

Executive summary

We carried out research studies in Uganda, Sierra Leone, Bolivia and Nepal to find out how Church and Community Transformation (CCT) processes bring improvements in people's lives and reduce poverty.

The evidence tells us that when the church works with the community, it's an effective and sustainable solution to overcoming poverty. The people who took part in the research experienced significant external shocks and crises during the time they took part in the CCT training and practice, including drought, economic crashes, and the Covid-19 pandemic. Seventy per cent of interviewees said that CCT and the local church brought improvements in their lives even in these most challenging circumstances.

Out of this research, we present evidence of four areas of transformation: the church reaching out, hope restored, improved relationships and resilient livelihoods

Robust methodology: all references to CCT by participants were unprompted and made as part of telling their story of change.

When churches reach out to their communities, people's relationships with God are restored and they meet the needs of communities:

- More than any other factor mentioned by those interviewed, CCT and faith influenced positive change.
- Tearfund's partners and churches contributed to improvements in people's lives more often than all other non-governmental organisations (NGOs) combined, and were ranked as the biggest contributor – almost twice as often as other NGOs. These were all unprompted references.

CCT restores hope and builds emotional resilience, which gives people greater confidence, self-esteem and belief in their own abilities, as well as improving their overall sense of wellbeing:

- Hope for the future increased for 85 per cent of people interviewed.
- 83 per cent of people said that their confidence and self-esteem improved, and their ability to achieve increased. The top four causes of these improvements were all linked to CCT, its outcomes, and their Christian faith.
- Restored hope and increased confidence have a positive effect on people's sense of self-worth: 74 per cent of people interviewed reported that their wellbeing had improved, with faith and CCT being the main reasons.

People's relationships at home and in the community improved and they became more resilient, which led to further improvements in their lives:

- More than half of people interviewed reported that relationships at home and in the community improved during the implementation of CCT.
- CCT plays an important peacebuilding role, with around a third of people interviewed saying there was an improvement in interfaith collaboration and better relationships across communities as a whole.

CCT helps to address economic poverty by developing livelihoods that are resilient – able to withstand external shocks as participants better understand the resources they have and invest them in their families and communities:

- 40 per cent of people interviewed explicitly said that their livelihoods became more resilient as a result of taking part in CCT processes. Even more people said they had started activities that helped them to be more resilient. The top three factors leading to livelihood resilience are all areas that people taking part in CCT are encouraged to reflect on and learn about.
- 40 per cent of people interviewed said that their income and purchasing power had increased during the CCT implementation.
- A quarter of people interviewed reported that their cash income and purchasing power had stayed the same. This is still significant progress because of the external challenges of drought and unpredictable weather patterns, economic crises and the Covid-19 pandemic.

This research presents evidence of the powerful impact of CCT in four very different parts of the world; each with their own contexts, cultures and churches. This evidence of the positive effect of CCT in such different places strongly suggests that the process works around the world, changing people's lives for the better and reducing economic poverty.

CCT training teaches churches new and more effective ways to support their communities. Outreach is no longer confined within church walls and members are more likely to give their time, resources and finances to build relationships and work with the wider community. As a result, lives are being improved and churches are becoming more active in their communities – which unlocks people's God-given potential.

Contents

Introduction	5
What is CCT?	
How did we collect evidence?	
The church reaching out	8
The impact of the church reaching out	_ 5
Unique role of the church	
Hope restored	13
Emotional resilience	14
Improved wellbeing	_15
Improved relationships	17
Impact of improved relationships	18
Peacebuilding	19
Case study: Community relations in Bolivia	_20
Resilient livelihoods	22
Savings groups	23
Purchasing power and cash income	24
Economic resilience	_25
Our conclusion	26
A note on how to read the statistics in this report_	27

© Tearfund 2022

Any part of this report may be copied, reproduced or adapted by individual persons as part of their own work or for training purposes, provided the parts reproduced are not distributed for profit and that credit is given to Tearfund. All photos should be credited to Tearfund. For other uses of the material, including the reproduction of images in other contexts, permission must be obtained from Tearfund.

We welcome feedback on our publications and would be delighted to hear how you have used this resource. Please get in touch using the contact details below.

Published by Tearfund. A company limited by guarantee.

Registered Charity No 265464 (England and Wales)

Registered Charity No SC037624 (Scotland)

Tearfund is a Christian charity determined to see an end to extreme poverty and injustice. We mobilise communities and churches worldwide to help ensure that everyone has the opportunity to fulfil their God-given potential.

Tearfund, 100 Church Road, Teddington, TW11 8QE, UK

- +44 (0)20 3906 3906
- publications@tearfund.org
- learn.tearfund.org

With special thanks to all the interviewees who gave us their time and trusted us with their stories.







Introduction

Tearfund works with local churches in the poorest places to help people release themselves from poverty, live transformed lives, and reach their God-given potential. We believe that poverty is not God's plan – it's caused by broken relationships and human behaviour.

