

# Walking TOGETHER

THE NEWSLETTER OF FOOD FOR THE HUNGRY UK





# FOOD FOR THE HUNGRY

Ending Poverty, Together.

## Welcome Message

Inspired by Psalm 146:7, Food for the Hungry came into being in 1971. This year, we celebrate 50 years of the organisation fulfilling its God-given mandate to reverse poverty in the poorest nations.

The founder of Food for the Hungry, Larry Ward, believed that a God who cares for the oppressed would want his followers to do the same. While much has changed over the last half-century, the call to respond to human suffering remains central. Your support has enabled us to play a part in tackling

extreme poverty. Despite all the challenges of Covid-19, 2020 was a record year for FH UK in terms of income and people supported (see page 5). This is a testament to your generosity and faithfulness, thank you.

Our approach to addressing poverty has evolved since those early days and we have come to recognise the potential of communities to help themselves develop and be transformed.

Our role has become one of facilitating this transformation process, from helplessness to self-



sufficiency. Local FH staff walk with the poor to help them seize a brighter future. This is key to our strategy, and 99% of FH's global staff of 3,300 work locally.

On page 4, we are delighted to introduce FH's new global Chief Operating Officer and a UK Trustee, Rudo Kayombo, who will continue our quest to "decolonise" aid.

As the Covid-19 pandemic continues to set back development among the poorest, this is a time for organisations like FH to step forward. Reliant on God, hand-in-hand with faithful supporters, we remain committed to the cause for another 50 years to come - or as long as it takes.

*Ian Johnson*

“God upholds the cause of the oppressed and gives food to the hungry.” PSALM 146:7

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We are a Christian international development organisation that has been walking with the poor globally since 1971. We tackle the root causes in order to graduate communities out of poverty.

**Contributors:** Copywriting: Sarah & James Smart (The Smart Solutions Co.) Martin Josten.  
Design: John Tromans (X313 Design). All images are used with permission.

## YOU DID IT!

We are thrilled to let you know that we exceeded our Christmas appeal target of £30,000. We raised £38,000, which was generously donated by you. This amount was matched pound for pound by an anonymous supporter, to make a grand total of £76,000. What a great start to 2021! Read on to see how we shall use this money to impact thousands of people in Mwumba, northern Burundi.

As part of a five-year programme aiming to lift 15,000 people out of extreme poverty, our priority is to improve the health of pregnant mothers and children. Poor health resulting from an inadequate diet, using dirty water and a lack of hygiene knowledge hits this group hardest. Cholera, dysentery, and other water-borne diseases persist where these issues remain unaddressed.

Food for the Hungry will provide 10km of pipeline, providing clean, fresh water to 6,500 villagers, including over 1,500 children, in the Karungara and Kagosi areas. Training will also be given for water system maintenance.

Seeds will be distributed to over 2000 vulnerable families to set up their own



kitchen gardens. This will help combat the situation of 71% malnutrition among the children of the region. Alongside this, training will be given in the effective planning and cultivation of the gardens, together with education in health and dietary needs. We shall undertake basic hygiene and sanitation training throughout the whole area of Karungara and Kagosi, highlighting the importance of handwashing prior to meals to prevent the spread of COVID 19 and other diseases.

Your giving has made all of this possible. Thank you once again for your generosity, kindness, and prayers.



# Meet Rudo - our new COO

We are very excited to introduce to you Rudo Kayombo, Food for the Hungry's new Chief Operating Officer and a new FH UK trustee.

Born and brought up in Zimbabwe, Rudo attends a Dutch Reformed Church with her extended but close family. Having come to faith in Jesus at an early age, she has developed a deep and clear belief in the sovereignty of God and can see His hand throughout her life journey. Rudo gained her development experience as both a Country and Regional Director for World Vision across Africa and the UK. She brings to Food for the Hungry a professional and highly contextualised understanding of how we can make an impact.

We look forward to Rudo's leadership as she shares her knowledge and insights while, under God's guidance, our plans are continuously refined and developed. An overriding objective expressed by Rudo is a total commitment to local community and church ownership of our plans, leading to sustainability of our impact. One thing that COVID restrictions have taught us is that to bring our vision to fruition, equipping and



inspiring indigenous leaders is paramount. Rudo, as a person, leaves an impression which can be summed up in these words: prayerful, humble, determined, passionate and above all "Christ-focused".

