

Dear Friends

May 2016

Malawi is now in the dry season and as the crops dry out people are finishing harvesting their maize. Thankfully there is now more food in the country, but many families are still very vulnerable with 2 poor harvests in 2 years.

We have 3 areas of focus in Malingunde and this month we are highlighting Community Health Evangelism (CHE). This is a long-term grassroots health project that we run in 4 villages. The project has 2 main parts. One part trains volunteer health visitors to visit their neighbours with simple health lessons.

Simayi has recently become a volunteer health visitor *'I didn't know how I can approach people in their homes, but after learning about teaching methods I know that I can use stories, songs and pictures. Soon I will start home visits and I am confident that I can share effectively with my neighbours and friends.'*

Recent health lessons included; prevention of diarrhoea, importance of immunisations, what is family planning? How to treat back pain, What is a balanced diet? The prevention of HIV.

Matu *'Over 5 years ago I participated in CHE teaching. The DT team were talking about planning. I had a revelation that I am growing old and I need to plan for my future. I felt God gave me His wisdom to plant trees on the land I have. In CHE I then learnt to take care of the little God has given me and how to use my time wisely. These lessons have helped me to do things in the wise way and now I am praising God that I have fruit from my trees to sell. As I have many trees I am able to sell some firewood too.'*

The second part of CHE teaches the community as a whole to develop understanding around development, vision, unity and welcoming positive change in themselves and their families.

Enota *'There was something very sad happening in our village. People were moving away to trading centres because of bad feelings and much miscommunication. CHE has brought a great change with their lessons. People in our village now have soft hearts for each other. We even have people moving back, because we are a changed village.'*

Dorothy *'I have been struggling with time and being able to plan ahead. CHE helped me to see that many days were passing in my life and I was not bringing change to my life or my family. I spent most of my time being away from the house, visiting sick people or attending funerals of people I did not even know. Now each day I do have plans for achieving something before the sun goes down. This is now my style of living. People in my village are surprised as my house is much improved and I am mostly at home working or just being with my family.'*

We are so pleased to announce the arrival of Daniel to Cecil and Annis, also Veryson to Japhael and Esther.

Mr Mkanga *'I was not in a good place for my life or for my family. The coming of the team and spending time with them has made a big difference to me. I was living out of harmony and I was not faithful in many ways. CHE has given me purpose to my life, a purpose that God has for me. You can now find me in harmony; working hard to provide, being faithful and aware I am a role model to my children and grandchildren.'*

Thank you for sharing the journey with us,

Tom and Ali

Tom & Ali, Directors

Dalitso Trust, 147 Middleton Hall Rd, Birmingham, B30 1AP T: 07851 110297 DalitsoTrust.org Charity No 1090274



CHE Discussions in Kabzala Village



CHE Learning in Mbanga Village



Daniel with Cecil and Annis



Veryson with Japhael and Esther