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2019 NEWS



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FARA CHARITY
51 High Street
Walsingham
NR22 6BZ

FARA Charity
transforms the lives
of vulnerable and
disadvantaged children
and young people
in Romania

“It is not how much we achieve
but how much love we give”

Saint Teresa of Calcutta

Founders Message

In 2018 with your help we supported more than 500 children and young people in Romania, providing a lifeline to those facing poverty and deprivation. In 2019 with your generosity we hope to give many more vulnerable children and young people a place to call home, “a family for those without.”



FARA is founded on Christian values of love and justice, where spiritual and moral beliefs guide every person to achieve their full potential, where friendships are fostered and genuine kindness is given, a sense of belonging, a loving family. As Saint Teresa of Calcutta said, “it is not how much we achieve but how much love we give.”

Our work is life changing for families living in abject poverty, children with disabilities and young people at risk of living on the streets. Many of our children have had tragic lives and experienced trauma, their healing is a witness of lives transformed by the skills, kindness and love of our dedicated staff.

Domnica was in FARA’s care for more than 15 years, after a troubled start in a notorious state institution, she is now happily married with a baby, Stefan.

Stefan was born with complex disabilities, it is a miracle he survived, Stefan and Domnica are now supported at our specialist therapy centre and part of FARA’s extended family.

We rely on the generosity of our supporters, and I thank you all, our donors, shops staff and volunteers, everyone is valued and appreciated in our FARA family.

Jane Nicholson

Founder and Chairman of FARA Charity

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Royal Patron:
HRH The Prince of Wales

FARA Foundation:
Registered Charity No. 1139349

Who we are

FARA Foundation is a registered charity in the UK and Romania, founded in 1991 to support the poorest and most vulnerable children and young people in Romania. Jane Nicholson founded the charity to help the children she saw suffering a life of neglect and abuse in Romania's notorious state institutions. The word fara means "without" in Romanian and the charity was created to provide a family to those without.

Collaborating across all sections of society and cultivating relationships and partnerships, FARA charity is one of the largest NGO's working in Romania. FARA Charity strives to build a just society serving the common good with values based on Christian roots, welcoming people of all faiths and none.

FARA Charity cares for Romania's poorest families, helping to heal abuse and trauma amongst marginalized and discriminated children and adults. Giving security and love to those who need it most - fulfilling lives, rebuilding futures, spreading hope.

Our Vision

Our vision is of a world in which children and young people grow up with freedom and dignity in a loving, protective environment, experiencing fulfilled lives whatever their ability.

Our Mission

Our mission is to transform the lives of marginalized children and young people from Romania's poorest communities. Providing a loving family, specialist therapy, access to education and training and preventing homelessness.

Our Values

Our values underpin all our work and are shared by all those involved in carrying out our mission both in the UK and Romania.

- We act with kindness and compassion
- We respect the human dignity of every person
- We believe in practical hands-on care
- We strive to build a just society
- We responsibly collaborate across all sections of society
- We strive to be a best practice organisation

Who we help and how



An Easter Visitor

The staff and children at the **Emanuel Therapy Centre** in Suceava, Northern Romania, were delighted to welcome British Ambassador Paul Brummell and his family in April. The Ambassador has been a long-time supporter of the charity and was greeted with a traditional offering of bread and salt. The Brummell family took part in the Easter celebrations with the children, the Ambassador chatted with parents and was able to watch a therapy session in action. We look forward to welcoming the new British Ambassador Mr Andrew Noble.

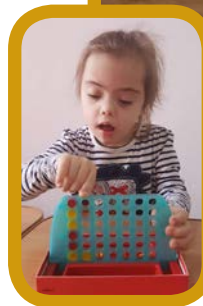


Eurochild

In the summer of 2018 FARA Charity renewed its membership to Eurochild to join the fight to deinstitutionalise the care system across Europe. Eurochild advocates for children's rights and wellbeing to bring the child or young person to the heart of policy making in Europe, helping to influence policy and promoting the exchange of methodology and research. The link will be very beneficial for FARA and we look forward to working together to support the futures of children and young people in Romania.

