The Sleeping Children Story
(last updated Oct 29, 2020)

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Annual Report Mar 1, 2019 through Feb 29, 2020
What We Do

Sleeping Children gives SLEEP, JOY and HOPE to children living in poverty in developing countries through the gift of a bedkit for a good night’s sleep.

Nothing as peaceful as a sleeping child

The JOY of receiving a bedkit: Pune, India

Bedkit contents are tailored to each country’s unique needs and culture. The bedkit comprises:

- A mat or mattress and bedding
- A mosquito net to combat the threat of malaria, Zika, dengue fever, etc
- School supplies
- Clothing and sometimes footwear

Uganda bedkit recipients

Tanzania bedkit recipient
Sleeping Children guidelines provide that the children who receive bedkits are:
- 6 to 12 years of age
- 50% girls and 50% boys
- Representative of all ethnicities and religions in the country

Additional guidelines ensure that:
- Sleeping Children focuses on countries with **less than US $6,000** Gross National Income (GNI) per capita
- Bedkit contents are **sourced locally** whenever possible
- Sleeping Children’s overseas partners meet with school and community leaders to select **children who can most benefit** from receiving a bedkit
- We **verify** that each bedkit is received by a child in need
- We **verify** that 100% of bedkit donations go to bedkit contents

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Why We Do It

Sleeping Children believes every child has the right to a comfortable night’s sleep.

A quarter of a billion children aged 6 to 12 live in extreme poverty, lacking even the most basic comforts for sleep, in countries where Sleeping Children partners. Sleeping Children’s founder Murray Dryden said, “If a bed can be provided…it helps conserve his or her diminished energy for the day ahead.”

![Quarry worker, near Pune India](image1)

![Homes rebuilt each year after monsoons; Kolkata, India](image2)

![Children living in urban poverty; India](image3)

![A remote area; India](image4)

Lack of sleep adversely impacts the child’s ability at school and at home. Sleeping Children’s goal is to address this need and tailor its assistance to the particular climatic and cultural requirements in each country. It is well documented that better sleep can improve a child’s health and school performance, reduce stress, lead to more life opportunities, and improve the chances of finding a way out of poverty.
Sleep Impact over long term, where a good night’s sleep leads to energy during the day, which leads to success in education and ultimately steady employment, which results in financial stability.
Mosquito nets save lives. Nearly half the world’s population is at risk of malaria or dengue fever or Zika, and children are among the most vulnerable. Nets are in every Sleeping Children bedkit.

Sourcing bedkit items in the host developing country generates economic benefits for local manufacturers and suppliers, an important side-benefit of Sleeping Children’s bedkit program.

Volunteers are drawn by the desire to help children in need, and to help Sleeping Children give the children and their families a good night’s sleep and hope for the future.
Supporting Research

- Sleeping Children activity for developing countries in need

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<th>Country</th>
<th>Gross National Income, 2016 (World Bank)</th>
<th>2016 Population (millions)</th>
<th>Human Development Index (max 1.0)</th>
<th>% of population aged 0-14; World Bank United Nations</th>
<th>Number of children aged 0-14 (millions)</th>
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For comparison:
- Canada: $43,880 36 0.92
- USA: $56,850 323 0.92

Sleeping Children distributes bedkits in countries with less than US$4,000 Gross National Income Per Capita

Human Development Index is a summary measure based on each country’s life expectancy, years of schooling, and standard of living (as measured by GNI per capita).

Source for population data and % between 0 and 14: www.data.worldbank.org - statistics as of 2016

Source for GNI Per Capita (GNI) data: www.databank.worldbank.org - statistics as of 2016 (Atlas method)

- The WHO says nearly half of the world’s population is at risk of malaria. In 2015 there were 212 million malaria cases recorded.

- A 2014 World Health Day report confirms that a mosquito net can save children’s lives.

- Besides malaria, mosquito nets can be effective in preventing dengue fever. Dengue is one of the world’s fastest spreading mosquito-borne diseases and there is no vaccination for it. The WHO estimates that half the world’s population or over 3 billion people are now at risk from dengue fever.
  Source: Feb 2018 World Health Organization Report

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History and Values

Murray Dryden had a difficult life as a young man, often having no bed in which to sleep. During a retirement trip to Pakistan, Murray saw a child sleeping on the street. Recalling how difficult it had been for him, Murray thought, “What must it be like for a child not to have a comfortable night’s sleep?”

Murray could have continued walking and accepted that this is a reality for many children. Instead, he chose to devote his 34 retirement years to helping children. This was the beginning of Sleeping Children Around the World.

Murray and his wife Margaret started a global movement in 1970 helping children sleep better. Fast-forward to the present, and the numbers speak volumes. Sleeping Children has raised more than CAD $45 million dollars and helped over 1.6 million children who live in poverty.
Murray and Margaret’s legacy continues to grow. The Sleeping Children values that they espoused and the vision that they had continues to guide our charity today:

- **Our PURPOSE** - Increase the health and well-being of children in impoverished areas in developing countries, regardless of race, religion or ethnicity. Health is defined as achieving a healthy mind, body and spirit through a good night’s sleep.

- **Our VISION (Murray and Margaret’s dream)** - A world in which every child awakes refreshed and energized to a day of possibilities and promise.

- **Our MISSION** - We lead a global community of volunteers who seek to transform the lives of children in developing countries through a good night’s sleep.

