



FOOTPRINTS

AUTUMN 2016

Helping families build a future free from poverty

FARMERS IN MALAWI ARE COMING TOGETHER IN THE FACE OF ADVERSITY



"We know we cannot run away from climate change, but we can lessen its effect on us. We have combined crop diversification with food budgeting, and selling our surplus produce, so that we are prepared to face the future."

Mestina Mhango is a lead farmer from the Rumpi District. She has 27 follower farmers with whom she shares her farming knowledge.

Malawians are currently suffering the effects of El Niño – a complex weather phenomenon that brings severe drought, and with it, crop failure and hunger. On 12th April 2016, the Malawian government declared a national state of disaster.

But thanks to your support, the farmers that Find Your Feet work with are now able to prepare for and endure unpredictable weather conditions.

Communities are coming together to learn, develop and use new farming technologies, to protect their crops and mitigate the impact of potentially devastating changes in climate. Together, they are able to ensure food security in the face of adversity.

This year, Find Your Feet's work, and the life-changing impact it has for farmers has been recognised by the Big Lottery Fund, who have chosen Find Your Feet as one of the first charities to receive extra funding in the wake of El Niño.

But with small holder farmers making up 80% of the population of Malawi, many families are still in need of support. With your help we can enable even more farmers to come together this year, to become stronger and more resilient.

We enable poor rural families in Asia and Africa to grow enough food so they don't have to go hungry, to strengthen their voice so they can speak out against injustice and to earn enough money so they can find their feet.

LIFE IN... Rumphi District, Malawi

Around 85% of the population of Malawi depend on agriculture for their survival. Rural areas also have some of the highest levels of poverty, with 74% of the population of Malawi surviving off less than £1.03 a day.

In the northern Rumphi District, most rural villages are so remote, with poor or no public transport, that they become almost impossible to reach. There are very few proper roads, and the majority of local people have no means of travelling long distances between villages. With travel presenting such a challenge, communities often become isolated from one another.

This isolation leaves families to face poverty alone, without the means or opportunity to create change.

Thanks to your support, Susan (pictured with her husband Tarex) has received training to become a 'Community Facilitator'. This means she spends her time visiting different communities in her area, bringing isolated groups together, and giving them the opportunity to speak out about the changes they want to see take place. She then supports them to take action to drive forward local development.

Susan's bicycle is one of her most important assets. It is an essential tool she uses on a daily basis to reach even the most inaccessible villages.

In the past 6 months Find Your Feet has identified and trained 42 new Community Facilitators like Susan. Each one has received a bicycle, enabling them to reach and support families from remote, rural communities build a future free from poverty.



"Development of the community should mean that everyone collectively moves forward, not just some. And in getting collective decisions to be taken, communities are growing stronger."

Susan, Community Facilitator



A gift of £49 could provide one Community Facilitator with a bicycle, enabling them to visit isolated communities, and bring them together to demand change.

SPOTLIGHT ON...

Jo's visit to Malawi

Find Your Feet trustee Jo recently visited some of the families we support in Mzuzu in Northern Malawi.

Who did you meet whilst in Malawi?

I met most of the 20-strong Find Your Feet Malawi team. Some are based in their headquarters in Mzuzu, and others work out in the field. And of course, I met, shook hands, and danced with many, many villagers wherever I went.

All the areas we visited were out-lying villages mainly accessible only by foot. This makes communication, let alone commerce, between communities very difficult.

How were the people you met working to create change?

In the village of Kacheche, the farmers were learning how to grow maize more efficiently in order to get a bigger crop, one that is more capable of withstanding climate extremes. They were also learning how to nurture goats to create manure for agriculture, and how to keep bees.

In Mbalachanda, the people were learning about nutrition and how to make and preserve a variety of tasty and nutritious foods using locally grown products. They were also discussing the importance of nutrition for those who are HIV+. Find Your Feet has successfully encouraged people to be assessed and treated for HIV/AIDS.

Why do you believe that Find Your Feet's work is important?

Find Your Feet's approach is founded on understanding people's day-to-day living and working conditions, working with them



What struck you most about the communities you met?

I was very struck by people's good sense, good cheer, and pride in their village and their country.

to improve those conditions, and adapt existing methods and systems.

The work isn't about flying in money and expertise for a short time, it's about enabling people to share knowledge with one another. The resultant ripple effect means that enormous numbers of people are reached.

I was struck by Find Your Feet's willingness to tap into and help strengthen existing social structures. This is how lasting improvements are maintained.



A gift of £100 could provide training for one person to become an HIV carer, so that they are able to provide medical, nutritional, and emotional support to individuals in their community living with HIV/AIDS.



GET INVOLVED...

Curry for Change Week 2016 – Eat curry, change lives! (21st-28th Nov 2016). Have your donation doubled by taking part in Curry for Change Week this November.



This year we're asking YOU to join us for a week of fabulous food, friends, festivities and most importantly, fundraising, to help change the lives of families who suffer from hunger.

How can you get involved?

EAT CURRY AT HOME

Escape the cold, dark, winter nights by inviting your friends and family round for a warm and cosy evening in. Rustle up a curry and once the meal is over, ask each guest to donate what they would have spent on a takeaway.

EAT CURRY AT WORK

Get your colleagues on board by organising an office curry lunch. Ask each person to bring in a different dish, or order in from your local curry house, and ask everyone to make a donation to Curry for Change

EAT CURRY ANYWHERE

Wherever you live, work or spend your time, we want you to get your family, friends, colleagues and community involved with Curry for Change Week. Between 21st-28th November 2016, please help us to eat curry, raise money and change lives, to make this year's campaign the biggest and best yet!

And remember, every penny you raise for Curry for Change will be doubled by our campaign partner Natco Foods.



For recipes, ideas and a free spice packet from Natco Foods, visit:

www.curryforchange.org.uk

Celebrations for Change?

If Curry for Change is not for you, could you dedicate a special occasion this year to raise funds instead? A special birthday, a wedding, any reason to celebrate in 2016? Let us know and we'll help to make your fundraising a success.

Contact us: Unit 316, Bon Marche Centre, 241-251 Ferndale Road, London SW9 8BJ

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