

Welcome to your Christian Aid Week fundraising pack!

Christian Aid Week is one of the biggest acts of Christian witness in the UK and Ireland. As a valued volunteer, we're excited to share how you can take part and make a difference in 2026. We've got inspiring fundraising ideas and more free resources than ever before. Explore the pack, rally your congregation or Christian Aid group, and join us for another extraordinary year. But first, please take a moment to read Fridah's inspiring story.

Imagine waking every morning knowing if you don't earn money today, your family will go hungry tonight. With no formal work opportunities, heartbreakingly low pay, high food prices, and no social support, it's impossible to plan ahead. This is urban poverty - the precarious, stressful life most people lead in the densely packed, sprawling informal settlement of Dagoretti in Nairobi, Kenya.

Fridah Moraa is a mother and grandmother who became the sole provider for her family when her husband died last year: **'When my husband was alive, we used to share responsibilities - like paying rent, school fees, hospital fees. But now, I'm responsible for everything.'** Protecting the children from hunger and malnutrition is a constant battle: **'When I wake up, I have a lot of worries. Sometimes I don't have food.'**

Fridah lives in Dagoretti with her twin sons, 13-year-old Eliud and Abiud, her daughter, and grandson, 4-year-old Quillan. The family live in rented corrugated metal shelters. There's no running water and only shared toilet facilities. To bring in money, determined Fridah sells vegetables that she buys from a wholesaler. It's a two-hour round trip, six times a week. This is a relentless, time-consuming way to make an unreliable income: **'Sometimes I don't know how I'll feed my family. But I believe in myself and pray to God that I will succeed.'**



Fridah tends her vertical, space-saving garden.

But thanks to a programme of support from Christian Aid's partner, Beacon of Hope, Fridah's nurturing seeds of change.

Beacon of Hope is training aspiring urban farmers like Fridah to cultivate their own vegetables in small, unused city spaces. **Fridah: 'At first, I didn't understand. I was wondering, where can someone farm here in Nairobi?'** Training sessions cover farming techniques, such as pest management, compost production, and seed cultivation, as well as business skills. Participants are supported with the tools, seeds and plots they need to get started.

Fridah's urban farm is hidden at the end of a concrete alley. You'd never guess that lush crops could thrive here. As she opens the gate, her face beams with pride: **'When what I have planted grows - that is what makes me happy. When I get money that I have earned - that is what makes me happy.'** Fridah's now feeding her family with her own nutritious produce and selling it on her market stall to generate income.

From living meal to meal, not knowing if her children will go to bed with empty stomachs, Fridah now cherishes the security her small farm is bringing: **'Urban farming has changed my life.'**

Join us to support families like Fridah's to protect themselves from hunger, and nurture hope.

This Christian Aid Week, how will you fundraise, act and pray?

7 days to make a difference

Christian Aid Week fundraising is faithful action, done your way. Are you a thrill-seeking abseiler, an enthusiastic baker, a brave wild swimmer, a green-fingered gardener, or a board game whizz? Why not let your hobbies and interests be your inspiration and build an event or challenge around them?

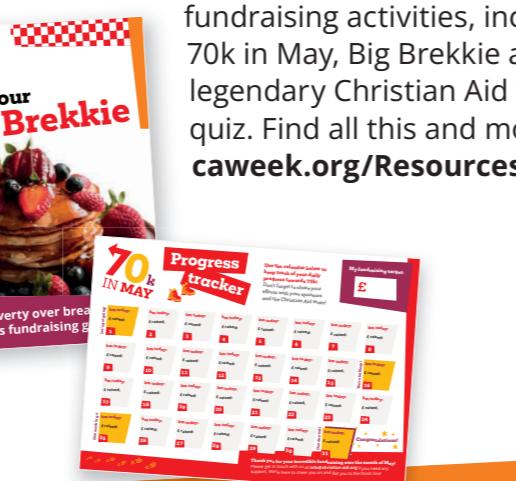
The possibilities are endless - sponsored sporting activities, bake sales, open gardens, board game marathons, fancy dress days. The most important thing is to have fun, stay safe, and rally your community to support people living in extreme poverty.

A charity challenge isn't just a great way to test your skills and raise funds. It can also be a way to explore your calling to act for justice. And it can help you talk about social justice issues in your church and community.

We've got you covered

You asked us for more fundraising inspiration, so we've expanded our A-Z of ideas. We also have a range of ready-to-go

fundraising activities, including 70k in May, Big Brekkie and the legendary Christian Aid Week quiz. Find all this and more at caweek.org/Resources



Take on 70k in May

Move 70km in May, your way. You could run, jog, walk, cycle, swim, hop or dance the distance away! Tackle it in one go or manageable chunks. You could take on the challenge as an individual or a congregation. If you're travelling outdoors, why not see how many churches you can visit on the route?



Pass it on! Easy ways to fundraise

Looking for a simple way to raise money this Christian Aid Week? Envelope collections are very effective and easy to arrange. We have envelopes for both in-church collections and door-to-door delivery. You can either return to collect or ask people to drop off their gift at a collection point.

Want to collect as a team in your community? We can help you organise a street, supermarket or railway station collection. Contact us so we can ensure you have everything in place to meet all statutory requirements. Visit caweek.org



Changemakers Conference

Christian Aid Week launches at our annual Changemakers Conference. Learn more about our featured project in Kenya and meet our partners, Beacon of Hope. Exchange ideas with other volunteers, and ask our staff anything. Attend in person in London, join one of our regional watch parties, or log in from the comfort of your own home on 14 March.

Wales will be holding their supporter event in two locations: Cardiff on 17 March and Wrexham on 18 March. Scotland will again be hosting The Gathering on 24 February at 10:30am, online. Northern Ireland will be holding their annual supporter event on 14 March at the Carnmoney Presbyterian Church. For details of the event near you, contact your regional representative or email events@christian-aid.org

Stand with Kenya

A debt crisis in Kenya is trapping people like Fridah in poverty. Kenya spends more paying back debt than it does on public services, such as healthcare and education.

The UK Government has the power to introduce new debt justice laws that could help tackle poverty in Kenya.

We need your voices to help amplify our call for action!

This Christian Aid Week, invite your community to write down and share their hopes and prayers for people living in poverty in Kenya. Send us your best creations, and we'll use them in the design and build of our restoration pot. The pot is going to be a big, beautiful, three-dimensional piece of craftivism that can't be ignored. We'll be presenting it to UK decision makers as a call for debt justice.

Find more information and resources at caid.org.uk/RestorePot



Share the love

Sharing your updates on social media, in newsletters, or with the local press, is a great way to generate excitement and support for your fundraising. Being loud and proud not only promotes your plans, but also encourages others to make their own, and raises awareness of poverty and injustice.

Why not try to secure a special guest or two? Think local celebrities and politicians. If your elected representative attends your event, take the opportunity to tell them that your community cares deeply about their global neighbours, and wants the UK Government to act on extreme poverty and the debt crisis.

We all have seven days to make a difference, this Christian Aid Week what will you do?