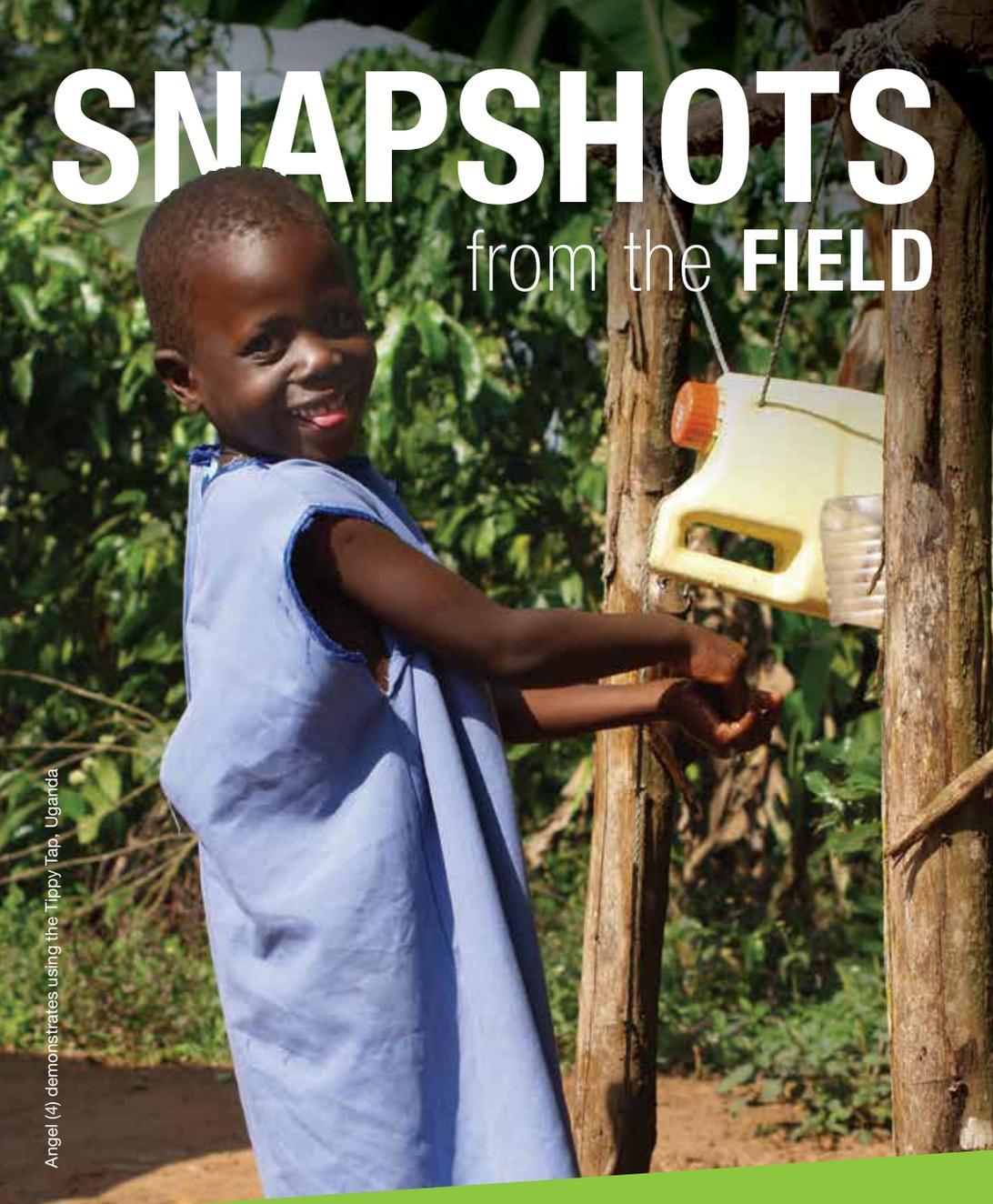


SNAPSHOTS

from the **FIELD**



Angel (4) demonstrates using the Tippy Tap, Uganda

selfhelpafrica.org



**Self Help
Africa**



RESPONDING TO COVID-19

The COVID-19 pandemic has overwhelmed advanced healthcare 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.

We're 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 www.selfhelpafrica.org/uk/covid-19 ▶



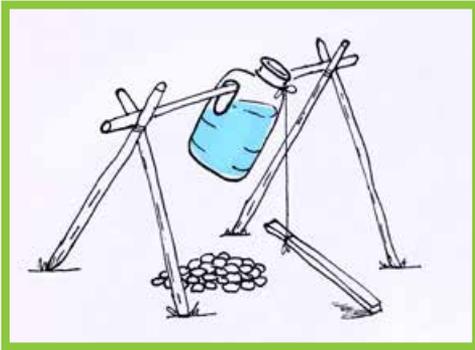
THE TIPPY TAP

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 Angel using a tippy-tap at her home in Uganda - but how does it work?

