



New! Community-Building Projects:

- (1) Hope for Vulnerable Youth, Women and the Poor (Jinja, UGANDA)
- (2) Food Within Everyone's Reach (Rio de Janeiro, BRAZIL)
- (3) Sara's Psycho-Social Lifeskills Development (Tema, GHANA)
- (4) The John W. Graham Shelter for the Homeless (Vergennes, VT, USA)
- (5) www.saveatonne.com (Norwich, UK)

Dear Friends,

As promised in [last week's e-newsletter](#), following is a snapshot of the new projects we received from around the world since September -- in the Community-Building Category. Remember... these are small projects started locally by people just like you and me. Read on and be inspired! Engage in conversations with them about how to support them or how your community can benefit from their experience!

Warmly,

Theresa Williamson

Founder & Executive Director

[Catalytic Communities](#)

Hope for Vulnerable Youth, Women and the Poor (since 2001) **Jinja, Kamuli, Mayuge and Iganga Districts, Uganda**

The Foundation for Child Empowerment and Advocacy (FOCEA) was founded by Pastor Paul Batambuze Wamuka who, having grown up in an environment where children, youth and women are tortured in circumstances of civil war and abject poverty, took on the burden to help his community. Hunger and famine, high rates of infant mortality and the HIV/AIDS epidemic combine with diseases such as malaria as components of a vicious cycle. It is necessary to break this cycle in order to improve and empower human life in Uganda.



Today, 133 orphans and vulnerable children receive education, care and support from this advocacy-focused children's rights foundation. Greater resources are needed to extend this coverage to achieve the goal of supporting 120 additional children each year.

[Read the full project description here](#)

Food Within Everyone's Reach Program (since 2005)

Parada de Lucas Favela, Rio de Janeiro, Brazil

In the process of registering local residents, the Residents' Association of Parque Jardim Beira Mar in Parada de Lucas favela in Rio noticed that the food for some families of the community was very poor or non-existent, due to low income or absence of income. Reporting of this led to a mobilization on the part of the NGO SONSPLUS and the Residents' Association to appeal to private companies both outside and within the community in order to initiate the project. The team from the Association established contact with the representatives of the businesses that came into the community to sell their products, asked them to support the project in the form of donations of basic food baskets. Some businesses already had their own system of donation of basic food baskets, but 90 percent of the companies utilize the service of Rainha Figueira Cereals LTDA.



By the time this project was documented, 4500 baskets of basic food staples had been distributed in the community.

[Read the full project description here](#)

Sara's Psycho-Social Lifeskills Development (since 1996)

Tema Region, Greater Accra, Ghana

Rev. Charles Adu-Gyamfi, on one of his evangelical outreach programs in the rural part of Greater Accra Region in 1996 had the shock of his life when he came upon an HIV/AIDS patient. This changed his mode of evangelism to youth reformation and HIV/AIDS prevention programs.



His activities with youth caught the attention of the Tema Municipal Education directorate. He was invited in 2003 as the only NGO to benefit from the John Hopkins University Center for Communication Programs (JHU/CCP), Training of Trainers of the 'SARA CONCEPT,' which is a communication strategy to help youth develop physical/social coping skills and enhance behavioral and social change in the community on issues related to female child education, child rights protection and HIV/AIDS prevention.

Two thousand youth in several schools have benefited to date. Project leaders want to expand across Ghana.

[Read the full project description here](#)

The John W. Graham Shelter for the Homeless (since 1980)

Vergennes, Vermont, USA

In the 1980s, Vermont's Addison County Community Action Group's (ACCAG) director, Tom Plum, realized that homelessness in the United States was not just an urban problem. Rural Vermont added to the country's statistics on homelessness and the need to provide emergency shelter in the community could not be ignored.



From its emergence, this group has provided for the most basic, yet fundamental, needs of their community's less privileged. They were able to buy supplies like food and firewood by making partnerships with other not-for-profit organizations that share similar goals. In the 1980s, the ACCAG took on an additional focus towards affordable housing given the detrimental effects caused by the rising costs of living in Vermont. Today the ACCAG has succeeded in developing over 150 housing units in Addison County.

[Read the full project description here](#)

www.saveatonne.com (since 2007)

Across the UK

A car with two occupants is twice as efficient as the same car with a single occupant, cutting CO2 emissions and slashing travel costs in half! Needless to say that a car with three people in it will reduce costs even further. The petrol cost for a car with four occupants would equate to just 24 UK pence a litre! www.liftshare.com, operators of the UK's largest car share network calculate that by sharing a daily journey one can save up to £1000 per year and a tonne of CO2 annually.



www.saveatonne.com features ten easy actions to cut your carbon footprint and through the calculations on the site demonstrates just how quickly these changes amount to a dramatic impact to the environment and your finances. The informative site features ten easy ways for individuals to 'save a tonne' of CO2 ranging from sharing a car journey to turning off your electrical equipment and chargers when not in use, buying fruit and vegetables locally, insulating your hot water tank, turning your heating down by 1 degree, to holidaying locally, amongst other possibilities.

[Read the full project description here](#)

To support us in our effort to highlight community-based solutions worldwide, bringing them to the forefront of public knowledge, and helping them connect with one another, click [here](#) to learn more about year-end giving options to Catalytic Communities.

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