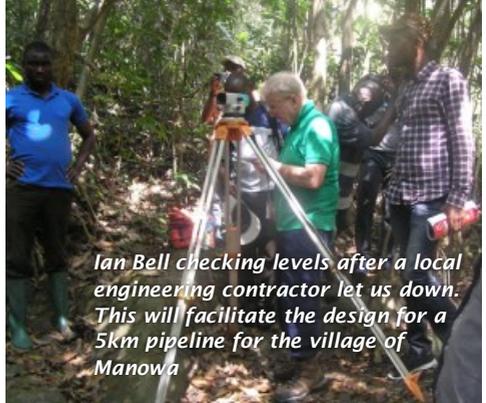
CED and Practical Tools Initiative in Sierra Leone

CED is partnering with PTI in water provision at Manowa, Gbonka and Rotifunk as well as school design at River 2 Community. Alan Michell and Ian Bell have just returned from a visit; Alan reflects on his time with James:

"I first met James Fallah-Williams of Practical Tools Initiative about 3 years ago when he approached CED to help with some water projects in Sierra Leone. Over the last two years I have been privileged to travel with James on three visits to Sierra Leone. He has taken great care to ensure my safety and well-being throughout each visit. As well as following up on the CED projects, I have visited some of the schools and other organisations that PTI are supporting. James is normally a quiet person getting on with the work of PTI, without fuss but with unstoppable determination. The link below to a Sierra Leone newspaper article written by James, indicates his passion for making a difference in Sierra Leone:

www.thesierraleonetelegraph.com/sierra-leone-government-tackles-rape-epidemic/

One of the last visits made this week before starting our journey back to Freetown and home was to a Catholic secondary school which has approximately 1,400 students at Junior and Senior secondary levels. PTI had



Ian Bell checking levels after a local engineering contractor let us down. This will facilitate the design for a 5km pipeline for the village of Manowa

previously supplied some science equipment for a new science lab which had been boldly named the 'Fallah-Williams Science Lab' much to James's embarrassment. The welcome we received from the students was an amazing and emotional experience. As we approached the school on the main highway it appeared as if the highway was blocked by a demonstration, however as we got closer it was clear that approximately 1,200 of the students had turned out and formed a column headed by a marching band and filling the road ahead. As we got out of the car we were surrounded by the students as we walked, band playing, into the school campus. The school girls' choir sang "Welcome in the Name of the Lord". PTI presented over 1,000 educational books and a photocopier to the school.

Please pray for James as he co-ordinates the work of PTI at Fareham Community Church in the UK and for his four full time workers in Sierra Leone."



1,200 Students turned out to welcome us to the Pendembu Secondary School!



Rwentamu, Uganda

What can communities do if they have no access to water? Rwentamu was one such place. During the long dry season their water supplies ran dry. As they did so, their cattle churned the water up more and more, making it increasingly harmful for people to drink. CED worked with a team from the Church of Uganda to complete the Rwentamu project last summer. Water for the community and for their livestock is collected in a large storage reservoir known as charco-cum-valley tank. During rainfall the water flowing down the valley is trapped and collected by a series of earth banks. The water is then pumped into jerry cans or a cattle trough using a hand pump. Strictly speaking these systems are not improved water supplies, since the water should be boiled or sterilised using solar disinfection before drinking. But sometimes you have no other option - in certain parts of

the world geological or meteorological constraints rule out other possibilities.

CED member Edward Rhodes was able to pay a brief visit to the completed Rwentamu project at the beginning of March. The storage reservoir is full and the system is providing water for the local pastoralist community and the animals who are crucial to their livelihoods. Now that the Rwentamu project is finished, our attention turns to another village nearby. Kakatsi has an estimated population of 1,000 people who apparently have no access to water.

Mike Beresford

Community Representatives at the Rwentamu Valley Tank



Edward Rhodes in Uganda

From the 19th of February to the 2nd of March, I undertook a visit for CED to Uganda. I mainly worked on the Kisyga Kagaana water project. The focus was on replacing two siphons on the bank of filters that were fitted with wrong diameter pipe during commissioning. Also, I undertook a meeting at Kabale University and made a brief visit to the Rwentamu Valley Tank project.

They call Uganda the Pearl of Africa. It is a wonderful place to visit and be immersed in its vibrant culture. Uganda is distinctive for its warm and friendly society along with its unpredictable weather. I find Uganda to be a welcoming and hospitable country, but it can be dispiriting to see people living in extreme poverty in its rural areas.

The technical heart of the project was changing two siphons on Filters 2 and 4 of a six filter array in the Filter House of the Kisyga Kagaana supply. The work consisted of pre-fabricating the piping to the correct lengths then removing the old siphons and the installing the new ones. This was achieved within two days of being on site.

The rest of my time at Kisyga Kagaana was spent on: surveying a selection of tap stands and replacing media in some of the filters. This presented more challenges in terms of sourcing of filter sand and the physical exertion of moving between tap stands in high heat.



