

CRICKET

without **BOUNDARIES**



Welcome Pack

Version 1.4 - January 2012





Table of Contents

4	Who we are
7	HIV / AIDS in Africa
9	Where we work
18	Volunteering
19	Costs and fundraising
21	Contacts
21	Further information

“ Sport has the power to change the world, it has the power to inspire, it has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair. It is more powerful than governments in breaking down racial barriers. It laughs in the face of all types of discrimination. ”

Nelson Mandela



Ed Williams CWB Trustee

"Being involved in CWB is a fantastic opportunity to bring a game that has brought me so much fun over the years to those whose concept of fun has been severely restricted by poverty, disease and political instability. Cricket and Sport generally can play a really important role re-enforcing vital AIDS awareness messages."

Who we are

Cricket Without Boundaries ("CWB") is a UK cricket development and AIDS awareness charity. It is run almost entirely by the dedication and enthusiasm of its volunteers.

Since its formation in 2005 CWB has become one of the world's leading Cricket Development and AIDS awareness charities. It is dedicated to helping, educating and developing local communities around the world through the spread and growth of cricket. It is about personal empowerment, both for adults and for children.

Working primarily in Sub-Saharan Africa it has sent projects to Kenya, Uganda, Rwanda, Tanzania, Zambia, Botswana and Namibia. In the process CWB has coached tens of thousands of children in some of the poorest communities in the world as well as training several thousand adults to become ICC qualified cricket coaches. CWB is committed to taking the game of cricket to a new generation of coaches and children in Africa, as well as supporting existing cricket development.

The charity has two main goals:

- (i) To spread cricket through coaching children and teaching adults how to coach; and
- (ii) Linking the sport to HIV/AIDS awareness and incorporating these messages into every day coaching sessions.

Working in partnership with the National Cricket Associations in each country, the relevant British High Commissions and the ICC, CWB follows a simple, 3 stage sports development structure to try to ensure some form of sustained development of the game: 1) Coach education; 2) Schools coaching, and 3) Tournament.

However, CWB is not just about sustainable cricket development. Of equal importance to the charity is the use of cricket as a tool in the fight against the modern plague that is HIV/AIDS. In an area of the world where almost 25 million people are living with HIV/AIDS and around 2.7 million adults and children are infected each year, we cannot ignore the opportunity to combine sport with clear health messages for both coaches and youngsters.

CWB's training sessions involve discussion and practical demonstrations of simple cricket and non-cricket related drills that deal with HIV/AIDS, both in terms of prevention and treatment. But it is not just about staying healthy, it is also about ensuring equality of treatment for those with the disease. Stigma is a huge challenge in Sub-Saharan Africa. That is why CWB sessions are about inclusiveness for all people, whatever their status.

We hope you enjoy finding out about what we passionately believe is a great charity!



Botswana 2009



Chris Kangis
CWB Trustee

"CWB has helped bring real and lasting benefit to the areas that we visited. The projects in which we are involved have confirmed my belief that Cricket is an outstanding means to inspire and develop the lives of children and adults, irrespective of race or religion."



OUR VALUES

ADAPTABILITY



We take the initiative to use all available resources in positive and imaginative ways

ENJOYMENT



Enjoyment permeates all elements of our charity to enthuse everyone involved to make a difference

ENDURING



We are as much about tomorrow as we are about today

INTEGRITY



Honouring our commitment to deliver our mission responsibly

INCLUSIVE



No Boundaries. Ever!

HIV / AIDS in Africa



Andy Hobbs
CWB Trustee

"Cricket is a game of unique qualities. Cricket Without Boundaries is an amazing opportunity to help children to experience these qualities. It is about breaking down barriers, putting a smile on their faces and leaving a legacy. This is why I am involved in CWB."

In Sub-Saharan Africa alone there are 22.5 million people living with HIV/AIDS, over two thirds of the global total. In 2009, there were also 1.8 million recorded Adult & Child Deaths in this region as a result of HIV/AIDS. Since the beginning of the epidemic, a staggering 14.8 million children have lost at least one of their parents as a result of HIV/AIDS.

A large number of those infected are children: many of whom are in cricket playing nations in Africa. It is not just medicine that is needed, but education and a focus on changing behavioural patterns.

The link between Sport (particularly cricket) and HIV/AIDS is not obvious to everyone. However, we have found that sports coaches are in a unique position to impart a message of staying healthy. By gaining the trust and respect of those that they coach they are ideally placed to talk about the importance of a healthy lifestyle in order to fulfil ones true potential both in sporting terms and in life generally. This message can be delivered in a different and complimentary way to that which teachers and health workers may use.



