



carelanka

*Annual report 2011*



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## Introduction

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### Foreword

Carelanka has become a grown up child. As we started in 2005 as the Ayesha Foundation and Dutch-Lanka Friendship Foundation with just a little help for Boossa School (Galle district) and Sarana Children's Home (Ampara district), nowadays we have shared our knowledge, power and energy and are able to give total support to six projects in the South and East of Sri Lanka.

More and more Carelanka interferes in the Sri Lanka society, which gave us the chance to collaborate with local authorities and institutions who are all involved in the social-welfare branche.

As the foundation is a Dutch guest in Sri Lanka we have to adapt to the culture and economical exposure of the country. And as a guest, one day you have to say goodbye.

Our head office is situated in the Netherlands, with two full time voluntary managers. They will take care for the fundraising, public relations, bookkeeping, the policy and structure of the charity and the awarenessprogramm at schools and churches.

In Sri Lanka a Dutch country coordinator works full time to manage the daily activities on the sites. A team of Sri Lankan professionals has supported her.



We are proud to announce the start of our first daycare center for disabled children: Metta Daycare. We are proud to announce that the blind people are fully self supporting, which means that Carelanka only has a monitoring function. And we are proud to announce that step by step the board and staff of Sarana Children's Home are taken over the responsibility

on the project.

We said, with pain in our heart, goodbye and thank you so much to Clementine Reijrink, who was project manager in Ampara for 3 years. And we gave a warm welcome to Manon Kuin, who took over her responsibilities and is also responsible for the southern projects as a country coordinator.

Managers the Netherlands  
mr. Gerard de Jong                      ms. Kirsten Giethoorn

Country coordinator Sri Lanka  
ms. Manon Kuin

## Carelanka / the Netherlands

Carelanka is a Dutch based charity, with a board and two managers. The managers are the founders and initiators of the foundation.

The board monitors and advises the managers.

Carelanka is a joint venture of two Dutch foundations: Ayesha and Dutch-Lanka Friendship Foundation (DLFF).

Ayesha, founded in 2005, first started to support Boossa School and Sahabandu Boys Home.

DLFF, also founded in 2005, started with the support for Sarana Children's Home and Sarana Elders Home.

Carelanka starts new projects. In 2010 it started the support of Jayawardana Home for the Blind. And in 2011 it started Metta Day Care Center.

In the Netherlands, all projects are managed as one foundation: Carelanka. This idea was worked out after a lot of misunderstandings by Dutch sponsors and donors about the use of three foundations.

## Carelanka Foundation / Sri Lanka

The aim of Carelanka Foundation Sri Lanka is to support people who are often neglected. Grown ups and children with any kind of disability, who stay on a permanent or on a daily base on a project might be supported by the organization.



Carelanka Foundation Sri Lanka is a small foundation that works in conjunction with the YMBA of Galle. Since the end of 2011 Carelanka and YMBA contribute together the care for new started project: Metta DayCare Center.

The cooperation, however, exists already for a quit long time. It started with the collaboration to improve the living conditions at Sahabandu Boys

Home, a YMBA project.

In 2010 both organizations supported Jayawardana Home for the Blind, with great success. The residents of the Home are now completely self-supporting.

## Ayesha Foundation / Sri Lanka

The Ayesha Foundation was established in 2005 shortly after its founder, Gerard de Jong, went to Sri Lanka to help out at a children's home in Galle. Main goal of the foundation was to help institutionalized children and children in difficult family circumstances. Main projects were the support to the Boossa School and to the



Sahabandu Boys Home. As it is the priority of the foundation to work with local institutions, for the Boossa school the cooperation started with the Boossa Aid Development Foundation and for the Sahabandu Boys Home with the Young Men's Buddhist Association.

The, earlier mentioned, founder travels four to five times per year to oversee the projects and to stay in continued dialogue with local authorities.

## Dutch-Lanka Friendship Foundation / Sri Lanka

Dutch-Lanka Friendship Foundation, hereafter referred to as DLFF, is a registered NGO. Since 2005 DLFF supports the boards of Sarana Children's Home, Uhana, Ampara District and Sarana Elder's Home, Ampara, to improve the life circumstances of the residents of the Homes. DLFF gives support in two lines: in first to share knowledge, in second in a financial way.

