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FARA CHARITY  
51 High Street  
Walsingham  
NR22 6BZ



Help Us  
Celebrate Our  
Next Thirty Years

Support the  
Child & Family  
Centre Appeal



2021



Cover photo by Catalina Urse

## Founders Message

*'What counts in the end is not how much we achieve but how much we love.'*



- St Theresa of Calcutta

Dear Friends,

There is so much to be thankful for over the last 30 years, this has been so evident during the recent pandemic which has brought untold suffering to many millions of people with the loss of loved ones, of livelihoods and dreams. In FARA this crisis has brought out the best of humanity in numerous acts of kindness, caring and compassion.

Our Christian values of love, justice, dignity and respect give us an understanding of our unique mission of transforming the lives of the most vulnerable and disadvantaged in Romania's poorest communities.

The spirit of FARA is to build families to love and to serve them. As St Teresa of Calcutta wrote: 'What counts in the end is not how much we achieve but how much we love'.

As I look back on my first visit to Romania, where I encountered such human suffering, it made a great impact on me, it changed my life and I have never left Romania. Now in 2021 we celebrate 30 years since the founding of FARA, 'a family for those without'.

From small beginnings, the first family home built and opened was for 16 children, St Nicholas, taking children from state institutions suffering abuse and neglect. Today we care for over 1,500 children and young people and support hundreds of families living in abject poverty, fulfilling lives and rebuilding futures.

Here are some messages I received over the years from our children in FARA care: 'Thank you for making my life like the light'- 'FARA has been a kind family for me' and 'everything that I am now is due to FARA. I will always pray for their kindness'.

Please join us in giving thanks to the work and witness of our dedicated staff and volunteers, and the gift of friendship and love from those in our care, who have together built our wonderful FARA family.

Romania remains one of the poorest and most beautiful countries in Europe. There continues to be a desperate need for a charity with the experience and the insight of FARA to work with the Romanian people.

There is still so much to do, your generosity can help to bring lasting change and a brighter future. Please help us to expand our reach in the next 30 years!

Thank you.

Jane Nicholson  
Founder and Chairman  
of FARA Charity



Royal Patron:  
HRH The Prince of Wales

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FARA Foundation:  
Registered Charity No. 1139349

**FARA transforms the lives of the most vulnerable and disadvantaged children, and young people living in Romania, giving them a sense of family.**

Founded in 1991 to transform the lives of children suffering neglect and abuse in Romania's notorious state institutions by funding, managing and developing social support services across Romania, FARA's mission is to support the most vulnerable children and families in Romania by giving a sense of family, security and love to improve the quality of life and opportunity. This is achieved by corporate grants and in-country fundraising in Romania, UK donors as well as setting up and running leading edge charity shops specialising in vintage and current fashion, art and books for adults and children. FARA is a registered charity in the UK and Romania.

Our services include care for vulnerable children and adults with learning disabilities, youth at risk and community-based programmes tackling poverty through education. FARA has expanded its services over the years from one home for children rescued from state institutions to community-based programmes supporting families to stay together building a stronger future for Romania.

### Our Vision

Our Vision is of a world in which everyone can live 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 the most vulnerable and disadvantaged children, youth and families living in Romania's poorest communities.

### 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.

FARA strives to build a just society serving the common good, based on Christian values of love, justice, dignity and respect, welcoming people of all faiths and none.



**"FARA has helped over 10,000 vulnerable children and families over 30 years"**





## Breaking the cycle of poverty for families in Romania's rural communities

We are raising funds for a new centre to support hundreds of children and their families living in abject poverty. To prepare children, youth and their families for lifelong learning and better decision making for improved health, well-being and social integration.

The Child and Family Centre will provide:

- Access to a multidisciplinary team to promote the whole family's wellbeing
- Support with educational needs for children and young people
- Homework clubs and mentoring
- Access to medical care
- Clothing
- A community laundry
- Educational equipment
- Material support and hygiene materials
- Hot meals for children attending school



**“Romania also has the highest rate of early school leavers for girls in the EU”**  
- European Commission, 2020

Please donate to support our appeal and help FARA continue to build futures and transform lives

Just £20 a month can cover the costs of providing vital support to a child and their family

