

SUMMER 2023

Walking

TOGETHER

THE NEWSLETTER OF FOOD
FOR THE HUNGRY UK



Community transformation

"When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. Do not go over your vineyard a second time or pick up the grapes that have fallen. Leave them for the poor and the foreigner. I am the LORD your God."

Leviticus 19: 9-10

For many years, international development has wrestled with the question of how to encourage the poorest communities to move out of poverty without becoming dependent on foreign aid. God's instruction in Leviticus gives insight into this. God doesn't say that the crops, once harvested, should be handed out to the poor. Rather, through gleaning, the poor could earn their living the same way as the landowners did, by their own labours in the fields. It was simply a command that everyone had a right

to access the means of provision created by God. FH has put insights like this at the heart of its service to the most vulnerable.

I hope you enjoy hearing the stories of hope in this newsletter. Notice that community members and their leaders are right at the heart of the activities taking place.

- Community leaders are trained to care for their communities and lead transformation, both now and after FH leaves.
- Parents are encouraged to take responsibility for the education of their children. We support teachers and school boards in giving children the opportunity to learn.
- Farmers are producing better crops from their fields through their own efforts, after FH training.

- Community volunteers are acting as change agents with their neighbours in giving lessons on health and hygiene of children.

- Saving groups help community members help themselves, start small businesses and be more resilient in the face of the inevitable challenges in our world.

- Families are encouraged to have hope for the future and to adopt positive worldviews in line with biblical teaching. Poverty is not inevitable and change is possible.

FH staff simply seek to give community members the opportunity to transform their families and communities themselves.

Thank you so much for your partnership in this mission.

Ian Johnson



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

Phone: 07527 058396 | Email: uk@fh.org | Web: 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.

Contributors: Design: John Tromans (X313 Design). All images are used with permission.

The chance to learn can change a child's life

Reading stories together is a beloved part of life for parents and children all around the world, and thanks to the generosity of FH supporters, families in Mwumba Zone, Burundi, now have access to hundreds of new books to read with their children. Food for the Hungry has been focused on improving access to education and educational attainment throughout the time we have been working in Mwumba. An important part of this work is the construction of community libraries to support children in the development of reading skills outside of school.

As you can see in these photos, community libraries are simple structures that store books suitable for children between three and nine years old. Books developed during a recent story writing workshop, as well as 150 books translated during a 2018 book translation campaign have been printed for the two community libraries. FH Burundi has recently created and distributed a further 56 new children's books in the local language, Kirundi, for a variety of reading levels. Children are able to access these libraries (which are supported by local volunteers) to practice reading outside of school and with parents/caregivers in the home.



We are so grateful to everyone who gave towards the construction of these community libraries - the impact will be felt for years to come as children are able to practice their reading skills from an early age, supporting their education as they grow.



Leon thanks God that he and his family have hope for the future

FH is continuing to have a remarkable impact on the community it serves in Mwumba, Burundi. Below you will find an interview with Leon Nakumuryango, telling us more of the transformation this project has had on the lives of him and his family.

The team has also been planning for 2024, the final year of the project in these nine hills of Mwumba. FH believes that all development should be sustainable – the aim is always to ensure future generations can meet their own needs. This means that the local leadership must be able to carry forward transformation of the economic and social systems that govern the lives of community members. This includes careful planning to make sure the community is empowered to carry the change forward. We perform our work from the perspective of supporting people to achieve their God-given potential in order to see parents, families, churches, and leaders increasingly play the role God intended them to play in their own communities.

Leon Nakumuryango is 32 years old. He lives on Gihama hill with his wife and two children, and has been participating in Food for the Hungry projects since 2019. The photos you see give examples of the training Leon has received.



What was your life like before being involved in FH projects?

“Before joining FH programmes, our house was in very poor condition. During the rainy season, the rain fell on us because the roof had holes. We have always farmed but the farming methods we practiced before joining FH programs did not allow us to produce enough for household consumption and sell to generate income. As far as church attendance is concerned, our family did not attend church services regularly. We were discouraged by our poor living conditions and we had no hope. I was always anxious, with a gloomy face. Relationships with neighbours were not strong as my children used to go and steal fruit from their farms. This situation has impacted our family due to several conflicts with neighbours. I was never interested in the word of God. I never read the Bible and also we considered the Bible as an ordinary book. All our focus was on how to overcome our poor living conditions.”

How has your life and family changed personally since being involved with FH projects?

“Since I joined FH, my life has changed. Physically my family and I are well - we have managed to increase agricultural production. We can eat enough and sell the extra to have income to satisfy other needs. In February 2023, FH provided a selection of vegetable seeds to promote the vegetable gardens in our communities. I selected the leek seeds and I planted them as trained. I also applied for a loan of BIF 75,000 (\$36) within the savings and loan group for the rental of a marsh. It is in this marsh



that I planted cabbage (see photo on page 2). For the moment, my plantation is extraordinary and serves as a model for everyone around it. I expect to have a good production at the harvest which will generate at least BIF 250,000 (\$120) of income. With this income, the requested credit will be reimbursed and the remaining amount will be allocated for the development of my family. Emotionally, I feel really good when I see that we do not have pressure in terms of eating at home. Socially, there are good relationships with neighbours because my children are no longer stealing their fruit”





"AFTER FH CAME INTO OUR COMMUNITY, EACH FAMILY IS WORKING TO IMPROVE THEIR LIVES".

