

## August 2012

### HEALTH WORK TO CONTINUE

Our big news is that due to sponsorship from some kind supporters, we are able to continue our work on health issues with some of the most needy communities in Tamil Nadu. Vicky and Duncan Harvey-Jackson of Nomads Clothing ([www.nomadsclothing.com](http://www.nomadsclothing.com)) have close links with India where all their clothes are made to highly ethical standards. They have added to the amount donated by Tamwed supporters and a 12 month programme will start on October 1<sup>st</sup>. Building on previous projects and research, we are focussing on food, health and diets. Jothi Ramalingam, our Programme Coordinator in India, says that a lack of variation in a diet with low nutritional value is causing a range of problems, particularly among women and children.



Fruit saplings being grown in the nursery set up by CRUSADE. Villagers are able to attend training sessions at the nursery, learning about the plants that they can grow and use in the small plots near their houses.

The project will support Community Health Workers managed by our partners CRUSADE and GAWDESY. They will be raising awareness about dietary issues in remote villages while setting up community gardens and nurseries where food and medicinal plants can be grown, prepared and distributed. Around 1,000 of the poorest and most isolated people in each of these two areas will benefit from the programme. The project will also help food producers adapt to the effects of climate change by growing a variety of crops that can adapt to long periods of drought and sudden, unseasonal storms.

Tamwed's chair Jane Weatherby says she is thrilled that the programme can continue, capitalising on the work that Diana Lee developed on herbal medicine and building on the experience of our partners. "The majority of the huge population of India, mostly living in rural areas, have yet to benefit from the wealth that a small minority in some cities is able to attract. Our funding is able to lever financial and in-kind support from local government departments and businesses and prod policy makers into action.



GAWDESY's community workers with Diana Lee and Pete Squire during their visit in January. Poor health is a major problem in this remote area where farming is suffering due to climate change. The poorest families are eligible for government labour schemes and free rice but reasonably paid work and healthy food in an area being badly affected by climate change is hard to come by.

## CLIMATE CHANGE

Our partners the ISLAND Trust and GAWDESY continue to raise awareness and promote solutions to climate change in their rural areas. GAWDESY, with funding from Tamwed and Osborne Samuel Ltd together with donations from the Government's Horticultural Department has provided hundreds of Curry, Mango, Jace and Magogani trees that are able to withstand drought and help to provide food and income. The ISLAND Trust is promoting organic agriculture in 19 tribal villages where Beans, Beetroot and Radish were planted with improved irrigation and organic fertilisers.



The ISLAND Trust's stall during World Environment Day in May when they joined organisations all over the world as part of the 350.org awareness-raising programme.

## RECENT EVENTS



**An Indian meal** was held in Albaston courtesy of Andrew Dawson - amazing pudding-maker and owner of Goodies from the Gambia ([www.goodiesfromthegambia.co.uk](http://www.goodiesfromthegambia.co.uk)). A presentation was given by Diana (who also provided the food with her local and international helpers) on the herb project. We raised nearly £600 which is a huge amount in these recessive times. It costs around £20 to support a Community Health Worker each month.

The amazing **Dad Dancing** and support bands raised the roof at a special Olympics event in Tavistock. A report by scientists claims that: "the phenomenon known as 'Dad dancing' where men between the ages of 35 and 60 typically attempt complex moves with limited co-ordination, may be the result of evolution".



## COMING EVENTS

### TAMAR TRAVELLERS - 1st September at 7pm - Tipwell Rock, St Dominick PL12 6RS

Tamar Travellers brings together people to hear from those who have made interesting journeys - in the UK and abroad. The next meeting will be hosted by Maria and Colin Terry who recently walked 300 miles along St James's Way over the Pyrenees Mountains in Spain which is the most trodden long distance footpath in Europe. There is also a talk by Sharon Neale who has cycled the Saints Way to Cap Finisterre.



Donations to Tamwed. Contact us for directions and you are welcome to bring food and drink.

### INDIAN MEAL - Saturday 13th October at 7.30pm - Brentor Village Hall



Join us for another South Indian culinary adventure with quizzes, sales and other attractions.

Contact us to reserve a place. £8 adults, £4 children.

### **NEW - TAMWED COOKS BAGS**

Due to popular demand, ten recipes from our famous Indian Meal nights are now available in a cotton bag. Also in the bag are all the spices required to make the recipes and an apron made by Padmavathy (CRUSADE trainer).

Incredibly good value at £15. Contact Tamwed to place an order.

### **REQUEST**

We are looking for some-one who would like to sew some TAMWED logo's on our bags, so if you like to help please let us know!

### **TWO SIMPLE WAYS TO HELP OUR PROJECTS**

**JustGiving.** Use your mobile phone to donate to Tamwed by sending a text to 70070. Just type: TAMW12£X - X being the number of £s you are donating which can be 1, 2, 3, 4, 5 or 10.

Go to [www.shop2fundraise.co.uk](http://www.shop2fundraise.co.uk) and get instructions on how each online purchase can result in a small donation to Tamwed.

Please pass this newsletter on to family or friends that might be interested. The latest news about our projects and events is on our website.