

Alastair Graham
The Rotary Club of Anstruther
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getting people moving

1st April 2015

Dear Mr Graham

Thank you from 500 miles for supporting the BIG dinner

Thank you very much indeed to the Rotary Club of Anstruther for holding a BIG dinner for the BIG dinner last month. I know that very many dinners, lunches, afternoon teas and even breakfasts were held all over the world, but I am so grateful for every single one and to each person and group who said yes and decided to set a table – it sounds like more than one table in the case of your Rotary Club! - and to gather together with fellow Rotarians and your friends to sit down to eat so that people in Africa can stand up and walk.

Thank you very much for the Club's extremely generous donation of £1,700 on top of the registration fee of £25 that I know you've already paid. Thank you very much indeed for that superb sum of money and please pass my thanks (and, if you wish, this letter) to all who contributed to this donation from the Rotary Club Anstruther and friends.

I assure you that your gift will be used to significantly improve the quality of life of people struggling with mobility difficulties by funding the prostheses and orthoses that they need through one of our projects in Africa. I don't know if you will have been able to watch the BIG dinner online broadcasts on or since 7th March so I've included information about accessing them online at the end of this letter in case you would like to watch them and/or pass the information on to your club members and any guests to watch at home at their leisure. They really illustrate what a life transforming difference prosthetic and orthotic devices make if they are well made, well fitted and renewed. The patients featured in the broadcasts are only a tiny percentage of our clients but their stories are representative - and there are hundreds more people whom we have not reached - yet. I thank you on behalf of the beneficiaries as well as for 500 miles.

I realise that you and some of your members might know a bit about what 500 miles does and how we work so I'll not go on about the nuts and bolts but please let me say that on top of the transformational effect we can have on the outcomes for disadvantaged individuals, and particularly for children by enabling them to go to school, I really believe that the work of 500 miles is highly effective in terms of (1) impact per pound and (2) numbers of disabled people who will benefit because

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Box 500
44-46 Morningside Road
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e. olivia@500miles.co.uk

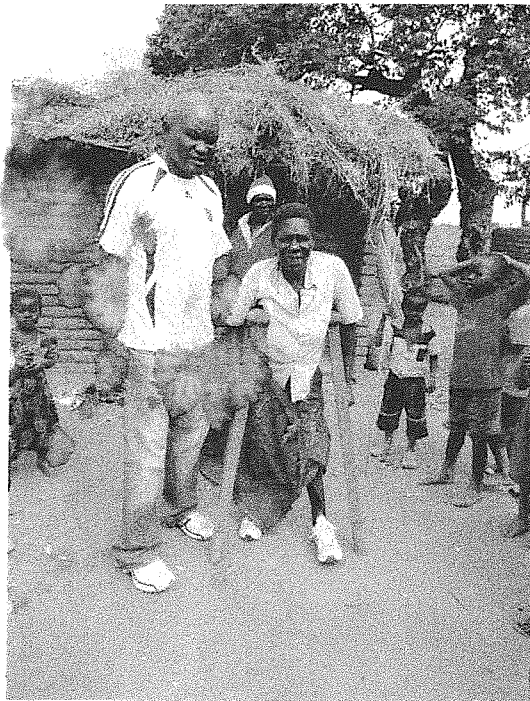
www.500miles.co.uk

Registered Charity Number: SC038205

Chief Executive: Olivia Giles

we have unusually low overheads and because we are a small charity, we're very direct in our application of funds.

The BIG dinner has gone pretty well overall I think. At the time of writing we have 636 dinners registered and so far we have received over £340,500 in donations including guaranteed Gift Aid. Money is still coming in and dinners are still being held so I'll be regularly updating the total on the home page of the website - www.bigdinner.co.uk - and I will send a formal update in a few weeks. Organising the BIG dinner has certainly been the experience of a lifetime for me and hearing the lengths that people (many of whom I don't even know) have gone to in raising funds for 500 miles has been particularly humbling. All the individual stories of people's different dinners are utterly heart-warming and I am loving hearing about every single one. I think/hope that we might reach the original target of £500,000 in time through increased awareness of 500 miles, but in any event, I am delighted that we will have raised enough money from the BIG dinner to go forward with our plans for a new 500 miles centre in Zambia. I look forward to keeping you up to date through our newsletter with that and also with our hopes for expanding into some wheelchair provision in Malawi.



500 miles is all about the people we help and I like sharing their stories. I hope you enjoy this one about Tionenji Kanyadza. She is a 50-year-old woman who we nearly missed when we went on an outreach visit to Chimteka because she hadn't got the message we were coming. Communication in remote communities is such a challenge. We went to her home because we were told by her neighbours that she really needed help. Tionenji suffers from muscle weakness in her left leg, possibly as a result of polio. To get around she basically walked on her hands and feet with her back bent right over like a crab so that so that she could get support from her hands.

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500 miles has made knee/ankle/foot orthoses (KAFOs - splints) for her and, together with crutches, they allow her to stand and walk upright so that she does not have to crawl. The picture shows her taking some steps outside her home, with Patrick, one of our technicians who featured in the online programmes, at her side. I'll be 50 this summer and the parallel of our dependency on pieces of plastic and metal to stand tall compared with the different levels of ease with which we get them, really makes me think and feel incredibly grateful.

Thank you very much indeed to all at the Rotary Club of Anstruther for helping us to help other people like Tionenji with your generous support of the BIG dinner. I am so sorry for taking so long to write to you.

Kind regards

Yours sincerely



The main link is : www.scotsman.com/bigdinnerhoststbd2015

You will find both Programme One and Programme Two there along with a selection of short films. If you have any trouble watching , all you need to do is refresh your browser. If you download the programmes into your computer they become smoother and easier to watch as you are not dependent on a strong and consistent internet connection. If you have problems downloading please email to info@bigdinner.co.uk

Alternatively you can use these back up links for the two programmes: <http://bcove.me/6l75iefk> for Programme One and <http://bcove.me/2k6qmihd> for Programme Two. You can't download from the two backup links.

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