



SAVE A FAMILY PLAN
IN INDIA SINCE 1965

Ektha-UNITY

THE SAVE A FAMILY PLAN NEWSLETTER

Our
Amazing
Coordinators
in INDIA



Our Program Coordinators with SAFP India Staff Members

TIME OF CHANGE AND GROWTH

As a supporter of Save A Family Plan, you are a changemaker!

Thanks to the ongoing support of generous donors like you, thousands of families have the opportunity to make significant life changes that can lead them out of the cycle of poverty.

The Save A Family Plan office in Canada has been going through many changes recently, including new staff members, a new software database system, a new look for our printed materials sent to donors, as well as revisions to the Family Development Program.

While change can be daunting, it can also be exciting. As a development organization, it is especially important that we regularly evaluate the impact of our work and take actions that are responsive to the needs of the people who we are committed to serving.

Save A Family Plan is ready to embrace the changes required to invest in the future of our programs. Two significant changes will be happening next year. The first change is that Save A Family Plan will be increasing the monthly support for partner families by \$2 - from \$20 per month to \$22 as of April 2020.

The second change that you will notice is our messaging. We have always maintained that 100% of your donation goes directly to families in need. As a part of this increase in the support amount, we will be directing a small portion towards the salaries of our staff in India working directly with the families in the field.

Why these changes?

The monthly support payment amount for the Family Development Program has not increased since 2008! With the increase of inflation rates in India, this additional amount will ensure that the families we support can continue to choose innovative and creative small business initiatives that are sustainable.

Our local field staff, including the Coordinators and Animators, have challenging jobs and deserve to be paid a fair and just wage. They visit each family regularly, establishing strong relationships and completing personalized needs assessments. Individualized service plans are developed, reflecting your family's unique needs related to improved housing and sanitation, access to electricity, improved nutrition, healthcare, and safe drinking water. SAFP staff help families to empower themselves, teaching them how to advocate for government resources and benefits that they are entitled to.

Some of the additional benefits SAFP families receive include:

- Counselling, emotional support, and mental health training
- Crisis intervention
- Business training
- Life skills development
- Money management coaching
- Access to government programs and resources like micro-credit
- Self-advocacy training
- Education on nutrition and hygiene
- Planning and budgeting for the future
- Information on domestic

violence, addictions, trafficking, and abuse

- Addiction awareness and prevention

These intangible assets have a powerful impact and are lucrative to our families. This is what makes the FDP so successful! It also means the difference between charity, empowerment, and sustainable development. We need to invest in the futures of our families so that they can learn, so that they can grow, and so that they can thrive!

SAFP is committed to using all donations received in a responsible way to provide the greatest amount of support to impoverished families and communities as possible. The additional \$2 per month will not only ensure that families continue to receive this critical support, it will ensure that our committed staff working in the field will be provided with a fair and just wage.

DONORS WILL NOTICE
A SMALL CHANGE IN
OUR MESSAGING

100%
of your
Donation
Directly Supports
FAMILIES

STORIES FROM THE FIELD

**"GIVING THEM BACK
THEIR LOST LAUGHTER
AND HOPE IN LIFE."**

COORDINATOR LILLY VARGHESE
WORKS WITH TRIBAL COMMUNITIES
IN WAYNARD, KERALA, IN
THE FAMILY DEVELOPMENT PROGRAM



We are happy to feature Coordinator Lilly Varghese, one of SAFP's amazing field staff working hard to give families the support they need.

Mrs. Lilly Varghese loves her job as an SAFP Coordinator in the Family Development Program- but it definitely has been challenging!

For 12 years, Lilly has worked with tribal communities in the remote villages in the District of Waynard, where support is scarce, the water is polluted and extreme poverty is a way of life. Knowing the tribal language, Lilly is able to communicate with families in areas where the illiteracy rates surpass 80% very few, if any, are formerly educated and health issues,

like HIV, tuberculosis, cancer and leprosy prevail. Cautiously avoiding attacks by wild elephants and tigers, Lilly meets with families in their homes to provide counselling. She explores the challenges and benefits of traditional indigenous practices and rituals (ie using herbal remedies of wild honey and alma to treat illnesses) and makes arrangements for health care treatment and provides practical suggestions to manage the challenges they face on a daily basis.

Most of the families do not own their own land, have no bank account or identification, live in inhabitable houses and are at high risk of enduring immense hardships or becoming victims of crime.

What Lilly loves about her role as Coordinator is the ability to offer a program that empowers families, instilling hope and creating opportunities that result in life enhancement- while still preserving culture and indigenous practices.

Each of our Family Development Coordinators, with support of three Animators, are responsible for **300 families!**

They help partner families communicate with our donors, assisting them to write letters and translating them into English.

Lilly currently facilitates training on Empowering Women, Developing Rapport, Stress Management, Building Family Relationships and Organic Farming. She loves the ability to reach out to people who are alone and isolated, teaching them about their basic rights and entitlements. Lilly enjoys motivating people to make a difference in their lives, allowing them to envision a better future for their children. She thanks Save A Family Plan for "Giving (families) back their lost laughter and hope in life". Lilly's dedication, like so many of our Animators and Coordinators is the reason why SAFP is able to change the lives of thousands of families in need.

Mrs. Lilly Varghese lives with her husband and two children. She has completed courses from the Indian Medical Association, Psychology Department of Calicut University, has a diploma in Women and Empowerment and has completed training in Community Development. In her role as FDP Coordinator, she makes home visits, supports animators working in the field and conducts training in the tribal communities on various topics.

For more details about Lilly's story, visit our blog at safp.org.



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PARTNERING WITH THE POOR FOR A JUST WORLD

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