



fws

**Families For Families
Sponsorship Program**
how it works



No **fws** funds have been spent on creating this document. **fws** relies on a team of energetic, professional, impressive, unpaid volunteers so that we can send a whopping 90% of our funding direct to cause.

foodwatershelterinc
We build early learning, eco-friendly children's villages and big, bright futures

about fws

Homeward bound

fws provides children's villages for vulnerable women, their children and orphans in developing countries.



who we are

foodwatershelter incorporated (fws) is an Australian, not-for-profit, non-denominational, non-governmental, all-volunteer organisation established in 2005 by five Australian women upon their return from professional volunteer placements in Tanzania, East Africa, supported by five fantastic Aussie blokes. Some of these original founding men and women continue to work within the fws management team and are supported by a strong volunteer base of 50+ dedicated individuals.

what we do

fws builds and manages sustainable and eco-friendly children's villages with health, education, community and social welfare facilities for vulnerable women, their children and orphans in developing countries. Our current project is Kesho Leo children's village in Tanzania, East Africa. Residents live in family units headed by a 'house mama' - a local, single mother, who is keen for a home, family atmosphere and an income - who looks after her own children and some orphans. After five years of building, fundraising, training and recruiting, in 2009 Kesho Leo welcomed its first eight house mamas and their children. We expect to welcome orphans to these households in 2010 so that each Kesho Leo family has a total of five children.

why our children's villages are unique

Kesho Leo has been designed to give its families the resources required to help them lead healthy

and fulfilling lives and become set up for positive, independent futures, with flow-on benefits to the local community.

holistic and sustainable living

eco-friendly in design and practice

Kesho Leo operates with minimal impact on the environment while promoting positive environmental practices in the local community. Kesho Leo boasts eco-friendly architecture and a large organic farm all supported by a superb permaculture system. This provides produce to Kesho Leo residents and ensures optimal and sustainable management of resources like water, sun and organic waste.

community involvement

fws seeks the input of the local community as it designs, builds, grows and maintains Kesho Leo. The fws Arusha Board of village elders meets regularly with Kesho Leo's managers to discuss and advise on activities and issues at Kesho Leo.

about kesho leo

promoting local culture

fws promotes local culture in its activities to ensure that Kesho Leo children remain Tanzanian in all ways, and love their own country and culture deeply.

blueprint design

fws aims to build more than one children's village. Several more. In fact, we'd like to see our eco-friendly children's villages operating sustainably all over the developing world and seen as a model for excellent use of aid resources by many organisations. But let's just get Kesho Leo children's village operating beautifully first.

education and training

Kesho Leo provides education and training programs for its residents, workers and the local community and over time these programs will be led and managed by the community. Current programs include:

early bilingual learning programs

Our early-learning chekechea (kindergarten) provides interactive pre-school learning and is open to the children of the local community and staffed by Australian and Tanzanian teachers with assistance from house mamas. **fws** aims to encourage children to think, question and enjoy problem solving so that as adults they can help contribute to Tanzanian society and brighten the future of their whole communities.

adult education programs

The house mamas attend regular classes in organic farming and permaculture systems, psychology, social welfare, health and English as a Second or Other Language (ESOL), all taught by **fws** expert volunteers. House mamas also attend classes with local psychologists covering topics such as conflict resolution, communication, self care and human development, and undertake training in sewing and budget management.



Greener pastures

fws children's villages boast eco-friendly practices, while also promoting local culture to the Kesho Leo children.

training for the wider community

Kesho Leo provides regular ESOL and health classes to the wider community, as well as community information sessions on topics such as HIV/AIDS education and sustainability training (for school groups), and site tours for local groups and individuals, international guests and officials.

about kesho leo



small business initiatives

As Kesho Leo families become settled, **fws** is working with house mamas to identify opportunities for them to establish small business initiatives. Our expert volunteers will help house mamas devise business plans with clear budgets and risk assessments, with seed funding to be provided by **fws**. These businesses will add to the financial sustainability of Kesho Leo and the longer-term financial security of Kesho Leo families.

health and social welfare services

To give Kesho Leo residents and the local community every chance to live positive and rewarding lives, **fws** provides health and social welfare clinical and health promotion services, such as:

the Kesho Leo Community Health Clinic

fws offers Kesho Leo residents and workers on-site health care and health education via a Community Health Clinic, linking into local services as required. As well as responding to clinical health needs, the clinic provides training for house mamas in topics such as disease prevention, nutrition, sanitation, health and safety, HIV/AIDS, anatomy, women's health, childbirth, nutrition and basic first aid.

social welfare programs

fws social welfare volunteers support Kesho Leo families through one-on-one case management services for all house mamas and children. House mamas receive training around issues like conflict resolution, childhood development, behavioural issues in children, working together, and caring for children who have experienced neglect or trauma.

