



# Newsletter



No. 11 August 2021

## In This Issue

- Welcome
- News from Kabwe
- News from UK
- Looking ahead

## Online Donation Platform



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## Welcome

After so much time in lockdowns, we are all now in a new phase in our response to the Covid pandemic. I trust that you and your loved ones are able to move forward in these uncertain times.

We have some great news starting with the new building project. Thanks to a wonderful level of support from regular and new donors, I can report that we have reached our appeal target of £50,000 to complement the existing funds dedicated to the project. So, the UK portion of the building costs has been reached and the appeal is now closed! Thank you to all those who have got us to this point, through a range of activities and events during lockdown (Gold/Silver/Bronze bricks, Trustees Tackle The Thames, Well-Being Week, 2020 Hindsight, and the quizzes to name but some).

Out in Zambia, Moses Kopa and his team were keen to share the financial burden for the new build, and, in the spirit of true partnership, took on the commitment of raising the equivalent of £17,000. After much discussion and joint planning between Moses, his team and FPZ trustees, an application was submitted to the BEIT trust in May 2020. This was not successful, so, in November, a resubmission was sent by Moses. In early May 2021, he informed us of a pending site visit by a field officer acting for BEIT to inform their UK-based trustees of potential projects to support – this visit coincided with the unloading of the 4<sup>th</sup> container and, of course, he was very impressed! 2 weeks ago, we got the great news that BEIT have made a grant of £25,000! So, the Zambian team have honoured their commitment too and the whole project cost is now fully covered. We have so much to be grateful for and I hope you will join in our celebrations of this achievement. An update on the construction appears in the newsletter.

Even though the Zambian schools, including our own, have been in lockdown, the recurrent financial demands on FPZ continue, ensuring commitments are met. After the 2020 postponement, the FPZ sponsored walk took place in June, in Woolacombe, North Devon. A wonderful day was experienced by the walkers with great back-up support, and, at the same time, a hugely significant sum was raised for our ongoing commitment to the Family Future Community School project. Thank you to all those who took part.

On behalf of Emma, Kathryn, Nick, Peter and Rosemary, please accept our sincere thanks for your most generous support and we hope you are as exhilarated as us in the progress being made on such a broad front for the orphaned and vulnerable children in Kabwe.

*Barry Gransden, Chair, Future Pillars*



## News from Kabwe

### New building progress report

Following the signing of the contract with Fyabene Contractors on 29th December 2020, work commenced a few weeks later, despite being in the rain season, causing a number of trucks to get stuck on the school premises! We thought the rain would help soften up the ground for digging out the footings.

The site preparation was done as soon as the contractors conducted the site survey, making the new gate to the building site and fencing off the building site to protect the children and staff. The excavation of the foundation trenches took longer than expected due to the hard rock under the surface. Although invisible now (July), we had the casting of the footing concrete in the foundations, building in the foundation trenches, back filling and compacting of hardcore bed and then the concrete slab was laid with a 21 day curing. Passing the curing test process, Phase 1 was completed and, thanks to FPZ donors, all paid for.

At this point we moved to the next stage of building the columns, with the concrete reinforced by steel. At this point the inspectors from the council were invited to come and check the strength of the columns and so we were granted to go ahead with raising the walls with block work and further inspections carried out. Phase 2 has also been paid for – thank you again. As I write this to you, the preparation for the ring beam is going on in anticipation of the top floor and then the roof. The curing of the ring beam will be another 21 days and so internal work of the ground floor will be done during this time.

As the Project Manager, I have found this a tremendous experience, with progress being seen every day. The contractors are working well and we have a good working relationship. On behalf of our team and the wider Zambian community we are very grateful to everyone who is involved in the fundraising and donations toward the building of the classroom block which is expected to be completed in good time for the start of the new school year in January 2022.

*Patrick Sichilima - FPZ Administrator*



“As the Project Manager, I have found this a tremendous experience, with progress being seen every day.”

“On behalf of our team and the wider Zambian community we are very grateful to everyone who is involved in the fundraising and donations”

We expect the new block to be completed in time for the start of the new school year in January 2022.



Donate while shopping, booking a holiday or renewing your insurance online – at no extra cost



We've talked before about easyfundraising giving us a donation from your online purchase, but did you know companies like Booking.com and major insurance companies are part of this scheme – with significant donations coming to us from these high value purchases?

- Log on to [easyfundraising.org.uk](https://www.easyfundraising.org.uk)
- Search for Future Pillars and join us
- Start shopping Or
- Click **Here** to go straight to our easy fundraising page and join us
- Start shopping

## Headlines

Hello everyone. Great to share some information from Kabwe, Zambia.

