

FRIENDS OF BULGARIA

A charity established in Britain in 1991 to support charitable causes in Bulgaria

SPONSORED WALK

John Brisby QC and Tom Gentleman are planning to scale three of the highest peaks in the Balkan mountains, during an epic two-day hike, raising money for Friends of Bulgaria. On 20 and 21 August, weather permitting, they will climb Mount Botev (7,795 ft), Kupena Peak (7,116 ft) and Ambaritsa (7,106 ft), making their way for many miles along the deserted, windswept Balkan ridge, on foot for twelve hours at a stretch. Any members of the City Club who will be in Bulgaria at the time are most welcome to join us, hopefully bringing in further sponsorship of their own. For further information please contact j.brisby@4stonebuildings.com or t.gentleman@4stonebuildings.com.

The aim is to raise money for one of Friends of Bulgaria's most worthwhile causes, supporting the music and dance programme of the Nezabravka Home for abandoned children in the Bulgarian city of Stara Zagora. This is a residential home for children of 3 to 7 years old. Without the support of Friends of Bulgaria, these abandoned children would have no opportunity for music, as the state does not provide music lessons. The charity pays for a teacher who offers 20 hours of music and dance lessons every week. The children perform regularly, giving them an invaluable chance to interact with each other and those outside the home, gaining confidence and honing their social skills, and most importantly, having fun. With your support, Friends of Bulgaria hopes to expand this programme to bring similar music and dance teaching to other homes. For more information and photographs, see the pages below.

Friends of Bulgaria was established in 1991, at a time of turmoil and economic crisis in Bulgaria. Since its foundation, it has raised more than £300,000 for charitable causes in Bulgaria. In its early years, it provided humanitarian aid, supplying desperately needed equipment and pharmaceuticals for hospitals and children's homes. As Bulgaria has grown more prosperous and stable, the charity has focussed on projects which support and improve the lives of disadvantaged children, through the provision of art and music teaching, mentoring schemes and social clubs for children in institutional care in Bulgaria. Friends of Bulgaria has no paid staff, and no administrative costs, so all gifts go straight to the causes which the charity supports.

PLEASE SPONSOR US

We invite you to support this worthy cause, and to sponsor John and Tom or better still, join them and help us raise as much money as possible. All donations would be gratefully received. You can donate either by our website, www.friendsofbulgaria.org.uk (click on the link "DONATE" in the top right hand corner), or by sending a cheque to the treasurer, Julian Popov, at the address below, together with the enclosed form. If you are a UK taxpayer, you can increase the value of your donation at no cost to yourself by signing the Gift Aid declaration, allowing the charity to reclaim basic rate tax on your gift. If you are donating via the website, there is a link to the Gift Aid form on the donate page.

Registered Charity No. 1002295

Friends of Bulgaria is a company limited by guarantee, No. 2591651

Registered Office: 43 Camberwell Grove, London SE5 8JA

Music and dance for Bulgarian children's homes

For 10 years Friends of Bulgaria has been supporting the music and dance programme of Nezabravka Home for abandoned children in the Bulgarian city Stara Zagora. With grants of up to £3,500 per year Nezabravka managed to maintain daily rehearsals for its children who are 3 to 7 years old. Friends of Bulgaria pays for a teacher who offers 20 hours of music and dance lessons every week. This is invaluable experience for children who have no or very limited contact with their parents. The state does not provide music lessons. In the words of the Director Radina before the programme started the children, often bored, were only asking when they are going to eat. And food is plentiful in the home. Now they are asking when is the next rehearsal.

Thanks to the music and dance programme the children from Nezabravka develop vital social and physical skill, they gain confidence, both in interacting with each others and people from outside the home. The children perform in front of public on average every two weeks. For 2014 they have a programme of 25 events outside the home.

Friends of Bulgaria is now raising funds needed to continue the music and dance programme at Nezabravka. We also want to extend this valuable experience to other homes in the country. Depending on the amount we raise we will be able to make many other children happy, lively and confident.







FRIENDS OF BULGARIA: DONATION FORM

Please return this form and your cheque to: **Julian Popov, Hon Secretary and Treasurer,
Friends of Bulgaria, 43 Camberwell Grove, London SE5 8JA**

I wish to make a donation of £..... to Friends of Bulgaria. I enclose a cheque payable to Friends of Bulgaria for that sum.

Name:

Email address:

GIFT AID DECLARATION

To: FRIENDS OF BULGARIA

Please treat as Gift Aid donations all qualifying gifts of money made:

Today in the past 4 years in the future

Please tick all boxes you wish to apply.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

Donor's details

Title ----- First name or initial(s) -----

Surname -----

Full home address -----

Postcode -----

Date -----

Signature -----

Please notify the charity or CASC if you want to cancel this declaration, change your name or home address, or no longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

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