

SPRING 2024

Walking **TOGETHER**

THE NEWSLETTER OF FOOD
FOR THE HUNGRY UK





Ready to face the challenges of 2024

Greetings, to all!

As we reflect on the past year's endeavours and accomplishments, it is with immense gratitude that we humbly serve alongside the most vulnerable communities.

As Food for the Hungry, we are called by God to serve those affected by poverty, injustice and marginalisation by being instruments of reconciliation of broken relationships, with God, self, others and nature. In doing so, we design, develop and deliver catalytic solutions that ensure those we serve ultimately become resilient and flourish. That's why we team up with local leaders and communities. Together we're making a real impact!

Because of the call of God, we will continue to trust in Him, even in tough times, and with determination to achieve

intended results. We're therefore ready to face the challenges of 2024 and beyond, in partnership with many individuals and organisations that support our work.

We appreciate the ongoing efforts and financial contributions of our faithful and generous donors, investors, and partners – working in concert to alleviate suffering and rebuild the resilience of those we serve.

On behalf of all of us here at Food for the Hungry, thank you for being part of this journey.

Trevor Maisiri
President,
Food for the Hungry
United Kingdom



Food for the Hungry UK - 15 Palace Street, Norwich, Norfolk, NR3 1RT

Phone: 0203 355 2698 | 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.

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Countries we serve



FH works side by side with local leaders, churches, and families across the globe so that people challenged by poverty, injustice, and marginalisation are able to flourish. We do this by generating innovative, catalytic solutions that address root causes – not just symptoms – in order to build resilience and lasting impact. Our approach is local, reflected in the composition of our staff, of whom 99% work in countries of their nationality.

We will continue to invest resources, strengthen relationships, and foster transformation in the countries currently served by FH UK. Supporters and investors in the UK will also be able to connect with the broader network of Food for the Hungry, partnering to expand impact in 19 countries throughout Africa, Asia, and Latin American and the Caribbean. Cambodia, Ethiopia, and Peru are three countries we are featuring where our efforts are making a big difference. We invite you to take a moment to discover more about the impactful work being done in these countries.



FOOD FOR THE HUNGRY

Please note our new contact details:

Food for the Hungry United Kingdom
15 Palace Street
Norwich, Norfolk
NR3 1RT
United Kingdom

Contact Us:
0203 355 2698
uk@fh.org



COUNTRY SPOTLIGHT



Vibol Chap

FH Cambodia
Country Director

FH Cambodia currently serves 211 communities and 42,675 households, positively impacting around 186,283 people in Oddar Meanchey and Siem Reap provinces.

FH Cambodia's focus has shifted from relief efforts during the civil war to sustainable development programs that promote community leadership, education, food security, and health.

Our goal is to build resilience and promote flourishing children, families, and communities.

Find out more by using these 3 QR codes to visit the website.



Moses Dombo PhD

FH Ethiopia
Country Director

FH Ethiopia's provides life-saving and sustainable development support to vulnerable individuals and communities across the country. The effects of recent war in Tigray and spill-over to neighboring regions has heightened vulnerabilities and dramatically increased the number of people whose well-being and livelihoods are at risk.

Despite the complex and multi-faceted challenges that exacerbated poverty and increased operational risks, FH Ethiopia has responded by serving 2,208,395 individuals.

As there are many urgent, unmet needs that remain, FH Ethiopia is mobilizing to increase the number of people it serves.



Noemi Gamonal

FH Peru
Country Director

FH Peru has more than 40 years innovating for social development. We have a presence in 155 communities, working together to create solutions for resilience so children, adolescents, families, and communities can thrive. Building alliances with public and private partners, creating synergies to increase the transformational impact and escalations of solutions. Our projects place special emphasis on gender mainstreaming, resilience, governance, and intercultural approaches.



Income from farming increased by 30% in Bangladesh

Criss-crossed by rivers and surrounded by sea, there are few places on earth more impacted by climate change than Bangladesh. Poor coastal farmers have been dealt a heavy blow in recent years. Rising sea levels, saltwater intrusion, flooding, drought and super-charged cyclones have hit agriculture hard.

But what can be done about this?

In Barguna, the FH team have worked with poor coastal farmers for the last year and those participating have seen an average income increase of 30% through:

- The introduction of saline tolerant rice
- The establishment of Farmer Business Schools to give technical training and

help farmers collaborate to negotiate the best prices for their crops

- The use of farmer machinery
- Support for 57 saving groups to help farmers raise capital to support an investment into farming by maintaining the agricultural machinery and backstopping member initiatives.

432 farmers were targeted, particularly those without access to land, people with disabilities and vulnerable women. Crop yields have dramatically increased and families have begun to thrive.

The project was partly funded by Guernsey Overseas Aid and partly by UK supporters. Thank you so much!



Sowing hope for the future in Mwumba, Burundi

Pierre Nyabenda, a 36 year old subsistence farmer has spent his adult life trying to grow sufficient food for his family, supported tirelessly by his wife Imelda. In the last 5 years their lives have been turned around.

In 2019, Pierre admitted he had succumbed to despair. He was living in misery because he did not feel he could escape from poverty.

"I was not able to satisfy the most urgent primary needs (food, clothing, children's schooling) and to carry out activities that could increase the income in my household was a big challenge. Children's performance at school was poor as well as their health. Emotionally, I was discouraged because I could not see the possibility of overcoming this situation."

Listen to his testimony now....

