

Christian Aid Week 2026 in Marple

Where hardship means hunger... urban farmers can grow hope.

This year's appeal, which runs from May 10-16, is focusing on work in **Nairobi, Kenya**, where intense poverty means families have a daily struggle to feed their children.

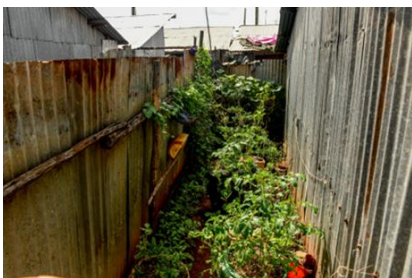
Secure jobs are hard to find. Most people earn less than a dollar a day which has to cover school costs, rent and water, so providing food is a relentless problem.



The aching hunger is bad enough. The never-ending stress is overwhelming. **'When I wake up, I have a lot of worries. Sometimes I don't have food,' says Fridah Moraa**, a recently widowed grandmother determined to support her family on what little she earns. **'Now I'm responsible for everything.'** With all the other costs, providing food for every meal is so very difficult.

But Fridah's faith in God, and in her own ability to provide, is unwavering. With tools, seeds and specialist training from Christian Aid's partner, Beacon of Hope, Fridah is now making the most of a small space in the city to grow a steady supply of fresh vegetables that she can cook for her family or sell on her market stall. With her inner strength, unstoppable resolve, and a little help from Beacon of Hope, Fridah is overcoming poverty to feed the youngest members of her family and to protect them from the threat of malnutrition. Reflecting on her new role

in life, Fridah says: **'I never thought that a woman could also be a provider.'**



She rightly takes pride in all she's achieving: **'When I harvest what I've planted, it makes me happy. Urban farming has changed my life.'**



Christian Aid and its supporters in Marple are joining together once again during Christian Aid Week (10-16 May) to raise funds to help people like Fridah, in all kinds of ways – with a plant and cake sale at Marple Methodist Church on the morning of 9 May, delivering envelopes for donations to over 5,000 homes and the settling up of a QR code to enable on-line giving.

What will you do to support someone like Fridah to grow food, protect their children from hunger, and nurture hope?

Money raised will help Christian Aid and its partners to support communities to find practical and sustainable ways out of poverty.

£5 could buy the seeds that kickstart a family's nutritious vegetable garden.

£10 could pay for a pair of chickens that produce fertiliser for an urban farmer.

£15 could purchase the hand tools that mean an urban farmer can tend their crops.

£30 could buy the trio of cone garden planters that host hundreds of plants in a tiny city space.

Find out more about the campaign at caweek.org