

SPRING 2022

# Walking **TOGETHER**

THE NEWSLETTER OF FOOD FOR THE HUNGRY UK





## PRESSING ON IN THE FACE OF ADVERSITY

The triple threats of Covid-19, climate change and war continue to affect our world. The most vulnerable, particularly children, are often the most affected. In difficult circumstances like this, the scriptures encourage us to press on. Our mission as an organisation to restore broken relationships impacted by the injustice of poverty and to help children thrive remains. Our work is needed even more.

Thanks to your generous support, it is therefore particularly encouraging to calculate that we have touched the lives of almost 100,000 people through our activities in the last year funded by record total income of over £900,000. We have

also completed two detailed evaluations of the impact of two of our programmes, one in Uganda and one in Burundi. The results are summarised in pages 4-7. In both programmes, the number of underweight children declined by two thirds thanks to improved climate smart agricultural practices and better hygiene. I hope you are as encouraged as I am by the evidence of the effectiveness of our work. Sustainable development work that helps people help themselves can be very good value for money. In Burundi, the annual amount we spend per beneficiary is less than £10 and yet we can see the long-term difference our work is having.

Thank you so much for standing with us.



**Food for the Hungry UK - 10 Chiltern Hills Road, Beaconsfield, HP9 1PJ**

Phone: 07527 058396 | Email: [uk@fh.org](mailto:uk@fh.org) | Web: [www.uk-fh.org](http://www.uk-fh.org) | Registered Charity No. 328273

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.

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### BRIEF UPDATES

## Bangladesh and Kenya

### Improving Food Security and Early child Education in Buuri, Kenya

In Buuri, Kenya, we are funding two projects targeting clearly identified needs in the community. Drought in the arid and semi-arid lands in Kenya is a recurring issue. FH Kenya is therefore training lead farmers in good climate-smart agricultural practices for them to cascade messages to neighbours. Demonstration plots and school farms have been established on schedule. Community members have noted that the school farms have been particularly successful, despite the lack of rain, by adopting best practices.

We are also funding a three-year early child education project which started in January 2022. Rapid assessments of 27 schools was completed to enable our activities to be targeted appropriately and stakeholder forums were managed to ensure there is widespread support for our activities. It is clear already that we need to focus on ensuring parents are committed to supporting education of their children and that teachers are trained in the best techniques for engaging pre-school children.

### Improving irrigation for Bangladeshi farmers

In Bangladesh, the incidence of flooding near the coast is increasing as a result of climate change. The local team have been supporting coastal farmers by:

- Introducing new saline tolerant rice developed by a local research institute.
- Providing 42 low lifting pumps to enable irrigation of fields. Existing well-established savings groups are forming committees to manage the pumps and maintain them.
- Using surplus water to irrigate the fields in a controlled manner.
- Training 840 farmers in more effective agricultural techniques



Guernsey Overseas Aid Commission have funded the one-year project which is scheduled to end in September 2022. Early indications are very promising and we expect to farmers to increase their income by 30% as a result of the irrigation and improved techniques.

ST BERNDETTE PRE-PRIMARY 1 CLASSROOM, ONE OF THE THREE-YEAR EARLY CHILD EDUCATION PROJECTS.





# Nutrition in Namutumba, Uganda

We have previously reported on this 3-year project in Uganda, which was funded by UK Aid until the funds were suddenly withdrawn after last year's UK Government aid cuts. In spite of the early finish, virtually all our targets

were successfully met, and we are using the successful outcome as a "marketing" tool in our approach to future funders. Here are some of the highlights:



## 1. Community background

The project was focused on a community of about 50,000 people in a much-neglected part of Uganda. It suffered from widespread child malnutrition and poor farming practices which resulted in major wastage of their precious food crop.

## 2. Nutrition

Farmers were encouraged to dry their

crops on tarpaulins and store them in airtight containers, reducing wastage from up to 40% to effectively zero. The containers are big enough to provide food security for a family until the next harvest and a surplus to sell when prices are right. Planting of kitchen gardens was assisted with training and seed distribution. As a result of these measures, infant malnutrition decreased to a third of its previous level.



