

Helping families build a future free from poverty

Our review of 2012



Dear Supporter

We are pleased to present to you Find Your Feet's review of 2012. In the past year we have worked with families who live in remote areas, in challenging and often complex situations that cannot be resolved in a single year with handouts or quick fixes. Instead, with your support, we have provided them with the skills, training and confidence they need to help themselves for years to come. This has enabled them to start transforming their own lives and shape their family's future free from poverty.

In this review we would like to introduce you to three families, all of whom are just at the beginning of their journey. The Takura family from Zimbabwe have struggled for years to grow enough food but are now starting to learn new farming techniques. Sarita and her daughter, a family from a tribal community in Nepal, have suffered decades of marginalisation but are starting to work together to speak out and claim the services that they are entitled to. Finally, we would like to introduce you to Sumam, a young woman from a remote rural village in northern India who has grown up lacking opportunities for education and employment, but is now learning new skills and starting to feel optimistic about her future.

This year we have also included a look ahead, to illustrate how we plan to continue to implement our work in the future and why your donations are so critical.

Importantly, we also want to celebrate our fundraising champions who have done a whole host of activities this year to raise vital funds. And we want to recognise you, our supporters, and thank you for continuing to share our commitment to helping families build a future free from poverty.

From the Find Your Feet UK Team *Louise, Georgia, Dan, Jessica, Jess, Sherona*



Building a future free from poverty

Almost one in eight people suffer from hunger worldwide, the majority of whom live in very remote and rural areas of Asia and Africa.

The issue of hunger and poverty is a global one and we know we must be realistic about what we can achieve as a small organisation. This is why we are focused on undertaking quality work with communities in India and Nepal, Malawi and Zimbabwe. We choose to work with some of the most vulnerable and remote families because they suffer from extreme poverty and other support for them is scarce.

We have a work history of over 25 years in India and Malawi with offices and local staff based there. In October 2011 we expanded our work into Nepal and Zimbabwe.

Why Nepal?

In Nepal a lack of land and economic opportunities in rural areas means that families are trapped in a cycle of hunger and poverty. Our project in southern Nepal focuses on the Tharu community, an indigenous tribal group who depend on agriculture to feed their families and generate an income. We are empowering women to tackle the root causes of their poverty, understand their rights and access vital services. Our extensive work and success with tribal communities in India, including the Tharu, ensures we have the specific experience to address the needs of rural families in Nepal.



Why Zimbabwe?

Zimbabwe continues to be one of the poorest countries in the world; ravaged by the HIV and AIDS pandemic, failed governance and violence which has destroyed the social fabric of rural society. We work in the district of Chimanimani where most families depend on agriculture but suffer from severe food insecurity and malnutrition. Our pioneering work in Malawi provides us with the experience and knowledge of sustainable agriculture to make an impact on the lives of families in Zimbabwe.



We enable poor rural families 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.

We are growing more food

In the Chimanimani district of south-eastern Zimbabwe we are working with families to share new farming techniques so their whole community can grow more food.

Mr and Mrs Takura work tirelessly on their small plot of land to try and grow enough food for their four children. Their main challenges are the prolonged dry season and lack of fertile soil and nearby water sources. Mr Takura and his neighbours were struggling to grow enough food to last the whole year. Their farm land is on a slope so when the rains do come the water runs off and erodes the soil. Determined not to let his crops fail, Mr Takura tried out a number of techniques such as constructing terraces into the slopes to prevent erosion and building trenches to improve water retention.

In the past year, as part of our project, Mr Takura was chosen by his community to act as their Lead Farmer due to his farming innovations and resilience. He now leads a group of 20 other local farmers and they meet twice a month to share information on issues such as drought and pest control.

Through the project, Mr Takura and his group receive training and support so they can learn new skills and farming techniques, and experiment to adapt their innovations. The project is helping them to develop their land, grow a variety of crops, and find affordable solutions to problems they experience. The group are now working together to grow enough food so their families can be healthier and make their hunger a thing of the past.

“I am now growing enough food to feed my family. The project is bringing the community together, we now have unity against our hunger.” Mr Takura

In 2012, we trained 10 Lead Farmers, like Mr Takura, who shared their knowledge with 194 Follower Farmers and a further 510 people in their local community, creating a ripple effect of increased food security for 3,570 of their family members. In the coming year we aim to extend our reach to 1,420 Follower Farmers and their 7,100 family members.

