



PROGRESS!O

news views and updates

2013 issue one



**Food for a
better future**

You can help farmers grow their way out of poverty



Natasha Filliom/Progressio

Straight talking from Haiti

“Most of the reconstruction is yet to come. There has been some progress but not enough,” said Fr Kawas François, Director of CERFAS in Port-au-Prince, during a visit to the UK in January organised by Progressio. CERFAS, which monitors public policy and aid spending in Haiti, is supported by our development worker Esther Schneider. Fr Kawas said Progressio’s work building the capacity of civil society organisations, so they can fully participate in reconstruction, is crucial. After meeting Progressio supporters in Wigan and London, Fr Kawas said: “You make me understand that your commitment is not only to send money to poor people or to poor countries, but to build a new world free of injustice and materialism, and made with love and real solidarity.”

Poverty reduction goals from 2015

Our aim is to get people’s voices heard in the places where decisions are made. When a high-powered UN panel came to the UK, we were there to put our partners’ views forward, including the need to consult with ordinary people, the importance of inclusive natural resource management (especially water), and particular help for conflict-affected countries.

When you see this symbol, it means you can read more on this story at progressio.org.uk (Tip: put the title of the story into the Search box at the top of our website)

Vatican Radio

Our development worker Philemon Handinahama and two unemployed Zimbabweans, Kelvin (25) and Vimba (44), were interviewed on Vatican Radio on the reality of “living below the line”. “One of the worst things is you’re not involved in any key decision-making in life,” said Kelvin. Fiona Mwashita, our Southern Africa sub-regional manager, said: “Their interviews indicate people do not want to be taken for granted, they want their space.”



Kate Stanworth/Progressio

Election monitoring in Somaliland

Somaliland’s people have taken another step on the road to democracy with the local elections held in November. The international election observation mission assembled by Progressio, DPU and Somaliland Focus (UK) said the elections were not without problems, but demonstrated the people’s commitment “to a peaceful form of democratic and participatory decision-making”. A landmark was 142 women candidates running for the first time, following advocacy by Progressio partner NAGAAD.

Yemen food crisis

Food price rises in Yemen last year hit the poorest and most vulnerable the hardest. Farmer Ali Sagheer Sadiq, who lives in Al-Sukhna with his wife and nine children, told us: "Water for agriculture and water supply in general are our biggest challenges. Getting water is becoming more difficult. We are now more vulnerable than in the past. We need financial and technical support for agricultural projects at a local level." With your support, Progressio responded by working to enable people, especially in rural areas, to get better access to water. 📍

Fran Afonso/Progressio



Food for a better future

"We thank you from our heart that your project is reaching out to the most disadvantaged and abandoned in this area of the country," says Belcis Suero, a farmer in Loma del Guano, Dominican Republic. With your support, our food security project on the Haitian/Dominican border is helping Belcis, and many other farmers, grow their way out of poverty. We've set up a special section on our website where you can read more, watch videos showing our development workers in action, and get weekly updates on the project via Twitter and our blogs. Why not take a look, tell your friends, and donate so that this great work can continue? 📍 + read more on pages 6 to 9

Real development

Community gardens are enabling people in Zimbabwe to come together to grow the food they need. As our development worker Cliff Maunze, working with partner Environment Africa, explains: "Now this is real development". Individuals and communities who are given an idea, trained in the basic skills and supported with the initial inputs are truly empowered as they take ownership of the garden. The approach provides a long term, sustainable solution to food insecurity, says Cliff. 📍

Enough food for everyone IF



It's a scandal – but it's also a situation we have the power to change. Progressio is part of a coalition of organisations who have come together to call on world leaders to act in 2013. We want to make this year the beginning of the end for global hunger. But it will only happen if you, and millions of others across the UK, add your voices to the IF campaign. Please join us! 📍 + read more on page 14

Read all about it!

If you read the *Guardian*, you might have seen the special 'Write the World' supplements which were included with the newspaper in November. They included articles and case studies by our two finalists in the *Guardian* international development journalism competition, Charlotte Maugham who wrote about domestic violence and women's rights in Timor-Leste, and Rob Trask who wrote about HIV and faith in Malawi. "It was tough and intense," says Rob, "but being able to speak to people about their lives and some very sensitive issues was a real privilege." Charlotte said: "It was an amazing experience. The work Progressio is doing in Timor-Leste is so important, you can see what a difference it's making to people there. It may be hard to photograph 'capacity building' but I definitely saw it in action." 📩 + Want us to send you the supplements? Just get in touch!



