

**WELCOME TO THE YUSEF ABUBAKER MEMORIAL TRUST NEWSLETTER.****WELCOME**

The Yusef Abubaker Memorial Trust has been busy over the past year and had managed to support various causes. We thank all supporters of Yusef's charity for helping us achieve our goals and continue the good work. It is so rewarding to know that so many lives have been transformed through the generosity and hard work of so many kind hearted people.

Alison, Abubaker, Haytham, Adam and Jaber

**Yusef Abubaker Memorial Library , Sanga Chowk, Nepal**

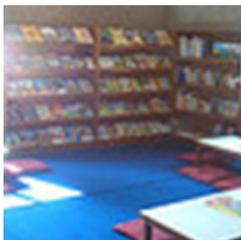
In April 2010 we made the trip to Nepal, which I am so happy to have made. It was most worthwhile and I have returned with positive thoughts and feelings deep-rooted within about the place, the people and Yusef's Library. We are all deeply proud that Yusef has helped so many people so far away.

We travelled to Nepal with open minds and enjoyed every minute of the trip. Keeping the itinerary very short as it was a business trip and not a holiday, we had little time to sightsee but did have plenty time to meet the people, and to see how they live and work.



Durga Aram from First Steps Himalaya and First Steps Nepal was a perfect host, and we learned so much more about the local people from Durga, he himself a local Nepali from another nearby village.

The trip to Sanga Chowk was interesting to say the least, we travelled for 2 - 3 hours up a mountainside, and I am not exaggerating when I say that perfect brake control was required at all times! The villagers were so humbled by our choice to build Yusef's library in their little community and were sincerely moved by our loss and their gaining the library. The local people, including representation from local universities and the Education Dept of the Government, were likewise most appreciative of this fantastic facility which will provide an invaluable part of the Early Childhood Development Centre, established by First Steps Himalaya.



## FUND RAISING EVENTS

### Dundee Big Fun Run July 2009

We all had our personal bests to beat and we all enjoyed it. The weather was lovely, the scenery was the best and the crowds were so supportive. We raised just over £1,000 in total so well done and thank you to all. All runners (back l-r): Adam, Jaber, Nicky, Lesley, Lauren, Alison, Motez, Jacqui, front (l-r) Rachel, Kim, Natalie, Nadia, Amina.

see The Big Fun Run photographs in the photo gallery.  
[www.yusefabubaker.org.uk](http://www.yusefabubaker.org.uk)



### Dundee Big Fun Run July 2010

was a lovely event, as usual.

I met some truly inspiring people, all taking part for a cause close to their hearts, and Motez, Jaber and I ran (I walked some of it!), raising between £252 for Research into Cancer Ninewells Hospital.

### Autumn Sale another success

The Autumn Sale on Saturday 24 October was another success despite the heavy rain which threatened to dampen the mood. We had a hard working and dedicated team of volunteers who worked so hard and helped us raising over £600 in 2 hours. Well done to all who supported in any number of ways.

### Dundee Cyclathon 2009 - Accidents and successes.

Dundee Rotary Cyclathon on Sunday 13th September was a lovely day weatherwise.

Its a long long road when its your first ever cyclathon. But we made it, well some of us did. Jaber crashed at 12 miles and couldn't continue due to his bike being unfixable. Abubaker made it though in a fairly good time. In addition to Team Abubaker we also had other cyclists taking part for us also. We raised over £500 so once again, it was well worth the pain!



### Dundee Cyclathon 2010



The recent Cyclathon completed by Jaber and his dad raised £790!

Many thanks to all who have most kindly donated and supported them by cheering them on or cycling with them - especially Iain and Tom Moffat and Fin, Amanda and Giles Avison. What stars.

### Dundee United Coloured Scarves - What a success!



We never imagined during our trip to Nepal that scarves made in a wee backstreet shop would be worn at Hamden for the Cup Final on 15 May 2010.

Thanks to Mike Ritchie and the Courier for helping us sell our quickly purchased stock, with the help of Marianne who did the purchasing in Kathmandu, and Dr Chang, who kindly posted them on arrival in London, and donated the postage to the Yusef Abubaker Memorial Trust. We had fun capturing images of the scarves before the action of the final, thanks to Tariq, Greg, Adam, Ross, Jaber and Zaki for modelling! We have raised over £200 for Nepal.

## BENEFICIARIES

### Haiti Help

This week saw us donate to Haiti Help, a Fife based new charity team of 3 nurses who work with helping children in Haiti, before and after the earthquake.

On Wednesday 17th November, we were delighted to meet with Carole Hatten, one of the nurses, and the Chair of Haiti Help, to donate £400 to her for their next trip to Haiti. The nurses do invaluable work, ranging from inoculation programmes to feeding local orphans and saving children from abuse.

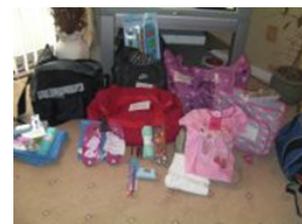
We look forward to working with Carole, Lou and Elaine on this on-going project.



### School Bags for Malawi

In June 2010 we had the good fortune to work with family friend Pat Wilson on producing school bags for school children in Malawi. Pat and a team of volunteers worked tirelessly to produce 191 bags in total to send to the school children in Malawi, through Mary's Meals. Yusef Abubaker Memorial Trust managed to produce 10 of these, filling each with items such as pens, pencils, pencil cases and tins, notepad, toothbrush, soap and face cloth, towel, tennis ball, and some of them had clothing items, flip flops and a toy.