£135 could provide seeds and equipment for 10 farmers in Zimbabwe, enabling them to use new agricultural techniques so they can improve their harvests.



Mr Takura and his family

We are speaking out

In the Banke district of southern Nepal we have been working with tribal women to enable them to speak out and influence how decisions are made in their local area.

Sarita and her daughter, Garima, live in a very remote village called Kumar. Sarita's husband was forced to leave the village to find work in Kathmandu. Like many women whose husbands have migrated to find work, Sarita struggles to provide enough food for her daughter all year round, and with a limited income she often has to rely on moneylenders. Furthermore, like 60% of her community, Sarita has never been to school and is illiterate, which makes it very challenging for her to understand what her rights are and which services should be available to her and her daughter.

In the past year, we have supported women like Sarita to form local women's self help groups. We have provided the groups with training so they can manage their own savings and loans schemes so they don't have to rely on exploitative moneylenders and can gain some economic independence.

Importantly, the groups also provide a forum for women to come together and discuss the issues that affect them. Many tribal women rarely leave their homes so the opportunity to interact, share and provide support to each other is invaluable. On a practical level the groups also unite the women so they can understand their rights and speak out to claim services such as healthcare and schooling for their children.

“The group is a platform where we can meet and discuss our issues. We have a united feeling. We go everywhere together. Now we are not dependent on any moneylender or anyone.”
Sarita

In 2012, we began work with 797 tribal women, like Sarita, so they can start to gain some economic independence and claim the services they are entitled to. In the coming year, we hope to expand our reach and include 103 more tribal women in the project.

£50 could enable a group of women to attend their local women's group for a year, ensuring that they can understand and question their rights and speak out to claim vital services.



Sarita and her family

We are securing our future

In the state of Uttar Pradesh in northern India we are enabling adolescents from very poor rural villages to learn new skills so they can break free from the cycle of poverty.

Sumam, along with other girls from her village, had to leave school because it was unaffordable. She was needed at home to help grow food and support her family, so completing her education was not viewed as a priority. Unable to attend school, Sumam was left feeling isolated and frustrated, and without further education she lacked the understanding, opportunities and skills to change her future.

In the past year, Sumam has attended our Adolescent Education Centre enabling her and other girls in the area to receive training and support. The centre is based in their local village, is free to attend, and fits around their family responsibilities. Sumam and her classmates learnt about health and nutrition, relationships, and basic numeracy - key life skills to help them develop into young adults. The girls were then given training in a particular trade to improve their employment opportunities.

Sumam chose to focus on tailoring, a skill that will help her to earn a better income in the future. Since attending the centre, the girls have increased in confidence, awareness and determination to make better lives for themselves. Their parents, who were previously apprehensive of their children's involvement, have now witnessed the positive effects on their daughters and see how education can help them to build a secure future.

“We used to support our families by helping out in the fields but we had to go to other people when we had nothing to eat. Now one day I hope we can go out and support our families by bringing in an income.” Sumam

In 2012, we helped 568 adolescents to access training. In the coming year, with funding from the UK Government, we will provide support to a further 600 adolescents, empowering them and their communities to build a future free from poverty.

£88 could train 2 adolescents in trades such as tailoring or mechanics that will provide them with an opportunity to transform their future.



Sumam

Looking ahead

We will stay focused, ensuring we continue to use your donations wisely to implement quality projects.

We will reach more people

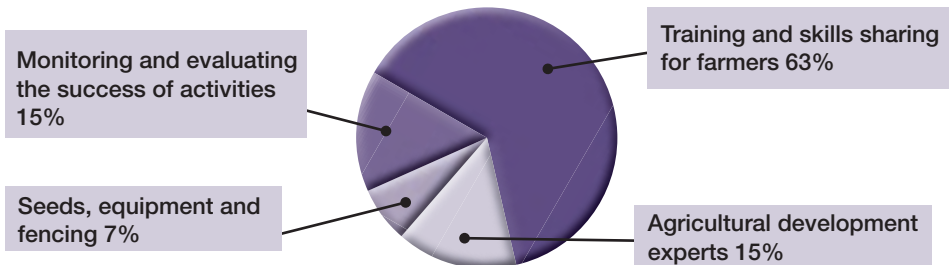
With a small amount of funds we are able to reach a lot of families because we train people to become leaders of change in their local area. Community members volunteer to be involved because they are committed to developing their local community. Once we invest and train people, we also support them to share their knowledge with others. This creates a ripple effect of empowerment and knowledge exchange at relatively little extra cost.

