

# Helping families build a future free from poverty



January 2016 - March 2017 Review



# Our mission is to help families build a future free from poverty.



## What's the problem?

One in nine people around the world suffer from chronic hunger. We think this is unacceptable. The majority of these people live in very remote areas of Asia and Africa without the means or opportunity to speak out and change things for the better.

## Where do we work?

We work in some of the poorest and most remote places in India, Nepal, Malawi and Zimbabwe.

## What is our approach?

Our six core values are justice, empowerment, partnership, learning, accountability and equality. We do not dictate how communities should tackle poverty. Instead we enable them to decide how they want to build a better future for themselves. This doesn't mean we give handouts, but rather we listen and support people to develop the skills and confidence they need to help themselves. We encourage long-term, sustainable change, rather than quick fixes.

## Who do we work alongside?

We work with family farmers who depend on small plots of land for their livelihood, and are among some of the world's most undernourished people. We work with tribal communities who are denied access to the land and forests on which they depend for survival. We work with women who don't have a voice, and we work with young people, so they can break the ongoing cycle of poverty.

# Our achievements in 2016/17

In 2016/17 we delivered 12 projects across four countries and celebrated Find Your Feet's 56th year. We also formed a partnership with Health Poverty Action to ensure our work, and the relationships we have built with communities over the years, will remain strong long into the future.



We trained  
**16,941**

people in Africa and Asia  
in sustainable agriculture  
techniques such as crop  
diversification, composting and  
agroforestry.



In Zimbabwe we worked with  
**2,090**

active Lead Farmers who have  
supported another

**35,863**

Follower Farmers to learn  
about, and adopt, sustainable  
farming practices on their land.

In Malawi we worked with

**358**

Village Savings and Loans  
Groups, providing

**4,841**

members with access to credit.

In Nepal we supported

**166**

Self Help Groups through  
which

**1,272**

women from the Tharu  
tribe have taken out loans  
to invest in agriculture and  
microenterprises to boost  
their income.



In India we provided training  
and support to

**240**

tribal-led organisations across  
Chhattisgarh and Jharkhand  
to lobby government for more  
equitable service delivery.

## We are growing more food

We support communities to innovate. Families are encouraged to use their own resources, to try new seeds, make their own compost and diversify their crops. This means they can produce a variety of nutritious food to eat throughout the year and they can support themselves.



In Chingwaru, Zimbabwe, we are working to improve nutrition amongst local farmers such as Mollia and her husband Pedzisai. The soil quality in their village is particularly poor and, in the past, the couple have had to turn to food aid during the drought season. Today Mollia is part of a farmers group who are diversifying their crops and learning new skills.

"Now we are growing a wide range of cereal crops like sorghum and millet, along with legumes like sugar beans. Others in the area are adopting small grains too. Women participate more because they are the heads in terms of food. We meet at least once a month and sometimes more regularly. There were some people who were growing small grains but it wasn't common. We have learnt that small grains are more drought tolerant than maize. We think they taste better, and they are more nutritious. Now I think there is less disease in our area – we recover from illness more quickly and we visit the clinic less. This year we're going to have a bumper crop and be food secure."



Women in India are also coming together to form Self Help Groups to improve their nutrition. Shivkumari is a rice farmer from Saktula, a remote village in the Indian state of Chhattisgarh. Every month, Shivkumari and the rest of the group contribute 100 Rupees (£1.17) which is used for longer-term investments.

"Before we would see each other around the village but we would never meet up as a group. Now we meet every month to pool our savings and discuss the problems we face. Earlier this year I requested to borrow 3,500 Rupees (about £41) from the group in order to buy seeds, farming equipment and labourers to help me plant and harvest my rice. With the support of my fellow group members, I was able to improve my crops, increase my yield, and make a profit! Now my family will be able to have enough to eat all year round."

## We are earning an income

We provide people with the opportunity to learn business skills and support them with saving and loan schemes. They can borrow capital and improve their confidence in order to start a small business. They can sell their surplus produce, start a local shop, or learn a trade to become more self-reliant.



In Zimbabwe we have helped local people to set up Village Savings and Loans Groups. These groups come together to receive training support to improve their crops, and to sell the things they produce, such as hibiscus tea, coffee substitutes, tomatoes and peanut butter. All the profits are put into a savings pot, from which everyone gets a loan, as well as assets, which are shared among members.

Mrs Nadenga is from a very remote village in Mutoko, Zimbabwe, where resources are scarce and families struggle to grow enough food. Her group received training in sustainable farming methods, and basic business skills. The group now meets regularly to share skills, knowledge and resources to improve their crops, and to create products to sell at market. Since the group started, they've been able to buy a goat for each member of the group, and 3 cows between them.





In Nepal, we have established Youth Education Centres (YEC) to help young people reach their full potential. Seti studied at the local village YEC and, thanks to the support she received, now runs her own tailoring shop.

