

# Simnel (Easter) Cake - fundraising for Sri Lanka

Order a Simnel Cake to raise money towards my 5-week mental health voluntary work in Sri Lanka! To order a cake please email [rebecca.ellen182@gmail.com](mailto:rebecca.ellen182@gmail.com) - suggested donation £10

Free delivery in Fulking and local area on your preferred date, from mid-March!  
(Cakes ~ 17cm wide)



In August 2018 I will be travelling to Colombo, Sri Lanka, for 5 weeks with SLV Global on a mental health work placement providing support and activities for special needs patients on a psychiatric ward and in surrounding communities, together with teaching English to local children and adults to develop their employment opportunities. Importantly, this work supports a severely under-funded and under-staffed team of clinicians with scant psychiatric facilities in a society that views mental health problems as taboo.

I was very wary of 'voluntourism' and swooping to do some work, take photos and then leave. But this programme stands out because that there is team of trained professionals who moved there from the UK to work permanently on this project, and after a week of training, I will be very much part of the team.

The trip will be a considerable personal challenge – despite the beautiful setting I have been assured it is hard work and at times distressing. But I will undoubtedly return with invaluable experience for what I hope will be a future career in the field of mental health.

Unfortunately, because SLV is based in Sri Lanka full-time and has to function as a business to survive, the total cost of the trip will be in excess of £2,500, so any donations, however small, would be deeply appreciated - <https://www.justgiving.com/crowdfunding/rebecca-loveless> or cash to Rebecca to avoid Just Giving's commission!

Simnel Cake: Marzipan (on top + marzipan layer baked through middle of cake), butter, eggs, flour, sugar, sultanas, raisins, currants, diced apricot, glacé cherries, candied peel. *May contain traces of nuts.*

**Thank you for reading this 😊**

Rebecca Loveless

Woodlands, The Street, Fulking & University of Bath (1<sup>st</sup> year psychology student)