







Supporting farming families so they can send their daughters to school

Munira Hairedin, Halaba, Ethiopia.

## BETTER YIELDS MEAN A BRIGHTER FUTURE FOR MUNIRA

**M**unira Hairedin is 15, and the eldest of three children of Hairedin Mekina, a small-scale farmer in Halaba District, Ethiopia.

Munira and her two brothers Abdisikur and Amrula are all attending school. Their father says that they go to school because he can now afford the fees.

Munira's story is a clear example of the impact that your support - and our work - is having on the lives of rural poor households across Africa.

Hairedin Mekina told us recently that since he started working with Gorta-Self Help Africa just over two years ago his yields have improved, and the amount that he earns from his farm has increased. He has more money in his pocket to spend, and has used it to

improve his home and his farm, and invest money in his childrens' education.

In Ethiopia, it is commonplace for teenage girls, like Munira, to finish school at primary level.

The backing that we receive from our many generous supporters makes it possible for us to provide practical and effective support for hundreds of thousands of farmers like Hairedin Mekina, and as a result, allows girls like Munira to enjoy a full education, and have better chances in the future.

'Thank you' to everyone who supported us, and made our work possible, over the past year.

Ray Jordan

Ray Jordan  
Chief Executive Officer



Munira with father Hairedin and brothers Abdisikur and Amrula.

## HARVESTS HIT BY THE FAILURE OF SEASONAL RAINS

But 'climate smart' farming has reduced impact

**T**his year's humanitarian emergencies in the Horn of Africa and elsewhere on the continent bring into sharp perspective the vital importance of our work to the lives of millions of small-scale farmers.

Latest reports, indicate that up to 20 million people in Ethiopia, and a further two million in Malawi - both countries where we work - will be in need of food aid during 2016 and 2017. This demonstrates that current agricultural production systems in Africa are under increasing pressure in the face of changing climate.

'Climate smart agriculture' is more than just a buzz word.

It is a way of working that is being developed - by organisations like Gorta-Self Help Africa - to farm in changing climatic conditions.

*If we are ever to break the cycle of hunger and poverty that has blighted the people of Africa for generations, it is critical that we respond to this challenge.*

It often amounts to not much more than applying a combination of best practices, agricultural science, and logic to the way that small scale farmers work their land.

Gorta-Self Help Africa promotes various 'climate smart' farming approaches, including 'zero



Supporting rural poor households to cope with climate change



tillage,' crop rotation, and the distribution of drought tolerant seed varieties. 'Zero tillage' encourages farmers to plant without ploughing their entire fields, thus preventing moisture from evaporating from the soil.

Ultimately, these measures, and a host of others, are the key for millions of rural households who live, and farm in regions of Africa

that are vulnerable to climate change.

If we are ever to break the cycle of hunger and poverty that has blighted the people of Africa for generations, it is critical that we respond to this challenge, and address the long term needs for sustainable food production in this region of the world.





# OUR AMAZING SUPPORTERS

**A**n incredible network of generous supporters contributed hundreds of thousands of euro to support our efforts to end hunger and poverty over the past year.

A team of famous rugby legends were joined by athletics gold medallist Sonia O'Sullivan and a host of other sporting stars on a 'Caps to the Summit' climb of Ireland's highest mountain, Carrauntoohil, last Autumn. The event, which raised tens of thousands of euro, was organised by GAA legend Alan Kerins, who joined Gorta-Self Help Africa's team during 2015. Amongst the other event highlights of the past number of months were:

**AFRICA 'STRICTLY'**  
'Strictly for Africa' was our take on the popular 'Strictly Come Dancing' contest that's proven so popular and successful over the past few years. We hosted 'Strictly for Africa' in Dublin in March, and attracted a full-house for an event that raised in excess of €60,000.

**SIGMAR**  
We're delighted to have joined forces in Ireland with the county's leading recruitment specialists, Sigmar Recruitment. Our collaboration will be led by Sigmar's 100 strong Irish workforce, and provide us with access to the expertise of a top recruitment consultancy, and a great new network of support'.

**GALA BALL**  
We partnered with a number of great local charities to stage our inaugural Gala Ball in Shropshire, in March. It was a fantastic first-time event, attracted upwards of 500 people to a completely converted barn venue, and raising over £34,000 for charity.