"I wasn't doing well at school. I didn't pass Grade 10 and had to leave. I was so sad that instead of being at school, I had to spend my time with my mother looking after the house and working in the field. I felt like I was wasting my life. My father works as a labourer and earns very little money, and with eight people in our family to feed, times were hard. My friends told me about the education centre and encouraged me to join. I spent 4 months learning new life skills. I learnt about decision making, health and hygiene and effective communication. I then started a vocational course to learn dress making. Being at the centre gave me the confidence to start my own tailoring shop. Now I feel happy, because I'm earning an income and standing on my own two feet. Finally my dreams are coming true."

## We are speaking out

We help to empower people so that they have the confidence to speak out and take a stand on issues that affect them, such as accessing better healthcare for their children or clean water for their village. This, in turn, means that they can demand and receive what is rightfully theirs.



In the Indian states of Jharkhand and Chhattisgarh, we have continued to support eight Public Information Centres (PIC) which help local people to understand the government services that are available to them. Shyama is a counselor at the Tonahi Nara village PIC and often travels to local communities to inform them of their rights.

"I like everything about my job. There is a huge vacuum of knowledge about public schemes and I am happy to be able to contribute to my community. Now people look up to me – I am an important figure in the community. My job is to reach out to local people and encourage them to visit the PIC. As many people are illiterate, I help them to fill in forms and, since it opened in 2014, we have supported 1,650 local people. I ensure people have access to work and to their pensions, that women have free healthcare during pregnancy and childbirth and many other things."





Find Your Feet has been working with local community structures in Malawi, to enable them to understand their roles, develop community action plans and promote gender awareness, since 2008. Local farmer, Constance has been a member of her Village Development Committee (VDC), Malawi's form of local government, for about five years. Constance works with a group of 15 elected community leaders from across her district, making up the Area Development Committee. The committee is made up of ten men and five women, each representing their own villages' needs and concerns. Alongside our local partners, we work with the government and the local community to ensure that women like Constance can participate in decisions that affect them.

"Find Your Feet doesn't just address one corner of our lives. You take a more whole approach addressing food security along with HIV/AIDS, healthcare and income through business training and Village Savings and Loan Groups. The training I have received has helped me increase my yields, and now I use much less seed to grow my rice so I can earn more money to support my family than I did before. Building on what I learnt in the marketing training, I now save my extra maize to sell between the months of October and December when people are beginning to run out of their own stocks, which means I am able to sell it for a much higher price. I face some challenges because I am a woman. Sometimes in meetings, the Chairman will talk over me or dismiss my views. But I know that I really understand my community's development needs so I won't give up."

## We are working in partnership

We have chosen to partner with Health Poverty Action because of our similar values, and the complementary nature of our work. Their work to tackle the root causes of poverty and poor health fits well with our own mission to help communities improve their farming techniques and develop profitable livelihoods.



The old toilet block at Betty's school



Betty stands outside the brand new toilet and changing room block built with the support of Health Poverty Action.

**Health Poverty Action works with communities in 15 countries across Africa, Asia and Latin America to improve health. They do not see health as a simple medical issue, but instead they work to tackle all of the social factors that impact on health, including education, sanitation, nutrition and livelihoods. Without addressing these challenges in people's lives, it is impossible to achieve good health.**

**We are excited to develop our work further in partnership with Health Poverty Action, and we wanted to tell you a little more about what they have been doing.**

Nyaruguru District in Rwanda is mountainous, with no tarmac roads crossing it, making it very hard to access. Water and electricity are scarce, and the district is among the poorest in Rwanda.

Poverty in the area often impacts on girls the hardest, and many drop out of school early due to financial issues and cultural barriers. Stigma around menstruation and other sexual health issues also result in many girls staying at home during their periods, and missing school.

Betty is 18 years old, and currently in secondary school. When she first got her period she missed



Betty is proud of the facilities at her school, and now feels comfortable when studying. She wants to go to university and study to become a doctor.

school for three days.

"I remember when it happened to me, I didn't expect to see what I saw. Getting up from my desk my dress was almost red, boys laughed at me, and I went home ashamed. I spent three days without going to school because I felt that everyone was aware of what had happened to me."

Health Poverty Action works with families and schools to overcome this stigma and gender inequality. Part of addressing this inequality is to ensure school environments are friendly and welcoming to girls. This is why they have worked with schools to build new eco toilets and changing rooms to ensure girls like Betty have clean and sanitary facilities for girls to use whilst on their periods.

"The girls changing room was something new, creative and innovative at our school. We are glad we have somewhere to change if we are surprised by periods at school. We no longer have to go home to change ourselves due to our periods.

In addition pads are available in the girls changing room for us; I was using old tissues before because I couldn't afford to buy sanitary pads."

# Our fundraising champions

We simply would not be able to do our work without the commitment, determination and enthusiasm of our fundraising champions. Thank you for running, cooking, cycling and doing all you can to help spread the word and raise vital funds.

In 2016-17, our return on investment was 4:1, meaning that for every pound that we spent on fundraising and communications, we went on to generate four pounds from voluntary sources.