benefits to the local community

fws aims to ensure that Kesho Leo is a positive part of the Sinon community. For example, Kesho Leo provides:

local employment

Kesho Leo employs locals wherever possible. Kesho Leo currently employs around 30 locals in positions such as village management, security, farming and teaching.

education and training

Many of Kesho Leo's education and training programs are provided to the wider community, such as the chekechea (kindergarten) and ESOL and health training programs.

small business benefits

Small businesses initiated at Kesho Leo will benefit the local community too. For example, house mamas currently sell excess organic produce from the Kesho Leo farm at the local markets.

ideas to copy

Kesho Leo provides the local community with regular site tours of the permaculture, farming and building systems at Kesho Leo. Local farmers have copied some of Kesho Leo's ideas, such as the fish farm which is easy and cheap to set up and quickly produces healthy fish for eating.



about Families For Families Sponsorship Program



how does it work?

fws receives funding support from grants, fundraisers and once-off donations which is used to help develop and maintain Kesho Leo's infrastructure and general operational costs.

The Families for Families Sponsorship Program is a critical source of regular income that enables **fws** to send money to each Kesho Leo family. At Kesho Leo each family's Families for Families income is placed in a 'Family Bank' that is managed by the house mama with support and advice from **fws** support staff. Family Bank funds are carefully tracked and disbursed by the Kesho Leo Finance Manager and as house mamas learn about budgeting their regular income they will have more independent control of their own 'Family Bank'. House mamas are encouraged to save funds for the future where possible and to add to their own 'Family Bank' any surplus income from small business initiatives.

Since its inception in mid 2009 the Families for Families sponsorship program has received incredible support from generous individuals who have been eager to sign up as sponsors for the minimum commitment term of 12 months. We now have some new sponsorship openings available for our 2011 program and that's where you might like to come in!

Your itemised sponsorship contribution

Just **\$31 per month** for Families For Families Sponsorship goes into the 'Family Bank' and covers the following expenses for a Kesho Leo family.

- \$ Food, water** - staples for 3 meals per day such as maize, flour, oil, etc (the mamas grow many of their own organic fruit & vegetables on site) plus extra manure, to supplement the manure already provided by the farm animals at Kesho Leo, to create the biogas for the mamas to cook their meals
= approx 134,500 Tanzanian Shillings (TZS)
- \$ Shelter** - building repairs and maintenance as and when necessary, to the family's Sleeping Bomas and the Kesho Leo shared community facilities
= approx 10,000 TZS
- \$ Education** - school fees, teacher fees, uniforms, books and resources, etc
= approx 120,833 TZS
- \$ Medical expenses** - medication, doctors and hospital fees, etc
= approx 30,000 TZS
- \$ Security** - to cover the costs associated with keeping the families and resources at Kesho Leo safe and secure 24/7 e.g. askari (guard) wages and equipment = approx 133,227 TZS
- \$ Mamas allowance** - to cover the family's incidentals such as clothing, toiletries, soap for clothes washing and local transport = approx 65,000 TZS
- \$ Matched savings plan** - think of this as a kind of salary sacrifice program. If a Kesho Leo house mama is able to save some money from her personal allowance each month, then we keep it in the **fw** bank account. The money remains in the bank so that if or when the house mama eventually chooses to move from Kesho Leo children's village (house mamas sign 10-15 year contracts), **fw** matches her savings. With this money she may then buy her own home or set herself up in small business. In alignment with **fw**'s ideals of economic sustainability, **fws** aims to ensure mamas are facilitated to move towards their own financial independence = approx 19,500 TZS
- \$ Contingency** - to cover fluctuations in the exchange rate and to allow for inflation = approx 55,302 TZS

TOTAL COST PER KESHO FAMILY PER MONTH* = approx \$465 AUD (568,362 TZS) Or, in other words, \$31 to you personally, each month.

As you can see, your money travels a long way and makes a massive difference to the quality of life for our Kesho Leo families!

These cost breakdowns are indicative and approximate figures only. The exchange rate has been calculated using the average value of the AUD vs. TZS currency over the past 12 months (August 2009 to June 2010 - source <http://www.oanda.com/currency/average>). **fws will be reviewing costs and the allocation of the disbursements annually and will be adjusting them accordingly (for increases or decreases) if necessary.*

what is a sponsor family?

A 'Sponsor Family' is a group of 15 people each paying \$31 in sponsorship fees per month. It might consist of some people from the same family, a group of friends,

about Families For Families Sponsorship Program

people from the same workplace or a netball or football team. So essentially you all become a 'family'! The program needs a total of 8 'Sponsor Families' to support the 8 'Kesho Families' currently living at Kesho Leo.

can I join a sponsor family?

Yes! If you would like to become part of a sponsor family, our Sponsorship Program Manager would love to bundle you together with other sponsors.

how do I send my money?

Each individual sponsor is responsible for ensuring they have set-up their own monthly direct debit for payment of their sponsorship fees. Individuals will receive an Australian tax deductible receipt for their payments (issued annually at the end of financial year period). So don't worry, you do not have to coordinate or make 'group' payments (phew!).

what does it cover?

