

How you can help...



Family life group for HIV/AIDS orphans, Lubanda

Prayer

Please pray for the Mothers' Union Family Life Programme and for all those involved in supporting and empowering individuals to create a better future for themselves and their families.

Giving

The Mothers' Union Overseas Development Fund supports vital Mothers' Union work around the world, including the full cost of the Family Life Programme. This work is only possible through the continued enthusiasm, prayer and financial support of our members and friends around the world.

A gift to the Mothers' Union, however small, can make a real difference to the lives of families worldwide. Thank you.

For further information on the Mothers' Union Family Life Programme please contact:

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Mothers' UNION
Christian care for families

FAMILY LIFE PROGRAMME

The Family Life Programme's local motto is "to build relationships and fight poverty, sickness and ignorance".

Currently operating in eight areas of Uganda, the Programme's aim is to bring together groups within communities, to work with them to identify and prioritise common issues they face, and then to help them work as a group, developing ways to bring about change and improvements in their community. Working together, groups tackle problems that seem insurmountable as individuals: food security, health, nutrition, hygiene and environmental damage. The ethos of FLP is not on giving handouts of money, goats or cows. **We just help people to believe in themselves and work together as a community.**

The programme is open to the whole community regardless of age, gender, faith or ethnicity. The community members form themselves into small groups, whoever they feel comfortable with – we have some mixed groups, some for men only, some for women only, youth groups, HIV positive groups and disabled groups.





Health and hygiene Many group members were concerned that their children were constantly ill with sickness and diarrhoea. Learning about hygiene, groups built their own pit latrines and hand-washing facilities. These small changes have had a huge impact in the community. Poor nutrition was another problem tackled. Encouraging families to grow a kitchen garden with fruit and vegetables to improve their diet protects the family health. Before the programme was

introduced many didn't eat fruit. This has seen a massive improvement in their diet and general health.

Environmental issues Many groups in eastern Uganda are focusing on the problem of deforestation. Sebei used to be an area covered in forest but gradually this has been eroded as trees have been cut down for firewood or land cleared for farms and crops.

Since families have only basic stoves they need to collect firewood daily, something which is time-consuming and uses large amounts of wood. Through the Family Life Programme, communities have been introduced to energy efficient stoves. Only two pieces of firewood are needed to keep stoves burning, meaning families only need collect fuel once a week. The stoves also produce far less smoke, reducing the health problems previously suffered by many of the women.

Groups are also very active in making sure that new trees are planted to ensure future fuel and to help prevent soil erosion.

Key Programme Components

- Training and capacity building of community groups
- Community dialogue and community cohesion
- Environmental protection and management
- Income generation and business development
- Developing good health through nutrition and hygiene
- Advocacy and care for families affected by HIV/AIDS
- Future sustainability

Model homes Seeing is believing! Family Life groups have been setting up 'model homes' in the community, a key part of their work which demonstrates some of the innovations introduced through the Programme.

A model home covers all areas of family life and living, including: energy efficient stoves with chimneys to prevent respiratory and eye problems; latrines; bathing shelter; vegetable garden and plate stand to keep dishes away from dirty soil.

The benefits of using compost and manure to improve poor soil quality is discussed. Families are encouraged to store excess crops, harvested in high yielding seasons, for use during the dry season when farming is less productive.



The programme places complete ownership of the project into the hands of community members. Hence, all progress and benefits are the rewards of their own hard work and determination. Through this empowerment, some incredibly creative and diverse projects have been

established. Communities have started juice making enterprises, medicinal plant farming, livestock rearing and introduced networks of carers for people living with HIV/AIDS and their families.

What the Family Life Programme had achieved by the end of 2010:

- Complete programme in 8 regions of Uganda
- Model homes in 10 regions of Uganda
- 418 active family life groups
- Approximately 10,450 people are now part of a family life groups

With your help we can expand the programme even more.