

TOMORROW'S NEWS: your legacy update 2011



“It’s good to talk to other people who are disabled and confident.”

Nitu Akom, 10, is top of her class and won’t let her disability hold her back

Reaching the poorest and most disadvantaged

CAFOD’s focus in all our overseas work is to help the poorest and most disadvantaged communities, so that every man, woman and child can live in peace and dignity. The Scriptures tell us we should protect and support poor people but, living in such difficult times, it can be hard to feel we are doing enough to help others while safeguarding our own family’s security.

As someone who has expressed an interest in protecting the future of our work, we would like to give you a special insight into our efforts to bring about real and lasting change. In this issue of Tomorrow’s News you will hear from individuals and communities in Bangladesh, Kenya and Brazil who are working hard to build a better future; strengthened and given hope by your support and solidarity.

There are no quick fixes for poverty but, together, we really can create a fairer world for all God’s children.

“Solidarity... is not a feeling of vague compassion or shallow distress at the misfortunes of so many people, both near and far. It is a firm and persevering determination to commit oneself to the common good... to the good of all and of each individual.”

John Paul II

Kenya: Doves of peace in Africa's largest slum



Kepha is an inspiration to other young people in Kibera

Being poor and disadvantaged are not always the same but for families in Kibera the two go hand in hand.

Kepha Ngito, 27, was raised in the slums of Kenya's capital, Nairobi. A million people live in Kibera: crammed into mud and iron shacks; many sleeping under cardboard without basic amenities. Kibera's residents represent a third of Nairobi's population yet the area has suffered years of government neglect.

"We are trying to survive," Kepha told us. "When people cannot afford to put food on the table, they can easily be exploited."

In 2002, Kepha and his friends founded a community youth project to help young people overcome the challenges of life in the slums. "The question in our minds was: 'Why does Kibera exist? Is it God's decision that we should live like this?' We think not," he says.

Kepha's outspoken criticism of the authorities has led to his arrest and brutal mistreatment, but his struggle for social justice has never wavered.

Thanks to your support, CAFOD funds peace projects in Kibera which teach young people about their rights and help to create peaceful communities.

Kepha asked us to pass on this message to you:

"Thank you so much for the work you do. You are really helping us. Our aim is not to escape Kibera but to change it."

Brazil: Protecting the future of indigenous people



Maria uses traditional methods to weave baskets for sale

Rural and indigenous communities' needs are often overlooked because they live far from the centre of power. Traditional ways of life that depend on nature and the forest are under serious threat in our rapidly changing world.

Miratu village lies deep in the Amazon rainforest and the indigenous Miranha families who live there are under threat. Loggers are destroying vast areas of forest, fish are dying and drought has devastated crops.

With our partner, CIMI-Tefe, we're helping communities find new ways to earn a living, through harvesting brazil nuts, bee-keeping and weaving. Miratu also now has a health clinic which is staffed by trained villagers, thanks to lobbying by CIMI-Tefe.

Dr Alexandro Ribeiro de Liz visits the health post each week. "Today things are a lot better," he told us. "Before, six children a year were dying. Now none are dying."

Maria Martus Ferreira teaches traditional weaving skills to her neighbours. She says:

"I want the young people to learn because I want our culture to survive. We hope we will continue to work together with CAFOD."

Bangladesh: Disability shouldn't mean discrimination



Nitu walks home on the crutches her parents saved up to buy

Individuals can also face prejudice within their own communities. Some battle against deliberate discrimination but many more struggle simply to make their voices heard.

Nitu Akom's mother, Alam, will never forget the day her daughter had a devastating accident. "She was six years old and playing games... she fell and broke her leg. The doctors tried to treat it but there were complications." Despite her last treatment having cost the equivalent of ten months' of her father's wages, Nitu's leg has never recovered.

Many disabled people in Bangladesh face discrimination which stops them achieving their full potential. They also face difficulties getting to cyclone shelters or receiving aid during and after emergencies. With our partner, Action for Disability and Development (ADD), we're helping families affected by disability to play an active role in their communities.

ADD encourages disabled people to form support groups, like the one Nitu attends in Mongla. She told us: "I like going to my group. Sometimes children at school call me names and make me cry, but going to the group makes me feel better. It's good to talk to other people who are disabled and confident. I'm happy I can learn new things at the meetings."

