

NEWS October 2019

Dear Friends,

We are already enjoying this new term as our Happy Faces classes get under way. We are looking forward to our Follow Me graduation, being hosted by Bill Dixon. The nation is also busy, starting to organise their fields for the coming farming season.

This month we highlight our Community Health Evangelism (CHE) work. This long-term grassroots health work, trains volunteer health visitors and teaches communities to ask questions, so they can respond to their own needs.

Hastings *'My life has not been marked with achievements, I could even say it has just wandered here and there as I have never had a specific goal. Upon learning how to set objectives, I realised that nothing will change in my life until I have some goals. So now I am aiming to have enough food for the next year and am making manure to increase my maize production.'*

Nathan *I am very keen on CHE so I gather us a village, so we can learn and benefit together. Recently I realised I have not been looking after our pit latrine as we had a lesson on hygiene; I felt so challenged, I cleaned it and gave it a new thatch roof too.'*

In four villages we have given recent lessons on; HIV testing, cooking balanced meals, caring for small livestock, kitchen gardens, making manure/compost and raising rabbits.

Fran *'Before I started CHE I was not knowing how to cook healthy food which can bring a balanced diet to my family. Through the lesson of one pot cooking, I have found a desire and happiness as I want to care for my family. This joy is I also share this with others, encouraging them to keep learning.'*

Tabitha *'I have been selling my manure from my compost heap every year. I would fight to find money to buy fertilizer for my garden, but my field was not doing well. After learning about compost/manure last year through CHE I took it and applied it. I had the best harvest in that same field. Recently someone came looking to buy my manure I said 'sorry you have been stealing my harvest, I am not selling to you'. I feel happy to be learning and seeing my life benefit.'*

We now have bank of 10 hybrid rabbits which we are using to teach rabbit rearing and we are soon to be welcoming our own hybrid goats to do the same with them.

Patterson *'I am excited to be using these rabbits to teach families income generating skills and also adding protein into their diets which many people lack.'*

Bisifat *'I know the work of CHE goes up and down sometimes. I am very comfortable in the village we serve and enjoyed time with the Chief so he can trust us and our CHE work. I am aware that some people in the village will resist the lessons for healthy living, so I am praying that God will intervene to change hearts and minds here.'*

Beatrice *'My husband took another wife and I was devastated so I decided I could not go on living. But all the thoughts from our CHE lessons kept coming to me. I remembered who I am and who God calls me to be. My life is still a challenge, but I am settled in my heart to live a fruitful life.'*

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

Tom and Ali

Tom & Ali, Directors, The Dalitso Trust



Patterson with a hybrid rabbit



Starting kitchen gardens



A local hygienic foot operated tap



Cooking demonstrations