



The Ultimate Challenge

Down your Devices
and raise money for
children in Malawi



**LOVE
SUPPORT
UNITE**



THE FACTS

In Malawi... The 'hungry season' brings famine to around 35% of the population every year - at least 6.5million people in 2016. Malawi has the 2nd fastest growing population in the world, currently around 18.5 million.

At Mkunkhu School, in 2014 around 30% of children went to school without breakfast...

Only 10% of pupils ate anything at all during a school day, and during the hungry season, some children could eat as little as 1 meal in 4 days.

Average school life expectancy is 11yrs old.
About 1 in 6 children is an orphan.
Most classes have about 200 children in them.

DOWN WITH DEVICES

Are you ready for the challenge?

Ditch your digital devices for 7 days and raise money to educate a child in Malawi.
Join our campaign: **Down with Devices**.

Do you use a smart phone, games console, laptop or even a tablet for entertainment everyday? Could you survive a day without it? We challenge you to put down your device for one week and raise money to help educate a child in Malawi by asking your family and friends for support by sponsoring you.

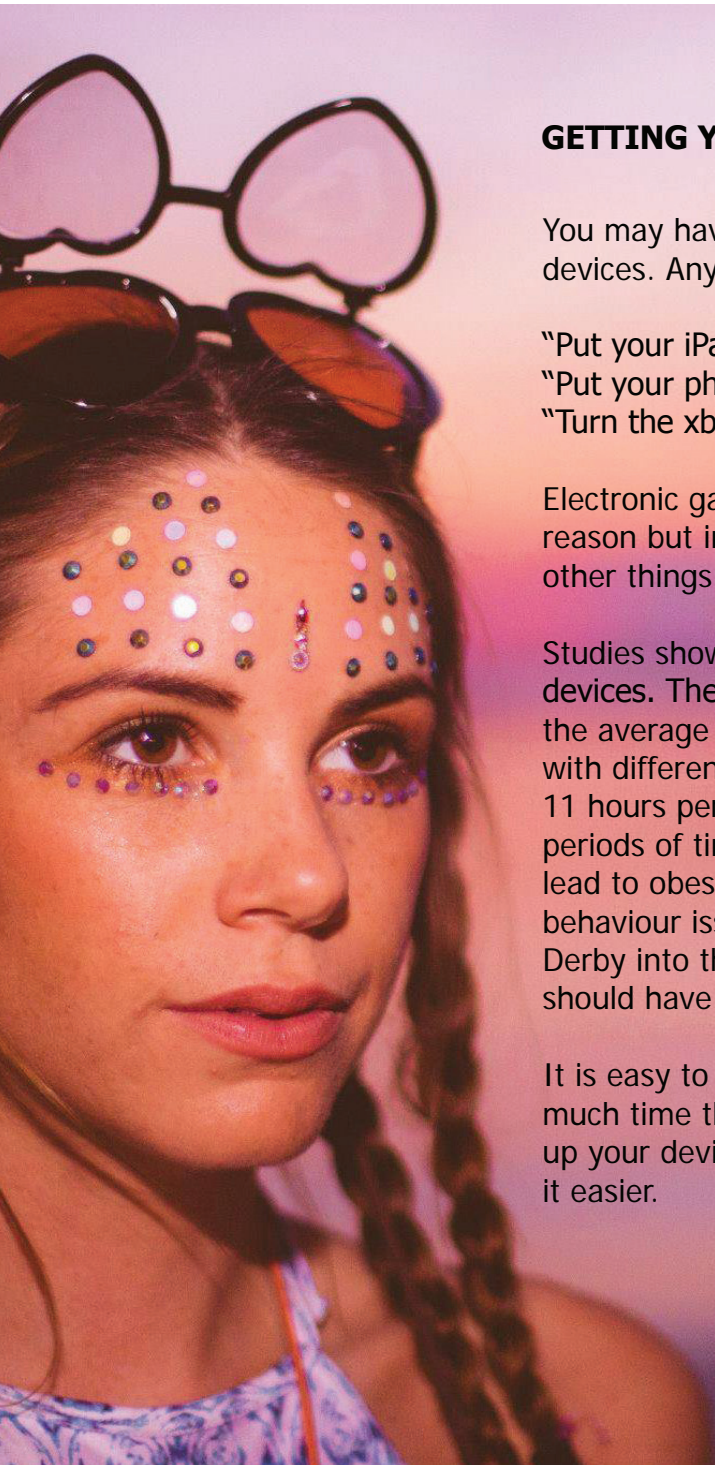
Most children in Malawi don't have access to any device.

