

August 2019

children

Our brightest hope for a better future

NOW



Save the Children

WELCOME TO THE SUMMER 2019 ISSUE OF CHILDREN NOW

Save the Children has always been an outspoken voice in the international community, standing with young people to protect their rights. This edition, we unveil our biggest campaign ever, Stop the War on Children.

Across the country, supporters like you are asking the government to create a plan to protect children in conflict zones and allow them to recover from trauma. Find out how to get involved (page 4). You can also read how we're helping Palestinian girls and boys flourish despite living amongst violence and unrest. As Mariam, 14, says, "Children should have the right to safety...and to have fun."

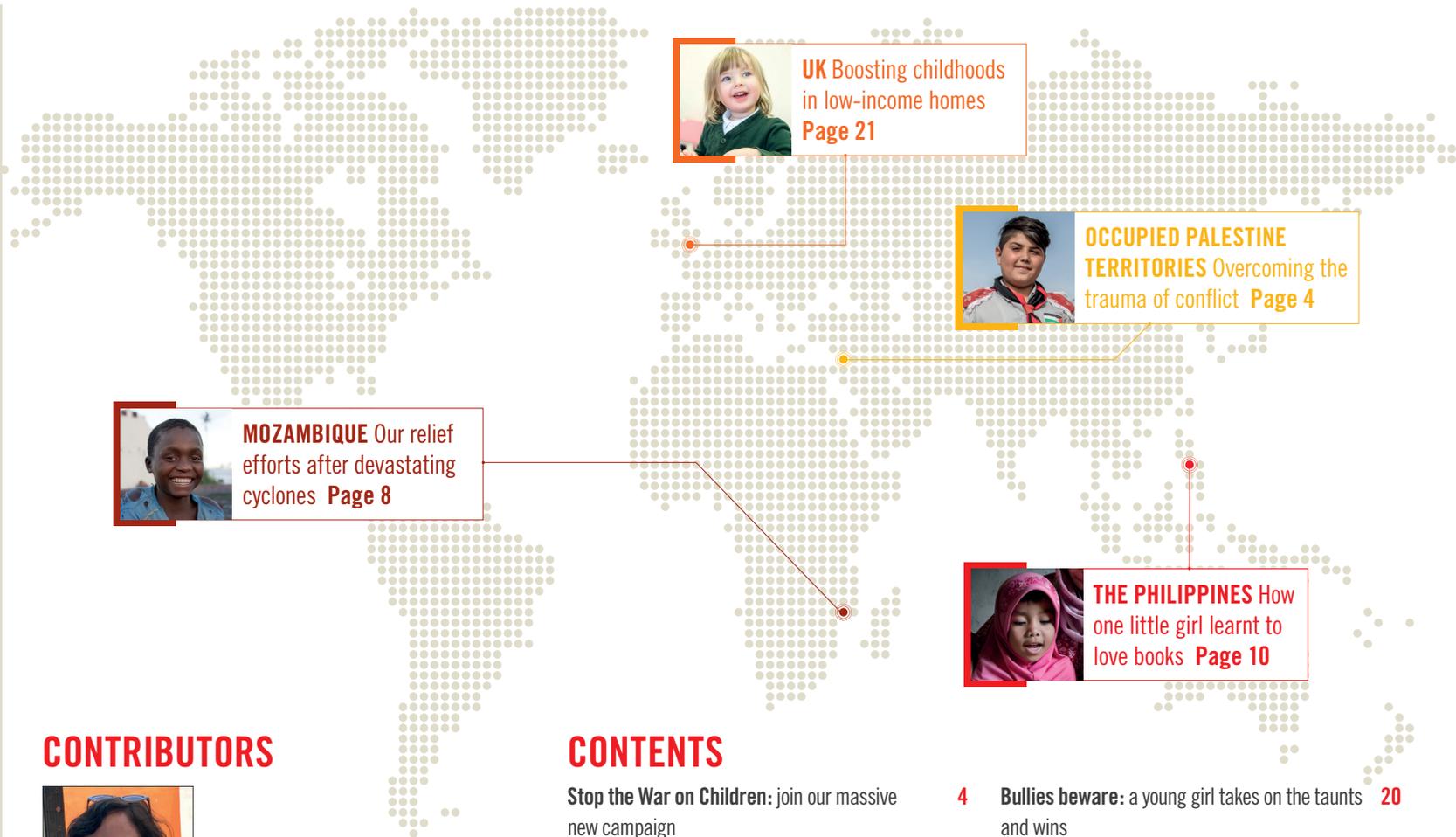
The inspiring tale of a Save the Children nurse and a Cambodian girl who are reunited after many years is a reminder of the difference small acts of kindness can make (page 14).

On a larger scale, the report on our response to cyclones Idai and Kenneth, which left thousands homeless, shows what a huge impact your support can have.

