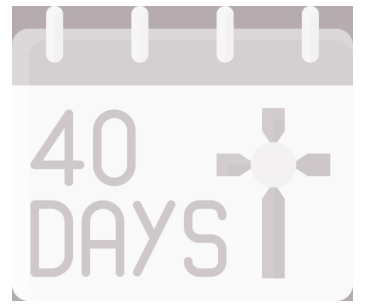


**This Lent Workbook  
belongs to:**

.....



# ORPHAN SAUMU

INTER CARE - MEDICAL AID FOR AFRICA



## This is Saumu

Saumu lives at St. Francis of Assisi school for orphans, in northeastern Tanzania.

For most orphanages in Africa, it's normal for all the **children to live on-site** however, during the **school holidays orphanages close**.

The children - just like Saumu - spend time with other family members. This lack of stability can make a difficult childhood even more challenging for them.

## Living conditions are incredibly basic

When Inter Care visited, we discovered that the **living conditions** are incredibly **basic**, and there really **aren't enough staff** to look after these children properly. Keeping them all clean is clearly a huge challenge, and the staff who welcomed us seemed simply **overwhelmed**. They apologized; as they couldn't offer us any food because they didn't have any, not even a glass of **water** because it **wasn't safe for us** to drink.

Despite the challenging conditions, **orphanages** are a form of **salvation** for these African children - orphaned through parental loss or simply abandoned due to having albinism. Whatever the reason, any alternative just doesn't bear thinking about.

The vital medical supplies **Inter Care helps provide** to the orphanage provide **crucial resources**, to help the staff care for the physical and emotional needs of up to 250 vulnerable orphans.



## Inter Care help children like Saumu

When a consignment of medical aid arrives, they open the boxes together.

What they find inside generally includes basic medicines such as **anti-biotics** for treatment of infections, **medicines** for pain and intestinal worms.

Also, healthcare goods; **dressings** and **swabs** to care for injuries - and hundreds of **sticking plasters** for all the many trips and falls in the playground each week! Not forgetting lots of knitted **teddies** and **blankets** for comfort and warmth - they are only children after all.



**The teachers and nurses say "Thank you Inter Care.  
With these blessings we will care for all God's children"**

# TAKE TIME TO REFLECT

## PAUSE

Close your eyes and imagine you are Saumu. What are your worries? What makes you happy?



## TAKE ACTION

*Jesus teaches us that we are one big family and we are all brothers and sisters of Christ.*

Think about what Jesus would want us to do to help children like Saumu.

Write down three ideas of how you can fundraise for Inter Care to help children in Africa.

1

2

3

## REFLECT + DISCUSS

Children like Saumu need your help.

When we thinking about helping others, we are reminded of the sixth station of the cross when Veronica wipes Jesus' face.

Read the reflection below and discuss with your family or friends what it teaches us all to do - especially young people who follow Christ.

Jesus, suddenly a woman comes out of the crowd. Her name is Veronica. You can see how she cares for you as she takes a cloth and begins to wipe the blood and sweat from your face. She can't do much, but she offers what little help she can.



Key things to think about:

Veronica sees Jesus needs help.

Veronica cares for Jesus.

What does this teach us to do?

# My Fundraising Plan



1

My fundraising idea:

2

What would the funds be used for e.g. send medicines to Africa to help children recover from severe illnesses:

3

Let's get this idea rolling...







Location

Time

Ticket prices

4

My contacts e.g. helpers, venue contacts etc.

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	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

**Top tip:** Have a team of helpers. Each person with a different skillset.

5

My promotion plan.

Where I will advertise my event.

6

My message for the importance of this event e.g. By joining this event you are helping vulnerable people in Africa access healthcare free of charge



What will you do this Lent to help children in Africa?

