



Newsletter May 2016

Message from the Founder

Hello Everyone

I am delighted and privileged as the Founder to share my thoughts with you during the 17th successful year of SHARE.

All these years I have been blessed with such enthusiasm, encouragement

and support for SHARE projects, which has enabled the successful development and continuation of our mission. We have once again enjoyed a high standard in performance, by changing lives, shaping the future and making an impact on many neglected needy people.

With the growth of SHARE and the service expanding from modest beginnings, the complexity of the workload has increased tremendously. I therefore feel that it is most timely to seek partnership to embark on now for the next stage of SHARE's development in terms of management and administration.

We all dream our dreams, a few of us are lucky to see our dreams come true. For most of us and especially for those living in the poorest areas of the world, a dream can simply be for the good health of the family. The likelihood of such good fortune happening depends on so many factors, not all of which we have control of. SHARE projects, with your support and generosity, continue to play such an important role in helping the sick and needy to retain a sense of dignity, to alleviate pain and to fulfil some basic human needs in areas where hope was once fading.

There is a great need among our brothers and sisters who continue to need the assistance SHARE provided in the past, presently and to continue our mission into the future.

I am grateful for the support that has been given from the Trustees, Management, the volunteers, Sponsors and the multidisciplinary staff up until now. I wish to thank in advance, all the future facilitators and sponsors who are joining hands with SHARE on behalf of the beneficiaries to maintain this wonderful service for years to come.

Finally, I would like to refer to something that one of my donor's once said to me, that 'giving a job to someone is the biggest charity of all'. My dear friends and loyal supporters, together we perfectly reached our goals and make a difference to the lives of the needy, sick and disabled people of Sri Lanka, while also giving employment to 31 of their fellow people.

Thank you for always being part of SHARE. *Lelina Saharasinhe*



SHARE Day Centre, Kalutara

Can you imagine the clients of our SHARE Day Centre in Kalutara, getting up in the morning asking their parents whether they are late and whether they should start getting ready to go to 'school' as they call it. Can you also imagine the disappointment when they are told that it was not a Thursday.

Once a week these children and adults with physical and learning difficulties get picked up from their homes in our van to get to the day Centre. When reaching the Centre, they somewhat run in with their big smiles.



Community Day Centre clients and staff with Nathalie Gunawardena, Facilitator.

A typical day includes prayer, exercise, writing, numeracy, games, arts and crafts. Last year they participated in an Art Exhibition, enjoyed by all.

2016 has been excellent. They had a belated Nativity Show where everyone took part. Their Christmas Party was celebrated in great style.



All the clients took part in the sport events which were held in Kalutara and many finished winning their races. They were chosen for the district event which took place at the end of April and many took part.

Since 13th December 2010, these children have come a long way. Being at home and not getting any activities and not communicating with outsiders they had very little to offer. Now they are somewhat independent and helping the parents, while the children and young adults have a fun day, the parents/carers have respite.

Community Nursing Service

We give holistic care to the poor, elderly, terminally ill, and the physically and mentally disabled. We support and assist the individuals in their needs. We are committed to ensuring each individuals right to dignity and respect.

Continuing with our projects news

In the North Central Province the poor, mostly young farmers are threatened with a silent killer which is the chronic Kidney disease of unknown origin. One out of 10 people of the total population of 1.4 million in this province were affected. SHARE has been very fortunate to receive substantial financial help from The Philip King Charitable Trust in U.K. so that since February 2010 we have been able to provide the victims with the cost of transport, medication and the various items that are desperately in need for dialysis and transplant surgery. This support and financial assistance we give them during their need is immeasurable.

Since the beginning of our Charity in 1999 our goal has been always to work towards prevention and care. Our Public Health Teaching programmes are continuous in our Community Nursing Service Projects. SHARE has taken a further step towards prevention and at least minimising the incidence of the Kidney disease. Whatever the reason may be, SHARE believes and it is well accepted that the contaminated water consumed by people, is the root cause of the chronic Kidney disease.



SHARE has been building Sky Water Tanks with an inbuilt filtration system for identified families who are chosen for our Renal Dialysis Programme. We have completed 15 SWTs since 2012. The Anuradhapura Water Resource Board has joined hands with us and provide us with technical assistance.

18th September 2015, SHARE held a Medical Clinic at Alagollawa Health Centre, the main target was to identify patients of early kidney disease from these remote areas.



Consultant, Dr. Rajeev Dassanayake, medical Laboratory technologists, nurses and minor staff from the Teaching Hospital, Anuradhapura represented Kidney Protection Foundation. They have been most appreciative for SHARE for their involvement and participation. The community were most grateful to SHARE for the Service that was provided to them.

There were 278 patients attending the Clinic, they had their diagnostic tests and 34 patients were identified for further tests, and referrals made to Anuradhapura Hospital. Dr. Rajeev Dassanayake has given a valuable talk on Chronic Kidney disease, a counselling programme was available and three days activities took place.

Future Events

Sunday 15th May 2016

SHARE Annual Sponsored Walk,
9 a.m. start. Meet at Provincial House,
The Ridgeway, Mill Hill, NW7 1RE.



A Huge Thank You

1. Rangoonwala for their commitment for funding Kotahena Community Nursing Project for 2016.
2. The Philip King Charitable Trust for their continuous funding for Renal Dialysis Programme for 2016.
3. Sukitha Child Trust for giving a helping hand for Kalutara Community Nursing Project and Part Funding our Community Day Centre for the children and adults of the differently abled Community.
4. Swiss Ladies Charity circle for their financial assistance towards meals-on-wheels Service for Kalutara Project for year 2016.
5. Beatrice Laing Trust of Mill Hill for funding expenses for a mobile Clinic for 2016.
6. E.M.U. Jayasuriya Memorial Trust for assisting us to fund an increased number of patients with the cost of transport and medication and also to increase building the number of Sky Water Tanks for the year to provide drinking water to the needy families.

Thank you to those donors who set up standing orders, giving us the assurance of regular income, thus enabling us to plan the future.

Also, to many others for their generous donations and continuous support to maintain our community Nursing service.

Thank you and God bless you

Committed Giving

Setting up a monthly, quarterly or yearly standing order is the easiest way to make a donation to the Foundation. A regular gift makes it easier for the Foundation to predict its income and therefore direct its resources more effectively.

Gift aid it

PLEASE note - we can claim an extra 25 pence on each pound donated.

Forms can be requested from SHARE on Tel:
020 8906 1227 or by downloading from our website:
www.sharesrilanka.org



Please help us to help the poor

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