

June 2022

Dear Friends,

The maize harvest is in full swing, and it is looking promising. This month we welcome our dear friend Dave Knott as a new trustee. We know that Dave will be a huge asset to our team with vast experience in HR and working abroad/cross culturally.

This month we highlight our Happy Faces (HF) work. Rhodess, Janet, Regina, Patricia, and Ethel are working together in 4 different communities. Each week every village has a stay and play session and home visits to receive health education. Our hope is to see people develop health in every area of their lives.

The HF testimonies below show the transformation that is possible by inviting people to help lead sessions and developing their self-confidence. This is especially important for rural women in Malawi as they receive many cultural messages each day that they are worthless and not able to make a contribution to society beyond having children.

Gwen *'I was thinking that am just a mere woman and my role is to only do chores at home. Volunteering to help lead Happy Faces has helped me to stand up as a leader in my community. There is a change in my family because my husband and I now work together in partnership.'*

Jaeyden *'I used to see challenges in my community, but I would not have courage to speak about solving them. Happy Faces has helped me to know who I am. These days I am asking our community leaders lots of questions. I am no longer afraid of taking action towards community transformation.'*

Chisomo *'I was looking at my education background and that the village elders have never asked me to lead anything. My life slightly changed when I was given time to lead my fellow mums in a Happy Faces session. Now the village leaders are trusting me to lead a development group. We are looking at how we can positively change our village. Thank you as I was identified and encouraged by the HF team!'*

Anis *'I was struggling to make good choices, but since helping to lead at Happy Faces things have changed. My confidence has arrived and I have become happy. Even my husband is pleased as I am now able to organise and live confidently.'*

Recent home visits have taught: taking responsibility, community ownership, food hygiene, family planning and how to make manure.

Timothy *'Before CHE we were struggling in planning our time - especially our farming. We thought that planning is for those who are rich and educated. But my wife has helped our family through CHE to plan with the little we have. Now we are managing well as a family by using our farm produce and resources. We are happy to see that the little we have is becoming enough because we plan well. We are enjoying life more and have peace because we have enough food.'*

Lipa *'Before CHE I was always waiting for my parents to take care of me and my children. After a lesson of how to improve life by using what we have, my mind came to its senses. I went and used manure in my field and we planted crops which did not need fertilizer. My life has changed with this new perspective and I am now a blessing to my parents.'*



The current team



Story time with Rhodess



Making shapes



Practising letter shapes



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