*During Lent I will...*



Pray  
for us



Write your own prayer  
for sick Children in Africa below:

*My Prayer*

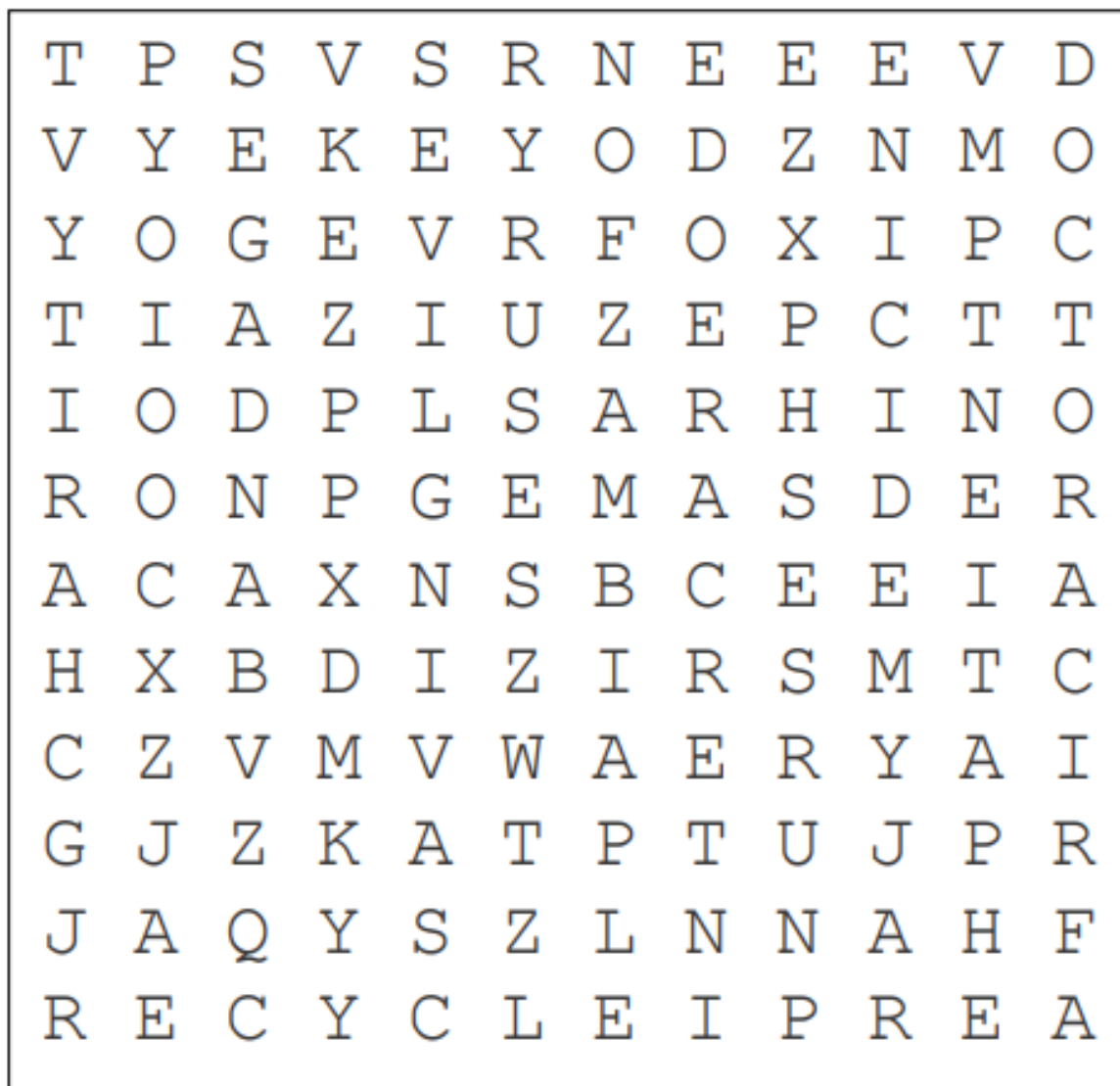
**“Dear young people, we need you.** We need your creativity, your dreams and your courage, your charm and your smiles, your contagious joy and that touch of craziness that you can bring to every situation, which helps to **break us out of our stale habits** and ways of looking at things. As Pope, I want to tell you: the Church is with you and needs each one of you very much, so that we can be renewed, explore new paths, experiment with new languages, and **become more joyful and hospitable.** Never lose the courage to dream big and to live life to the full! **Adopt the culture of care and spread it.** Become champions of fraternity. Face life’s challenges by letting yourselves **be guided by God’s faithful creativity** and by good counsellors. And lastly, remember me in your prayers. I will do the same for you, carrying you in my heart.”