Kenya 2007

	Adults and children living with HIV	Adults and children newly infected with HIV	AIDS-related deaths among adults and children
Global	33.3 million	2.6 million	1.8 million
Sub-Saharan Africa	22.5 million	1.8 million	1.3 million

Source: UNAIDS (2010) 'UNAIDS report on the global AIDS epidemic'

The CWB Approach

CWB is about developing coach education and participation in playing the game, but this goes hand-in-hand with raising awareness of HIV to save lives and empower those who participate in the charity's activities.

We achieve this by:

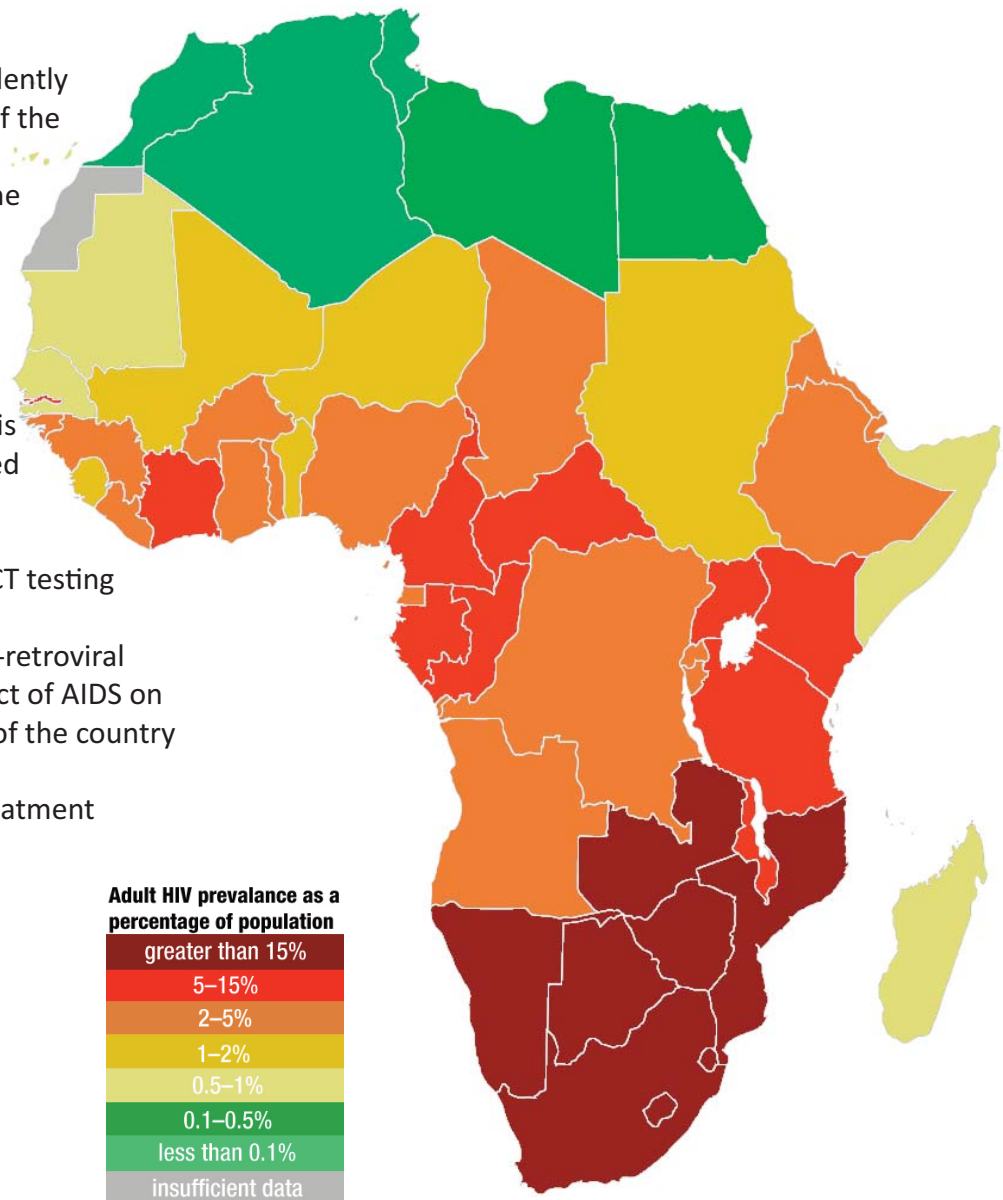
Empowering coaches to confidently inform participating children of the dangers of HIV/AIDS through innovative associations with the language and form of cricket

