

8<sup>th</sup> November, 2017

## EMBRACE THE SPIRIT OF GIVING WITH A CARITAS GLOBAL GIFT

For many the Christmas period is a crazy time of gift giving and searching for the perfect present, but each year many millions of those gifts are actually unwanted. In an age where most of us have more than we need, an unwanted gift represents a significant waste and serves as a profound symbol of the wealth gap between western countries and those living in poverty.

But what if we could make sure our Christmas gifts had more meaning? What if they were guaranteed to bring joy and change lives globally?

This year Caritas Australia, is encouraging Australians to help to create a lifetime of change for some of the world's poorest communities. Last year Caritas helped more than 2 million people directly through our emergency and development programs.

Caritas Australia's Head of Engagement and Sustainability, David Armstrong, said Caritas Global Gifts, offer a way of showing our compassion to those in need, while rediscovering the true meaning of Christmas.

"Caritas is working globally to alleviate poverty and assist people to live healthier, happier lives," Mr Armstrong said.

"When you send a Global Gift to a friend or loved one, you're helping to spread the message that is the very essence of Christmas - that we're all part of the one human family, working to make the world a better place."

Global Gifts can be purchased from as little as \$10 and come with a card for a friend or family member.

"Whether you buy one gift or many, you will touch the life of a community. Thanks to your support, entire communities are empowered to create better futures for themselves and their families," Mr Armstrong said.

Doney, a young woman living in a remote Malawan village, is a great example of how lives can be transformed when compassion is put into action.

Malnutrition plagues a third of Malawi's 19 million people, but thanks to farming methods introduced with the support of Caritas Australia, Doney's community is benefitting from a bumper harvest.

By choosing to give a Global Gift you are helping to create a lifetime for some of the world's poorest people.

To learn more or to purchase a Global Gift visit: [www.globalgifts.org.au](http://www.globalgifts.org.au) or call 1800 024 413.

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