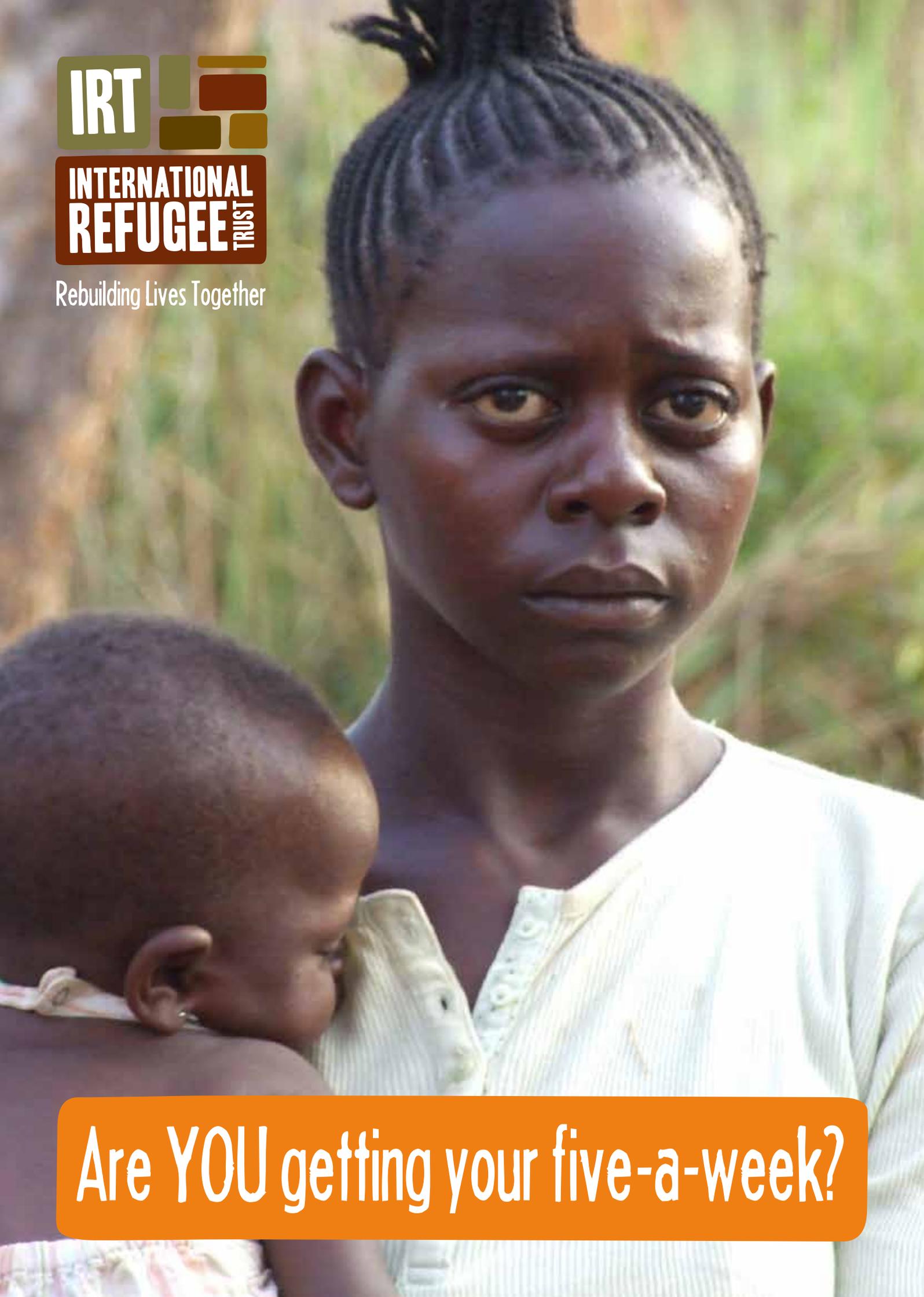




**INTERNATIONAL
REFUGEE TRUST**

Rebuilding Lives Together

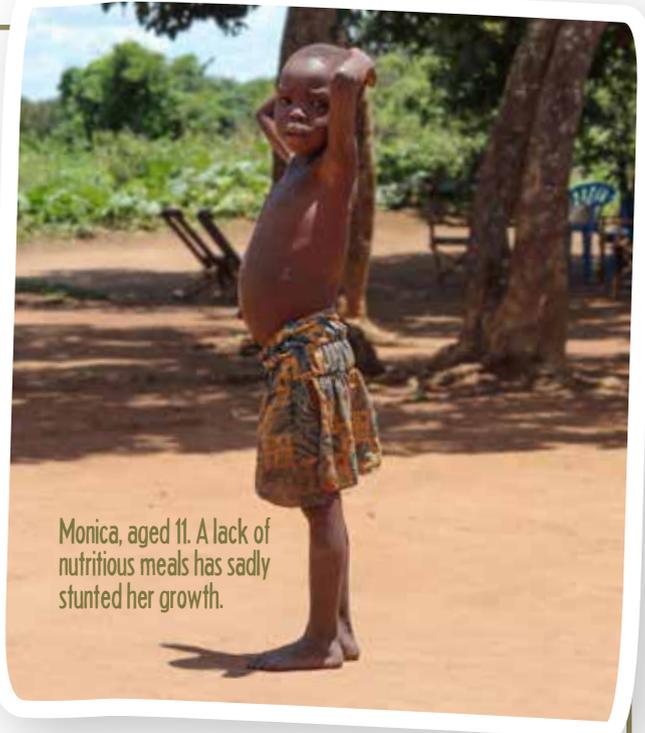


Are YOU getting your five-a-week?

Dear Friend of IRT,

We are often told by nutritionists that to lead a healthy life, you must simply eat five pieces of fruit and veg, and three meals a day.

However, children in northern Uganda, victims of extreme poverty, will have to survive on only five meals a week, washed down with dirty water. If you feel that these children and their families do not deserve to live in this poverty, donate today and feed them the three meals a day they deserve. Give them a chance at survival.