There are also touching stories from early-learning and anti-bullying schemes in the Philippines, UK and Lebanon.

I'm delighted to share some of our fabulous projects with you. I've seen our work in action, from Jordan to Niger, and know what an incredible difference your generosity can make to children's hopes, happiness and futures.

Gemma Sherrington
Executive Director,
Fundraising and Marketing




MOZAMBIQUE Our relief efforts after devastating cyclones **Page 8**



UK Boosting childhoods in low-income homes **Page 21**



OCCUPIED PALESTINE TERRITORIES Overcoming the trauma of conflict **Page 4**



THE PHILIPPINES How one little girl learnt to love books **Page 10**

CONTRIBUTORS



Anna Stanford,
A legacy ambassador,
reports on initiatives
in Tanzania



Dalgis Alandette
tells us about her work
with refugee children
in Colombia

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Photo credits: Front cover image: Hanna Adcock. Jonathan Hyams / Claudia Janke / Anna Stanford / Sacha Myers / Save the Children

Every child has the potential to change the world. Find out about the different ways we fight for children every day at: savethechildren.org.uk/children-now

TIME TO TAKE A STAND

Your support has helped children fighting the effects of conflict in the occupied Palestinian territory and across the world. But our Stop the War on Children campaign will ensure that more is done to make them off limits.

CHILDREN ARE MORE
AT RISK
IN CONFLICT ZONES
THAN ANY TIME
IN THE LAST
20 YEARS

We've helped Ali, 13, become resilient and cope with constant intimidation.

For 13-year-old Ali*, just walking to school can be a terrifying experience.

The teenager from the West Bank, in the occupied Palestinian territory, has to negotiate bombed-out buildings, violent protests and military checkpoints, where Israeli security forces allow their dogs to attack him. Soldiers have even beaten him up.

"They come to our houses at night to search them," he adds. "They control us. We feel humiliated."

Air strikes and other clashes between Palestinians and Israelis have left more than

1,200 children dead in the territory, which also includes the Gaza Strip, in the last decade. Thousands more have been hurt since Israel assumed control in 1967. Schools and hospitals have been destroyed; poor sanitation and food shortages are rife.

But Ali and other Palestinian children are far from the only young people around the world whose lives are marred by violence. Around a fifth of children globally now live in conflict zones, in countries such as Afghanistan. Around 10,000 were killed or seriously injured as a direct consequence

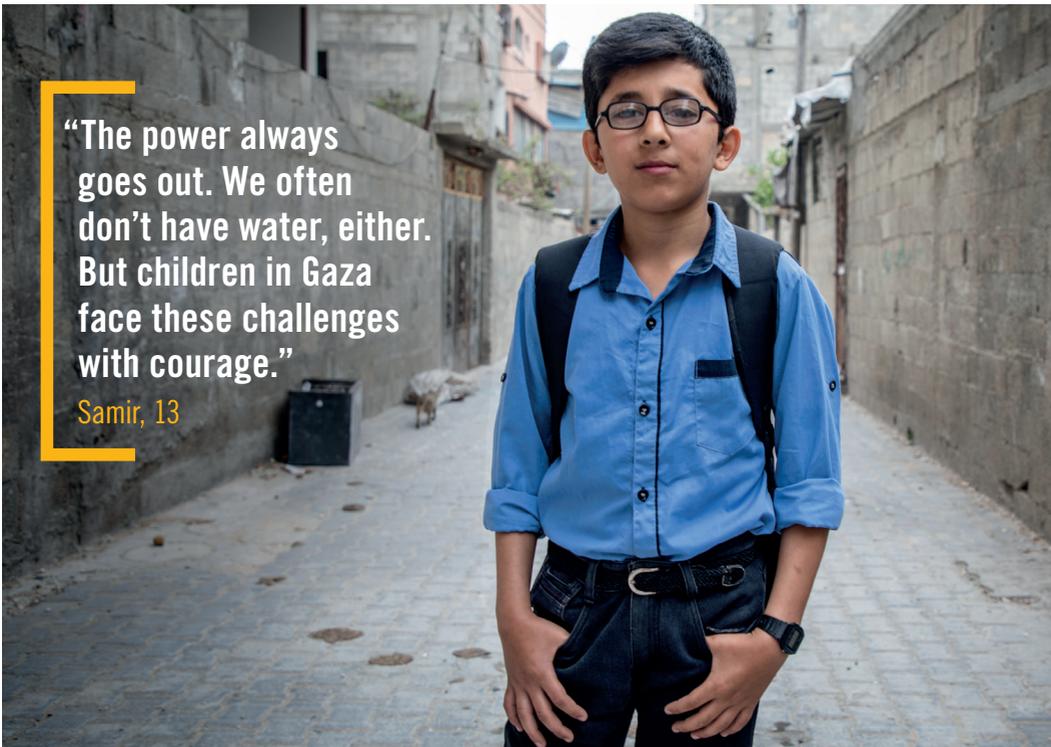
in 2017, while more than 100,000 babies die each year due to knock-on effects, such as a loss of healthcare. Children are also orphaned, traumatised and lose their homes.