**Food for the Hungry is in good and safe hands.**

## An invitation to browse our website and Facebook page

There is a wealth of information, inspiring stories and resources to keep you up to date with all that's going on in Food for the Hungry.

Why not bookmark these pages and visit occasionally to see what's new.

[uk-fh.org](http://uk-fh.org)  
[www.facebook.com/FftHUK](https://www.facebook.com/FftHUK)



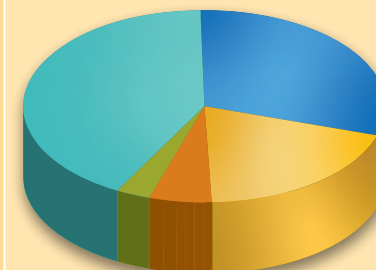
# Financial Update

**Despite the challenges COVID-19 has brought over the last 12 months, our supporters, staff and partners have continued to seek to end poverty in the communities we serve.**

## Highlights from 2020 include:

- Our total UK income for 2020 was a record £775,000 - 8% higher than 2019.
- Low overhead costs (below 5%) have meant almost all funds raised have been transferred overseas to local offices for direct implementation.
- We estimate that we have supported more than 79,000 people in the communities we serve.
- As Covid-19 has changed the context in which we work, we have adapted our programmes accordingly. We have used the following approaches to reduce the spread of infection and promote early recovery:
  - Implemented hygiene training and built hand-washing stations at schools in Bangladesh
  - Served refugees in Cox's Bazaar (Bangladesh), Northern Uganda and elsewhere
  - Helped address the impact of extreme weather emergencies, such as flooding in Mozambique
  - Built schools and supported teachers, parents and children
  - Promoted health and nutrition through programmes such as our UK Aid project in Uganda to reduce post-harvest losses
  - Helped communities to improve their income, through livelihood programmes such as our UK Aid project in Kenya to improve the functionality of livestock markets
  - Addressed maternal health, promoted gender equality and sought to reduce gender-based violence.

Income by source



Government Grants	£324,000
Companies	£22,000
Churches	£44,000
Trusts	£151,000
Individuals	£234,000



**Hope has been renewed, relationships restored and lives transformed, for which we give thanks to God. Thank you for joining us in this work.**



# Reflections on Covid

2020 was the year when, ironically, we didn't see a pandemic coming. Covid-19 went from being an obscure name for a far-off virus to a ubiquitous byword for economic downturn, lockdown, and the suspension of freedoms we took for granted. In addition to the staggering death toll, the collateral damage of coronavirus has impacted us all.

Even in the UK, where our national resources have cushioned the blow of the secondary effects of Covid-19, many have lost friends and family members, jobs and livelihoods, and even our mental health has suffered. But how has the pandemic affected the poorest countries in the world? Here are a few words from expert commentators:

*"This is the worst economic fallout since the Great Depression. The global economic downturn will have a disproportionate impact on developing economies as they have less protection against... health and economic crises."* IMF Managing Director

*"The economic impact of Covid-19 could push 100 million into extreme poverty, the first increase in global poverty since 1998."* World Bank

*"The impact of crises is never gender-neutral and Covid-19 is no exception. Rates of gender-based violence have increased."* UN Women

*"9.7 million children are at risk of dropping out of school permanently, owing to the secondary impact on poverty."* UNICEF

## So how is Food for the Hungry responding?

We have shifted emphasis from development to relief where necessary and increased our focus on hygiene to avoid the spread of the virus. An effort will be made to counteract misinformation about the coronavirus and improve access to vaccines for marginalised communities. We are facilitating early recovery by promoting livelihoods and income generation along with education – especially for girls who are vulnerable to teenage pregnancy, child marriage and gender-based violence. All our existing working practices have been adapted to ensure staff and community safety.

**The need for our work has never been greater.**

## Umar's Story



For people with disabilities in parts of Uganda, gaining access to a local water supply is not a straightforward activity. For example, such facilities were never designed with wheelchair access in mind. Steps, inclines, and narrow walkways can make water points virtually inaccessible.

