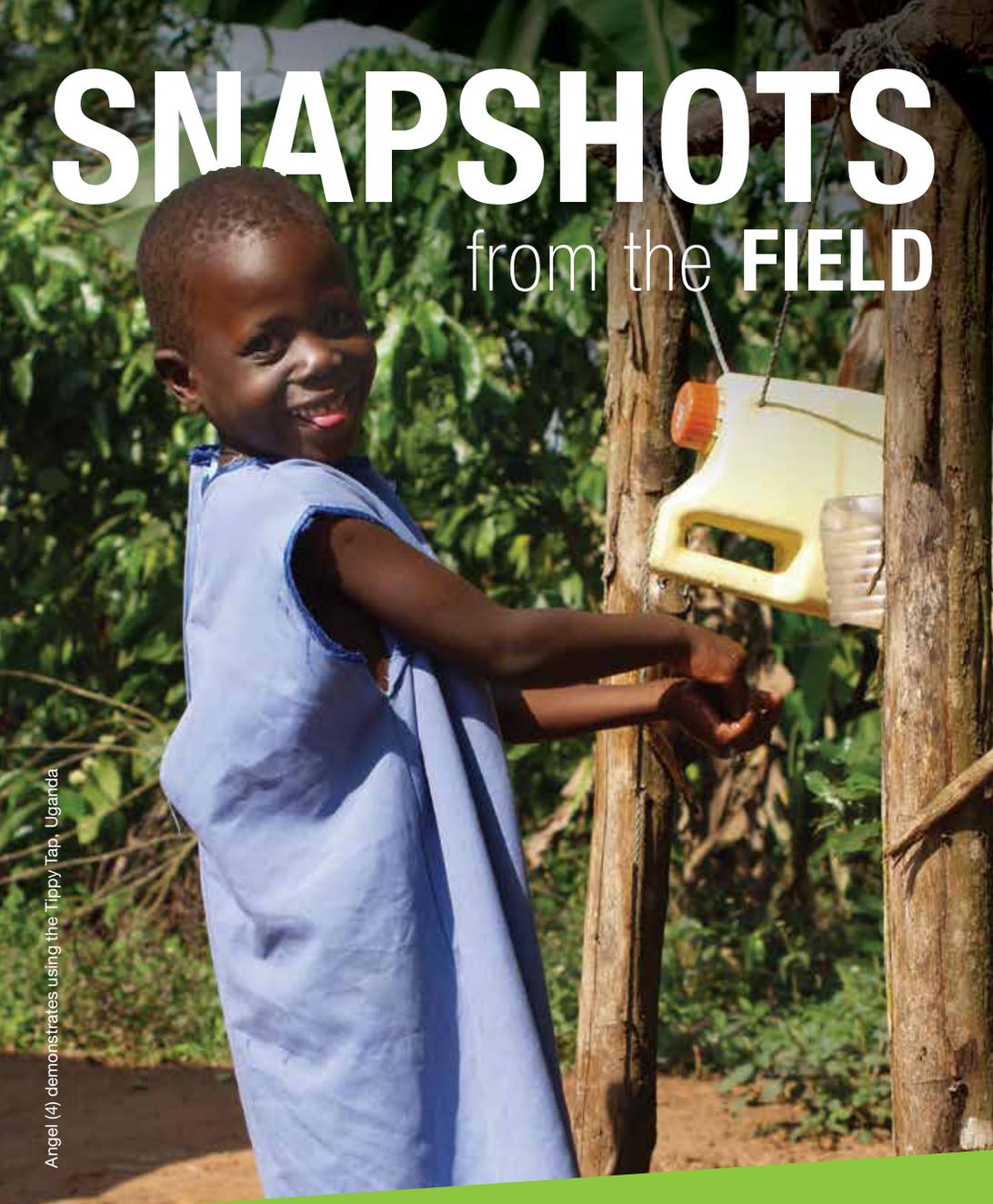


# SNAPSHOTS

from the **FIELD**



Angel (4) demonstrates using the Tippy Tap, Uganda

[selfhelpafrica.org](http://selfhelpafrica.org)



**Self Help  
Africa**



# RESPONDING TO COVID-19

**The COVID-19 pandemic has overwhelmed advanced health care systems all over the world, with tragic consequences.**

Many African governments have acted quickly to put travel bans, self-quarantine, and other preventative measures in place. Critical steps have been taken to curb the spread of COVID-19, and Self Help Africa has been playing its part.