Our founders Eglantyne Jebb and her sister Dorothy Buxton set up this organisation to help starving children in the aftermath of the First World War. So in our centenary year we've launched Stop the War on Children, our biggest ever campaign, demanding that the UK government draws up a new strategy to

protect young people in conflict.

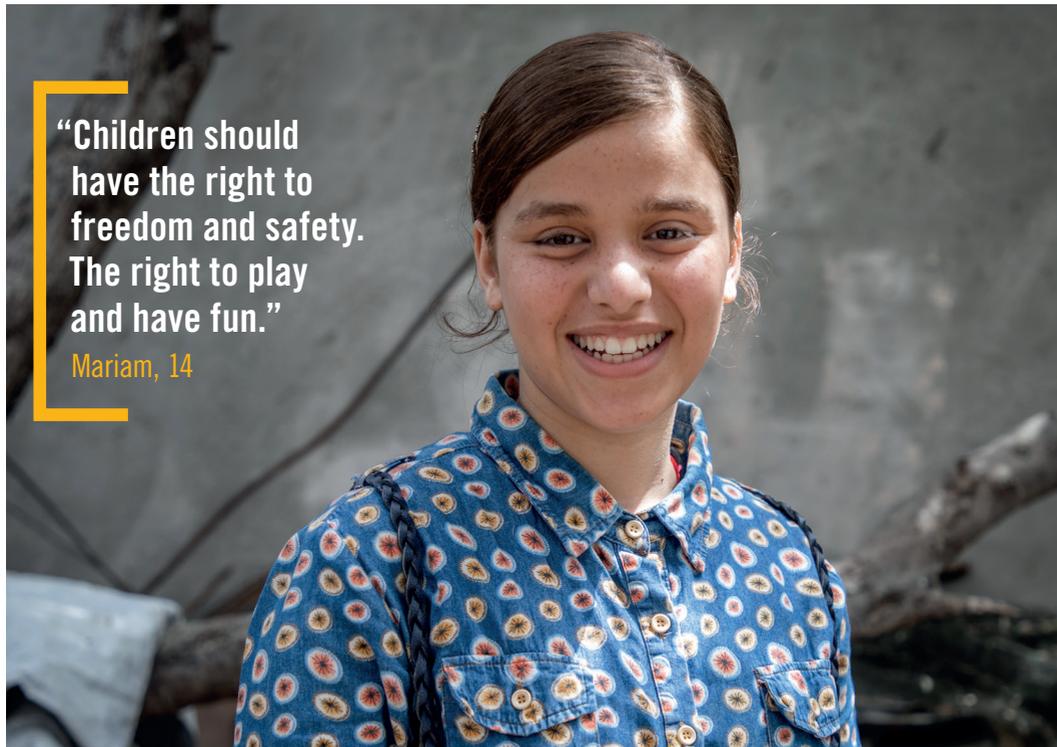
You've already helped us fight to improve children's prospects in the occupied Palestinian territories and around the world. Our projects provide education, boost awareness of children's rights and help them deal with the mental impact of war.

When a missile exploded next to the home of Mariam*, 14, in Gaza, a piece of shrapnel embedded itself in her ear. She suffered dizzy spells, grew withdrawn and her school work suffered. But with a little help from our resilience workshops, >>



“The power always goes out. We often don’t have water, either. But children in Gaza face these challenges with courage.”

Samir, 13



“Children should have the right to freedom and safety. The right to play and have fun.”

Mariam, 14

run with our local partners, she is now sociable and thriving. “I have an average of over 95/100 in my school marks, too!” she enthuses.

At 13-year-old Rima’s* West Bank school, meanwhile, we’ve taught pupils how to cope in an emergency, with first aid skills and evacuation drills. Choking tear gas, used by Israeli security forces to combat local violence, frequently envelops the area. But, says Rima: “I’ve started feeling a little bit safer – and useful. I might even save lives.” And where Ali was tense and shy, he’s now outgoing and talks confidently about his dreams and concerns.

But millions more children are trying to cope in conflict, and Stop the War on Children wants to make your voice heard asking for a government plan that will make a real difference. The UK must

commit to upholding international law, encourage allies to do the same, and provide assistance to young people recovering from war’s ill effects.

When he grows up, Ali has set his heart on becoming a doctor. Rima wants to be a journalist, so she can “tell the truth about what’s happening in my country and defend children’s rights.”

Together, through words and actions, we can send a message to the world: the future is worth fighting for.

Sign up to Stop the War on Children at: action.savethechildren.org.uk/StandUp



“Every person should be strong and self-confident to make a change and protect civilians in conflict.”