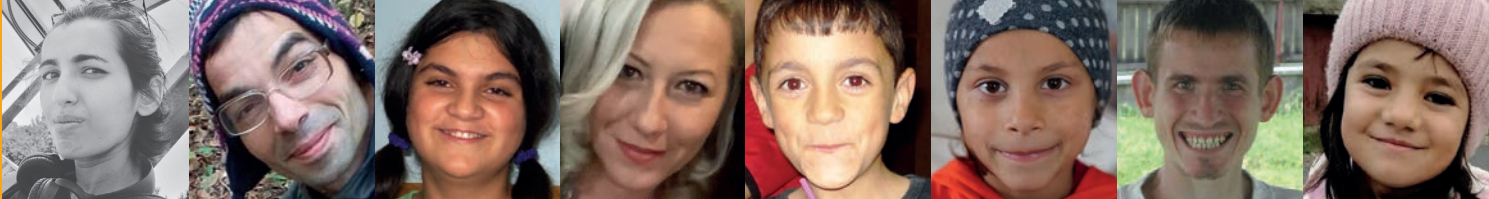
To donate use the form at the back of this newsletter or go to [www.faracharity.org](http://www.faracharity.org)

**“Breaking the intergenerational cycle of poverty is essential”**  
- World Bank Group



**“Research shows that to break the cycle of poverty children need to complete their education, an extra year of school increases incomes by 8-9%, reduces the risk of becoming unemployed by 8% and the risk of serious health problems by 8.2%.”**  
- Unicef, 2020

30 smiles...



### 30 Years of FARA Family

Jane Nicholson first visited Romania in 1991 after watching appalling television images which exposed the cruelty inflicted within state run orphanages during the dictatorship of Nicolae Ceauşescu. She co-founded the charity FARA that same year.

In 1997 FARA built the first Family Home, St. Nicholas, for children rescued from the state system and from there FARA grew as a family for those without.

From one small home, FARA has cared for over 10,000 beneficiaries, across four service areas in three regions of Romania: Bucharest, north east and north west Romania.

Over the last 30 years thanks to our wonderful fundraising supporters in the UK and Romania and the FARA Charity Shops, so many lives have been transformed by being given the opportunity to grow and flourish, experiencing the joy and kind support of the FARA Family.

FARA today is one of the largest and most experienced NGO care providers in Romania, reaching out to the poor, the marginalised and most discriminated in society. The FARA family extends way beyond the beneficiaries it has supported over the last 30 years by also helping create secure lives for more than 230 employees.

“For me FARA Foundation means family and *hope*. I am grateful that I receive help in all my health problems. The whole staff takes care of me and gives me the affection I need. Many thanks to those in England who help us financially. At our home in St. Mary’s we built a *house* and a *hope*!!!”  
- Eugen (St. Mary)

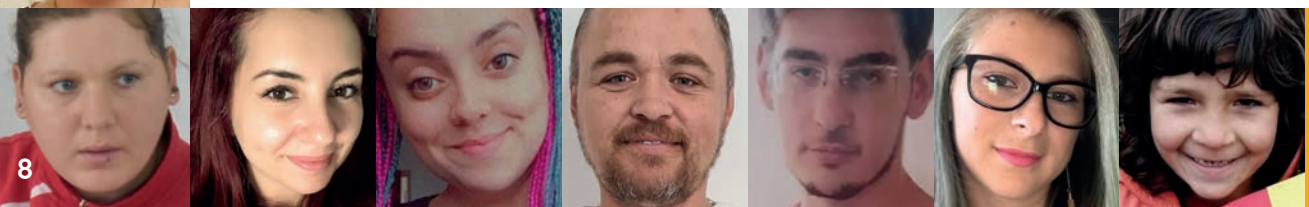
“FARA Foundation, St. Teresa’s Centre, is my soul family, it was and is the best support and help for me and my child. I have no words to thank for everything you have done for my child.”  
- Mother of David A. (St. Teresa)

FARA Foundation is ‘*my family*’!  
Here I met love and dedication!  
Growing up at St. Nicholas Home I learned what *family, humanity, love* mean. For me, FARA is my family who educated me, and I will always be grateful to the FARA family, because without this family, I would probably have been lost and without education.  
- Dana  
(ex resident at St. Nicholas, staff at St. Teresa)

You are the family who changed my life and have always been with me. You are the family who made me happy. Because of you, I am another person, I am better because of you. I now have what I wanted: a job, a house. Thanks to you I know what love means.  
- Adela

FARA is the place where I had the most beautiful childhood and adolescence. I want to thank everyone from FARA for what I became today.  
- Larisa

...for 30 years



## COVID UPDATE - 2020

2020 and the Covid pandemic had a huge impact on FARA's work in Romania. Our wonderful, committed staff delivered support and care through the year and adjusted to the new restrictions imposed with creativity and dedication.

