



On to a hopeful 2021!

Dear friends and sponsors,

Looking back at a year full of challenges, we would like to share with you some of the most important activities of the past few months and thank you for all your support, both financially and morally. Despite the harsh circumstances many people live in and the many difficulties they had to deal with as a consequence of the Covid-19 virus, we also experienced many moments of hope and solidarity. We have strengthened our role within the community and together we have been able to survive in the short run and created new opportunities for the longer run.

Current situation

Due to Covid 19 and the measures taken as a consequence, in the past months, the situation in Peru has gotten much worse. Peru is one of the countries in the world that has been most affected by the pandemic: at the moment, the number of infected people by Covid 19 surpassed 1 million. More than 37.000 people have died from the disease; the actual number of death as a cause of the lack of medical staff and equipment must be much higher. Between April and June, 6.720.000 Peruvians lost their job. According to the World Bank and UNICEF, poverty has grown 13%, and extreme poverty from 4.2 to 9,5%. During the first 6 months of the pandemic more than 14.000 cases of abuse and violence were registered; probably only a very small percentage of the actual number of cases.

Luckily we could, and can, support the community around us. In this newsletter, you can read a bit more about these activities.





Emergency aid

From March till the end of December, we have supported more than 300 elderly people, parents, and children in the community with more than 2750 food packages, medicines, clothes, and other necessities. In some cases, families slept on the floor. To them, we offered mattresses

Holistic health

As soon as became clear that the circumstances caused by the pandemic would require more long-term solutions, we developed a program directed at improving the integral health situation of the families we support. Therefore, we developed a format that helps us to consult the family members about their situation and the needs they identify for their future. Three Social Workers worked hard to accompany families with psychological and practical support. Together with the families, we mapped 7 aspects we

Educational support

During the whole school year (in Peru from March till December), the schools have been closed. Children were dependent on mobile phones or radio to follow their online classes. For many families who live in extreme poverty, these means were not available. Also, there was a lack of tables, chairs, paper, and pencils and for many

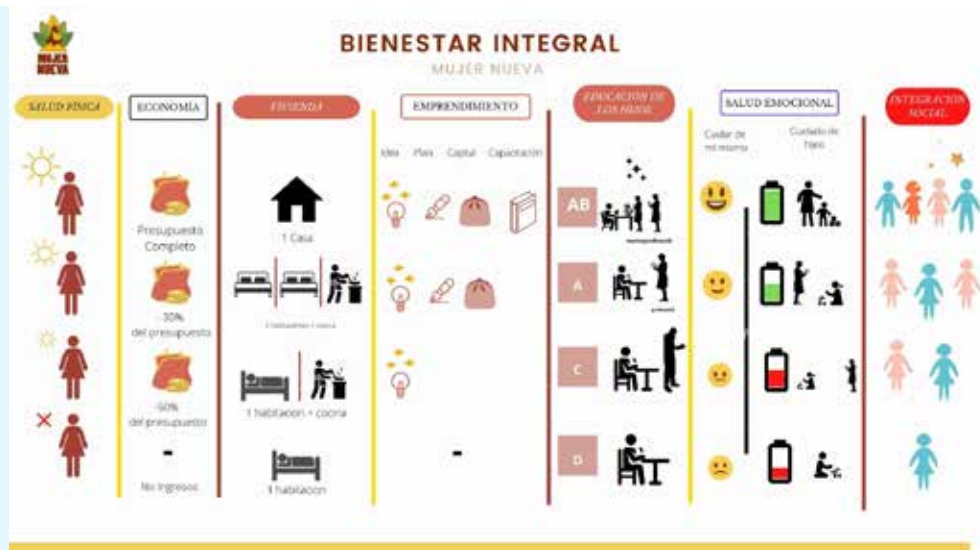
and blankets, since in wintertime it gets very cold in the Andes. In December we delivered special packages, with homemade Christmas bread, chocolate and some toys for the children. Besides, we received donations from the United Nations refugee organization (UNHCR), which made it possible to also hand out extra blankets, soap, and kitchen sets to the most vulnerable families and the Venezuelan community in Calca. Thanks to donations from many friends, funding organizations, and Stichting Mano that made the distribution of the packages possible, more than 80 families have literally been able to survive the lockdown. You can still donate for this much needed aid via this [link](#). Thanks again for your support!

consider of importance for their overall health: physical, mental, and psychological health; housing, income, possibilities for entrepreneurship, education, and social network. According to the identified needs, with each family, we made a plan of action.

As part of the program, many families received different types of therapy, home improvements, guidance with the education of their children, among others. Additionally, 22 mothers took part in a literacy program. In exchange, and as part of the Andean tradition of Ayni based on equity, dignity, and reciprocity, the families helped Pachachaca in the vegetable garden or with other chores.

parents, it was impossible to guide their children with their homework, since they don't speak Spanish or don't have the educational level to be able to understand the contents. As a result, 34% of the children didn't have access to education.

Therefore, as part of our program for integral health, three teachers of Pachachaca have kept contact with the children by making video calls and where it was possible by organizing small group classes outside. In some cases, we donated furniture or other materials for which in exchange the parents helped us out in the Pachachaca vegetable garden. At the end of December, we handed out new school materials and educational games for the children, so that they can be occupied during the summer holidays, until February, when we will hopefully be able to offer an alternative program for the holiday workshops.



Mujer Nueva

An important part of our long term solutions is the start of our new project, called Mujer Nueva. This project has the empowerment, overall health, and sovereignty of the most vulnerable families as a goal. So far, 35 women have participated in this project with the following results:

- A communal vegetable garden and 35 personal vegetable gardens installed at the family's houses, adapted to the space and possibilities of each family.
- The construction of a communal oven, which serves to make bread and other pastries.
- The women have been trained to make bread and homemade pasta.
- The women have received capacity building around constructing a cooperative, teamwork, entrepreneurship, among others.

For Christmas, the women had their first orders for homemade pasta and special bread that were distributed among the families that take part in the Pachachaca programs and for the NGO Por Eso! who distributed over 3000 bread in the communities they are active in.



Thanks a lot for supporting us and...on to a hopeful 2021!





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