'Waterproofing development' animation

Thanks to great work by Progressio Ireland in promoting the film, our 'Waterproofing Development' animation won a Better Together video award – earning a prize of over 3,000 Euros to go towards our Waterproof campaign. "We were totally chuffed by the effort of Progressio supporters who voted 1733 times in total for the video and made sure we were shortlisted in order to be judged by the panel. The panel's criteria were creativity, concept, and call to action and our video convinced," says Franziska Fehr, Progressio Ireland's Communications Officer. The animation was made by Isobel Foulsham with funding from the Vodafone World of Difference programme. 📩

Playing for water

Over 1,000 people participated in a water awareness competition organised by Progressio partner Aquafondo in Huarochirí province near Lima, Peru. The competition involved children doing tricks with a special AQUAGOL ball, as well as testing their environmental knowledge, and counting the number of used batteries (a major contaminant of household water) collected by the community. Through the competition, "children and teachers have been inspired to take action and protect their local water resources," says Progressio development worker Sonja Bleeker. 📩

Women's rights in Yemen

"We need to change the negative attitudes towards women that they are not only wives, mothers or sisters, but also partners in the development process," says Hanan Omar, head of Half of Society, a Progressio partner organisation in a new project combating discrimination against women in Hodeida governorate. The project, funded by the British Embassy, will advocate for women's rights among broad sectors of society, targeting 25,000 women in two districts over nine months. 📩

➤ Nicaragua

Progressio partner organisations are running an awareness campaign about new legislation against violence to women.

➤ El Salvador

A pioneering project to incorporate a masculinities approach in HIV prevention was successfully completed in December. 📌

➤ Honduras

Development worker Jubenal Quizpe ran training courses for community radio journalists to empower indigenous people in western Honduras to advocate for their rights.

➤ Malawi

A new project funded by the United Nations Democracy Fund will help reduce political intolerance and violence in the build up to the country's next elections in 2014. 📌

➤ Dominican Republic

Government spending on education has been secured following a "4% for education" campaign spearheaded by partner Centro Bonó with support from two Progressio development workers.



Inspiring people

"Myself and Progressio volunteers organised a community fun day with our local organisation Environment Africa, where we played sports events with the people of the communities we had been working with around Salima, Malawi," says Progressio ICS volunteer Emily Westwell. "Some of the projects we had been working on were climate change awareness, constructing irrigation systems, promoting the construction of tree nurseries and vegetable gardens. We worked with settlements that had been hit by water shortages, whilst also working with those living with HIV to develop a more healthy lifestyle. But most importantly, we were fortunate enough to work with villages that were rich in spirit, and through workshops and community relations, we encouraged the communities to adopt new methods of farming and irrigation that would better their quality of life. The 10 weeks I spent in Malawi was the most insightful, inspirational and rewarding experience of my life. My fellow volunteers and I were lucky enough to meet and work with truly amazing people, and had the opportunity to help them better their lives whilst also enriching our own. In short, this experience was not just for 10 weeks – it is something I will carry with me forever."



Better farming, better food, healthier lives

“Life can be good living here, but we have many struggles. We depend on farming, but we don’t always have good harvests, and our produce does not always sell well. The area is very remote and it is difficult to transport produce to the markets.”

So says Ana Rita Abreu, who has been living and farming in Restauración in the Dominican Republic with her husband Federico de los Santos (known as Víctor), for nearly 20 years. But now they are seeing improvements, with help from Progressio development worker Bernardo Lopez, and partner organisation Solidaridad Fronteriza.

Under our ‘Food for a better future’ project on the Dominican-Haitian border, Bernardo and his colleague from Solidaridad Fronteriza, Oscar Recio, have provided



training, advice and inputs such as tools and seeds for Ana Rita and Victor's small food garden on a plot near their home.