We believe that the local church can be a force for change. Of course, this is easier said than done. Although churches are called by Christ to be salt and light in their community, they often fall short. In some cases churches turn inward, focusing on their own congregations, with little attention beyond their walls. Other times, churches focus exclusively on 'preaching the word', and neglect outreach and acts of compassion. In contrast, Church and Community Transformation (CCT) – based on biblical principles – brings churches and communities together to find solutions to their shared needs.

We carried out research studies in Uganda (2016), Sierra Leone (2018), Bolivia (2019) and Nepal (2021) to find out how CCT processes improve people's lives and reduce economic poverty. The evidence strongly suggests that CCT processes bring about positive transformation and reduce poverty in many different contexts. The people who took part

in the research experienced significant shocks and crises during the implementation of the CCT process, including drought, economic crashes, and the Covid-19 pandemic. Despite this, CCT improved people's lives even in these most challenging times. Out of this research, we present evidence of four greas of transformation:

- When churches reach out, this restores people's relationships with God and the needs of the community are met.
- 2. Hope is restored and people's emotional resilience is improved, with greater confidence, self-esteem, belief in their own abilities and improved sense of self-worth.
- **3. Better relationships** at home and in the community helped people to be more resilient and led to other improvements in their lives.
- 4. Economic poverty is addressed through resilient livelihoods that are more able to withstand external shocks as people better understood the value of their own resources and invested in their families and communities.

70%

of interviewees said that CCT processes and the local church brought positive change in their lives.

Figure 1: Overview of CCT in the four countries in our research

Bolivia 11.7m people'	Nepal 29.1m people*	Sierra Leone 8.0m people	Uganda 11.7m people
Faith population:" 77% Catholic 16% Protestant 7% other or none	Faith population:" 81% Hindu 9% Buddhist 4% Muslim 5% other or none 1% Christian	Faith population:" 60% Muslim 30% Christian 10% Animist	Faith population:" 82% Christian 14% Muslim 4% other or none
Partner churches: 217	Partner churches: 507	Partner churches:	Partner churches: 784
Partner denominations:	Partner denominations: 10	Partner denominations: 3	Partner denominations:
CCT facilitators: 73	CCT facilitators: 539	CCT facilitators: 302	CCT facilitators:
CCT trainers:	CCT trainers: 56	CCT trainers:	CCT trainers: 71

^{* &}lt;u>World Bank dashboard</u>
** Report on International Religious Freedom - <u>Bolivia</u>, <u>Nepal</u>, <u>Sierra Leone</u>, <u>Uganda</u>.

What is CCT?

At Tearfund, we believe in a whole-life gospel, where we live out our faith in every area of our lives. We call this integral mission. In John 10:10 Jesus says, 'I have come that they may have life, and have it to the full.'

When churches grab hold of the vision of CCT, a shift in mindset takes place and this leads to the desire to take action. These are not just one-off efforts, but ongoing actions headed towards the destination of CCT and causing a whole change of lifestyle. Tearfund supports churches to start taking practical action in a structured way. These guided approaches are what we call 'CCT processes'.

The CCT process helps local churches to work with their communities to identify and address their needs together. The local church and community own and lead CCT processes, and develop in the ways they decide to be the most important.

You can learn more about CCT in this guide.

How did we collect evidence?

Our research was conducted using a methodology called the Qualitative Impact Assessment Protocol (QuIP). Developed by the University of Bath, QuIP is an innovative and robust method which aims to significantly reduce bigs. The approach examines the impact of development projects and puts the voices of people in the communities at the centre of the research. People were encouraged to talk openly and freely about any ways their lives had changed because neither participants nor the researchers were told that CCT was being evaluated until after data collection was complete.1 This means that when people talked about improvements in their lives, thanks to Tearfund's partners and CCT, these were all unprompted references.

We interviewed 193 people and ran 32 focus groups to find out what broad changes had happened in people's lives during the implementation of CCT and to what extent CCT contributed to these changes. We captured a snapshot of each community by talking to a range of people who lived there, including community members from different faith groups and people who did and did not directly participate in CCT processes.

This meant we were able to explore in-depth what had caused these changes to make sure that people could share their experiences in an open, credible and respectful way. Based on a recommended minimum sample of 24 interviews, we interviewed 48 people across two to four communities in each study, alongside focus groups and validation workshops.²

You can learn more about the methodology and the statistics in this report on page 27.

'CCT gave us comprehensive, mindtransforming, functional education that touches every aspect of life, from Bible studies to self-help. After CCT came here, there has been a lot of behavioural change towards selfhelp and development.'

Community member, Uganda

¹ Note that in certain circumstances researchers were told that they were taking part in a Tearfund CCT study to safely and accurately reach Christians in some highly sensitive settings.

² BSDR (2021) Briefing note: case selection for QuIP studies, https://bathsdr.org/wp-content/uploads/2021/10/Sample-selection-for-QUIP-studies-briefing-note.pdf
You can find more information about QuIP here: https://bathsdr.org/wp-content/uploads/2021/10/Sample-selection-for-QUIP-studies-briefing-note.pdf

The church reaching out

Churches taking part in the CCT processes go on a journey of transformation. CCT processes are adapted to suit each community, but they all aim to have the same result: the church waking up to the needs of their community and becoming an active force for positive change.

