

MONTHLY DONATION FORM

Please check this box if you would like to make regular donations every month commencing on the:

(month/date/year): ____/____/____
(Please allow one month from signature date).

I wish to donate \$40 per month **OR**

My preferred amount of \$_____per month

Name of my Bank: _____

Bank Address: _____

Zip Code: _____

Account No: _____

Bank Routing Number: ____ - ____ - ____

Signature: _____

Date: ____/____/____

You may cancel this monthly donation by informing your Bank and UNITED SIKHS at any time.

To your Bank:

Please pay \$_____ each month to UNITED SIKHS,
whose details are found below:

Account Name: **UNITED SIKHS**

Bank Name: _____

Account No: _____

Bank Routing Number: ____ - ____ - ____

**Please return this donation form to:
UNITED SIKHS, POB 7203, New York, NY 10116, USA**

We may from time to time, allow companies who support our work or other charities to write to you. If you would prefer not to receive these communications, please check this box.

THANK YOU FOR YOUR SUPPORT!



**Help Us Continue Our Work
RESCUE A FAMILY TODAY!**

Part of our "Make Poverty History" Project

UNITED SIKHS, a non-profit, non-governmental, humanitarian relief, human development and advocacy organisation, was started in 1999 to help uplift minority and underprivileged communities.

OUR MISSION

To transform underprivileged and minority communities and individuals into informed and vibrant members of society through civic, educational and personal development programs, by fostering active participation in social and economic activity.

Our projects are based on the Sikh tenet of "Sarbat-Da-Bhela" (service for the good of all). UNITED SIKHS uses education as a tool to transform minority communities into informed individuals. We also engage in social and economic activity to uplift communities. Our civil and human rights advocacy projects help protect the integrity of minorities and the underprivileged.

Contact us:

If you require any further information on any of our projects or regarding the organization, please contact us on the following:

Web: www.unitedsikhs.org
Email: contact@unitedsikhs.org

North America unitedsikhs-na@unitedsikhs.org
+1-888-243-1690

United Kingdom unitedsikhs-uk@unitedsikhs.org
+44 (0) 870 1993328

France unitedsikhs-fr@unitedsikhs.org
+33 147 0084 41

India unitedsikhs-asia@unitedsikhs.org
+91 (0) 9815-673-242

501(c) 3 Tax-Exempt Organization
Tax ID Number: 11-3483921



RESCUE A FAMILY is your chance to help make poverty history in Panjab. Sponsor a poor and needy family and help them survive and have a brighter future.

The project will help provide relief for rural families of people who have committed suicide, encourage organic farming and traditional arts as forms of extra income, raise global awareness of poverty issues in Panjab and support innovative ways of researching and tackling poverty and development in the state.

You can help by providing rural families with money for basic necessities such as food, education and health care and provide resources they need to earn an extra income.

CASE 1: SURJIT, BALJIT AND SUNEET KAUR

15 year old Surjit was left caring for her younger sisters, Baljit and Suneet when their father died and their mother abandoned them shortly after. They live in a village in Sangrur, one of the poorest districts in Panjab, North-West India. The lack of finances meant the girls had to leave school so that they could earn a living.



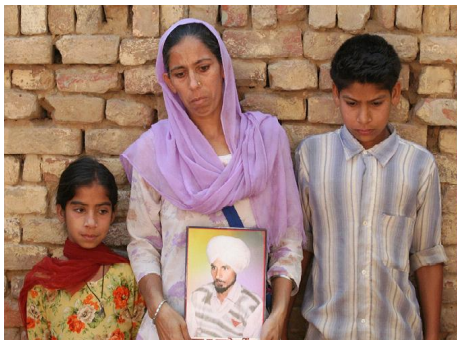
Left:
Surjit Kaur
(15 years old),
Sunit Kaur
(14 years old),
Baljit Kaur
(13 years old)

"Rescue a Family" found a donor to "adopt" the girls by providing financial donations so that the girls can continue with their education and have enough money for their basic welfare.

