

Newsletter

September - December

2023



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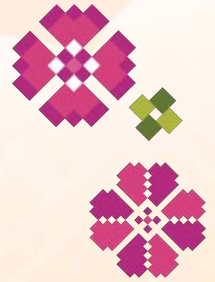
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Our Heart

At IXIM we believe in the capacity of the Tseltal 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.



Environmental wellbeing

Physical wellbeing

Economical wellbeing

BUHTS'AN QU'INAL

Armonía con uno,
con otros y con
la trascendencia

Social wellbeing

There are 3 keys to our work model:

1. We design a **culturally relevant model** because we base it on the Tseltal concept *Buhts'an qu'inal*, which means harmony with one self, with the others, with nature and with transcendence.
2. We rely on processes and values of **social economy**, because we believe that people should always be the primary goal and that this is consistent with the Buhts'an qu'inal.
3. We move gradually towards **self-management of the groups** so the changes are sustainable after Ixim's leaves.



Communities we are currently working with

We work with women, young people, girls and boys around 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.





Walking with the groups

Women participated in **workshops on personal hygiene and home hygiene** to improve prevention and health care actions. They also reflected on the separation of waste at home.

In San Pedro Tulijá and San Jerónimo Tulijá, **new membranes were delivered for the water purification filters** and the families learned how to place the pieces. With this activity, families can continue drinking clean water and reduce stomach illnesses. In 2024 they will absorb the cost of these spare parts with part of the money they have saved throughout 2023.

Physical wellbeing



We carried out the **fourth day of monitoring childhood anemia**, where the health status of 141 girls, boys and adolescents was checked. 54 of them were diagnosed with anemia and in January they will be given treatments. In April 2024, the fifth day will be held to continue monitoring them.



San José Patwits



Environmental wellbeing



San Marcos Tulijá

Additionally, these groups **learned to make Bocashi fertilizer** as another tool to organically nourish the land and continue obtaining accessible vegetables and healthy diets. We are collecting information for the year, to quantify the production and benefits of this.

The 3 groups that are in their first year of work participated in **workshops on vermicomposting** and received a small amount of Californian worms to reproduce. With their hard work, they managed to have a sufficient quantity so each woman received a portion and thanks to that, **some are currently producing humus and leachate, fertilizers that they use for their orchards** and crops.



San José Patwits

Social wellbeing



Each of the 6 groups that are in their fifth year of work did an **evaluation exercise of their process and results**, as well as what IXIM should do for improving its role.

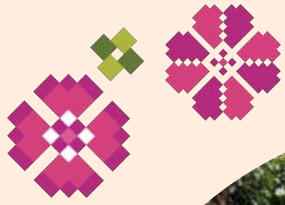


Capulín



Pinabetal

The members of the 3 groups who are in their first year of accompaniment participated in a **workshop to learn about the functions and responsibilities of the group coordinators** -*jTijawetic* in tseltal- and so they can carry out this position with full clarity of its importance.



San Jerónimo Tulijá

Ajaw Chab entrepreneurs installed the floor and roof of their production workshop and sold all the honey they had available. Seeing their production and sales capacity, they received more hives and in spring they will be harvesting honey again.

Economic wellbeing



Yo'tan Te' entrepreneurs continued to prepare their production workshop and now have a roof and electrical installation. This group has received training from the expert company Triangle Studio CNC to perfect the use of work tools and expand its product catalog.



Capulín





Representatives of the **5 current self-financing groups met to exchange experiences** and share good practices. With this, in addition to strengthening the exercise of savings, the necessary linkage work for achieving greater territorial impact in the future, begins.



San Jerónimo Tulijá

The self-financing group of San Jerónimo Tulijá successfully closed its second savings cycle.

They decided that with the money collected from fines, they will buy food for the sick in their community as they did in their previous cycle. They are so excited and committed with saving money, that they are planning to start their third cycle before 2023 ends.



They say...



“

I had stopped attending savings group meetings because I was having difficulties, but my colleagues came to visit me at home to see what was happening and encouraged me.

Although it was difficult for me, in the end I returned because **it felt nice that they had not abandoned me**, that they had come to rescue me. And here I am, still in the group, saving to achieve my goal.


”

Socorro Méndez
San Jerónimo Tulijá, Chiapas





Strengthening alliances



Inter American Foundation visited the community of San Jerónimo Tulijá to monitor the activities of the project they are currently financing. During their visit they were able to observe the work of the Yo'tan Te' entrepreneurs and the autonomous organization of the savings groups.



Organizations from Chiapas that are currently beneficiaries of the **Sertull Foundation**, shared among ourselves and with the Servitge family the projects we are currently implementing and the challenges we have encountered. We agreed that, in general, violence is increasing in the territory - particularly in the border area - and that youth are a priority group to address. We hope to build bridges over this defying and common challenges.



Professionalization

On September 10 and 11, we attended the **2023 Annual Institutional Strengthening Congress** organized by the CMR Foundation and the Grupo México Foundation. With this we update ourselves on issues of nutrition, emotional well-being and comprehensive child development.

On September 20 and 21, we attended the **Bootcamp to Access to International Cooperation** taught by the Mexican International Cooperation Network (REDECIM), in collaboration with Comunalia and Merced Foundation.

In November we participated in the virtual **Strategic Communication Seminar** given by Alternativas y Capacidades, in collaboration with USAID and fhi360. We learned tips to improve our annual report and our presence on social networks.



The first week of December we participated in a **Non-Violent Communication Workshop**, taught by our beloved consultants Clau Vallinas and Jenny Hidalgo. With this tool we hope to improve our communication as a team and be able to contribute to the resolution of conflicts between group members.



Special events

We attended the **Expo Cooperation 2023** organized by the Mexican Network of Studies in International Cooperation and Development (REMECID) and the Mora Institute, to weave collaboration networks with embassies, cooperation agencies, foundations, companies and universities.



On September 19, **we reaped the fruits of the last 5 years of work with the communities** in an emotional celebration where representatives of the 6 groups shared their achievements and learnings in front of institutional donors, allies and people who have put their hearts in this journey. We all offered our gifts and work on the Mayan altar, and commemorated the founders who are the root of this project.



San Jerónimo Tulijá



Pinabetal

After two years of study on topics of health, environment, economy and culture, the women proudly received the **recognition at the conclusion of this e-learning training**.

At the event we were accompanied by representatives of the Institute of Design and Technological Innovation of the Ibero University in Puebla, who supported us in the titanic effort of building the digital content used for the program since 2020. This materials will soon be used to train new groups.



Hocolawalic

Thanks



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