



The Sleeping Children Story
(last updated January 16, 2022)

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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.



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
- Reusable face masks for protection against Covid



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."



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 climatic and cultural requirements in each country. It is well documented that better sleep can improve a child's health and school performance, improve behaviour, 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 and reduce suffering from malaria and other mosquito borne diseases. Nearly half the world's population is at risk of malaria, dengue fever or Zika, and children are among the most vulnerable.



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

Information on Countries where Sleeping Children provides Bedkits

Country	Gross National Income (GNI) - \$US per Capita in 2020 (World Bank)	Country GNI as a % of Canada GNI	Population in 2020 (millions) (World Bank)	% of the population aged 0-14 in 2020 (World Bank)	Number of children aged 0-14 (millions) (World Bank)	SCAW estimate of children aged 6 - 12 in 2020 (millions)
Kenya	\$1,760	4%	54	39%	21	11
Uganda	\$800	2%	46	46%	21	11
Tanzania	\$1,080	2%	60	44%	26	13
Rwanda	\$780	2%	13	39%	5	3
South Africa	\$5,410	12%	59	29%	17	9
Philippines	\$3,430	8%	110	30%	33	17
Sri Lanka	\$3,720	9%	22	24%	5	3
Bangladesh	\$2,010	5%	165	27%	45	22
India	\$1,900	4%	1,380	26%	359	179
Honduras	\$2,200	5%	10	31%	3	2
					539	270

For comparison:

Canada	\$43,530	38
USA	\$64,530	329

Sleeping Children distributes bedkits in countries with less than US\$6,000 GNI per capita

World Bank data sourced from <https://data.worldbank.org>

- The WHO says nearly half of the world's population is at risk of malaria. In 2018 there were 228 million malaria cases recorded and 405,000 deaths from this disease.
Source: [WHO, Dec 6, 2021](#)
- A 2020 World Malaria Day report sponsored by the WHO confirms that a mosquito net can save children's lives.
Source: [WHO](#)
- 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. The number of dengue cases reported to WHO increased over 8-fold over the last two decades, from just over 0.5 million in 2000, to over 2.4 million in 2010, to 4.2 million in 2019.

Source: [WHO, May 19, 2021](#)

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History and Values

Murray and his wife Margaret believed in building community - locally and globally. During a retirement trip to Pakistan, Murray tripped over a child sleeping on the street. He and Margaret recognized that they could support children like this by providing the child with the basic tools for a comfortable sleep.

As a long-time member of international service clubs, Murray was able to engage a partner in Pune, India to work together to provide 50 children in a local orphanage with comfortable bedding.

When Murray returned to Canada and friends asked what he had been doing in India, he showed them the photos of the children with their new bedding. The friends offered that if he were to do this again, they would be interested in pitching in some of their money too, to get more bedkits to vulnerable children...

In 1970, Murray and Margaret formally created Sleeping Children Around the World as a registered Canadian children's charity.



Margaret & Murray Dryden



Since its inception in 1970, Sleeping Children has raised more than CA \$52 million and helped over 1.7 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 - Over 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.



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Strategy

Sleeping Children's Board approved a 5-year Strategic Plan that covers the financial years Mar 2019 - Feb 2020 through Mar 2023 - Feb 2024.

During this period, Sleeping Children continues to target to distribute 205,000 bedkits, funded by raising \$7.2M in bedkit donations.

We are continuing our important work of distributing bedkits to children during the pandemic. Our distribution of bedkits is managed on a case-by-case basis via our local Overseas Volunteer Partners in each country, with the safety of the children, their families, and our volunteers as first priority. This means that we will only distribute bedkits where we are satisfied the risks of the pandemic can be mitigated locally during the distribution process.