- **Our PASSION** - 2,000 worldwide volunteers dedicate their time and energy to Sleeping Children because they believe passionately in what we do!

- **FREE WILL GIVING** - Sleeping Children will not undertake telemarketing, door-to-door appeals, mass mailings, or use professional fundraisers to help our cause. Our growing family of donors is loyal and often makes donations for the children year after year.
How Sleeping Children Got Started

On returning home from Pakistan, Murray could not forget about the image of the sleeping child in the street. Murray shared his story with his wife Margaret. Together they chose to become champions of children in developing countries and help those in need with the gift of sleep.

In 1970, using their own money, Murray travelled to Pune, India to purchase and deliver 50 bedkits to children in need.

He returned home with photographs of children peacefully sleeping in their new beds, and shared his story with friends, who encouraged Murray to continue, and offered to support the cause. Sleeping Children Around the World was born!

The “early years” of Sleeping Children

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Strategy

Sleeping Children’s Board approved a 3 year Strategic Plan setting out the organization’s objectives and strategies. The current Strategic Plan covers 2017 through 2019.

https://scaw.thankyou4caring.org/document.doc?id=400

Key elements of Sleeping Children’s Strategy are:

(i) Stakeholder Relationships - Establish and maintain long-term relationships with Donors, Volunteers, and Overseas Volunteer Partners (OVPs), including dedicated individuals/teams and service clubs (Rotary, Kiwanis, & Lions). Most OVP relationships have been ongoing for over ten years, the longest over forty years. This relationship model assures continuous donations, avoids staffing costs, and facilitates low risk/low cost delivery of bedkits to children in developing countries.

Ladies of the Inner Wheel of Kampala,
Sleeping Children’s Overseas Volunteer Partner in Uganda
(ii) The 100% charity - Every cent of bedkit donations goes to children’s bedkit contents, while all operating and administrative costs are covered by an endowment/legacy fund established by our founder, Murray Dryden. This financial model differentiates us from most charities globally.

![Diagram: How 100% of Donations go to Children's Bedkits.]

- Bedkit Donations
- Volunteers donate time
- Founder donated $3.4 mn in 1990 + Interest Earned
- Pinehurst Club Donations
- Pay Club expenses.
- Transfer $ to Endowment/Legacy Bank a/c

100% used to buy bedkit contents
- Operating Bank Account
- Endowment/Legacy Bank Account
- Transfer $ to Operating Bank a/c to pay expenses

Notes:
- Overseas Partners organize distributions in their countries and pay all their own expenses.
- Canadian Travel Volunteers pay all their own expenses on overseas distribution trips (no tax receipt).
- Pinehurst Club organizes an annual breakfast event to top up Sleeping Children's Endowment/Legacy Bank Account. See SCAW's audited financial statements at www.scaw.org for more information.

(iii) Our Endowment / Legacy Fund - Sleeping Children has only one paid employee (covered by our endowment/legacy fund), and operates from the former Dryden family home that Murray donated to the charity. With over 2,000 dedicated unpaid volunteers world-wide, this means all donor bedkit funds go to the children, and are not consumed by administration nor fund raising costs.

(iv) Local Sourcing Generates Economic and Other Benefits - Sleeping Children’s trusted Overseas Volunteer Partners (OVPs) source bedkit materials locally whenever possible. Items are often manufactured in small cottage industries in the countries where we distribute bedkits. This strategy creates employment, minimizes transportation costs, expedites delivery of bedkits to distribution sites, and ensures bedkit contents meet local cultural and climatic requirements.
(v) Risk Mitigation - Sending funds overseas has risks. Our relationships with reputable OVPs and their local suppliers enable Sleeping Children to minimize the risks that many charities face when working in developing countries. Since 1970, Sleeping Children has guaranteed that 100% of bedkit donations benefit the child.

Sometimes Sleeping Children faces challenges in a country that prevent it from returning, but at the same time create opportunities to learn. In 2016, the charity did a pilot project of 500 bedkits in Zimbabwe. Unfortunately, the pilot did not meet our minimum requirements for two reasons: (a) The political and economic conditions in the country did not support verifiable tracking of disbursements (e.g. cash and barter system only), and, (b) While the local organization delivered on about 80% of their mandatory commitments, they did not sufficiently perform to Sleeping Children’s expectations. The charity maintains communication with this local organization, and hopes to return to Zimbabwe in future when conditions are better.

Sleeping Children volunteer with Sri Lanka children

(vi) Accountability - Sleeping Children’s management and audit processes ensure that OVPs understand and follow our charity’s detailed policies at all times. This ensures donor funds are protected and used effectively for the benefit of the children we serve.

- **Travelling Volunteers**: Teams of 5 to 7 people including an experienced leader are selected, trained and assigned by Sleeping Children’s Toronto, Canada headquarters, to manage the entire bedkit distribution process on site in each country.