**BOSTON BALL**  
Our third annual Boston Ball Gala was held in the Massachusetts city at the end of April, and attracted nearly 400 people. It followed an annual 'Changemakers Ball' in New York in November, and between both events

raised more than half a million euro to support our work.

**THE RACE 2016**  
Close to 100 competitors accepted the challenge of completing 250km within 24 hours at this year's third annual endurance challenge 'The Race,' held in Donegal in early Spring, and raising over €30,000.

**OTHER EVENTS**  
Gorta-Self Help Africa was one of the charitable beneficiaries of this year's **Connemarathon** in the West of Ireland; nearly 250 supporters convened for the third annual '**Secret Supper**' in Shrewsbury; dozens of volunteers joined us for our annual charity **Climb of Croagh Patrick** in May, and we are grateful also to the friends who once more backed '**Broadway for Self Help Africa**', which was staged in New York in late Spring.

## UPCOMING EVENTS

### YOUR SUPPORT

The kindness and generosity of supporters too numerous to mention is what makes it possible for Gorta-Self Help Africa to carry out our work in Africa.

We are always looking for support and for volunteers - so whether you're a walker, jogger, cyclist, baker, golfer or skydiver - or would like to arrange your own event or make a donation - we'd love to hear from you.

In the months ahead we have a number of events and activities that might be of interest. There are lots of ways that you can get involved - in your club, school, business or with your friends and family. All you need to do is get in touch to find out more. Contact us on (01) 6778880, or e-mail: [info@selfhelpafrica.org](mailto:info@selfhelpafrica.org), we'd be happy to chat.

### EURO SWEEPSTAKE

We're arranging a fun Euro Sweepstake, to provide added interest in this summer's European Championship Finals in France, while raising funds for charity into the bargain. Get involved in the sweep, along with your friends, family or work colleagues. Contact [rachel.ohalloran@selfhelpafrica.org](mailto:rachel.ohalloran@selfhelpafrica.org) for more information.

### CAMINO WALK

We're recruiting participants for our inaugural walk along the pilgrimage route to Santiago de Compostela in Spain's picturesque north-west. The week-long expedition will take place



from September 24th to October 2nd. To take part participants are asked to raise €1,800, which will cover all travel and accommodation costs, and contribute valuable funds to support our work.

### DINING 'AL DESKO'

To mark 'World Food Day 2016' Gorta-Self Help Africa will launch 'Dining Al Desko', a unique and fun fundraising event that will enable friends and work colleagues to mark the occasion with their own very special 'al desko' dining experience. Resources, including tips, recipes and various other guides will be issued shortly. If you'd like to find out more and get involved, just let us know.

### ETHIOPIAN RUN

It's Africa's longest-established and largest road race, and has been a popular fixture on the Gorta-Self Help Africa calendar for years. We're currently recruiting for this year's event, which invites runners and walkers to join us for a week long trip to Africa that will take in the well known 10k race in Addis Ababa, and include field visits to meet

### FRIEND IN FOCUS

Galway-woman Siobhan Farragher has raised tens of thousands of euro to support our work since she first became involved, a number of years ago.

Siobhan will compete in her fourth Great Ethiopian Run to support our work this Autumn, and has also recruited friends

communities that we are working with in the country. Participants are asked to raise €3,000, which will cover all travel and accommodation costs, and raise funds for our work into the bargain.

### RETAIL SUPPORT

Gorta-Self Help Africa has a network of retail charity shops across the country, and they're always looking for stock.

If you're doing a spring, summer or autumn clear-out and think that your goods might be worth selling-on then just let us know. Our shops can give your clothes and other goods a second life, and raise valuable funds to support our work into the bargain.

### DIARY DATES

Why not get prepared for some of the other great events we'll be running this year. Amongst these will be our annual **Christmas Lunch** in Dublin, our third annual **Galway Ball** in late Autumn, and an inaugural **Christmas Jumper Day** will be coming your way in the lead up to the festive season in 2016.

to take part in the annual fundraiser.

For Siobhan the run will be her third fundraiser this year, as she also took part in this year's Croagh Patrick Climb, and has signed on to walk the Camino Way, in September. A big 'thank you' to Siobhan for her support.





# DIAGEO JOINS IRISH PARTNERSHIP FOR AFRICA

**G**orta-Self Help Africa has linked up with global drinks company Diageo in an historic new partnership that is set to boost the income of smallholder farming communities in Ethiopia.

