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Donor ID:



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www.concern.net/fast

WILL YOUR SCHOOL FAST FOR JUST ONE DAY?

Dear Teacher,

I hope this letter finds you well in these unprecedented times. I'm writing to you once again about the Concern Fast and to ask you to be part of our life-saving work in the world's poorest countries.

Many things have changed in the last few months and FAST is no exception. I understand the enormous strain and pressures teachers, schools, parents and students have found themselves under and I have tried to make taking part this year as easy as possible.

I know that participation in the traditional sense may not be possible so there are some changes to the Fast this year!

This year we are asking schools to support families like Jane's (pictured). She has been left with no means to support herself, or her husband; and her son, 1 year old Mark Moses has become severely malnourished because of Covid-19. The pandemic is putting Kenyan families like theirs at risk of life-threatening hunger, malnutrition and disease.



Jane Wanjiru and her son Mark Moses at Mukuru health centre, Nairobi, March 2020

A DATE FOR YOUR DIARY!

This year's Fast takes
place on Thursday
19 November



HOW TO REGISTER

To register for FAST or book a talk email Noeleen as soon as possible noeleen.doyle@concern.net or schools@concern.net.

You can start fundraising right now using the sponsorship cards enclosed and by registering online www.concern.net/fast. Follow the instructions to create a unique fundraising page for your school.

You can share the page straight away with the school community. People can donate to the page directly, eliminating the need to handle coins and notes!



Jane washes her hands at a handwashing station on the streets of Nairobi to prevent the spread of COVID-19

Thank you for your support. It means the world to us!

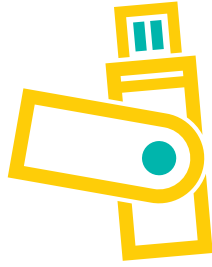


New for FAST 2020!

Included here is your FAST 2020 USB!

On it you will find copies of the physical contents of this pack – posters, sponsorship cards and a lesson plan booklet! You can print or share copies of these with students/teachers.

There are two Powerpoint presentations which can be used by teachers/students to learn about this year's FAST and Concern's response to COVID-19. Instructions for use are included on the USB.



Your FAST Pack!

Everything you need for FAST 2020 has been included with this letter.

A3 posters: Two posters are enclosed. The first can be used in the lead up to the Fast to increase interest and excitement. The second can be displayed after the Fast to show how much was raised. There are also copies of these posters on the USB included with this pack so you can email them, post on social media and/or print them! Feel free to photocopy and print these at your convenience but if you wish for extra full colour please email to request more.

Stickers: These new designs are for Fasters to wear on the day of the Fast. Extra are available on request!

Sponsorship cards: There are some printed sponsorship cards included in this pack as well as on the USB so they can be printed as you need them. Extra are available on request!

Lesson Plan Booklet: A 2020 version of our SDG 2 Hunger booklet includes up to date facts and classroom activities which link to the curriculum. This is ideal for teachers who want to enrich students' knowledge of hunger and help them understand why participation in the FAST continues to be so important. Up to date information about COVID-19 has also been added.

Bank giro: A Bank of Ireland bank giro with the account details is enclosed. **This year if lodging funds via bank or Post Office could you please take a picture of the receipt/stub and email or text it to me,** this makes it easier to identify! I would really appreciate your assistance with this.



Prizes!

Plaques will be awarded for Top Fundraising Schools in each province as well as schools who make an outstanding contribution to FAST. Schools must return funds by 23 December 2020 to be eligible.

Certificates will be presented to participating schools and teachers can request certificates for students they feel made a significant contribution to FAST. There will also be an opportunity for interested schools to take part in our end of year celebration Agents of Change in April 2021, which will be a new unique online event.



FAST Talks

This year's FAST talks are GOING DIGITAL! Talks can be arranged as normal with me and will be facilitated over online platforms such as ZOOM, Microsoft Teams etc. Workshops with students can also be arranged by request.



FAST Ambassador Workshops

Taking on the FAST can be time consuming and we always recommend getting student ambassadors involved where possible. This year we will offer workshops to schools who wish to have a group of FAST ambassadors in their school. The workshop will help build skills such as planning, leadership, and civic responsibility. This is an ideal activity for TY students.