We will remain small and responsive

Find Your Feet prides itself on being efficient and flexible so we can be responsive and accountable to the needs of the communities we work with. We keep our running costs low so that 90p in every £1 we raise goes directly to our charitable activities.

We will invest in activities that are innovative and sustainable

We know that poor rural families lack resources and opportunities, but they do have local knowledge and skills that can be built upon. No two projects of ours are exactly the same; instead we enable communities to find their own innovative solutions to the poverty they face. We also know from experience that unless we invest in activities that the community themselves can sustain, the impact of our work will be short-lived. This is why we put sustainability at the heart of our approach. Sustainability to us means investing in people and communities, in their knowledge, learning and skills so they can become self-reliant. This means we do not spend a lot of funds on capital items such as buildings, tools or equipment, because communities will struggle to maintain these resources without ongoing support.



An example of the way we spend our funds; based on our current work in Zimbabwe.

Your legacy

Your support is vital to ensuring that we can continue to help families build a future free from poverty. This is why we would like to ask you to consider leaving a legacy to Find Your Feet in your will.

Find Your Feet has over 50 years experience of supporting families around the world. From the first refugee families we supported in Eastern Europe in the 1960s to the families we are helping today in India, Nepal, Malawi and Zimbabwe, we would not be able to do what we do without your support and generosity. This is why we would like to ask if you would consider including Find Your Feet in your will.

We understand that writing a will is not an easy task, but we also understand that it is a necessary task that ensures that your loved ones will be looked after. If you decide to leave a legacy to Find Your Feet in your will, you don't need to tell us, although we would advise you to consult a solicitor before writing or amending your will. If however, you would like to find out more about how to leave a legacy to Find Your Feet, please contact Laura, by email at laura@fyf.org.uk or by phone on 020 7326 4601.

If you do leave a legacy to Find Your Feet in your will, no matter how big or small, it could make a real difference to the lives of families who suffer from hunger and poverty, like, Mr Takura, Sarita and Sumam whom you have read about in this review.



Our fundraising champions

Thank you to everyone who ran, climbed, cooked, cycled and helped spread the word to raise vital funds for the families we work with.

Our team of eventers ran poverty into the ground by taking part in marathons, half marathons and 10K's. Supporters also took on special challenges from cycling the length of the UK to completing the Three Peaks Challenge. Altogether they raised over £34,000, a fantastic achievement by all!

We rely on the help of our supporters to share news of our work and, thanks to personal recommendations in 2012, we received support from a women's business group, a Rotary Club and a Parish Council, all of which made valuable contributions to our work.

In June, we celebrated Indian cuisine and raised over £6,000 with our Curry for Change campaign to help families fight hunger. We joined fundraising forces with chefs, their restaurants and customers, and across the UK celebrities and supporters hosted curry events. With the help of our special event pack, spices and recipes, they held dinner parties with a difference. A huge thank you to everyone who got involved, and we look forward to more curry fun in 2013!

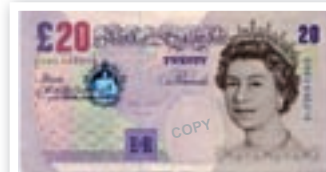
A key highlight of 2012 was our BBC Radio 4 Appeal which was broadcast in October and was presented by Jon Snow. He shared the story of Nankebe, a grandmother and her family whom we work with in Malawi. We had an overwhelming response and were able to raise over £16,000 for communities to take the first steps to tackling the poverty they face. To listen and find out more please visit www.fyf.org.uk/radio4-appeal.



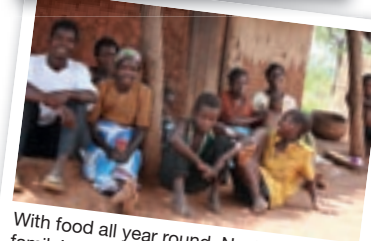
To find out how you can get involved in our 2013 activities please visit www.fyf.org.uk/get-involved-today or contact Jessica at jessica@fyf.org.uk.