Monica, aged 11. A lack of nutritious meals has sadly stunted her growth.

Five other ways your donations will help:

5

Learn how to work together as a community and help their villages to thrive

1

Provide clean water for drinking, cooking, feeding livestock and agriculture.

2

Teach families to grow their own food more effectively, with enough to eat and sell.

4

Teach parents how education is just as important for daughters as it is for sons.

3

Teach parents how to maintain a clean and safe home, preventing the spread of disease.



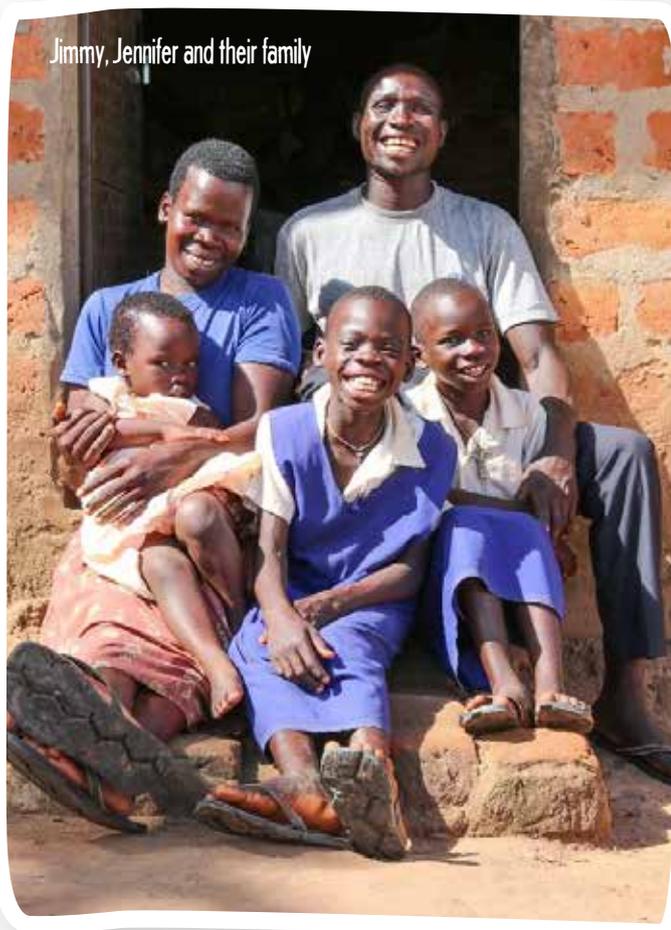
A borehole that your donations helped to build in Bar-Obia