Each house mama's 'Family Bank' budget will vary according to things like her children's educational fees (which vary with age) and the family's health needs. The amount of money that reaches the 'Family Banks' from Australia is also dependent on currency exchange rates. House mamas will plan and manage their individual family budgets with friendly support from **fws** volunteer staff, working from the budget template shown on Page 5.

when will orphans be welcomed to families?

Kesho Leo currently houses eight house mamas and their own children. House mamas have received extensive training in preparation for welcoming orphans to their families and are very keen for orphans to arrive, as is the whole of **fws**. Since well before the house mamas' arrival, **fws** has worked closely with local authorities to complete the steps required so that Kesho Leo can house orphans. We cannot take any short cuts in this process because we are committed to carefully following Tanzanian social welfare protocol so that Kesho Leo's orphans can be confident that they will live securely at Kesho Leo until they reach adulthood and be free to move on to independent lives as adults. We currently expect to welcome orphans to Kesho Leo in 2011 and we will keep **fws** supporters up to date through our newsletters and website.

Families for Families sponsorship fees are based on living costs for a full Kesho Leo family of one house mama and five children. Rather than reducing the target sponsorship income for Kesho Leo families until



orphans arrive, we will pass on any additional income to house mamas to save in their 'Family Banks' or use to help start up small business initiatives. This is also a helpful buffer as the mamas learn to manage and plan household budgets.

how long is the sponsorship program designed to last?

We are looking for sponsors that are willing to commit to a minimum 12-month period please (but we hope you stay on with us long after this). Our goal is that over time the Families for Families scheme will be phased out and completely replaced by independent income streams at Kesho Leo such as small businesses run by house mamas. We haven't seen this goal attempted elsewhere and we aren't exactly sure if it's achievable. We just think it's something fabulous to be striving for and we will do our best to phase out the need for sponsorships at Kesho Leo asap so that you can move your sponsoring generosity over to our next village!

do I receive progress reports about my Kesho Family?

But of course! You will receive regular progress updates on the Kesho Leo family that you are sponsoring (with details about what's been going on in their daily lives, what they have been learning and what they have been doing) with photos too!

okay I'm hooked, where do I sign up?



All you need to do is set up a monthly credit card payment or direct debit - it's that easy! Just send an email to sponsorships@foodwatershelter.org.au and our Sponsorship Program Manager, Kate McNally, will send you out an application form to fill out and email back, confirming that you have set-up your monthly credit card payment or bank transfer (instructions will be provided on the form). Your payments are due on the first day of each month.

The receipt of your application will be confirmed and you will then receive your first letter introducing you to the members of your Kesho Leo family.

and if you haven't already...

Don't forget to sign up for Gimme Shelter, our snazzy, eco-friendly, bi-monthly e-newsletter, which gives a quick snapshot of all the progress **fws** makes on the ground in Tanzania and in Australia. It also has all the details on our up-coming events in Australia and cool pics too! To sign up for Gimme Shelter go to www.foodwatershelter.org.au/gimme-shelter.aspx

and if you're really keen to get more involved...

We would love you to become an official part of **fws** and sign up as a member! Not only will you become a valued member of the **fws** team, but you will have the opportunity to attend and vote at our Annual General Meeting. It doesn't cost much, just \$40 (that's made up of a \$25 joining fee and a \$15 annual fee. You only pay the \$25 fee once - and the annual fee is payable each year if you choose to continue to be a member). We bet you have some fabulous ideas and opinions to contribute - so become a **fws** member and let us hear them. Go to www.foodwatershelter.org.au/become-member.aspx and download an application!

You're also very welcome to donate money, which we assure you will be put to very good use at Kesho Leo. You can either do this by bank deposit, cheque or online with your credit card via Give Now www.givenow.com.au/foodwatershelter

Setting up a monthly donation will help us with financial planning, however we also welcome one-off donations. Oh and needless to say, we offer tax deductibility, thanks to Rotary (RAWCS) who auspice us, so you will receive a tax deductible receipt for your donation from them.

and finally, if you want to look super hip (not to mention environmentally chic)...

Don't forget to check out our super cool **fws** 100% organic cotton t-shirts. These environmentally friendly tees are available in a choice of two colours (white or khaki) and a range of sizes for both blokes and gals. Help us spread the word about **fws** and in the process show people that 'green' is in fact the new black! Order yours online now at www.foodwatershelter.org.au/eco-merchandise.aspx

contact information

To register your interest in the Families For Families Sponsorship Program, please email Kate McNally at sponsorships@foodwatershelter.org.au

For more information about foodwatershelter inc and our current project in Tanzania, East Africa please visit www.foodwatershelter.org.au

You can also follow us on Facebook (search for FWS Foodwatershelter and add us as a friend) or Twitter http://twitter.com/fws_inc and read regular blogs from our Tanzanian-based volunteers at <http://fwsteam.blogspot.com>