

# *Coach House Alternatives*

Gifts that make you feel good!

Looking for something different for  
family and friends?

Give the gift to someone  
who really needs it and the 'feel good'  
to family and friends

*No wastage!*

- *the total amount paid goes to the project supported*
- *Gift Aid adds an extra 28% to the total*

*No delay!*

- *Gifts can be bought over the counter*

*Total accountability!*

- *Feedback direct from the project will be arranged if desired*

Learn more overleaf and  
choose from the large selection

We like to give presents, but often, the people we give them to don't need them. Through **Coach House Alternatives** we can give to the people who really need our help and at the same time, remember our nearest and dearest.



***This is how it works:***

You choose from the following selection, fill in the form and pay the given amount. You will receive a card [handmade, from one of our partners in the majority world] in which will be inserted another card stating what your gift will provide. **The Balmore Trust will guarantee that your money goes directly to your chosen recipient.** You can even ask for personal feedback.

If you are a UK taxpayer, you can make your gift even greater by signing the Gift Aid form, which will add 28% to the value of the gift at no extra cost to you.

***Here's the choice:***

**East Dunbartonshire Women's Aid** ([www.womensaid.org.uk](http://www.womensaid.org.uk))

EDWA has firmly established its credentials as an organisation providing support and refuge for abused women and children. Although their core funding is relatively secure, running costs are always in short supply. Women and children arrive with nothing, so any kindness they receive from a stranger means a great deal.

**A visit to a hairdresser for a woman in refuge (£20)**

EDWA1	hairdresser	20
-------	-------------	----

**An outing for a woman and child in refuge (eg theatre or panto) (£20)**

EDWA2	outing	20
-------	--------	----

**A gift voucher for a teenager in refuge (£20)**

EDWA3	gift	20
-------	------	----

**Family meal out for a woman and three children (£25)**

EDWA4	meal	25
-------	------	----

**Grocery Shopping vouchers (£30)**

EDWA5	groceries	30
-------	-----------	----

## **Family Action in Rogerfield and Easterhouse (FARE)**

([www.greatereasterhouse.co.uk/fare](http://www.greatereasterhouse.co.uk/fare))

FARE is a locally run community project. It started at a public meeting in 1989 and now has 9 full and part-time staff working from a tenement block, which became available after some drugs related deaths made it 'hard-to-let'. FARE runs youth clubs, sports activities, holidays for over a 100 children, a café, parent & toddlers' group and support for some vulnerable families and youngsters. It is working hard to reduce tension between local gangs. The great majority of FARE's staff, sessional workers, committee and volunteers are local residents.

### **Christmas gift for child (£10)**

FARE1	gift	10
-------	------	----

### **Day's outing to seaside or countryside for young person (£15)**

FARE2	day out	15
-------	---------	----

### **Starter pack of baby goods for new mother (£25)**

FARE3	baby	25
-------	------	----

### **One month's supply of art materials for Youth Club (£50)**

FARE4	art	50
-------	-----	----

### **Caravan holiday at seaside for one week for one young person (£100)**

FARE5	caravan	100
-------	---------	-----

## **The Liliash Trust** ([www.braendam.org.uk](http://www.braendam.org.uk))

**The Liliash Trust** provides short-term residential care at **Braendam Family House** for families under stress who are in danger of having their children taken into care. In an idyllic setting in Stirlingshire, families can escape from the stresses of poverty and share their burdens with other families and with a sympathetic and trained staff, while they follow a structured restorative programme. Gifts will help maintain high standards of equipment within the House.

### **Wellington boots for children staying at Braendam (£20)**

LGT1	wellingtons	20
------	-------------	----

### **Cot mattress (£30)**

LGT2	mattress	30
------	----------	----

### **Children's buggy (£40)**

LGT3	buggy	40
------	-------	----

### **Chest of drawers (£50)**

LGT4	chest	50
------	-------	----

### **Children's bed set – quilt, cover, pillow etc (£60)**

LGT5	bed set	60
------	---------	----

## **Child in Need Institute (CINI), Kolkata** ([www.cini-india.org](http://www.cini-india.org))

CINI is a highly regarded Indian NGO which has been working since 1974 to combat malnutrition in mothers and their young children and has since expanded its scope to include street children and adolescents. It has developed a low-cost supplementary food – Nutrimix – which mothers are taught to prepare themselves and it takes a longterm, holistic approach to street children, whom CINI either returns to their families or establishes in longterm hostels.

Sponsoring a pregnant mother until her child is two, ensures a vital, healthy start in life. Payment can be made, if preferred, in four instalments.

### **An eight day stay in the children's intensive care ward (£10)**

CINI1	ward stay	10
-------	-----------	----

### **Health check, treatment & Nutrimix for 20 malnourished children (£20)**

CINI2	nutrimix	20
-------	----------	----

### **30 days food, education and healthcare for a street child (£30)**

CINI3	street child	30
-------	--------------	----

### **Bed at Breastfeeding Management Unit (£44)**

CINI4	bed	44
-------	-----	----

### **Adopt a mother and save her child [AAM] (£200)**

CINI5	AAM	200
-------	-----	-----

## **HiLDA Trust, Kerala, India** ([www.hildatrust.org](http://www.hildatrust.org))

HiLDA has been working amongst the poorest and most marginalised people of Wayanad in Kerala since 1987 to promote self-reliance through people-centred initiatives; community participation in the development process and the empowerment of disadvantaged rural and tribal people.