Stressing the ABC approach – abstinence, be faithful to your partner and condom use: effective HIV/AIDS prevention is based on all three being utilised not just one

Making the case for regular VCT testing

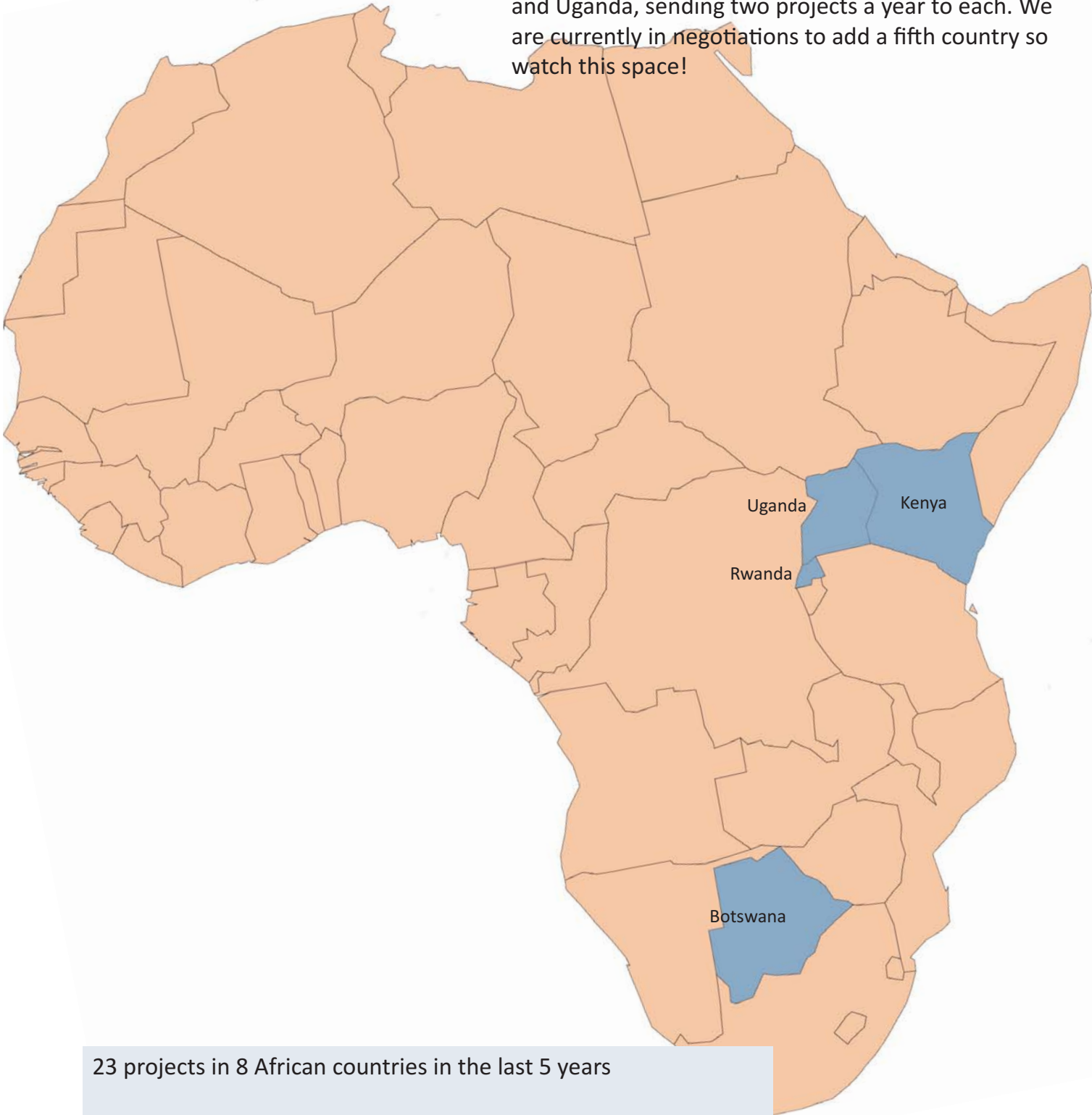
Discussion of the limits of anti-retroviral drugs and the debilitating effect of AIDS on society and the development of the country

Working for the equality of treatment for those who have HIV/AIDS



Where we work

CWB have visited eight different African countries but currently concentrate on Botswana, Kenya, Rwanda and Uganda, sending two projects a year to each. We are currently in negotiations to add a fifth country so watch this space!



