



## No spare time... No spare cash... You can still help Children Change Colombia!

We receive many emails from people saying they really want to do more to support our work but have limited time or money. So here's an idea or two!

### An email from a Children Change Colombia supporter:

*"Last weekend I got together with a group of friends that I'd been trying to see for months. We all lead busy lives and 2 of us have children too, so it's rare manage to get together. None of us have much money either. After much deliberation about where to go we just gathered at my house with a few bottles of wine and some nibbles... We all support different charities, and reveling in our low-budget rendez-vous we came up with a great way to support them. I thought I'd share the idea with you so you can pass it on to other Children Change Colombia fanatics! Here's the plan:*

- We're going to take it in turns to host a get-together every 2 months.*
- Each time, the host buys the wine and a few tapas / light dinner – based on a budget of £5 per person. Each person gives the host £10. Of this £10, the host keeps £5 to cover costs and then decides on a charity to donate the other £5.*
- This means that between 6 of us, our chosen charity (Children Change Colombia in your case) will get £30 for their amazing work (and it still works out cheaper for us than going out for dinner)!*



£27 could pay for a training session for young leaders on how to reduce violence in their schools.

*We figured that, in our local pub, a few drinks and some food comes to at least £15 each, and it's of no benefit to anyone except us. This way, we have just as much fun, and our charities get a bit of extra money for your great work".*

**You could also do:** a coffee morning, lunch or brunch, dinner, football and a few beers, film night instead of the cinema, parents and toddlers... the list goes on - you can no doubt think of more. And if you're already part of a group that meets regularly, you've already done the hard part.

Whatever you decide to do, the great thing about this is that you see your friends, you save money staying at home, you tell people about your chosen charity and you really make a great difference to the lives of other people.

If you do decide to host a rendez-vous to support us, please let us know in advance, so we can send you a handful of leaflets to give to friends.

£60 could pay for a young leader to train 10 children in their community to protect themselves against sexual violence.

To discuss how you can fundraise for Children Change Colombia, contact us on:

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Children Change Colombia is a UK registered Charity, No. 1075037

