



Healthy cookers

Many Nicaraguan families cook on open wood fires which fill their homes with smoke and lead to an increased incidence of respiratory disease. This method of cooking uses a lot of wood so is either expensive for families who buy their wood or very time consuming for people who gather it.

SIFT is providing families on the island of Ometepe with healthier cookers which remove harmful smoke from the home through a chimney. The cookers also use less wood, enabling families to use their time and money for other things. So far we have been able to provide 40 families with healthier cookers.

Rosario (pictured right), who received one of the cookers, said “It’s excellent – very good! More than anything, it provides protection from the smoke. Now there isn’t any contamination from smoke in the kitchen – it all goes outside and doesn’t make the kitchen dirty. It’s very good!”

If you would like to buy a cooker for a family on Ometepe, either send a cheque for £100 to the SIFT office or visit www.seed-trust.com/donate.



Meet our Medical Team

Every year our medical team works very hard to look after their patients. Last year their dedication enabled 4,496 people to receive the medical care they need at our three clinics on the island of Ometepe. We thought you might like to get to know them better...



Dr Sandra Villagra

Sandra has led our medical work since 2003 and trained all of our nurses. She says that it is a great blessing for her to be able to provide treatment for patients who wouldn't otherwise be able to afford it as there is nothing more frustrating for a doctor than having to tell a patient they can't help them.



Alex Flores

As well as treating patients in our clinic at San Jose, Alex makes home visits to elderly and house-bound patients. He takes great pleasure in seeing that his patients are happy with the care that he gives them. He is also sometimes able to help his patients spiritually, explaining to them that God is the best doctor.



Marlene Hernández

Marlene knows how to make cough linctus and other remedies from natural sources and is able to share this knowledge with her patients. She also visits the school in San Jose to teach the pupils about topics such as hand-washing and personal hygiene to help them avoid infections.



Sponsoring one of our seven nurses costs £15 a month. Each sponsor receives an annual update about their nurse and a photo. If you'd like to sponsor a nurse please get in touch with Ali (ali.wilson@seed-trust.com).



Gretty Castillo

Gretty says that a lot of patients over forty, particularly menopausal women, come to the clinic suffering from anxiety and depression. She is able to listen to these patients and give them advice about their problems. She is also able to share with them from the Bible because what they need more than anything is Jesus.

Narcisa Barrios

Narcisa helps to run a luncheon club for the elderly at our clinic in Las Pilas. She says the club gives her the chance to show the elderly that someone cares about them. It also gives our team an opportunity to provide medical care to members of the community who might be reluctant to come for a consultation.



Adelita Martinez

Adelita is responsible for the club for expectant mothers at our clinic in El Corozal. She teaches the mothers what to expect during pregnancy as well as how to keep themselves and their families healthy. Adelita and our team also distribute items such as multi-vitamins, soap and baby clothes.

Aleida Obregón

Aleida helps to run a group for patients with chronic diseases at our clinic in El Corozal. Each month 10 patients attend the group where Aleida and our team give them a check up and monitor their medication. During the sessions she is also able to advise her patients about how to manage their conditions.



Candida Guzmán

Candida enjoys being able to help her patients both physically and spiritually. In particular last year she was able to help two patients who were suicidal. She was able to pray with them and counsel them from the Bible which has helped them to overcome their depression.

News from the Trustees



Having served as a Trustee since SIFT started and as Chair of Trustees for the last eight years, Colin Weaver stepped down from the Board in February. We are grateful for all of his hard work and spiritual counsel over the years. Colin will be remaining in the role of UK Director and we are pleased that he will continue to be an important part of the team.

Chris Anderson, who has been a Trustee since 2011, will be taking on the role of Chair of Trustees. Chris, a retired Royal Naval Officer, lives in Devon with his wife and family and attends Plymouth Vineyard Church. We are grateful to Chris for taking on this important role.

We are looking for more people to join our Board of Trustees. If you would like to find out more, please contact Chris (chris.anderson@seed-trust.com).



Walking for health

Colin and Jane Weaver are planning to tackle the **Gritstone Edge Challenge Walk** on Saturday 25th June to raise money for **SIFT's medical work**. Covering the eastern rock edges of the Peak District, the walk is 22 miles long and has a total ascent of 3000ft. A JustGiving page will be available in May for sponsorship but anybody wishing to sponsor direct, contact Colin (cbweaver@hotmail.com or tel 01484 362636).

Supporters' Trip 2017

If you're wishing you could escape from the cold winter weather then we may have the opportunity you've been looking for. Our SIFT Supporters' Trips are a chance for you to experience the beauty of Nicaragua and see our work first-hand. The next trip will take place in March 2017 and will cost around £2,500, including a donation to our medical work. If you would like to know more please get in touch with Ali (ali.wilson@seed-trust.com).



Contact us

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