The agreement sees Gorta-Self Help Africa connecting small-scale barley farmers with the brewing multi-national, and thus establishes a secure new market for nearly 4,000 rural poor farming families.

Under the plan, barley seed is being produced, multiplied and distributed by farmers who are working with Gorta-Self Help Africa. Their efforts will drive an increase in barley production across the region, and provide a reliable source of barley for the brewing company.

Diageo, through its local subsidiary Meta, is supporting the partnership by providing participating farmers with training, fertiliser, crop insurance and improved barley seed.

Diageo is also purchasing significant quantities of barley seeds from these farmers, and will distribute their good quality seed to its existing network of farmer producers - so that they can grow the barley that the Meta company needs for its brewing process.

*“The result will see improved incomes for these farmers, achieved in an environmentally and economically sustainable way.”*

“Farmers throughout Ethiopia are struggling with poor quality seed, which results in poor harvests. Irish Aid has been our long-term partner in addressing this problem, and having Diageo join this team to help lift incomes for poor smallholder farmers is what good public-private partnership is all about. The result will see improved incomes for these farmers, achieved in an environmentally and economically sustainable way”, Gorta-Self Help Africa CEO Ray Jordan said.

Diageo's head of sustainability, David Croft said that their company hoped to source all of its raw ingredients for its Ethiopian operations locally, within the next two years. “By sourcing more ingredients locally we are able to invest and support the growth of local economies, contribute to the development of those communities, and support long term sustainable business and growth.”



Medhant Getachew Miko, Dirma Village, Oromia, Ethiopia.

Linking farmers to markets,  
so they can **earn more from their crops**







Supporting Africa's  
enterprising women

## RICE LITTLE EARNER

**F**or the women of Tonte village in the savannahs of Northern Togo, rice has become an important part of life.

Rice first became commonplace in the region when the UN distributed emergency rice rations during a series of food crises in the early years of the new millennium. Since then the grain has become as popular as maize and millet to the local diet. And its become much more than that for the people of Tonte village.

Today, thanks to your support, Gorta-Self Help Africa has assisted 100 local households to earn a living from growing, processing, marketing and trading rice across the region. More than 90 of the farmers are women.

Villagers are using the additional income they are earning along different stages of the rice 'value-chain' to buy livestock, improve homes and send children to school. The evidence is plain to see.

60 farming families in Tonte are producing rice commercially in a low-lying wetlands area close to the village.

A women's group has been formed that is parboiling and processing the grain into white rice, which earns a premium in the marketplace. The main sales are made in the regional capital Dapaong, which is 30 miles away, and the home of over 80,000 people.

Other women in Tonte have started a separate business producing and selling rice seed to others across the region, mini-businesses have sprung up to trade and transport the rice, while elsewhere, women are growing vegetable in the rice paddies during the hot dry season.



### FARMER IN FOCUS

38-year-old Sanwogou Lalle is a mother of five. She says that she never attended school. But she believes that her own children will get a better chance.

Sanwogu is a member of one the women's group in Tonte supported by Gorta-Self Help Africa who process and sell rice.

"We can buy a bag of brown rice,

process it into white, and sell the it for more than double the buying price," she explains.

Adding that she uses the extra income from her work with the women's group to pay school fees for her older kids.

*"My four older children are all now at school, and my son wants to be a doctor when he grows up."*

## SUNFLOWER POWER

**F**or members of the Chalimbana Sunflower Group in Eastern Zambia, the future is bright.

The 22 group members from Lundazi District have not just increased the productivity of their small plots, but have also more than doubled their earnings from sunflower production since they were organised into a producer group by Gorta-Self Help Africa.

The income boost is a direct result of the increase in production alongside the purchase of a diesel-powered seed press that has enabled them to add value to their crop by processing their seed harvest into cooking oil that they bottle and sell in local markets.