DLFF hires a small staff. The Dutch Country Coordinator, who also gives support to the Ayesha and Carelanka projects, works on a base of payment of a small allowance covering her living expenses. The Sri Lankan Project Manager is responsible for the daily performance of the work on the projects in the Eastern Province. The Sri Lankan Field Manager implements the activity program at Sarana Children's Home. Both, project manager and field manager, are doing research for and development of Sarana Day Care Center, a new DLFF project. A team of part time and freelance local experts supports the managers.

## The presence of a Dutch country coordinator

A Dutch country coordinator manages the projects of Carelanka, Ayesha and DLFF. She is educated as a development expert in the field of disabilities. In the past years she learned to speak Singhalese and learned a lot about the Sri Lankan culture.

She works on a voluntary full time base, with a payment of allowance. Her job description is multifaceted:

It is her job to maintain the contacts with local institutions and government.

She visits the projects on a regular base and keeps a strict eye on the organization's policy.

She arranges courses given by local organizations.

She can determine the limitations of the people and children on our projects.

Without the knowledge of the country coordinator, we would never be able to book such beautiful results in our projects in Sri Lanka.



## Facts and Figures

The three foundations: Carelanka, DLFF and Ayesha raised in 2011 the amount of € 97.620,79 divided as follows:

- Carelanka: € 33.505,52
- DLFF: € 33.376,48
- Ayesha: € 30.738,79

This income was sufficient to pay for all expenses in the joint six projects. None of this income is spent on office cost or travel expenses or fundraising. All donations were spent in the six various projects.

The two Dutch voluntary managers travelled in total seven times to Sri Lanka and had numerous meetings with authorities and local organizations.

Divided over all six projects, 276 beneficiaries were involved in our projects. This comes down to € 354,-- per beneficiary. This means our support is less than € 1,00 per day per beneficiary. With a small amount we can make a huge difference!

## Method and Evaluation

All Carelanka projects have the aim to become independent from foreign support at some point in the future. The so called exit strategy is defined in each project plan which is constantly updated.

All projects are conducted in a manner that relates to the local culture and with respect for the local religion. To be able to do that Carelanka works closely with local organizations, which varies from project to project.

Progress in the projects is carefully monitored and matched with the objectives set out in the project plan. If necessary the project plan is adjusted. The objectives vary from project to project, but the heart of each project is to improve the quality of life for vulnerable people and help to open doors to a better future.

## Marketing, Fundraising and Awareness

To be able to run the Carelanka projects in a professional manner the foundation puts a lot of effort in fundraising. Locally we create more and more awareness for the "Carelanka" brand. Fundraising is done through a variety of local activities in churches, schools and companies down to the level of individual families. Through the years a growing group of ambassadors is helping the board members with local initiatives. Besides marketing and fundraising to help cover the cost of running the projects, our awareness program in the Netherlands is mutually important. We give lectures at schools, churches, service clubs or businesses about abilities of people with disabilities in Sri Lanka. We also provide the audience with common information about Sri Lanka. Our awareness program is an important issue of our voluntary work in the Netherlands,

to create a community who is interested in, considerate towards and well educated about people living in another social-economical situation.

## Review to the projects

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### Sarana Children's Home

#### *Brief introduction*

In the beginning of 2005 DLFF started with the support of Sarana Children's Home. In first we offered the 30, mainly women with a disability, an activity program.

In first the live circumstances of the residence were very poor. Some residents were locked up. After a while of working with the residents we noticed that without adequate mental and physical care and reconstruction work of the buildings people could not develop their skills very well. We extended our aims. After two years of support some residents were looking for a new challenge and we started a social-vocational training for them.

Meanwhile DLFF supported the board and staff of Sarana in a financial way. But mainly, may be more important, by sharing knowledge.

#### *Board / Staff*

- o Sarana Children's Home was the award winning Children's Home in Ampara District in 2011! Nilmini Madam, matron, Miss Soma, kitchen mother and caretaker, Ranjani teacher, activity program, Mr. Ariyawansa, project manager, Miss Ayesha, cleaning lady, and Sarana Board have achieved great results, with their commitment throughout the home.
- o At the end of 2010 the Dutch and Sri Lankan boards agreed to start with the exit strategy. An exit strategy means that the involved third party steps back and hand over the responsibility to the origin party. For Sarana this means that we made a start with independency of the staff members. In the past the Dutch project manager visited the home nearly on a daily base. The tasks were given in return to the local staff members and the Sri Lankan project manager, mr. Ariyawansa, kept a strict eye on our goals. Mr.