- **Process Management**: Sleeping Children’s bedkit distribution model includes meetings with OVPs, ensuring child selection meets our charity’s guidelines, visiting homes of bedkit recipients, visiting factories and cottage industries where bedkit items are made, and bringing home a sample bedkit and a comprehensive financial report prepared by the OVP.
Sizing a Bedkit Distribution: Sleeping Children has worked to identify an optimal number of bedkits and children to be helped on each distribution. We have learned that various factors come into play:

- Capacity and time availability of our Overseas Partners (maximum about 2 weeks)
- Time that our Traveling Volunteers have available to travel overseas (generally between 2 to 2.5 weeks depending on whether the person is working or not)
- Travel time for the volunteers to reach distribution sites each day (travel time in the host country often reaches 6 hours per day or more)
- Realistic number of bedkits that can physically be distributed each day
- Cost factors borne by Overseas Partners and Traveling Volunteers. Extending beyond 2 to 3 weeks, the added resulting cost would reduce available Overseas Partners and Travelling Volunteers

The above resulted in an optimal number of 500 bedkits given out per day for 10 distribution days, for a total of 5,000 children helped on each distribution. Between 4 and 8 days are required for travel to / from each country, and for pre-distribution and post-distribution meetings with our Overseas Partners.

Giving Out Bedkits: Sleeping Children’s Traveling Volunteers hand out the bedkits to the children, take a photo of each child, and ensure that each photo is labeled so it can be sent to Sleeping Children’s donors to enable them to see for themselves what the children receive from the bedkit donations.

Typical donor bedkit photo with sample label

Families heading home with bedkits
(vii) Have Conversations - Sleeping Children’s travelling volunteers talk to parents, guardians and children at each bedkit distribution site to obtain feedback on the bedkit contents and the children’s sleep, school and other life experiences. These chats enables Sleeping Children to improve bedkit contents on the next distribution to each country.

![Sleeping Children volunteer talking with a mother, child, and an interpreter](image)

(viii) Learning Points and Changes Due to Learning: In spite of the challenges, the Zimbabwe pilot project confirmed Sleeping Children’s premise that distributing 10% of a normal distribution’s 5,000 bedkits would ensure that a potential Overseas Partner (OVP) isn't overwhelmed. We now know we cannot successfully ramp up the number of bedkits distributed unless all Sleeping Children management and audit processes are met by our potential OVP. When considering new partners in the future, we are now better positioned to ensure up-front commitments before proceeding.

Sleeping Children is actively working to increase the number of children helped on each distribution. For example, a 2019 pilot project in India is intended to reduce by 33% the time requirement by having 2 teams distribute bedkits in different locations simultaneously. If successful, this could enable Sleeping Children and its Overseas Partner to increase the number of children helped each year.

(ix) Evaluation and Follow-up - Sleeping Children reviews reports from each bedkit distribution, interviews Team Leaders, and prepares an evaluation of each distribution. OVPs are required to respond in writing on how they plan to implement recommendations made. This collaboration enables Sleeping Children to make continuous improvement to our processes in each country.
Sleeping Children’s Finance Committee analyzes OVP report, detailing how the CAD $35 per bedkit is spent in each country

Consolidated Financial Statements as of Feb 28, 2018
(prior statements can be found on scaw.org under Donations)

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Impact of Bedkits

(i) Longer Term Benefits from Bedkits

- **Mosquito Nets Save Lives:** UNICEF ([www.unicef.org](http://www.unicef.org)) says malaria and the costs of treatment trap families in a cycle of illness, suffering and poverty. As of 2016, Unicef estimated that 3.2 billion people (almost half of the world population) were at risk.

  According to the UNICEF link below, “malaria is both preventable and treatable...Sleeping under insecticide-treated mosquito nets can reduce child mortality by up to 20 per cent. There is evidence that bed nets, when consistently and correctly used in Rwanda, can save 6 lives per year for every 1,000 children sleeping under them.”

  In Rwanda, free mosquito nets save lives, as per UNICEF. [https://www.unicef.org/health/rwanda_54112.html](https://www.unicef.org/health/rwanda_54112.html)

  All countries in Sub-Saharan Africa suffer from malaria. From March 2016 to February 2018, Sleeping Children distributed 66,429 insecticide-treated nets to children in the Sub-Saharan countries of Uganda, Tanzania, Kenya and Togo. Over the same 3-year period, Sleeping Children distributed 127,000 untreated nets in India, Bangladesh, Sri Lanka, the Philippines, and Honduras.

  **Based on the UNICEF data above and other estimates, Sleeping Children believes that over 1,130 children’s lives were saved from 2016 to 2018 through its distribution of mosquito nets as part of its bedkit program.**

  It is also gratifying to know that many more children’s lives must surely have been saved over the 45 years 1970 to 2015, during which period Sleeping Children gave out well over 1.4 million bedkits.

  Multiple research studies have shown that mosquito nets save lives.

  - **Study by Centers for Disease Control and Prevention - Mosquito nets help prevent malaria** [https://www.cdc.gov/malaria/malaria_worldwide/reduction/itn.html](https://www.cdc.gov/malaria/malaria_worldwide/reduction/itn.html)
  
  - **Bulletin by Tropical Medicine and International Health - Mosquito nets help prevent dengue fever** [https://www.cdc.gov/malaria/malaria_worldwide/reduction/itn.html](https://www.cdc.gov/malaria/malaria_worldwide/reduction/itn.html)
Better Sleep: Many studies have confirmed the benefits of sleep for children’s health, school performance and social behavior.

- National Sleep Foundation confirms that sleep is critical to child physical and mental development
  [https://sleepfoundation.org/sleep-topics/children-and-sleep](https://sleepfoundation.org/sleep-topics/children-and-sleep)

Sleeping Children’s three-year Strategic Plan period to Feb 28, 2019 has a target of raising CAD $7.49M from donors and helping at least 214,000 children in need in developing countries.