It has established a large number of impressive programmes, including micro-credit and community business, sexual health & HIV/AIDS education, water harvesting & sanitation, organic agriculture, legal advice, leadership development and youth work.

### **Umbrella (for walking to school during monsoons) for young person in HiLDA's adolescent programme (£5)**

HILDA1	Umbrella	5
--------	----------	---

### **Steel shelf for one family to keep clothes and valuables free from vermin and ants (£25)**

HILDA2	Steel shelf	25
--------	-------------	----

### **A goat for milk for young children & income generation for the family (£40)**

HILDA3	Goat	40
--------	------	----

### **A clean toilet for a family (£50)**

HILDA4	Toilet	50
--------	--------	----

*Prices for HiLDA gifts reflect the high cost of living in this part of India.*

## **Joliba Trust, Mali** ([www.jolibatrust.org.uk](http://www.jolibatrust.org.uk))

The Joliba\* Trust supports grassroots development work with farming and cattle-raising communities in some of the most marginal areas of the West African democracy, Mali. Rich in human kindness and social cohesion, Mali has already suffered severely from the effects of climate change and soil erosion, which have pushed many people to the edge of survival in some of the most difficult living conditions in the world. The particular focus of the Joliba Trust is on projects to help women and on environmental work for long-term food security.

\* *Joliba is the local name for the River Niger and means 'riches of life'*

### **Paraffin lamp for a Village Birth Attendant (£6)**

JT1	lamp	6
-----	------	---

### **Training in locust egg collection for 10 people (£8)**

JT2	training	8
-----	----------	---

### **6-months supply of cattle seed cake for nomadic women £10**

JT3	cake	10
-----	------	----

### **A Beehive for honey production (£12)**

JT4	beehive	12
-----	---------	----

### **Climate Change Management: Tools for building contour walls to protect topsoil**

JT3	tools	20
-----	-------	----

## **Kottayam Social Service Society (KSSS), Kerala, India** ([www.ksss.in](http://www.ksss.in))

KSSS is a non-profit secular voluntary organization which runs a large number of innovative social welfare programmes, including income generation projects, in the Kottayam Diocese. The focus of its work is the empowerment of the poor and marginalised in its community, especially women, widows, the handicapped, elderly, children and subsistence farmers, irrespective of caste and creed. Fr. Michael Vettickat, the organising Secretary of KSSS, visited The Coach House in 2004 and The Balmore Trust has been able to give support in a small way since then, in particular through Coach House Alternatives.

### **Spectacles for person who has had cataract operation (£20)**

KSSS1	spectacles	20
-------	------------	----

### **Hearing aid & speech therapy for a child (£23)**

KSSS2	hearing aid	23
-------	-------------	----

### **Caliper shoe for a child (£30)**

KSSS3	shoe	30
-------	------	----

### **Pickle-making equipment for income generation (£30)**

KSSS4	pickles	30
-------	---------	----

### **Milking cow for income generation (£40)**

KSSS5	cow	40
-------	-----	----

## Saidiana Women Group, Eldoret, Kenya

Since its small beginnings during a visit by its founder, Fridah Wafula, to Iona in 1998, Saidiana (Swahili: 'help one another') Women Group has become a significant grassroots outreach organisation.

It concentrates on farming self-sufficiency, micro-entrepreneurship, HIV/AIDS awareness and care, and primary health care.

Despite the many problems facing Kenya just now, Saidiana continues to grow, helped significantly by the Coach House customers who buy their gifts.

**Avocado Tree (£2)**

SWG1	tree	2
------	------	---

**5 Mosquito nets (£5)**

SWG2	mosquito nets	5
------	---------------	---

**School desk (£8)**

SWG3	desk	8
------	------	---

**Sheep (£10)**

SWG4	sheep	10
------	-------	----

**Field of Vegetables (£15)**

SWG5	vegetables	15
------	------------	----

## St Andrew's Clinics for Children (STACC)

([www.standrewsclinics.org.uk](http://www.standrewsclinics.org.uk))

STACC is concerned with supporting and developing health care for children in Africa. Thanks to the generosity of many, STACC is able to underpin free health care for children in Sierra Leone, Nigeria, Uganda, Zanzibar (Tanzania), Kenya and Ghana.

Malaria kills babies and infants in Africa at the rate of one every 30 seconds. Bednets, treated with safe insecticide to kill mosquitoes, protects children during sleep and have been shown to reduce both episodes of malaria and deaths from the disease.

Many African children suffer from chronic worm infections that impair growth, development and educational performance. Regular oral doses of "deworming" medicine, offered to children at primary school, is a most cost effective public health measure for a low-income country.

