

Kakrao prayer update – June

Dear Friends,

I wonder who taught you all you needed to know about your personal health and hygiene as you were growing up. Was it your parents or another influential adult? Perhaps it was through reading books or a health visitor. I'm going to introduce you to Violet who is a Community Health Volunteer (CHV) in Kakrao. She has had the most remarkable impact on her community over a period of 19 years and is now working with many of the families on the Kakrao Project, ensuring that they lead healthy and happy lives. What a difference she has made.

Violet's compound is flourishing with all kinds of vegetables. She has a healthy compost area ensuring that her soil is rich. She has planted onions at the end of each row of seedlings as a natural pesticide. She has a drip irrigation system to keep her plants watered. She has learnt all of this through her training with Send a Cow. Before she started with Send a Cow she struggled to grow enough food to eat. Now she has more than enough for her family and the orphaned child she cares for. What's more, she has enough left over to sell, providing her with an income.



She has so much knowledge to share, but it's the health programme she is particularly working on for Send a Cow. She aims to visit each of her 100 households at least monthly, working on a system of prioritisation - households with a pregnant mother, or those with children up to the age of five. She keeps a note of expectant mothers' estimated delivery dates on her phone and will ensure she sees them shortly before their due date.

Violet describes her own role as working to prevent disease by providing information. She focuses mainly on nutrition and hygiene, sanitation and individual birth control plans. She talks of how Send a Cow's nutritional project has ultimately empowered mothers. Many have realised the importance of eating fruit, which they'd previously considered nutritionally unimportant.

Over the years she has come to know the whole community and is trusted by them. The most remarkable aspect of her work is that not a single child under the age of five has died amongst her households since she has been the CHV.

Violet told us: *'I don't like seeing children die. I'm proud that I am saving lives. I love my work.'*

Please pray:

- Praise God for Violet and all the other Community Health Volunteers who are helping to transform whole communities. Pray that he would continue to bless the work of their hands.
- Thank God that families under Violet's care have not had any child die under the age of five. Pray that the training she has provided to families will be passed on through the generations and across communities.
- Pray for families whose children are currently unwell. Pray that they would receive the care they need.

Update about Send a Cow

As one of our Mission Partners, I wanted you to know that Send a Cow will look a little different from early July. We will be updating our logo and brand to reflect more accurately what Send a Cow does today. The new brand will celebrate the rural African communities we work with and reflect our unique approach to tackling poverty and hunger. Our work in Africa won't be changing and I'm pleased to share that the costs of developing the new brand have been paid for by a committed supporter, ensuring that your donations continue to support families across rural Africa. If you have any questions, please let me know.

Thank you for your continued prayers for the Kakrao Project.
Best wishes,



Ann Hatton
Church Development Manager



Thank you for sharing our passion to help some of the world's poorest people. We hope you are happy to continue receiving news. To read more about how we value your privacy,