



Angela Atim, 25, Kapelebyong, Teso, Uganda

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**Self Help  
Africa**

## INTRODUCTION

# *Thank you for supporting* **SELF HELP AFRICA** *this Harvest*

**A**fter a period of decline, world hunger is on the rise again. Exposure to more complex, frequent and intense climate extremes is threatening to reverse gains made in ending hunger and malnutrition\*.

Across sub-Saharan Africa, smallholder farmers, who are mostly women, are amongst the most undernourished, food insecure and climate vulnerable people on the planet.

The soil is poor, and the rains are erratic. People don't have good quality seed and, even with a lot of hard work, it's difficult to grow enough food to eat.

But with your Church's support, we can help rural communities to develop the knowledge and skills that they need to prosper and encourage climate adaptation practices that reduce vulnerability and build resilience in the long-term.

\*Source: FAO 2018 State of Food Security and Nutrition in the World report

**1 IN 9** PEOPLE GO HUNGRY GLOBALLY



**1 IN 4** PEOPLE GO HUNGRY IN AFRICA



A helping-hand is all it takes to create long-term lasting change.

We hope you find our Harvest resources useful as you prepare for your celebrations. Your kind Harvest offerings will make a real difference to the lives of rural African families.

**Thank you.**

## YOUR IMPACT

Every year, Self Help Africa help more families to escape the cycle of hunger and work their way out of poverty. Here's what we achieved in 2018:

**2.2**  
**MILLION**  
**LIVES IMPACTED\***

\*7% increase from 2017



**337,544**  
**FAMILIES SUPPORTED**

**WE WORKED WITH**  
**183,791**  
**WOMEN\***

\*54% of the people we work with



## WHERE THE MONEY GOES\*

\*excluding retail





# A PRAYER

## *at Harvest Time*

In the setting of the Autumn sun,  
In the shortening of days, In the cooling of the breeze, In the flight of migrating birds,  
In the brightness of the rays of moonlight,  
In the browning and decay of leaves on our much needed trees once green and full of life,  
In the beauty of morning wet mists and wintry chills,  
In the beauty of the fruit that falls from our life saving trees,  
In the coldness of nature's first frost,  
We see the Creator's caring hand.  
So our God of the Harvest,  
Our farmer and Harvester supreme,  
Please place us we pray at the centre of all that is good during this Harvest time,  
Feed us, nurture us, prune us, strengthen us, harvest us and provide for us,  
Then look to a different Harvest,  
a fruitfulness of our lives  
in service to you and others.  
That our lives might bring glory to you.  
We bless you, God of Seed, Earth, Trees and Harvest,  
And we bless each other,  
That the beauty of this world, And the great love and care that created it,  
Might be expressed through our own lives  
And be a blessing to others,  
Now and always

**Amen**

# HER HEAD

by Joan Murray



Near Ekuvukeni,  
in Natal, South Africa,  
a woman carries water on her head.  
After a year of drought,  
when one child in three is at risk of death,  
she returns from a distant well,  
carrying water on her head.

The pumpkins are gone,  
the tomatoes withered,  
yet the woman carries water on her head.  
The cattle kraals are empty,  
the goats gaunt -  
no milk now for children,  
but she is carrying water on her head.

The engineers have reversed the river:  
those with power can keep their power,  
but one woman is carrying water on her head.  
In the homelands, where the dusty crowds  
watch the empty roads for water trucks,  
one woman trusts herself with treasure,  
and carries water on her head.

The sun does not dissuade her,  
not the dried earth that blows against her,  
as she carries the water on her head.  
In a huge and dirty pail,  
with an idle handle,  
resting on a narrow can,  
this woman is carrying water on her head.

This woman, who girds her neck  
with safety pins, this one  
who carries water on her head,  
trusts her own head to bring to her people  
what they need now  
between life and death:  
She is carrying them water on her head.

# FARMER FIELD SCHOOLS

Merinda Kafunda, Chitipa District, Malawi, 2018

**24-year-old Merinda Kafunda wakes at 5am every Friday morning, and looks forward to the long walk she must make to her ‘school’ in Chitipa District in northern Malawi.**

Merinda attends a ‘field school’ – a rural farm-training centre. It’s one of over 13,000 of its kind to have been established across Malawi by BETTER, an EU-backed project providing farmers with training in a range of new practices that will help them to grow enough food in the face of a changing climate.

Even in the short number of years that she has been farming, Merinda has witnessed drought, floods and rains that are almost impossible to predict, but she is optimistic that the new techniques and plant varieties she has tested at field school will increase her resilience to climate shocks and give her better yields in the future.

This year, the mother of two young children expects to harvest over 130kg of maize from her small farm, using a pit planting technique;

*“In the past I used to plough the fields and just throw the seeds on the ground. It only lasted us for four months, then I would need to work for others to get food for my family, or else look for hand-outs. Now, since my agricultural training, I plant seeds individually in hand-dug holes and fertilise each pit with compost manure for better results.”*

Across Malawi, 402,000 households are set to benefit from the five-year BETTER project which launched last year.