The journey of your gift

As a small organisation we really value your support and know that your involvement can have a direct impact on the families we work with. Here's the journey of your gift and how you are helping families like Nankebe's to build a future free from poverty.



Your donations can help a family like Nankebe's to take the first step to tackling the cycle of poverty.



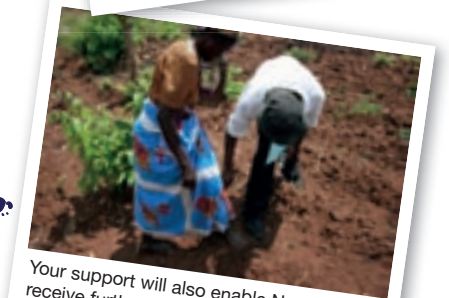
With food all year round, Nankebe's family's health will improve and they can start to grow enough to sell at market and earn an income.



Nankebe's whole village will then be able to grow enough food, not just for the next harvest, but for generations to come.



Nankebe will receive agricultural training so she can grow enough to feed her children.



Your support will also enable Nankebe to receive further training to become a Lead Farmer so she can pass on her knowledge to more families.

By helping families to grow enough food so they don't have to go hungry, our work ensures they no longer need to rely on handouts and food aid and can take the first steps out of poverty. They can then start to focus on the future and work towards meeting their aspirations, such as providing a decent education and healthcare for their children.

Working together

Participation is at the heart of our work because we recognise that solutions to poverty can only be effective and long-term if a community is actively involved.

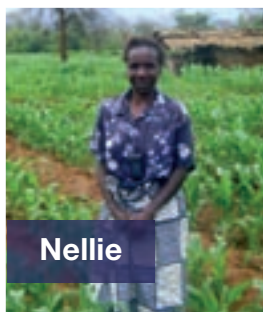


Our approach in Malawi focuses on investing in farmers who have a natural aptitude for finding innovative solutions to their challenges, and then supporting them to develop and share their ideas and knowledge with fellow farmers.

To acknowledge their progress and showcase the ingenuity of their innovations, we published 'Recognising the Unrecognised: Farmer Innovation in Northern Malawi', supported by the European Union and The Development Fund.

The study shares the story of farmers like Nellie Gondwe, who are continually experimenting, adapting and innovating to find new and affordable ways to produce enough food for their families. Nellie and her family grow maize but cannot afford fertiliser so she experimented with different soil.

“Other farmers avoided anthill soil because they thought it was too compact with not enough moisture, but I tried combining my soil with manure from my goat and anthill soil, and used this mix to fertilise my crops. It has worked well for the past year and I will continue for the next harvest and show other farmers.” Nellie Gondwe



Nellie has created a low cost alternative to chemical fertilisers, which is saving her family money and ensuring she can grow enough food for her children. This technique can be easily adopted by other farmers in her community so they too can benefit. Nellie is an example of the important role local farmers play in the development of new agricultural techniques, approaches and systems.

By working together with farmers to develop and share their knowledge, we can reach more families and enable them to build a future free from hunger.

If you would like a copy of the farmer innovation study please contact fyf@fyf.org.uk or download it from our website here: www.fyf.org.uk/resources-links.

Thank you

Our work would not be possible without the loyalty and generosity of our supporters.

Thank you to all the trusts, foundations, companies, individuals and donors who have helped rural families build a future free from poverty in the past year.

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Austin & Hope Pilkington Trust
The Broadwall Foundation
The Brocklebank Charitable Trust
The Bromley Trust
The Bryan Guinness Charitable Trust
Buckland Charitable Trust

C B and H H Taylor 1984 Trust
The David St John Thomas Charitable Trust
The Eleanor Rathbone Charitable Trust
Evan Cornish Foundation
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The Hollick Family Charitable Trust
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The Marr-Munning Trust
Marsh Christian Trust
The Meghraj Charitable Foundation
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The Tolkien Trust
The Tudor Trust
Westcroft Trust
Vitol Charitable Foundation

A special thank you to photographer David Graham, who volunteered to travel to Malawi in 2012 and documented our work.

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