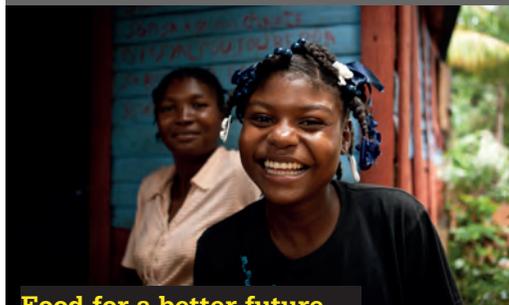
"Before we had this technical advice, we used to plant without planning," says Ana Rita. "So before we could harvest the crops, many fruits or vegetables were lost or damaged. But with better technical advice, better use of seeds, better fertiliser, that's not the case now. We've got better food, and we know what to eat to be healthy."

In the home, they have also benefited from an eco-stove, which reduces smoke pollution and uses less firewood. "It allows you to cook more comfortably, and spend less money and time buying or collecting firewood," says Ana Rita.



Victor and Ana Rita are also working in the community, as members of UNAPROBOSQUE (the union of forest producer groups). Along with 12 other people from the neighbourhood, they are restoring parcels of land by planting coffee and fruit trees such as lemon and mango, and producing organic fertilisers for shared and individual use. "It is a work of union and solidarity," says Ana Rita.

Life is better now, both for individual families, and the community as a whole, says Bernardo: "Our aim is to work alongside people so that they can farm sustainably, achieve food security, increase their income from selling their produce, and improve the quality of life for themselves and their families." 📌



Food for a better future

Augustine Joseline (pictured above with her daughter Jeannie) and her family are among the many people in Lamine, Haiti, being supported by Progressio's 'Food for a better future' project.

Our development workers are working with partner organisations Solidarite Fwontalye and Solidaridad Fronteriza in the impoverished northern border region of Haiti and the Dominican Republic, to help people like Augustine and her family grow their way out of poverty.

The project is a great example of the difference you are making to people's lives through your support of Progressio. That's why we've set up a special section on our website to show you the impact that your support is having. You'll find...

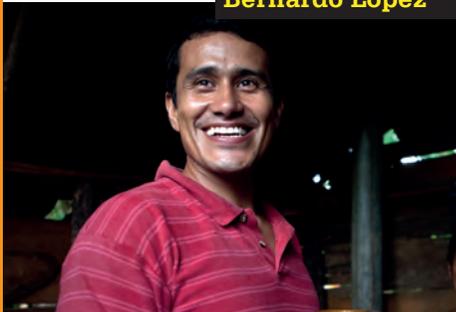
- 📺 **videos** where you can visit the villagers and see their farms
- 📝 **blogs** about how they are improving their lives
- 📅 **weekly updates** of activities and progress

All at progressio.org.uk

Turn over the page to meet the development workers and find out more about what they are doing...

Meet the development workers

Bernardo Lopez



“I love the interaction of working with communities – and especially how responsive they are to new ideas. I believe that within 2-3 years you will see revenues exceeding those from traditional farms.”

Bernardo provides training and support on sustainable farming and agroforestry in 11 low-income communities where people are largely dependent on farming for subsistence and livelihoods. ↘

“What inspires me is seeing farmers engage body and soul in the development of their community and their country, to ensure their own destiny instead of leaving it in the hands of others.”

The communities of Lamine and Gens de Nantes are in the most environmentally vulnerable areas of the municipalities of Ouanaminthe and Capotille in Haiti. Gabriel provides training and support on natural resource management and on farming, processing and marketing techniques to 28 community-based organisations. ↘

Gabriel Petit-Homme



“If you contribute to the development of skills and change the way people think and act, you achieve significant change in the lives of people.”

More than half the people in the province of Dajabón live in poverty, leaving families more vulnerable to food shortages. Karina provides training and support on nutrition, food safety and hygiene – with a particular focus on women as active farmers and key providers for their families. ↘

Karina Cuba



See their **“to do” lists** at progressio.org.uk/food-for-a-better-future



Champion farmer

“The garden and the chickens have made life easier. We are growing lots of new crops and so we have a better diet,” says Elena Tusen, a Haitian woman who came to the remote village of Loma del Guano in the Dominican Republic over 20 years ago. “My family is really thankful for the variety of food!” As well as improving her own farming, Elena is a ‘promoter’ of better farming techniques to others. “It enables her to support other people in the community, and strengthen solidarity networks in a community so isolated,” says development worker Karina. As Elena says: “I want to continue to support other families, and promote food security and nutrition to improve the welfare of the whole community.” ↘