Entertainment comes from singing, dancing, playing games and making things. Children spend a lot of time with their friends, family and wider community. People work together to help and support each other, which is what we're encouraging you to do!



Most people in the UK have at least one device, most have several, including children. It's easy to rely on your device for entertainment, instead of interacting with other people or getting exercise through other activities.

During your device-free week you can try out new and different ways of spending your free time, whilst creating a brighter future for children in Malawi.



GETTING YOUR PARENTS AND FRIENDS INVOLVED

You may have heard your parents asking you to down one of your devices. Any of these sound familiar?

"Put your iPad DOWN, we need to get to school".

"Put your phone DOWN, you're at the dinner table".

"Turn the xbox noise DOWN, pick up a book".

Electronic gadgets can be wonderful and have a time, place and reason but in excess they can distract you from getting involved in other things.

Studies show how much time young people are spending on their devices. The American Academy of Paediatrics (AAP) found that the average 8 to 10-year-old child spends nearly eight hours a day with different media, and older children and teens spend more than 11 hours per day. Some researchers have even stated that lengthy periods of time on smartphones and other technological devices can lead to obesity, lack of sleep, school problems, aggression and other behaviour issues among children. A recent study by the University of Derby into the effects of smartphones suggested mobiles and apps should have a health warning.

It is easy to forget how reliant we have become on devices and how much time they take up in a day. It may feel like a challenge to give up your device but getting your family and friends involved will make it easier.

WHY FUNDRAISE FOR LOVE SUPPORT UNITE

We're a small, grassroots charity that works to lift communities out of the cycle of poverty and into a cycle of sustainability, by integrating education, enterprise, nutrition and health through integrated community-based projects, that use sustainable infrastructure and resources. These projects help to create self-sufficiency, and therefore food security, in turn breaking the reliance on aid. The model incorporates the United Nations Global Goals for Sustainable Development.

We've been able to create Malawi's first Sustainable School in Mkunkhu, the catchment area of which the 15 are amongst the poorest in the country. We built school blocks, toilets, and teachers' houses, so they don't have to walk for 4hrs each day. The 450 pupils now get a school lunch every day, which increased attendance by 30%! We also sponsor all 34 girls at Tilinanu Orphanage through secondary and higher education.

We can only do this with the support of fundraisers like YOU, embracing challenges such as Down With Devices and raising money vital for laying the foundations of the future of these children.

All the profits from very special Love Specs also help us to make sustainable development in Malawi.

As a thank you for being a 'Down with Devices' Champion you'll receive your own pair of paper Love Specs!

YOUR DONATIONS TOWARDS A CHILDS EDUCATION

£50 Can buy furniture for one classroom

£200 a year Can educate a girl at Tilinanu Orphanage

£3000 Can buy books for an entire school of 600 pupils Can

£5000 fund a teachers training

£10 000 Can build a school block

£200 000 Can create a sustainable school



HECTOR'S STORY

Hector is a 9 and he, like many of his friends, loves to play Minecraft. He can belly-laugh at the same cat video on youtube again and again and again. However, following a device free weekend of camping it dawned on him that he didn't need to 'log on' to have fun. This inspired him to seek sponsorship for Love Support Unite. His plan was to raise £50. One week, and a lot of fun later, Hector and his friend Eddie raised nearly £500!

WHAT YOU NEED TO DO

1. Fill out the application form to the right to receive the sponsorship form and diary.
2. Ask people to sponsor you to go without a device for a week. You can make it even easier by setting up an LSU Givey fundraising page.
3. Use the DWD diary to record your progress and thoughts.
4. Email info@lsufoundation.co.uk at the end of your challenge to receive a certificate, paper Love Specs and wristband.





CAN BE OUR TOP FUNDRAISER?

We want to encourage you to raise as much money as possible to help us change lives and so the top fundraiser will receive a special gift from us.

The top Down With Devices fundraiser of the year will receive a special gift from us;

Love Specs for the whole family

A restaurant voucher for £50

An official Love Support Unite T-Shirt

To help you find other ways to fundraise we have created a 100 ways to fundraise booklet to inspire you.

GOOD LUCK AND HAVE FUN