People who took part in our research described many ways that their church started doing this:

- running Bible studies and training sessions on a range of topics, including family relationships, resource management, and modern agricultural techniques
- funding and building community projects such as schools, churches, roads and water infrastructure
- providing care to vulnerable community members including loans for food and offering scholarships
- helping others during times of crisis.

'I see the church is involved in many more activities. There is more preaching of the word of God and people are getting saved. The church is also giving people the knowledge they need to improve their wellbeing with the resources they have. Everyone in the community is invited.'

Community member, Uganda



The impact of the church reaching out

Our research shows that when a church reaches out to its community, the impact is far-reaching, touching every aspect of personal, family and community life. Figure 2 shows the ten most frequently identified results of the CCT process by people interviewed and four key areas of impact. You will see these outcomes as well as the CCT process referenced throughout as the main ways that people's lives have improved.

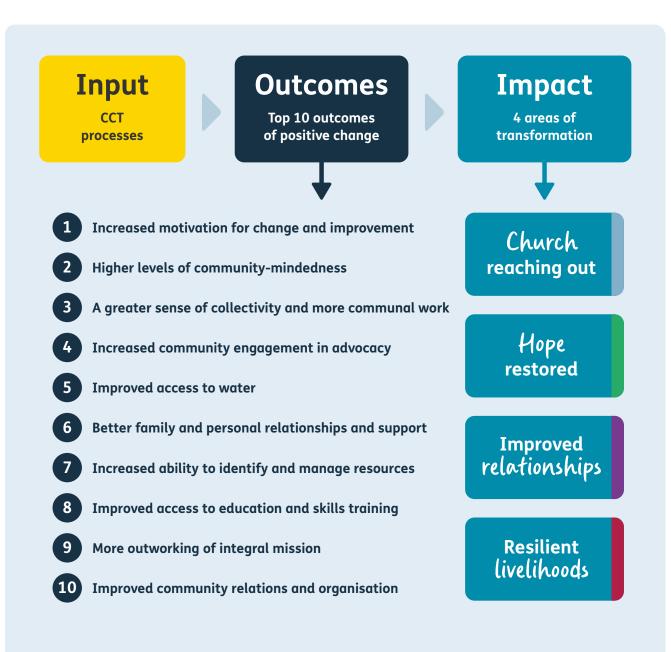


Figure 2: Journey from CCT processes to how lives are improved

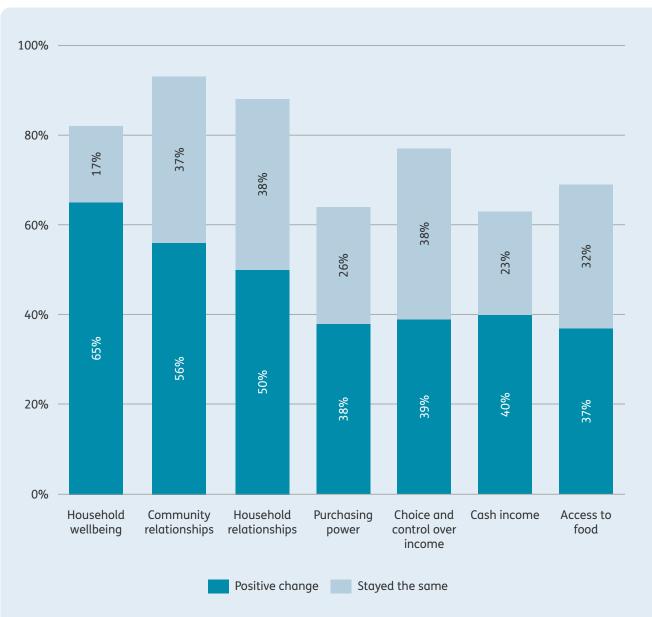


Figure 3: Total percentage of interviewees indicating positive or no change during the period of CCT implementation in Uganda, Sierra Leone, Bolivia and Nepal (per cent of closed questions) Those reporting negative changes are not represented in this graph.

Our research shows that, through CCT, people's lives are improved even in unpredictable weather patterns, economic crashes, and Covid-19. In these circumstances, we might expect everyone to report only negative changes to their lives. Yet, the evidence shows us that in communities where an active CCT process was in place, many people experienced improvements in their lives. These are detailed in the graph. This shows us that – even in the most challenging circumstances – CCT can lead to significant improvements in people's lives including people's self-worth, better relationships and increased income.

Unique role of the church

Eighty-seven per cent of the Christians we spoke to linked improvements in their lives to their faith. This was particularly high among the Christians we interviewed in Sierra Leone (95 per cent) and Nepal (100 per cent). Our evidence shows that, more than any other factor people told us about, Christian faith and CCT brought about the most improvements in people's lives. This demonstrates that the church is best placed to bring about improvements in people's lives when their faith and beliefs are strengthened. But the improvements in people's lives as a result of CCT are not confined to the church. Indeed, people reported that CCT contributed to improvements in their lives whether they attended a church running CCT processes or not:

83%

of interviewees attending Tearfund's partner churches implementing CCT processes reported that CCT contributed to positive change in their lives.

