

# WALKING ALONGSIDE

Every person, however broken and poor, is created in the image of God with incredible worth and potential. That's why we never seek to just "fix things" for people but seek rather to affirm that potential within them and to give appropriate support as they slowly realise that potential within the harshness of daily life. Rather than just give directions, we seek to walk with people on this journey towards wholeness.

Squatting on land that is a mud-bath in the rain but which quickly dries to a dust-bowl in the hot wind; the people of Maisha Bora have begun that journey. It won't be easy, but it is a journey towards God's best for them and He will not leave them to travel alone. We have started walking alongside this needy community. Will you join us too?

## Walking alongside Maisha Bora, Kenya.

169 children in Maisha Bora have been orphaned by HIV/AIDS; a further 180 are extremely vulnerable, either engaged in child labour or prostitution or living with chronically ill parents who are unable to meet their basic needs. There is no clean water or sanitation.



### What does it take?

How can a community like Maisha Bora begin the long and hard journey out of extreme poverty?

#### Appropriate People:

Two local staff have been recruited and trained to work with the community to build hope and its future capacity. Volunteers from the community will also receive special training and work alongside these staff in actively demonstrating God's heart for the poor.

As part of 'walking alongside' the community, staff and volunteers meet community members at their point of need through home visits.

These are the best opportunities for staff to minister to the orphaned children and to aid their reintegration.

#### Appropriate Ideas:

Apart from practical training in topics such as health, agriculture and income generation, community members will also have the opportunity to discover Biblical principles and how to apply them to their lives.

Community based groups will be formed to identify and tackle the main issues in the community, empowering locals to tackle these issue for themselves.



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## Appropriate Resources:

Within the goal that the churches, leaders and families will take full responsibility for meeting the needs of the children, we will be supporting them with mosquito nets, school uniforms, fees and materials. Help will be provided to the community as they assist the most vulnerable, in terms of food, shelter, healthcare.

## And you:

Please will you join us in praying for and supporting the people of Maisha Bora? Their poverty is not inevitable and cannot be ignored.

The cost of the programme works out at just £20 per family per month, which will provide schooling, training and health care, whilst establishing an infrastructure for clean water, improved nutrition and opportunities for the future.

We have committed to supporting them over the next 8-10 years. Please join us, we can't do it without you!

To find out more visit our website:  
[www.uk.fhi.net](http://www.uk.fhi.net) or contact David:  
Phone: 01494 674898  
Email: [dfinlay@fhi.net](mailto:dfinlay@fhi.net)

## Get involved

To support Maisha Bora please fill in the response form enclosed.



## £100

£100 can pay for school fees and equipment, enabling a child to go to school for a year.

## £50

£50 can provide 8 mosquito nets keeping children safer from malaria.



## Sponsor the community:

## £20 a month

For £20 a month you can sponsor the community of Maisha Bora as they journey out of poverty.

## Children of Potential MAISHA BORA

We have identified 50 of the most vulnerable children to be supported to attend nursery school. Meet two of them.



*Doreen*

Doreen is 8 years old. She lives with her mother and one other sibling. Her father has passed away and her mother has been unwell. Doreen's family rely on neighbours for food and accomodation.

Support for Maisha Bora will enable Doreen to learn the skills to have a healthy life. It will enable her to access education and provide much needed emotional support as her mother is unwell.



*Yusuf*

Yusuf is a total orphan. He was living with his Grandmother until she was hospitalised. He is 5 years old and is currently supported by his aunt who is a casual labourer.

Support for Maisha Bora will give Yusuf access to health care and help him to overcome the physical and emotional trauma he has experienced. Support through school will also equip him for a life beyond subsistence poverty.

*Please fill in the enclosed response form to help more children in Maisha Bora like Doreen and Yusuf or call 01494 674898*

# Mothers improving family health in Ethiopia



*Moira updates us on how we are improving child and maternal health in Ethiopian communities. Moira is one of our seconded international staff in Ethiopia acting as a Health Advisor.*

The Health team here is very excited that alongside distribution of food to the poorest section of South Gondar (about 160,000 people), funding has now also been received to promote healthy feeding practices and hygiene. Just giving food support is not enough.

South Gondar is a chronically food insecure farming area with highly degraded land and limited rainfall. But whilst poverty invades every aspect of life, I have never met more honourable and generous people in my life! Community leaders are working tirelessly to make improvements in their region.

Our survey has shown that almost all children in the area are malnourished and many also stunted. Harmful practices such as breastfeeding up to 2 years of age without complimentary food are common.

Many parents and children do not eat a balanced diet. Consequently we are planning to focus not only on health education but also on encouraging behaviour change.