Her mum also values the support:

"The other people in the group are positive role models for her. I feel proud that even with her limitations she is doing so well. I give thanks to people in the UK who have helped us. I am truly grateful."

STAYING THE DISTANCE

Geoff O'Donoghue, director of CAFOD's international division, explains how gifts in supporters' wills help fund our most challenging work.



Dear friend,

Our mission to work with the poorest and most disadvantaged communities means we must push ourselves to work with those isolated from political and physical resources. Maria, Nitu and Kepha, who have shared their stories with us, are all working against the odds to bring about change for themselves and their family, friends and community. We must stay the distance with them so that our brothers and sisters know we will be there when other development agencies leave, or don't even come.

As part of the Catholic Church we can reach communities other agencies can't; and our longstanding success means we're improving life for generations to come. While many of the big donors look for quick gains, your support enables us to do work that would fail to secure institutional funding; work that is difficult and where progress isn't always easy to quantify. You give us the confidence to make long-term commitments and protect human dignity and spirit.

I'd just like to go back to Kepha's words about life in Kibera, where there is no means of escape and so much to pull people down. What stays with me above all else is the resourcefulness and determination of people there, like Kepha, to fight for their identity and dignity. It is our duty to help them because we are one family.

If you have taken steps to remember the work of CAFOD in your will or are considering doing so, you can be sure your legacy will give life and hope to many people. Thank you for the faith you place in CAFOD and our partners to meet the needs of our global family for generations to come.

God bless,

Geoff O'Donoghue

Geoff O'Donoghue

CAFOD's legacy team: Maria and Emma are here to help



Whether you are planning your will or have already signed on the dotted line, we would love to hear from you, so please do get in touch. Maria (on the left of the picture) can answer questions about leaving

a gift to CAFOD and the difference your legacy could make; and Emma (right) can help if you are administering a loved one's estate.

Thank you all for your kind support and God bless, Maria and Emma.

Ask Emma

Writing your will but unsure of something? Why not ask our resident legal eagle, Emma. She's here to help!

Q I have a VERY big mortgage and no savings so my friends tell me I don't need to worry about paying for a will. Are they right?

Mr Skint of Skipton

A Dear Mr Skint,

Many people are in this situation at the moment but your friends are wrong: you should make a will. It might not seem like it now, but your home **is** valuable and it's easy to overlook assets that are not in the bank.

If you have mortgage protection your mortgage will be repaid on your death, so the property's full value will form part of your estate. Even if you don't have this cover it is likely there will be some equity from the sale once your mortgage has been repaid.

If you die without a will your estate will be distributed according to intestacy rules, meaning your estate may not be distributed in the way you would have wanted.

Whatever your circumstances, it is always a good idea to write a will so your loved ones are clear about your wishes at what will be a very distressing and upsetting time for them. As well as setting out the distribution of your assets you can include further guidance, such as your funeral preferences.

So I would recommend instructing a solicitor who specialises in wills and probate to write your will... and maybe suggest to your friends that they do the same.

Best wishes, Emma.

Did you know?



Sister Teclar Mukuli, treating a patient at Yakoko Health Clinic

In 2010 CAFOD was blessed to receive around £6 million from gifts in wills. This was enough to fund our overseas grants for conflict resolution, education, health and human rights work.

Saving and changing lives

Having spent time in Zimbabwe, one of our supporters left us a legacy to be used in the country. His gift was used to support our emergency feeding programme there, which has distributed food, water, seed and essential supplies to more than 40,000 families.

Comfort and protect your people

*Living God,
Our strength and help
We turn to you in our distress.
May the spirit of compassion
Comfort and protect your people.*

*In the parched lands and failed harvests
We see you hungry.
May the shadow of that hunger
Be broken by the light of your hope.*

*In our hearts we hold a vision
Of a better world.
May we, by our actions
Bear witness to your love.*

Amen.

Linda Jones/CAFOD

To contact the legacy team

Please email legacy@cafod.org.uk, call **020 7095 5367** or write to us at CAFOD, Romero House, 55 Westminster Bridge Road, London, SE1 7JB.

You can find out more about leaving a gift in your will on our website: cafod.org.uk/legacy

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