

Dear Supporter

My apologies for the long gap between my last letter and this one. My main excuse is covid. I assumed – rightly or wrongly – that those who have fallen victim to it would not have welcomed any unnecessary intrusion. I've been one of the lucky ones, though perhaps I should add 'so far...!'

The last time I contacted you I was still presenting the Today programme. But I decided that 33 years of getting up before dawn was enough for any man and now I present programmes for Classic FM. I can assure you that Beethoven beats Boris hands down!

Far more importantly, the reason for this letter is to thank you for your continuing support for the Kitchen Table Charities Trust. There has been a slight fall in donations over the past eighteen months but that was only to be expected during the pandemic crisis. What matters is that we have been able to continue giving grants to small projects and organisations that have been doing impressive work in some of the world's poorest countries.

The photographs accompanying this letter are, I think, a good illustration of that. They show happy children who are enjoying what every child on this planet should be able to take for granted: a decent education in a school with dedicated teachers, proper desks, clean water coming from the taps, flushing toilets and a healthy meal at lunchtime.

It's called the Brightlingsea Academy, named after the small town in Essex which is home to the good men and women who had the inspiration for it six years ago. It is exactly the sort of initiative that the Kitchen Table is proud to support. We typically make grants of between £5,000 and £10,000 to small projects and villages who are in great need of help.



I spent many years as a foreign correspondent living and working in sub-Saharan Africa and I have no doubt at all that the greatest gift we can give to children who are born into extreme poverty is the gift of education. If they can learn to read and write the door is open to them to break free from the misery and degradation that have plagued their lives and that of their parents.

This school is in the dirty-poor district of Kumasi in rural Ghana. Almost none of the households have clean running water or electricity. Mothers give birth without the help of a midwife or even the most basic medical facilities. As a result many children are born disabled and suffer terribly from diseases carried in the foul water they are forced to drink. Their mothers often cannot work in the fields because caring for the children is a fulltime job. And so the suffering continues.

Their new school helps break this terrible cycle. It provides more than education. It eases the burden of 24-hour care from the mother. The children get at least one decent meal a day and expert help to cope with whatever disability they may have. And, vitally important, they are able to drink clean water.

We don't only help fund schools of course. We give grants for clinics and provide training for midwives and nurses. We help sink boreholes and build water storage facilities. We finance villagers (usually women) who want to set up tiny businesses, often selling the produce we enable them to grow by providing fertilisers and seed. One of our most successful projects this year was enabling a group of women to set up beehives. They sell the honey and the bees pollinate the village's crops. I could fill several pages listing all the many projects we have funded in the past seventeen years.

But if I were forced to choose the most important of all our activities it would be making it possible for children to learn how to read and write. Without that basic skill they are condemned to follow the path trodden by their parents and generations before them. A life of degrading poverty. Many, when they are in their early teens, leave their villages for the nearest city where they hope to find decent paid work. But without even the most basic education many have to turn to petty crime or prostitution if they are not to starve. Most of them end up in prison and die hideously early deaths.

It is truly extraordinary how a relatively small sum can change a life. That change is summed up, for me, in one word. Hope.

A child who can read and write has at least the hope of a better life. I refuse to view sub-Saharan Africa as a hopeless basket case. Every family we can help has the potential to make a difference.

May I remind you that if you choose to make a donation you can do so in the knowledge that your money will not be used to pay to run the Kitchen Table. Of course, we must have our accounts properly examined and a tiny fee goes to the wonderful Liverpool Charity and Voluntary Services which keeps our records. But that's it. We have no paid staff and no offices.

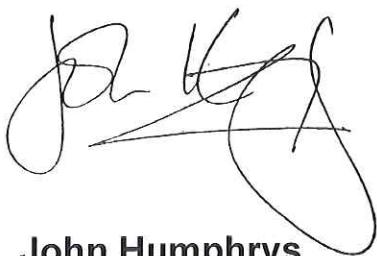
All my colleagues are volunteers, who give their time freely and don't even charge expenses. I owe them a great debt of gratitude. Especially Brian Donaldson (a retired UK ambassador) who scrutinises every grant application before submitting them for approval. Or otherwise! Brian is brilliant at spotting the occasional fraudster.

But it goes without saying that we could not survive without your contribution, however small or large.