Meet one of our many success stories, Jimmy and Jennifer

As children, Jimmy and Jennifer's homes were burnt to the ground by the LRA (Lord's Resistance Army) when the group took hold of their village. The violence and destruction were devastating, and they were forced to flee with their families and live in refugee camps in horrendous conditions. After the LRA was defeated and safety was restored, they went back to their home village of Angirodyang, in Okwangole parish, Alebtong district, where they worked hard to rebuild their lives.

The couple have three young girls and were struggling to provide for them. With a lack of training in farming techniques, they would harvest very little and eat one single meal a day. Jimmy had no hope and ambition for his daughters' future.

Your donations meant that Jimmy and Jennifer's family could join IRT's StepUp programme, which changed their lives. Their future now looks bright, and the family are going from strength to strength.



"My proof are my daughters, look at them! They are happy and healthy, and they are not missing a single day from school!" *Jimmy*

"We had a grass thatched home which had a small kitchen. We all used to sleep in the one room together. StepUp has done so much that it's countless. Dish drying rack, rubbish pit, planting training so we have healthy trees in our compound, good energy saving cooker, vegetable growing. So much. I can't say. We started having big dreams. We've started to think about the future of our daughters with hope, and with the training we have received we can put whatever plans we have into practice. I want my daughters to study and they shouldn't drop out. My daughters have hope for a good future." *Jennifer*

We are so grateful for all your donations, making the StepUp programme a huge success, but there are still thousands of refugees who need your help.

There are many ways you can donate

Online visit our website to donate www.irt.org.uk

By Phone please give us a call on **020 8994 9120** to pay by debit or credit card

By Post you can send a cheque or add your debit/credit card details using the form below - use the Freepost envelope)

| | | |
|---|---|------------------------|
| Title | First name | Surname |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Address | | |
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| Email | | |
| <input type="text"/> | | |
| <small>The IRT promise: We will never give your name or address to another organisation</small> | | |
| Would you like to receive information about IRT's work <input type="checkbox"/> By email <input type="checkbox"/> By post | | |
| £ <input type="text"/> | I enclose a cheque made payable to International Refugee Trust | |
| OR please debit my Mastercard / Visa / CAF card number | | Security Code |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Expiry Date | Today's Date | Cardholder's Signature |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| If you would like to set up a standing order, please call us on 020 8994 9120 | | |
| Gift Aid makes every £1 you donate worth £1.25 to us if you are a UK taxpayer | | |
| <input type="checkbox"/> | I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. <small>(Please note, IRT cannot claim gift aid without your name, address and signature)</small> | |
| Signature <input type="text"/> | | |
| Date <input type="text"/> | | |
| Please use the enclosed Freepost envelope to send your payment and completed form to IRT | | |
| Thank you for supporting IRT's five-a-week campaign | | |



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International Refugee Trust is a small charity and we rely on support from individuals to help refugees and vulnerable families in developing countries.



IRT is helping support locally-run projects in Jordan, South Sudan and Uganda.
By making a statement of support with a generous donation towards the lifesaving work

of IRT and our partners, you will be helping to save lives.

We at IRT, and the families and children you help, are all so grateful for whatever you can give – no gift is too small.

Best wishes and God bless.

Steven Smith MBE
Chief Executive
International Refugee Trust

For more information on projects, please call us or visit our website. Thank you.