DePaul

To kick off our collaboration with leading international homelessness charity DePaul, a team from the charity visited the FARA Charity social projects in Bucharest to understand the need for homeless services and how FARA currently prevents youth homelessness. As a development coming out of these visits and a subsequent visit early in 2019 a joint pilot programme is being planned to support young people leaving institutions and tackling their needs as they reintegrate into society and learn to lead independent lives.



NEW Rafael Therapy Centre

At the end of 2018 following a successful appeal both in the UK and Romania we opened our new Therapy Centre on the outskirts of Bucharest. The model of care that is so successful in our two centres in the North of Romania will be replicated at the **Rafael Centre** and we will provide much needed physio, speech and pre-school education support to the children of marginalised families in this deprived area of Bucharest. **Thank you** for supporting us to open this Therapy Centre, if you'd like to continue supporting our vital work you can visit the donate page of our website or see the form towards the back of this newsletter.

St. Mary's extension

The **St. Marys Home For Life** in a rural village in Suceava County has been updated with a brand new kitchen and dining room, creating a larger space for the residents to cook together, have guests and host celebrations. There is also a very useful cellar under the new building for the storage of vegetables grown in their large kitchen garden.



Fundraising Report

Charity Appeals

Our 2018 appeals raised a total of £21,560.55! The Easter Appeal focussed on raising much-needed funds for opening a new **Therapy Centre**, and over the summer our Back to School campaign raised money for the **Tackling Poverty Through Education** programme, an outreach project across six rural schools in Northern Romania, promoting education as a way out of poverty. Finally the Giving Hope at Christmas Appeal proved to be very successful, raising vital funds for the **Prevention of Youth Homelessness** programme, helping to give young people a hope for their future.



The Transylvania 100k

Gabe Gage completed the Transylvania 100k in just over 30 hours, he covered 74 miles and over 21,800 feet through rain, hail, mud, and snow in the wilds of Transylvania in May. Gabe raised more than £900, an inspiring effort and valuable funds for FARA's work in Romania.

A special **THANK YOU** to Gabe! If you are interested in fundraising for FARA visit our website to find out more. www.faracharity.org



Swimathon

25 swimmers entered on behalf of FARA Charity, making up five keen teams ready and raring to raise money for a worthy cause. Organised by the Bucharest Community Foundation the Swimathon 2018 was a great success more than 29 000 Lei (£5,493.87) was raised. **THANK YOU** to all those involved, it was a great day and all the swimmers put so much effort in.

Auction

To launch our Giving Hope at Christmas appeal an auction and dinner with a raffle was held at The Brisley Bell in Norfolk, UK with Will Axon from Rowley's Auctioneers. It proved to be a great way of boosting awareness and raising money for our vital work in Romania.

THANK YOU to The Bell and Rowley's Auctioneers for such a successful evening.



The Bell
BRISLEY

FARA in New York

In October the MARA Society, a non-profit organisation building awareness of Romanian arts and culture in New York while raising funds to support charities, held an event in memory of Princess Marina Sturdza, a board member of MARA and a loving patron to FARA. Operatic soprano and Fundatia FARA ambassador Felicia Filip and pianist Viniciu Moroianu performed to a full house and a fantastic £2,949.12 was raised. **THANK YOU** to the MARA Society.



Vulnerable children and Families in Poverty

FARA's Social Projects

- Family Homes
- Tackling Poverty Through Education

FARA's social projects support vulnerable children and families living in poverty in Romania. FARA strives to help keep families together, keep children in school and to give children a loving family life.

Our **Tackling Poverty Through Education** programme runs across **6 schools** in the rural north of Romania and helps **260 children** daily by providing a hot meal, homework and education support and access to visits and experiences showing children that there is a wider world they can be part of. This programme is very successful and the children we support through this scheme go on to pass their grades and successfully enrol into Secondary School setting them on a path out of poverty.

FARA has plans to develop this programme and provide more support for families in the community, giving more access to services that support whole families and **to ultimately keep families together**.

Sadly, sometimes it is not possible for children to stay with their families. FARA's **Family Homes** offer children a chance to live as a family, to be nurtured and supported to lead full lives. The children we care for are normally referred to FARA by Romania's social services when they have been found neglected and living in poverty or sometimes they come from institutions. Extending our family support programme in the rural north will **support families before they get to a crisis situation** and this will help keep more children with their families.

