



Healthy Families Creating Healthy Villages



Pioneering Education Play and Parenting Skills



Mentoring and Equipping Local Leaders

Dear Friends

February 2014

The rainy season is over half way through and the harvest is looking good. People are looking forward to a May harvest and a general election. The team have been enjoying the new electricity connection; 'We are so grateful for the electricity. The night guard likes it, to help him see who is approaching the building and also to see snakes as they come out at night. Charging phones is so helpful in organising our work, only 2 of the team have electricity at home, so it has been a huge help.' Chippo

As we continue to transition to UK life, our main role is to create a base to resource the team in Malawi and make it sustainable. The Trust has three areas of focus and this month we are highlighting health, through Community Health Evangelism (CHE).

CHE is grassroots health work where our team trains local volunteers to become health visitors to their neighbours. It is long-term work, guided by people on the ground, so it travels at their speed to serve them and their community needs. The team also facilitates projects to allow neighbours to work together and develop trust.

CHE was developed in Uganda and is overseen/developed by Medical Ambassadors www.medicalambassadors.org. Chippo heads up this work for us that was started in 2009. We discovered CHE as Nick and Fiona Harding worked with us, to research and seek out the best possible approach to deliver effective, long term health work.

We started CHE in Mbanga Village and the team is in the 'entering the community phase' in Chayanika, Ndumila and Mgombe villages. This crucial step takes a year, to really understand the community and for it to understand CHE and know what to expect (some villages have decided not to go ahead after this first step).

Community Achievements through CHE:

- All the children in Mbanga village are now allowed to go to school
Over 7,500 weekly 'neighbour to neighbour' family health lessons taught
75% of families now have a toilet compared to 25% before lessons
A church has been planted, there is improved physical, spiritual & emotional health, a bridge has been built and a borehole dug!

I have made many new choices because of CHE. My faith is stronger, as I have been encouraged; I now make my own fertilizer for my fields to have enough food for my family. Also we did not have a toilet, but I built this and we boil water that we drink, so it is safe - these things are new to us, no one had ever taught us about them. Tikondwe

CHE has taught me about food, I did not know it was important. There are different foods that build, protect and give my body energy. As I eat these foods I feel strong in my health. I am proud because I have achieved this in my life and I am looking forward to learning more. Mrs Goliati

Summer Parties

We will be hosting several summer parties to celebrate what the Trust has achieved with your help so far. Dates coming soon!

On behalf of the whole Dalitso Trust team thank you for sharing the journey with us,

Tom and Ali

Tom & Ali, Directors



our five interns



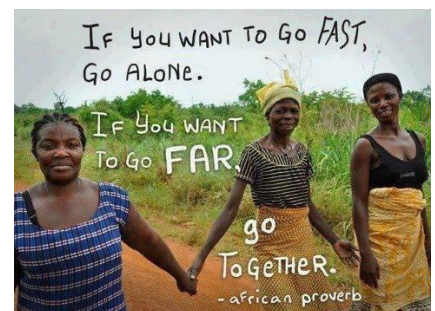
improved farming through CHE



community built borehole



community built bridge



CHE serves people at their pace