44%

of non-Christian interviewees and those attending other churches in the community reported that CCT contributed to positive change in their lives.



D Joyce stands among her hibiscus plants near her village in Uganda after taking part in CCT training by Tearfund's local partner. Photo: Todd Weller/Tearfund

Communities see CCT as having a greater impact than any other approach or development process. People we spoke to were asked to identify all the organisations working in their community and rank them by their contribution to improving their lives. Tearfund's partners and churches were singled out as contributing to improvements in people's lives more often than all other NGOs combined. They were ranked as the biggest contributor almost twice as often as other NGOs.

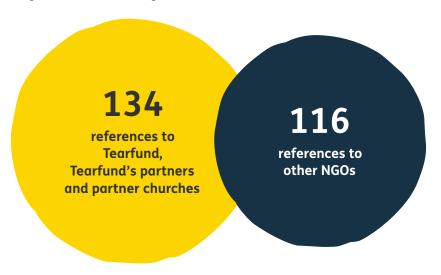
Churches given a new vision through CCT processes play a uniquely powerful and transformative role in communities. The local church is at the centre of God's vision for the world, as written in 1 Peter 2:9: 'But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.'

The results show that the church, when it works with the community, is an effective and sustainable solution that releases people from poverty.

'Most people who come to our church have a good relationship with the community. The church has started many projects for the community.'

Community member, Bolivia

Who contributed to positive change in your community?



Who made the biggest contribution to positive change in your community?

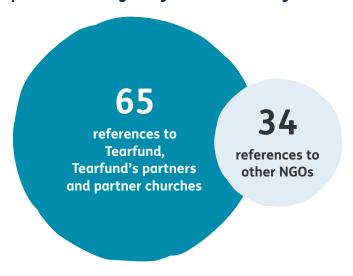


Figure 4: Who contributed to positive change

Hope restored

The results show that, in all four countries, taking part in CCT led to people having their hope restored and this increased their emotional resilience. This is despite the external shocks they experienced. Eighty-five per cent of people interviewed said that they felt they had more hope for the future. Our evidence shows that as a result of restored hope, people have greater self-esteem and feel they can achieve more.

The top three reasons for increased hope are:

- 1. Improved access to education and skills training
- 2. Increased self-worth, confidence and agency
- 3. Christian faith

This demonstrates the importance of training and gaining new skills through the CCT processes to restore hope. It also shows that a thriving Christian faith gives people hope for the future. CCT and local church partners were also the main reasons for strengthened faith, as reported by the Christians we spoke to. Increased sense of self-worth, confidence and belief in your own abilities is crucial to building emotional resilience.

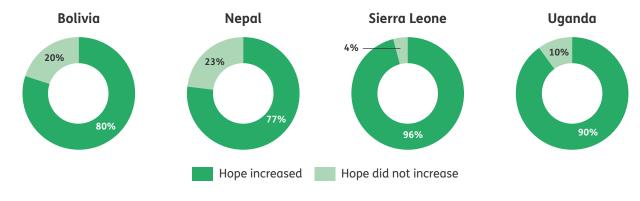


Figure 5: Percentage of people who said that their hope increased during the CCT implementation



Emotional resilience

Definition of emotional resilience

The ability to respond to stressful or unexpected situations and crises.³

The Bible studies included in CCT processes challenge people's attitudes about themselves and their circumstances. As they begin to see themselves as people who can make a difference, their self-esteem improves and their sense of hope increases. As a result, people become more emotionally resilient.

Eighty-three per cent of people interviewed said that their confidence, self-esteem and belief in their abilities increased. The top four causes of this change were all linked to CCT, the results of CCT and faith:

- 1. Christian faith
- 2. Taking on a community position
- 3. Improved access to education and skills training
- 4. CCT processes

In Uganda, improvements in self-esteem were repeatedly linked to growth in faith, better relationships, and more confidence. The main reasons for this change were CCT and the training this provided: two-thirds of people we interviewed said their confidence grew thanks to education; many specifically mentioned this was as a result of CCT training. In Sierra Leone, people said that their

self-esteem, confidence and belief that they could initiate change improved. The main reasons stated were their Christian faith followed by CCT and then access to education. Many reported that CCT or their Christian faith had encouraged them to start new training, gain skills or try out new ways to earn money. This is hope in action.

'I have more hope than I did five years ago. Back then, I believed I was limited in what I could do. What could I do as a woman? Nothing! But now, because of the CCT training, I know I can do anything. I can help to improve wellbeing in this community. I have been taught how to make energy-saving stoves. I can train others to build them and save the environment.'

