

1 Families in Africa may not receive any Christmas Cards at this special time.
Write a get well soon card for a child in Africa and post it to Inter Care.

2 A child in sub-Saharan Africa will be living in a home with no windows.
Count how many windows you have in your house & give 5p for each one.

3 Lots of homes in rural Africa are tiny mud huts with only one room.
Give 10p for every room you have in your home.

4 A mother waiting to give birth will be resting on the dark, cold and hard floor.
Count how many beds you have in your home and give 5p for each one.

5 Lots of mothers can't give their child a blanket to keep them warm this Christmas!
Give 2p for every blanket in your home.

6 A child will drink dirty water every day. We can have lots of drinks with different flavours!
Count how many drinks you have today and give 10p for each one.

7 A child will get a horrible illness from drinking dirty water.
Give £2 for a child to receive medicine that will make them feel better.

8 When a child falls ill this Christmas, their family will have to walk miles to get some help.
Count how many ambulances you see Give 20p for each one.

9 Inter Care send plasters to hospitals in Africa as they have very few first aid supplies.
Go to your local shop and count the types of plasters they have. Donate 10p for each one.

10 A mother cooks over an open fire and collapses from the smoke.
Give £2 to donate a stethoscope so the doctor can hear her heartbeat.

11 People in Africa travel on bare foot across dirty and bumpy roads.
Give 5p for every pair of shoes you own.

12 A little boy cuts his feet on stones walking miles home from school.
Donate £1 to give some anti-septic cream to heal his feet.

13 A boy is taken to the local dispensary with a high fever.
Give £2 today so a nurse can use a thermometer to check his temperature.

14 Across Africa, children have very few toys to play with.
Give a donation for the children to have their own Inter Care knitted teddy bear.

15 Children are often malnourished and need vitamins to help them be healthy.
Give a donation for the hungry children in Africa needing medical attention.

16 School's out for Christmas! Children in Africa have to keep earning money for their family. They cannot rest.
Give 5p for each time you sit down today.

17 A family welcomes a doctor into their home to see a poorly mum with a disease. The doctor has no equipment to examine her properly.
Give the doctor a BP machine for £1.

18 In Malawi, a mother's son has a bad cough. She cries as she can't afford the medicine he needs.
Give a £1 gift of medicine for the boy.

19 A teenage girl in Sierra Leone is going to her first day of nursing school. She walks for two hours as there is no other transport.
Count how many cars you have in your family and give 50p per vehicle.

20 Babies in Africa are born in the dark. The health units have no electricity.
Count how many times you turn on a light today and give 1p for each time.

21 A family of 6 has a few bananas and rice to share at Christmas.
Give 50p for every person that is having Christmas dinner with you this year.

22 It's 3 days before Christmas and a child has a serious illness. The grandmother sets off on her two-day walk, carrying her grandchild to the nearest hospital.
Give £1 for every public hospital in your city.

23 Most families in Africa don't own a television and can't watch festive films.
Give 10p for every Christmas film you have seen this Advent.

24 Vulnerable people across sub-Saharan Africa really need your gift of health this Christmas.
Please donate what you can so those in Africa can receive the treatment they desperately need. Thank you and have a Happy Christmas.

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	Total: £			

TIME TO DONATE:
intercare.org.uk/advent-campaign/
 OR send a cheque to
 Inter Care, 46 The Half Croft,
 Syston, Leicester LE2 3GD



25