Self Help Africa is working with our local teams, partners, government ministries and UN agencies to provide information, promote safety measures, and curb the pandemic in the countries where we work.

The immediate focus of our work has been to improve WaSH (water and sanitation) in the most vulnerable communities, like Karonga, in northern Malawi – by providing households with soap and handwash, information on COVID-19 and advice on correct hand-washing. Dignity kits and sanitary materials have been provided to women and girls, as well as jerry cans to transport and store water at home.

Self Help Africa projects and community work are continuing with modifications, to maintain social distancing and protect vulnerable populations. COVID-19 specific awareness raising and prevention is being included in all training, with hand-washing facilities/sanitiser being provided for staff, partners, and smallholder farmers at aggregation centres and cooperatives.

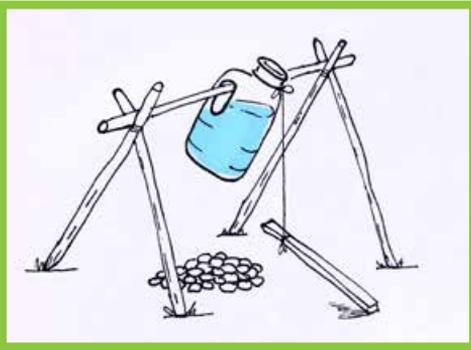
The communities and families we support have few defences and are extremely vulnerable to the threat posed by COVID-19. The threat they face is not the virus alone however, as food shortages and economic devastation caused by the COVID-19 pandemic may last for months to come.

Our Guidance for COVID-19 response can be found at [selfhelpafrica.org/ie/covid-19](https://selfhelpafrica.org/ie/covid-19) ▶



## THE TIPPY TAP

In homes and communities with no running water - a simple, low-tech, low cost solution called a Tippy-Tap is one of the most effective ways to ensure good handwashing practice. On the cover you saw Angela using a Tippy-tap at her home in Uganda - but how does it work?



A large portable container with a small hole near the cap is filled with water and tipped with a stick and rope tied through a hole in the cap. It normally hangs off a frame, alongside soap, also tied with string to the frame. People use their feet to press down on the rope, 'tipping' the container, so water comes out the small hole at the top of the container like a 'tap'.

As only the soap is touched with the hands, the device is very hygienic. A gravel bed is set out under the water container to soak away the used water and prevent mosquitos.

When the container is empty, the cap is unscrewed and the container is removed from the stick. The container is then filled again from the larger jerry can, or at a water pump, and reassembled.

Kandido and Stanley are fishermen in Karonga, on the northern shores of Lake Malawi. Both wear face masks to help to protect against the spread of COVID-19. In Northern Malawi, Self Help Africa is currently distributing information about COVID-19, together with soap, jerry cans and other hygiene equipment to 9,000 households.



# SECURING MARKETS IN A TIME OF CRISIS

**In Africa, many markets where farmers typically sold their produce to earn a living collapsed, as societies locked-down in the face of the COVID-19 pandemic.**

Self Help Africa has been working to source markets for farmers in Kenya and Uganda, so that they can continue to earn a living.

In recent weeks we've helped smallholder farmers to earn close to €100,000 for their harvest, despite the market disruptions caused by COVID-19 to their supply chains. Sourcing markets for the crops that the farmers have, our TruTrade marketing platform has connected producers of avocado, mango and sorghum with buyers who want it, and has paid these farmers immediately using mobile money transfer.

This initiative is providing a practical market linkage for poor farming families, at a critical time.



In Kenya, TruTrade has sourced over 6MT of avocado in recent weeks – or about 24,000 pieces – all for export markets.

The ability of TruTrade to make direct mobile payments to farmers, along with ensuring traceability in the supply chain from farmer to distributor to market (including export) are key to addressing the challenges of market disruption. This is also helping to reduce the risk of COVID-19 transmission within smallholder supply chains.



Farmer with harvest in Chiradzulu, Malawi

**This is one of the many ways your support ensures farmers get to earn a fair price for their harvests.**

Innovative digital solutions, like those used by TruTrade, and across several Self Help Africa programmes are now increasingly important in protecting agricultural livelihoods and food chains in Africa.