How this project improves lives

“We live in an isolated area and rural communities like ours get very little help from the authorities,” says Luisanne Polimus, a farmer and mother of 10 children in Gens de Nantes, Haiti (pictured above with Gabriel). “That’s why we really appreciate the support we’ve had from this project.” Luisanne says her community faces multiple problems: limited opportunities to earn an income; food insecurity made worse by drought; and a lack of money to ensure children can go to school. She says she herself has benefited from “technical training in best practices to work the land”. With support from development worker Gabriel, the village has also set up a cassava processing factory to generate income. “We ask for your continued support so that we can make this a success for everyone,” says Luisanne. ↘

↘ For more on these stories go to progressio.org.uk and put the story title into the Search box



↘ **Help people grow their way out of poverty**

Find out more and donate at progressio.org.uk



Ethyl and Ernest: The voice of Malawian volunteers

Our volunteer programme, Progressio ICS, brings young people together to fight poverty – with young adults from the UK working alongside local volunteers on projects where their energy and skills can make a direct impact. We asked two young volunteers from Malawi what they got out of the experience...

Ernest: We just hear that people are poor but being on the programme I had to witness it with my own eyes. I'll give an example: somewhere in Thandazga people were drinking water from a stream. From town where I live and that place it is only 2-3 km and people there are drinking unsafe water. I thought, what is going on?!

We also had a chance to work with vulnerable families and hear their story. There was an old woman who had 14 children. Some were grandchildren and she had to look after all of them, but the woman is sick. She is HIV-positive and has cancer. She works at the hospital from 6am to 6pm, but she has to take care of the family too. The amount of money she saves is 10,000K a month (approx. £20): she spends the whole amount on medication but she also has to pay for the children at home.

I realised that others are living another life. At first I thought, “everyone lives the same life”. But now I realise people live differently. I want to do something, whether it is small or big it will make an impact, it will always make an impact.

Ethyl: I can say I have learnt a lot from the UK volunteers. The thing that touches me is that they came from a developed country and are coming to a developing country. They are trying their best to adapt to the environment and are also helping other people’s communities...

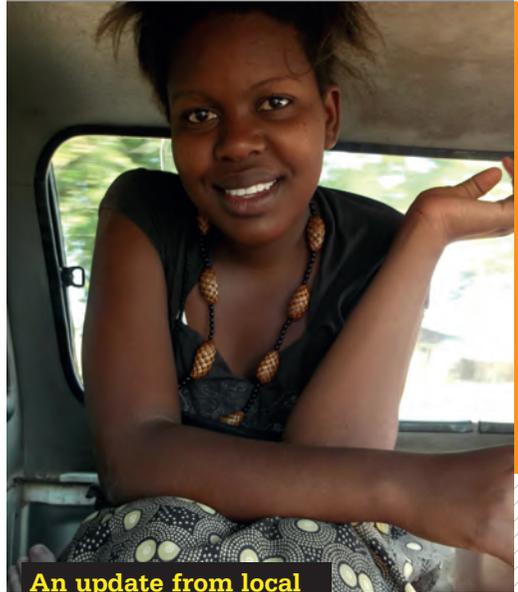
I want to do something, whether it is small or big... it will always make an impact

These guys have taught us to look at how we can plan things. The UK volunteers really go deep into things to get good results. They go step by step by step and they come up with a good conclusion.

Ernest: I have seen these guys come all the way because they have passion. They have come here to make an impact to someone who they don’t know and I guess they will never meet again in life, but they just want to help them. It makes us think to ourselves why we cannot do the same, especially when we are closer to these people than they are...

You can’t always see development. For example, you guys will be here for a short period and people won’t see anything, but someone two years from today will be like, “I think those guys, this is their fruit”. So yes it’s development. It’s slow but it happens. 📍

Interview by Progressio ICS UK volunteer Sammy Hussain



An update from local volunteer Mphatso

On the last ICS programme we visited a village called Luviele. With the help of Siwombo, an irrigation engineer from the government, we trained the villagers on how to set up irrigation canals, and practise irrigation using a treadle pump. The villagers asked if we would help them construct a canal (made from mud lined with plastic). The whole team of ICS and the villagers were taking part – this showed that the people were eager and excited about the project.