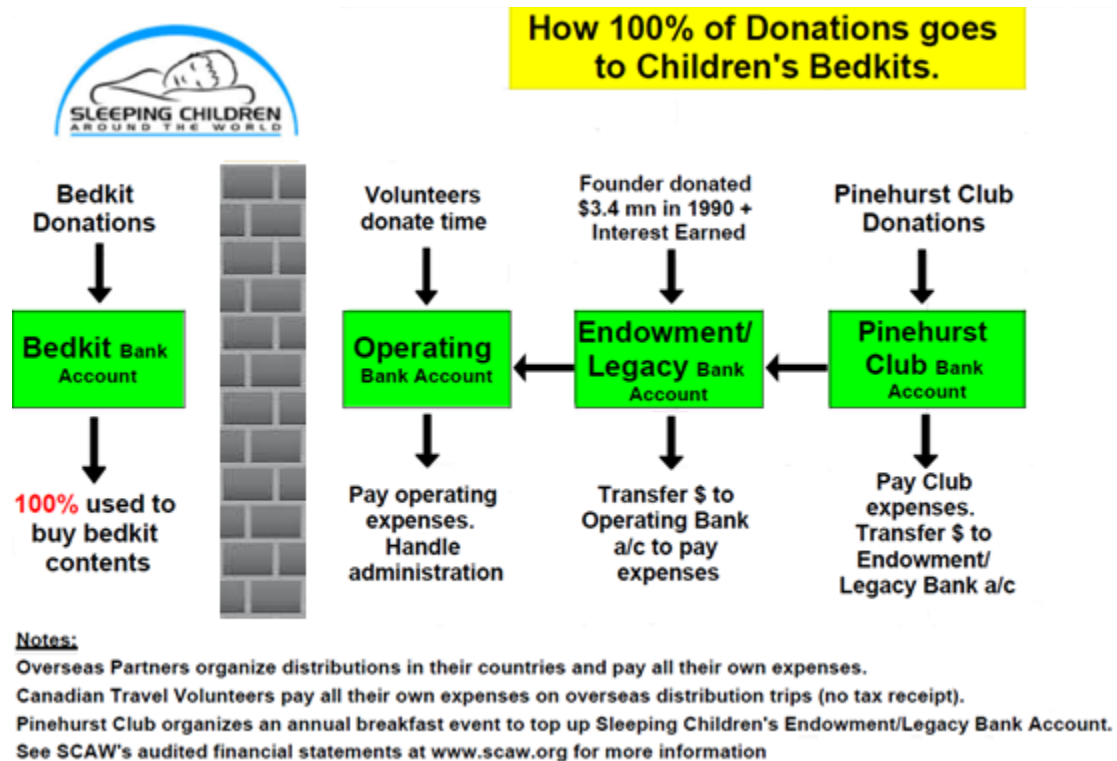
Key elements of Sleeping Children's Strategy are:

- (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.



- (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.



Covid-19 Risk Mitigation - During the Covid-19 pandemic, our primary objective is to ensure the safety of the children, their caregivers, and our volunteers. Our strategy during this pandemic period can be summarized as follows:

- Sleeping Children will review proposals from our OVPs on a case-by-case basis. to investigate ways of adjusting our distribution process to

enable bedkits to be delivered to children in need, but only if we are fully satisfied this can be done safely.

- This adjusted distribution process will involve collaboration with overseas volunteers, and hands-on support via video conference and other means so that our local OVP partners in various countries can carry out distributions without our teams from Canada being physically present.
- Our overall objective is to continue to maintain all Sleeping Children core values, while being flexible to identify ways to complete the necessary checks and balances during distributions to protect donor funds and ensure that our bedkit program reaches children in need.
- Our financial situation remains strong due to the following:
 - We have very low operating costs with only one paid employee, and over 2,000 volunteers globally who remain active and committed to Sleeping Children Around the World.
 - We continue to receive sizeable bedkit donations from our loyal donor base, notwithstanding the pandemic.
 - We have reserves of \$4.5 million in our Endowment / Legacy Fund.

We remain confident that we are well-positioned to return to our usual level of activity when the pandemic subsides.

- (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.
- Remote Supervision: When Sleeping Children approves a proposal from an overseas partner to do a distribution during Covid, an experienced leader will be selected, trained, and assigned by Sleeping Children's Toronto, Canada headquarters, to remotely manage the entire bedkit distribution process.
 - Process Management: During Covid, Sleeping Children's bedkit distribution model includes regular, virtual meetings with OVPs, ensuring as the #1 priority the safety of the children, their families, and the volunteers, and ensuring the distribution is conducted in full accordance with Sleeping Children's Core Values.
 - Sizing a Bedkit Distribution: Absent Covid-19 or other issues, our "business as usual" distribution model involves sending a team of about 6 volunteers to oversee and participate in the distribution of bedkits in various countries. 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.

