



Give the Gift of Life Advent Calendar

Wednesday 1 December

We often run water until it is the right temperature. But 748 million people don't have access to safe water.

Familia moja has several rainwater harvesting projects

Give 10p for every time you run the water today.

Thursday 2 December

162 million young children are still suffering from chronic undernutrition: they are hungry and often ill because they don't get enough vitamins and minerals.

Familia moja teaches and demonstrates how to plant fruit trees to help with this problem.

Give 40p for every food group in your fridge.

Friday 3 December

Communities often go without enough food because they have a bad harvest and don't have the luxury of a supermarket to top up supplies.

Familia Moja teaches how to conserve water and improve the soil quality which increases the harvest yield.

Give 20p for everything you eat or drink today that is produced outside the UK.

Weekend 4-5 December

In many parts of the world, women are responsible for feeding their family. But it is traditional for the man to eat first and the women to get the leftovers.

Give 50p for every meal you have had prepared for you this weekend.

Monday 6 December

Every year 1000's of girls in Tanzania get married before the age of 18.

Pray for equality for women and that girls will be courageous to stand up for their rights.

Tuesday 7th December

Our UK state pension helps to maintain a decent standard of living when we retire. For many in Tanzania if they can't work or grow their own food then no one can provide for them

Give 1p for every year that you paid into a pension scheme.

Wednesday 8th December

Education opens opportunities. Primary Education is free, in theory, up to age 15 in Tanzania, although unfortunately poorer parents are unable to afford uniforms, school materials and examination fees, and so their children continue to be deprived.

Give 30p for the number of professions you wanted to be as a child and give 50p more if it became true.



Thursday 9th December

781 million adults around the world lack basic literacy skills.

Give 5p for the number of books on your bookshelf that you haven't read.

Friday 10th December

More than 1 in 4 children in Tabora drop out of primary school for reasons beyond their control

Give 50p for every educational institution you have attended.

Weekend 11 -12 December

Mama Monica's father wouldn't let her go to school. Now she is in her 50's and feels it is too late

Give 30p for each qualification you've taken as an adult.

Monday 13 December

Familia Moja is teaching alternative farming techniques to help people cope with changing climate conditions.

Give thanks for innovative techniques that allow people to adapt to changing weather patterns

Tuesday 14 December

Through Familia Moja women like Mama Hamsini have found support in difficult times

Give 40p for every person who supports you in times of trouble

Wednesday 15 December

Any medical help has to be paid for in Tanzania, through support from Familia Moja many have received the medication they need.

Pay 30p for each time you have been to the doctors, optician or dentist this year.

Thursday 16 December

Many hundreds have died from Covid in Tanzania this year. Nobody knows as no one is tested. Familia Moja have been teaching the importance of hygiene and masks.

Give 30p for each vaccination you have received free of charge this year.

Friday 17 December

Poor rains plague Tanzania. Familia Moja has helped communities with water management by digging rainwater collection ponds.

Give 10p for each way you used water today (brush teeth, cook, shower, wash hands etc)



Weekend 18-19 December

Emergencies destroy a community's way of earning a living. Familia Moja help people to develop sustainable ways to earn money.

Give 40p for each job you have had.

Monday 20 December

Emergencies often happen and leave men, women and children in vulnerable situations. Familia Moja works hard to know and reach those who have nowhere to turn in emergency situations.

Pray for those trying to rebuild their lives

Tuesday 21 December

Concentration of CO2 has increased by 40% since pre-industrial times. Car emissions and gas and electricity usage all contribute to this

Give 40p for each car journey and 20p for each journey on public transport you make today.

Wednesday 22 December

If we don't act fast global temperatures will continue to rise.

Count the number of radiators you have in your home. Give 30p for each one.

Thursday 23 December

Simoni has to find water for his goats but it is getting harder because the rains are more erratic

Give £1 if you have checked the weather forecast today.

Friday 24 December

In 2017, Tanzania is one of the highest maternal mortality rates in the world.

Give 50p for each woman you know who has received specialist care during or after her pregnancy.

Grand Total

The Familia Moja Community Project UK [registered charity # 1185386] is a Stevenage-based charity which provides funding for Familia Moja Itetemia – a Tanzanian charity which supports the poorest in regions around the city of Tabora. It provides medical, food and social care and also works with local people to help them grow their own food and hopefully become independent. One of the highly successful projects has been the building of massive rainwater ponds that can hold enough water to last several months through the dry season when crops cannot normally be grown. For more information about this project go to www.familiamoja.co.uk

To donate, use Familia Moja Community Project CAF Donate page at www.cafdonate.cafonline.org/11331 . CAF Donate will automatically process Gift Aid etc for the charity and make the donation process so much easier.