In 2019 we will be appealing for support in the rolling out of this programme to more areas to keep more children with their families and helping keep communities **strong and happy**. We will keep you informed over the year of ways you can help us make this programme a success.



Photograph by Catalina Urse

Data Point

More than 50% of children in Romania suffer from severe deprivation.

Opening Doors For Europe's Children Country Factsheet, 2019

Mihai's story

Mihai lives in a tiny village in the northern Suceava district of Romania. He lives in his grandmother's simple two room house, with his parents and two siblings in one room and his maternal grandmother in the other. Mihai's family have very little money they **struggle** to afford basic food. His father works seasonally on the land and travels abroad to find work and send money home. Mihai is very lucky as both his parents are supportive and there is a lot of love in their home.

"The FARA programme is my favourite. Here I learn a lot of new things and I like the food I get here."
Mihai, 10 years old.

Mihai is a serious boy who works hard at school and at home, he quietly gets on with the chores he is given before going outside to tinker with his old bicycle which is his most treasured possession and gives him a way of travelling to see friends in neighbouring villages.

Mihai has an older brother who is at high school and he is keen to follow in his footsteps. With the **kind donations** of our supporters FARA can build the community care and support through the schools and really make a change to the lives of vulnerable children like Mihai.



FARA's Tackling Poverty Through Education programme provides hot meals, homework clubs, and access to social and medical care, all helping to keep families like Mihai's together.



Mihai's story is true, however his name has been changed to protect his privacy.

Vulnerable Children and Families In Poverty

FARA's Social Projects

- Therapy Centres
- Tackling Poverty Through Education

Families in poverty make up a large proportion of the people supported by the **FARA Family**. In Romania abject poverty affects families and their ability to support and care for their children. FARA works alongside these families, helping them to access **healthcare**, supporting the children in to **school** and enabling parents to go back to **work**.

In our **Therapy Centres** families who would otherwise be unable to afford specialist therapy can access **life-changing support**. Parents are given a new lease of life with their children, communication becomes easier, activities can be shared and the whole family unit feels less isolated.

The outreach work FARA plans to develop further through the **Tackling Poverty Through Education** programme will also **help more families** with children with learning difficulties in the rural areas, whose children may need support to attend school or need full-time care at home making it impossible for parents to work and therefore unable to support the family.

Data Point

“Poverty and social exclusion persist among young people, families with children, people with disabilities, Roma, the rural population and inactive people”

2017 Eurochild Report on the European Semester

Ioana Giurisici

Program Director for FARA Therapy Centres

“Since 2007 when FARA Foundation opened the first **Therapy Centre** for children with disabilities, 477 children have been helped to reach their maximum potential. Their families received **support** to be or to feel again part of their **community without shame or isolation**. They found the hope they had lost, they felt that they weren't alone in their struggle with the drama they were living. With hard work they received a chance for a normal life. Because of the lack of free therapy services, poor families had no hope of seeing their children supported.

But through the expert free services FARA is offering they can begin to feel confidence in future.

In this moment the charity is running three **Therapy Centres** with 182 children receiving therapy, functioning at full capacity. Each centre has waiting lists for others in need. More and more children, with our help, attend school for the first time.”



“They found the hope they had lost, they felt that they weren't alone in their struggle.”



Children with Disabilities

FARA's Social Projects

○ Therapy Centres

Children with Disabilities attending one of the FARA **Therapy Centres** are offered the chance of a new life, a **brighter future**; it could mean receiving the right therapy and preschool education to be able to attend a regular school, or simply with the right support to be able to talk and play with other children or crucially, finally having their needs understood and cared for.

The **Therapy Centres** welcome children into the FARA Family and provide physiotherapy, specialist education, speech and sensory therapy, art therapy, family guidance, support in the home and communication with doctors and authorities.

Accessing specialist therapy in Romania for children with disabilities is difficult, **services are scarce**, and many private centres are simply **too expensive** for the average Romanian family. FARA tackles this issue face on with three **Therapy Centres**, **Rafael's** in Bucharest, **St Teresa's** and **The Emanuel Centre** in Suceava County.

Data Point

"In 2017 Suceava County there were 2,336 children with disabilities registered with the child protection services."