- The maximum size of a distribution during the Covid pandemic has been reduced to 3,000, and the daily maximum to about 250, to help ensure the safety of the children, their families, and volunteers.
- 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 their bedkit donations.
- Sleeping Children may decide, in conjunction with donors and our OVPs, not to take photos of the children, nor require the children to change into Sleeping Children clothing or make other changes to ensure the safety of the children.



- Have Conversations: Sleeping Children's 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 conversations enable Sleeping Children to improve bedkit contents on the next distribution to each country.



Sleeping Children volunteer talking with a mother, child, and an interpreter

- (vii) Learning Points and Changes Due to Learning - Despite 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.

- (viii) 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 reports,
detailing how the CA \$35 per bedkit is spent in each country*

[Mar 2020 through Feb 2021 Financial Statements](#)

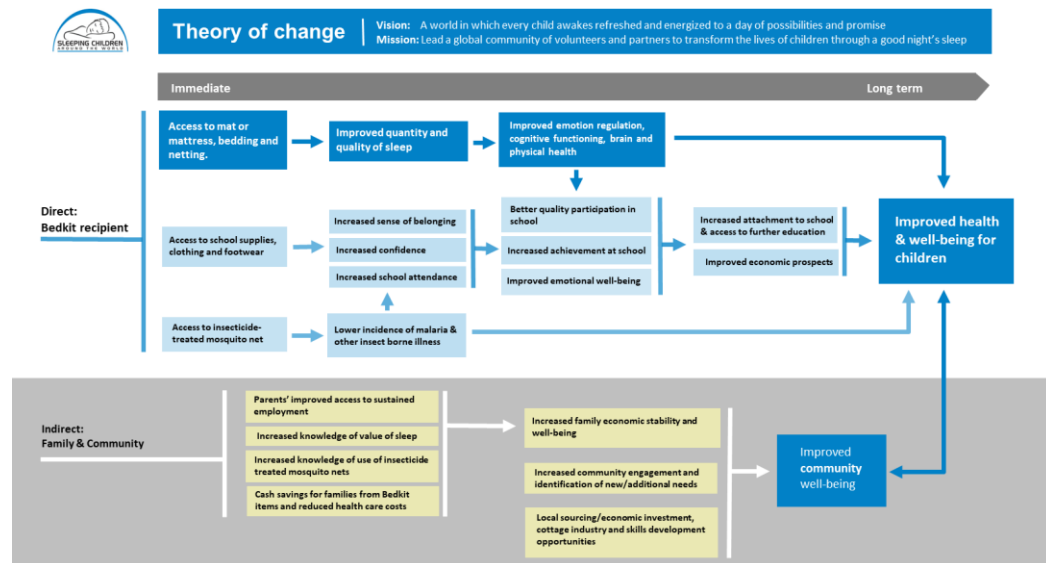
(prior statements can be found on scaw.org under Donations)

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Impact of Bedkits

(i) Longer Term Benefits from Bedkits

- Using the "Theory of Change" concept, in 2021 Sleeping Children has developed a model to set goals and measure the impact of our bedkit program on the children we support in developing countries



The above model and our impact measurement tools will be continuously updated to ensure we maximize the benefits from our bedkit program to the children and their families.

