

NEWS February 2017

Dear Friends,

The rains have been promising this season and we hope for a good harvest. Both Dams are now full in Malingunde, which too is good news.

This month we highlight our Community Health Evangelism (CHE) work. This grassroots health work trains volunteer health visitors and teaches communities to respond to their own needs.

The UNICEF figures in the photo to the right are startling, that 63% of children do not have their basic needs met. Kindness sums up her experience that many families face *'I have 7 children and life was hard, even though deep down I knew that they are treasure. Recently I participated in a CHE family planning lesson and it gave me words for my deep feelings. I realised that it was not fair to me, or my children in how we raised them. Now I am strongly encouraging my children to have only a few planned children of their own, which they will manage to feed and educate well. I want them to take a different path to the one that I used. Thank you for the privilege of this lesson.'*

Luka *'In the last 3 years our home has been transformed with many practical changes like building a toilet. Our children were not in school, but we started sending them last year. We recently received a certificate for having a healthy home and living peacefully in our village – I am very proud.'*

Mercy *'before I started CHE, I did not realise that good health is about wholeness. This lesson has changed my life, to live in harmony and peace with God, people, His creation and myself. True health is being able to love them all.'*

Recent lessons have included; the importance of drinking clean water, how cultural beliefs affect health life, family planning, how to prevent and treat Cholera, Malaria, Diarrhoea and coughing.

Ethel *'I used to believe that Malaria starts because of eating old food and eating the tip of sugar cane. Now I do know that Malaria is caused by mosquito. I have cut all the tall grass near my home and have bought a net. I have started sleeping at the net so I know I can prevent Malaria. My home is changing!'*

Volunteers have also taught their neighbours; how to make compost manure, how we can keep away flies, responding to anxiety, why should children go to school? What is a balanced diet and finishing course of antibiotics.

Mpemba *'before CHE I was struggling in many areas of my life. I was feeling poor, but now that has changed because we have been trained with wisdom and knowledge. I have seen a great improvement in my life and I now feel able to be a competent Mum and wife in my family. I am full of praises as I am changed.'*

Adami *'I had been practicing witchcraft for 15 years and spending a lot of money on their rituals during funerals. Through CHE the team visited my home and I heard the gospel. I made the choice to stop witchcraft and talk to the Chief. It is now 3 years and I feel free.'*

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

Tom and Ali

Tom & Ali, Directors, The Dalitso Trust

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UNICEF Figures



A CHE Family



Family Discussions



Luka Family