"Living conditions of my family have improved especially in increasing

agricultural production from 75kg of maize to 298kg and from 96Kg of beans to 257kg per season! I have access to credit in the savings group of which I'm a member. It helps me meet emergency needs. My family is considered by other community members as a role model for others,

I take an active part in a water committee as a volunteer in order to maintain the water infrastructure and keep the environment clean. I was trained on the importance of savings and credit groups, saving for the future and the creation of income generating projects. I have learnt smart farming techniques to ensure my family is well fed."

Violette Uwimana, an FH staff member in the community notes that Pierre is now a man with a vision for his family and his community.

Your support has enabled this sort of transformation.



The encouraging thing is that this story can be replicated multiple times on the nine hills in Mwumba zone where FH works (population over 20,000 people). The goal has been to graduate the families here from extreme poverty by September 2024 after a project lasting more than ten years. More than 80% of families are involved in the project through activities like:

- Cascade groups sharing messages on health, education and a healthy worldview
- Farmer groups putting into practice conservation agriculture
- Water projects to improve access to water and sanitation
- Training Leaders in 10 churches and encouraging their work in the community
- Village saving and learning associations
- Leadership training for community leaders
- Building schools and classrooms, training teachers and encouraging parents

Education has been a major focus. The "Let's Learn to Read" initiative has helped improve literacy among children in the early years of primary school. This has involved eight partner schools including 45 teachers, 8 head teachers and 7 supervisors. The training provided and support from the Ministry of Education will mean that future generations of children will be impacted. Parents and care-givers have also been encouraged to realise the importance of education and how to stimulate young children. Parent volunteers have been recruited to run activities in the new community libraries that have been built on three of the hills. This will help prepare children for primary school and ensure parents are aware of how best to stimulate the development of pre-school children.

Thanks to the generosity of supporters like you, we remain on track to graduate in September. A final evaluation of the project is in progress. Keep an eye open as we share the results of changed lives in coming months!



Steps towards a flourishing community in Buuri, Kenya

The underlying causes of poverty, injustice, and marginalization are complex and often interconnected. That's why our partnerships with local communities and leaders create comprehensive solutions that endure.

In Buuri, Kenya, we have supported two initiatives

- Improving food security for families
- Promoting early child education

The promotion of agro-ecological practices has been particularly important. This has been particularly valuable as Kenya in common with other countries in the Horn of Africa have suffered from prolonged drought. 43 farmer groups have been supported involving 8909 farmers. Crop yields have increased and communities are better prepared to mitigate the effects of drought on farming. At the same time,

school farms were strengthened in eight primary schools. Harvest from these farms can be used to support feeding programmes for the children and ensure farm activities can be sustained.

Analysis has shown that these feeding programmes have multiple benefits. Poor rural farmers are more likely to send children to school so absenteeism falls, and the nutritious diet helps concentration and educational attainment improve. Nearly 1500 children have benefitted.

Martin Mugambi, a Parent Association member says this:

"FH has opened our eyes, we have utilized over half of the farm to produce food which will supply food for the school for one term."

Five school sites have also been supported in improving rain water harvesting with 10,000 litre PVC

THE 4-K MEANING



KUUNGANA

UNITY of the youth and young farmers as members of the club to foster growth and empowerment in the society.

KUFANYA

ENGAGING in doing work with one's hands and mind in a bid to meet the society's present needs.

KUSAIDIA

AID of the country by ensuring its progress through offering innovative solutions to national challenges.

KENYA

An educated, healthy, self-reliant nation points to an assurance of prosperity.

The early child education project is scheduled to end in September 2024 so the focus has been on ensuring results obtained so far are sustained and the new practices learnt to stimulate pre-primary children continues to be implemented in the long term. Activities in progress include:

- Training pre-primary teachers
- Providing age-appropriate training materials
- Encouraging parents to understand their importance in stimulating their children and supporting education
- Improving physical facilities where necessary

Elick Njeru, headteacher at Ribui Primary School says:

"Since FH/Kenya started working in this school our children have benefitted a lot and they look happy. Parents have also been empowered from your sessions on parenting skills and there's a great improvement on how they are handling children. I think even if FH leaves us, the community has been empowered and can continue with the good work FH/Kenya has started"

The early years, under five years old, are the most crucial years for children. It's when they learn most rapidly and where their learning and experiences forms the person that they are and will grow into being.

With your support, we are seeking to give children in Buuri the best possible start to their lives.

tanks, gutters, drinking water outlets and tank shades. This has multiple benefits in ensuring access to water and improving hygiene.

20 4K clubs have been strengthened in the schools. Any primary school child can join a club. The clubs encourage children to participate in agriculture, work together and learn good practices from a young age.

Improving learning outcomes for pre-primary children

Please sponsor Andy Hill as he walks 192 miles for children in Burundi

Congratulations to Andy Hill who has walked the 192 miles of the Pilgrims Way starting from the steps of Southward and Winchester Cathedrals and finishing at Canterbury Cathedral. Andy completed the walk in three sections in April.

He is raising money towards children in Burundi.

Every penny has the power to transform lives and opportunity in Burundi.

It's not too late to sponsor him.



JustGiving®

Please navigate to this link
www.justgiving.com/page/andy-hill-1706645059251

or go to www.justgiving.com and search for Andy Hill Food for the Hungry.



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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 15 Palace Street, Norwich, Norfolk NR3 1RT

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.





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