

# Helping families build a future free from poverty

Our review of 2015



# Our mission is to help families build a future from poverty.



## What is the need?

One in nine people around the world suffer from chronic hunger because they don't have enough to eat all year round. We think that this is unacceptable. The majority of these people live in very remote areas of Asia and Africa without the means or opportunity to speak out and change things for the better.

## Where do we work?

We work in some of the poorest and remote places in India, Nepal, Malawi, and Zimbabwe.

## How do we help?

Our approach is not to dictate how the communities we work with tackle the poverty they experience. Instead we enable them to decide how they want to build a better future. This means we don't give handouts. Rather, we listen and provide people with the skills, training and confidence they need to help themselves. It takes time to get right because we want to support long-lasting change rather than provide an unsustainable quick-fix.

## Who do we help?

We work with small family farmers, those who depend on small plots of land for their livelihood yet who make up the largest share of the world's undernourished. We work with tribal people who are denied access to the land and forests on which they depend for their survival. We focus on women who don't have a voice in their communities, and on young people so they can break the ongoing cycle of poverty for their families.

# Our performance in 2015

Last year, Find Your Feet has helped 90,978 people, and some 545,868 of their family members, to start building a future free from poverty in Africa and Asia.



**18,659**

people were trained in sustainable agriculture

At the end of our Maza project in Malawi the proportion of families that were food secure for 12 months had improved from

**34% to 70%**

At the end of our Buniyaad project in India we'd helped to increase household income by

**67%**



**2,101**

local groups originally created by Find Your Feet came together to identify challenges, share learning, and create change



**7,790**

people were able to access government services and social welfare schemes to benefit their health, education, employment etc.

**357**

existing local governance structures were able to help people transform their own communities by planning long term development

**1,354**

people were able to set up a new enterprise to boost household income and pay for the essentials in life

At the end of our Sakar project in India we'd helped to increase household income by

**74%**





## We are growing more food

We support and encourage families to innovate, using their own resources more productively, trying new seeds, making compost and diversifying their crops. This means they can produce a variety of nutritious foods to eat throughout the year so that they never go hungry.



'I use my hoe as a sword in the fight against hunger!' says Mrs Happymore Mandega, in white, an exemplary Lead Farmer who is inspiring and supporting her neighbours to grow more food in Zimbabwe.

Mrs Mandega is sharing a smile with one of her Follower Farmers, Naume Mazino, whose small plot is now providing more food such as bananas, tomatoes, and pumpkins so her family does not go hungry. Our 'Tsime' project is helping 2,900 families living in Chimanimani district in southern Zimbabwe to build a future free from poverty. 'Tsime' means 'source' in the local Shona language and change is springing forth from farmers themselves and rippling outwards.

'Before the 'Jeevan' project we didn't do much vegetable farming, just mustard. Now we are growing cauliflower, tomatoes, and chillies too'. Now that women from the Tharu tribe in Rajhena village, Nepal, have been trained in sustainable agriculture they are able to grow vegetables for their families during the off-season months, boosting nutrition and saving money too.

'It is a community orchard of oranges, paw-paw, mangoes and tangerines. We wanted it to boost our nutrition, especially that of children and elderly people here. We will make and sell jam too, so we can earn more from the trees to develop the village'.

Precious Piri, talks about the new 19 tree orchard in Eutini, Malawi. The children celebrated this new community resource with paper hats, dancing and songs!



'We are a real team, husband and wife. This year we planned well, we did mulching and planted sorghum for the first time. It thrived so we had a crop when our maize failed'.

Margaret and Joseph have learnt new techniques to combat the effects of drought on their crops in northern Zimbabwe. As they talked, their toddler grand-daughter was busy cracking open fresh groundnuts to eat.



## We are earning an income

We provide people with training in basic business skills and support them to start saving and loan schemes. They can borrow a little capital and have the confidence to start a small business. They can sell their surplus produce, start a local shop, or offer a trade to become more self-reliant.



'We started to save 10 Rupees a month into our own group fund because we wanted to start a silkworm business. We applied to the local bank for help but they refused. Together, we persevered and got what we needed to set up. Now we are each earning 15,000 – 22,000 Rupees (£157 - £231) a month for our families'.

Women from Amjora village, Jharkhand, India show off the valuable silk cocoons.



'There was a low availability of livestock feed here before, and the prices were too high for people. To make the feed we buy produce from the local community, like maize and groundnuts. Then we sell feed more cheaply in the local area, so the community benefits twice from the mill.'

