



# FAMILY CARE

## MAKING A DIFFERENCE

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UPDATE ON  
KADUNA STATE  
RURAL VILLAGE  
PROGRAMMES:  
We recently travelled

**AFTER**



are the property of the women to either sell or to keep to further increase their stock. In time this number could grow quite numerous and will make a solid and lasting impact to the economic empowerment of these women. All the goats are the sole property of the women and are not owned by the husband. Each woman has agreed to terms such as; no slaughtering of the goats, giving two female kids back to the project and attending training that will be given to them on how to raise the animals. The project will also promote the use of goat's milk as a means for the women to help combat the prevalent malnutrition in the infants and children. Instruction will be given for proper pasteurisation and we hope that this form of nutrition will be accepted and used in the communities.

Kande Barau who has 6 children and Laraba Musa who has 7 children from the village of Telele were the first women to proudly receive their goats. The excitement of the women, their many children and the entire community was tangible. A goat is a form of wealth in these rural villages and is looked on as a thing of val-

to Kaduna State to visit the projects that we are involved with there, as well as to initiate a new programme for the rural women of two remote villages. All Family Care projects in Kaduna are carried out in collaboration with a local NGO, "Hope for the Village Child".

### ANIMAL REARING PROJECT/ ECONOMIC EMPOWERMENT FOR RURAL WOMEN:

Family Care initiated a new project in the remote villages of Telele and Sabon Gida Bugar, Kaduna State. Workshops were held for the women to discuss various possibilities to further their economic role within their families and communities. The women chose animal-rearing as it seemed the most practical and beneficial for them. The programme has started small and will grow as each woman invests and fulfils the obligations required of her to participate. The project structure involves giving female goats of reproductive age to 10 women initially. When the goats produce their first offspring the woman are obligated to the project to give two female kids to other women in the village, thus spreading the programme to others. Goats produce from 2 to 3 kids twice a year and all other kids





ue. As the word has spread to other villages we have had 22 other women already approach us to become part of the project.

#### CEREAL BANKS:

The cereal banks, run by the village groups themselves, have been flourishing successfully and are making a tremendous impact for the families involved by helping alleviate the serious problem of little to no food during the months before harvest. This stems from inadequate budgeting of food resources; once the grain is harvested it is sold for very cheap prices and the money and remaining grain is used up quickly with no thought of budgeting for the months to come before the next harvest. The cereal banks are managed by an elected committee from the village group (which usually consists of about 25 families). Once the village group decide to start up a cereal bank they each register with a financial amount – usually N500 – which is used to purchase grain ‘capital’ for the bank. At the end of harvest each family group brings a bag or bags of grain and this is stored in the bank with the understanding that it cannot be used for 6/7 months. At the end of this period the family takes back its bag and gives a bushel or two of grain to the bank which is added to the capital. If their stored grain isn’t enough to see them through to the next harvest they can borrow from the capital of the bank, and repay during harvest the borrowed amount plus a little ‘interest.’ This way the capital is increased and more cereal

is stored for future needs. To help boost the capital of 20 cereal banks, “Olam Rice” donated 20 bags of 50 kg of rice, 1 of which will be given to each cereal bank. 50 kg of rice goes a long way and will provide a substantial increase to the capital of the cereal banks, enabling more families to borrow food in time of shortage and need.

#### MOTIVATIONAL PROGRAMMES:

In the village of Pambawa we held an impromptu party for the school children, consisting of games, small prizes and a lunch of instant noodles cooked over the fire by the community. The children rarely receive treats of this kind and it



most certainly made their day!



**MAKING  
A  
DIFFERENCE**  
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#### Froggie Story

A group of frogs were traveling through the woods, and two of them fell into a deep pit. All the other frogs gathered around the pit. When they saw how deep the pit was, they told the two frogs that they were as good as dead. The two frogs ignored the comments and tried to jump up out of the pit with all their might. The other frogs kept telling them to stop, that they were as good as dead. Finally, one of the frogs took heed to

*FOOD FOR THOUGHT*  
what the other frogs were saying and gave up. He fell down and died. The other frog continued to try as hard as he could. Once again, the crowd of frogs yelled at him to stop the trying and just die. He jumped even harder and finally made it out. When he got out, the other frogs said, “did you not hear us?” the frog explained to them that he was half deaf. He thought they were encouraging him the whole time.