List of Charities recommended by students:

* **The Ramatu Foundation for Girls and Women's Empowerment:**

Aim is to educate girls and encourage them to be strong and take ownership of their bodies and their lives in Sierra Leone. (For more info, contact Ian Harvey)

* **The Kite Trust:**

Support the wellbeing and creativity of LGBTQ+ young people in Cambridgeshire, Peterborough and surrounding areas through information, support and groups.

* **Cambridge Community Kitchen:**

A food solidarity collective tackling food poverty in Cambridge.

* **Palestine Children’s Relief Fund:**

Provide medical and humanitarian relief collectively and individually children across the Middle East.

* **Mermaids:**

Supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

* **Great Ormond Street Hospital:**

The hospital has been dedicated to children’s healthcare and to finding new and better ways to treat childhood illnesses.

* **Beat:**

Is the UK’s eating disorder charity. Mission is to end the pain and suffering caused by eating disorders.

* **Save The Children:**

Securing children's rights is the foundation of their work, tackling the barriers to survival, learning and protection.

* **iF Charity:**

Works to support Palestinians through a variety of relief and development programmes.

* **Emmaus Cambridge:**

A homelessness charity providing more than just a bed for the night to people who have experienced homelessness and social exclusion.

* **The International Federation of Red Cross and Red Crescent Societies:**

Carries out relief operations to assist victims of disasters. Four core areas: promoting humanitarian values, disaster response, disaster preparedness, and health and community care.

* **UNICEF:**

Works in over 190 countries and territories to protect the rights of every child.

* **SCI foundation**

Support sub-Saharan African countries to develop sustainable, cost-effective programmes against parasitic worm infections such as schistosomiasis and intestinal worms.

* **Right to Life**

Work to protect and defend the right to life of every human being from conception to natural death.

* **Jamia AlMaarif**

Aim to educate and support communities by enlightening them with different support programmes and faith-based classes.

* **Mind:**

provide advice and support to empower anyone experiencing a mental health problem.

* **Christian Blind Mission (CBM)**

Driven by Christian values, they tackle poverty, prevent blindness, improve health and change the lives of disabled people.

* **Sick Children’s Trust**

Provide families with a sick child with a free high-quality ‘Home from Home’ accommodation, as well as practical and emotional support so they can be there for their child.

* **Evidence Action**

Dedicated to improving the lives of millions of people across Africa and Asia. Approach fills the gap between research about “what works” and implementing solutions for people in need.

* **Karim Foundation:**

A Cambridge-based registered charity set up to prevent and relieve poverty by providing food and support with domestic costs for those in financial hardship.

* **Lupus UK**

Supporting people with lupus, assisting those approaching a diagnosis and funding research and specialist nurses.

* **Arthur Rank Hospice Charity**

Supports people with an advanced serious illness or a life-limiting condition and those in need of end-of-life care.

* **Refuge**

Aim is to raise awareness of domestic violence and prevent it from happening.

* **Sightsavers**

Prevents sight loss and avoidable blindness in some of the poorest parts of the world and advocates the rights of disabled people.

* **British Heart foundation**

They fund for the research each year of all heart and circulatory diseases and the things that cause them.