## ROSEMARY'S MEALS

**Seeing her children gather around the kitchen table twice a day is a sight that Rosemary Chate says she is still getting used to.**

Not long ago, Rosemary's family were eating just once a day. For much of the year, their resources were so thin that they needed to ration their food supplies to just a single family meal.

A farmer from Malela village in northern Zambia, Rosemary struggled to produce enough food on her two acre plot.

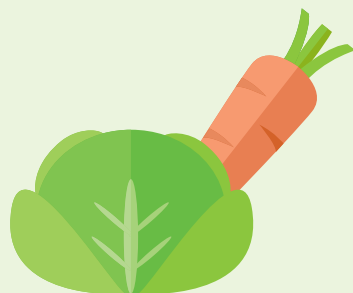
When Self Help Africa started working locally, she seized the chance to take part in a 'training of trainers' programme, and

was appointed as a lead farmer in Malela.

Rosemary learned how to plant and tend her crops more efficiently, and also took part in a pilot programme to grow new food crops, including groundnuts and soya beans.

Today, Rosemary is passing on her newfound knowledge to her neighbours. Her family are also benefitting from the improvements that have occurred on her own farm.

# IN SUB-SAHARAN AFRICA AGRICULTURE IS ELEVEN TIMES MORE EFFECTIVE AT REDUCING POVERTY THAN OTHER ACTIVITIES



**Habibou** was in her 20s when crisis struck, and her husband went blind following an illness.

For over 20 years she has been the sole provider in her family. Having received farm training, she now maintains a productive small farm, growing peanuts, beans, millet and sorghum in Nomgana village, **Burkina Faso**.



**Aster** and her husband used to work as farm labourers in southern **Ethiopia**.

Small business loans that she has received from a Self Help Africa backed credit co-operative allowed her to buy and rear her own cattle - a business that has allowed her to send her two daughters to school.





Women produce up to **70%** of the food grown on small farms in Africa



**80%** of Africa's rural poor rely on farming for their livelihoods



A 59-year old grandmother, **Lillian's** small poultry business in eastern **Zambia** is an inspiration to others.

She manages a network of poultry houses that she built on her small farm, and sells the eggs and chicks in her local village. "People regard me as a successful business-woman. They know that I work hard for what I have," she says.



35-year-old **Linisi** makes and sells fuel efficient cooking stoves in southern **Malawi**.

She received training in stove production from Self Help Africa, and sells them locally to earn a living and support her young family.

# Be a Harvest Helper

Your donations give the poorest people in rural Africa the vital support and resources they need to survive. Here's what your money can do:

**£12**

## **QUALITY SEED**

Improved varieties of seed allow farmers to increase their yields, providing a nutritious source of vegetables, like potatoes, beans, and tomatoes.

**£35**

## **BEEKEEPING**

Beehives produce valuable honey and wax and those busy bees also help to pollinate crops, improving yields. Beekeeping is not reliant on good soils or rainfall, which makes it a good diversification enterprise for small-scale farmers.

**£70**

## **FARM TOOLS**

Farming tough soil under a hot sun is hard work, so having the right tools can make a world of difference. Wheelbarrows, hoes, forks and shovels can make life so much easier for farmers and ensure they get the most from their land.

**£100**

## **FEED A FAMILY**

This starter kit provides high-quality seed, farm tools and training in sustainable farming methods to allow a family to set up a productive vegetable garden. Once up and running, it will enable a household to become self-sufficient for years to come, hugely benefitting the health and nutrition of the whole family.

**£250**

## **IRRIGATION**

Irrigation will get water to the fields, ensuring a family have enough to eat even in the dry season. Drip-irrigation conserves water and saves time.



## Fundraising ideas

### Have a Harvest collection

We can send you Gift Aid envelopes to make your donations worth 25% more and/or cardboard donation boxes to collect spare change. Just e-mail us [harvest@selfhelpafrica.org](mailto:harvest@selfhelpafrica.org)



### Host a Harvest Auction or Sale

Use your congregation's talents; some people have green fingers, others might be star bakers! Even those without gardening or cooking skills, might like to buy some local produce to donate.



### Host a Harvest lunch

A shared lunch creates a sense of togetherness and is an enjoyable social occasion. Ask people to donate what they would have spent on a meal. It could be as simple as a soup kitchen or a bring & share buffet.



### Host a sponsored walk or cycle

To make it a bit more challenging, why not walk in your wellies!



### Host your own Bake Off

With Great British Bake Off in full swing, why not get the congregation involved in their very own competition, with all the cakes being sold at the end of the day?







Agnes Katushabe and her husband, Uganda, 2014

## More Resources

Visit [www.selfhelpafrica.org/uk/harvest](http://www.selfhelpafrica.org/uk/harvest) for our full set of Harvest Resources, including pictures and video clips. Don't forget we can provide you with Gift Aid donation envelopes to make your donations worth 25% more.

Just call us on **01743 277170** or e-mail [harvest@selfhelpafrica.org](mailto:harvest@selfhelpafrica.org)

## Contact Us:



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