First of all, thank you to all of you for your continued support to the orphans and vulnerable children at Family Future Community School, despite the ravaging Covid-19 pandemic. **Thank you because you have enabled us to continue feeding our learners even when they are out of school due to the government imposed closure.**



Our teachers are still receiving their allowances and they are being sustained, although the cost of living continues to rise sharply. The teachers are always available whenever they are called upon to do one or two assignments at school. For example, on 15th July, I contacted the teachers asking them to come and do some cleaning at school before the health inspectors came to check on the readiness of the school for reopening on the 16th August - the response was good and the work was done. I believe the report will come positively as most of the benchmarks set by the Ministry of Health were met. I wish to report to you that as a school, we also recorded some positive Covid-19 cases. We had two female teachers and one Grade 9 pupil; the good news is that they are all fine and ready to come back to school when we reopen. As I write this article, there are some positive gains made in the number of positive cases being recorded and also the compliance levels among the citizenry. This has given us hope that our learners will get back to school and continue where we left off; while addressing the backlog of workload to be covered before the year ends.

Allow me to talk about the Grade 7 and 9 results from the National Tests for the year 2020. After a thorough analysis of the two levels, we understand that we didn't do very well at Grade 7 but had much better Grade 9 results. We hope to change the picture at Grade 7 in this year's Exams having communicated this concern to the responsible teachers with expectations being set. I wish to thank Barry for having helped us in having well analysed results which are speaking to us in very clear terms. Milestone!!! Yes!



I wish also to report on the progress being done in terms of school culture improvement. As a school, we are now able to present a more informative report of results to the children and their parents/guardians because of a very successful CPD we had with Barry last year in March on Assessment, Recording and Reporting. The children are now able to respond to the results in a positive way as the comments are given to them depicting the reality of where they are with their learning and counsel provided for future improvement, unlike the previous ones where we just had a grid of numbers and a short comment like 'Very good', 'could do better' or worse still. I think we are more clinical this time around and I know we will make it more effective as we move forward. I thank you.

*Moses Kopa, Headteacher FFCS*

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what am I expected  
to give? .....

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“I guess I was in the  
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## In the right place at the right time

### *A Senior Teacher's perspective*

In life one never chooses to be born in a particular family, race, tribe or nationality. So, I suggest, we are born in the right place at the right time. Our fate tied around our necks. Because of certain people we meet in our lives, certain things change in our lives and things can become better. Where there was hunger, satisfaction now comes to play. Where there was illiteracy, literacy now comes to dominate. This is the legacy that the Family Future Community School has offered to many orphans and vulnerable children in the Kabwe area. The school provides educational and nutritional support to its children. Many learners who have received support from FFCS have also been helped to access tertiary education and skills training.



As you are aware, the support in the school is funded solely by Future Pillars Zambia donors. My understanding is that this is a rather random group of kind and generous people that have given their time and resources to render help to the needy in society – 8000km from Zambia, but in the right place at the right time. The trustees of Future Pillars Zambia go a step further by providing training support to the teachers at the school.

I am a beneficiary of this support. I had taught in the school for many years, but I was not a qualified teacher. Through discussion with a trustee, I was offered the opportunity to study and become formally qualified. I was sponsored to undergo training at a local university. All expenses taken care of. Last month, I received notification that I had successfully graduated – a truly wonderful moment for me.

The training is in line with the vision of the trustees to provide more effective teaching to the learners. Continuous professional development is one key corner stone that the trustees are focusing on to ensure that the learners attain the relevant knowledge, skills and understanding. It would be worth noting that some teachers at the school were previously learners at the school, went to college or university and then returned.

Having received, what am I expected to give? My self-expectation is to give always of my best to the needs of the children, blending my experience with my new-found knowledge of learning. I am committed to making a positive difference to our children. I also know that this self-demand is all that my sponsors ask of me. I guess I was in the right place, at the right time.

*Gordon Daka,  
Curriculum Leader for Grades 5 to 7*



## Kabwe's mining legacy and the impact on its children

*Peter McAughey explains why Kabwe has attracted attention in the media.*

Most of our supporters know that the campus containing Family Future Community School and Family Pillar Vocational Skills Training Centre is located in Kabwe. It's about 2 miles north of the Town centre in the Mwalala township. The Great North Road cuts through the middle of the town on its journey from Lusaka (130km to the south) to the Copperbelt district in the north.