Ariyawansa reported his observations to the Dutch country manager. And, if necessary, he interfered and supported the staff.

Besides the independency of the staff, the financial responsibility has to be given back to the board. Although the charity still paid for the medical care, maintenance and reconstruction work of the buildings and social welfare of the residents, the costs were not paid by the project manager anymore, but by staff and board. The staff and board reported to the project manager by keeping a cashbook.

### *Financial situation*

- o The Dutch fundraising was adequate for the fixed costs. We could continue to achieve the set objectives. We could not yet make a start with the final part of the reconstruction work.
- o The Sarana board managed, according to the exit strategy, the maintenance of the buildings and garden. We found out that, contrary to the Netherlands, the Sri Lankan way of fundraising is more in a material way, or by giving time and expertise, instead of giving money.

### *Activity program*

- o Ranjani teacher has done a wonderful job again! Daily she offered an activity program to the disabled residents of Sarana Home. She still divides the residents in three levels: low, medium and high, and adapted her program to the skills of the residents.
- o It is mentioned by people that the low level residents still develop themselves in a social context. Some of the residents start to speak, some of them respond to simple instructions.
- o All residents are sleeping in the two dormitories nowadays. Something that was not acceptable or possible a year ago, due to the habits of some residents.

### *Social -vocational program*

- o For nearly one year Ranjani teacher followed a counselors training in Colombo. She has given a lot of practical counseling's sessions for the residents.
- o The medium level residents start to work more and more in the vocational training program, by making paper bags, creating postcards or by supporting the high level residents with their sewing activities.
- o Jayanthi teacher has given three times a week primary school education to the high level residents. They have learned to write, read and mathematics. But they also practiced their concentration, physical motion and developed their self-esteem.
- o Two school-going girls, without any disability, finished their A-Level exam and started working. One of them



did a traineeship at a Montessori school. The other one was hired in a supermarket. Both earn a salary and have their own bank account.

- o One school-going girl without a disability did her A-Level exam. She passed one subject. She will retry in 2012.
- o In 2011 we started the Sarana shop, in which residents could sell their home made products to visitors. They still produce their own products, such as postcards, undershirts, pillowcases or paper bags. And still the products have been sold to visitors. But it failed as a social program. Most of the visitors are lunch families, offering the lunch to the residents. When they are in the Home, the residents do not have time to attend the shop, because it is lunchtime. For that reason, the staff manages the shop. The revenues are used to fund the activity program.
- o The residents have been on trip several times, to the temple, the beach or to the lake. They also attend a Waterday festival near Batticaloa, where they perform their dancing skills.

### *Reconstruction work*

- o The major reconstruction work that still has to be done, was not done in 2011, trough a lack of one-time donations. We did the roof repair of one of the dormitories and the kitchen.
- o In the context of the exit strategy the Sarana board arranged the maintenance of the garden and building. The air force, based in Ampara, did a lot of voluntary work. Also the gardeners of Ampara Hospital worked on a voluntary base at Sarana.

### *Health program*

- o Six days a week Miss Ayesha, the cleaning lady, helps residents with their personal hygiene and by cleaning the buildings.
- o Several residents had visited specialized doctors, because they were suffering ear and nose problems, spasm or walking problems
- o Every month Doctor Dammika visited the Home for regular consultations. He did his work on a voluntary base.

### *2012*

- o We will conduct our exit strategy as planned. We are on schedule with the steps that have to be taken. This means that we will support the Sarana Board by fundraising in Sri Lanka, to get more financial independency.
- o Our project manager will visit Sarana on a frequent base to monitor the work of the staff members.
- o For the vocational trainings program we will hire a specialized sewing teacher.