**Treated mosquito net (£8)**

STACC1	bednet	8
--------	--------	---

**De-worming treatment for 20 children for one year (£10)**

STACC2	dewormer	10
--------	----------	----

## **Siloam Youth and Children's Aid Mission (SYCAM)**

SYCAM is a Christian charity in Chennai, India, that runs a home for poor and neglected children, including tsunami orphans. The charity runs a school for them and local children living in the community, who would otherwise not be able to afford an education. SYCAM also supports leprosy sufferers, gypsies and the blind in Chennai as well as running a Christian church. It has no financial support from the local authority and its work is funded by donations.

SYCAM recently made contact with The Coach House through its local support group in Kirkintilloch.

### **School bag and stationery (£5)**

SYCAM1	School bag	5
--------	------------	---

### **Two pairs of shoes & socks for a child (£10)**

SYCAM 2	shoes	10
---------	-------	----

### **Two sets of school uniform for a child (£15)**

SYCAM 3	uniform	15
---------	---------	----

### **Living costs for a child in the orphanage for a month (£20)**

SYCAM 4	orphanage	20
---------	-----------	----

## **Sophia Mission Institute, Burma**

The Balmore Trust has been supporting this highly regarded school in the Chin Hills in northern Burma for a number of years. Recently we have been helping with the construction of a new school building and persuading other agencies to follow suit, including the British Embassy in Rangoon.

The building of the new school has been a major achievement. Now they are addressing environmental and income generation challenges.

### **A vine for the School Compound for income generation (£3)**

SMI1	vine	3
------	------	---

### **5 pine trees – to replace wood used in building (£5)**

SMI2	trees	5
------	-------	---

### **Tea plant (£5)**

SMI3	tea	5
------	-----	---

### **A piglet – for food and biogas for cooking/lighting (£20)**

SMI4	pig	20
------	-----	----

### **A wardrobe for the Staff residence (£60)**

SMI5	wardrobe	60
------	----------	----

## **Wells for India** ([www.wellsforindia.org](http://www.wellsforindia.org))

Wells for India works in Rajasthan, India and is concerned primarily with the water harvesting and conservation in areas susceptible to drought.

- Drinking water during the drought season is at a premium. This gift will ensure a family has adequate clean water.
- Trees play an important part in stopping run-off of the rains, when they come.
- Check dams are built lower down the water courses to retain the monsoon water and allow crops to flourish.
- Nutritious gifts help to reduce the maternal death rate by providing extra nutrition for pregnant and nursing mothers and their children.
- An orchard provides a family with nutritious fruit and a means of income generation.

**Drinking water (£5)**

WF11	water	5
------	-------	---

**A tree (£10)**

WF12	Tree	10
------	------	----

**A check dam (£20)**

WF13	check dam	20
------	-----------	----

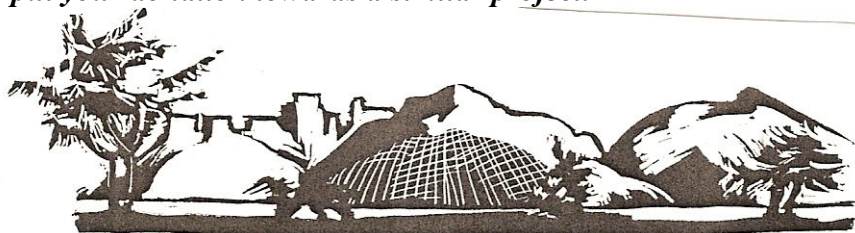
**A nutritious gift (£30)**

WF14	gift	30
------	------	----

**An orchard (£40)**

WF15	orchard	40
------	---------	----

*If any of the gifts – UK and Overseas - are over-subscribed, the organisation to which they are sent will undertake, with your consent, to put your donation towards a similar project.*



**Find out more by looking up the websites**

*The Balmore Trust, Viewfield, Balmore, Torrance, Glasgow G64 4AE 01360 620742  
(Scottish charity no. SC 008930)*



# Gift Aid Form

*If you are a UK taxpayer, you can raise the value of your gift by 28% and more, by filling in the form below.*

I, ..... , a UK taxpayer,  
of.....

..... **Post code**.....  
*[home address of donor]*

wish **The Balmore Trust** (Scottish charity no. SC 008930) to treat the attached donation and any I make from 6 April 2000 until I notify otherwise, as Gift Aid.  
*[Note: The Balmore Trust, or any other charity you wish to support, cannot reclaim more tax than you pay].*

Signature..... Date.....

\* \* \* \* \*

## Feedback

*If you, or the person on whose behalf you make the gift, would like to have feedback from the recipient, please provide the appropriate name and address.*

I would like to hear from the project(s) to which I have contributed.

Name .....

Address .....

Email .....

\* \* \* \* \*

## Orders by Post

*If you have made any purchases by post, please give your name and address below for acknowledgement. [An A5 s.a.e. would save the Trust postage].*

Name .....

Address ..... **Post code**.....

*The Balmore Trust is a recognised charity (No. SC0 08930) which, in its first 29 years, has given over £3.1m to projects at home and abroad. Most of its revenue comes from its shop, The Balmore Coach House.*