Members of Chirambo Feed Mill in Malawi describe how they built a valuable resource for their own community.



'We have learnt that we can choose our own markets, we don't need to wait for the markets to come to us. People used to arrive at our farm gate and purchase produce, say that they will pay for it the next day and never return. Now I know how to value and market my organic produce'.

Tinashe Shumba is a Lead Farmer in Zimbabwe who can now earn more money for his family of five.



'I want to own a mobile repair shop straight after I have finished! The only place I want to work is here, close to my village, and to make sure my father comes home safely soon.'

15 year old Deepesh Budha Magar is a young man determined to put his new vocational training to good use in Jurpani village, Nepal. He was forced to abandon his education early and travel to India to work. He misses his father who has to labour far away in Qatar in order to earn enough money for the family.



## We are speaking out

We empower people so that they have the confidence to speak out and take a stand on issues that affect them, such as accessing better healthcare for their children or clean water for their village. This in turn means they can demand and receive what is rightfully theirs.



'We have landslides around my village. We want to access funding to protect the hillsides so we have submitted an application to our Village Development Committee to build walls and buy trees. In the rainy season these things will help prevent landslides.'

Mina Kumari is working together with other people within the neglected Tharu tribe in Bajipur, Nepal, to protect her village and its future. Through our 'Jeevan' project, Mina and her neighbours have also learnt more about the various schemes and services offered by their own government that can support them and their community.

'We have vulnerable women, orphans and people with HIV/ AIDs in the group. Their lives are important and we are part of a group as equals together. We are moving forward together.'

Nellie Gondwe is an advocate for those who are vulnerable in her own community. She leads a farming group and is a home based carer too, making sure people are provided for when they are sick.

'I hope that our village becomes clean, well-educated, and fully self-sufficient.'

Marcus Kinsky, pictured above on the left, is himself doing much to achieve this for Udalbani Village in Jharkhand, India. He is president of a strong Community Based Organisation and a member of the new Tribal Rights Forum, urging for change alongside his neighbours, pictured here with their village planning document.



'I've not always been confident like this. Speaking up in village meetings has helped me grow my confidence. Now I am even vocal with officials. Because of the information about land rights I received I was able to get some land allocated to me one month ago.'

Our 'Johar' project in Jharkhand, India, is helping tribal women like Talamai Murmu to secure what is rightfully theirs.



# Your support helps people to help themselves

In 2015, countries in southern Africa faced the driest year in decades. We work in Zimbabwe, where people rely on the land for their survival and they are vulnerable to the dramatic effects of climate change.



Mr Kanyonganise and his family built their water harvesting system by hand



Making a way for the water, through the rocks and down the mountain

In the granite, mountainous landscape of Mutoko district in northern Zimbabwe, Mr Kahukwa Kanyonganise is a true innovator. As a farmer, providing for his wife and eight children hasn't been easy. With recurring droughts and a scarcity of suitable farming land, the family often went hungry. They travelled long distances to fetch water and spent hours queuing at the well.

Mr Kanyonganise decided to make a change. He moved his family to a dryland area but one he felt had potential.

'I sited the place, having noticed a bit of wet soil and a few little green grasses, over periods of dry seasons. This caught my mind. Somehow nature communicated to me. I thought, looking at the terrain, that water must be able to move from the mountain, coming down the slope to the fields below'.

And so Mr Kanyonganise devised an ingenious water harvesting system. He built earth dams, channeled through the rock, erected pipelines, and sunk wells into his land. And at

64 years old, he pumped the water he collected by using a treadle pump for three hours a day, every day, to irrigate his crop of groundnuts during a severe drought last year.

He and his wife harvested the crop and sold seven buckets of fresh groundnuts at Mbare market in Harare, earning \$42 for the family. Though a modest sum, this was a vital resource during a difficult time. Now they sell vegetables too, irrigated using the treadle pump.

'I benefit from every little rain drop that falls onto my



Mr Kanyonganise's family harvesting groundnuts to eat and to sell

**'I sited the place, having noticed a bit of wet soil and a few little green grasses, over periods of dry seasons. This caught my mind. Somehow nature communicated to me.'**

rocks uphill'. But it's not just Mr Kanyonganise who benefits. When they saw his efforts, his peers elected him to be a Lead Farmer. Now he helps 42 other farmers to be creative and productive. Together, they are moving away from chemical fertilisers and pesticides and a reliance on maize, which is not tolerant to drought. 'We were losing food every year but now we are growing finger millet and pearl millet we can expect a good yield'.