Rima, 13

CRISIS UPDATE: CYCLONES IDAI AND KENNETH

In mid-March, Cyclone Idai struck east and southern Africa. A second storm, Cyclone Kenneth, followed just six weeks later. Over three million people were affected in Mozambique, Malawi, Tanzania and Zimbabwe. More than 1,000 people died in the strong winds and floods, and tens of thousands lost their homes.

But thanks to the kindness of people like you, we were one of the first organisations on the ground. We set up health clinics and temporary learning spaces, helping children like Faizal (pictured) come to terms with the horror of what they'd just been through. Our teams distributed food items such as soya beans and salt, as well as thousands of litres of cooking oil. Tarpaulins gave families temporary shelter. We supplied water, soap, toilets, medicines and mosquito nets so people could keep clean and reduce their risk of diseases, such as cholera and malaria.

Amid the destruction and confusion of the cyclones, we helped to reunite many boys and girls with their parents. According to Gillian Moyes, the Response Team Lead in Mozambique, it was the locals' inspiring "sense of community and

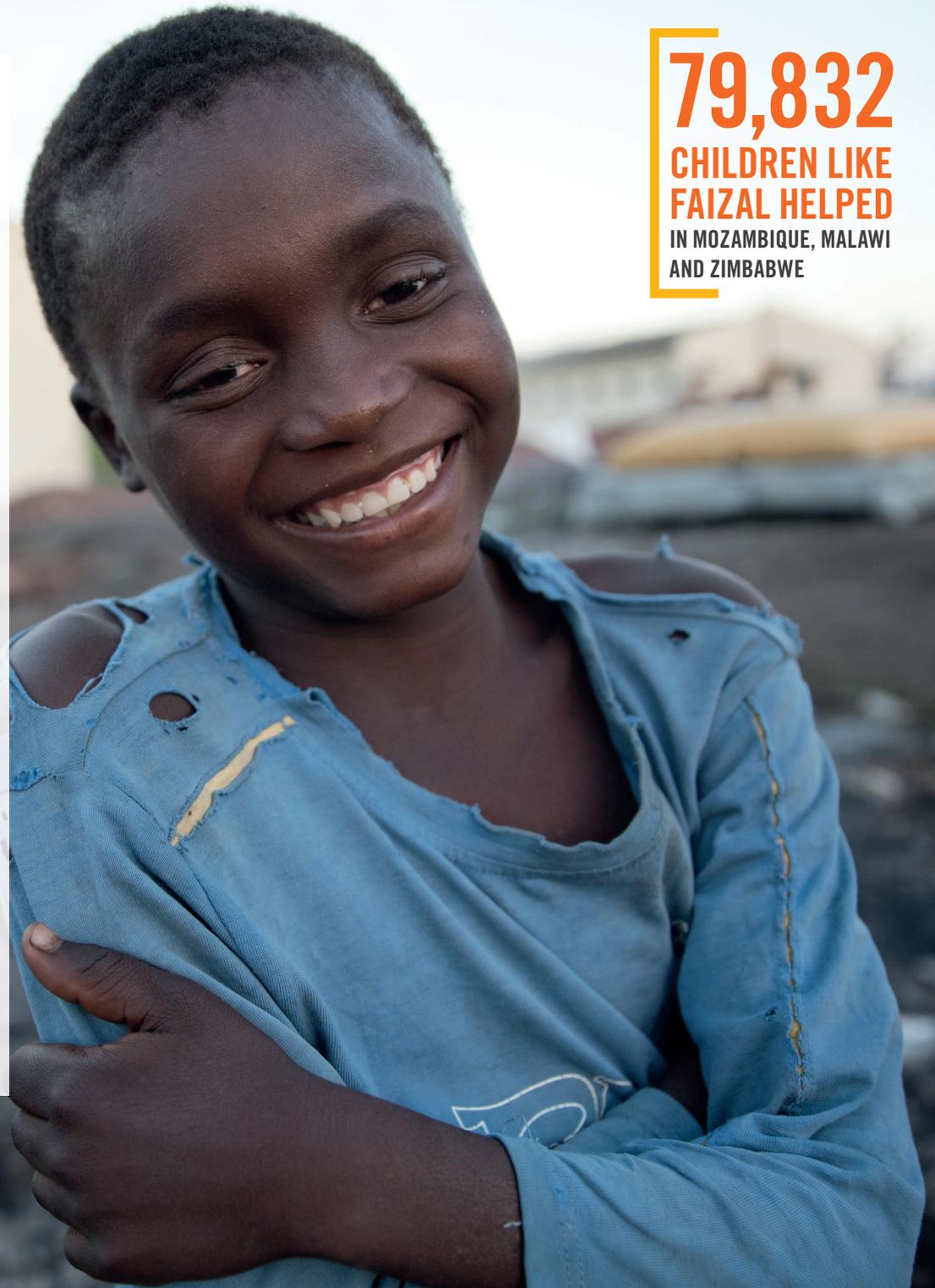
affection for children" that helped make this huge task easier.