Now I’m on my second ICS placement. Last week we went to visit the same villagers to see the impact of the irrigation canals. The scheme is a success and people are now a cooperative. They have crops in their fields which are almost ready to harvest. I think that what the rural Malawians lack most is knowledge, but when they are given knowledge they are eager to learn and are committed to their work. 📍

Are you 18-25? Apply now to volunteer overseas in Africa or Central America at progressio.org.uk/ics

Stay Strong on Climate



Macpherson Photography/Progressio

➤ Rio+20: Where do we go from here?

Thank you so much for taking our campaign actions in the run-up to the June 2012 Rio+20 conference on sustainable development. Your photo petition and 'Future we want' postcards (1246 in all) helped persuade the UK delegates at Rio+20, Nick Clegg and then-Environment Secretary Caroline Spelman, to speak up for people's involvement in natural resource management, especially water. But as our environment policy officer Lis Martin says, "the outcome of the conference was a small plug for a large hole". We will continue to highlight the need for fair and sustainable access to water for the lives and livelihoods of poor and marginalised people, especially women. ➤

Thank you for doing your bit to kick the carbon habit! At the last count, 150 of you signed up and emailed your MPs, in solidarity with people like Rhoda Khumalo from Zimbabwe (above) who bought her solar panel with the proceeds from growing and selling drought-resistant cowpeas. "The solar panel made a big difference. I no longer have to buy paraffin which is expensive, we can listen to the news on the radio, and my children can now read under the lights at night," she said. You called on your MP to ensure David Cameron stands by our world-leading Climate Act and delivers on his green commitments. In Parliament, the Energy Bill has now moved into Committee Stage. Action by Progressio campaigners has helped establish the fact there is public support. Watch out for further actions you can take as the Bill enters its final stages! ➤

230 of you signed our World AIDS Day letter to the Prime Minister, calling for people living with or affected by HIV to be at the centre of the response – people like Gertrude Usaiwevu (pictured right) and the women of the Zvimba HIV support group in Zimbabwe. Your action helped persuade the Prime Minister to write to the UK AIDS Consortium stressing the Government's commitment to the global HIV response.

Why Stop Now?



Marcus Perkins/Progressio

Empower has launched!

Over 40 young people have signed up to be Local Leaders and Regional Mobilisers in our Empower UK volunteering scheme – a passionate nationwide team of young adults committed to working alongside communities around the world as they overcome poverty, by taking action in the UK with their communities. The Regional Mobilisers all met for a super weekend of training in November, where great ideas and plans for the year ahead emerged – so watch this space...

Well done, team Santa!

You raised £1,655 from sponsors and supporters for taking part in the December Santa Run in London. A big thank you also goes to all our supporters whose creative fundraising efforts help to raise money for Progressio. Star man is former Progressio ICS volunteer Monju Meah, who held a fundraising dinner in October, took part in the Santa Run in December, and is taking on some sponsored challenge events in 2013. See page 15 for more on how you can fundraise for Progressio!



Fundraising: As easy as 1, 2, 3...

“When I was first told that I had to fundraise I was really nervous and scared that I wouldn’t be able to do it,” says Progressio ICS volunteer Kamara Davis (above left). “I did cake sales, set up a Mydonate page, did people’s hair, wrote letters to big organisations, wrote to my old school, did a sponsored walk and a boot sale. Once I raised the money I felt so proud of myself knowing I could put my mind to something and complete it. I think the experience has helped me during my placement as it’s made me more confident to speak to people I don’t know.” Well done to Kamara and all the other Progressio ICS volunteers who have fundraised towards the cost of their overseas placement. ↘

Thank you for giving

Thank you so much for donating to our Christmas appeal for our work in Haiti and the Dominican Republic. You gave an amazing £8,177. And thank you for your generous response to our Yemen food crisis appeal earlier in 2012. Because of your support, people in local communities will be able to become more self-sufficient and food secure. As our development worker Derek Kim told us: “We need to focus on how the humanitarian work will phase into early recovery and longer term development so Yemen does not become a permanent humanitarian crisis, still relying on cash for food donations and the like 10 years down the line.”