- Insecticide treated nets (ITNs), and particularly Long-Life Insecticide Treated Mosquito Nets (LLINs), save lives, reduce malaria cases, and generate economic benefits in Africa

Based on World Health Organization reports and statistics, and assuming these apply to Sleeping Children, the 105,153 LLINs that Sleeping Children gave out in Tanzania, Uganda, Kenya, and Togo in the five years 2016 to 2020 most likely:

- Saved an estimated 589 lives,
- Reduced the number of malaria cases by over 9,300,
- Saved families US \$114,000 in out-of-pocket health costs avoided, and from mothers able to work instead of caring for a sick child,
- Saved public sector health systems US \$113,000 due to less diagnosis and treatment costs from the reduced malaria cases,
- Increased Gross Domestic Product by US \$2 million from the additional output from individuals able to remain in the workforce

Reference: [Action and Investment to Defeat Malaria 2016 - 2030](#)

Some Sleeping Children overseas partners give untreated mosquito nets in the bedkits, in countries where malaria is not as serious a health concern as Sub-Saharan Africa. Research published in the Malaria Journal in 2020 concluded that durable untreated nets kept in good condition offer considerable protection from mosquito-borne diseases.

It is gratifying to know that many more children's lives must surely have been saved, or protected from suffering from malaria, over 50 years from 1970 to 2020, during which time Sleeping Children gave out over 1.7 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](#)
 - [Bulletin by Tropical Medicine and International Health - Mosquito nets help prevent dengue fever; WHO, May 2021](#)
- **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. Sept 24, 2020](#)
 - [Sleep Medicine Reviews; Volume 14, Issue 3, June 2010, Pages 179-189](#)
 - Systematic Review of the Relationships between Sleep Duration and Health Indicators in School-Aged Children and Youth: [Applied Physiology, Nutrition, and Metabolism, 16 June 2016](#)

Sleeping Children's 5-year Strategic Plan period from March 1, 2019 to Feb 28, 2024 has a target of raising CA \$7.168 million from donors and helping at least 204,800 children in need in developing countries.

SCAW Bedkit Program: Impact Over Long Term

Research:

1. UNESCO studies found that education is a key factor in reducing poverty in developing countries, as per [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, as per [Studiosity: "Why Healthy Sleep is Vital for School Success", Aopha Gardner, April 2016](#)
 3. Research studies have shown that sleep is critical to child brain development, particularly for learning and memory, as per [Sleep Medicine Reviews, Volume 14, Issue 3; June 2010](#)
- (ii) Since 1970, Sleeping Children has raised over CA \$52 million and helped over 1.7 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.



- (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. Since 1970 most of our total bedkit funding of over CA \$52 million has created jobs in local small businesses in each country where we sourced bedkit contents and have distributed bedkits.



India - local cottage industry production of a bedkit item

- (iv) Benefits to taxpayers and society: On average, about 80 Sleeping Children travel volunteers have collectively paid about CA \$300,000 annually of their own funds to travel on bedkit distribution trips, and do not receive a tax receipt. Sleeping Children's policy of not issuing tax receipts for travel, which Canada allows but which Sleeping Children chooses not to do, would have saved the Canada Revenue Agency an estimated CA \$255,000 in income tax revenue over Sleeping Children's three fiscal years 2018 to 2020. Furthermore, Sleeping Children does not apply for any Canadian Government funding.
- (v) Out-Of-Pocket Expenses paid by Overseas Volunteer Partners (OVPs): OVPs donate countless hours of their own time, and collectively about CA \$100,000 of their own money by way of cost absorption before, during and after bedkit distributions in their respective countries.

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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.

Please visit their web site and search for “Sleeping Children” for more details.

Canadian Sleep Society (CSS)

CSS supports Sleeping Children in recognizing the importance of quality sleep, to improve the health and well-being of children:

<https://css-scs.ca/sleeping-children-around-the-world>

American Association of Sleep Medicine Recognition

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

<https://foundation.aasm.org/sleeping-children-around-world>

Charity Intelligence Rating

Charity Intelligence (CI) is a charity rating agency that reviews over 700 charities across Canada. CI recently updated its rating on Sleeping Children. We are currently reviewing this rating, and plan to communicate with CI following our work on Impact Measurement.

<https://www.charityintelligence.ca/charity-details/181-sleeping-children-around-the-world>

GuideStar Rating

Guide Star is a United States Charity Rating Agency that rates Sleeping Children as a ‘Gold Star’ charity.

<https://www.guidestar.org/search?q=sleeping%20children%20around%20the%20world>

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Testimonials

We have received many testimonials from our Team 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.

Team 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 halfway 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 than 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!"*

Overseas Volunteer Testimonials

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 to be more sustainable. These cottage industries are mostly done within the family and a few 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 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."