Your Online Fundraising Page

This year to make taking part even easier we are asking teachers to create an online fundraising page for their school or class. There's a very simple sign up process involved, but if you need assistance I will be there to help! To get started, go to **www.concern.net/fast** and fill in the registration form. You will then be able to set up your fundraising page by following a few easy steps! This will eliminate the need to handle cash and coins!



Jane Wanjiru (24)
and her son Mark
Moses at their home
near Mukuru health
centre, Nairobi

All Photos Ed Ram/Concern
Worldwide 2020

“It is just every man for himself, no-one helps. Everyone is in the same situation.”

Jane (24) lives in Makuyu Nairobi with her husband and son Mark Moses (1). COVID-19 and the restrictions has left both Jane and her husband recently unemployed and with zero income. They are currently living in a single room apartment where they are forced to share a single bathroom with 22 other families. Put simply, they have to share washing and toilet facilities with upwards of 150 people. Many don't believe the virus is real and hygiene in the building is poor, with crowds filling the narrow corridors. Jane and her family have not been able to pay rent and they have been evicted several times as a result. There's no escape for her or her family.

Before the coronavirus Jane and her son had a balanced diet. The family would eat 4 times a day – now they eat twice a day if they are lucky. Recently Jane went two days without eating anything. “Without work we cannot get money to buy food.”



Mark Moses
had a muac
reading of just
10.6 in March,
meaning he
was severely
malnourished

Right now Jane has no food and doesn't know where her next meal will come from. She is expecting food from her parents but is not sure when this will come. When asked what are you going to do to feed your family Jane says “My only concern is the baby, so for him I hope to borrow from the neighbours.”

In March, Jane attended a Concern Health clinic with Mark Moses for a vaccination however while there the Concern team discovered he was suffering from severe malnutrition. He weighed just 5.9kg – a healthy weight for a 3 month old; Mark Moses was 10 months old.

In Nairobi, one in three children under five living in informal settlements are stunted, which means they are too short for their age. Stunted growth and development is a key indicator of extremely poor nutrition.

Once he was diagnosed as severely malnourished, Mark Moses was put on a course of therapeutic food. Jane also received protein enriched flour for making porridge. While getting better, Mark Moses is still malnourished and will continue treatment until he is out danger.

“I don't lose hope that Concern continues helping us and that God will bless them (people who donate to Concern). We need the support and hope that people continue with that.”

COVID-19 and hunger in Kenya

An estimated 40 million - 60 million people may fall into extreme poverty in 2020 as a result of COVID-19 with 23 million of these new poor expected to live in sub-Saharan Africa. The global pandemic is placing huge strain on those living in extreme poverty, or forcing those living close to the poverty line into a dire situation where they can no longer provide for their families due to sudden loss of income and lack of social protection.



The pandemic in Kenya is occurring against a backdrop of increased humanitarian needs due to back-to-back drought, floods and a locust upsurge—and will exacerbate existing vulnerabilities across Kenya, particularly for the urban poor, migrants, refugees and asylum seekers. Some 56 per cent of Kenya's urban population live in informal settlements and are at increased risk of contracting COVID-19 due to inadequate access to water and sanitation services and cramped living conditions.

As little as €13 can provide a week of nutritious therapeutic food for a malnourished child under 5. €70 is enough to provide a life-saving cash transfer which will support a family for one month.

We need your support to ensure that children like Mark Moses and his mother Jane get the life-saving help they need this year.

Thank you for your support, it means the world to families facing extreme hunger. Just one day of sacrifice could make a life-saving difference.

A handwritten signature in blue ink that reads 'Noeleen Doyle'.

Noeleen Doyle
Schools Fast Co-ordinator

How your school can help us save lives

€122

could provide therapeutic food for one child and a cash transfer for their family for one month

€700

could provide cash transfers to support ten families for a month

€1,220

could provide therapeutic food for ten children and vital cash transfers for their families for one month

Anything you raise will go to support our health programmes. But, if we exceed the target the remaining funds will go wherever the need is greatest.

Register now



www.concern.net/fast



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ENDING
EXTREME POVERTY
WHATEVER
IT TAKES

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