Activity report of DGASPC
Suceava County 2017



Vasile's story - "we have succeeded!"

Vasile was 4 years old when his mother brought him to a FARA **Therapy Centre** two years ago, he was diagnosed with a form of paraplegia, meaning he was unable to move his legs, and his mother had nowhere else to turn.

At the beginning he was resistant to the staff, crying and refusing to take part in the therapy sessions, he only wanted his mother. Soon, thanks to the **kind determination** of the FARA therapists, he was happily sitting on the massage table, enjoying the exercises, smiling all the way through and not wanting to leave. Vasile is now able to communicate how he feels and asks lots of questions.

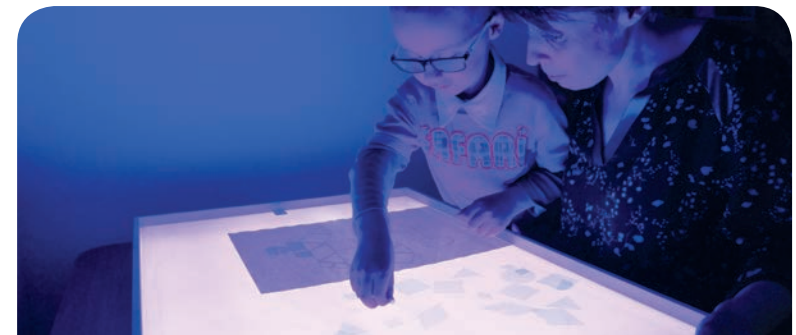
The **visible joy** a child feels when they succeed is the greatest reward for both the therapist and child. Often Vasile will say "wow, we have succeeded! I've come to the end. Can I do it again?" This helps the children develop a self-confidence which encourages further development and gives them trust that they will **continue to succeed**.



"Unfortunately, children with disabilities are almost invisible in our society."

Cristiana Irimia, a
Kinetotherapist at the
Emmanuel Therapy
Centre in Suceava

Vasile's name and photo have been changed to protect his identity.



Young Adults at Risk

FARA's Social Projects

○ Prevention of Youth Homelessness



Data Point

“Institutional care is contributing to creating “lost generations” of young people who are not able to fully integrate into society.”

United Nations High Commissioner for Human Rights (OHCHR), The rights of vulnerable children under the age of three, 2011

Young adults in our **Prevention of Youth Homelessness** programme are primarily institutionalised care-leavers. When a child reaches the age of 18 they are discharged from the notorious Romanian state institutions and find themselves alone in the world without support, a roof over their head and the life skills to make a future. FARA provides **independent life skills** and **crucial support**, helping them find their way.

“All of us want to develop and to rise as high as possible. Often, we fall and no one is around. The lack of opportunities represents difficulties for young people like myself. I lost all my hopes until I found out about FARA. Now, this centre means a lot to me. I am happy that I have a stable job and can plan on my finances.

I am at this stage thanks to the people working with me here at FARA. We have of course our ups and downs, but the misunderstandings go away very quickly. We receive lots of good advice and support. Thank you.”

G, male, 20 years old, employed



At present there are three hostels in the **Prevention of Youth Homelessness** programme, one in Bucharest, and two in the North in Satu Mare and Suceava. As members of the FARA Family the young people in the hostels leave with the **tools to create their own lives**, in the knowledge FARA is always there if they need them.

FARA hopes to **extend** this social programme in order to meet the needs of more young adults. Helping young adults at risk find meaningful employment, live secure independent lives and to **prevent homelessness**.

“Soon I will go on my own path, but I will always keep FARA in my heart and soul”
Maria, 21 years old

“Through FARA I have a roof over my head, help for my basic needs, and support for education, formal and informal. But beside these, it has offered hope and belief that I will achieve my goals and the main common goal, becoming independent. I am aware of the efforts made for us.

I hope that this program is able to help as many young people as possible.”

P, male, 20 years old, working part-time and student at university



Adults with Learning Disabilities

FARA's Social Projects

○ Homes for Life



A childhood of neglect and restraint in the notorious Romanian state institutions has meant the **Adults with Learning Difficulties** in the FARA Family have had their ability to learn and to live an independent life greatly reduced.