# LEAVE A LASTING LEGACY

Prime (2) and Promise (7), Kikyenkye Village, South-Western Uganda

We at Self Help Africa understand how important it is to look after your family and loved ones in your Will. However, you may also choose to leave a gift that can change the lives of other families and communities for generations to come. Any gift, large or small that you bequeath has the power to change lives, forever.

Gastone and Scovia Ndisasirwa were amongst dozens of households from Kikyenkye village in South-Western Uganda who were trained in household food production funded by a legacy gift from a supporter in Ireland. They learned how to optimise what to grow on their

small plot, and they also received seed to allow them to start growing different fruit and vegetable crops.

Not only is the family healthier, but Gastone says he has begun to look at his land in a different way.

*“Before, I used to think that this plot was too small to support a family. Now, I am optimistic about the future, especially for my daughters, Promise and Prime. I am going to continue working hard. I think we have a very bright future.”*

When you set aside a gift of any size in your Will to Self Help Africa, your own legacy lives on.

For more information visit: [www.selfhelpafrica.org/ie/legacy/](http://www.selfhelpafrica.org/ie/legacy/)  
or email Louise on [louise.rogan@selfhelpafrica.org](mailto:louise.rogan@selfhelpafrica.org)



HELP US PLANT  
ONE MILLION TREES

**We are all becoming more aware that the world is in a climate emergency. Weather patterns are changing and seasons are becoming unpredictable. For the poorest and most vulnerable, this could spell disaster.**

RTE presenter Kathryn Thomas with children at the launch of One Million Trees

Urgent action is needed to avert a climate crisis in the years ahead.

In Africa, people who are the least responsible for climate change are feeling its worst effects. Increased heating, unpredictable rainfall and extreme weather is making it harder than ever for rural poor farming families to produce the food they need.

At Self Help Africa, tree planting has long been an important part of the mix of activity on small farms. As conditions become hotter, rainfall more unpredictable, and extreme weather events more widespread, tree planting is more important than ever.

Trees are vital for rural poor farming families in Africa - providing food, shelter, fodder for animals - as well as helping to add nutrients to soil and regenerate land.

For 2020, Self Help Africa set an ambitious goal - to plant One Million Trees in Africa.

But even more than that - with our partners Glenisk, Trees on the Land, Irish National Teachers Organisation (INTO) and The Gaelic Players Association (GPA) - we'll also be planting one native Irish tree right here in Ireland, for every 10 planted in Africa.

**glenisk**  
naturally from Ireland

To find out more about how you can help plant One Million Trees in 2020 please visit [www.selfhelpafrica.org/onemilliontrees](http://www.selfhelpafrica.org/onemilliontrees)

# WOMEN ON THE FRONTLINE

In autumn of last year the Self Help Africa Women on the Frontline of Climate Change exhibition was successfully displayed at Electric Picnic, the Irish Ploughing Championships, and earlier this year in Stormont Parliament Buildings in Northern Ireland.

The photos are of women in sub-Saharan Africa who Self Help Africa have worked with over the years - each telling their own individual story about how their lives as small-holder farmers have been impacted by a changing climate.



## JULIA'S STORY



## WHERE EVERY DROP COUNTS

Efficient crop irrigation systems that make every drop count are becoming increasingly important to small-scale farmers like Julia Gitari, who farms a small vegetable garden in Western Kenya.

Julia harvests the water that she can gather in the rainy season, storing it in large oil drums. And then, during dry periods she uses a network of irrigation pipes that have small perforations to apply drops of water directly to the point where she has planted her garden. This 'drip irrigation' system ensures that she can get the most that is possible from the scarce water available to her. It allows her to grow onions, cabbage and other vegetable crops that she can use for home consumption, and to sell.



### **DUBLIN**

Kingsbridge House,  
17-22 Parkgate St,  
Dublin, D08 NRP2  
Tel. +353 (0)1 677 8880  
(CHY No. 20008895)

### **BELFAST**

41 University Street, Belfast, BT7 1FY  
Tel. +44 (0) 28 90 232064  
(CHY No. 298830)

 /SelfHelpAfrica

 /selfhelpafrica

 /selfhelpafricatv

 /selfhelpafrica

# **FARMING FOR AFRICA'S FUTURE**