23 projects in 8 African countries in the last 5 years
Over 20,000 children coached in Africa in the last 5 years.
Over 1700 adults trained as ICC coaches

Botswana

Botswana is located in the heart of Southern Africa; its neighbours include Namibia, Angola, Zambia and Zimbabwe. Botswana is different in many ways from some of its neighbours, it has a good income which mainly comes from diamonds and it has a stable democratic government based on the Westminster system. Botswana is a relatively large country (approx 580,000 square kilometres), which is about the same size as France. With a small population spread over a vast area, don't expect to find many big cities. The capital, Gaborone is the largest with a population of around 250,000. Gaborone is situated in the South East and is a modern African city with a good road system, shops, accommodation and a strong infrastructure. Francistown is the second-largest city and is situated in the North East of the Country. Both these areas are a key focus for Cricket Without Boundaries projects.

The main difference between the groupings of people across Botswana is the language spoken. Although English is the official language, it is Setswana that is the most common language as it is understood by 80% of the population.



Capital

Gaborone

Language(s)

English, Setswana

Population

2,029,307



Botswana 2009

There are more than 20 other languages spoken throughout Botswana. Rest assured though, you will find that English is the main language used for instruction within secondary schools, so there will be a good level of understanding as you try to explain cricket drills and if there isn't that just adds to the fun and challenge of the trip!

As far as cricket goes, it was started in the country by expatriates from South Africa and the Indian subcontinent. Botswana was elected to the ICC as an affiliate member in 2001. Botswana Cricket Association is the official governing body of the sport of cricket in Botswana. Its current headquarters is in Gaborone, Botswana. It is also a member of the African Cricket Association. The Botswana National team are currently in Division Six of the ICC World Cricket League.

Why are CWB in Botswana?

Botswana has been hit hard by AIDS. In 2009 there were an estimated 300,000 adults living with HIV; or one quarter of the population aged 15 and over. Considering Botswana's population is below two million, the epidemic has reached disturbing proportions. The country has an estimated adult HIV prevalence among 15-49 year olds of 24.8%, the second highest in the world¹.

HIV and AIDS has had a devastating impact on Botswana. Life expectancy at birth fell from 65 years in 1990-1995 to less than 40 years in 2000-2005, a figure about 28 years lower than it would have been without AIDS².

¹UNAIDS (2010), UNAIDS report on the global AIDS epidemic'

²'The Impact of AIDS', United Nations, 2004



Clare Fallis
Botswana Country Manager

Why are CWB in Kenya?

Kenya is one of the world's poorest nations, with an average earning of £3 per day. There are many slums and orphanages in Kenya, and approx 6.7% of the population have HIV/AIDS.

Cricket Kenya is the governing body for cricket in the country. Kenya plays cricket internationally having both a male and female national team.

The country has featured at every ICC World Cup since 1996, reaching the semi-finals unexpectedly in 2003. Cricket Without Boundaries is working closely with Cricket Kenya to develop the game, having established programmes in Nakuru, Kericho, Nanyuki, and Kisumu.



Tracey Davies
Kenya Country Manager

Rwanda



Capital

Kigali

Language(s)

English, Kinyarwanda, French,

Population

11,370,425

Situated in the Great Lakes region of Sub-Saharan Africa, Rwanda is an incredible country with a tragic past but a very bright future.

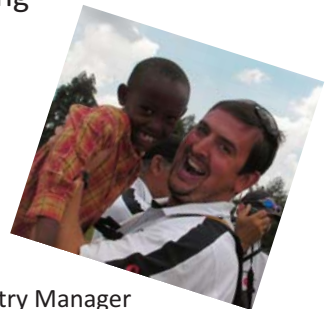
Bordering the DRC, Uganda, Tanzania and Burundi, Rwanda's population of just over 11 million makes it the most densely populated in the continent (419 people/km², UK has 255) and every bit of space in the country is utilised. The capital and largest city, Kigali, is situated in the centre of the country and has a population of just under 1 million, emphasising the rural nature of Rwanda. There are only a handful of other relatively major conurbations including Butare and Giterama both in the South. Due to its Belgium colonial heritage, the national language is French along with Kinyarwanda but an increasing number of people speak English due to a government drive. Fortunately for CWB the schools teach English so most of the kids understand it, though some local translation might be needed on occasions!

