4 One Aim, *Many Ways to Help*

Time to Help's clean water initiative takes many approaches:

Water Wells
Building wells that bring clean, safe water right to the heart of communities.



Walk2Water in Schools
Children walk for water to learn the value of every drop.



City Walks
Community walks that spark awareness and deepen empathy.



Community Engagement
Working hand in hand with local people, schools and volunteers.

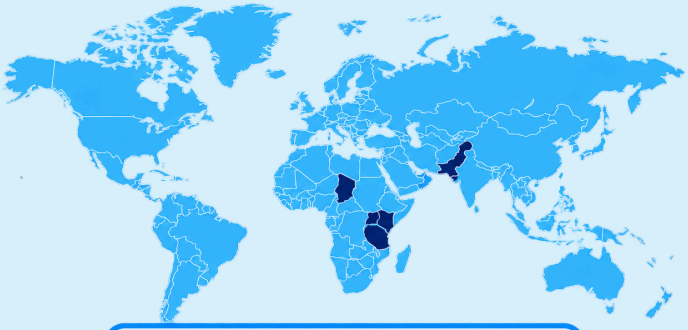


Be Part of the Flow
Every donation helps a well flow and a community grow. **Scan the QR code or visit our website to support us.**



5 WHERE WE WORK

Time to Help is a (UK) registered charity working with communities across Africa and Asia to provide clean water, education and long-term support.



Uganda	£3,100
Kenya	£2,960
Tanzania	£2,700 (manual) £4,400 (automatic)
Chad	£2,850
Pakistan	£1,800

Every new well opens the door to greater opportunities.

With your support, we're growing into more countries and reaching more people than ever.

Donate Now

(Scan to donate or visit our website)

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Registered with FUNDRAISING REGULATOR
CHARITY COMMISSION FOR ENGLAND AND WALES

Time to Help

www.timetohelp.org.uk

Registered Charity: 1160467



Where Water Flows, Life Grows.

Delivering safe water for healthier communities.

Clean Water | Sanitation | Community | Education

1 THE JOURNEY FOR WATER

How far would you walk for a glass of water?

For many families, the answer is miles away, and they make that journey every single day. The journey can be tiring and unsafe, taking time away from school and work.



On average 6 km
(3.7 miles) walked for water

It is heavy
(20 kg) carried on the journey

The route
is unsafe and full of dangers

Women and children
of bears the burden

AT LEAST 1.7 BILLION PEOPLE
still use contaminated water sources

2 MEET BLESSING

Blessing is 14 years old and dreams of becoming a scientist. Every morning, before her school day can even begin, she walks for hours carrying a heavy jerrycan to collect water for her family. This takes time away from her schoolwork and studies.





Women and children walk an average of **6 km** every day to fetch water.

A WATER WELL NEARBY CHANGES EVERYTHING.

With clean water nearby, everything changes. Blessing can focus on her education and chase her dreams.



3 WHEN WATER MAKES YOU SICK

Unsafe water can cause serious and sometimes life-threatening illnesses.

Contaminated water is a major cause of disease, especially among children. These illnesses can have a lasting impact on individuals, families and entire communities.

Common Water-related Illnesses:

- Diarrhoea
- Cholera
- Dysentery
- Typhoid
- Hepatitis A
- Polio



These illnesses can lead to:

- Missed school
- Long-term health problems
- Missed work
- Increased poverty
- Medical costs
- In some cases, death