Community member, Uganda

CCT processes aim to get people to grow in confidence, self-esteem and belief in their abilities, a result that people who took part in the research told us they had experienced. But people who did not take part in the CCT process showed little improvement in the same areas. Eighty-three per cent of people we interviewed mentioned CCT

explicitly as something that improved their sense of self-worth, and people who mentioned CCT were more likely to express new ideas, have a sense of purpose and develop the ability to withstand future difficulties than those who did not take part in CCT processes.



Joyce is overjoyed at starting a business growing hibiscus plants after taking part in CCT training with her local church.
Photo: Todd Weller/Tearfund

Improved wellbeing

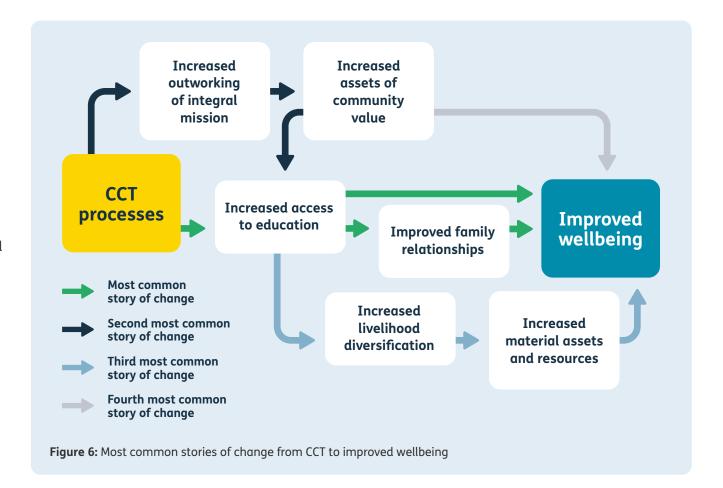
Restored hope and increased confidence have a positive effect on wellbeing. Seventy-four per cent of all the people we interviewed reported that their wellbeing had improved. This was particularly high among interviewees in Nepal (90 per cent) and Uganda (92 per cent).

Our evidence reveals that there is a clear link between CCT processes and wellbeing. Faith and CCT processes were mentioned most often as the main factors leading to increased feelings of wellbeing. Among the people who said their overall wellbeing had improved, 58 per cent mentioned faith and 52 per cent CCT processes as the main reason for the improvement. This shows that there is a link between CCT, restored hope and becoming more emotionally resilient, and having improved wellbeing.

'My wellbeing is better. I now relate with people well. My family is happy, and we're learning new skills. I have a better chance than before, as my ability is now better. All of this has happened because of Christianity and my church.'

Community member, Sierra Leone

The diagram above shows how CCT improved wellbeing, based on the most common stories people told of how things have changed. These were mostly about more opportunities to learn new skills and improve family relationships. Notably, when integral mission was put into practice, people



said they shared more community resources and there were better learning opportunities, all linked to improved wellbeing. Because people had more opportunities to learn new skills through CCT, they were able to find different and improved sources of income, which meant they earned more money and felt better about themselves.

It was very common to hear stories from the people we interviewed of how relationships in the community improved. As a result, people had more resources and felt better about themselves. The people we interviewed told us that the more their confidence grew, the more people took part in integral mission activities, and started finding new ways to earn income. As a result of all of these, people's wellbeing improved.

In Uganda, when we asked people how they felt about themselves, they told us they had greater hope, developed new ideas and felt more confident in their own abilities, despite the difficulties they faced. They also said that deepened Christian faith and increased involvement in their local church made them feel better about themselves. Communities in Nepal said when their Christian faith deepened and they had opportunities to learn new skills, their wellbeing improved, they enjoyed better family relationships, and earned more income. People in Bolivia said that when they were more committed to their Christian faith and their local church, their enjoyment of life improved.

'In general, my wellbeing has improved. I feel better every day because God is in me... I have grown in my spiritual life.'

Community member, Bolivia



a Sarita is overjoyed that a local church installed a water pump in her community, as she can now provide clean water for her family and animals. Photo: Tom Price/Tearfund

Improved relationships

Our evidence shows that CCT helps people to improve their relationships and change their behaviour. Half of all the people we interviewed said that their relationships at home improved when they were part of the CCT processes. The results show that CCT was key to these changes in family relationships.

The top four reasons for improved family relationships are:

- 1. Christian faith
- 2. Increased access to education and skills training
- 3. Reduced antisocial behaviour
- 4. CCT processes

These reasons are all interlinked, and show the important roles that the CCT processes and faith play. The graphic below shows the three most common ways people told us change came about as a result of CCT which improved family relationships. The most common was that CCT improved people's spiritual lives, which resulted in better relationships. The change most often reported because of improved spiritual wellbeing was a reduction in excessive alcohol consumption. The second most common was how CCT had improved family relationships. The training most frequently mentioned by people was about gender-based violence and family relations.