As one of the biggest human atrocities in recent history, the 1994 genocide is a huge scar on Rwanda's past, with an estimated 800,000 people killed in 100 days. Subject to Hollywood films and countless books, the genocide is a controversial topic and is not readily confronted by Rwandans, so it best to talk about it only if brought up by a Rwandan. There is a very modern but harrowing museum in Kigali that is worth visiting to understand the atrocities. Fortunately, the country has been rebuilt into a thriving state built on subsistence agriculture, tourism and foreign business investment. The tourism is mainly the tribe of Mountain Gorillas that inhabit the mountainous area in the North West of the country, and are truly a once in a life time experience to visit. However, arguably Rwanda's biggest asset is its people; resilient, dignified and welcoming, they are truly a joy to spend time with.

In terms of cricket, Rwanda is very much a developing nation having only been granted ICC affiliate status in 2003. Not widely taught in schools, cricket is a game very much overshadowed by the more popular football and basketball. The Rwanda Cricket Association (RCA) is the country's cricketing governing body, based in Kigali and Rwanda are currently in Division Six of the ICC Africa league. There is a thriving league in Kigali, however other areas of the country do not play in organised tournaments.

Why are CWB in Rwanda?

Rwanda on the whole is developing well, with a strong government led by the hugely popular Paul Kagame, so why should CWB be helping out? The country is still relatively poor, with a GDP per capita of \$1,284 (UK has \$35,000) and perhaps more pertinently has 170,000 people living with HIV with 22,000 of these being children under 14 and 130,000 orphans due to AIDS . Although the prevalence level of 2.4% is relatively low (Botswana is 24.8% for example) this is due to the lack of testing in the country and in reality the rate is likely to be a lot higher. There is a huge amount CWB can do to lower this level and raise awareness amongst young and old, whilst having a lot of fun playing the game we love!



Tim Marrion
Rwanda Country Manager

Uganda

Uganda is located in East Africa and shares borders with Kenya, South Sudan, Tanzania, Rwanda and the Democratic Republic of Congo. The country also shares a border with Africa's largest lake, Lake Victoria which covers an area of 68,800 square kilometres in all. The country remains a member of the Commonwealth, although it became independent in 1962.

Uganda has a population estimated at around 32 million (similar to Canada), having increased more than 6 fold since 1950. The population is a young one, with the median age being just 15. Kampala, the capital, is home to an estimated 1.6 million people.

Cricket is run by the Uganda Cricket Association which is based in the capital, Kampala. Uganda is an associate member of the ICC and is currently ranked 21 in the world. Uganda are currently Pepsi ICC Division 1 Africa Twenty20 champions and in the newly created East Africa Franchise, Uganda has teams in the finals of the 50 over and 20 over competition.



Capital

Kampala

Language(s)

English, Swahili

Population

32,369,558



Uganda 2010

Why are CWB in Uganda?

Uganda is one of Africa's HIV success stories with a reduction in cases of almost 25% in the last 30 years down to 6.4% of the population.

However, recent reports suggest that HIV infection rates are increasing again and CWB has an important role to play in spreading the ABC messages across the country.

CWB have coached in Jinja, Tororo, Iganga, Masindi, Fort Portal, Mbarara and Mbale, delivering grass roots cricket while also passing on the ABC messages to teachers and players alike. Working with the UCA, CWB are helping to expand the number of primary and secondary schools playing some form of cricket. The UCA organise local, regional and national tournaments for both girls and boys and it is hoped that the work that CWB is doing in the country will unearth some of Uganda's future international cricketers as well as leaving a lasting legacy with its AIDS awareness work.



Simon Hards
Uganda Country Manager

Volunteering



Veronika Reeves CWB Volunteer

"I visited Botswana and Uganda and they both charmed me. Especially the friendly people and their enthusiasm for a new, weird game called cricket. Uganda tugged on my heart strings because it's so beautiful and green."

Since coming back from my first trip I have been involved with CWB and became part of the HIV/AIDS group. I have been to Africa 4 times with CWB since then and hope to go back as much as I can!"

Our trips to Africa last two weeks and are normally packed full to ensure the maximum impact in the country. Each project is made up of 8-10 volunteers to ensure that the group can handle the numbers of children and split up if necessary. In every project that goes out there is an ECB qualified tutor and a project manager. We then try and get a mix of coaches and non coaches to ensure a good spread of skills. We don't ask for specific cricket knowledge (apart from the ECB tutor) but we do ask for a willingness to work hard and get involved!

