

Mud, mud, glorious mud!



In November 2011 Chris Freshwater visited the Hogar de Fe Orphanage to spend some time helping the children and teaching them English.

“Once I was there I saw how little they had and how much we take for granted. I couldn’t believe how happy they were with so little. It was an extremely emotional time for me especially as I

could have easily been one of those kids, but I was blessed to have been adopted. I needed to do something more to help straight away. So I chose the most physically challenging event I could find at the time called Tough Mudder, a 12 mile long obstacle course set up by the British Special Forces.”

Chris recruited his friend Neil and they undertook an extensive training programme to prepare for the event which includes crawling under barbed wire, carrying logs hundreds of yards and crawling through 1000 live electric wires.

“On the day of the event we got up at 5:30 a.m. ready for the challenge. By early afternoon we had completed it and felt an amazing sense of achievement and that we had really earned the great donations people had made.”

Chris has signed up to participate in the Tough Mudder event again this year. You can sponsor him at www.justgiving.com/4TheOrphans2015.

SIFT’s founder, Dick Bell, was awarded an MBE in the Queen’s New Year’s Honours List for services to underprivileged people, most recently in Nicaragua. Dick left SIFT in early 2013 to continue a project on the island of Ometepe with Palm Tree Associates.

Nurse sponsorship

Don’t forget that you can also support our medical work on a regular basis by sponsoring a nurse for £15 a month. Each sponsor is matched with one of our seven nurses and receives annual updates. Please get in touch for more information.



Contact us

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Sowing seeds of hope in Nicaragua

Spring 2015

Ometepe landslides



For families on the island of Ometepe, living in the shadow of Concepción volcano is an everyday part of life. However, on October 8th, a night of extreme rainfall caused currents of mud, rocks and trees to rush down the slopes of the volcano towards the villages of Los Ramos and Sintiope. The landslides destroyed nine houses in Los Ramos, covered acres of farmland and sadly claimed the life of one young girl.

In the aftermath of this disaster families from Los Ramos were given temporary accommodation in local primary schools and hostels until the rainy season finished and the danger of further landslides had passed.

SIFT’s medical team, led by Dr Sandra, stepped into action straight away to bring help to the families who had been affected by the landslide. They distributed clothes, shoes and other essentials to those who had lost them and supplied regular hot meals to the people living in the hostels.

Even though the debris has been cleared away and the dry season has started it will take time for life to return to normal. Many families have had their crops of beans completely ruined, depriving them of one of their staple foods. The next harvest will not be until July or August, so SIFT will be continuing to distribute food to these families until they are able to provide for themselves once again.



Thank you to everyone who helped us to provide for these families by responding to our appeal in the last SIFT Insight, raising a fantastic £4,396.

Join us in our fundraising challenge!



On the island of Ometepe there is limited healthcare and patients have to pay for medicines, which often puts treatment beyond their reach. SIFT runs clinics in three communities and patients pay a small, affordable consultation fee but receive any medicines they need for free. As well as treating patients Dr Sandra and the team give community education lectures aimed at

helping their patients live healthier lives. In 2012 the nurses at El Corozal clinic started a club for expectant mothers at which they are taught what to expect during pregnancy and how to keep themselves and their families healthy.

Last year a patient visited one of the clinics suffering from severe arthritis and gout. He was wheelchair bound and had visited many doctors seeking treatment. He had been advised that he would probably never walk again. Dr Sandra began treating him and prayed for him. Thanks to this treatment within four months he had made a full recovery and has now resumed his ministry of preaching the gospel.



This Spring we are encouraging all of our supporters to take up a fundraising challenge to raise money for our medical work.

£70 will pay the wages of one of our nurses for a month.

£150 will help us to provide multi-vitamins for 60 children.

£280 will pay Dr Sandra's wages for one week.

£800 will help us to provide free medicines for one month.

Graham Knight, SIFT's Office Manager, enjoys walking, and each summer he does a sponsored walk in aid of our medical work. This year he has set himself the challenge of walking 102 miles of the Wales Coast Path in Pembrokeshire (www.justgiving.com/WelshWanderings).



If a sponsored walk isn't for you there are some other ideas below to give you some inspiration. Ali would love to hear about your plans and provide you with any resources you need. Please get in touch with her by e-mail (ali.wilson@seed-trust.com) or by calling the SIFT office (01297 22484).



Plan a treasure hunt

Go on a sponsored cycle ride



Have a games evening

Hold a coffee morning



Run a quiz

Wash cars



Use a Smarties tube to collect £1 coins

Sell unwanted items on eBay