**SCAW Bedkit Program: Impact Over Long Term**

![Diagram of Child's Successful Sleep](image)

**Research:**

1. UNESCO studies found that education is a key factor in reducing poverty in developing countries.
   * Refer to UNESCO "Policy Paper 32 / Fact Sheet 44", June 2017

2. Several researchers have confirmed that sleep is critical for children aged 6 to 12 to be successful at school.
   * Studiosity: "Why Healthy Sleep is Vital for School Success", Aophia Gardner April 2016
   [https://www.studiosity.com/blog/why-healthy-sleep-is-vital-for-school-success](https://www.studiosity.com/blog/why-healthy-sleep-is-vital-for-school-success)
   * UK National Health Service: "Lack of Sleep may Disrupt Development of a Child’s Brain: Nov 2016"
3. Researchers confirm that mosquito nets for children in developing countries can reduce malaria / dengue fever and significantly improve health and reduce mortality rate.
* PLOS Medicine: "Net Benefits: A Multicountry Analysis of Observational Data Examining Associations between Insecticide-Treated Mosquito Nets and Health Outcomes", Sep 6, 2016 http://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1001091

(ii) Since 1970, Sleeping Children has raised over CAD $45 million and helped over 1.6 million children in need.

Sleeping Children's Overseas Volunteer Partners (OVPs) in each country work in conjunction with school principals, teachers, and local community leaders to select children who can most benefit from receiving a bedkit. These children live in a family setting, or in an orphanage that does not receive major funding.

*Children receiving bedkits in Sri Lanka, where a long civil war took its toll on families*

(iii) Local Sourcing: OVPs source bedkit items in the country of distribution whenever possible, and often include items made in local cottage industry. Purchasing items locally generates economic benefits, reduces transportation and other costs, and ensures bedkit contents are tailored to local climatic needs and culture.
Togo is a poor country, with little manufacturing infrastructure. The shorts and skirts in the Togo bedkit are sewn at a local tailoring school in the capital Lome, and a Togolese seamstress and her team of five ladies now make the school bags.

(iv) Benefits to taxpayers and society: Each year over 80 Sleeping Children Travelling Volunteers collectively pay about CAD $300,000 of their own funds to travel on bedkit distribution trips, and do not receive a tax receipt. Furthermore, Sleeping Children does not apply for any Canadian Government funding.

(v) Out-Of-Pocket Expenses paid by Overseas Volunteer Partners (OVPs): Each calendar year, OVPs donate countless hours of their own time, and collectively over CAD $100,000 of their own money by way of cost absorption before, during and after bedkit distributions in their respective countries.
Recognition

**World Sleep Society Recognition**

The World Sleep Society recognized Sleeping Children at its 2018 World Sleep Day event for its work with the Canadian Sleep Society on sleep research in developing countries:


The joint project is summarized at:


**American Association of Sleep Medicine Recognition**

The American Association of Sleep Medicine recognized Sleeping Children for its work on sleep research:


**Charity Intelligence Rating**

In December 2018, Sleeping Children was reviewed by Charity Intelligence and received a score of 184, which translates into an A+ rating under their system.


Charity Intelligence is a charity rating agency that reviews over 700 charities across Canada.
We have received many testimonials from our Travelling Volunteers and Overseas Volunteer Partners (OVPs), who have told us in their own words why Sleeping Children’s program has had such a strong impact on the children in the countries in which we operate.

Travelling Volunteer Testimonials

Sleeping Children travelling volunteers pay their own way to go on bedkit distributions. We asked them "What value does the Sleeping Children bedkit give the children and their families to make their lives better and improve their sleep quality?" Below are some replies we received.

Dr. Monica Roosa Ordway, PhD, APRN, PPCNP-BC
Associate Professor, Yale School of Nursing; New Haven, CT, USA said:

“Sleep Well, Be Well.

Prior to leaving for my first distribution with Sleeping Children, I was eager, as a pediatric sleep researcher and clinician, to learn from the people of Honduras about the sleep health in school age children. For the purpose of background, my research is based on the idea that sleep health in children is important to the physiological stress response system and inadequate sleep may exacerbate the ill-effects of adverse childhood experiences by elevating stress hormones and increasing inflammation known to place them at risk for future long-term health problems.

With this in mind, I prepared a list of questions for the school principals, teachers, and parents to explore whether the patterns of sleep facilitators and barriers to healthy sleep I was finding in my research with young children in low income families in New Haven, Connecticut were similar to those in Honduras. While I hoped to have an opportunity to ask my questions, I embarked on the trip without expectations.

Nothing could have prepared me for the lived experience of working with Sleeping Children and the Rotarians and Rotaracts of Tegucigalpa, Honduras. On day 3 of the distributions, Fidel, the lead among the Rotarians on this project, arranged for me to meet with a school principal and teacher. Despite my years of experience visiting homes of families living in poverty in Connecticut, I was brought to tears as I listened to the school principal describe the excitement of the children the week prior to the distribution. They were full of anticipation at the thought of not having to sleep on the rocky ground on a piece of cardboard. When I asked how he felt the bedkit distribution..."
would impact these children, I can only share that the implicit emotion that exuded from the principal is something I will never forget and regret that I cannot convey in words.