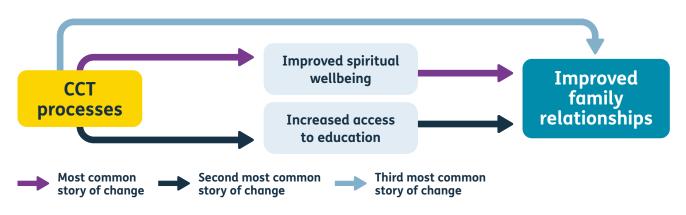


Figure 7: Most common stories of change from CCT to improved family relationships



Communities often have a culture of collective action. CCT takes this to an even greater level by restoring and strengthening community relationships. Just over half, 56 per cent, of people we interviewed said that community relationships had improved thanks to CCT.

These CCT processes were chosen among the top four reasons for improved community relationships:

- 1. Higher levels of community-mindedness
- 2. Interfaith collaboration and tolerance
- 3. Savings group membership
- 4. CCT processes

'My mother took part in CCT classes at church. She shared what she learnt from the training with our family. We now know how the family can change together. This has improved our relationships with each other. She also taught me to share each other's concerns with the family. At our evening family fellowship, we share our feelings.'

Community member, Nepal

Impact of improved relationships

Our evidence shows that restored relationships lead to improvements in other areas of people's lives as well as being the result of CCT processes. Figure 8 below shows the top eight changes people said happened through community relationships improving:

CCT processes & church reaching out Improved community relationships

A greater sense of collectivity and more communal work

Higher levels of community-mindedness

Better conflict resolution

Increased assets of community value

Increased motivation for change and improvement

Improved access to water

Increased community engagement in advocacy

Greater hope for the future





Sallay collects clean drinking water for her family from a newly-installed water pump in her village that the local church funded after taking part in CCT training by Tearfund's local partner. Photo: Ralph Hodgson/Tearfund



Peacebuilding

The results also show that CCT plays an important role in peacebuilding and reconciliation in communities that had significant religious division. In three of the countries there were prominent religious divisions: tensions between evangelical and Roman Catholic communities in Bolivia, Hindu and Christian communities in Nepal, and Muslim and Christian communities in Sierra Leone. Around a third of the people we spoke to said there had been an improvement in interfaith collaboration and tolerance in their communities. This was particularly high in Nepal, with 77 per cent of people we interviewed saying there was an improvement.

Five of the main reasons for increased interfaith collaboration and tolerance were as a result of CCT: working together, church witness, holistic ministry, inclusion and community-mindedness.

These improvements were particularly important in Nepal, where 55 per cent of people we interviewed who were not Christian said that interfaith harmony had improved. Some 39 per cent saw this as an outcome of working together, often inspired by CCT.

'Being in a group and sharing ideas with each other has improved wellbeing in our homes and community. It's improved relationships in homes, between individuals and the whole community. People now relate better with each other. I have learnt conflict resolution skills through regular meetings with people.'

Community member, Uganda

'Previously the two communities had a bad relationship. The CCT mapping helped us realise why this was, and it brought people together. It brought peace.'

Community member, Sierra Leone



An imam and pastor working together in Sierra Leone to address problems in their community. Photo: Layton Thompson/Tearfund



Case study: community relations in Bolivia

We found that the CCT processes improved relationships in two Bolivian communities: Punata and Tipa Tipa. People who took part in these communities reported improvements to household and community relationships after the CCT processes started.

84% reported improved cohesive community relationships.

82% reported more successful collective community initiatives.

CCT processes also played a crucial role in encouraging people to care more about their community, which led to initiatives involving the whole community where everyone was encouraged to get involved. Sixty-nine per cent of people we spoke to said that CCT was the main reason that initiatives involving the whole community were successful, and more than half of people said CCT had improved relationships. After an individual's Christian faith, the second-highest reason people gave for improved community relations was CCT.

The top three reasons people said they became more involved in speaking out in advocacy are:

- 1. Higher levels of community-mindedness
- 2. CCT processes
- 3. Increased motivation for change and improvement

These factors are all strongly linked to CCT processes and their results.

'Before there were 30, but we now have 200 people at our monthly meetings. We make decisions together with all our neighbours. The more heads there are, the better things can be done.'

Community member, Bolivia



People from the communities who took part told us that the positive changes were far more than good community relations. For the Punata and Tipa Tipa communities, it led to people caring more about their community, with more people coming together to address their issues. Communities also became better organised, with greater cooperation leading to improved decisionmaking and more people taking part in community meetings. Women also became more involved and interested in improving their communities. People who took part in CCT said that because community relationships had improved, they felt better about themselves and were more emotionally resilient. It also resulted in better connections between social groups and improved resources for the community to share.

For many years there have been strained relationships between Roman Catholic and evangelical Christian communities. But, through CCT, many of these relationships have been restored. Forty-five per cent of people we interviewed said that interfaith relationships had improved, with people saying that the CCT processes were most responsible for this change. Seventy-seven per cent of interviewees said that CCT caused this change which improves interfaith collaboration. Improvements in relations were also made indirectly through education, encouraging people to take action together and work collaboratively on community projects. Today, in communities that are part of the CCT process, Roman Catholics and evangelicals respect differences in traditional celebrations and work together on projects that benefit the entire community.