Kabwe is the capital of Zambia's Central Province. In the 2010 census the population was estimated at 203,000. In reality this is a significant underestimate, with Makululu compound on the edge of the town being regarded as one of the largest townships in Africa.

Kabwe exists as a major town because lead and zinc deposits were discovered there in 1902. Indeed Kabwe (previously named Broken Hill before Independence) means 'ore' or smelting'. For a time in the 20<sup>th</sup> century Kabwe's mines were the largest in Zambia. The mines which occupied a 2.5-kilometre square site just south of the town centre closed in 1994. No attempts were made to clean up the area. The vast slag heap that still exists is known as Black Mountain. The desperately poor scavenge in the slag heap. Near to 'Danger keep away' signs adults break stones to sell as building materials.



“Kabwe (previously named Broken Hill before Independence) means ‘ore’ or smelting’.”

“Kabwe is the most polluted place for children on the planet”

“75% of Kabwe's children are affected in some way.”

### How bad is the pollution?

A study by Pure Earth (2013) found Kabwe to be one of the ten most polluted places in the world due to heavy metal tailings being in the water supply and the soil. Jack Caravanos, NYU School of Global Public Health said in 2019 that 'Kabwe is the most polluted place for children on the planet'

### How does lead in the environment effect children?

Despite the dangers children play near the mines where the lead levels are sky high. 2019 Human Rights Watch reported that more than 6 million tonnes of mining waste are 'out in the open', and winds blow the dust around the surrounding area so that up to 75% of Kabwe's children are affected in some way. Children's bodies and internal organs are particularly susceptible to lead poisoning. A 2014 report indicated that children's blood lead levels are still elevated long after mining stopped, indeed on average 5-10 times the 'safe' levels. Children will find it much harder to learn in school if they are lucky enough to be in the education system. Worse still children with disabilities are often hidden away by families due to the stigma.

Chrispin Mungawa, Head of Science at FFCS notes 'When lead accesses the body, it mainly attacks the nervous system. Among adults, the lead poisoning may cause numbness or weakness in the hands and feet, anemia, and high blood pressure whereas high level exposure to the same can lead to brain damage and reduced fertility. Children, including developing foetus, are

“In short, the effects of lead poisoning in children have also contributed to the many challenges a Zambian learner experiences.”

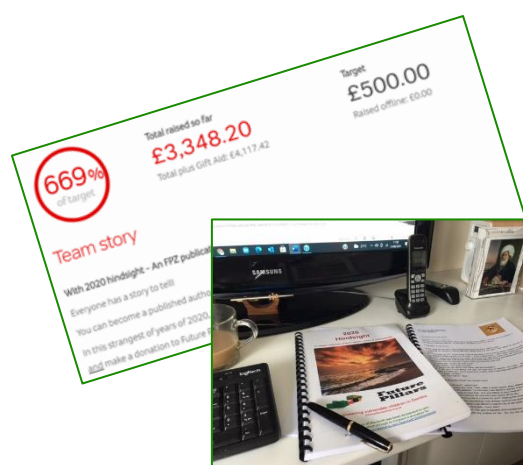
exceptionally vulnerable as their still growing bodies retain the toxins for longer than adults. The risk for them begins with higher rates of miscarriage, premature birth and low birth weight and continue to harm them throughout life due to brain damage and mental retardation. This situation needs an intervention sooner rather than later. The effects are more visible than ever before’.

### What can be done?

There have been modest attempts to clean up the environment by replacing contaminated soil with clean soil from elsewhere. Drug therapies may be available but at a huge cost to individuals. The Government knows about the problem in Kabwe and other former mines in the country. Given that lead-free may be impossible creating a lead-safe environment seems the best goal. Moses Kopa, Headteacher at FFCS, concludes ‘I have clocked over 20 years in Kabwe since I left the Copperbelt Province. During this period, I have witnessed the mushrooming of various infrastructure especially housing. When I learnt of the high levels of lead poisoning in Kabwe, I later realized that the contamination is widespread because most of the infrastructure developers were sourcing their construction stones from the dump sites of the defunct Kabwe mines. This means the poisoning is not only confined to the townships closer to the mines but even those that are away from the dump sites. This contamination has been necessitated by activities such as house constructions and scavenging by the locals. The interaction with other school authorities shows that apart from poverty and other social problems, thinking capacities of the learners in some schools within the confines of the townships closer to the dumpsites poses a lot of challenges resulting in poor academic performance among the learners. In short, the effects of lead poisoning in children have also contributed to the many challenges a Zambian learner experiences. It is however, giving hope that the international community has come on board to help mitigate this health challenge’.