That evening, I was invited by the Rotarians to speak at their weekly meeting about my sleep health research and ideas for introducing sleep health education in the Honduran communities. The next morning, Fidel greeted me with the news that he arranged for me to speak with four government officials from the President’s office. Debbie Will-Dryden, the other team members, and I could hardly contain our excitement. Debbie and I had the opportunity to meet with the government officials on 2 occasions. As I spoke about the importance of sleep health in the physical and emotional development of children (including brain development, emotion regulation, physical growth, etc.), the principals, teachers, and government officials overwhelmingly agreed that there was much we could do in the future within Honduras.

We have spoken with the OVPs (Rotarians) and they have already identified 2 people who will take a lead in working with Debbie and I to develop at least one if not two side projects to promote the importance of sleep health in buffering the adverse childhood experiences of poverty, violence, and lack of resources that is the reality of the children we visited with in Honduras. We look forward to updating the Sleeping Children community over the next several months.”

Judy Dryden said, “I had the privilege of meeting nineteen women at an orphanage in Pune, India who had received Sleeping Children bedkits starting with the original distribution in 1970, through the 1980s and 1990s. Even after all the time that had passed they still remembered receiving their bedkits and the impact it had on their lives. One woman commented that she learned her ABCs from reading the pattern on her new quilt. Another said she couldn’t believe that someone thought enough of her to give her a gift. Delphine, who’s now a nurse, stated she received her bedkit in 1983, and said ‘I still have the blanket.’”

Clarence Deyoung said, “While on my last distribution in Bangladesh, I noticed a 20ish year old gentleman standing off to one side watching as we did the distribution. He stood there for hours. After we were done he came over and introduced himself and said “I received one of your bedkits over ten years ago and it changed my life. I felt, if people from half way around the world cared enough about me to come and help me, I had better do everything I can to help myself. He went on and became an accountant and credits the bedkit for making this happen.”

Bill Sergeant said, “In Yallapur, India, we had a young mother and her son, who had received a bedkit three years previously, show up at the distribution and do whatever
they could to help make the distribution go smoother. She said because of this great gift from Canada, she was able to save the cost of her son’s schooling for a year, and now, though their hard work and savings, he has the opportunity to attend college in a few years. It was a very touching moment.”

Chris Hills said, “I truly believe the value of the bedkit contents goes far beyond the mere monetary value of the items. Certainly the mosquito net, the blanket, the clothing etc. are articles that the family may never have been able to afford…but more importantly is what you see in the eyes of those children and parents when you hold their hands and look into their faces, the look …. that says ‘Thank you for caring, thank you for coming here and bringing hope for our child’s future.’”

Suzanne Dobinson said, “It is truly an honour to volunteer with Sleeping Children Around The World. I have volunteered overseas with various other non-profit organizations but have now been on five distributions with Sleeping Children. Their commitment to working with integrity and the utmost respect for all their recipients is definitely a wonderful draw. As a volunteer who has not only personally handed bedkits to the children, but spoken with parents, I can tell you there is nothing more magical and fulfilling! One parent thanked me saying “Now my child owns more that I have ever owned in my life”. It is incredible to know that a $35 donation can change the lives of an entire family. The most important thing for me is that 100% of the sponsor’s bedkit donation is used to buy a child's bedkit. How amazing is this!”
Ravi Adhihetty from Sri Lanka said:

“I am Ravi Adhihetty from the Rotary Club of Kelaniya, Sri Lanka. My club has been working with Sleeping Children in the distribution of bedkits since the year 2003. Both Rotary and Sleeping Children organizations have a common objective of community development. Sleeping Children has partnered with us to reach poor children in Sri Lanka and improve their livelihood especially to support a good night sleep.

Our country experienced [civil war] in the Northern and Eastern parts and due to security reasons the Sleeping Children team opted out of distribution for 4 years. However with peace re-established in the country, from the year 2011 Sleeping Children recommenced its distribution with our partnership. In the post war period we focused selection of the children from the North and East as economy and life of the people of these areas were much affected with the war.

Sri Lanka has recorded many deaths, due to dengue epidemic by mosquito attacks. A mosquito net included in the bedkit is very valuable to the poor children and their lives are protected with it. The pair of shoes, school bag (backpack), exercise books is also valuable due to their low economic level. All these items support their night sleep, clothing and schooling thus improving health and education. As feedback, I can confidently say that all recipients are delighted to receive the bedkit and thank the donors and Rotary.

In the selection of children, priority is given to the underdeveloped areas. In the past, the assistance of the Sri Lanka Army Civil Defense department was obtained. Then following the Education department protocols the Army selects the children and organizes the distribution with principals, teachers and Rotary. This year we got the Rotary Clubs of different areas follow the same process but without the Army.

In past years Rotary developed few entrepreneurs by giving them sewing machines to stitch few garment items and supply for the bedkit. In the recent years we approached the cottage industries who have already the infrastructure to make and supply within a time schedule seemed to more sustainable. These cottage industries are mostly done by within the family and few little larger industries have employees under them. Selection of these suppliers was on a competitive basis. The feedback we get from these entrepreneurs is that they improve their machinery, skills and their business with the limited profit they receive from the supply of bedkit items. Sleeping Children members have visited some of the Cottage industries during their visits.

The Sleeping Children project done by Rotary since year 2003, have not only benefited the sleep and education of children and overall a better life to the families, but also a catalyst to Rotary whose objectives are to assist the communities in areas such as health, education, economic development, youth service, Vocational Service and International relations.
We had different Sleeping Children teams working every year and it was a great experience with all of them. The most striking point is that they love children and the caring they show to the children are amazing. We had very successful and cordial relationships with all Sleeping Children members and some of our members still continue to interact through social media and few family visits.