Fitting New Siphons at the Filter House, Kisyga Kagaana



The Vice Chancellor and her staff after the meeting at Kabale University

This being my first solo visit with CED, there were also plenty of lessons for me to learn. I was honoured to work alongside a good team made up of the attendants to the water scheme, Christopher the chairman of the central water committee and Philip the local CED representative. I hope the Kisyga Kagaana water scheme is well established for years into the future, with a low-level of maintenance with a solid layout and design.

I had a promising meeting with senior staff at Kabale University about partnership opportunities between them and CED. We are discussing a proposal for CED to stage a short course on hydropower. This would act as a pilot project to build the relationship between the two organisations.

I made a flying visit to the Rwentamu Valley Tank project. Thankfully, when I visited, the tank was full and working as per design. The local population took great pride in their valley tank which had done a lot to develop their local economy.

I greatly enjoyed my visit to Uganda, where I was exposed to various interesting projects that CED have brought to fruition. That granted me experience of how to establish sustainable projects that transform peoples lives for the better.

Edward Rhodes





Anne and Nigel Heeler attend WATSAN Summit, Bangalore

Anne and Nigel enjoyed the experience of attending the Sustainable Water and Sanitation Summit in Bangalore where they learned about the significant challenges that India faces today. Despite dynamic growth over the last few years it remains home to a large proportion of the world's poor. India faces ongoing rapid urbanisation with multiple megacities envisaged by 2030. The summit provided an opportunity to rub shoulders with those involved in charting the way ahead.

The theme of the summit was "Modernising Innovation in Water and Sanitation" and brought together a range of national and international water and sanitation experts, NGO's, practitioners and government agencies. Some of the challenges highlighted was reducing aquifer levels due to over-

abstraction, pollution of aquifers during monsoons and the need for water conservation, water re-use and treatment solutions. Although not strictly a CED initiative, there were many similar issues and concerns.

There was an opportunity to utilise exhibition space to introduce the ClariWash filtration system used by CED at Kisya Kagaana. Interest was shown and a number of contacts made. We were invited to share a panel discussion on Water Future Strategy: New Approach for Emerging Technologies. Some comparisons and contrasts with the UK experience were highlighted.

Nigel Heeler

Book Review: When Helping Hurts

Steve Corbett and Brian Fikkert, Moody Publishers, Chicago, 2012.



When I was in Kamembe, the local Dutch priest Rik Mather had strong views about how expatriates should operate and suggested I read this book. Too often helping "the poor" is about offering relief for immediate problems rather than moving forward into "recovery" and "development". Whilst relief is the appropriate response in the face of disaster, it can foster dependence. Something more is needed. Westerners tend to view poverty as a

lack of material things; poor people typically talk in terms of shame, inferiority, powerlessness, humiliation, fear, hopelessness, depression, social isolation and voicelessness. This being the case, gifts of money can do more harm than good. Help needs to be relational: *"Poverty alleviation is the ministry of reconciliation: moving people closer to glorifying God by living in right relationship with God with self, with others, and with the rest of creation"*(p74). *"The goal is to see people restored to being what God created them to be: people who understand that they are created in the image of God with the gifts, abilities and capacity to make decisions and to effect change in the world around them... these things tend to happen in highly relational process-focused ministries more than in impersonal, product-focused ministries"*(p77).

Whilst they lack materially, poor people have other assets; they already have abilities, relationships and networks that can be harnessed in a relational process. Development is not done to people or for people but with people. There are observations about the short-term mission movement arguing that it often focuses on the experience of the visitor rather than effectiveness of help given; of programmes that "involve" people but don't build relationships.

There is much that applies to the kind of work that CED does. I'd argue that we're a little different from many development organisations in that we do build long term relationships with the result that our projects tend to last. But there is a lot to think about in how we should relate to people, in UK ministries as well as overseas, so that we are helping them climb out of poverty and away from dependency. Worth a read!

Ian Rankin



I wish to give to CED:

I enclose a cheque to the value of:

made payable to
Christian Engineers in Development.

or

I wish to set up a Standing Order:

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Account

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Development, Sort Code 40-17-16, Account
91456504, at HSBC Bank PLC,
94 East Street, Chichester, PO19 1HD, the**

sum of £ (figures) (words)

on the (please circle) of each month/qtr/year

First payment to be made on / /

quoting as reference

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/ /

Signature

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Name and address inc. postcode:

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Please sign below to Gift Aid this
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I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year that is at least equal to the amount of tax that all the charities that I donate to will reclaim on my gifts for that tax year.

I understand that other taxes such as VAT and Council Tax do not qualify. I understand that the charity will reclaim 25p of tax on every £ that I give.

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Please complete gift details overleaf.



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*Front Cover: Rob Wakeling and Water
Department technician in Pawaga (with
working tap behind them!).*

*This picture: the Tour de Rwanda cycling
event brought out the best in local
cyclists...*