## 3. Health



To address malnutrition issues, mothers were encouraged to practise exclusive breastfeeding for children under 6 months old. Community Health Volunteers were trained in recognition of early signs of acute malnutrition. Households

were trained to install and use simple handwashing facilities, which became even more urgent under COVID-19 pandemic conditions. And women's aspirations to reduce the size of their families were supported with family planning sessions.



## 4. Inclusion

This had several dimensions. Our own staff were taken through a journey of increasing awareness of the various forms of disability, which resulted in many suggestions for improved access to



*"Now I don't have to depend on anyone to pump water for me"*

training opportunities and other project benefits. One example was the redesign of water access points so that people with impaired mobility could use them.

Through receiving more regular statistics from local authorities, we identified a worsening problem of abuse of women and teenage girls. Our response, which took the form of awareness training and improved reporting processes, is still ongoing. Funding is being sought to develop further measures.

## 5. Economy

Household income is notoriously difficult to measure reliably – even in the UK!



However, we have been able to track the records of the savings and loan groups set up during the project. We also promoted the start-up of small enterprises such as tailoring and soap manufacture, to reduce dependence on agricultural income.



## 6. The future

Four self-governing farming cooperatives have now been set up, which are eligible for local authority assistance. In this way, our community is becoming more self-reliant and prepared for graduation from all FH's programmes. Future funding will enable FH to extend this effective work into other neighbouring communities.



# Impact of our work in Mwumba, Burundi

Your prayers and financial support have contributed to some remarkable achievements as measured in the recent mid-term survey in Mwumba, Burundi. We are now half way through the five-year programme.

The statistics opposite demonstrate the progress that has been made in health, income and resilience, education and in community engagement. These are not just empty numbers. They highlight:

- Great steps forward towards thriving and healthy children and families.
- Families that have a hope for the future.
- More children and especially girls completing their primary school education.
- Community Leaders and churches that are seeking to end spiritual and physical poverty.

The survey does show that we have to increase our focus in certain areas. We would like to improve the quality of the education provided so that results continue to improve. We plan to do this by improving pre-school education so the most vulnerable children are ready for school and through further teacher training. Sadly, our surveys also show that most women in this community (in common with large areas of the country) consider that it is acceptable for their husbands to beat them. Deep-seated attitudes and behaviours take time to change. We are consulting with government and other actors on the best way to address this.

Despite the challenges, we remain on track in this programme. Praise God.



## Community Engagement, Worldview and Gender

Fh's community engagement addressing worldview and gender has involved multiple initiatives

- Agreeing a development plan with leaders
- Partnership agreements with the ten churches on the nine hills of Mwumba
- Cascade groups with over 4000 participants and savings groups involving 1666

There have been many positive steps forward. However, we will need to focus more on programmes addressing gender inequality and gender based violence.

## Health and nutrition

Cascade groups involving 4,352 adults have successfully promoted health messages.

	BASELINE 2019	2021
CHILDREN UNDER 2 UNDERWEIGHT	34%	11%
PEOPLE PRACTISING REGULAR HANDWASHING	71%	87%
FARMERS WITH HEALTH INSURANCE CARD	32%	42%
DIETARY DIVERSITY (Number of different food groups consumed)	3.37	5.11

## Improved education

Promoting the value of education to families, building classrooms and latrines, training teachers and establishing school clubs have paid dividends.

	BASELINE 2019	2021
PRIMARY ENROLLMENTS	4163	4485
TEACHERS TRAINED		80%
COMPLETION PRIMARY SCHOOL	70%	85%
NUMBER PASSING THE GRADE 9 TEST	360	417

## Improved Household income and resilience

Training from agronomists in climate smart agriculture and savings groups have contributed to larger harvests, increased income and better health.

	BASELINE 2019	2021
KNOWLEDGE OF CLIMATE SMART AGRICULTURE	21%	97%
INCREASED INCOME FROM SAVING GROUPS (1666 families participated)		57%



# Financial update

Despite challenges at home and abroad, our supporters, staff and partners have continued to seek to end poverty.