CASE 2: SUKHPAL KAUR AND HER CHILDREN

Sukhpal Kaur (below) earns 10 rupees for every Kilo of milk her lone cow produces. She is struggling to support herself and her children. Her husband committed suicide in November 2005 due to desperation at his financial situation – a victim of the phenomenon of 'rural suicides' that is spreading across the poor districts of Panjab.

Left:
Sukhpal Kaur (centre) holding a picture of her recently deceased husband. She is stood with her daughter Rani Kaur (left) and son Gurbinder Singh (right).



Since then, Sukhpal Kaur has been left with her two children and 250,000 Rupees of debt to a loan shark – more than she will ever be able to repay. She is yet another victim of Panjab's Green Revolution. Unfortunately, Sukhpal's is not a rare case, but you can help!

**RESCUE A FAMILY
DONATE \$40 A MONTH**

THE ROOT OF THE PROBLEM

Farmer suicides are occurring in particular in the Bathinda, Mansa, Sangrur, Gurdaspur and Amritsar districts of Panjab – the poorest areas in the state. Farmers are caught in a cycle of debt:

- They borrow money from loan sharks to buy pesticides.
- The pesticide-saturated land, is stripped of nutrients and produces successively lower yields.
- Farmers are then forced to sell their crops for less than it costs them to produce, meaning the farmers cannot repay the exorbitant sums the loan sharks ask for.
- Being trapped in this cycle drives many farmers to take their life.

HOW YOUR DONATION WILL BE USED:

A £20/€30 a month donation provides:

- Necessities such as food and medicine.
- School fees and school materials for children
- Fees for vocational courses for young adults and women
- Money with which the family members can buy resources needed to earn extra income (for example, to allow women to buy wool so they can weave blankets to sell).
- Organic farming trials and long-term poverty reduction research and work

OUR PARTNERS

RESCUE A FAMILY is a joint project between UNITED SIKHS and a Chandigarh-based organisation called 'Rescue and Revival' (Part of the Baba Nanak Education Society), which was set up to locate and help families whose breadwinners have committed suicide due to rural hardship, and have no other source of income.



Right:
Representatives from 'Rescue and Revival' and UNITED SIKHS talking to a prospective family of the adoption scheme.

HOW ARE FAMILIES CHOSEN?

Families with young children who are at risk of being taken to orphanages or taken out of school in order to earn a living, are currently seen as priority cases.

The family must have lost its breadwinners, and have no or little other source of income.

Left:
Jasvir (left) and Joginder (right) live with their mother and blind grandmother. Their father was one of three brothers from the same family who all committed suicide because of debt and agricultural problems. Jasvir and Joginder's 11 year old brother works for the Village Chief to earn money for the family.



DONATION FORM



Title: _____
Surname: _____
Forename: _____
Address: _____

Post Code: _____
Telephone: _____
E-mail: _____

I enclose my cash/cheque/postal order (payable to UNITED SIKHS) for the amount of (please tick a box or enter an amount)

£5 £10 £20 £50 £100 £500

Other (please specify): £ _____

OR

€10 €20 €30 €50 €100 €500

Other (please specify): € _____

OR

I will be paying a regular monthly amount

(Please fill in our monthly donation form, found on the reverse side of this form)

FOR THE ATTENTION OF ALL DONORS

UNITED SIKHS is a registered charity in the UK (Charity number: 1112055). If you are a UK taxpayer, under the Government's Gift Aid scheme, UNITED SIKHS can reclaim the tax you have already paid on your gift. This means that your donation could increase by almost a third at NO extra cost to you. Please tick the box below if you would like UNITED SIKHS to reclaim the tax on your gift.

Please treat this and future donations I make to UNITED SIKHS and all payments I have made to UNITED SIKHS since 6 April 2000 as Gift Aid donations. I will inform UNITED SIKHS of any changes in my tax status. **(Applicable to all Donors)**

PLEASE TURN OVER FOR THE MONTHLY DONATION FORM
(For those who wish to give a regular donation)