

WINTER 2023

Walking

TOGETHER

THE NEWSLETTER OF FOOD
FOR THE HUNGRY UK





RWANDA Reconciliation Project

What is poverty anyway?

Have you ever wondered whether you are poor? The Joseph Rowntree Foundation have calculated a Minimum Income Standard which provides a vision of the living standards that we as a society agree everyone in the UK should be able to achieve.

They argue that:

“A single person needs to earn £29,500 a year to reach a minimum acceptable standard of living in 2023.” This seems high to me! A global on-line calculator (howrichami.givingwhatwecan.org/how-rich-am-i) suggests this is a higher income than 96.2% of the world!

Maybe defining poverty purely according to income is misleading.

Mizan Rahman is Program Director for FH in Bangladesh and has served the organisation for more than 30 years. He discovered early in his career that poverty is not only about a lack of resources. He notes that...

“FH has shaped my worldview as well as my spiritual pathway. I think I can define two main categories of poverty, one is material and the other is spiritual poverty. In material poverty there are many sub-groups, such as physical, social, mental and emotional. But God wants to save us from all kinds of poverty.”

One of the bible verses that was meaningful to the founder of Food for the Hungry, Larry Ward, was Psalm 34:6.

“This poor man cried, and the Lord saved him out of his troubles.”

Let’s pray that FH staff, those we serve and all our supporters can echo this testimony.

In the meantime, can I wish you a Happy Christmas!



Ian Johnson

The Food for the Hungry team in Rwanda have been working this year to implement a reconciliation focused project with church leaders. Following the genocide in Rwanda in 1994, and despite the strides Rwanda has taken towards rebuilding security, development and national reconciliation, many Rwandans still carry wounds and trauma. Prior to taking part in the project, one local church leader said

“We are still struggling to relate well with our past and this affects the way we lead followers and our attitudes and perceptions towards our colleagues who... don’t share our background. Most of the conflicts we face in our denominations have ethnic connotations based on prejudices. This shows that, before we start helping others, we need first to deal with our own experiences”.

In a project funded by FHUK supporters, 105 Rwandan church leaders were invited to participate in a series of workshops and training sessions focused on two key areas:

1. Situation Analysis - giving space for leaders to identify areas in need of healing within their congregations and wider community. Some of the key issues identified included the reintegration of released ex-genocide prisoners, cases of looted property and land still not returned to the original owners and the grief associated with bodies that have never been discovered.
2. Healing and Reconciliation - giving participants an opportunity to confront some of their own unhealed trauma and explore the Biblical role of Christian leaders and the church in reconciliation. There was also space to learn facilitation skills in relation to addressing some of the trauma still carried in their communities.

One participant said:

“This training allowed me to realise that we (leaders) owe much to the country and the communities we serve... to promote unity and social cohesion. In fact, since the halt of the genocide against Tutsi, we have been teaching... peace, love, unity, and togetherness but with a (hesitancy) to openly refer to the country’s history - in the belief that reconciliation is solely a political concept. This attitude has limited our ability to create opportunities to support communities to overcome historical legacies of the genocide against Tutsi, yet this is the mandate of any church leader as provided in the Bible”

Since the conclusion of the project, leaders have been reporting back on ways they have used the skills they learnt, working with small groups in their own churches such as choir practise as well as incorporating messages into larger evangelical events attracting up to 500 people.

Please join with us in praying for the leaders in Rwanda who continue to support their communities as they grapple with the long-lasting impact of the genocide against the Tutsi.



Participants symbolically nailed their hurts from the past onto a cross

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

Early Child education in Kenya

The emphasis on early child education in Buuri, Kenya is bearing fruit.

Juliet Kiende, headteacher at Ntugi Primary school noted that:

“Since the parental engagement sessions, I have noted there are more meaningful visits by parents to the school to not only learn about their child’s performance but also for parents to provide their part of the support. Parents visit the school on Tuesday and Thursdays to help teachers.”