The **Homes For Life** offer a loving, supportive family life in a nurturing environment with access to **specialist therapy**, giving them a chance to flourish, helping them to develop their **social, spiritual, emotional and physical wellbeing** to live a fulfilled life as part of the wider community.



Data Point

The UN Convention on the Rights of Persons with Disabilities requires States to ensure people with disabilities have access to services, 'necessary to support living and inclusion in the community; and to prevent isolation or segregation from the community'

Article 19

Often the adults will need support from the FARA Family for the rest of their lives, however some are able to move back into the community in the knowledge the **FARA Family will always be there** for them should they need it.

Adults living in the FARA **Homes For Life** are given roles and responsibilities, providing them with a feeling of purpose and being part of a working whole.

Unlike in the institutions where they grew up, the adults are encouraged to **get creative** in kitchen, and are given household duties such as feeding the cat, walking the dog.

The residents also participate in pottery, woodwork, painting and traditional craft workshops helping to build a sense of **self-worth and confidence**.



The next planned branch in this part of the FARA Family is the **development of community drop-in centres for vulnerable Adults with Learning Disabilities** living independently or with relatives, who require extra support.

"You gave us a home when those who were supposed to protect us chased us away."

Eugen, 31 years old,
resident of a FARA
Home For Life

These centres will provide a **vital lifeline**, helping individuals to be less isolated, make friends and be part of the community.





Photograph by Catalina Urse

FARA Charity Shop

In 1992 FARA Charity opened its first shop in Fulham, London. There are now 42 charity shops throughout London, 24 general stores, 15 dedicated kids' shops (with the latest opening in Surbiton), book and homeware stores and a specialist retro, vintage and designer shop RETROMANIA London.

FARA Charity shops are run by an amazing team of people who select good quality items to suit every taste thanks to the generous donations made by local FARA supporters. FARA Charity Shops take all donations - whether you are having a clear out or decide to edit your wardrobe, our shops would love to have what you no longer need.

For all FARA Charity Shop locations and how to donate please visit www.faracharityshops.org. If you are not close to any of our stores why not have a look at our online shop at www.ebay.co.uk/str/fara-shop-online



FARA Fine Art realises the true value of artworks donated to FARA Charity Shops through diligent research and evaluation by art experts to ensure they are sold at the best price to raise funds for FARA Charity. Recently a drawing by Sir William Nicholson, donated to our shop in Teddington sold for an amazing £2500 at auction. Visit www.farafineart.org and see all the latest donated pieces and read more about them in our specialist art blog.



FARA
FINE ART
www.farafineart.org



Contact details: 02089730910 www.faracharityshops.org

Support FARA Charity



At FARA Charity we rely on the kind giving of supporters and donors to sustain and develop our work in Romania - join the FARA Family today

**Become
a regular
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**Sponsor
a
child**

**Fundraise
for us**

**Leave
a
legacy**

**Give
in
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Visit our website to find out more or fill in the form opposite to start donating.
www.faracharity.org

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Using this FREEPOST envelope you can

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By post YES NO

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Thank you for supporting FARA Charity.

Please return your completed form by detaching and sealing this FREEPOST envelope as shown. If you use a stamp we can claim back postage and minimise our costs.

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Boost your donation by 25p for every £1 you donate

We reclaim Gift Aid from the tax you pay for the current tax year. I want to Gift Aid this donation and any donations I make in the future or have made over the past 4 years to FARA. I am a UK tax payer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay the difference.

In order to Gift Aid your donation please tick the box



Please sign here:

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Make a one off donation £

Make a monthly or annual donation

Instruction to your bank/building society to pay by regular standing order.
 Please complete this form and send it to FARA Charity at 51 High Street, Walsingham, NR22 6BZ or by e mail to ejohnson@faracharity.org. We will then confirm the arrangement with your bank.

I would like to give: £ monthly quarterly annually

Commencing (date):

To: FARA Charity, Barclays Bank PLC, 6 Clarence Street, Kingston-upon-Thames, KT11 1NY
 Sorting code: 20-47-23 Account number: 70346527
 Account name: The FARA Foundation

Signature:

Date:

To: The Manager, (Bank/Building Society):

Address:

Postcode:

Please notify FARA if you:

- want to cancel this declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains
- if you pay income tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.



GLUE HERE