What changes have you seen in your community in the time FH has been working with you?

"Before the introduction of FH's program in our community, we did not

have initiatives towards development. Even the government services in our local administrative unit could not do a lot to help us as their means are extremely limited. After FH came into our community, each family is working to improve their lives. For example, before FH's arrival, having a good latrine was seen as a luxury. But today most of the community members are working towards installing a low-cost latrine near their home".



A COOKING PREPARATION EVENT

As FH looks ahead to the final year of the project in Mwumba, we thank God for the stories from people like Leon who have seen amazing change in their lives, and pray that even more people will benefit in the years to come.

Mary in Buuri, Kenya wants to learn

All children deserve a good education. Mary is no exception.

The UN estimates that 244 million children between the ages of 6 and 18 are out of school across sub-Saharan Africa. However, through transformative education programmes, including pre-school education, teacher training and age-appropriate learning resources, Food for the Hungry are helping the next generation to succeed in Kenya.

FH are particularly emphasising support for pre-school education. If children are not stimulated and encouraged in the early years it is very difficult to catch up. In Meru County, we support 27 pre-schools. The emphasis has been on encouraging parents realise the importance of stimulating young children to play and learn, training for teachers, instructional materials, improving physical facilities and working with the Government Education Department to improve standards.

Meanwhile families are continuing to battle drought. Hungry and weak children often don't make it to school or when they are there, they find it very difficult to concentrate. FH has found that supporting school farms has been effective in establishing school feeding programmes both in pre-schools and primary schools. Children are encouraged to participate in farming lessons to help pass on techniques at their homes.

Please pray that girls like Mary can reach their full potential through these FH education programmes.



MARY, ENJOYING PORRIDGE WITH SOME OF HER CLASSMATES AT LOIRE PRIMARY SCHOOL

Access to clean water brings transformation in Bangladesh

Akhter, a young mother with a growing family, lives in a low-income government housing project in Bangladesh that suffered from a lack of clean water. She shares that *“Children were in danger of falling from the top of the hill. They had to drink stale water. We could not even keep the children clean properly.”*

These problems weighed heavily on Asma. *“I cried many times because of the water problem and sometimes thought of leaving the area but there was nowhere to go. I used to save rainwater for a day or two days. I always prayed to God to provide me with good water,”* she shares.

When FH offered to work with the people in the community, the families were excited. Asma was among the many women who attended FH trainings. One of the most transforming things FH did was to help the community members establish a local leadership structure in Ashrayan. With strong leadership, the people could start getting things done!

Over the past two years, so much has changed.

In addition to training, FH provided practical help like installing a submersible pump with an overhead water tank so families could pump their own clean water close to home. Asma has played an active role in transforming her community. Asma was also made secretary of the water committee that oversaw the pump installation and is responsible for ongoing maintenance.

Asma explains some of the changes resulting from a partnership with FH. *“Now I and all my neighbours drink safe and pure water and keep ourselves and our children clean all the time. We all take care of the submersible pump and pay the electricity bill and meet once a month. We support each other in times of danger and peril. These changes are possible through FH because FH has taught us to stick together.”*

Unity and trust between families is growing and hope has sprung forth. In addition to growing in her knowledge and skills regarding health and sanitation, Asma says, *“I have also learned to cherish a dream about children and family.”*



TRAINING ON WATER HYGIENE



When FH staff asked Asma if she would share that dream, she said, *“I want to change my family in such a way where there is no scarcity of resources so that my family won’t face any poverty. I am working to embroider clothes... and I want to have my own shop in the future where more women like me will work.”*

ASMA AND HER FAMILY AT THE OVERHEAD WATER TANK



Art exhibition at Beaconsfield Tennis Club hosted by Vincent & Green

Vincent & Green are a contemporary pop up and online art gallery where affordable fine art can be purchased. They exhibit the work of extremely talented south Bucks artists. These events are also an opportunity to raise awareness and funds for a chosen charity. In September, Food for the Hungry is their charity of choice. Some proceeds from the event will be donated and there will be an opportunity to give additional gifts.



An exciting collection of paintings, ceramics, sculpture and prints from a collective of extremely talented Bucks-based artists will be available to buy.

On display are artists who have won competitions and awards, who are regulars at prestigious exhibitions like the Affordable Art Fair and galleries such as London's Cork Street... you will find them at Vincent & Green's forthcoming exhibition.

 @vincentandgreen
 VincentandGreenUK

The exhibition will be held at
Beaconsfield Tennis Club,
The Oval, Grenfell Road, HP9 2BP:
29th September - 1st October 2023
10am - 4.30pm - open to the public
vincentandgreen.com



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 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.



FOOD FOR THE HUNGRY

Food for the Hungry UK

10 Chiltern Hills Road, Beaconsfield, HP9 1PJ

