

The Lent Endurance Challenge 2012

What is the Lent Endurance Challenge?

Destitute asylum seekers receive no financial support from the government. As a result, they are dependent on food parcels like those distributed by the Boaz Trust and the British Red Cross at weekly destitution projects.

Your challenge is to live off one of these food parcels for a week, a fortnight, a month, or if you're really up for a challenge, the whole of Lent (Feb 22nd-April 8th). By doing this, you will start to experience what life is like for a refused asylum seeker every week of the year, and you can also raise vital funds for the work of the Boaz Trust.

How does it work?

You buy the items included in a food parcel and then try to live off them for your chosen length of time (e.g. a week). The list includes basics such as bread, rice, pasta, tinned tomatoes and some fruit and vegetables. See the shopping list below for details.

If you have any special dietary needs or relevant health issues please do seek medical advice before undertaking this challenge.

Any money you save from your **weekly food budget** can be donated to the work of the Boaz Trust. You can also **raise sponsorship** from friends and family using a sponsorship form, or **visit our website to set up an online fundraising page**.

We have put together a journal, inspired by verses in the Bible as well as Articles in the Universal Declaration of Human Rights, for you to work through during the Challenge. **Please contact us if you would like a copy of this, or download one from our website.**

What's the point?

Destitute asylum seekers are those who have been denied sanctuary in the UK by the Home Office, but have not been deported. When individuals are refused at appeal stage, they are evicted from their housing and their benefits are stopped. They are unable to legally work, and without a national insurance number they are not even eligible to access homeless hostels. Some stay on friends' floors for short periods of time, whilst others can be forced to live on the streets.

The Boaz Trust supports up to 65 clients at any time, providing legal advice, support and basic essentials, such as food and bus fares, to those who have nowhere else to turn.

This event is a really practical way to raise awareness about the problems faced by destitute asylum seekers. Many people are unaware of the way asylum seekers are treated in the UK, and there are a lot of misconceptions about their entitlements and treatment. By telling your friends, you can start to educate people about the realities of life for these vulnerable and marginalised people. In addition, you could contact the local press or your MP to inform them about your challenge. If you want help with this, get in touch on 0161 2021056 or email: lucysmith@boaztrust.org.uk.

Food Parcel Shopping List (for 1 person)

The average price for this list, using the cheapest supermarket brand, is £10.

1x orange
1x banana
1x pear
1x apple
2x carrots
2x onions
2x potatoes
1x pepper OR 25g chilli peppers
1x tin of spaghetti in tomato sauce
1x tin of baked beans
1x tin soup (chicken OR vegetable OR tomato)
1x tin of tomatoes
1x tin of garden peas
1x tin of sweetcorn
1x tin chick peas
1x small tin of tuna
1x small tin of sardines
1x loaf of white OR brown bread
250g pasta twists OR spaghetti
250g long grain white rice
200g sugar
250g salt
0.5 litres vegetable oil
20 teabags
1x carton of apple OR orange juice (1 litre)
1x carton of UHT longlife milk (1 litre)
100g peanuts
1x packet of biscuits

How can I set up online giving?

Through our Charity Giving website it is easy to register your Challenge online, and you can then send the link to all your supporters! Contact lucysmith@boaztrust.org.uk to find out more, or go to <http://boaztrust.org.uk/get-involved/sponsorship/> for details.

What should I do when I have completed the challenge?

When you have completed the challenge collect your sponsor money and fill in the enclosed **Lent Challenge Response form**. Send the response form along with your sponsor form and any cheques (payable to 'The Boaz Trust') to The Boaz Trust, 1st Floor, 110 Oldham Road, Manchester, M4 6AG.

Lent Challenge Response form (please return to the address at the bottom of the page)

I completed the Boaz Lent Endurance Challenge 2012!

Name:

Address:

Telephone number:

Email address:

Please do/do not add me to your emailing list (please delete as appropriate)

N.B. Data Protection Act 1998: The Boaz Trust will only use personal data in connection with its charitable purposes. It does not make personal data available to any other organisation or individual.

Please fill out the following details as appropriate:

I enclose a donation of £_____ from my weekly food budget.

I enclose my sponsor form and £_____ sponsor money.

I have created an online form and money has been pledged this way.

(Please make cheques payable to 'The Boaz Trust')

Feedback is always useful, and we would be grateful if you could take two minutes to give us some thoughts about your experience.

1. What did you think of the Endurance Challenge?
2. Would you do it again?
3. Would you be happy for these comments to be used in future Boaz publications?
Yes/No (please delete as appropriate)