Resilient livelihoods

Through the CCT process, communities learn to be more economically resilient and think more positively about the resources and abilities that they already have. We found through this research that people have renewed hope and become more economically stable.

People who take part in CCT apply the same principles of hope, self-reliance and ownership to other parts of their lives, including livelihoods. CCT encourages people to view their situation in a different way; to use the resources they already have. This gives people confidence to try new ideas to help them become more economically stable.

Definition of resilient livelihoods:

The capacity of all people across generations to sustain and improve their livelihood opportunities and wellbeing despite environmental, economic, social, and political disturbances.⁴

Thanks to CCT, households and communities have developed more resilient livelihoods, despite the significant external shocks that communities faced. Around 40 per cent of the people we spoke to said specifically that their livelihoods were more stable because they took part in CCT. Even more people reported that they started new activities that helped them become more resilient, including rearing more livestock, growing cash crops, taking on paid employment and starting a business selling goods.

The top three reasons that helped people develop more resilient livelihoods are all things that people are encouraged to consider and learn about as part of CCT:

- 1. Livelihood diversification
- 2. Improved agricultural techniques or scale
- 3. Increased material assets or resources

The research found that having more diverse livelihoods is crucial to building resilience. And CCT plays an important role in developing this.



'Our income has significantly improved. Before, we relied solely on farming. But when the famine hit us, we diversified and are now not just reliant on farming. Even relationships have improved because we now all take part and, unlike in the past, make decisions on what we have to do together. We have also gained many skills. In 2013 I attended a youth entrepreneurship workshop and I learnt business skills. I now feel if I fulfil what it was I learned then, I can be a better person in future.'

Community member, Uganda

When people talked about what helped them develop more varied livelihoods, CCT was the fifth most frequently stated reason, after negative external shocks, education, other initiatives in the community and having more resources. When people take part in CCT, they learn new skills and this training helps people to develop different ways of generating income and improves people's farming methods. When people take part in CCT, they are encouraged to take a look at the resources they already have, such as their skills and assets, which helps people to use them effectively and gain even more resources. When people face external challenges such as natural disasters, thanks to CCT they are more resilient and can adapt and innovate in response.



After taking part in the CCT processes, Alina started running her own shop, which makes enough money to pay for her children's education and support her family while her husband works abroad. Photo: Tom Price/Tearfund

Savings groups

We found that CCT also helps people develop more resilient livelihoods by being part of a savings group. When people joined a group, they had the opportunity to save money, which often led to them being able to support themselves and their families better. Forty-six per cent of people we interviewed said that taking part in a savings group helped them improve their lives, including making them feel better about themselves and giving them the opportunity to find new ways of earning money.

'My ability has increased. The changes are good because at last I can send my children to school and I am also able to feed my household well. With the savings group, I save so that I can continue supporting my family but also use the group money to hire more workers to farm my land.'

Community member, Uganda

Purchasing power and cash income

We found that CCT helped many people to generate more income, even when their circumstances are challenging. Approximately 40 per cent of people we interviewed said that their cash income and extra money to buy goods had increased during CCT. However, around a quarter said that their cash income (23 per cent) and purchasing power (26 per cent) had stayed the same, which is still significantly positive because of the external challenges of drought and unpredictable weather patterns, economic crises and the Covid-19 pandemic.

This diagram shows the most common ways that people told us their lives had improved through their ability to buy goods and resources thanks to CCT. The most common was how CCT had increased their ability to learn new skills, particularly training in how to earn more, which helped people to find new sources of income and enabled them to buy more goods and resources. Another significant way that people said their lives improved was because of how CCT encourages people in their spiritual lives. This indirectly helps to build people's resources to support the whole community.

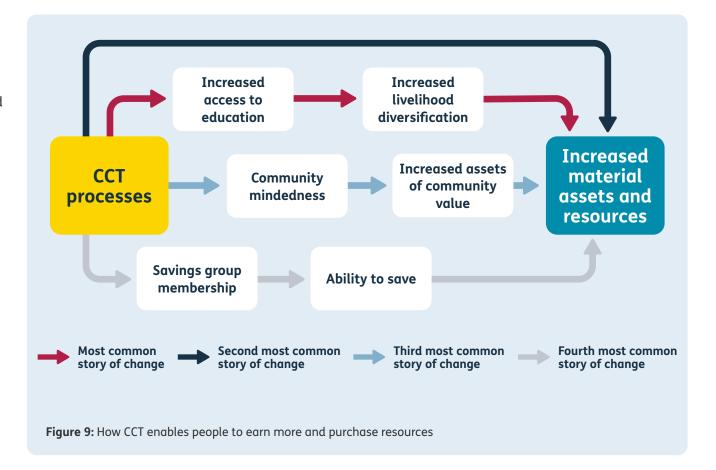
'The church had teachers, nurses, carpenters. We had human resources that we had never realised before.
We put our talents together and achieved a lot.'

Community member, Sierra Leone

The top three reasons people were able to earn more and have surplus income to purchase more are:

- 1. Livelihood diversification
- 2. Productive farming
- 3. Savings group membership

CCT is linked to each of these improvements. The processes equip participants with the knowledge and opportunities to better manage their resources and create new sources of income.



