

## CAFOD – 1962 to 2012 - 50 YEARS

CAFOD was born when volunteer members of the National Board of Catholic Women organised the first Family Fast Day on Friday, March 11, 1960. Two years later, CAFOD was officially registered. Since then CAFOD has continued to grow, alleviating poverty and working for global justice.

"CAFOD is working to improve water access, sanitation and hygiene for some of the world's most vulnerable and neglected people, including those affected by war, climate change and disease. It is potentially life saving work, tackling cholera, helping girls attend school rather than having to fetch water and ensuring that children know about hygiene and waterborne diseases." *Andrew Mitchell, Secretary of State for International Development*

"By matching pound for pound all public donations, the UK government will help CAFOD double its impact, ensuring tens of thousands more families have access to clean water and sanitation and are provided with everything from water purification kits and soap to training in how to fix a broken borehole.

We believe that a better world is possible. With your support - and the help of the UK Government – we are a step closer to creating a world where everyone can flourish.

For the last fifty years, the Catholic community in England and Wales has generously supported CAFOD, even when times are tough. Your support allows us to meet the needs of some of the poorest, most disadvantaged people throughout the world, transforming their lives when a disaster strikes and for the long term."

Thank you so much for your generous support and please continue to pray for those with whom we work."

*CAFOD's Director Chris Bain.*

## TAKE ACTION

Every 20 seconds, a child dies because of dirty water or unsafe sanitation. Women and girls in the poorest countries spend up to eight hours each day walking to collect water. This robs them of their chance to earn a living, go to school, or simply spend time together as a family. Please write to or email PM David Cameron and call on him to lead the world in demanding clean water and safe sanitation for all. Together, we can turn the tide on water poverty. There is a suggested email to send to the Prime Minister at [www.cafod.org.uk/thirst](http://www.cafod.org.uk/thirst). Personal emails have more of an impact, so please feel free to adapt the text. But note that No 10 has a limit of 900 characters for emails to reach them.

## THINK BEFORE YOU DRINK

- The average person in the world's poorest countries uses **10 litres** of water every day for their drinking, washing and cooking. The average person in Europe uses **200 litres**.
- A **5 minute shower** uses more water than a person in a slum uses in a whole day.
- **One in eight people** around the world are living without access to clean water.
- **1.7 million deaths each year** are caused by poor water, sanitation and hygiene - more than from all forms of violence, including war.
- In developing countries women and girls can spend as much as **8 hours a day** carrying up to **40KG of water** on their heads, or hips.

- **Every 20 seconds a child dies** from diseases caused by poor water and sanitation.
- ❖ **And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will not lose their reward.**  
Matthew 10:42

### **What CAFOD can do with your money**

- £5 two pieces of soap, a bucket and water purification tablets
- £10 50Kg of cement to fix a well
- £40 hygiene training kit for a village health worker
- £100 train 10 community members to fix broken water pumps
- £120 a toilet with disabled access
- £2,000 install a community borehole to supply water to a whole village.