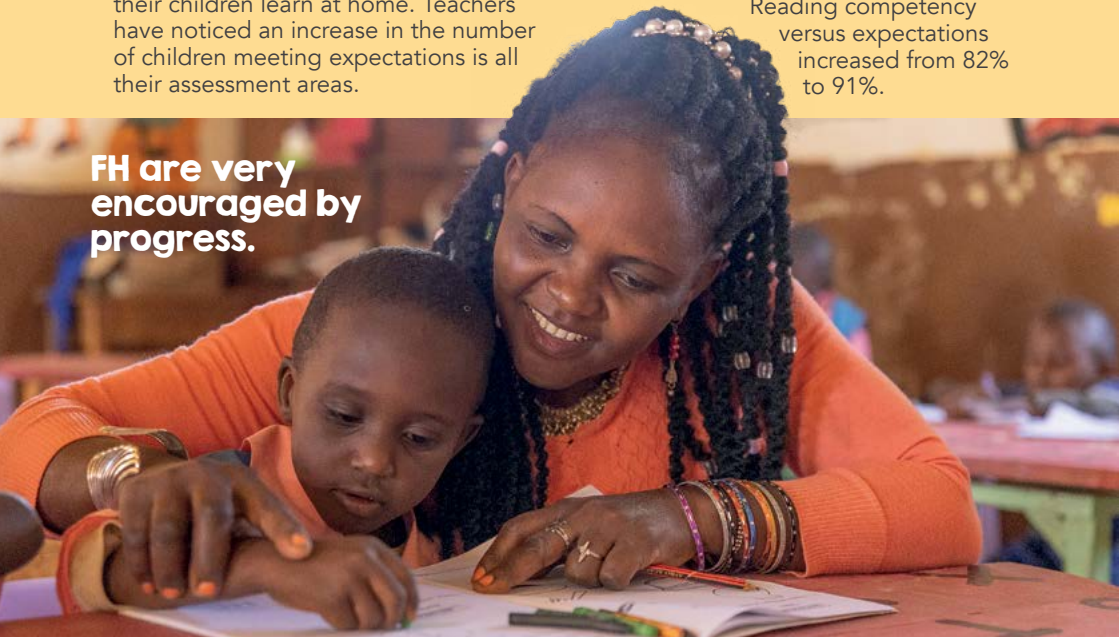
The FH team have focused on the following initiatives:

- Teaching parents on their role in early child education. Clinics were held at the school and parents taken through children’s workbooks. Parents were given guidance on helpful ways to help their children learn at home. Teachers have noticed an increase in the number of children meeting expectations in all their assessment areas.

- Renovation of classrooms and provision of desks and chairs. In total, 5 schools and 10 pre-primary classrooms were renovated.
- Coordination meetings were held with pre-primary teachers and government education officers. Training was organised on lesson preparation and other areas.
- Provision of training materials for target pre-primary schools. The project provided 1100 work books for children in 27 schools.
- Training pre-primary teachers. FH supported the government Department of Education in training teachers in competency-based methodologies to deliver learning. There was a notable improvement in how lessons were delivered and in children’s results.

Reading competency versus expectations increased from 82% to 91%.

FH are very encouraged by progress.



Lives transformed in Mwumba, Burundi



Food for the Hungry has been running a programme in Mwumba, Burundi for over 10 years. The goal has been to graduate families in villages on nine hills in the Mwumba zone (approximately 20,000 people) from extreme poverty by September 2024. The programme has been successful in improving the lives of the people in these communities, and has been praised by government officials and community members alike.

We are on track for graduation as we move into the final year. The cascade approach to training has meant that 45 local authority leaders, 272 cascade

group leaders, 45 farmer group leaders, 20 church leaders and 2812 saving group members have managed to involve almost every family in the community in development.

In the livelihoods sector, farmers have been given access to improved seeds and technical support. This has led to increased food production in all three growing seasons and has significantly reduced malnutrition particularly among children. Farmers have been trained in climate smart agriculture techniques, and been provided with agro-forestry seeds to protect their land from erosion.

Continued overleaf

Lives transformed in Mwumba, Burundi

Petronie testifies that:

"With FH training and support, I have been able to almost double the maize production for my family. I am also a model farmer whose role is to raise my follower's awareness of climate smart practices. At first this was difficult as I am a woman and most of the followers are men. However, gradually I have worked with the group and passed on skills acquired from FH staff and government extension workers. I have reached 9 groups of 30 members. Food production on my hill has increased substantially."

In the education sector, we have implemented the Let's Learn to Read (LLR) initiative, which has helped to improve the literacy of children from

grades one to three. The staff and government officials have also trained teachers in appropriate teaching methods, provided schools with textbooks and built community libraries. We have also supported the building of new schools and classrooms.

Emmanuel Kayobera, head of Kagozi school notes:

"As a result of FH training, more early grade children are able to read well as compared to the past. I also appreciate the improved school infrastructure."

In the health sector, the primary focus has been on improving hygiene in the communities. We have also rehabilitated water sources and extended them to two villages. In addition, FH staff have trained



community health workers and leader mothers in feeding young children. We have also supported access to health centres through health insurance cards, provided training on avoiding malaria and supported community wide deworming initiatives.

