



Joel with his mother in their field in the Bolivian Altiplano, collecting broad beans grown from seeds provided by our partner CIPCA.

Livelihoods

Give a generation of women, men and children the skills they need to support themselves, now and long into the future

A livelihood is a way out of poverty. By supporting our long-term sustainable development programmes, you can help people living in poverty to gain knowledge, learn new skills and access opportunities to earn a decent income. This will enable them to provide for themselves and their families, have enough food to eat, educate their children, buy essential supplies such as medicine, repair their homes and recover quickly after disasters. Essentially, it will allow them not only to survive, but to thrive.

Every woman, man and child has the right to live their life with dignity and this is what we aspire to. The work we do benefits communities not only economically, but also ecologically and socially. Pope Francis asks us to consider the environment as we reflect on the impact our actions have on our brothers and sisters. Every step we take to make progress, we ensure it will not have a detrimental impact somewhere else. We support communities to build strong relationships and networks and trust one another, asking them to think of each other as resources and share their knowledge and experiences so they can all benefit for the long term.

By supporting our livelihoods work, you can care for the vulnerable, live out your commitment to justice, peace and the natural world and help put an end to poverty.

"We support communities to be more resilient now and in the future and to challenge the root causes of the poverty they face, empowering them to stand on their own two feet. It's not a hand out – it's allowing people to change their own lives for the better."

Gisele Henriques, CAFOD Livelihoods Adviser



Marta, Nicaragua: Marta lives in Matagalpa in north-eastern Nicaragua. In rural communities, poverty often forces men to emigrate to earn money, leaving women like Marta at home to care for their children. Often the money these men send home is not enough to meet their families' needs, so the women have to earn independently to gain a steady source of income and reduce their reliance on their husbands.

Our local partner ASOMUPRO (the Association of Female Producers) is supporting women's groups in four communities to learn beekeeping. They receive specialised training and a loan of around £100 to cover their start-up costs of bees, hives and equipment. The bees produce up to 30 litres of honey a year, which the women sell at market to earn a living. They can then spend their profits on food, housing, medicine and education.



Yehwah, Sierra Leone: Yehwah lives in Sierra Leone's Eastern Province, where many families rely on a single crop to support themselves. When this fails, entire communities suffer as families go hungry, the sick cannot afford medicine and children are forced to leave school. To escape this situation requires investment in other income sources, but they lack the resources to do so.

We are working alongside our partner Caritas Kenema to break this vicious cycle by setting up a savings and internal lending club. This supports members of the community to save and provides loans to the poorest people in the area, supporting individual needs while also enabling communal agricultural projects.

How you can help

By supporting our livelihoods work, you will enable communities in the hardest to reach areas to increase their access to food, improve their overall wellbeing, learn new skills, build resilience and create a new future for their children that they would never have thought possible.