

Communities answer their problems: Action in Kalonga, Malawi

Adesi, a young mother in Malawi who has a 4 year-old son and is expecting another child, talks about how her women's health group came together.

By doing this, they are able to find the answers to their problems.

"I've learnt about the six food groups, to **prevent malnutrition and anaemia**, and we keep fit by playing netball together.



"The two most useful things I've learnt are about **couples counselling for HIV testing** and the **benefits of hospital deliveries**.

"It's a long way from the village to the health facility. Because it was difficult to get to, we had a lot of stillbirths in the community, so **we lobbied for a bicycle ambulance** to take us there, and our campaign was successful. We make monthly contributions to maintain the bicycle ambulance.

"We write messages on the walls of our houses to encourage women to go to the health centre to give birth.

"Joining the women's group has made me aware of the danger signs of complications during pregnancy, so I am more likely to go to the health facility to deliver this baby.

"The village Head and the other men in the village also encourage women to go to the health centre.

"My husband supports me – he buys me food and has accompanied me on the four visits I've made to the antenatal clinic."

You can continue to help and support communities like Adesi, by **donating to Women and Children First: womenandchildrenfirst.org/donate**