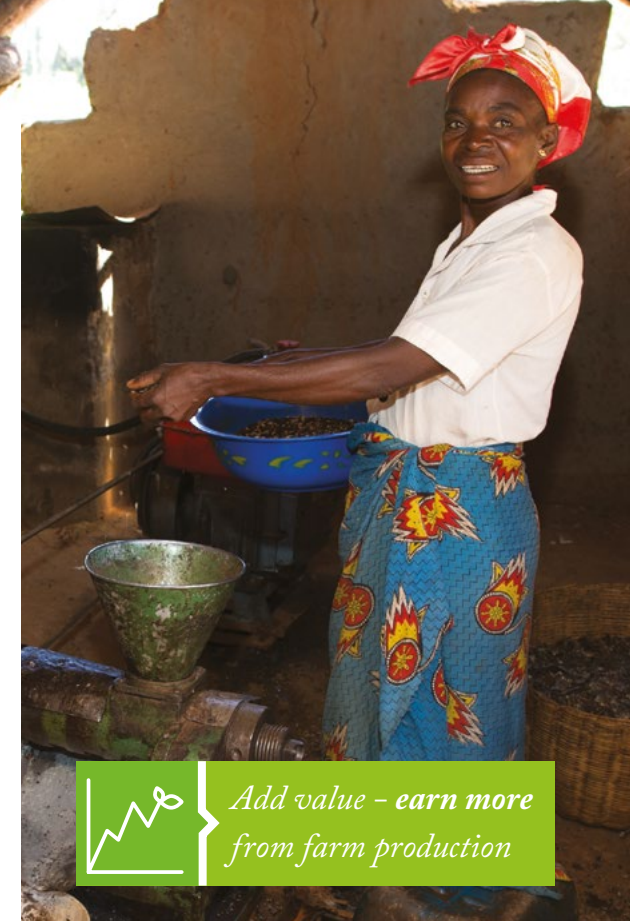
A popular supplementary crop that has significant earning potential for rural poor farming households across the region, the members of Chalimbana

Sunflower Group have adopted a range of crop management best practices, including early planting, weed management and crop spacing.

These factors, together with access to better quality seed, have contributed to their increased yields.

In a region where just 10% of sunflower growers access seed from formal channels, and most farmers either multiply their own seed or purchase low-grade seed from their neighbours, the potential for increased yields from better seed access is considerable.

Chalimbana Group members say that they are paid more than twice the amount for oil than they received previously when they sold raw seed to middle-men who in turn sold their crop on to processors.



Add value – earn more  
from farm production

With their increased income members of the group have bought bicycles, televisions and telephones, have carried out improvements to their homes, invested in livestock, and paid school fees for their children.

## WIDOW'S BUSINESS BOOSTED

**U**gandan farmer Justine Tumwesigye has had a tough few years. With the death of her husband she was left alone to feed four children.

Owning only a small one-acre plot, it has been a challenge at times for Justine to keep her family fed. She explains: 'We would like to have food to eat three times a day, but that isn't always possible. We eat when we can; sometimes that means eating the same thing once or twice, day after day.'

Justine was encouraged to become a

member of the Binyungu Savings and Loans group, supported by Gorta-Self Help Africa in rural South-West Uganda.

The group meet on a regular basis, and encourage each other to save small amounts, which they collect at their meetings. By adding constantly to a communal pool of money, individual group members are now able to take out small loans on a revolving basis, from the fund that has been accumulated.

Having shown themselves to be committed savers; Justine and her fellow group members became eligible to access a Gorta-Self Help Africa 'booster fund' - an initiative that 'tops up' the pool of money saved, to enabled members to access larger, more impactful loans.

In 2015 Justine borrowed 300,000 Ugandan shillings (just €90) from the fund, and bought four piglets. Once

these have grown to adulthood, she hopes to breed her pigs, and profit by selling their offspring.

For the first time since she lost her husband Justine says that she can plan for the future. "Being a single mother is a struggle but I will continue for my children. It will be okay."



Savings & Loans –  
Supporting enterprise





Mohamad Saidou, son of Kongo Saidou, from Ziniare village, Burkina Faso. He has built a home in his village with money earned from growing and selling vegetables.

# FUTURE OF FOOD NEEDS YOUTH OF AFRICA

New projects that support young people in Africa to become involved in farm activities are vital to the work of Gorta-Self Help Africa in the years ahead.

40% of the population in sub-Saharan Africa is aged under 15, while the average age in the region is just 19 years.

The vast majority of farmers are significantly older however, as young people leave their communities in search of opportunity elsewhere. This happens for various reasons - limited access to land, a negative view of farming, and an absence of jobs included.