Kenneth and Idai destroyed thousands of acres of crops, just as they were about to be harvested. But because of your donations we were able to provide seeds and tools to make sure farmers could replant in time for a second growing season. This swift action will prevent many food shortages and make families self-sufficient, once again.

Our staff worked tirelessly to achieve all this, despite transport networks, phone connections and sanitation systems all being badly damaged. It will take several years for the affected nations to rebuild the villages, health centres and roads they have lost. Vital new agricultural and environmental projects to reduce the impact of cyclones and flooding, such as reforestation and flood-resistant crops, will take a long time to be established too.

"But the strength and resilience of families and children in Mozambique is spectacular and inspiring," says Gillian. And with your support, we are helping all the countries hit by the storms create sustainable, long-term models for development that will bring optimism and positive change following disaster.

79,832
CHILDREN LIKE
FAIZAL HELPED
IN MOZAMBIQUE, MALAWI
AND ZIMBABWE



Ten-year-old Faizal's Mozambique home was destroyed by Cyclone Idai. But your support keep boys like him optimistic and smiling.

READING, LOUD AND CLEAR

A clever initiative is helping pre-school children develop a love of language and books.

There's huge determination in Jenaica Reyes'* family to see her do well – even though their resources are very limited.

Her mother and labourer father can't afford a home of their own, living instead with relatives. Yet thanks to our local First Read project in Mindanao, the Philippines, they have been able to make sure she has a great start to her education. >>

"I feel happy just by seeing Jenaica reading her books."

Jenaica's mum, Joy-Mae

**85% OF CHILDREN
IN LOW-INCOME COUNTRIES DON'T
HAVE ACCESS TO PRE-PRIMARY
EDUCATION**





“She wants to be a teacher. She’s said, ‘I hope I finish my studies so that I can give you a lot of money’.”

Jenaica’s dad, Nomar

The four-year-old first attended the programme, which also operates in Thailand, Cambodia and Rwanda, when she was two. Designed to fill some of the large gaps in pre-school education in these countries, it gives under-sixes access to age-appropriate books, and teaches parents how to help their children learn to read at home.

Before the sessions, Jenaica could only decipher a few words. But soon after, says her dad Nomar*, “She would open the books she’d been given, every day, and tell me ‘Pa! Pa! Pa! I know how to read already and I can memorise it, too.’”

“Now she wants to be a teacher. She’s said, ‘I hope I finish my studies so that I can give you a lot of money’.”

Nomar has learned a great deal from First Read, too, from tutoring techniques to how simply spending time with his children can help them succeed.

“I teach them before they sleep and we have lots of playing sessions,” he says. “[My wife and I] do not want our children to experience the same struggles as we have, because of poverty. We have promised ourselves to do what it takes.”

In the Philippines, the First Read programme has reached 88,000 children like Jenaica since it began in 2013. The Prudence Foundation supports the initiative in both the Philippines and Cambodia. It has made children more confident, in their reading, writing and in general, and changed parents’ perceptions that

education should only begin at school. Home learning and reading together have become integral parts of many families’ daily routines.

First Read has also helped develop local language children’s books where none were available before, such as in the Philippines where works have been published in local languages. Before First Read arrived in Rwanda, there wasn’t a single baby book on the market.

Our teams have become influential voices on government policy, too, advising Cambodian officials on early childhood development. First Read methods have been adopted for state-run parenting

skills courses in Rwanda, the Philippines and Cambodia.

And we are now applying many of the scheme’s ideas to similar projects in other countries, such as Tanzania, Uganda, Ghana and China.

Our education programmes reach hundreds of thousands of children, every year. As we celebrate 100 years, one of our key centenary pledges is to expand early years learning around the world even further. Together, we’ll continue working relentlessly so that all children can learn, develop and thrive.

*Names changed to protect privacy



FIRST READ HAS REACHED
88,972 CHILDREN
 IN THE PHILIPPINES AND
68,235 IN CAMBODIA

1979-2019

THAILAND

Sa Kaeo

CAMBODIA

VIETNAM



Anne, 1979



Vichuta, 1979



Anne & Vichuta 2019

FROM TRAGEDY TO TRIUMPH

To help mark our centenary, a Save the Children nurse and a former refugee tell their remarkable story of kindness, a small book and a young girl's amazing transformation.

When Anne Watts first encountered Vichuta Ly, the Cambodian teenager was traumatised and half-starved. She'd recently fled a vicious regime that had murdered her father, and now found herself in a refugee camp rife with malnutrition and disease. Yet Anne, a Save the Children nurse, was about to help her change her life.