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 an 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 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.*

Year	
2011	Praise Kemigisha received a bedkit
2012	Was in Primary 7
2013-2016	Completed her Senior 4
2017	Training as Nursery Teacher School
2018 -2019	Teacher at New Field Nursery School

- *From 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 centres 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 (Mama 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 since 1987. 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 since 1995 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 since 2016 who has travelled on three bedkit distributions. Board member since 2017. Has worked and lived in several international locations. Retired as 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 since 1989. 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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Meet our Overseas Volunteer Partners

Our partners are:

Bangladesh - Rotary Club of Dhaka

Honduras - Rotary Club of Tegucigalpa, and support from Club Rotaract de Tegucigalpa

India (Belgaum) - Rotary Club of Belgaum (state of Karnataka)

India (Chennai) - Rotary Club of Ambattur (state of Tamil Nadu)

India (Pune) - Rotary Club of Pune Cantonement (state of Maharashtra)

Kenya - Rotary Club of Nairobi

Philippines - Dr Ito Torres - Manila

Rwanda - Rotary Club of Kigali - Virunga

South Africa - Rotary eClub of South Africa D9400 (mainly from the Gauteng area)

Sri Lanka - Rotary Club of Kelaniya Team

Tanzania - Mama Wandoa - UPENDO, Dar es Salaam

Uganda - Inner Wheel of Kampala

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THANK YOU

Reflecting on my two-year term as Chair of Sleeping Children Around the World, the word that first comes to mind is “thankful”. I am enormously thankful for all the Sleeping Children volunteers and supporters across the globe, who over the 51 years of our history, and particularly over these challenging times of the pandemic, have banded together in tremendous ways. Our charity remains solid, a rarity within the reality of the current COVID-19 pandemic, and we continue to honour your faith in our work.

Thank you for believing in Sleeping Children Around the World, and our ability to provide transformational and compassionate assistance to children.

Thank you to our donors who have continued to have faith in Sleeping Children Around the World. Bedkit donations this year were certainly diminished during this challenging time, but donations were still strong with total net assets on February 28, 2021 of \$2,206,473 in our Bedkit account, and the amount in our Legacy account was \$4,227,027. Additionally, amazingly, our Pinehurst Club Breakfast, which was once again cancelled, generated an additional \$22,224 for our Legacy Account! As always, zero donation dollars were used for administration. To view our 2021 Financial Highlights, click [here](#).



GLOBAL PARTNERS

Thank you to our partners in the countries in which the bedkits are distributed. These volunteers have truly been amazing this past year, continuing to work on ways to help the children in their communities get the health and well-being benefits of the bedkit.

Our partners are:

Bangladesh- Rotary Club of Dhaka

Belgaum, India- Rotary Club of Belgaum (state of Karnataka)

Chennai, India- Rotary Club of Ambattur (state of Tamil Nadu)

Honduras- Rotary Club of Tegucigalpa, & support from Club Rotaract de Tegucigalpa

Kenya- Rotary Club of Nairobi

Philippines- Dr Ito Torres- Manila

Pune, India- Rotary Club of Pune Cantonment (state of Maharashtra)

Rwanda- Rotary Club of Kigali Virunga

South Africa- Rotary eClub of South Africa D9400 (mainly from the Gauteng area)

Sri Lanka- Rotary Club of Kelaniya Team

Tanzania- Mama Wandoa- UPENDO, Dar es Salaam

Uganda- Inner Wheel of Kampala

As always, they look to the needs of the children in their communities and continue to advocate for them. They are reflecting on our past practices and thoughtfully looking for ways we can safely continue to distribute bedkits to children. We are happy this year to add the Rotary Club of Kigali Virunga (Rwanda) as they successfully completed their first distribution, helping 1500 kids within their community. At the time of publication of this report, we have several other countries also on the threshold of resuming distributions, but we are all keeping a close watch on the evolving pandemic.