Economic resilience

Definition of an asset of community value: Land, building or resource used to further the social wellbeing or social interests of the local community.⁵

CCT helps people to have sustainable sources of income that go beyond having enough cash income and surplus money to buy goods. We found that people's economic resilience stayed strong during times of crisis, where families were still able to continue investing in their future. For example, 34 per cent of people interviewed said that they struggled to pay their children's high school fees. Yet they still prioritised sending their children to school – this shows incredible resilience and hope for the future, as families choose to endure financial hardship for a better future for their children.

Our research also demonstrates increased economic resilience across whole communities, as a result of better relationships. Despite challenging circumstances, communities continued or increased investment in community projects and assets.

The top three reasons that communities had more resources are all as a result of some of the main benefits of the CCT processes:

- 1. Increased community engagement in advocacy
- 2. More outworking of integral mission
- 3. Higher levels of community-mindedness

Communities participating in CCT established many assets of community value. In Bolivia, a church that had a renewed vision thanks to CCT, started a community water project. They helped build a new well, a device to collect groundwater, a water storage tank and a sewerage system. This was particularly valuable to the community when it faced the worst drought in 25 years. In Sierra Leone, people said that CCT helped them to better appreciate how the community could better use local resources. As a result, one community constructed a well, church building, school, vocational training facilities and a road.

'Thanks to CCT we are more united in working together to keep our community clean and continue to develop. We have been focusing on budget allocation for the community and planned to ask for this from the [local authority]. But Covid has affected our plans.'

Community member, Nepal



Children play and sing outside a school built by their community in Uganda, after the community took part in CCT through their local church.
Photo: Tom Price/Tearfund

Our conclusion

The results of our research show that when Tearfund, local churches and the communities they serve come together, amazing things happen. Engaging the church in community development through CCT makes a positive difference.

Over the last 30 years, Tearfund has inspired over 200,000 churches around the world in integral mission (not including the UK) to actively serve their community. Currently, over 23,000 are actively embracing a whole-life response to the gospel and starting on a journey towards Church and Community Transformation. As churches have committed to the restoration of relationships where they are, they have started to see poverty overcome. The ultimate proof of the impact of CCT is in the many thousands of people around the world who have experienced the transformation described in this resource.

The QuIP studies present evidence of the powerful impact of CCT in four very different parts of the world; each with their own contexts, cultures and churches. Evidence of positive change through CCT in such different places strongly suggests that CCT processes work around the world to help people improve their lives and reduce poverty.

After CCT training, churches have changed how they reach their communities. Outreach is no longer confined within church walls and members give their time, resources and finances to build relationships and work with the wider community. As a result, lives are being changed and the church is becoming more active – unlocking people's Godgiven potential.

We'd love to tell you more, over the phone, or over a coffee. Please get in touch! You can contact us by phone **020 3906 3500** or email **partnerships@tearfund.org**

'The women in our village now work together. Before we used to mind our own business but now, we share our problems with each other. This change has happened because we started going to church, we learnt about forgiveness and about God. Our church pastor taught us about 'Salt and light' and helps us through sermons and worship.'

Community member, Nepal

Poverty is not God's plan. You are.

Thousands of people needlessly suffer and die every day because of poverty. But that's not God's plan for the world. We believe that we can all play a part in ending extreme poverty and injustice by reaching out to people in need.

We invite you to join Tearfund in partnering with local churches and organisations around the world, equipping people to lift themselves out of poverty and fulfil their God-given potential.

A note on how to read the statistics in this report

The statistics presented here are a percentage of interviewee responses and do not include focus group responses, which were instead used to validate findings. Interviewee responses were coded into factors that led to change, and statistics were calculated by grouping associated factors and counting the number of interviewees who referenced any of these relevant factors.

We have counted where interviewees explicitly mention CCT as one of these factors, unprompted. The qualitative data gives a story of change where CCT may lead to one factor which in turn leads to other outcomes. We explored and verified the links interviewees made to present the top factors leading to reported changes. This allows us to pinpoint the contribution of CCT and the outcomes of CCT to positive changes.

By zooming into the most frequent connections interviewees drew between CCT and specific positive outcomes, maps of the stories of change experienced by interviewees were created. In each map, the most common routes are presented. It is important to note that these maps are illustrative of how people perceive that change happens and that there are many routes to positive change that are not included.

Interviewees were asked a small number of closed questions, and this quantitative data is presented in Figure 2. Where relevant, this data has been combined with other associated factors to provide a more complete figure.



A flourishing community of women in Uganda whose church took part in the CCT processes with a local Tearfund partner. Photo: Will Chamberlin/Tearfund



learn.tearfund.org

Tearfund, 100 Church Road, Teddington, TW11 8QE, United Kingdom \$\display* +44 (0)20 3906 3906 \$\display\$ partnerships@tearfund.org \$\overline{0}\$ \$\display* /Tearfund