## News from UK

### 2020 Hindsight



2020 Hindsight was published in early 2021 and digital and paper copies were distributed to all the writers and their families, friends, and supporters.

The trustees were delighted at the amount raised by our wonderful writers and want to thank everyone who gave of their talent and time to produce the book.

At 132 pages it is a fascinating blend of fiction, testimony, poetry and descriptive writing. Nick Andrews, the FPZ trustee who edited the book, said “It was a pleasure and a privilege to receive and publish all these fantastic contributions.”

If you would like a digital copy, please contact us.  
Digital copies £10, Paper copies £20 (all proceeds to FPZ)

## The Third Future Pillars Walk; Woolacombe, 19 June 2021



*Rosemary Stanbury, support team lead, describes her day:*

The days before had been rain, rain, rain so we all arrived in Woolacombe with all manner of waterproofing, but Saturday 19th June dawned dry, clear & sunny and so it continued all day. Perfect walking weather.

Peter and I opened the Village Hall at 6.30am ready to register the 26 Hares (faster and more energetic walkers). After welcoming the group and reminding them of Covid 19 restrictions they set off downhill into Woolacombe happily reminiscing about the previous walks. Paul was at the head and Sarah at the tail, keeping everyone safe in between.

The 14 Tortoises (slightly slower with a few less miles) arrived for registration. After another welcome and reminders, they began their walk equally cheerfully, led by Tim and backed up by Anneli.

By then our First Aiders had joined us to be with us throughout the day. Fortunately, they had an easy day as they had no casualties.

Before the two support teams left a very keen and able group of ladies from the Morthoe WI (*pictured below*) appeared to begin making tasty baguettes, cakes, salads, fruit and tea/coffee for everyone's return at lunchtime.

Our first walking/support meeting point was at Lee Bay, a tiny rocky bay – with carpark and toilets. Due to Covid rules the 2 groups could not arrive for water and flapjacks simultaneously so we had time for a quick paddle! Two walkers decided to take a break, thus availing themselves of the support team vehicles, rejoining the walk at a later stage. Peter and Fiona's car then moved on to Ilfracombe for the next stop while Ed and I drove to Lee Bridge, an old railway bridge over a disused line, now part of the Tarka Trail. Next stop was back to the Hall for lunch, where we met our Chair, Barry with Becky, who were helping with the lunch preparations, and keeping the Hares and Tortoises apart at each end of the carpark.



In the afternoon Ed moved to Putsborough, at the far end of Woolacombe beach where the Hares, Tortoises and Amblers met him one after the other for refreshments, until 7.30pm. Meanwhile, Fiona and I parked in Croyde NT carpark until everyone had passed through. Then, on to a pub carpark where we felt obliged to have driving friendly drinks (!), for our last water/squash/snack stop.

The third Future Pillars walk:

- 67 walkers
- 1130 miles
- Over £13,000 raised!

Together our three walks have raised over £50,000

Thank you, all walkers, supporters and sponsors!

“There would be no food, education or future without fundraising like this.”

Meanwhile, Peter was leading the Amblers Walk along the dunes/beach, for those who wanted to be part of the day but felt unable to undertake the longer walks.

By 8.15pm everyone had returned to base camp, the Village Hall, for signing out, photographs, lots of laughter and goodbyes - and questions about the next walk.

Thank you, Peter, for all the organisation and hard work you have put into the success of the Walk. We all really appreciate it, especially the children and staff in Zambia.

There would be no food, education, or future without fundraising like this.



### The Hares

We set off with a downhill start! We set a brisk pace for the first few miles before we got into the tricky coastal section with plenty of ups and downs, but the sight of seals basking on the rocks kept spirits high. We were thankful for the first water station with energy-boosting flapjacks. Once we reached Ilfracombe, the walking was much easier, and, after a steady climb out of the town, we headed back along the Tarka Trail to Woolacombe. Special thanks to Rosemary, Ed, Fiona and all the volunteers helping with lunch and water/food stops - we could not have done it without that support.

The afternoon started with a walk along the length of Woolacombe beach and then round Baggy Point towards Croyde before a steep climb and back to Woolacombe. The weather stayed fine throughout, and it was just after 8pm when we made it back to the Village Hall where we had started more than 12 hours earlier to be greeted by the support crew.

Over 27 miles and another great experience with lots of money raised!

