

Join in with our fundraiser over the 40 days of Lent. We will look at the ways we can be grateful and give as we remember the people Love Russia helps; orphans, orphan mums and others in crisis, coping with...



Collect the suggested donation each day and, by Easter, see how blessed you are by adding up what you've collected! Send us what you have raised in support of the people and projects Love Russia helps.

## Read and Reflect...

## Respond...

£/p

Wed Feb 26th  
Day 1

Orphan mums struggle to fund the cost of compulsory back to school items.

Give 5p for every year your mum bought you a new school uniform.

Thurs Feb 27th  
Day 2

Birthdays can be costly celebrations. For orphan mums in poverty, a party for their children is impossible.

Give 5p for each birthday party you remember your mum arranging during your lifetime.

Fri Feb 28th  
Day 3

Providing shoes for all the family's growing feet is extremely difficult when incomes in Russia are so low.

Give 10p for each new pair of shoes you've bought/been bought during the last year.

Sat Feb 29th  
Day 4

A decent warm coat is essential in Russia where sub-zero temperatures last for many months.

Give 10p for each coat you own.

Sunday, Rest Day

Mon March 2nd  
Day 5

Orphans aren't always taught about personal hygiene. This has a big impact on how others see them.

Give 10p for every sink, shower or bath you had in your home when you were growing up.

Tues March 3rd  
Day 6

Many of us learn parenting from the generations before us. When you're orphaned, who do you learn from?

Give 15p for every generation in your family you have known in your lifetime.

Wed March 4th  
Day 7

Orphan mums with disabled children are hidden away indoors because of the lack of local support and stigma.

Give 20p if you were fortunate to go to a school where children with disabilities were included.

Thurs March 5th  
Day 8

One of our orphan mums saved for 5 years before she could afford a washing machine in her flat.

Give 25p for each washing machine or tumble dryer in your home.

Fri March 6th  
Day 9

We all learn life skills like cleaning from our parents.

Give 20p if you grew up being told to tidy your room and learned to clean as a result!

Sat March 7th  
Day 10

Orphan mums can grow up with poor literacy skills so teaching their children to read can be difficult.

Give 20p if you remember your mum reading you bedtime stories.

Sunday, Rest Day

Mon March 9th  
Day 11

Families in poverty exist in overcrowded conditions and often the whole family sleeps in one room.

Give 40p if you had your own room while growing up or 20p if you shared with one other.

Tues March 10th  
Day 12

Many orphans in Russia are written off as 'disabled' and having no potential.

Give 10p if anyone encouraged/encourages you to believe in yourself during your childhood.

Wed March 11th  
Day 13

Education in Russian orphanages is poor and many leave unable to add up to 10, making shopping impossible.

Give 20p if you can add and subtract up to 10.

Thurs March 12th  
Day 14

Orphanage leavers struggle to know how to budget let alone save money.

Give 10p for every account you regularly save some of your income/pocket money into.

Fri March 13th  
Day 15

Filling in important forms when you can't read well is difficult. This is a challenge for many orphans.

Give 10p if you are able to independently fill out a form.

Sat March 14th  
Day 16

Due to their life experiences, many orphanage leavers are frightened of meeting anyone in authority.

Give 15p if you've had a job interview or arranged an appointment with a receptionist.