In volunteering for two weeks the difference you can make is surprisingly big! For some children we visit, simply having the chance to play an organised game is a thrill but equally you can make a fundamental difference to a community through spreading the positive HIV/AIDS awareness messages through the coaching. Not only will you be able to make a huge difference in the country; you will also find that you will pick up life skills and tangible professional skills through the volunteering.



Uganda 2011

In order to prepare you for volunteering, there is a training weekend before the project. At the weekend, all the key questions are covered including coaching drills, AIDS/HIV messages and possibly most importantly answering questions about the host country.

Visiting Sub-Saharan countries can be daunting and is almost always a culture shock, however being careful and embracing the culture will bring huge rewards. CWB always works with the host country's cricket association to ensure that we have local help and guidance so enjoy it!

Volunteers will be expected to make their own arrangements for inoculations and anti-malarial tablets and will be required to take out their own travel insurance. Any excursions volunteers may wish to take will be at their own expense but CWB can help advise on the trips so that you get the most out of the experience.

CWB do all they can to ensure a safe, rewarding and enjoyable experience and ask for nothing more than enthusiasm, a willingness to adapt and a sense of adventure!

You can truly make a difference to hundreds of lives and make a positive impact on yours!



Rwanda 2011

Costs and Fundraising

In order to cover the costs of the project, including transport, accommodation and most importantly the cricket equipment that is left in the country, we ask all volunteers to raise a minimum of £750 for the charity for a two week trip. This is the major revenue source for the charity and helps to ensure that we can have the biggest possible impact in the two weeks.

The £750 figure may be daunting initially, however CWB can help with ideas on fundraising and also raising awareness of your event. There have been a wide range of fundraising initiatives in the past, including running a half marathon in cricket kit, cricket tournaments, selling wristbands and most notably recreating Andrew Flintoff's one day international career – in one day!

The key for fundraising initiatives is to capture the imagination and also reinforce the fact that you will be making a tangible difference to people in the host country. Obviously using cricket clubs or cricket as a vehicle for the fundraising is a good way of getting started however the more imaginative the better and of course we will support you.

Not covered in your £750 are flights, insurance, vaccinations, malaria pills and food and drink. The amount of 'pocket money' we advise taking varies by country but this is all covered in the pre-departure briefing.

The fundraising for your project can help show the benefits of the charity and give you an opportunity to have some fun. You will be supported and most important of all on the trip you will be able to see first-hand how your fundraising has helped!



Lee Booth CWB Volunteer

"Having always wanted to run a marathon raising money for CWB seemed the perfect opportunity. To keep with the theme I decided to run around the boundary edge of my local cricket club. Just short of 5 hours after starting and 120 laps later I had achieved my ambition and raised over £1000 for CWB.

Once people realised the aims of the charity they were more than willing to give generously and show their support."

Contacts



Ed Williams
Trustee
ed@cricketwithoutboundaries.com



Andy Hobbs
Trustee
andy@cricketwithoutboundaries.com



Chris Kangis
Trustee
chris@cricketwithoutboundaries.com



Hannah Weaver
Charity Executive
hannah@cricketwithoutboundaries.com



Helen Whitehall
Treasurer
helen@cricketwithoutboundaries.com



Rich Thurston
Recruitment
rich@cricketwithoutboundaries.com



Will McLaren Clark
HIV / AIDs Awareness
will@cricketwithoutboundaries.com



Andy Ryan
Fundraising
andy@cricketwithoutboundaries.com



Sally Harper
Cricket Development
sally@cricketwithoutboundaries.com



Lee Booth
Media & Communications
lee@cricketwithoutboundaries.com



Jo North-Claire
5th Country Manager
jo@cricketwithoutboundaries.com



Clare Fallis
Botswana
clare@cricketwithoutboundaries.com



Tracey Davies
Kenya
tracey@cricketwithoutboundaries.com



Tim Marrion
Rwanda
tim@cricketwithoutboundaries.com



Simon Hards
Uganda
simon@cricketwithoutboundaries.com



Further Information

Hannah Weaver

07876 702707

hannah@cricketwithoutboundaries.com

Website

www.cricketwithoutboundaries.com



www.facebook.com/cwbafrica



[@CWBAfrica](https://twitter.com/CWBAfrica)

*The Cricket Without Boundaries Trust
is a UK Charity, number 1111316*