I had the privilege of visiting the Sleeping Children office during my visit to Toronto in June this year. This was a great experience, meeting few other Sleeping Children overseas partners and Sleeping Children management at the supper meeting organized by Dave Dryden.

My best wishes to Sleeping Children to continue with the excellent work they do with many underdeveloped countries and to grow from strength to strength.”

Ravi Shankar Ganesan from Chennai, India said:

“Given the economic background of the children mostly living in a single multipurpose room, we normally identify items which they can keep in their small space and use daily. However we are always on the look out on how to improve the sleeping items which would be more comfortable, durable and foldable to store in the day. We can always reduce the not-so-usable personal and expendable school items.

The first of your other two questions: The bedkit definitely has a lasting impact on the child. The child gets the feeling that someone cares for him/her. It provides them with better comfort to sleep. Otherwise they may be sleeping over just a sheet or a brush mat on the floor. Even that would be old with lot of wear and tear. Further, now they have a sheet to cover too.

Your second question on motivation: All members of our Club were not born with a Silver Spoon. When we were young we never had the luxuries that we enjoy now so we are able to understand the difficulties of these children better. Therefore we feel it is our duty to devote a little time and money of ours to ensure that the generous donations of someone abroad to give relief to underprivileged children of our society, reach the needy. It also gives us a sense of joy and satisfaction.”
Rupankar from Kolkata, India said:

“Over the years, we have seen the smiling faces of the innocent children & their family members once they receive the bedkit. Their sleep quality has immensely improved, which we could understand when we make home visit to the beneficiary. Many of them, had the opportunity to sleep on a mattress for the first time.

The SMILE & JOY of the little children & the satisfaction on the face of their Parents/Guardians motivate us to work as a Sleeping Children Volunteer/Partner, year after year.”

Dilip Chitnis from Belgaum, India said:

Value of Sleeping Children bedkit to the children in India:

“The value of Sleeping Children bedkit in India is immense. Unfortunately, there are lots of children in India who are not able to get a good night sleep due to non-availability of basic items which are contained in Sleeping Children bedkit. A recipient of bedkit in India is surely overwhelmed to receive the same and it does make a positive impact not only in having a proper sleep but also in his day to day life. A Sleeping Children bedkit serves as a motivation in life to the child receiving it.”

Our motivation as a Sleeping Children Volunteer:

“The first and foremost motivation for us is the “donor”. If there was no donor then the question of bed kit distribution would not have arisen. We exist because of the donors. When a person is donating bedkit to a child, then obviously it motivates us to do our best to see that the donation is utilized strictly as per the guidelines of Sleeping Children. All the Trustees of Belgaum are Rotarians who are committed for service above self. We are part and parcel of Sleeping Children Canada who are collecting the donation and giving it to us for distribution by reposing 100% faith that a honest and truthful distribution will takes place. This faith is another reason for our motivation to distribute the bedkit in Belgaum.”
The members of the Inner Wheel Club of Uganda collectively said:

How does the gift of a bedkit benefit a child in need in your country?

- The gift of a bedkit gives a child a good and safe night’s sleep.
- The good night’s sleep relaxes and gives the child more energy to perform well in activities of the following day.
- The bed kit improves on the health and hygiene of the child and reduces hygiene related diseases like scabies and malaria.
- Scholastic materials e.g exercise books and bag help needy children to perform well in school, reduces on their rate of absenteeism from school and encourages them to remain in school.
- The mosquito net in the bed kit protects the child from mosquito bites which cause malaria a major killer disease in Uganda.
- The bed kit builds confidence in the children, gives them hope and aspiration for better future.

A good sleep, good health, good performance at school, hope and aspiration for better future make a good citizen.

Describe how a whole family benefits from receiving a bedkit

- Items in the bedkit (like the Basin, Mosquito net) are shared by family.
- Bedkit reduces on family expenditure on sickness like on malaria, pneumonia and scabies.
- Items like mattresses, bed sheets, blankets, mosquito net are later used by the children when they are admitted to boarding schools for higher education. This reduces start up expenditure of the poor parents.
- Family receives information from Inner Wheel and Sleeping Children about use and benefits of the bedkit during registration and distribution.

Can you provide an example of a child who received a bedkit years ago, and has since gone on to a ‘better life’?

- A good example is a girl called Praise Kemigisha.

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>Praise Kemigisha received a bedkit</td>
</tr>
<tr>
<td>2012</td>
<td>Was in Primary 7</td>
</tr>
<tr>
<td>2013-2016</td>
<td>Completed her Senior 4</td>
</tr>
<tr>
<td>2017</td>
<td>Training as Nursery Teacher School</td>
</tr>
<tr>
<td>2018-2019</td>
<td>Teacher at New Field Nursery School</td>
</tr>
</tbody>
</table>

- Since 2011-2019, Praise has been using items from the bedkit.
Tell us how working with Sleeping Children has impacted your Service Organization. Has the experience encouraged you to address other critical needs in your country?