There were 42,000 Cambodians at the Sa Kaeo camp, Thailand. Many had lost loved ones or been tortured as the Khmer

Rouge communist government persecuted millions of potential 'enemies'. Vichuta, whose family had lost their home, was only 14 but was determined to make herself useful and volunteered to help the aid effort.

"There was a spark behind her eyes," Anne recalls. "Some people can take whatever happens and think 'you're not going to get the better of me.'"

Anne and her team asked Vichuta to run messages for them, help distribute food and treat young women and children, struck down by diseases such as malaria and diarrhoea. The young girl only spoke a little English, and although she had to hide this for fear of persecution, she and Anne started to form a close bond. The English nurse would

take Vichuta around camp on the back of her bike. She protected her in an environment where girls were being raped and sold to brothels. "She even stopped soldiers grabbing me, one time." recalls Vichuta.

But it was the simple gift of a blue English-French dictionary that had the most impact.

"I'd be handing them out to several refugees," says Anne. "But Vichuta felt hers was a sign from her dead father (a judge). He'd told her 'Pay attention to your education. It'll give you a good life.'"

Vichuta left Sa Kaeo a few months later and was granted asylum in Canada, but she never forgot the way Anne and her colleagues had helped her.

She worked hard, became a lawyer and, in 2002, set up Legal Support for Children and Women. The charity gives free legal assistance to Cambodians affected by issues such as domestic violence, travelling the world speaking about her work. She also

learned every word in the dictionary.

In 2010, Vichuta came to visit her friend in London, six years later. "The [train] doors opened and at the back of a crowd I saw a hand waving, holding the blue dictionary," recalls Anne. "It was so emotive and showed how grateful she still was." "Anne inspired me a lot," says Vichuta. "Without Save the Children and people's support, I might have died."

But 40 years on, it is Anne, who these days works with the elderly, that is inspired by Vichuta. "You were a starved 14-year-old and look at you now!" she tells her. "A global ambassador fighting for women's and children's rights. Your father would be proud."

"Invest in children and they will grow to do many things," Vichuta replies.

If you'd like to find out more about this astonishing story, you can read Anne's memoir 'Always the Children: A Nurse's Story of Home and War.'



"Invest in children and they will grow to do many things."

Vichuta



“The Child Friendly Space is a nurturing space where children can focus on playing and learning”

Dalgis

WORKING HARD TO MAKE LIFE FUN

Staff Profile

Name: Dalgis Alandete

Age: 40

Occupation: Tutor



Thousands of families are living rough in Maicao, Colombia, having fled economic collapse and food shortages in Venezuela. Dalgis, a tutor in one of our Child-Friendly Spaces (CFS), is helping to provide a safe space where children can play and feel supported.

What are some of the problems that Venezuelan children are facing in Colombia?

Venezuelan children don't have homes to protect them from the rain and there have been reports of kidnappings. Most of their parents are unemployed, so children have to sell water or sweets on the street, or even beg, to make money. Some are also exposed to abuses and exploitation. They are very vulnerable.

What difference does the CFS make?

It's a nurturing, protected space where children can forget their worries for a little bit, and focus on learning and playing, instead. We use games, art and other activities to help them build their resilience and to teach them how to treat each other well. I spend a lot of time telling them what their rights are – the right to not be mistreated, for instance.

We also educate them about risk, such as how they shouldn't talk to strangers.

What have been some of your success stories?

12-year-old Brayan was an isolated boy who'd often get upset with his parents. In the CFS, he's become more collaborative and friendly, including with his mum and dad.

Angel is 13 and sleeps on the streets with his mother and sisters. He said the CFS sounded “boring”, when I met him, and he was very shy. But now he enjoys painting here and has a strength that is an example to other children and, most importantly, his family.

What do you like most about your job?

It's a gift to become someone special to the children. To teach them how valuable they are. They have big dreams; they want to be teachers, lawyers, doctors. I hope they become beautiful, kind adults, too.

What's your message to the supporters who help fund the CFS?

They have huge hearts and I appreciate that so much. They're allowing us to bring a lot of humanity to people through our work.

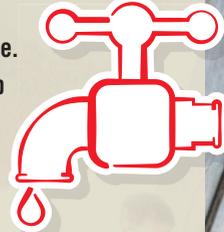
[Find out more about our child-friendly spaces overleaf >>](#)

INSIDE A CHILD-FRIENDLY SPACE

In the middle of natural disaster or violence, thousands of children have found comfort in our Child-Friendly Spaces. Whether in community centres, old schools or tents, these are secure locations where children can find friends, make music, receive counselling and more. So what are the key elements?



Our sites have **lots of toys, footballs and other play equipment**. These are suitable for different age groups and genders, and we try to choose a location with indoor and outdoor spaces.



A **supply of clean drinking water** helps to prevent the spread of water-borne diseases such as cholera. We also teach the importance of good hygiene. Washing facilities and soap are available, as well as toilets that are the right height for children.



