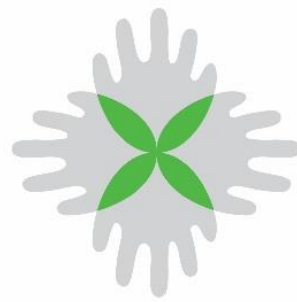


MEND THE GAP
Raising and Giving

Traditionally Gordano Sixth Form run an annual week of charity fundraising - this year we will be fund raising virtually and hope that this will also be an opportunity to extend our activity offer into the wider community.

Our aim is to use our talents and engagement to raise money for our twinned communities in Kenya through the charity Mend the Gap.



MEND THE GAP

Every Penny Counts!

<https://www.justgiving.com/fundraising/jeanne-fairs2>

To read the story behind the charity explore the website here:

<http://www.mendthegap.org.uk/>

Our Fundraising Programme

Our RAG programme is divided into physical, creative and informative sessions; we hope there will be something to interest at least someone in your friend or family group ...

if we have failed, please feel free to donate anyway and/or suggest a fundraising activity we can run in the future!

The justgiving site will remain open throughout the year, if you are able to please donate [here](#).

RAG Gets Physical

£2.50 is the suggested amount for each class_(feel free to donate more, or just attend - we want you with us!)

Monday March 1st: 7 - 8pm Zoom Zumba - join our zoom [here](#) - you may also need the Meeting ID - 827 1054 7391

Gordano parent and local fitness expert Candy Minshall has kindly offered to run a Zumba class for us. Unleash your inner dance diva and bag some exercise from the comfort of your own home - with or without a leotard. Imagine the joy that a family Zumba evening could create - get your relatives involved from different parts of the UK!

Tuesday March 2nd: 6- 6.30pm Zoom Spin - join [here](#) - Meeting ID - 869 6816 8264
Head of PE Emma Rose has kindly offered to run a spin class - take part from the comfort of your own home, all you need is a stationary bike and a 'can do' attitude!
Feel free to challenge other households, or cycle as if no one is watching. Lycra is not compulsory.

Wednesday March 3rd : 4-5 pm : Zoom Dance Workshop - join [here](#) - Meeting ID - 819 5392 4547

Join students as they lead a dance workshop with dance teacher Emily Absolom. The Dance workshop is open to everyone, for all ages and abilities. Participants will be guided through a warm up, taught fun, upbeat dances to great music and a good stretch to finish off.

A chance to move, feel good and have fun! Please wear something easy to move in and have a water bottle to hand.

Friday March 5th : 4-5 pm Zoom Yoga - join [here](#) - Meeting ID - 834 5854 1176

Following the success of our previous yoga fundraiser, Jeanne Fairs is unrolling her yoga mat yet again and invites you and your family to join in some rest and recover stretching and breathing.

No experience needed - just an opportunity to stay in Child's Pose for an hour if that is what your body is yearning for!

Monday March 1 - 15th : Sponsored walk - Sponsored walk - Sponsorship forms available [here](#) or just ask friends and family to donate to the charity directly [here](#)

Students, parents, relatives please get your walking shoes on!

Students in Kenya typically walk at least 5 miles to and from school each day - sometimes without shoes, and often returning home at lunchtime because no school lunch is provided at school. Please raise as much money as possible and challenge yourself to walk a specific distance by March 15th. (NB a typical student walks a minimum of 50 miles a week in Kenya)



RAG Gets Creative

Bake Off: March 1 - 15th : Use [this](#) Application Form to submit your entry. Send all entries labelled as (student/adult) to Mrs Coggins: kcoggins@gordanoschool.org.uk with your digital photos.

Bake Offs - and eating cake - are usually a huge part of school life, in their absence, we would love to you to share your photos of your best bake under the following categories:

- Kenya theme (flag, colours, names, wildlife)
- Mend the Gap - what does this mean to you (bridging the age, education, wealth gap)
- Judged by Kirsten Coggins and Gordano students

Even Better if...you can sell on your bakes for charitable donations - prize for the most funds donated to Justgiving from selling on home bakes



Photography Competition : Big Cats of Portishead : March 1 - 29th)
- £2 per entry (directly to justgiving and return entry form to:
jhill@gordanoschool.org.uk

Separate student and adult competitions: three categories:

- a) Best local nature scene
- b) Best photo of a cat + bonus prize for best caption
- c) Best safari photo - Longleat, Noah's Ark from former days, all count!

Digital files only please (Save files as follows: [adult or student] [full name and Tutor group] [category a,b or c] eg: adult J.Hill or eg; student john smith 7F2 b

Bee hive yourself - donate to fund beehives in the Mara



Purchase one beehive for £75, or contribute towards a beehive - direct donation to Justgiving (indicate donation is for beehive purchase on the justgiving site)

These hives are a lifeblood to many of the beneficiaries as the tourism business in the Mara was decimated by Covid-induced travel restrictions - currently there is no employment in the surrounding hotels and

campsites or in tour guiding for game drives or in making and selling curios and artefacts to tourists.

From the beehives donated by David Beesley in 2018, one family bought 5 goats from the proceeds of the honey from one beehive and another beneficiary was able to send one of his sons to secondary school -another sent his 16 year old daughter to boarding secondary school this January after she conceived and bore a Covid baby.



Friday 5th March 7-8 pm: Zoom Knit and Natter -Mend the Gap Information Session - £5 suggested donation - join [here](#), Meeting ID - 895 4410 7128 (you don't need to be a knitter to attend!)



For the past 9 years the Portishead community have been knitting and sewing to provide school jumpers for our twinned schools in Kissi.

Come and hear from the founder of Mend the Gap, Naftali Onchere, their IT consultant for their 'Let Us Connect' project and Gordano students and teachers who have visited the projects to

hear about the work of the charity and to learn about how you could get involved.

Knitting pattern provided! (Your hand made donations gratefully collected once school reopens - or a donation to purchase wool, direct to the justgiving site please)

Hear all about Naftali's plans for a 'Mend the Gap' out of school "school" trip for 18-25 year olds which will dovetail beautifully with the Perimart Marathon series of family-friendly events! Hear about the building of an eco-friendly safari park in the Masai and become a 'friend of Mend the Gap'. Sign up to become a friend of mend the gap - and link to their website.



Flourishing: March 3rd 5.30-6.30 pm - Suggested minimum donation £2.50 to justgiving
Join [here](#) - Meeting ID: 875 7734 5949



Author, podcaster, wellbeing expert and parent, Fabienne Vaile will lead a one hour session to encourage us all to be mindful of our 'wellfullness'.

Fabienne has been running a Sixth Form on-line Mindfulness elective with Sixth Formers throughout school closure and will share with you how we can work as a community to become flourishing ambassadors and all be a little kinder to ourselves.

And finally

Although we hope you join us to find out more and have some fun, we would also be delighted for ANY donations to be made directly to the Mend the Gap charity at:
<https://www.justgiving.com/fundraising/jeanne-fairs2>

Your financial donations really matter to the Kenyan communities:



- In the past we have been able to sponsor one student for a year of education: £360 gains a student one year of education in a secondary school - £300 for village self-help schools.
- £20 purchases a solar battery to power one household.
- £42 purchases a dongle to provide IT access in school or at home.

Clothing, old laptops, old tents and old mobiles phones (unlocked) can be stored by the charity to take on their next visit.