As we enter 2021 the 30th year of FARA we have so much to celebrate and to look forward to. In every programme area our beneficiaries are thriving as FARA continues to work, transforming the lives of the most vulnerable and disadvantaged in Romania.

## St Nicholas

The children are back at school now and life is returning to a new normal. Everyone is settled into the routine of the day and the children are enjoying seeing their friends and teachers again. At the weekend, the whole family often goes to the mountains and enjoys walking out in the fresh air experiencing freedom and nature together. Funds from a generous supporter have meant an extra educator has been employed to work with a child with learning disabilities; helping her to catch up and be able to continue attending mainstream school. This is a fantastic development for S and she is enjoying the one-to-one attention and learning experience.

## Therapy Centres

Spring starts in Romania with celebrating Mărțișor on March 1st. The children from the therapy centres enjoyed making tokens and cards with the traditional red and white twisted threads, to give to their families. When the activities are so fun it hardly feels like therapy and learning for the children. Across the year the centres will support the children and their families with therapies and educational activities, helping them access mainstream education and life experiences such as day trips to farms, horse riding and swimming that without FARA they may never experience.



## Homes for Life

Last year the residents of FARA's two Homes for Life started working with a music therapist. Learning to play the guitar and singing together has been a wonderful way to get through the lockdown. Now, the adults with learning disabilities are helping to support others in their communities by delivering food bank goods to

adults with disabilities and their families. Creating a wider sense of community and making friendships despite such difficult times. Everyone in the homes is looking forward to a year with more freedoms and getting back to normal.

## Youth Services

The beginning of 2021 has been busy in our hostels with our young people preparing to move on to their independent lives. As lockdown lifts in Romania there are opportunities to find employment, new places to live and take the first big steps into the wide world. The young people take with them the knowledge that they are enough, they have the skills and abilities to be independent and they will always have FARA as a place to come and ask for advice. For each beneficiary a tree was planted in the garden to show the growth they have made and the growth they will continue making over their lifetime.



## Families in Poverty

The children and families we support through the Tackling Poverty Through Education programme have been so happy to see the schools reopen in Romania. The children are enjoying lessons again with their teachers and friends and the lovely hot meal they so enjoy is being delivered again. The children have received food parcels throughout lockdown, delivered by our committed team of social workers, but the hot food our cooks prepare for them is a real highlight of their

day and has been missed. The appeal this year will support the development of services for these children and their families. We will keep you updated across the year on the Child and Family Centre development.

To support our 30-year Appeal, to raise funds for the new Child and Family Centre, please see the form at the back of this newsletter.

Today Romania is home to almost 4 million children but poverty, inadequate education and a lack of medical services still affects too many of them. As the economy grows in the country the gap between the rich and poor expands and more people are struggling to make ends meet.



**What we have achieved in 30 Years**

- Support and care for over 10,000 beneficiaries
- Family Homes for vulnerable children
- Homes for Life and Recovery Centres for adults with learning disabilities
- Therapy Centres for children with complex needs
- Hostels for young at-risk adults.
- Care Leavers Programme for those leaving institutions
- Tackling Poverty Through Education programme across 9 villages reaching children of primary education age with a hot meal a day and education support
- Foster Care Programme
- An organic farm
- A training centre for those working with vulnerable children and families
- Over 40 leading-edge charity shops throughout London

**Plans for 2021-2022**

- FARA's Patron Eugene Sarbu in concert in Bucharest
- A celebration fundraiser with the British Ambassador in Bucharest
- A celebration with the Romanian Ambassador in London
- Appeal for Children and Family Centre
- Launch of charity film by renowned film-maker xx
- A publicity drive to celebrate our achievements
- Children's summer Festival in July
- FARA pilgrimage in July

More news will follow throughout the year on our website and social media channels. We will be sharing more up-to-date event information on our website, Facebook page and other social media channels when we can. Watch this space!