Musical instruments allow children to learn a new skill, have fun, and celebrate local festivals and traditions. We also consult with community members and children to create activities that are culturally appropriate.



Learning is often one of the first casualties in a crisis. We supply **books, learning materials and basic lessons**.



Staff are trained in **medical first aid**, and **psychological first aid** for children who may have mental health issues. We choose a location that is a safe distance from hazards and accessible to children with disabilities.



Children decorate the space with artwork they've made using our **arts and crafts materials**. This makes the space feel like their own and boosts self-esteem.



**"I am a strong girl.
I am good at school.
I have lots of friends.
I will work hard to
pass my tests."**

Lina, 10



BEATING THE BULLIES

Lina* from Lebanon is a happy, confident child. That hasn't always been the case, though. Her speech impediment and the fact that her mum brings her up alone have frequently made her the target of cruel verbal abuse.

"One girl teased me about my lisp," she says. "Another taunted me because I don't have a father and my mom couldn't afford to get me a new phone. [The bullying] made my stomach hurt. I couldn't bear to hear one more word."

But Lina learnt to cope with the bullying when she became one of thousands of children we help worldwide each year with psychosocial support. Our counsellors empower those who've experienced violence, abuse and other trauma to

overcome their hurt and stress. We also give parents guidance on how they can support their child and, as happened for Lina, organise peer group activities to allow children to integrate better in to their school or community.

After five months of intervention from our staff, Lina went from sad and unsure to an optimistic and popular little girl.

"There are more people that like me than don't," she reasons. "If someone says bad things to you, support yourself. Don't be afraid of anyone."

With your generous assistance, we will keep doing whatever it takes to help children like Lina build content, successful lives, no matter their circumstances.

"I want every child to be strong, to have a nice time," she concludes. "And we should pray for all those who love us."

*Name changed to protect privacy

Photo credit: Nour Wahid / Save the Children

INSPIRING YOUNG MINDS

British children spend just 14% of their time in school. We're making sure that's not where their learning stops.

Empowering parents to get involved in their child's learning and development plays a major role in boosting their chances of success.

Our Families Connect programme helps children and families in disadvantaged areas to learn together in school and at home, so that all children can thrive.

IN ONE RECENT STUDY, TEACHERS REPORTED 27% OF CHILDREN HAD IMPROVED ACADEMIC ABILITY AFTER THE PROGRAMME.*

The programme provides a series of activities, games and techniques families can use with their four to six-year-olds to support their numeracy, language, literacy and social and emotional development.

Manchester mum, Amelia, cares for four-year-old Gemma and Arthur, aged two. Attending Families Connect has been hugely positive for her and her daughter.

"The sessions where we made up stories were especially good for language skills," she says. "They explored words and themes that may not come up day to day.

"Gemma and I can talk about her feelings through stories, too, giving me an insight into what she's thinking," she adds. "Small children are often scared of monsters and creating tales about friendly ones removed some of that fear."

The two of them already practised

*Families Connect Spring 2017 Impact briefing

counting together, but Families Connect taught them other methods that have made Gemma even more interested in numbers.

"Gemma has greater faith in her abilities now," says Amelia. "A certificate for completing the course gave her something to show for what she's done, which I think is really important for young children."

"Arthur and Gemma see their dad every day, but I don't get much outside help with them," she continues. "So, talking with other mums on the course gave me more confidence. That probably makes me a better parent."

Families Connect has already reached more than 7,000 children in the last five years and we want to reach many more. With your support, we'll keep fighting to make sure every child has the best start possible.



Photo credit: Claudia Janke / Save The Children

WHY UK AID REALLY MATTERS

Wherever you grow up, there are moments that matter. Like putting your hand up in class until your arm aches because you just *know* the answer to the teacher's questions. Sitting down to your favourite home-cooked meal. Or being brave when you have an injection. These moments matter – for children around the world.

But, of course, they can't happen without the right people and the right resources in the right places, from doctors to well-built schools, hospitals, food, medicine and books.

That's exactly how it was for little Maraga (pictured). The clinic in rural Kenya where she was born is supported by UK government aid. So is the midwife who delivered her. The UK has helped train more than 7,000 of her colleagues and Kenya's infant mortality has dropped by ten per cent. It's a reminder that the UK has a proud record of helping children in the toughest places.

But we believe that our government can and must do more to help poorer countries

stand on their own two feet.

That means sharing our expertise, skills and funding to help countries build and run their own health and education systems, and advising them how to increase their economic output so they can support themselves. It also means teaching them how to train new staff, control budgets and make sure people are paid. This will all lead to the most deprived and hardest-to-reach children getting good nutrition, healthcare and a decent education.

This isn't about handouts, a quick-fix or a sticking plaster. This is about tackling the root causes of poverty, so every child has the chance to survive and thrive.



Baby Maraga got a good start to life at Changara dispensary, Busia County, Kenya. Supported by UK aid, we helped provide the facility with a delivery room and essential equipment.