Jean, a cascade group volunteer testifies:

"Through the cascade group training in health, nutrition and education, I am well able to transfer knowledge to my neighbours and promote social and behavioural change. I strongly believe cases of malnutrition will continue to fall."

Josephine describes what life used to be like for her husband and 5 children, "I was living in poverty. I lacked basic needs. The poverty level was so high that I didn't know how to get out of it. Despite everything, I continued to struggle and prayed to God to move me out of this situation. The children were emotionally affected and my husband and I felt very bad that we were never able to meet our responsibility of taking good care of them."

And how have things changed?

"I have a lot of knowledge and skills transferred to me by FH in agriculture,

livelihood, education and health and nutrition. This has contributed to improving our family living conditions. In my life I would like to remain valued in the community and I hope this is possible through hard work. I would like to continue involving the savings and loans and to establish a good relationship with others and thereby contributing in our community development activities."

Let's leave the last word to the Mwumba village chief, Eric Ndayikunda.

"I am very aware of all that FH is doing in my zone. Things have never been the same since the arrival of FH in the Mwumba Zone. A lot of projects such as school construction, teachers training, school materials provision, community library construction, seed provision, training of farmers on the different agro ecological techniques, etc. These realizations have made me proud as a community leader, more especially as they are not found in the neighboring zones. As such, I extend my deepest appreciation to FH on the behalf of the Mwumba Zone for all the support."



Water gives life in Karamoja, Uganda

For years, Lucy Akolong walked miles for water. She had to walk down a steep slope to the riverbed from the village of Amuna. Retrieving water from the dry riverbed by digging pits during the dry season resulted in dirty water that caused abdominal pain and diarrhoea for her family.

Generous supporters and a loyal charitable trust financed two boreholes in the centre of the villages of Amuna and Kanaroyon giving the communities access to clean water for the first time. The goal of the project was to reduce the burden of waterborne disease by providing safe, clean water for the first time. In Kanroyon previous water sources were unsafe shared between villagers and livestock. This led to a surge in typhoid cases overwhelming the local hospital and private clinics.

For the first time Lucy and her family have access to clean safe water. Lucy is



LUCY COLLECTING DIRTY RIVER WATER

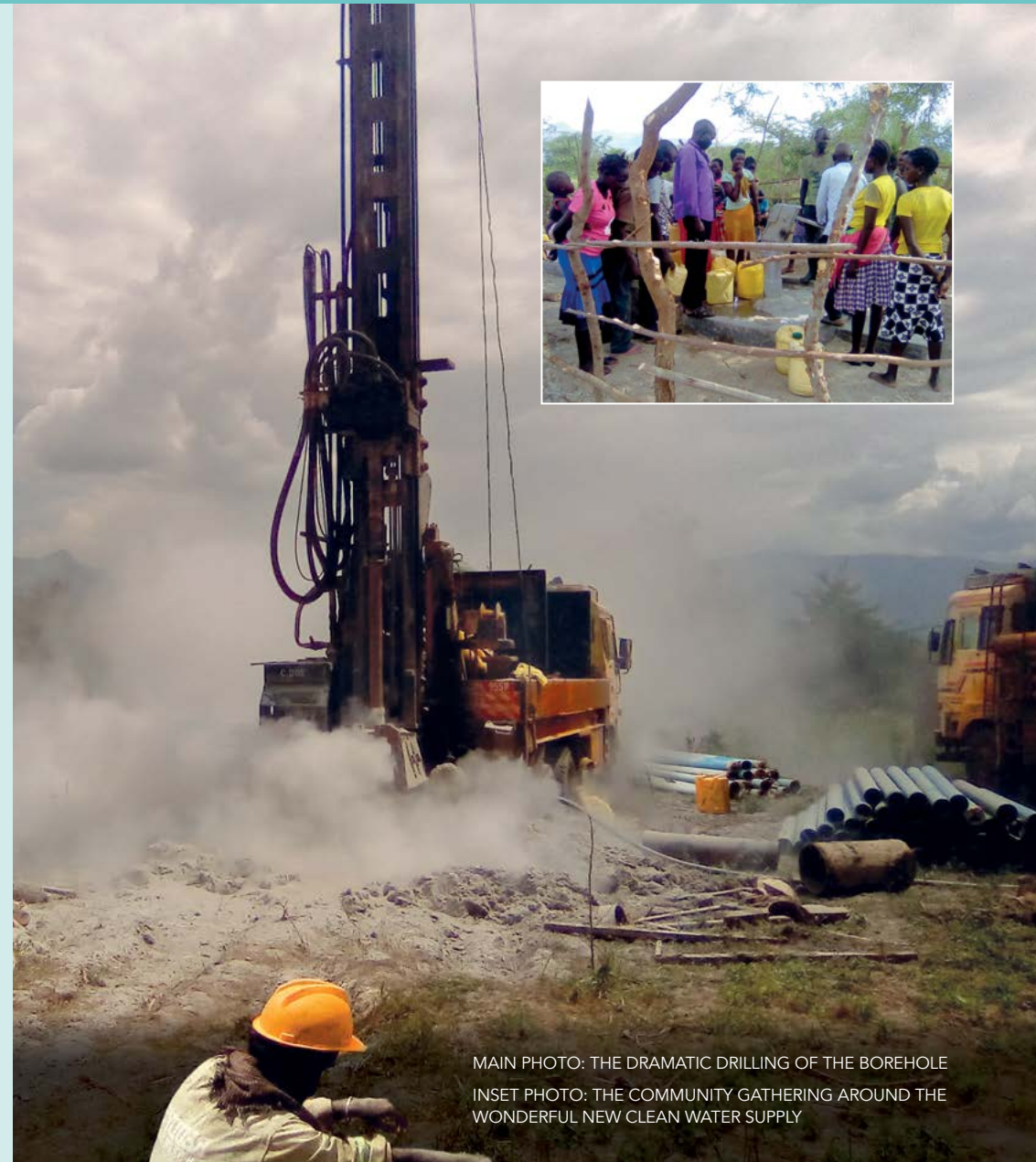
so grateful to FH and the supporters that have helped bring transformation.