**FARA Charity launches new website to celebrate 30 years**

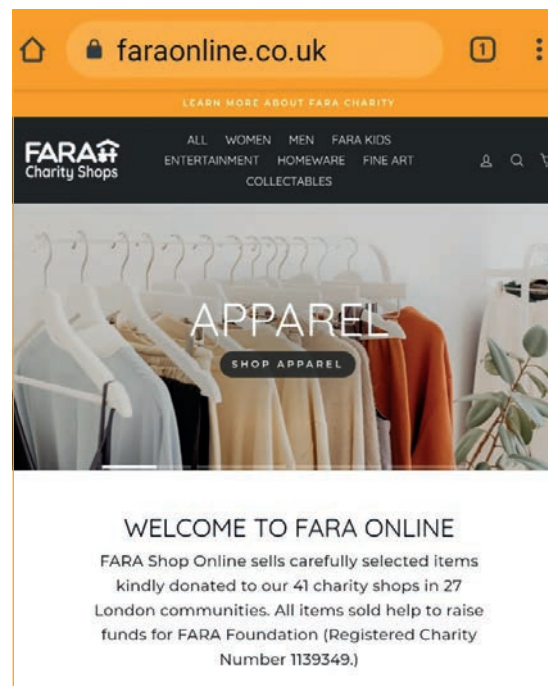
We have a new website launching in late spring. With a whole new look, you will find all the details you need about FARA's mission, the work in Romania, and ways to donate and support.



# FARA Charity Shops



Thank you for the ongoing support from our loyal shop customers. In line with government guidance our shops have been closed, but finally we look forward to welcoming people back into the stores when they fully reopen on April 12th, in line with government guidelines. Our staff cannot wait!



**SHOP FARA ONLINE**

Excitingly alongside the new site, FARA Charity Shops is launching an all-new e-commerce website. FARA Online offers affordable high-quality donated items ranging from Clothing, Accessories, Fine Art, Homeware, Electronics and Kids, all carefully selected from the charity shops across London. Not only will you be able to order items online and have them delivered to your doors; you will also be able to use FARA Shops new click & collect service to save on shipping cost.

[www.faraonline.co.uk](http://www.faraonline.co.uk)

# Fundraising for FARA

Spreading the word, raising vital funds and, crucially, having a good time while doing it! That is why we love Fundraisers so much – putting yourself to the test for the greater good, setting personal goals and smashing them.



We have had long-distance bike rides, the highest mountain in Europe summited, 12 events completed in 12 months and a 100k Mountain Race.

There are many types of fundraisers – from the major challenges to smaller events such as having a cake stall on your doorstep, a sponsored hop or a virtual event with your family and friends, or it can be as easy as setting up a Facebook fundraiser. Whatever you choose we are so grateful and here to help in any way we can.

## London Marathon 2021!

Exciting news! This year we have been lucky enough to be allocated a place in the London Marathon. And we have a runner...introducing Connor:

**Name:** Connor Rumbles

**Age:** 20

**Lives:** Norfolk, UK

**Likes:** Cycling, Snowboarding and Travelling

**Dislikes:** Video games, inequality and custard

**Describe your preparation for the London Marathon:** The last 10 years of my life have been heavily based around my love for cycling, competing at a national level I am used to dedicating a lot of time to training. However, I've always had the goal of completing a marathon, with the lack of cycling races over the last year I saw this as a perfect opportunity to work to achieve that goal, whilst raising money for an amazing charity. To prepare for the marathon I will be completing a running focused cross training plan with cycling.



Over the last year family and security in our own homes has been more important than ever. FARA provides this for those most in need of it, in a country where more than 50% of children are living in poverty. I'm grateful to have had a safe and happy childhood and I feel very passionately about helping others to have the best possible start to their lives.

Keep a look out on our social media channels and our new website for more on Connor, and his training for the big event.

Support Connor here: [uk.virginmoneygiving.com/ConnorRumbles](http://uk.virginmoneygiving.com/ConnorRumbles)

GLUE HERE

## DONATION FORM

Using this FREEPOST envelope you can

- send us a cheque made out to FARA Foundation
- fill in the form opposite to arrange a monthly, annual or one off donation

### My details are:

Full name .....  
Home address .....

Postcode .....  
Tel number.....  
Email .....

### How would you like to hear from FARA Charity?

By post  YES  NO  
By email  YES  NO

For information about how we look after your personal information see our Privacy Policy at [www.faracharity.org](http://www.faracharity.org). You can unsubscribe or update your preferences, at any time by clicking at the bottom of emails you receive or by contacting us.

**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.

GLUE HERE



GLUE HERE

### 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

*giftaid it*

Please sign here:

Please print full name:

Date:

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](mailto: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
- 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.

**We promise to keep your information safe and secure and will not share it with any other organisations.**