

## NEWSLETTER – May 2025

Dear Friends,

The maize harvest is now in and being stored in hoppers with the total country production down 10% on 2023-24. The government has been importing maize to help keep food available in the markets and we hope this will continue through 2025.

### Celebrating our Community Health Education (CHE) work.

This month we highlight our CHE work of training local health volunteers who give health lessons to their neighbours and training to 5 communities to help tackle health issues important to them in their villages.

In the past year 12 volunteers have taught 159 people regular health lessons. Families receive 3 levels of Healthy Home Awards (HHA) to recognise positive changes in their lifestyle. Categories such as children in school, vaccinations, having a toilet, a safe designated place to cook and having a small kitchen garden. The CHE team have been amazing as 95 families have received certificates for their new health choices.

### Stories of Transformation

**Chitsanzo** *'I loved gambling thinking this is an easy way of financing my family. Sometimes I could get good money, but many times I got nothing. I did not work so had nothing to fall back on, this was my life and I thought that its normal. After learning about local resources, I discovered that I have a plot that I can use as a garden. Now I have vegetable garden for our family to eat and am selling some too. I have more time to spend with my family than I did before.'*

**Jenipher** *'Before I was treated like a nobody in my village because I had nothing to contribute. Things are now different as we had an opportunity to learn through CHE that when you want to solve a problem look at the root cause. I am so happy to be included and among those who are helping to solve our community problems.'*

**Pilira** *'On getting married I was told that a man is responsible for family finances and I should wait for him to bring our family needs home. This principal as good as killed me as I stopped thinking and I left every decision to my husband. I was just there to receive and this path led us to receiving poverty. As we were learning CHE lessons I was asked to bring my input and it was strange, but I was encouraged to contribute. I took courage to contribute and things are now changing at home. I hope will be out of poverty soon. My contribution of ideas and working together with my husband is having an impact as I have a small business at home.'*

**Enana** *'I used to isolate myself from many community groups because I was fearful of them. CHE is different from the other groups because I have been learning health lessons. By being a CHE volunteer, I have learnt to now use my time wisely. I am blessing my neighbours with my time to visit and teach in their homes with the knowledge I am learning. Before learning about organising in CHE my days were busy, but I had no time for my village or for my neighbours.'*

On behalf of the entire Dalitso Trust team, we want to thank you for sharing this journey with us. Your support and involvement mean the world to us.

*Tom & Ali*

Tom & Alison Husbands, The Dalitso Trust

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Mbowera CHE group



Janet presenting a HH Award



Patricia presenting a HH Award



Regina presenting a HH Award