- Sleeping Children has increased the Inner Wheel publicity and visibility and has increased our partnership levels.
- Inner Wheel has proved to be accountable and transparent in the use of Donor funds.
- Sleeping Children has helped Inner Wheel to achieve its objectives:
  - Promote True Friendship
  - Encourage ideals of personal service
  - Foster International Understanding

- Travelling to different areas for the Sleeping Children distribution has helped Inner Wheel to identify other critical needs in the country. Some of those needs that have been addressed include:
  - Protection of community wells
  - Maternity centers equipped with maternity equipment
  - Water tanks installed in schools
  - Sanitary towels given to the girls in different schools
  - Payment of School fees for needy children
  - Delivery kits (Maama kits) given to needy expectant mothers

The Sleeping Children project has helped Inner Wheel to go deep in rural areas, where it wouldn’t have been able to, identify the above mentioned, which are part of Inner Wheel club projects.

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Meet our Board of Directors

The Sleeping Children Board of Directors provides oversight of all decision making by leaders and volunteers, including final approval on key matters such as:

- Continued distribution of bedkits to children in existing countries
- Bedkit distributions to new countries
- Project work on new Sleeping Children initiatives
- Review and approval of future strategic plans
- Approval of material expenditures
- Changes to organization structure
- Material changes to operating policies and procedures
- Review and approval of annual financial statements

Sleeping Children Stakeholders

- The children we serve
- Our donors
- Our overseas volunteer partners (OVPs)
- Our worldwide volunteers

Sleeping Children Around the World Board of Directors

- Maurice Kowanetz (Chair): Volunteering with Sleeping Children for over thirty years. Leading all aspects of technology to support volunteers and manage donations. An experienced information technology and senior leader.
- Debbie Will-Dryden (Vice Chair): Is granddaughter of the founders of Sleeping Children Around the World. Involved in Sleeping Children for over twenty years as a volunteer, team leader and Board member. Proud mother, educator and supporter of the arts.
- Dave Dryden (past Chair): Is the son of founders Murray and Margaret Dryden. An educator and former professional athlete. Volunteer in all aspects of Sleeping Children since 1992. Grandfather of six.
- Linda Webb (ex officio, Secretary, Executive Director): Volunteer since 1995 and Executive Director since 2002. Travelled on nine bedkit distributions as a volunteer, of which seven as Team Leader. Linda’s bliss is her family and her passion is Sleeping Children.
- John Scali (Treasurer): Chief Financial and Information Officer at Storefront Humber Inc responsible for Finance, Human Resources, Technology, Privacy and Facility Services. Former Vice President with the Bank of Nova Scotia and Operations Director with CPPIB. Chartered Professional Accountant (CPA CA)
and holds the ICD.D designation from the Institute of Corporate Directors.

- **Brian Barr:** A volunteer for 3 years who has travelled on two bedkit distributions. Board member since 2017. Has worked and lived in several international locations. Retired as an SVP with Falconbridge Ltd.

- **Theresa Carravetta:** Retired elementary school principal with TDSB and SCAW volunteer since 2009. Travelling Volunteer on 10 SCAW distributions (6 as a Team Leader), and currently Co-Team Leader Coordinator. Currently resides in Kamloops, B.C. and spends the winters in Tucson, Arizona. Avid golfer who enjoys her new phase of life as a new grandmother.

- **Richard Hryniw:** Volunteer for over 30 years. Participated in over thirty bedkit distributions with wife Joan and has been team leader for most of them. Retired as school principal in London ON area.

- **Jim Miller:** Volunteer since 2012 and Board member since 2017 participating in distributions in India, Philippines and Tanzania. Currently lives in Huntsville since retiring from IBM. Enjoys three wonderful children and five wonderful grandchildren.

- **Geneviève Milot:** Volunteer since 2014 and Board member since 2017. Travelling volunteer to Honduras and Tanzania. Third generation hotelier Montreal and co-owner of four hotels each with great teams. Mother of two fantastic children and lives in Drummondville, Quebec. Bilingual.

- **Peggy Morrison:** Travelled on four distributions to India and Africa. Board member since 2017. Interested in encouraging, supporting and celebrating all volunteers in present and future initiatives. Worked as educator, school principal and literacy consultant, researcher.

- **Beth Poad:** Volunteer since 2010 and Board member since 2018. Travelled on 7 bedkit distributions, mostly as a team leader. Retired educator and grandmother of 4 who is constantly inspired by the dedication and commitment of all who are associated with SCAW.

- **Edward Swanston:** Volunteer since 1997 and Board member since 2007. Travelled on seventeen distributions, mostly as Team Leader. Married and blessed with four wonderful grandchildren. Chartered Professional Accountant.

- **Eleanor Uddo:** Volunteer on a Togo bedkit distribution. An attorney in Massachusetts who is active in organizations serving children and veterans. Married to her law partner with two adult (and entrepreneurial) children.
Previous Board Members (alphabetical by last name)

Laura Baker, Bob Barclay (deceased), Clarence Deyoung, Murray Dryden (deceased), Ken Graham, John Hercus, Laura Harper, Duncan Macgregor, Julie Rusciolelli

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Sleeping Children Around the World Chairperson’s Report, by Debbie Will-Dryden

On behalf of the Sleeping Children Around the World Board of Directors, I am pleased to share with you the link to our March 1, 2019 to February 29, 2020 Annual Report. This report is in the new format of an infographic that represents not only our last fiscal year, but also reflects our milestone of 50 years of helping children.

We want to take this opportunity to thank you all. As you can see on our infographic, the support of donors and volunteers has eased the lives of over 1.7 million children with the well-being and health provided by a bedkit.