Umar Mutema, aged 30, is the single-parent father of two 3 year old girls. A long illness left Umar paralyzed in both his legs, resulting in him being wheelchair dependent. The nearest water source to Umar was previously 3km away. Umar says:

*"Owing to my disability, I had to get help from well-wishers, and from family members when available. Sometimes at the borehole I had to get off my wheelchair and crawl on the ground to reach it in order to pump water for myself."*

Umar had to put himself at a high risk of contracting hygiene-related diseases like

COVID-19, especially as he was using different people to support him in collecting water.

Recognising the plight of individuals like Umar, Food for the Hungry has implemented a COVID-19 emergency WASH (Water, Sanitation and Hygiene) project with the help of funding from UK Aid. The project has been focused on infection prevention and improving access to water facilities for vulnerable and disabled people. Five boreholes have been adapted, following input and advice from less able community members.

Umar sums up in his own words:

*"Now I can go at any time of the day and don't have to depend on anyone to pump for me. I don't have to sit on the ground or crawl in the mud like I used to. I am so happy for the work Food for The Hungry and our donors are doing for people like us."*



# Ann's story

Meet Ann Ntipesn. She lives in Songa village in northern Kenya, where climate change and neglect have threatened the livelihoods of many families. Funded by UK Aid, we are working on a project to help livestock markets thrive so that farmers can earn more money to feed their families. We plan to share Ann's story over the next eighteen months so that we can chart the impact of the project on her life and that of her family.

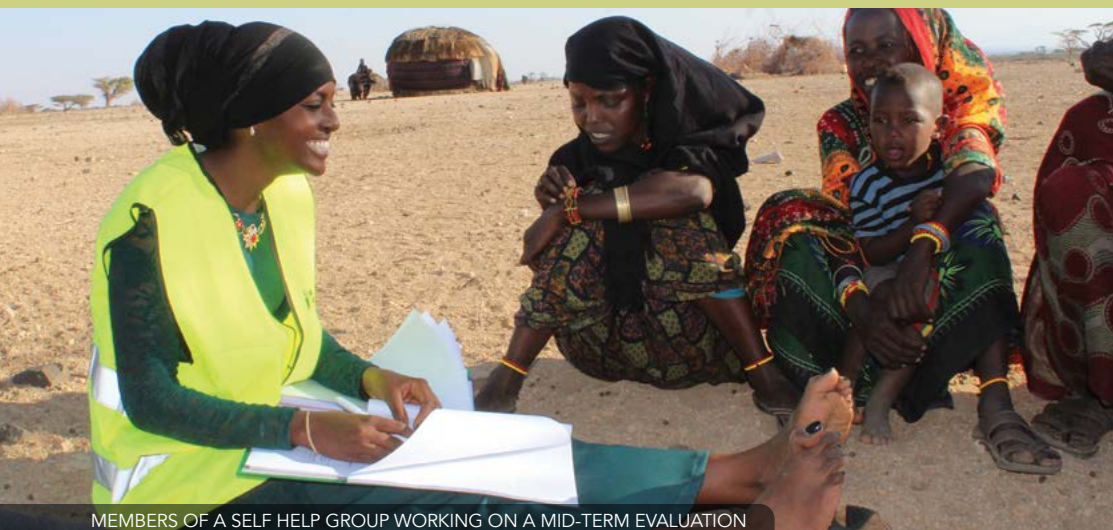
Ann is married with four children, Leshan, Nashipal, Lemayan and Baby. The family earn an income from livestock and crop farming. Life is tough, especially with increasingly frequent periods of drought which impacts the productivity of her farm. The international community have regularly provided food aid to prevent humanitarian disasters in the region. Ann notes that although cases of COVID-19 have been low, the lockdown in Kenya has affected her income. The temporary closure of livestock markets and a curfew (7pm to 5am) have limited the income her



family can raise from the sale of livestock. Ann works hard every day to support her family. When she can, she also helps her sister with school fees for her children.

FH is working to help Ann build a sustainable life for herself and her family. She has joined a women's Self-Help Group and has recently been appointed chairman. The group have called themselves "Naliapo," which means "Awakening" in the local Samburu language, and reflects Ann's belief that poverty is not her destiny.