*Paul Williams, group leader*

### The Tortoises' Story.



The tortoises set off from Woolacombe Village Hall at 8.15 and headed through the village taking the coast path towards Morte Point with its amazing vertical slabs of slate sticking up through the ground. There were great views towards Lundy Island, and we could just see the coastline of South Wales on the other side of the Bristol Channel.

We continued along the coast path admiring the rugged cliffs and small bays along the way. A highlight of the stretch between Morte Point and Lee Bay was seeing and hearing a group of seals a long way below us. Some were basking on rocks while others were 'bottling' - floating vertically in the water with just their heads above the surface. They were calling to each other: it sounded like the voices of children in the distance.



“We finally arrived back at the village hall after a long and challenging day, but with a great sense of achievement.”

At Lee Bay, we had our first refreshment stop. This was really welcome as the final mile we had done was the most tiring so far! After a short break, we turned inland up the Borough Valley, beside the stream, through a lovely stretch of woodland. The walking then became quite a lot harder as we crossed the stream and climbed up the side of the valley and continued to Lee Bridge for another refreshment stop. From here, we headed back towards Woolacombe, partly along an old railway line. Towards the end of the morning walk we got a great view across the bay towards Baggy Point: our objective for the afternoon.

After lunch, we re-grouped and welcomed some new walk-mates. Heading straight for Woolacombe Sand, the group threaded a path through the many holidaymakers at the town end. We were glad to leave the beach behind after nearly 2 miles of tough going, and after a short water stop at Putsborough car park, we enjoyed a relatively easy walk around Baggy Point – it juts out into the ocean and affords lovely views of the coast on either side. Then along a narrow path on to the next break stop in Croyde, where the hares were just arriving as we left, close on our heels!

After a short walk along Croyde Sand, we made our way through the town of Croyde, and inland back towards Putsborough. Another brief water stop, where we briefly met the Amblers (keeping at a distance to keep the groups safely separated) and then for the final leg of the day, we climbed high up onto Woolacombe Down, following the coastline back to Woolacombe. This was also the most challenging climb of the afternoon, and the views over the ocean in the evening light were magnificent. I think most of us felt too tired by this point to really enjoy the view as much as we should! We finally arrived back at the village hall after a long and challenging day, but with a great sense of achievement.

*Tim Hambly, group leader*

**It wasn't a race but...**

We did have two competitions for participants on the Woolacombe walk. First: guess the distance walked.

67 walkers completed 1130 miles. Wow. And double wow because our winner was only 2 miles out on 1132. Congratulations Louise Berry!

Second: photo competition. Congratulations to the three winners:



First place: Morning Panorama, by Jon Spalding



Beautiful pond by John Harris



Inventive thinking by Adam Paynter

## Social Media



Our newsletters give a snapshot of our activities over the last few months. We use social media to share pictures and stories as they occur.

Follow Future Pillars Zambia on Facebook and/or Instagram to see news as it happens - and many more photographs!

## Contact Us

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## Looking Ahead

As you have read, the (unplanned) two year wait for this year's sponsored did nothing to dampen the enthusiasm of our walkers – or the support they gained from friends, colleagues and family – and gave us valuable planning time too! We have decided to schedule our next sponsored walk for 2023, and Peter has already started route planning. In the meantime, we are working on a calendar of events for Christmas and the year ahead. Here's something to whet your appetite...and maybe inspire you too!

### Triathlon your age

Nick Andrews A Future Pillars trustee who is neither particularly athletic nor young, is going to 'Triathlon his age' (63) over three weekends in September 2021.

- 11<sup>th</sup> September a 5k swim
- + 19<sup>th</sup> September a 33k cycle ride
- + 26<sup>th</sup> September a 25k walk
- = **63k** (He needs the recovery time in between!)



Please consider sponsoring Nick in £6.30 units – i.e. 10p per kilometre. Please click [here](#) to go to Nick's Virgin Money Giving page and sponsor him online - or let us know that you are willing to sponsor Nick.

If **you** want to **triathlon your age**, please let us know and we will help you set up your own Virgin Money Giving page.



Cycling  
(on the flat)



Swimming  
(In a warm, calm pool)



The walking poles are  
there for support!

### Can you help?

We hope you have enjoyed news of the projects you have supported. Can you help us to keep up the good work?

- Could you **organise an event** to spread the word and raise more support?
- Could you make a **regular donation**?
- Could you **help us apply for grants**?
- Could your **company adopt us** as their charity of the year?

Speak to a trustee or contact us using the details provided if you would like to talk about these or any other ideas you may have.

### Thank you