This year’s annual report image is also a snapshot of our evolution as a charity. It feels helpful and comforting in this time of pandemic and change to remember that as the world has changed, so too has Sleeping Children Around the World. Within that change we remain grounded in our core values of respect, integrity, and holding ourselves to a high ethical standard. We know that our sustainability is based on the trust that our donors and volunteers have in us. We cherish this responsibility and want you to know that as we navigate forward, we are committed to honouring that trust.

These past months truly have been unprecedented times. The pandemic has forced us all to remake our relationship with time. Our hearts are eager to resume our work with the children, but we know that for now we must remain on pause. Nothing is more important than the safety of the children. During this pause, we have been taking this opportunity to reflect on our program and look to ways we can remain responsive and vibrant, including engaging in unconscious bias training for our board and volunteer leaders. We are exploring new ways in which we can measure the impact of our program within the communities we serve. We have also been using this time to deepen our relationships with our overseas partners, generating ongoing biweekly communications. The leadership provided by our partners is inspiring, their connection to their communities and their commitment to the children is unwavering, and we are looking at ways we can further support them in continuing our mission of helping children.
As we look to the coming years, we are excited to think of all that lies ahead. We are all learning, analyzing, adapting, and connecting. We are working together to build our vibrant and promising global community. Thank you once again for your support and your commitment to children!

For the Children,
Debbie Will-Dryden
Chair, Sleeping Children Around the World
Financial highlights for fiscal years ended Feb 28\textsuperscript{th}, 2018 ($ Canadian):

<table>
<thead>
<tr>
<th>Area</th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donations received, to be used 100% for Bedkits</td>
<td>$2,412,083</td>
<td>$2,617,622</td>
</tr>
<tr>
<td>Total cost of bedkits funded in the year</td>
<td>$2,804,682</td>
<td>$2,587,500</td>
</tr>
<tr>
<td>Donations minus cost of bedkits minus surplus/shortfall</td>
<td>-$392,599</td>
<td>$30,122</td>
</tr>
<tr>
<td>- Any surplus will help children in future years</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of children helped in the year</td>
<td>80,134</td>
<td>73,929</td>
</tr>
<tr>
<td>Cost per bedkit</td>
<td>$35.00</td>
<td>$35.00</td>
</tr>
<tr>
<td>Number of bedkit distributions during the year</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Legacy account assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Available to pay future years' operating expenses</td>
<td>$4,144,204</td>
<td>$4,151,482</td>
</tr>
<tr>
<td>Operating expenses</td>
<td>$154,998</td>
<td>$141,010</td>
</tr>
<tr>
<td>Cash expenses paid by Travel Volunteers (no tax receipt)</td>
<td>About $285,000</td>
<td>About $300,000</td>
</tr>
<tr>
<td>Cash expenses paid by Overseas Volunteer Partners</td>
<td>Over $90,000</td>
<td>Over $100,000</td>
</tr>
</tbody>
</table>

Link to Audited Consolidated Financial Statements, which includes the assets, liabilities, and operating results for the last five years: [http://www.scaw.org/donations-home](http://www.scaw.org/donations-home)

Link to Sleeping Children’s T3010 Information Return on CRA web site: [https://apps.cra-arc.gc.ca/ebci/hacc/srch/pub/dsplyRptngPrd?q.srchNm=sleeping+children&q.stts=0007&selectedCharityBn=131634396RR0001&dsrdPg=1](https://apps.cra-arc.gc.ca/ebci/hacc/srch/pub/dsplyRptngPrd?q.srchNm=sleeping+children&q.stts=0007&selectedCharityBn=131634396RR0001&dsrdPg=1)

For more information, see the Audited Consolidated Financial Statements, which include the assets, liabilities, and operating results for Sleeping Children Around The World and Sleeping Children USA. Audited statements for the last five years are available on the charity's web site at [www.scaw.org](http://www.scaw.org)
## Comparative table of children helped in Fiscal Year 2019 vs 2018

$35 Canadian per bedkit

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Kenya</td>
<td>4,000</td>
<td>$140,000</td>
<td>4,000</td>
<td>$140,000</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>13,000</td>
<td>$455,000</td>
<td>5,000</td>
<td>$175,000</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>6,500</td>
<td>$227,500</td>
<td>6,000</td>
<td>$210,000</td>
</tr>
<tr>
<td>India</td>
<td>28,500</td>
<td>$997,500</td>
<td>24,000</td>
<td>$840,000</td>
</tr>
<tr>
<td>Philippines</td>
<td>7,000</td>
<td>$245,000</td>
<td>7,000</td>
<td>$245,000</td>
</tr>
<tr>
<td>Togo</td>
<td>0</td>
<td>0</td>
<td>6,000</td>
<td>$210,000</td>
</tr>
<tr>
<td>Tanzania</td>
<td>8,134</td>
<td>$284,682</td>
<td>9,929</td>
<td>$347,500</td>
</tr>
<tr>
<td>Honduras</td>
<td>6,000</td>
<td>$210,000</td>
<td>5,000</td>
<td>$175,000</td>
</tr>
<tr>
<td>Uganda</td>
<td>7,000</td>
<td>$245,000</td>
<td>7,000</td>
<td>$245,000</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td><strong>80,134</strong></td>
<td><strong>$2,804,682</strong></td>
<td><strong>73,929</strong></td>
<td><strong>$2,587,500</strong></td>
</tr>
</tbody>
</table>

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