Curry for Change continues to flourish, and in 2016 we

raised almost £50,000. The campaign also saw some exciting events including a number of Super Clubs, and a series of cooking classes which were featured in Time Out! You can find out more about Curry for Change at:

[curryforchange.org.uk](http://curryforchange.org.uk)

In 2016-17, we also raised an incredible £38,963 from sporting events. We are especially grateful to the team from Mondrian Investment Services who ran the Royal Parks Half Marathon for us and raised an incredible amount for our work!



# Thank you to everyone who makes our work happen

## Our partners

20 partners in India, Nepal, Malawi and Zimbabwe.

## Our Board of Trustees

Greg Barclay  
Celina Benedict<sup>1</sup>  
David Boal<sup>1</sup>  
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Betty Williams<sup>3</sup>  
Simon Wright<sup>2</sup>

*1. Stepped down 13th December 2016*

*2. Appointed 13th December 2016*

*3. Appointed 12th October 2016*

## Our Ambassador

Atul Kochhar

## Our Patrons

Tim Cross  
Stephen Ogle

## Grant Giving

Big Lottery Fund  
Department for International Development  
European Union  
The Development Fund of Norway  
The Government of Malawi

## Trusts and Foundations

Maitri Trust  
Oak Foundation

## Corporate

I Am By Nature  
Kingfisher Beer  
Mondrian Investment Partners Ltd  
Natco Foods

## Supporters

We can only do what we do with the support of our individual supporters. Without you, none of our achievements in 2016 and 2017 would have been possible. Thank you.

# Our income and expenditure 2016/17

## Income

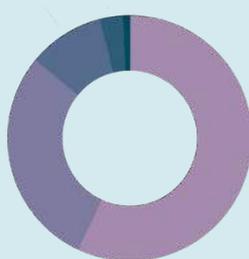
2016/17

Big Lottery Fund, Department for International Development, European Union, Government of Malawi and The Development Fund of Norway	£873,232
Charitable trusts and foundations	£453,626
Corporate support	£50,321
Donations from supporters	£154,005
Other income	£12,195
<b>Total incoming resources</b>	<b>£1,543,379</b>

## Expenditure

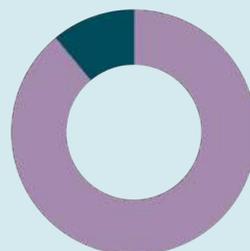
Charitable activities to promote rural livelihoods	£1,362,026
Raising funds	£162,845
<b>Total expenditure</b>	<b>£1,524,871</b>

The above financial information is extracted from the full financial statements of Find Your Feet for the 15 months ended 31st March 2017, which have been audited by Goldwins, Chartered Accountants and Registered Auditors. For the full financial statements, please ask us or see: [www.find-your-feet.org](http://www.find-your-feet.org)



### Income

Institutional	57%
Trusts and foundations	29%
Supporters	10%
Companies	3%
Other	1%



### Expenditure

Charitable activities	89%
Raising funds	11%

# How your money helps

We rely on the generosity of people like you to help lift families out of poverty. It is people who change things for the better. By investing in people, giving them the skills, knowledge and confidence they need to help themselves, their families and their communities, we make small sums of money go a long way. And it all starts with you.

Donating online is quick,  
easy and secure at:  
[www.find-your-feet.org](http://www.find-your-feet.org)

Debit and credit cards  
accepted by phone:  
+44 (0)20 7840 3780

Cheques payable to Find Your Feet  
can be sent to:  
Find Your Feet  
31-33 Bondway  
London  
SW8 1SJ

Donation forms and Gift Aid forms  
are also available online.

## Looking ahead

This Annual Review is a snapshot of the past 15 months. You can learn more about our future plans, read in-depth stories and access our full Annual Report and Financial Statements online at:  
[www.find-your-feet.org](http://www.find-your-feet.org)



£5 could provide training in hygiene and nutrition for one farmer.



£55 could provide training for one 'Lead Farmer' who will help their community to use effective, low-cost farming methods.



£193 could pay for a hygienic and durable solar drier for a family, so they can keep fruit and vegetables for much longer, and have enough food throughout the drier 'hungry months'.

## Get informed

Find out how we help people to grow more food, earn an income and speak out against injustice.

[find-your-feet.org](http://find-your-feet.org)

[twitter.com/find-your-feet](https://twitter.com/find-your-feet)

[facebook.com/findyourfeet](https://facebook.com/findyourfeet)

[fyf.org.uk/sign-up-for-newsletter](http://fyf.org.uk/sign-up-for-newsletter)

## Get involved

Make a donation or fundraise. See how to have fun with friends and family while raising life changing funds.

[find-your-feet.org/get-involved](http://find-your-feet.org/get-involved)

[curryforchange.org.uk](http://curryforchange.org.uk)

## Get in touch

Call us: +44 (0)20 7840 3780

Email us: [fyf@fyf.org.uk](mailto:fyf@fyf.org.uk)

You can send letters and donations to:

Find Your Feet

31-33 Bondway

London

SW8 1SJ

Registered charity number: 250456

Cover: The people of Tonahi Nara village in Chhattisgarh, India. They are learning about their rights at Public Information Centres supported by Find Your Feet.

Photograph by: Katy Essex