We would like to encourage all our supporters to join in this worthy cause.



### Other Beneficiaries

#### Harris Academy Further Education Grant 2010

Friday 25 September 2009, we launched the Yusef Abubaker Further Education Grant initiative at Harris Academy, Dundee. We have always believed that education leads to mutual respect and understanding. Yusef had such a love of learning and a thirst to further his knowledge. We would like to help others fulfil their dream of learning by offering this grant. Pupils of S5 and S6 who are planning to further their education at either College or University apply for the £1,000 Grant.

**Update: the 1st Yusef Abubaker Further Education Grant has been awarded to a most worthy recipient who is studying biochemistry at the University of Dundee**

#### Recycling for Barnardos

Since our launch in March 2008 we have always encouraged and participated in recycling by donating clothing and household items to charity. To date, we have donated bags to BHF, Cancer Research, Shelter and in June 2010 donated 6 bags of clothing and one bag of shoes and handbags to Barnardos recycling. Our contribution helps raise £30,000 for Barnardos each year, according to their recycle bins!

#### Dundee East Under 15's New Training equipment donation

On Thursday 20 August 2009 we had pleasure joining the Under 15s for training and presenting them with their new training equipment.

The team are seen here with their coaches Brian Birse, Gordon, Danny and Poitr.

We wish the boys a safe, productive and successful season ahead.



#### Dundee Villa Under 9's new strips

On Tuesday 15th September 2009 we presented Dundee Villa Under 9's with their strips and watched them in training.

The boys were hard at training when we arrived but were delighted to pull on their new strips for the photographs. We realise the importance of promoting sport and exercise in the young and are pleased to be able to do so in memory of Yusef. We wish the youngsters all good wishes for the coming season and look forward to watching them play from time to time.

Photos can be seen at <http://www.flickr.com/photos/31466415@N08/>



#### Launch of Yusef Abubake Reference Library June 2009

Launch of Yusef Abubaker Reference Library On Friday 5 June 2009 Yusef's Reference Library at Blackness Primary had its official launch. The Launch was a touching event as the pupils were so excited whilst appreciative of the donation. We gave a statement to the media and later on the press contacted me also. After the photoshoot we took the opportunity to discuss with Mr Ferrier the further donation this year to add to Yusef's Reference Section.

Photograph courtesy and (c) D.C.Thomson&Co.,Ltd

## About Yusef

It is probably a good idea if we tell you a bit about Yusef, his life, his loves and his personality. He is a much loved son, one of four. On 24 September 2007, he went for a game of after-school football and died suddenly. He was 12 years of age. To date, despite a post-mortem and ongoing DNA testing and family testing, no cause has been found for Yusef's Sudden Cardiac Arrhythmia. He wasn't ill, and he led a very active and full life, thank God. Yusef was healthy, happy, strong and sporty. He loved nothing more than kicking a football or playing for his beloved Dundee Eagles Rugby Club and he had recently started playing for Harris Academy 1st years. He was a keen swimmer also and used to swim lengths of the pool just for fun. Tennis and hockey were amongst his other favourite sports and in general, he liked to try everything to see if he would like to continue with it. He applied a perfect mix of humour and sincerity to his life. He was a very charitable person, thus this charity is in his memory.

### The Yusef Abubaker Memorial Trust

is a charity registered in Scotland No. SC039367, the aims of the charity are:

- to alleviate poverty
- assist in the provision of medical treatment of the sick
- feed the hungry
- assist in education
- help provide clean running water wherever it is required providing sports equipment and funding for the enhancement of public participation in sport.

Basically, where there is a need, the Yusef Abubaker Memorial Trust will endeavour to be of help.

[www.yusefabubaker.org.uk](http://www.yusefabubaker.org.uk)

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**The Yusef Abubaker Memorial Trust welcomes suggestions from the public as to needy causes and our promise to you is that each suggestion will be carefully considered before a decision is made by the Trustees.**

### Other Beneficiaries

#### Combating River Blindness in Cameroon

Following on from our Yusef Abubaker Memorial Eye Surgery Day last August in Sierra Leone, arranged through Sightsavers International, we opted to be part of another Sightsavers project this year, namely a River Blindness project in Cameroon.

In developing countries such as Cameroon, River Blindness is known as "the disease at the end of the track" because it affects remote communities who are already impoverished. Since the onset of River blindness tends to affect adults at an age when they should be at their most economically productive, the disease causes devastation for the afflicted and their future generations. When you consider it costs as little as 5p per year to save someone from going blind from River Blindness, the input from Yusef Abubaker Memorial Trust of £2,000 will help thousands of people in the South West region of Cameroon from losing their sight.

### REMEMBERING YUSEF

We have had a few donations from friends and family who chose to opt out of their family/work Christmas/Eid present dilemma by donating to charity instead. There are numerous proposals in the pipeline and news of these will be printed once these proposals turn into projects. In order to achieve these projects, we ask that you keep on supporting us and The Yusef Abubaker Memorial Trust. By doing this we are keeping the good deeds flowing and **Remembering Yusef**.

To make a donation, please contact Alison on [info@yusefabubaker.org.uk](mailto:info@yusefabubaker.org.uk) or you can donate online through Just Giving by visiting [www.yusefabubaker.org.uk](http://www.yusefabubaker.org.uk)