Mr Kanyonganise has

even bigger plans. With enough water, he will start a piggery, a chicken farm, and grow nutritious crops such as potatoes, cucumber, butternuts, green beans, green pepper, and fine beans. But he is thinking of others too. His new water harvesting technique has the potential to provide water to 10 homes and nine nearby shops. And he is leading the way, moulding bricks to build a new primary school close to the village. Of course, when it's built, he will supply the water for that too.

## Our fundraising champions

We simply would not be able to do our work without the commitment, determination and enthusiasm of our fundraising champions. Thank you for running, cooking, cycling, and doing all you can to help spread the word and raise vital funds.

2015 proved to be our biggest and best year in our annual fundraising campaign Curry for Change. You dined out at our partner restaurants, came to our events, cooked up curry at home, and hosted amazing supper clubs, raising an incredible £29,059, every penny of which was then doubled by our sponsor Natco Foods. And with a boost of an extra £5,000 on top of all that from Just Eat, in total we raised a whopping

£63,118 in 2015, enough to help change the lives of 5,259 people who suffer from hunger.

Find out more about our Curry for Change events in 2016 and sign up for your free event pack at [curryforchange.org.uk](http://curryforchange.org.uk)

In 2015, 33 people took part in running and cycling events for Find Your Feet and raised £47,000 – we are grateful to everyone who chose to make

such an effort. Our good friends at investment firm Mondrian smashed their previous fundraising total, raising over £26,000 from the Royal Parks Half-Marathon! Our London Marathon team went above and beyond, including a runner who travelled from India just to take part! People pounded the pavements in the British 10k and there was wheel power too, with our brilliant team of cyclists in Ride London.



Inspired to take up a challenge to help people build a future free from poverty? Find out more at: [fyf.org.uk/get-involved](http://fyf.org.uk/get-involved)

## Thank you

These are the people who make our work happen.

### Our staff

Director: Dan Taylor  
India Country Director: Savitri Sharma  
Malawi Country Director: Chimwemwe Soko  
And all our staff in the UK, India, and Malawi

### Our partners

31 partners in India, Nepal, Malawi and Zimbabwe

### Our Chair

Sharon Jackson

### Our Board of Trustees

Greg Barclay  
Celina Benedict  
David Boal  
Ian Burpitt  
Patricia Cassidy  
Adam Edwards  
Bhavini Kalaria  
Clive Nettleton  
Edith Parker  
Kiran Patel  
Vaishali Shah  
Joanna Van Heyningen

### Our Ambassador

Atul Kochhar

### Our Patrons

Tim Cross  
Stephen Ogle

### Grant Giving

Big Lottery Fund  
The Development Fund of Norway  
European Union  
UK Aid

### Trusts and Foundations

Chalk Cliff Trust  
Unicorn Grocery  
Harbinson Charitable Trust  
C B and H H Taylor 1984 Trust  
The Buckland Charitable Trust  
CJC Whitehouse 2006 Charitable Trust  
Maitri Trust  
Brian Murtagh Charitable Trust  
A & E Education Trust  
Eric Stonehouse Trust  
North South Travel  
Souter Charitable Trust  
N Smith Charitable Settlement  
The Gibbs Charitable Trusts  
the innocent foundation  
The Rhododendron Trust  
The Scouloudi Foundation  
The St. Mary's Charity  
Tolkien Trust  
Vegfam  
Vitol Foundation

### Corporate

Annela Rose PR  
Autonomous Research  
Creative ID  
Halcyon Interiors  
I Am By Nature  
Kingfisher Beer  
Mondrian Investment Partners Ltd  
Natco Foods

### Supporters

We can only change the lives of families who suffer from hunger and poverty with our individual supporters. Without you none of our achievements in 2015 would have been possible.



# Our income and expenditure 2015

In 2015, we managed to generate funds of over £1 million for the fourth year running, growing our voluntary income by 16.7% compared to 2014.