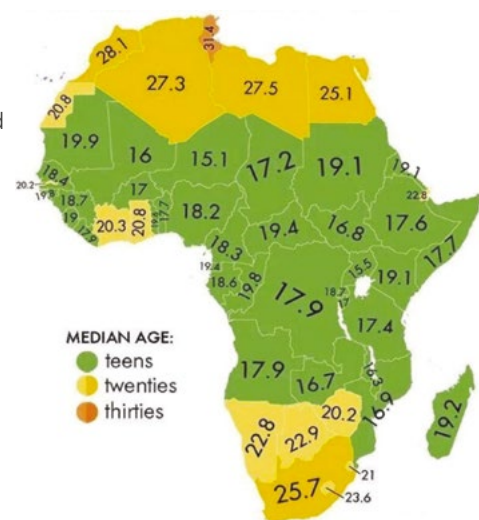
Leading African farmer representatives have identified the continent's ageing

farm population as one of the major challenges to ending hunger in the region. The head of a leading farmers association in Malawi, Dyborn Chibonga says that the average age of farmers in his country is 65 years, while in Kenya the average age is 60.

"We cannot improve farming and meet the challenge of producing enough food for a growing population unless we involve young people," says Gorta-Self Help Africa Director in Malawi, Amos Zaindi.

Gorta-Self Help Africa's newly launched five-year plan puts rural youth at the centre of new programmes, with agri-enterprise, horticulture, beekeeping, artisan skills and farm training programmes all identified as methods of supporting young people to become

involved in the future of food production in Africa.



## IMPACT IN NUMBERS

The support that YOU provide to Gorta-Self Help Africa is having a real impact on the lives to rural poor households across sub-Saharan Africa. Here are a few examples of the effect that your backing is having:

### SEED

Across sub-Saharan Africa improved access to quality seed is essential to improving yields and bringing an end to hunger. The household incomes of more than **2,000** smallholder farmers in the Oromia region of Ethiopia **increased by over 50%** last year, as a result of improved seed increasing the yields of barley and other cereals. It all begins with a seed.



### PINEAPPLE

**3,000** pineapple farmers in Uganda are being supported to 'go organic', so that they will earn more from the sale of their fruit to a local processor. With more productive and greener farming practices the farmers will be **paid up to double** the 25-40 cent that they receive at present for a piece of fruit. Pineapple plants give fruit twice a year.



### DAIRY

There's been an unexpected dividend for dairy farmers in Kenya's Rift Valley, following the establishment of a local dairy plant in Keringet. While the plant is currently buying raw milk from **1,200** local farmers, the wider market price being paid has also increased – meaning that close to **10,000** dairy herders are **being paid more** for their milk.



### POULTRY

**144** community-based poultry vaccinators in Uganda are at the forefront in a fight to eradicate the deadly Newcastle disease affecting bird flocks in the country. More than **300,000** birds were inoculated last year. The enterprise is a win-win, as **the poultry virus is being stamped out**, while vaccinators are **earning supplementary income**.



## A SMALL LEGACY CAN MAKE A BIG DIFFERENCE IN AFRICA

If you could do one thing to make the world a better place, what would it be? Would you help to feed people, not just for today, but for tomorrow?

For too long, people in Africa have been dying for want of enough to eat.

For too long, they have been unable to earn enough to protect their children from diseases that do not need to kill. For too long, they have struggled while the rest of the world has prospered.

Africa's land is the key to ending hunger and poverty - permanently. Most farm land in Africa can grow much more, and farmers simply need advice and support to unlock this potential. By remembering Gorta-Self Help Africa in your will, you can help to make the world a better place for Africa's poorest people.

### Legacies help us to expand our work

A modest sum that is left to Gorta-Self Help Africa will allow us to invest more in the tens of millions of farming families who are the future of Africa. A small sum left to us in your will allows us to replicate again and again some of the stories of progress and success that you can read about in this review.

### What to do next

Legacies have helped us to achieve incredible things in the past. Yours will too. Speak to your solicitor and get his advice on making a provision in favour of Gorta-Self Help Africa in your will. Alternatively call our offices and we will assist you further. A bequest to Gorta-Self Help Africa is also exempt from Inheritance Tax.

### Find out more

To find out more contact us at our offices in Ireland **01 677 8880** and speak to one of our advisors. We will be happy to send you our legacy information pack.





# FARMING FOR AFRICA'S FUTURE

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Gorta-Self Help Africa is a signatory to the Dochas NGO code of conduct on the responsible use of images and messages.

**Cover:** Sambiani Telate, leader of the Tigba Kidi Women's Group, Togo. **Back:** Timothy and Christine Mtonga with grandchildren Memory, Agnes, Diless and baby Issac, Chiwayu Village, Zambia.