## Sarana Elders' Home

### *Brief introduction*

In 2008 DLFF started to support the board of Sarana Elder's Home, situated in Ampara, to improve the condition of the buildings, to give the 25 residents a decent life. In consultation with the board, staff and residents we renovated the buildings: electricity, roof repair, sanitary facilities, water management, foundations of the buildings, kitchen, tiling, window- door repairs, painting, everything was done by a local contractor, who worked with local laborers and materials. During the reconstruction work we have kept in mind that hygiene, safety and accessibility is our prior concern. Another important fact is that the board has the ability to maintain the buildings after DLFF has completed her tasks. For that reason we built to Sri Lankan measure and will give the board support to start up their own local fundraising.

Beside the construction work, we also offered the residents a social program. Sometimes they go on trip to the beach, a temple or a festival. We introduced the Psycho-Social Intervention Program – a local group of people come to visit the Elder's Home to have a chat with the residents- and we introduced the Adoption Program – each resident has a local family who will look after him/her for a year.

### *Management/board*

- o Just like the Children's Home, Sarana Elder's Home was awarded as best Elder's Home in Ampara District.
- o In according to the exit strategy, the Sarana Board has to do the bookkeeping of the medical care. DLFF is paying for medical expenses, the board has to justify their spending. The transfer of responsibility was successful.

### *Financial situation*

- o We were pleased by the ongoing support of Dutch sponsors for the fixed costs. Also the one-time donations went well, we could do the planned reconstruction work.
- o The Sarana Board did their administration well. They could take care for several fixed costs, such as funerals and general food.
- o Several local institutions supported the Elder's Home in a material or labor way. This way of sponsoring is more than welcome. DLFF supports the initiatives taken by Sarana Board to win structurally local donations.

### *Health program*

- o The elderly people need more medical care than others. Most of the medical care in Sri Lanka is without any charge. And in case that there



has to be paid, DLFF can support. We supported multiple eye surgeries and Ayurvedic treatments. Transport of the residents could be arranged with a new donated three-wheeler.

- Hygiene is very important for the health of the residents. For that reason the program 'a clean site' was arisen. Staff and residents must be aware for the risks of food garbage. Bins were placed.

### *Social intervention program*

- Social wellbeing of the residents is one of our objectives. If you feel socially comfortable, you will feel healthier. With this in mind the project manager launched two social programs in 2010, which were continued in 2011.
- The Adoption Program 2011 was ceremonial opened by the hon. Minister Dayaratne, in joined by the adoption families and those interested. On a regular base local families pay attention to 'their' grandpa or grandma.
- Several local institutions visited the Elder's Home for a meeting with the residents, to talk with them about daily live or to sing with them.
- Some residents developed themselves skills for gardening, cooking or embroidery. It is not only the activity, but also the contribution to the home, which makes them feel happy.
- Together with the residents of Sarana Children's Home the elders went on trip a number of times. They visited the beach, a temple or celebrated Buddhist Festivals together.

### *Reconstruction work*

- Our first and main goal for Sarana Elder's Home is to increase the life circumstances by improving the buildings. We keep in mind, that hygiene, safety and accessibility are keywords to the work that has to be done. Since the beginning of the work DLFF has a fine partnership with Smart Power Engineers.



- In 2011 we could complete a new outdoor kitchen, a new roof on the ladies ward, a new foundation for the men's ward, two new toilets for the ladies and painting the internal walls of the ladies-, men's ward and of the dinning hall

## 2012

- We will conduct the exit strategy, by giving more responsibility to the board and staff to do the local fundraising and bookkeeping.
- The social programs will be continued, but the responsibility will be hand over by the project manager to the matron.
- The final part of the reconstruction work will be done by painting the outer walls of the buildings and by the pavement of the ramp.

## Boossa School

### *Brief introduction*

The Boossa school is founded in 1906 and serves the village of Boossa and its surroundings. Boossa is a relatively poor fishermen's village with mostly low educated families. The school does not get much support from the government in spite of the fact that it is a government school. The project started in 2005 and since then the school grew from 60 to 150 students. The local organization that is the Carelanka partner is the Boossa Development Foundation.

### *English school program*

- Since 2009 we tried to support the teachers of Boossa by giving English classes, given by volunteers. We find the extra English lessons important for the students. In this way we can give them a head for a better future. The foundation tried to develop a way of continuous learning in line with the method of school. Through the regular exchange of volunteers and volunteers from another organization, it proved almost impossible to develop the program. At the end of 2011 we decided to hand over the English school program to the other organization.

