

Dear Friends,

October 2016

It is now summer in Malawi and people are working hard to prepare their land for the coming rains which will hopefully arrive in December.

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 run in 4 villages. It teaches health to the whole person dealing with emotional, physical, social and spiritual health. Our aim is to see transformation in people's lives in every area.

Saj 'The time I joined CHE I used to wash during the night as I was using banana plants to hide in. Our family health was poor and we could not grow enough food. This made me steal other people's maize to feed my family. Then I spent time in CHE lessons of how sicknesses come, new methods of farming and hygiene so I built a toilet and a bathroom. My family has less sickness and enough food for the whole year. Best of all the village now trusts me and I have a good reputation.'

Recent health lessons taught have included; why do we get sick?, personal hygiene, preventing worms, malaria, diarrhoea, what is safe water? Why have a toilet?

Tamba 'My husband died over 10 years ago leaving me with 5 children. Life became very hard and I had no hope. CHE arrived 7 years ago and I learnt new ways of farming different crops to help me earn money. My children were often suffering from malaria, diarrhoea and one was malnourished, so CHE lessons helped me to prevent these sicknesses. My life is changed as I know I am important in God's eyes. I am now able to love my life, as I do not struggle with many things that are preventable.'

Mrs James 'I have three children and my husband always works hard to find food for each day. Things were very hard before CHE; we are happy things have changed. I was very poor in time management, but learning from CHE is helping me to do things in time and a good order. We did not know about hygiene, but we learnt how to be clean and prevent common sicknesses. I am now a presentable woman in our village and I encourage others to learn from CHE.'

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.

Chris, 'CHE has changed the way my family thinks and behaves. Our mind-set of poverty has been reversed. I now think positively every day and have been encouraged that I am unique. My husband and I failed to go to school, but now we feel educated because we have been learning many things from CHE.'

Mary 'I have six children and we were struggling. My husband is a polygamist, he has another wife and spends his most of his time with her. I have a very big responsibility as I am the woman in our family, but I also have my husband's responsibilities too. At first it was hard for me, but now after CHE came in our village I learnt skills in how to be a dependable person, even though it is a painful family situation. '

We are really blessed to have had a recent visit to the team by our dear friends Brian and Val. Much of the Trust's success is due to people visiting and equipping the team which provides continual training and develops high levels of trust.

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



A CHE Healthy Home Award



CHE Family



Brian Teaching



Sharing with the Team