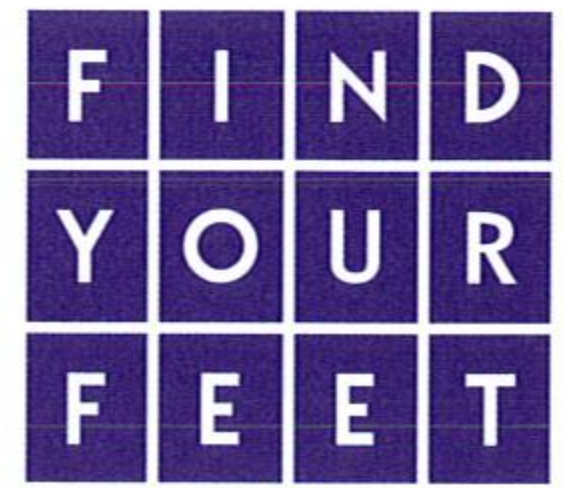


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Dear *Bim*

Thank you so much!

I am writing to thank you so much for your very generous gift of £5,000 that we recently received from you and the Sandhu Charitable Foundation. Your generosity really does make a big difference to the poor rural families we support so on behalf of everyone at Find Your Feet – thank you so much.

I also hope you enjoyed reading our review of 2011 and hearing about some of the families we have supported in the past twelve months and about the new families we hope to reach in Nepal and Zimbabwe. We know that the coming year will be a tough one, however we also know that with hard work and perseverance and the generosity of supporters like you, we can continue our vital work helping people like Manmati to build their own way out of poverty so they no longer need our help in the future.



Manmati (in the picture) is from the Van Raj tribe from the Pithoragarh District in Uttarakhand a very remote area of India that has no electricity and little communication with the outside world. The Van Raj used to be nomadic tribe but more recently have been forced to remain in one area. This change in lifestyle has been extremely challenging for them as they do not have access to very much land and they have little knowledge of how to grow crops. This meant that they did not have the skills or knowledge they needed to grow enough food to eat and so had no choice but to spend money and time buying all their food from markets which are located a long and difficult walk away.

With the support of Find Your Feet Manmati's community have been helped to set up a village saving and loan scheme to help them buy seeds which enables them to grow a variety of vegetables and fruit. The community has also received training in sustainable agriculture techniques so they can improve their harvests without needing fertilisers, vary their crops and increase their self-reliance for the future. Now they can grow wheat, pulses, mustard, radish, garlic, coriander, aubergine, chilli's and pumpkins which means they can grow enough food for 6-8 months of the year and so Manmati and her children do not have to go hungry.

"I started practicing organic farming due to training provided to our community and I won an award (in the picture) from the project for my success with farming. I now understand conservation and see that organic farming is more cost effective and can see the benefits for the land instead of using and paying for chemical fertilisers." Manmati.

In this way, your generous gift will go a long way to enable women and families like Manmati's to build a future free from hunger so they no longer need our support in the future.

Thank you for your generosity.

Laura Perkins

Laura Perkins

Find Your Feet