If you would like to hear more about Ann's story through regular email updates, please go to: [uk-fh.org/home/sign-up](https://uk-fh.org/home/sign-up) or send an email to [uk@fh.org](mailto:uk@fh.org)



MEMBERS OF A SELF HELP GROUP WORKING ON A MID-TERM EVALUATION

# Other Project Updates

## Bangladesh

Research within the Godagari region of Bangladesh has revealed that 41% of girls stay away from school during their monthly period. This averages out at nearly 3 days per month, per pupil. Food for the Hungry has launched a project aimed at improving sanitation and hygiene for girls at school. Construction work on twelve latrines within six schools began in October 2020. A local Construction Monitoring Committee has been overseeing the progress and quality of the work, and completion is expected within the first quarter of 2021. With health and hygiene lessons also currently scheduled for March and June, we are

hoping to foster a sense of dignity and provide a safe environment in which girls can be educated.



## Kenya

Laaria Primary School, in the Buuri Cluster of communities in Kenya, has benefited from a newly built classroom which can accommodate up to forty pupils. Community leaders chose to take responsibility for ensuring a high level of workmanship during the construction process. School representatives have expressed their pleasure in the classroom, which sets a new standard of building quality. This goes to show how much difference it makes when local people

are intentional in their involvement with development projects.

Members of the Isiolo COVID-19 Response Team conducted talks with school children, staff, and parents after one school teacher tested positive for the virus. Misinformation about the virus had caused some anxiety within the school community, so the talks addressed the psychological aspects of a pandemic, and specific advice was given to help infection control. This resulted in a more balanced reaction.

A child protection structure has been put in place within the Buuri Cluster, which will provide effective safeguarding for children and teenagers vulnerable to pregnancy, child labour, abuse, and neglect. This much-needed local service will be delivered by the specially trained Buuri Area Advisory Council.



BEFORE AND AFTER PHOTOS OF THE CLASSROOM



# Anniversary

In 1971, Food for the Hungry was founded on a single premise: "If children die one at a time, then they can be helped one at a time". For 50 years, we have been serving those who are living through unimaginable hardships. Today we walk with vulnerable communities in over 20 countries around the world, providing life-changing resources such as clean water, medical aid, food, education, vocational training and spiritual development. Even more than that, by God's grace, we provide hope.

When lockdown ends in the UK, we want to celebrate our golden anniversary with a couple of special events.

## Ridgeway Challenge



We are relaunching our postponed inclusive event, 'Ridgeway Challenge 50'. Subject to lockdown restrictions, the full challenge will take place over the weekend of 3rd – 4th July. The walk will be 50 miles long – starting at East Ilsey and finishing at Ivinghoe Beacon. Through personal sponsorship, we are hoping to raise £50,000 – with another £50,000 as a match giving target.

For more information or to register for the challenge, please email [pcornelius@fh.org](mailto:pcornelius@fh.org) or call **01494 674898**. The closing date for registration is 30th June.

ALL FRIENDS,  
FAMILIES AND  
PETS WELCOME



Don't worry if you are feeling a bit unfit due to lockdown – we shall be arranging practice walks from Easter onwards. More information will be sent to you after you register.

## 50th Anniversary Celebration

No significant special date should go by without a party! One way or another, we shall be organising a celebration to recognise the significant achievements of Food for the Hungry over the past 50 years – with all glory due to God.

**Once we have a clearer idea of how this will look, we shall let you know!**

If you are a UK taxpayer, Food for the Hungry UK can reclaim 25% tax for every £1 you give.

☐ I want to Gift Aid my donation today and any donations I may make in the future or have made in the past four years to Food for the Hungry UK. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that year it is my responsibility to pay any difference.

Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Please notify us if your circumstances change or you want to cancel this declaration. If you pay Income Tax at a higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

☐ I would like to make a donation of £ \_\_\_\_\_ for Food for the Hungry to use where needed most.

Cheques should be made payable to Food for the Hungry UK and sent to us at 47 Burgess Wood Road South, Beaconsfield, Bucks HP9 1EL

If you would like to make a direct transfer, our bank details are;

Barclays Bank - Account name: FHUK Sort Code: 20-62-53 Account No: 40359173

Please also email us at [uk@fh.org](mailto:uk@fh.org) to let us know your donation is on its way.

☐ Please do not acknowledge this gift.

☐ I would like to find out more about the Ridgeway Challenge 2021.

☐ I would like to know more about volunteering with FH in the UK.

☐ I no longer want to receive your newsletter, please remove my details from your mailing list.





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