### *Volunteers*

- This year we could welcome two Carelanka volunteers at Boossa School, Special Education Unit. The first volunteer did her internship of three months. She followed the academy for socio-pedagogical employee. She implemented at Boossa Special Education Unit a daily schedule, which is visible for



the pupils by showing pictures.

The second volunteer at Boossa Special Education was a graduated occupational therapist. She organized the start of the staff training about sign language, to support the deaf-mute children.

### *Special education*

- The number of pupils in Special Education has increased sharply. The presence of the pupils is greatly improved. The two teachers developed their skills, thanks to the volunteers and the trainings they followed. In first they followed a sign language course. After they followed a one-week training, given by the Zonal Education Office, containing theory about disabilities, first aid and practical Montessori skills.

### *Vegetable garden project*

- The vegetable garden behind the school serves more than one purpose. Besides the educational aspect of the garden it also brings an income to the project as some of the harvest is sold locally. Eventually this will help to make this project independent from foreign support! The children learn to grow vegetables in an eco friendly and cost effective way. The garden is maintained by a gardener that is also a father of one of the children in the school.

### *Rainwater harvesting project*

- In 2010 and 2011 a rainwater harvesting system is implemented. In close cooperation with a local organization this system is set up to collect rainwater from all the school roofs and kept in tanks to be able to water the gardens in the dry season.

### *Library*

- One of the first activities of the foundation was to build a library. It now contains about 2500 books. A growing number of children use the library now to read and learn.

### *Computer lessons*

- An air-conditioned computer room is build in 2006. Six computers are used now to give the children some basic i.t. skills. Besides that, the computer teacher, who is paid by the Ayesha Foundation, uses the computers to support the education of other subjects such as English and Mathematics.



### *Management /Staff*

- The school is run by the principal who is managing the teachers. The president of the Boossa Aid Development Foundation is managing the extra staff that is hired and paid by the Ayesha Foundation. Also the Dutch and other foreign volunteers are managed by the local partner.

### *Financial situation*

- As in the past years the foundations has received sufficient funds to run the Boossa school project. Major investments are done as soon as the funds are received. At this point there are two projects waiting to be funded: repair of the library roof and finalization of the sports ground.

### *2012*

- We will split the Special Education Unit into two classes. A class for children with a mental disability and a class for deaf-mute children.
- We will conduct the voluntary help for Special Education Unit. This help will give special attention to the vocational training project. We would like to start with gardening and computer class for the boys and home science for the girls.

## Sahabandu Boys Home

### *Brief introduction*

The Sahabandu boys home is founded in 1995 and is run by the Young Men's Buddhist Association but falls under the authority of the department of probation and childcare. The Ayesha foundation is involved since 2006.

### *Project description*

- Over the years all buildings on the grounds have been renovated or renewed. At this point in time it is only a matter of maintenance and therefore the financial burden is a lot less the earlier years.
- Our prime goal is to help the children to grow up as independent and self-confident adults. The matron of the home is like a mother to the children and is strict, sincere and honest to the children. The foundation helps the children in their education by arranging extra lesson for weaker subjects. As children can only live in this home until they reach the age of 18, we help to prepare them for a life outside the home with vocational training.



After they leave the home we follow them closely in cooperation with the YMBA to ensure that they can lead a good and safe life.

## Jayawardana Home for the Blind

### *Brief introduction*



This home is set up for a group of ten blind people that were in need of a safe place to live. The land is provided by the YMBA and the foundation restored an old house and build a workshop for them. The main stream of income comes from selling lottery tickets, playing music in hotels and at parties and making brooms and candles. This brings them sufficient income to be self supporting.

## Metta Day Care Center

### *Brief introduction*

- o Metta DayCare Center is a newborn Carelanka project. The Dutch based Metta Home Foundation asked Carelanka to take over the implementation of the project. They had built two pavilions at purchased property, with the intention to start a Children's Home for disabled. In first we did research to find out what is the need of parents with disabled children and what is the aim of local government institutions in case of disabled children. As we had already noticed in the Eastern Provenca, there is a need for daycare for disabled children. Daycare is suitable for each party: the children can learn skills adapted to their possibilities. The parents can continue their daily life when the child is in daycare. And for both: there is no interruption of family life. Families can increase their income and contribute to the local economy. Children are not placed in a children's home, which saves a lot of public funds. As Carelanka is a guest in Sri Lanka, one day we will leave. For that reason it is very important for us to have local authorities involved from the start of the project. The YMBA, based in Galle, is ultimately responsible for Metta DayCare Center. A network of local institutions with knowledge about disabled children support Metta.