WHY DOESN'T EVERYONE HAVE ENOUGH FOOD?

photo © Fran Alonso/Progressio

Enough food for everyone... IF you act today

You can help make 2013 the beginning of the end for the global hunger crisis. Add your voice to the IF campaign, tell others about it, and take the campaign actions over the coming months – and together, we'll be too loud for our governments to ignore.

But it will only happen IF we act together and make our leaders begin to end hunger by tackling some big problems:

- IF** Land and water: IF we make sure poor farmers have access to resources like land and water
- IF** Aid and investment: IF we give enough of the right kind of support to help people feed themselves
- IF** Transparency and tax: IF we make sure governments and big corporations are honest and open about their actions

So please pass on the postcards (and order more from us), wear the wristband, watch and share the video, or become a key local campaigner. Just go to our website for all you need to make 2013 the year of change! 

IF Around the world many of our development workers and partners are working to help poor communities tackle food insecurity and change lives. That's why we've joined with more than 100 other organisations as part of the IF campaign to make sure that everyone has enough food.

IF Add your name to the campaign by filling out and sending us the campaign postcard, or signing up online at:

progressio.org.uk/if

IF And please tell your friends – it's vital that as many people as possible join the campaign!

Can you fundraise for us?

Run for Progressio

We've got charity places in three great races this year so why not join our running team, get fit and help us fight poverty in the process? Places on the Great Manchester Run in May are still up for grabs. And if you need more time to break in your running shoes, sign up for the Royal Parks Half Marathon or the Great Birmingham Run in October. Full details on our website. ↘

Challenge events

Want the challenge of a lifetime? Cycle London to Paris, trek the famous Machu Picchu trail in Peru, or climb Mt Kilimanjaro with Progressio – and fundraise for Progressio while having an unforgettable experience. Visit our website or email pamela@progressio.org.uk for more details. ↘

Easyfundraising

Did you know you can give to Progressio every time you shop online – at no cost to you? Just register with easyfundraising.org.uk and select Progressio as your chosen charity. ↘

Free legal advice about wills

Have you thought about leaving a gift to Progressio in your Will? Then why not take advantage of free telephone advice from Co-operative Legal Services? It's available to you through our membership of Remember a Charity. You can ask about all aspects of legacy writing or amending an existing will, without having to make a special trip to a solicitor – or pay a penny! To take advantage of this no-obligation offer, please visit our website or email sarahs@progressio.org.uk ↘



Life swap

Do you know a young adult who could benefit from a life-changing experience? Then please tell them about the opportunity to volunteer overseas with Progressio ICS. There are many examples in our **volunteer blog** to inspire them – such as Rachel Fearon (pictured above, in white shirt) and her time working alongside the women of Binga in Zimbabwe: “Because of this experience, we will continue to push hard for equal rights and opportunities for girls and women. The difference in expectations of girls and boys couldn't be more evident and all of the additional work the girls have to carry out affects study time, making Zimbabwe one of the few places in the world where girls mark lower than boys in high school exams. It has been an eye opening experience and acutely necessary. I only wish we had more time here to continue learning and teaching together.” ↘



We are Progressio

Ever wondered how to explain what Progressio does to your friends and contacts? Then take some tips from our 'People powered development' film, made for us by Isobel Foulsham. It's a brilliant animation – and less than a minute long. So please take a look – and share it with everyone you know. 

 Top tip: You can find even more videos on the Youtube Progressio channel – just go to Youtube and put 'ProgressioUK' in the search box

 **Get involved in Progressio's campaigns**

Just email campaigns@progressio.org.uk and ask us how you and your community can get involved!

 **Follow us on Twitter**

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Keep up to speed with everything Progressio

@ProgressioDW
Get regular updates from our 'Food for a better future' project

@ProgressioICS
Stay in touch with the latest from Progressio ICS



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Published February 2013
Printed on 100% recycled paper
All photos © Progressio unless otherwise stated
Front cover photo: Small-scale farmer Elena Tusen from Loma del Guano in the Dominican Republic, with Progressio development worker Karina Cuba (photo © Fran Afonso/Progressio)