We know that climate change is stressing our planet's water resources and contributing to poverty. Together with you, our supporters, we will continue to help local communities address these challenges. These two boreholes will provide clean potable water for over 1,000 villagers like Lucy.

Thank you.



LUCY COLLECTS WATER FROM THE NEW BOREHOLE IN AMUNA VILLAGE



MAIN PHOTO: THE DRAMATIC DRILLING OF THE BOREHOLE
INSET PHOTO: THE COMMUNITY GATHERING AROUND THE WONDERFUL NEW CLEAN WATER SUPPLY

Fish reduces malnutrition in Bangladesh

In January 2023, FH received funding from the Foreign Service of the Faroes Islands for Year 2 of the sustainable fisheries project in Barinda region, Bangladesh. In an area of acute malnutrition, the aim of the project is to improve income and diversify livelihoods and nutrition through the production and consumption of fish.

With over a quarter of beneficiaries being from ethnic minority groups, and the focus of activities being with women, the project really focuses on the poorest of the poor in Bangladesh, aiming to empower women while improving their income and the nutritional status of their families.

Earlier this year, FH Bangladesh leased an additional 10 fish culture ponds for 10 extra fisheries groups – bringing the total number of ponds and fishery groups (each with c.20 members) involved in the project to 28. All new ponds were equipped with essential materials for fish production including fish fry, fish feed, fertilizers, lime, rotenone powder, antimicrobial agents, bamboo, nets, lines, and aluminium pots. 200 new beneficiaries received training in modern fish cultivation and best practice, and a meeting was held

with local service providers to facilitate easy access to markets. This ensures women are able to sell surplus fish at the best price possible, thereby increasing their household income.

Following the preparation of ponds and appropriate aquaculture training, the ponds were then stocked. 2450kg of different types of carp species, including rui, catla, silver capr, common carp and mrigel were distributed, together with 25,000 mono-sex tilapia. This carp-tilapia mixed culture is deemed best suited for fish production in Barinda region, owing to its high temperatures, low pH and red soils.

In addition to the production of fish for consumption and improved protein intake, FH Bangladesh also distributed 10 different types of vegetable seeds to 200 beneficiary families. These vegetables have been grown around ponds to further help improve nutritional intake and reduce malnutrition.

A highlight of Year 2 has been the celebration of National Fisheries Week in July this year. The aim of the week was to raise public awareness

about the importance of both fish cultivation and preservation, as well as promoting the social and economic development of Bangladesh through increasing fish production. Project beneficiaries participated enthusiastically and disseminated much of their aquaculture learning to date to their neighbours and friends.



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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

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- Please do not acknowledge this gift.
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- I no longer want to receive your newsletter, please remove my details from your mailing list.

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