**Pope Francis**



## Who is Inter Care?

Can you find these fifteen hidden words about INTER CARE and its work helping poorly children and adults in Africa?



AFRICA  
 BANDAGES  
 CHARITY

DOCTOR  
 INTER CARE  
 MEDICINE

NURSE  
 PATIENT  
 POOR

RECYCLE  
 SAVING LIVES  
 ZAMBIA

### What have you learnt?

Can you describe what Inter Care do by using three or more of the words you found?

# SPONSORED WALK

Sunday 17th March 2024 • 2pm - 4pm

Watermead Park, Wanlip Road Entrance

**JOIN US ON OUR WALKING CHALLENGE TO SAVE  
LIVES IN AFRICA**



**COMPLETE AS MANY LAPS AS YOU CAN!**

**RED ROUTE: 1 MILE**  
**PURPLE ROUTE: 2 MILES**



**SET A TARGET, GET SPONSORSHIP,  
COMPLETE THE CHALLENGE**



Water and snacks provided. Members of Inter Care will be on hand to assist with the route.

For a sponsorship form and more information email [fundraising@intercare.org.uk](mailto:fundraising@intercare.org.uk) or call 0116 269 5925

Don't live in Leicester or can't make the event?

**Complete the Walking Lent Challenge  
in your local park!**

*Challenge*

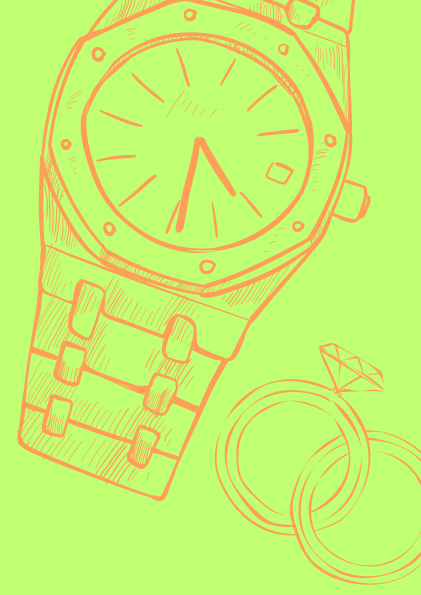
Gather your friends and family, ask for sponsorship and share your results with us on Social Media.

You can do this challenge anywhere!

**Cash in your donations via [www.intercare.org.uk](http://www.intercare.org.uk) and  
click DONATE**

**#InterCareLentWalk2024**



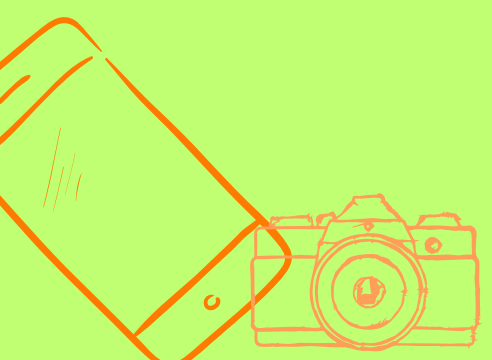


# RECYCLE TO HELP RAISE VITAL FUNDS

Donations help raise vital funds to send surplus medical supplies to around 100 health units across sub-Saharan Africa

Jewellery | Watches | Stamps | Foreign Currency | Mobile Phones  
| Cameras | Tablet computers | Ink Cartridges

Full details on our website: [www.intercare.org.uk/recycle-unwanted-items/](http://www.intercare.org.uk/recycle-unwanted-items/)





# Follow Us



@INTERCAREMEDICALAID



@ICMedAid4Africa



@intercaremedicalaid



"Without the free treatment, Susan would probably have died"  
Susan's Grandmother, Nzama Health Centre in Malawi



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