WHAT CAN YOU DO?

UK aid has the potential to create moments that matter in children's lives. Its impact can last a lifetime.

That's why we're campaigning for UK aid to prioritise helping poorer countries build stronger healthcare and education systems,

and become more self-sufficient. To give children the chance to shape their own lives – and help build a better future.

Add your name to our online petition:
action.savethechildren.org.uk/AidMatters
Together, let's make this moment matter.

MORE THAN

900 PEOPLE

REMEMBERED SAVE THE CHILDREN
IN THEIR WILL IN 2018

SINCE 2015

**19 LEGACY
AMBASSADORS**

HAVE VISITED LOCATIONS
INCLUDING INDIA, KENYA,
TANZANIA AND MOZAMBIQUE



This November, write or update your will with a professional solicitor in return for just a small charitable donation with Will Aid.

Find out more from the Gifts in Wills team.

A LEGACY TO TREASURE

Save the Children volunteer Anna travelled to Tanzania to discover how leaving a gift to us in your will can transform communities.



Every year, we ask a few special supporters to act as Legacy Ambassadors, visiting our projects so they can see first-hand how we're helping children overcome adversity. They then spread the word at events, in print, video and on social media. Communications consultant, Anna Stanford, from Kent, is one of these supporters and went to see the work we're doing in Tanzania. Here's what she found.

“Tanzania is a beautiful, vibrant country – but a place where children face everything from poverty to poor education and high teenage pregnancy. A tour of Save the Children-supported projects showed me, however, that your committed support can make a big difference.

First stop was a village school in the Southern Highlands. Through song, a play and some impressive dance moves, the children told us how a school feeding committee, run by parents, means pupils no longer attend lessons hungry.

We also learnt about the government-backed Tuseme (“Speak Out”) Club. It gives pupils a collective voice to present any concerns they have to staff, be that the cost of school uniforms or even pressure from

their families to start work.

The children feel empowered and happier, fewer children are missing classes and school performance has gone up. When I asked them what they wanted to be when they were older, they told me enthusiastically, “a doctor”, “a teacher” and, perhaps a little more surprisingly, “a pirate!”

I saw how your generosity can assist young adults in the village, too, funding apprenticeships for tailors, carpenters and beauticians. At the community bank, which provides low interest loans, we met entrepreneurial women who are reinvesting their profits straight back into their households and grandchildren's education.



On the island of Zanzibar, we were impressed by the committed staff at a centre for abuse victims, and visited a child-friendly court that provides a safe place for cases to be tried.

The Child Rights Centre, meanwhile, a clear source of pride for Save the Children staff, offers counselling for issues such as sexual violence – experienced by one in three Tanzanian girls. There's also a meeting space for the National Children's Advisory Board, a joint Save the Children/government project, where a panel of young people speak out on issues affecting them.

THINGS ARE CHANGING FOR TANZANIA'S YOUNG PEOPLE AND SAVE THE CHILDREN IS AT THE CENTRE OF THAT.

The money supporters like you donate is certainly well spent – I can vouch for that. And by remembering Save the Children in your will, you'll ensure that vital work continues for many years to come. ”



With a gift in your will, you can help us keep fighting to make sure children around the world reach their potential. For more information and a free will-writing guide, contact giftsinwills@savethechildren.org.uk or visit savethechildren.org.uk.



JOIN IN!



CHRISTMAS JUMPER DAY IS BACK!

Friday 13th December 2019

Last year, more than five million people took part, wearing their favourite festive woolly creations to the office, school or at home, raising over £4 million. Sign up now for our free fundraising pack and get your colleagues, family and friends involved, too. More information: christmasjumperday.org

GET IN THE RACE

Do you have a passion for running, or want to light a new fire from within and take your first step? Join Team Save and take on one of our epic running events happening around the UK! We have places in the Bath Half Marathon, London Landmarks Half Marathon, Edinburgh Marathon Festival, Royal Parks Half Marathon, the London to Paris cycle and many more! Just contact events@savethechildren.org.uk if you want to get involved in any of our events.



FATHER CHRISTMAS FUN

Wednesday 8th December 2019

Join us in Victoria Park for London's largest Santa Run. There are 5K, 10K and children's categories and the park will be transformed into one big grotto with elves handing out mince pies, Christmas fancy dress competitions and even a fake snow machine! The perfect seasonal outdoor event for the whole family. Contact events@savethechildren.org.uk if you want to get involved in any of our events.

Christmas Jumper Day - Photo credit: Jamie Baker / Save the Children
Get in the race - Photo credit: Dan Vernon / Save the Children
Santa Run - Photo credit: London Santa Run

Thanks to your support, children around the world
have much brighter futures.

If you'd like to further assist our work, you can use the
enclosed form to make a donation or call our supporter
care team on 020 7012 6400



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