



Anok, a farmer in
Aguat, South Sudan.

September 2026

"We used to go and collect leaves from the wild trees to eat" Anok says.

Will you share your hope and your harvest with people living in poverty?

Many families are finding it harder to get by. Here and around the world, rising living costs and the climate crisis are making it more difficult to grow food and support a family.

Harvest has long been a much-loved and important time for Christians. It brings us together to give thanks for God's blessings and to share what we have. We collect food from our kitchen tables and give generously to support neighbours and local causes. **At the same time, for many of us Harvest is also a moment to remember our global sisters and brothers in communities facing crises that rarely make the headlines.**

This harvest season, will you share from your table to help put food on the tables of those who don't have enough?

In South Sudan, which is among the very poorest countries in the world, most families rely on farming to survive but the climate crisis has made the seasons unpredictable. Delayed rains, dangerously high temperatures and devastating floods, alongside conflict spilling over from neighbouring Sudan, have pushed communities to breaking point.

Anok, lives in Aguat in the Gomjue district, north west of the country, with her husband and seven children. Her home sits on low lying land, and each year floodwaters sweep through the village, damaging homes, crops and vital facilities. One year, the floods destroyed her cattle shed, killing all her livestock at once.

Her eldest has finished school and hopes to go to university when the family can afford it. But the food must grow first, and harvests are becoming increasingly uncertain.

"When harvests are destroyed by flood waters, there isn't enough food to go around, and all are vulnerable." Anok says.

Flooding contaminates water sources and allows diseases such as malaria, diarrhoea and typhoid to spread. Women and children are particularly affected, and when crops are destroyed, families are left without enough food.

When communities are given the right support, hope can take root again.



Anok tending her crops in Aguat, South Sudan.

But Anok and her neighbours were not alone. Christian Aid's local partner supported the community to protect their land and their drinking water by digging a dyke (a ditch and bank) to hold back the floodwater and prevent it reaching the village.

Community members came together to dig the ditch and create the earth embankment, and a local committee maintains it.

"We hope the dyke will prevent floods which damage our homes and kill our animals," Anok says.

"We used to go and collect leaves from the wild trees to eat but we aren't collecting them any more because we are growing vegetables. We were given seeds like kale, jute mallow and okra. We sell some to get cash for the children's school fees and for medical treatment." Anok says.

Anok also hopes to start a Village Savings and Loan Association (similar to a credit union) in Aguat, so that farmers can save together, share knowledge and support one another through difficult seasons. It's one more way she wants to pass on what she has learned.

Share your hope this harvest with families like Anok's

Farming families like Anok's continue to feel the harsh effects of the climate crisis. Between increased flooding to prolonged droughts, growing enough food has become a challenge for many families already living with poverty.

Your support could help fund the training and practical solutions farmers like Anok need to reduce hunger and malnutrition, protect their harvests, and keep going when the climate becomes more unpredictable.

Will you share your hope and harvest with a donation today?

Around three quarters of the population of South Sudan live in areas exposed to flooding. Your donations could make a real and lasting difference to families and communities like Anok's. Giving them hope and the means to adapt to the harsh realities of the changing climate. Supporting them to lift themselves out of poverty.

Together we can achieve great things, united in hope and collective action to help our global neighbours. Please donate if you can.

With warmest thanks again for all you do,

Rosamond

**Rosamond Bennett,
Chief Executive
Christian Aid Ireland**

P.S. Please donate if you can and share our great work together with your loved ones.

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could help one family protect their land from flooding and grow food in a changing climate

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The dyke (ditch and earth embankment) like the one Anok hopes will protect her land, harvests, livestock and water sources.