



**Newsletter**  
**January- April**  
**2023**

# 01 | Our Heart

At IXIM we believe in the ability of the Tselal indigenous people to build alternatives for a dignified and self-managed life based on their values.

For this reason, we committed ourselves since 1996 to work with and for these communities, so that they develop personal and group skills that strengthen their physical, social, environmental and economic well-being.

We work with women, young people, girls and boys over 6 years in programs that address child malnutrition; promote the construction of hygiene habits and good nutrition; enable access to varied, healthy and economic food through orchards; equip homes with ecotechnologies to have sufficient, potable water and clean air; promote group savings and solidarity productive entrepreneurship; and, transversally, they develop their leadership, team work and self-management skills.

This model of accompaniment starts from a healthy home and moves towards the social and solidarity economy.



## 02 | We walk with the groups

We concluded with the installation of 16 greywater systems in the houses of the communities of Pinabetal, San Jerónimo Tulijá and San Pedro Tulijá

We provided maintenance to the ecotechnologies of the 6 communities, this included the replacement of the membranes of the water purification filters and replacement of some parts of the rainwater collection systems.



We carried out 3 theoretical-practical workshops so that the families of San Marcos Tulijá, San José Patwits and San Miguel Canxanil learned to prepare beds for the planting of vegetables and dry fertilizer. In addition, radish seeds, coriander, cabbage, and carrots were delivered for planting. With this, they obtained the first harvest of the sown food, obtaining mainly abundant radish.

Environmental



In La Fortuna, El Capulín, Pinabetal, Guaquitepec and San Jerónimo Tulijá we continue to promote activities so that girls and boys can develop their fine motor skills, reading comprehension and creativity through **the mentoring of young people from their communities in toy libraries.**



In San Marcos Tulijá we gave **a workshop on healthy eating.** This exercise is a first step to re-think on eating habits and will allow to monitor eating habits in the coming years.



Also in these six communities we carried out the **bimonthly exercise of "household income and expenses"**, which allows families to reflect on how family money is managed.

Social



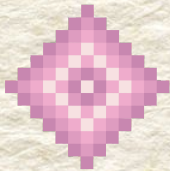
As a follow-up to the first health day, **ferrous fumarate and vitamins were delivered to 60 minors** from San Marcos Tulijá, San José Patwits and San Miguel Canxanil, who were diagnosed with malnutrition and anemia in December 2022.

In these three new communities, the second health day was held in April of this year, with the participation of 226 children.

In these same new communities, **the importance of having an orchard and periodic deworming** was reflected, which served as a precedent for the creation of the rules of each group.



health





In the Community of Capulín, the members of the **Ajaw Chab enterprise** defined and conditioned the space that will serve as a workshop for the packaging of honey and the elaboration of products derived from it.

In this same community, the women participating in **the bakery La Flor de Capulín**, which started 4 years ago and is still active, received a gas oven and workshops to diversify the breads they make as part of the improvement of their enterprise.



The members of the **Yo'tan'te venture** in **San Jerónimo Tulijá**, also already have a space for the realization of multifunctional wooden furniture.

In addition, the group received a router machine to facilitate the cutting of the pieces for the furniture, so during this period the members have remained in constant training on the management of the software that operates it and the final finish of the pieces.



Economic





## Economic

The self-financing group of **San Jerónimo Tulijá** is currently in the fifth month of its second savings cycle, this time with 15 new members, in addition to the 17 of the first cycle.

The self-financing group of **Guaquitepec** closed its first savings cycle successfully, with 8 of the 9 members of the group reaching their goal. Motivated by this, they committed to start a second cycle where they will invite family members and members of the community to join.



Capulín's self-financing group also concluded the first savings cycle, with 15 of 17 members exceeding their goal and, therefore, agreed that they will soon start a second cycle.

## They say...

For me this saving is very good, I learned many things. Before I didn't think like that, before I wanted to save, but I couldn't, but now with this group I could do it, I was able to achieve what I had thought, and I will continue. What I say and think is that money can be saved, and we can achieve what we want.

Antonia Demeza Gutiérrez  
San Jerónimo Tulijá,  
Chiapas



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The change I see is that now we pool our money several women and we already have some money between all of us. Now the children are also getting together, but we must teach them so that they are formed in the habit of saving.

Jerónima Guzmán Gutiérrez  
San Jerónimo Tulijá Chiapas



## 03| We strengthen alliances

Fundación Soriana, invited us to the community El Mirador in the municipality of San Fernando, Chiapas, to install rainwater collection systems and train the inhabitants in the use and maintenance of these devices. Thanks to these partnerships, more families have access to water throughout the year.



In April we participated in the Meeting of Donors of the Inter American Foundation, held in Chiapas. This was a very rich and nutritious space for the exchange of experiences with other 36 mexican organizations with which we hope to be able to weave alliances soon.

## 03 | We strengthen alliances



Also in April, we received the visit of the team of Family Health International (FHI 360), an organization that together with the United States Agency for International Development (USAID) operates the "Ambassador Fund for Communities Affected by the Pandemic (FECF)". Thanks to this fund we finance part of the promotion of self-financing groups and productive enterprises in the communities of Pinabetal, Capulín and San Jerónimo Tulijá.

Our allies saw the honey production process of the Ajaw Chab enterprise, in the community of Capulín; they also heard the emotion of the women who make up the Yo' Tan' Te enterprise for the way they now know how to make furniture and wooden packaging in San Jerónimo Tulijá. In this fruitful visit they were able to review and evaluate the indicators used for the project and gave us suggestions to improve the safeguarding and reliability of this information.

## 04| We professionalize

In the first months of the year, the Ambassador Fund for Communities affected by the Pandemic (FECF) of the United States Agency for International Development (USAID) and Family Health International (FHI 360) through Resilient Civil Society Activity (RSA) gave us a **course on Planning and adaptive management**, in order to facilitate and accompany a process of exploration, reflection and integration of **learnings that allowed us to respond resiliently to change**.

In addition to providing us with methodologies, tools and practices that allow us to manage uncertainty and change in the communities we accompany, through a series of synchronous sessions and personalized mentoring for the IXIM operational team.

LideAC Consultants gave us psychosocial health workshops and **oriented us to design our institutional policy on psychosocial risks prevention**.



## 05| Special Events

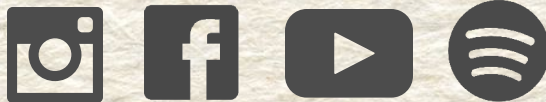


We have started a **new fundraising campaign** through the Global Giving platform, to continue this 6 years path that started in January 2023 with three new communities: San Marcos Tulijá, San José Patwits and San Miguel Canxanil.

**Join this campaign on July 12!** That day the platform will multiply the donations received. Learn more in the link below  
<https://www.globalgiving.org/projects/strengthening-the-health-of-99-tseltal-families/>

# Hocolawalic

## Thank you



[www.iximac.org](http://www.iximac.org)