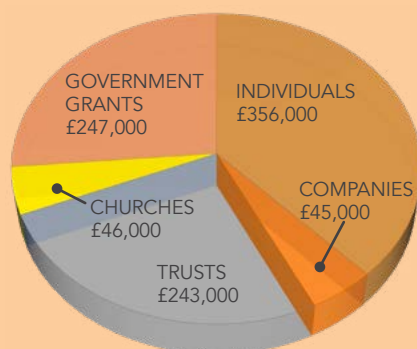
Highlights from 2021 Accounts

- Total income at £936,000 was a record and 21% higher than 2020
- Our two UK government grants were terminated early as part of the Aid budget cuts. This affected 2021 but will affect 2022 even more. At this stage, it is difficult to say when and if the UK government will reopen opportunities for charities our size. Notwithstanding the early termination, the two grants were very successful (rated A+ and A by the Government Fund manager).
- We were particularly successful in obtaining grants from Trusts and Foundations and delivering some outstanding results. We pray this will enable further successes in 2022.
- Giving from individuals, including child sponsors, increased to

£356,000 thanks to our faithful band of supporters. The Ridgeway Challenge, where a team of 40 supporters participated in a sponsored challenge along the UK Ridgeway National Trail was a very successful event, raising £100,000 although at the cost of many blisters!

- Our overheads continue to be very low reflecting the able team of volunteers and home-working. As a consequence, 97% of expenditure is spent on charitable activities and only 3% on fundraising and governance.
- Our two largest long-term development programmes in Mwumba, Burundi and in Buuri, Kenya are on track thanks to effective local teams. We were able to increase our commitment to the Kenyan team to address educational challenges in young children.

Thank you for your partnership.



**TOTAL INCOME £937,000**



**TOTAL EXPENDITURE £967,080**



When I first started volunteering for FH in 2019 I travelled to Burundi with a group of FH volunteers and supporters. We visited the families of the children we each sponsored, joined in with a school lesson and worshipped at a local church with joyous singing during a three-hour service. It was an uplifting and humbling experience that I will never forget.

Children are at the heart of how a community is supported and, in any society, children are its future. To give the best possible start in life is what we want for our own children and is what every parent should be able to do. There are many ways in which we raise money to support the children, families and communities we walk alongside; child sponsorship is just one of these ways.

Child sponsorship is making a life changing and lasting difference. Your sponsorship is making a life changing and lasting difference.

As you know, FH is committed to providing care for every child within our sponsorship program and we could not do this without your monthly support. At the same time, the costs of meeting the children's daily needs are increasing. The current cost of sponsoring a child is £25 each month.

Especially if you currently pay less than this, I would ask you to consider increasing your monthly gift by just two or three pounds. This additional gift will help cover the rising costs of food, medicines, education and support that we give to the children, families and communities. For those of you who have already approached us and increased your gift, thank you.

I understand that not everyone is able to increase their gift and no matter what you decide your relationship with your child and sponsorship will not change.

If you wish to increase your monthly gift, or if you would like to start sponsoring a child, please contact me for details of what this involves.

**Fiona - Child Sponsorship Manager**  
[fcollins@fh.org](mailto:fcollins@fh.org)





# Learn more about Burundi and have some fun on 11 June

Last year, a group of intrepid souls walked the Ridgeway to raise funds for Mwumba. This year, we are running a series of awareness events in Beaconsfield so those who have supported the work (featured on pages 6 and 7) can hear more about progress.



## There will be 3 parts to the event on Saturday 11th June.

- Picnic at the DOVE cafe at St Thomas' church at 12.00pm which will hopefully include a video link with the Team in Burundi and a questions and answer session
- A ramble around the Parish boundary of Beaconsfield (about 12 miles). Leaving St Thomas church car park at 13.30 and returning about 17.00 (there will be options to leave the walk at various places if the 12 miles seems too much)
- An informal meal and quiz night at Hope church starting at 19.00. (Hopefully the quiz will help to inform you about the issues facing Burundi and also be a bit of fun)



Please feel free to join all or any of the 3 parts of the event (food will be provided, you just need to buy or bring your own drinks). Please also feel free to invite your friends and family or anyone you think will be interested in knowing more about the work of Food for the Hungry in Burundi.

Please contact Ian Johnson to let us know if you'd like to come so we cater for the right number.

Ian Johnson  
[ijohnson@fh.org](mailto:ijohnson@fh.org) 07527 058396



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.



Full Name: .....

Address: .....

.....

Postcode: .....

Email: .....

Home Phone: ..... Mobile: .....

☐ 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 10 Chiltern Hills Road, Beaconsfield, HP9 1PJ

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 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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