

## NEWS June 2021

Dear Friends,

We are thankful that Malawi has a good harvest this year. It is such a blessing that many families will be able to eat everyday until the next harvest.

There is currently a 3<sup>rd</sup> wave of Covid across Africa and there has been a slight increase in Malawi's rates. A small number of vaccinations have been available for the general public in Malingunde which is encouraging.

This month we highlight our CHE work which is now operating in the 4 villages where Happy Faces takes place. We train volunteers to become health visitors to their neighbours. This increases health physically, emotionally, socially and spiritually. Recently we have seen a decrease in common illnesses, most children returning to school after the lockdowns and more women choosing to access antenatal health care.

Vern *'I was blaming my community leaders that they are not doing anything for me to be rich. After a CHE lesson of needs assessment, I knew where I needed to start. So I took action concentrating on my family farming. This is the first time in 10 years my husband and I have had enough food for the whole year and not been hungry.'*

Stuart *'In the past my home and even my harvest was not cared for. I used to wonder why is someone in my family always sick? I was always busy taking care of someone who was ill and I didn't have time to farm. We were the poorest family in our community. One day I participated in the CHE lesson prevention vs cure. I was shocked to calculate all the money we had spent to buy medicine, for the sicknesses I learnt that we could prevent. Now my home is admirable in my village. We have no sickness, so I have time to discuss development issues, rather than taking care of sick family members. I thank God for this new freedom.'*

Recent teaching topics include how to store your harvest so it can last, without becoming spoiled or damaged by vermin/weevils, social lessons on living in harmony with other people and caring for creation. We are just embarking on lessons about vaccinations as the Covid jab is sometimes available.

Levi *'Before CHE I was irresponsible as I left every home responsibility into the hands of my wife. She had to feed me and care for our children. After a CHE lesson I felt challenged to really take ownership of my family. I started getting piecework and invested the money in farming. This has allowed us to provide for our family needs. Another blessing is I am now respected by my wider family and the community.'*

James *'I understood farming as a curse, so I was not putting any effort into it. I felt cursed and hopeless in my life. I learnt the CHE lesson of managing my garden in God's way. I now realise that farming is in part what God told people to do on this earth. This year I have been a good example to those around me by working hard and my harvest is good. I feel better and have peace about caring for our environment and those around us. I am also encouraging my friends to live in harmony with all things.'*

Beatty *'Before CHE came to our village, women were not considered for any leadership, only men. After seeing me lead a CHE lesson, men have started including us in village leadership. I am so thankful that women now can take a fuller part in my village.'*

Thank you for sharing the journey with us,

*Tom and Ali*

Tom & Ali, Directors, The Dalitso Trust

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



The CHE team



Discussing family health



Learning about harvesting while shelling maize



CHE learning while the washing dries