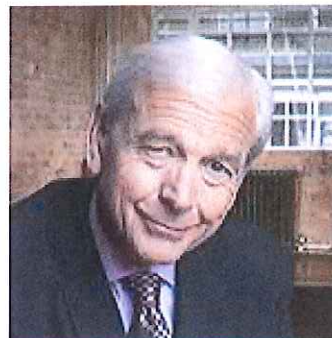
May I thank you for making our work possible and, if you are not familiar with it, may I refer you to our website:
www.kitchentablecharities.org

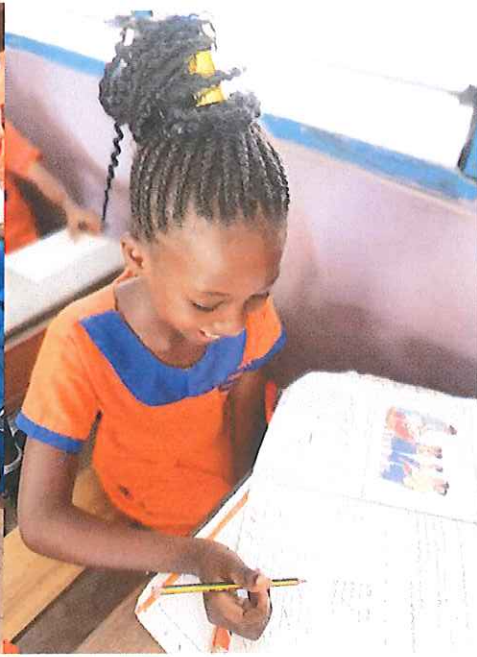
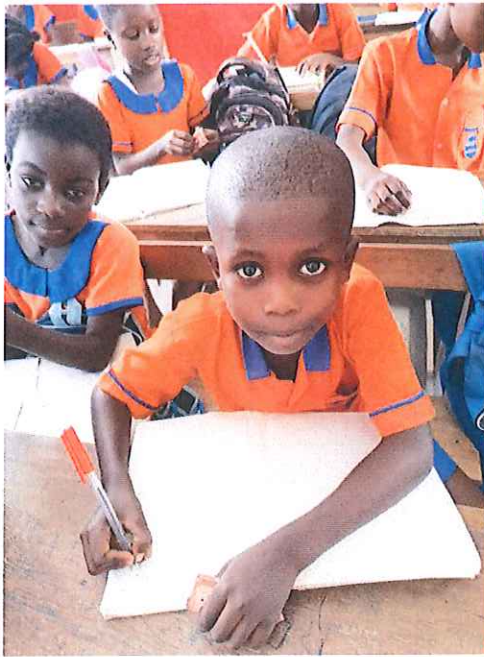
With all good wishes

Yours sincerely



John Humphrys







**Kitchen Table
Charities Trust**

Registered Charity No. 1110829

You can donate to the **Kitchen Table Charities Trust** in the following ways:

By cheque: payable to 'LCVS (Kitchen Table Charities Trust)'
Sent to **LCVS Charity Services**
151 Dale Street, Liverpool L2 2AH

By Standing Order:

Please contact LCVS Charity Services to set up a regular donation (monthly, quarterly, annual) on 0151 227 5177.

By debit/credit card:

Over the phone:

Telephone 0151 227 5177 (Monday – Friday, 9am – 5pm)

Over the internet: **www.lcvs.org.uk click **Make an Online Donation**,
select Kitchen Table Charities Trust, and complete the donation details**

(Please remember that, if you pay tax, Gift Aid can add a further 25p for every £1 you donate to the charity.)

By donating Shares

Please contact LCVS Charity Services on 0151 227 5177

By making a Legacy donation

Please contact LCVS Charity Services on 0151 227 5177

By Shopping Online

Select Kitchen Table Charities Trust as your beneficiary charity when shopping on the **www.easyfundraising.org.uk** website.

By donating through your Self-Assessment Tax Return

Quote Charity Code **"ZAS72EG"**



Are your contact details correct? If not, please complete this form.

Mr <input type="checkbox"/>	Mrs <input type="checkbox"/>	Ms <input type="checkbox"/>	Miss <input type="checkbox"/>	Dr <input type="checkbox"/>	Other
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First name:

Last name:

Organisation/Company (if applicable):

Address:

Postcode:

Telephone:

Email:

(if you provide an email address we will use this method to contact you in future unless you tell us otherwise)

Please claim Gift Aid on this and any future donations I make to KTCT from this date until otherwise notified. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it

is my responsibility to pay any difference. (Please tick)

SIGNATURE	DATE
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