Sunday, Rest Day

Mon March 16th Day 17	Orphans have no-one they can rely on or turn to in difficult times.	Give 30p if you have someone you know is always there for you, someone you call a good friend.
Tues March 17th Day 18	Orphanage leavers are not taught to cook, it is all done for them out of sight so they don't learn by example.	Give 10p for every parent and grandparent you saw prepare meals and learned from.
Wed March 18th Day 19	Many orphanage leavers have to work alongside studying at college to survive financially.	Give 10p if you went or will go to college/sixth form without having to have a job to survive.
Thurs March 19th Day 20	Many orphans haven't been taught the importance of cleaning their teeth.	Give 5p for each person in your house that has their own toothbrush and uses it!
Fri March 20th Day 21	Incomes in Russia are very low, especially for unskilled workers which many orphanage leavers are.	Give 10p if you/your parents don't have to choose whether to pay for food over rent.
Sat March 21st Day 22	UK charities like CAP help if you're in financial trouble. Russian orphans have no help to get out of poverty.	Give 40p if you have no real money worries! You are very blessed!
Sunday, Rest Day		
Mon March 23rd Day 23	There are many UK foodbanks to meet the needs of those in poverty. In Russia these are very rare.	Give 20p if you know of a foodbank local to you.
Tues March 24th Day 24	People in poverty will wear their clothes till they are threadbare.	Give 15p if you've donated unwanted clothes to a charity shop simply because you didn't like them.
Wed March 25th Day 25	In most Russian flats, a small kitchen is the only living area.	Give 10p for every other room in your house that isn't a bedroom or bathroom.
Thurs March 26th Day 26	Many Russians use their sofa as their bed as they don't have space.	Give 10p for every bed in your home.
Fri March 27th Day 27	Most public places in Russia are inaccessible to wheelchair users making difficult lives harder still.	Give 10p if your school or doctor's surgery is accessible to wheelchair users.
Sat March 28th Day 28	In Russia, there is often a hefty cost to follow-up medical treatments and prescriptions are expensive.	If you needed hospital treatment do you feel assured your care would be free? If so, give 20p.
Sunday, Rest Day		
Mon March 30th Day 29	An orphanage leaver we support was deliberately overcharged by the pharmacist for numerous years.	Give 10p if you believe a chemist is a trustworthy place to buy medicine from.
Tues March 31st Day 30	At Christmas, orphans have no family who love them to spend time with.	Give 15p if last Christmas you got together with your family to celebrate.
Wed April 1st Day 31	Because orphanage leavers find it difficult to know who to trust, they can be easily used, misled and trafficked.	Give 20p if you are free and have never been tricked into slavery.
Thurs April 2nd Day 32	Having never had responsibility or made decisions before, orphans find sudden independence overwhelming.	Give 30p if you are safe in the knowledge that your family let you/will let you grow up gradually.
Fri April 3rd Day 33	Because of a lack of education, orphans do not grow up knowing what good nutrition is.	Give 5p for every green vegetable you can think of that you have tried!
Sat April 4th Day 34	As young people we all have dreams of things we want to achieve as adults. Most orphans live just to survive.	Give 15p if you have hope you will achieve those dreams or already have!
Sunday, Rest Day		
Mon April 6th Day 35	Incomes are so low in Russia that giving to charity as a normal part of life is very rare.	Give 5p for every charity you can remember donating to in the last year!
Tues April 7th Day 36	Most children who grow up in orphanages will never go on a holiday.	Give 10p for every holiday you remember going on in the last 5 years.
Wed April 8th Day 37	Orphans do not get the opportunity to explore their individual interests such as football or swimming.	Give 15p for every extra curricular activity your parents help/helped you to explore.
Thurs April 9th Day 38	Unless an orphan develops a relationship with a mentor, they are very much on their own after the orphanage.	Give 20p for every church group and/or community support group you are part of.
Fri April 10th Day 39	Domestic violence is a problem in Russian households and amplified because of alcohol addictions.	Give 30p if you grew up knowing it was never ok to physically hurt another person.
Sat April 11th Day 40	Gift giving is a luxury for people not living in poverty.	Give 25p if tomorrow you are gifting an Easter Egg to someone!



**Happy Easter! It's time to add up what you've collected and see how blessed you are!**  
**Getting Your Donations to Love Russia** Visit: [loverussia.org/lentappeal](http://loverussia.org/lentappeal) to donate online or  
 send your cash/cheques to: **Love Russia, Manor Farm, Church Lane, Thrumpton, Notts, NG11 0AU**

