



## PRISTON SATURDAY CAFE

Thank you for continuing to support our community cafe. We have managed to give lots of money away to various charities over the years, even though our prices have changed very little in the past 5 years.

This is down to your generosity - and also to the quality of our bacon butties and home-made cakes of course!

Since last September, we have given away the following:

£600 to Great Western Air Ambulance

£300 to Friends of Home From Home (UK)

£250 to Above & Beyond

£300 to Medecins Sans Frontiere

and the money just keeps rolling in.....



For Patients. For Health. For Bristol.



Priston Saturday Cafe  
C/O Sue Copperman  
The Bungalow  
Inglesbatch  
Bath  
BA2 9DZ

06 February 2015

Dear Priston Saturday Cafe,

I am writing to thank you for your wonderful donation of £250 to Above & Beyond, in aid of Bristol's Hospitals and the Golden Gift Appeal. The money you raised through your community cafe will be used to make a real difference to the thousands of patients from across Bristol and the South West who are cared for at Bristol's city centre hospitals each year.

Your support will help us go above and beyond what the NHS can provide to fund important projects. These include accommodation near the intensive care unit so that family members can be close to a loved one that is critically ill and extra individual rooms for those that need them the most. We're also providing a world-class intensive care monitoring system and extra equipment, such as mobile scanners, in the newest parts of the hospital to help some patients receive faster diagnosis and treatment so they can go home sooner.

Each year Above & Beyond invests some £3 million to improve the hospital environment, fund innovative research, support and train hospital staff and provide state-of-the-art equipment. If you would like to find out more about our work or exactly how your donation will be used to make a difference please feel free to contact me at any time.

If you would like to find out more about the work we do please visit our website [www.aboveandbeyond.org.uk](http://www.aboveandbeyond.org.uk) or follow us on facebook or twitter at aboveandbeyond1. We have an exciting calendar of events this year to get involved in - from volunteering at the International Bristol Balloon Fiesta, to baking some delicious treats for our very own Bake Off.

We are incredibly grateful to you for your generous support and cannot thank you enough for helping us to make our hospitals even better.

With very best wishes,

Mhairi Bass-Carruthers  
Community Fundraising Officer  
Tel: 0117 3700 485  
[Mhairi.bass-carruthers@aboveandbeyond.org.uk](mailto:Mhairi.bass-carruthers@aboveandbeyond.org.uk)

# Friends of Home from Home (UK)

Registered address

Monks Retreat, Church Lane, Monkton Combe,  
Bath BA2 7EX

February 11<sup>th</sup> 2015

Dear Volunteers and Customers of the Priston Saturday Café ,

I was so delighted to receive your very generous cheque for £300 for Friends of Home from Home UK.

I am sure most of you will have read the piece "Charity Begins At Home" in this month's Link (I attach a copy) and this donation is yet further proof of the incredible generosity which exists in our village. I can assure each one of you that every penny of this money will go directly to helping those children.

On behalf of the trustees, thank you all so much.

Best wishes

Jo



Ps I look forward to telling you all about my visit over a Saturday Café coffee on my return

Registered Charity No. 1117433

Trustees: V Padiachy, SK Padiachy, D Learmouth, J Taylor,  
M Lawrence, R Glasgow

Sue Copperman  
Priston Saturday Cafe  
The Bungalow  
Inglesbatch  
Bath  
BA2 9DZ

16 February 2015

Dear Friend,

Thank you very much to the members of Priston Saturday Cafe for your donation of £300.00 to Médecins Sans Frontières; we are incredibly grateful.

My name is Alex and I wanted to welcome you to MSF and to tell you personally how we will spend your money. I am a water and sanitation engineer. When I am not working for MSF, I am probably just like you: someone with a job, and life, in the UK, who sends a donation to MSF.

I have volunteered for MSF in the field twice, building water networks and latrines for Sudanese refugees in Chad, and during a cholera outbreak in Democratic Republic of Congo. I didn't grow up wanting to be an aid worker – in fact I didn't really know anything about humanitarian aid until the Darfur crisis, when a friend told me that MSF urgently needed French-speaking engineers. I quit my job, signed up, and two weeks later was on a plane, being whisked straight to a scorching refugee camp on the border of Sudan and Chad.



Around 8,000 people arrived at our refugee camp in the four months that I was there. They had walked hundreds of kilometres, sleeping rough, carrying children, drinking from muddy streams. Sometimes they came with their family, animals and some possessions. Sometimes, like one young girl, they were totally alone. I remember one young woman arrived and gave birth a few days later in a newly erected tent, with women she barely knew helping her.

If you had been there, you would have felt that instinctive, human reaction to suffering. An urge to take them in, give them a cup of tea and a blanket, a bite to eat. To give them something for their headaches, fever or tummy bugs. And that is pretty much what you are doing, albeit remotely. We – which means you and us – build latrines, supply plenty of potable water, spray their tents to prevent mosquitoes, and give them nets to sleep under. In Chad we operated a clinic for minor illnesses, a hospital complete with anaesthetists and surgeons for the serious cases, and a feeding centre for malnourished kids. We did all this and made sure that, having arrived in our camp, their health was in safe hands. We fulfilled our obligations to them as fellow human beings who were in a bad situation which was out of their control.

In DR Congo, we were doing similar things for people devastated by war. They were bystanders and very often victims in a swirling, international conflict taking place around them. We were running a hospital and a cholera treatment centre. The hospital had 200 sick people staying every night, and we treated thousands of patients every month, for free. People in DR Congo are poor,

and hunger is normal. They walked 50 km to get to the hospital without batting an eyelid. We do marathons to raise money for the sick; they do marathons to take sick children to hospital, carrying them in their arms.

At the cholera treatment centre, we treated 1,500 patients every year. Cholera is very dangerous, but it is also easily cured. Without treatment, up to 50 percent of infected people will die. That's 750 lives we saved per year: toddlers, favourite grandparents, doting parents, boisterous teenagers. Cholera does not discriminate. People did not stop telling me how, before MSF was there, the town would empty during an epidemic.

On Christmas Day there was an outbreak in a nearby town. They called us that evening as we were eating dinner and asked MSF for help. On Boxing Day, we piled a Land Cruiser as full as we dared and set off. When we arrived, we found people lying on the ground in a mud hut. Cholera causes vomiting and a white, watery diarrhoea, which was pooled on the floor. The people looking after the sick were catching cholera themselves. A quick town meeting later and we had a bunch of hardy volunteers who helped us build a treatment centre in two days, complete with 20 beds, buckets, chlorine for disinfecting people, and training for the local nurses. We arranged to have every household water supply chlorinated by door-to-door visits each day for two weeks, until the epidemic stopped.

Afterwards the townspeople wrote us a letter, which I think should really be addressed to you. If MSF volunteers and workers are the front row in the MSF scrum, then you supporters are the back row. Without your weight, and effort, everything would collapse. Anyway, the letter was very moving, even for a tired, dirty and hungry engineer covered in cement, sweat and sawdust.

They said: "Thank you for not leaving us to our lot."

That message was for you: people who believe that, with all humanity's wealth, technology and industry, no one's "lot" should be a quiet death in a pool of vomit on a mud floor in the forest, because they can't afford US\$1 worth of medication.

Thanks for being on the team.



Alex Nash  
MSF water and sanitation engineer