Health Promoters will each train and motivate five “Care Groups” of 14 “Mother Leaders” selected by the community. Each Mother Leader will in turn educate and motivate 10 pregnant women or families with small children by regular home visits.

One Promoter can thus reach 700 households. This self-help and volunteerism model encourages small community groups to discuss health issues and share experience of parenting at grass roots level.

Our aim over a 3 year period is to share messages about nutrition, child and maternal health, hygiene practices and sanitation in each of the districts.

We need your prayers for successful implementation particularly for the community to openly adopt changes that will improve the health of mothers and children.

Moira McLure.

# Women of Action UK launch event

At the end of January nearly 200 women came together in Buckinghamshire to mark the launch of the Women of Action network. This network is supporting disadvantaged women across Bangladesh as they lift their families out of poverty.



With guests ranging from Women of Action sponsors to those who had never heard of Food for the Hungry before, activities on the evening varied from light entertainment to a short presentation and video about our work in Bangladesh.



Kate Marsden, who with her husband John leads our programmes in Bangladesh, was there to answer any questions and help guests to discover more about the lives of Bangladeshi women.

On the evening Kate also led the sari challenge, where 10 teams of women dressed our models up in saris against the clock. As expected some results were very amusing!



The evening ended with a song by Liz Fyfe written to express the desperate situation that millions of women face in Bangladesh. ( [listen online](#) )

The event raised enough funds to support over 8 learning and savings groups for a year in Bangladesh. These groups will empower over 100 disadvantaged women to develop the skills and confidence they need to overcome poverty.

[Read Rehana's story to see the impact these groups are making.](#)

**Want to get involved?**

Please get in touch to find out how you and your friends can join our network and support women in Bangladesh.





## Rehana's story

## WOMEN OF ACTION

Like any mother, Rehana wanted the best for her children. But her husband's wages were barely enough for their family to survive. There was nothing left to send the children to school.

One day Rehana learned from her neighbour about the work we were doing in her community. She wanted to join one of our learning and savings groups but her husband was opposed to the idea.

He didn't understand why women should take on such an activity outside the home. Rehana persisted and finally convinced her husband to allow her to join the group.

In January 2007 Rehana joined 22 other women in the Megna women's group. They began meeting each week with one of our staff, who shared lessons on topics including health, legal rights and Biblical values. They elected leaders and contributed every week towards a group savings account.

Through a sewing training course, Rehana learned to sew and make clothes. Using a loan, Rehana purchased a sewing machine and began to take orders from people in her village for clothes, earning upwards of 900 taka every week.  
( The average family income is about 3000 taka )



One day Rehana's sister-in-law became very sick but her husband had no money to travel and visit her. He was shocked and grateful when Rehana handed him 100 taka from her successful sewing business for the travel expenses.

Today Rehana is continuing to thrive with our support and her children are doing well in school. Within her women's group Rehana serves as the leader and Chairwoman.

She encourages other women to become group members and dreams of helping poor women by teaching them to sew. She says "Please pray for me so that I can buy land and open a sewing training centre."

[www.womenofaction.co.uk](http://www.womenofaction.co.uk)  
watch our video | join our network | sponsor

**Women of Action: uniting and empowering women to break the cycle of poverty, abuse and oppression.**

Contact Charlene to find out more: [chayden@fhi.net](mailto:chayden@fhi.net) | 01494 674 898

## Bread for the Community

Javier, a subsistence farmer living with his wife and eight children in a simple adobe house in Bolivia, had a vision to create another source of income to help sustain his family into the future. He approached our staff with the idea of opening a bakery, the first in the area.

Javier and his family have now built a new two storey building, bringing up large flat rocks from the river about 1km away, all by hand. We provided start up assistance for some of the more expensive materials (metal roof) and equipment (such as the oven).

Through some training at a local institute, Javier and his wife learned how to deal with many new challenges such as maintaining a clean and hygienic working environment, maintaining consistent records and marketing.



We walk with churches, leaders and families in overcoming all forms of human poverty by living in healthy relationship with God and His creation. Charity number: 328273



Operating the business will help to establish and cement important values in the family.

It will improve the quality, price and variety of food supply in the community, but more profoundly, it will set an entrepreneurial example, cutting across the prevailing culture that change and improvement is not possible.

Simon Snell, seconded staff member from Norwich who has worked with Javier on this project writes,

“It has been fantastic to see how committed Javier and his family have been to get their bakery up and running. They have invested tremendously in this business. I’m sure he will make it a success because it means so much to them and there is consistent demand for bread in the area.”

tel: 01494 674 898  
47 Burgess Wood Road South,  
Beaconsfield, Bucks, HP9 1EL