

RAVENWOOD CHILDREN'S TRUST NEWSLETTER



Helping us to help them

We can not believe so much has happened since our last update

We had a charming visitor at Ravenwood Hall, sister Christobel, an amazing lady who brought laughter and kindness to everyone. Craig met her in India back in 2008 on a fundraising trip and saw the incredible work that she does taking street children from Mumbai and bringing them to St Christobel's home in Goa. She visited South Lee School in Bury St Edmunds and the children were entranced while she told them her story and thanked them for the clothes parcels the school and Ravenwood Children's Trust send regularly, and for the financial support from the Trust.



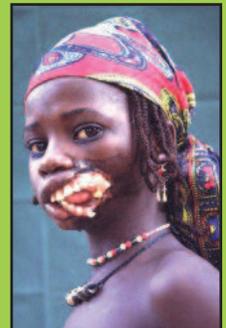
NELSON'S JOURNEY

Sadly earlier this year Craig's great friend Stephen Brown died suddenly leaving two young daughters to cope without their Dad and it highlighted to him the need to support children in this traumatic situation. Nelson's journey is a local charity dedicated to supporting bereaved children and teenagers, and gave Stephen's daughters essential support during this stressful time. At their request, Nelson's journey will be one of our future projects. <http://www.nelsonsjourney.org.uk>



FACING AFRICA

Ravenwood Hall Children's Trust entered a team for the London 10k race on July 8th running for Facing Africa. This is the fourth year we have supported this amazing charity which pays for operations on children to repair devastating facial deformities called Noma caused by malnutrition. <http://www.facingafrica.org>



ADVENTURE ASHRAM

This is a charity founded and supported by adventurers. The mission is to help the poorest and needy on or around the routes the adventurers travel. Adventure Ashram is currently working in North and South India with health and educational projects. We have supported this charity since 2008 and have seen what a difference it makes to children's lives.

In 2013 we are sponsoring a complete class of 24 children from Mudumaiai Tiger Reserve, Tamil Nadu, India for a year with the following for each child:



- 1 year of school tuition
- School bag with notebooks, pen, pencils, drawing books
- 2 school uniforms including socks and shoes
- School activities like dance, music and computers
- Regular health check ups and vaccinations
- Safe transport to and from school (vehicle and driver funded by Adventure Ashram as their route to school through the elephant corridor is too dangerous)

Should anyone reading this be interested in sponsoring a child for £115 for one year please let us know and contact mail@craigjarvis.com

ST NICHOLAS HOSPICE, BURY ST EDMUNDS

We continue to support this hard working charity whenever we can both financially and by offering Ravenwood as a fund-raising venue.

FUNDRAISING CHALLENGES

AMAZON JUNGLE MARATHON

In October of last year, Craig ran the Amazon Jungle Marathon (reputed to be the most dangerous footrace on the planet), which he found a real struggle. The intense humidity, lack of sleep, solitude and stages as long as 36 hours was a lesson in survival for him. The equivalent of six marathons in five days, surviving off a 16.6kg back pack, sleeping in a hammock and bumping into every kind of animal, insect and creepy crawly you can imagine was something he will never forget.



THE HIMALAYAS

June of this year Craig helped lead a team of adventure fundraisers on Royal Enfield motorbikes to Khardung La, Northern India the world's highest motorable pass, the experience was not for the faint hearted and proved to be a spiritual and worthy challenge. The journey through some of the most dangerous driving conditions in the world was eventful. Participants were charged by yaks,



These Tibetan children have become rather fond of travelling Ted, Craig's mascot and companion given to him by his daughter Molly

endured landslides, were honoured guests at a Tibetan wedding and joined a religious ceremony where a goat was sacrificed!

It was a humbling experience meeting children from remote villages and seeing how they cope with extremes of climate and poverty was overwhelming.



At last at the top what an amazing view and a wonderful experience

OLYMPIC TORCH

Two days after returning from the Himalayas, Craig was honoured to be an Olympic Torch Bearer through Southwold on a blazing July day, the support and enthusiasm of the crowd was inspiring.

Pictured right is Craig with his daughters Jessie and Molly



THE LONDON 10K

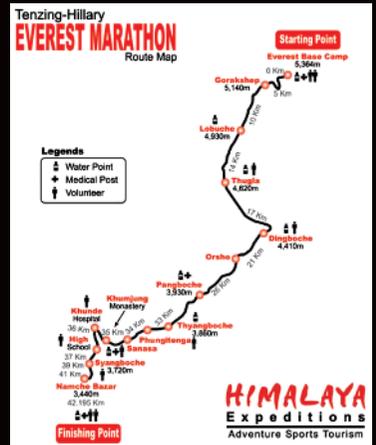
Ravenwood Children's Trust entered again for the London 10K race. The event attracted approx 30,000 entrants our team all put in a marvellous effort .Many had run with us last year so if anyone is keen to join on July 14th 2013 please email Craig Jarvis mail@craigjarvis.com

May 2013 THE BIGGEST CHALLENGE YET! IT HAS TO BE EVEREST

Craig will be running this event in the memory of his close friend Stephen Brown

This is the highest marathon in the world as listed in the Guinness book of records. A two week trek to reach Base Camp Everest 17,000 feet, the marathon then starts at the edge of the Khumbu ice fall, criss crossing Sherpa village trails over exposed rocks, snow and ice and passes through the Tengboche Monastery, finishing at Namche Bazar. This is the world's most spectacular endurance marathon.

If you see him jogging around Bury with his union jack rucksack wish him luck!



If you are unable to attend any of our events your support would still be greatly appreciated so please purchase Raffle tickets or donate on line <http://www.justgiving.com/ravenwoodchildrenstrust-craigjarvis13>

Please make cheques payable to Ravenwood Children's Trust



The Ravenwood Children's Trust has a passion to fund worthwhile causes both at home and abroad, primarily children based projects that can be managed in house by our dedicated team.