Income	2015	2014
Big Lottery Fund, UKaid (DFID) European Union and Development Fund of Norway	£808,738	£970,539
Charitable trusts, foundations & companies	£422,110	£354,590
Donations from supporters	£135,874	£119,908
Gift aid	£12,272	£11,332
Other income	£755	£2,607
<b>Total incoming resources</b>	<b>£1,373,364</b>	<b>£1,458,946</b>

Expenditure	2015	2014
Charitable activities to promote rural livelihoods	£1,231,310	£1,262,754
Raising funds	£158,506	£139,862
<b>Total expenditure</b>	<b>£1,389,816</b>	<b>£1,402,616</b>
<b>Net income / (expenditure) for the year</b>	<b>(£16,452)</b>	<b>£56,330</b>

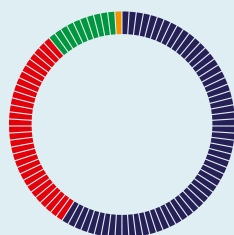
## Balance sheet at 31st December 2015

Funds in hand at the end of the year	£448,695	£479,092
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## Invested in

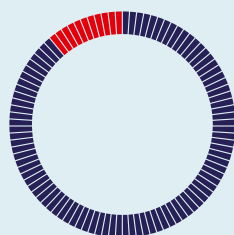
Fixed assets	£2,911	£4,367
Net current assets	£445,784	£474,725
<b>Net assets</b>	<b>£448,695</b>	<b>£479,092</b>

The above financial information is extracted from the full financial statements of Find Your Feet for the year ending 31st December 2015, which have been audited by Goldwins, Chartered Accountants and Registered Auditors. For the full financial statements, approved on 27th April 2016, please ask us or see [www.find-your-feet.org](http://www.find-your-feet.org)  
Kiran Patel, Treasurer



### Income

Institutional	59%
Trusts and companies	30%
Supporters	10%
Gift aid	1%
Other	0%



### Expenditure

Charitable activities	89%
Raising funds	11%

# How your money helps

We rely on the generosity of people like you to help lift families out of poverty. It is people who change things for the better. By investing in people, giving them the skills, knowledge and confidence they need to help themselves, their families and their communities, we make small sums of money go a long way. And it all starts with you.

**Donating online is quick and secure at:**

[www.find-your-feet.org](http://www.find-your-feet.org)

**Debit and credit cards accepted by phone:**

020 7326 4464

**Cheques payable to Find Your Feet can be sent to:**

Find Your Feet,  
Freepost Lon7827  
London  
SW9 8BJ

**Donation forms and Gift Aid forms are also available online.**

## Looking ahead

In 2015 we celebrated Find Your Feet's 55th year and started a new five year strategic period. By the end of 2019, we aim to lift 150,000 people and 750,000 of their family members out of poverty. To do so, we will focus on sustainable rural livelihoods, which we believe transforms lives.

This Annual Review is a snapshot of our year. You can learn more about our future plans, read in-depth stories of the changes made in people's lives, and access our full Annual Report and Financial Statements online at [www.find-your-feet.org](http://www.find-your-feet.org).



£10 could train a farmer in Malawi in how to conserve water and grow more vegetables and fruit for their family to eat.



£165 could train a talented farmer in Zimbabwe so they can teach another 20 farmers their skills and help a whole community become self-reliant.



£500 could provide 40 women in rural Nepal with the skills they need to start small businesses to support their family.



## Get informed

Find out how we help people to grow more food, earn an income and speak out against injustice.

- [find-your-feet.org](http://find-your-feet.org)
- [twitter.com/find-your-feet](https://twitter.com/find-your-feet)
- [facebook.com/findyourfeet](https://facebook.com/findyourfeet)
- [fyf.org.uk/sign-up-for-newsletter](http://fyf.org.uk/sign-up-for-newsletter)

## Get involved

Make a donation or fundraise. See how to have fun with friends and family while raising life changing funds.

- [find-your-feet.org/get-involved](http://find-your-feet.org/get-involved)
- [curryforchange.org.uk](http://curryforchange.org.uk)

## Get in touch

Call us: [020 7326 4464](tel:02073264464)

Email us: [fyf@fyf.org.uk](mailto:fyf@fyf.org.uk)

You can send letters and donations to:

[Unit 316](#)

[Bon Marche Centre](#)

[241-251 Ferndale Road](#)

[London](#)

[SW9 8BJ](#)

Registered charity number: 250456

Cover: [Tinashe and Judith Shumba](#), pictured with their children in Chimanimani district, Zimbabwe.

Photograph: [Sherona Parkinson](#)

Design: [www.transmission.design](http://www.transmission.design)