### *Management/staff*

- o The management is in the hands of Carelanka and YMBA, in the person of Mr. Sarath Dias, president of the YMBA.

Staff consists of three teachers, who work on a daily base with the children. Three staff members give facility support.

### Activity program

- o We started with a procedure to select the children. Requirements are: no school access possibility, mental and/or physical disorder, concerned parents and living in the neighborhood. We selected a coherent group of ten children aged between 4 and 10 years, to start with.

We hired three teachers, who had knowledge as a Montessori schoolteacher and affinity with disabled children. We have trained the teachers to professionals.

The children will be picked up daily and be brought back to several pick up points.

On the basis of a prepared schedule the children will develop different kind of skills: personal hygiene to become self sufficient, social behaviors to be prepared for a life outside their family and Montessori activities such as music class, crafts, games and sport.



### Financial situation

As in all Carelanka projects we depend for this project also on kind donations from churches, companies, schools and individuals. So far Carelanka has received sufficient funds to start up the Metta Daycare Center, but as this is a longer-term project the foundation is seeking sponsorship on a regular bases. Monthly or quarterly donations will help to manage the project in an even more adequate way. We hope that we can achieve this by proving that this project is a really make a difference in the children's and their families life.

### 2012

- o We will start in the beginning of 2012 with a new group of pupils, aged 11 till 18 years old. The focus in this group will be on vocational training, personal hygiene and independency.
- o Both groups will grow up to 15 pupils each. Two teachers will manage each group. One extra teacher will support both groups.
- o In 2011 Metta DayCare was dependent on its income by sponsoring of Carelanka. In 2012 we will make a start with financial independency by starting dhana. Dhana is a common way of almsgiving in Sri Lanka. Families from nearby offer lunch meals or other goods.



## Sarana DayCare Center

### *Brief introduction*

- Sarana DayCare Center is a newborn Carelanka project. We noticed that the disabled women of Sarana Children's Home, once were brought in as a handicapped child. In general we can say, their parents were not able to take care of them. The handicapped child also brought the family in a precarious financial situation. Nowadays, while they are grown up disabled, they still live in the Home. On site of Sarana Children's Home the Sri Lankan government is building a new building. In this building, when finished, we can start the DayCare Center. In first we did research to find out what is the need of parents with disabled children and what is the aim of local government institutions in case of disabled children. We found out that there is a need for daycare for disabled children. Daycare is suitable for each party: the children can learn skills adapted to their possibilities. The parents can continue their daily live when the child is in daycare. And for both: there is no interruption of family life. Government institutions also benefits by daycare facilities. Families can increase their income and contribute to the local economy. Children are not placed in a children's home, which saves a lot of public funds. As Carelanka is a guest in Sri Lanka, one day we will leave. For that reason it is very important to local authorities to get involved from the start with the work. The Sarana Children's Home Board, is ultimately responsible for Sarana DayCare Center. A network of local institutions with knowledge about disabled children supports Sarana Daycare Center.

### *Management and staff*

- The DLFF field manager will be responsible for the everyday practice at Sarana DayCare Center. Four teachers will assist her. The teachers are former Civil Security Force ladies. DLFF retrained the ladies, to become a DayCare teacher. Two residents of Sarana Children's Home will provide support by taking care of the personal hygiene of the pupils and housekeeping.



### *Financial situation*

Our view is that costs should be minimized, to ensure the continuation of the project after the departure of DLFF. Now we have good contacts with the management of the Civil Security Force. They offered us four ladies of their staff to become teacher at Sarana DayCare Center. Civil Security Force continuing the pay of the salaries. This is a nice example of local fundraising and involvement.

### *2012*

- o Currently we have not started yet. Everything and everybody is ready to start: staff is hired and well trained, children are selected and a list with furniture and activity materials is made. We are waiting for a suitable building. The building at Sarana Children's Home is not finished yet, and responsibility of the building is still with the contractor. The Ampara Government Assistant offers us a government quarter to start in. But, the quarter must be maintained and there is a lack of finances.