

# Ironing out Human Rights

Hello and welcome to our Winter/Spring 2023 newsletter. It has been some time since our last newsletter, but this does not mean we have been idle! As our country came back to life after Covid and the lockdowns, we've all had lots of adjusting to do.

We now find ourselves facing economic crisis with the increased fuel and living costs in the UK and internationally.

However, even with all these concerns, Ironing Relief is still here and as busy as ever - This is all thanks to you!

In our last newsletter back in the Spring of 2021 we were sponsoring 2 children from Kenya (Mary and Precious) and we were also supporting children in the Middle East with schooling.

## Compassion uk

We are really pleased that we have been able to sponsor our third child. Our little girl is called Faith. She is 4 years old, and she also lives in Kenya. She is cared for by her mother, and has 2 brothers, Victor and Dominic. Faith is too young to go to school at the minute so attends a community project on Saturday's with her mum until she is old enough to go to school. We get a letter from each of our children several times a year. Here's a typical letter (this one is from Faith, along with her picture) It's such a privilege to be able to support her and the others to get a better start in life. A start that all children deserve!



[www.compassionuk.org](http://www.compassionuk.org)

## One by One

One By One is a charity with a heart for the vulnerable across the world. Formed in 2011 by Becky Murray, One By One's first project was its residential facility in Kenya which aims to rehouse and give hope to children

that otherwise would be living in abject poverty.

In 2015 The Dignity Project was formed. This provides teenage girls with re-usable sanitary items and education around human trafficking, and has now expanded to Kenya, Uganda, Sierra Leone, Pakistan, India, Brazil, Zambia and South Africa. More than 20,000 girls have been reached through the Dignity Project since its launch in the Houses of Parliament.

More recently, a rescue centre was built near Lahore Pakistan, housing victims of human trafficking. There are more than 3 million people in slavery in Pakistan, being forced to work in some of the country's 20,000 brick kilns.

One By One's vision is to reach, rescue and restore more vulnerable lives, one by one.



[www.onebyone.net](http://www.onebyone.net)

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## C3 Impact

We are also helping causes more local to home. We donate a regular monthly amount to C3 Impact.

C3 Impact is the umbrella for all Social Impact and Community outreach from The C3 Church. They deliver several projects and programmes to support people in the Church Community and the wider local community.

The main aim of Impact is to see people experience health and wholeness through physical, social, emotional and spiritual needs being met.

They help with projects like Foodbank, community markets and community fridges by providing hot meals. They offer live skills courses, parenting courses, mental wellbeing courses. There is a community café run for refugees, English lessons are available and there is so, so much more!

[www.c3impact.uk](http://www.c3impact.uk)



## Against Breast Cancer

Last year we became a local bra bank recycling collection point. If you have any unwanted bras, no matter the condition, we want them!

The bra recycling scheme takes your unwanted or unloved bras and through their network of bra banks raising vital funds for pioneering breast cancer research.

The same bras also help to support small businesses in developing countries in Africa and around the world. Together with their recycling partners, their textile recovery project prevents these bras going into landfill before giving them a new lease of life in countries such as Togo, Ghana and Kenya, where bras remain expensive to produce locally.

We collected over 250 bras in the first 2 months, so keep them coming!

[www.againstbreastcancer.org.uk/recycling/bra-recycling](http://www.againstbreastcancer.org.uk/recycling/bra-recycling)



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**We are blessed to be a blessing!**

Lastly, I would like to say thank you!

Without your business none of this would be possible. We really appreciate you!

If you are happy with the quality of service and standard of work we provide, please spread the word. Reviews are always a pleasure to receive and really help our business.

Services we provide –

- Ironing
- Laundry
- Domestic cleaning
- Airbnb cleaning

Check out our website for prices and follow us on Facebook and Instagram



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