VOLUNTEERS

Thank you to our volunteers who keep Sleeping Children Around the World thriving. Projects have continued to hum along at both the grassroots and committee level. Our committees have been re-examining all policies and procedures through an equity lens, working on developing ways of further measuring the impact of our bedkit program, as well as furthering our understanding of ways technology can enhance our work. We have hosted two online workshops which engaged our global community- we were educated by Dr. Reut Gruber on “Healthy Sleep for Healthy Kids”, as well as Team Rwanda 2020 speaking to their experience successfully distributing bedkits during the pandemic. There have been online concerts, online auctions, zoom presentations for service clubs, socially distanced golf events, a continued social media presence ... a myriad of creative and innovative ways to stay connected!

One committee I'd like to highlight this year is our Finance Committee, led by John Scali. This committee is exceptionally strong, a group of 12 diverse finance and risk professionals- auditors, investment specialists and industry finance/accounting/risk/HR/IT professionals. They play a key role in the financial governance of Sleeping Children Around the World in monitoring operations, investments, the financial processes of our Overseas Partners, and ongoing financial reporting. They have securely managed our finances to keep the charity on a solid financial footing, even during the uncertainty of the pandemic. Our Legacy account, which covers all our operational expenses, is well-managed by our Finance Committee and has stayed stable. The committee scrutinizes all aspects of Sleeping Children's finances- from our investment policies, to our annual audit, to strengthening their detailed analysis of financial reporting- our Finance Committee provides due diligence in all areas.

Thank you to our Executive Director, Linda Webb, who has been our Sleeping Children anchor through the pandemic. Whether working in isolation at home or in the Toronto office, she unfailingly pulls together donors, supporters, and hundreds of volunteers; she has been a steady presence through the global COVID-19 storm.

I'd like to thank and welcome back Maurice Kowanetz as Chair of Sleeping Children Around the World. Maurice has been with Sleeping Children Around the World since its very early years, holding multiple positions within our organization, including Chair of the Board.

THE CHILDREN

On a final note- let's think once again to the children. They are always front and centre, the heart of it all, the work we do is 100% for children. The bedkit is a simple, sustainable, and cost-effective means of improving a child's health and well-being.

Thank you for continuing to support Sleeping Children Around the World and helping children's dreams take flight!

For the children,
Debbie Will-Dryden
Past Chair of Sleeping Children Around the World

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Financial Highlights

Fiscal years ended Feb 28th, 2021 and Feb 29th, 2020 (\$ Canadian)

	Sleeping Children Around The World	
	<u>2021</u>	<u>2020</u>
Donations received, to be used 100% for bedkits	\$1,531,228	\$2,600,559
Total cost of bedkits funded in the year	\$324,308	\$2,330,726
Donations less cost of bedkits	\$1,206,920	\$269,833
- Surplus will help children in future years		
Cost per bedkit	\$35.00	\$35.00
Legacy Account assets	\$4,227,027	\$4,107,356
- Available to pay future years' operating expenses		
Operating Expenses	\$111,778	\$173,261

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.

Link to Audited Consolidated Financial Statements, which includes the assets, liabilities, and operating results for Sleeping Children Around The World and Sleeping Children USA for the last several years: <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/dsplyRprtngPrd?q.srchNm=sleeping+children&q.stts=0007&selectedCharityBn=131634396RR0001&dsrdPg=1>

Comparative table of children helped in Fiscal Year 2020-2021 vs 2019-2020

\$35 Canadian per bedkit

Country	Number of bedkits funded (Fiscal 2020-21)	Cost of bedkits funded (Fiscal 2020-21)	Number of bedkits funded (Fiscal 2019-20)	Cost of bedkits funded (Fiscal 2019-20)
Kenya	-	-	5,000	\$175,000
Sri Lanka	7,000	\$245,000	-	-
Bangladesh	-	-	8,000	\$280,000
India	-	-	23,500	\$822,500
Philippines	-	-	6,000	\$210,000
South Africa	-	-	1,500	\$52,500
Tanzania	2,266	\$79,308	7,092	\$248,226
Honduras	-	-	7,000	\$245,000
Rwanda	-	-	1,500	\$52,500
Uganda	-	-	7,000	\$245,000
TOTALS	9,266	\$324,308	66,592	\$2,330,726

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