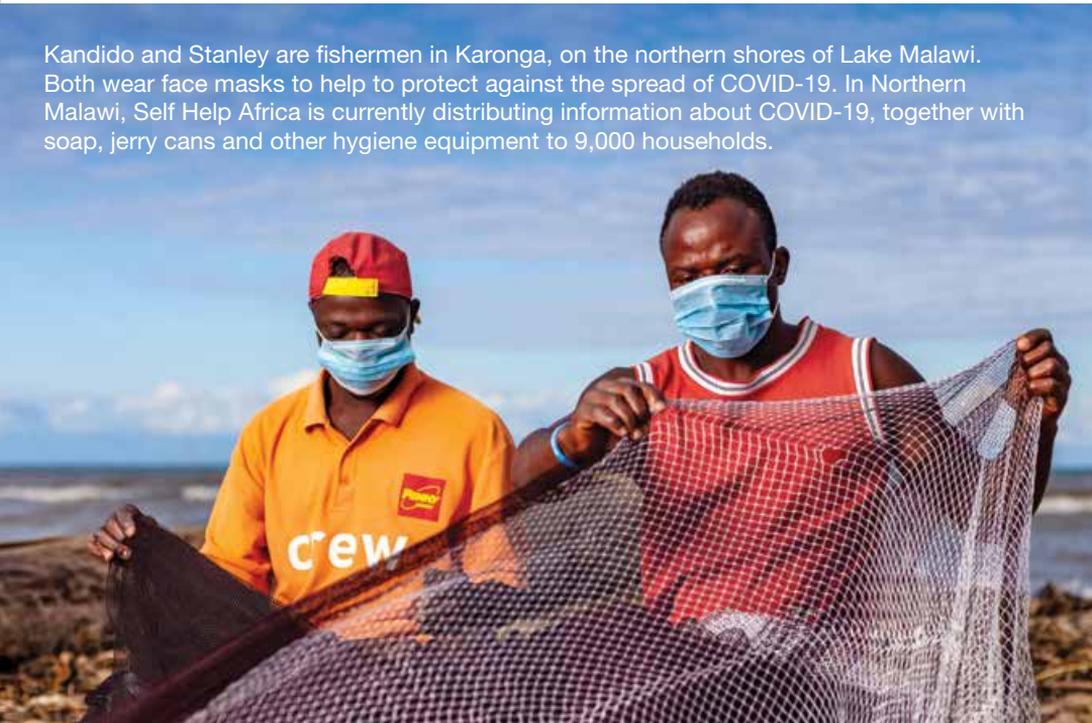
A tippy tap works by using the foot to press down on a lever, 'tipping' the container, so water comes out of the small hole, like a tap. A bar of soap is tied to the frame, dangling alongside the tippy tap.

The device is very hygienic as it means hands can be washed without touching the stand or water container - thereby preventing the spread of dirt and bacteria.

A gravel bed is set out under the container to soak up the used water, and to prevent mosquitos. When the container is empty, it can be removed and refilled from a 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. 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. 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 please email:
monica.morison@selfhelpafrica.org

HELP US PLANT ONE MILLION TREES



Azeb Abebe, tree planting with Self Help Africa at Lake Ziway, Ethiopia

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.

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 tree right here in the UK & Ireland, for every 10 planted in Africa.

To find out more about how you can help plant One Million Trees in 2020 please visit www.selfhelpafrica.org/onemilliontrees/uk



Angella Atim and her son Paul Malinga, Kapelebyong, Teso, Uganda, 2018

In 2019, you kindly supported our UK Aid Match 'Give2Grow' appeal, helping families in Teso, north-eastern Uganda.

Teso is one of the poorest areas of Uganda. Many families have returned here following years of violence, to try and restore their abandoned farms. The aim of the Give2Grow project was to support these families to rebuild their lives, improving their income and food security.

Your donations helped to raise over £268,000, including match-funding from the UK government, which has made a huge difference to 1,000 families in Teso.

You're helping farmers like Ayano Rose, a member of Ebumakinos Farmers' Group, who recently received improved seed and agricultural training;

"We have started a journey to success and prosperity. As a group we have been

able to cluster ourselves in teams of five to jointly grow cassava and groundnuts in our multiplication gardens, and we believe the harvest will be great."

Group members are working hard amidst the challenging situation COVID-19 has put the community into. Ayano Rose added; *"We had lost hope, but the seed came right on time"*.

Self Help Africa project staff will continue mentoring and providing technical support, to ensure farmers explore their potential further.



Over the years we've been fortunate enough take part in The Big Give Christmas Challenge, the UK's largest online match-funding campaign. **Last year, you helped us to raise £24,000 - a BIG thank you!**

Applications are now open for 2020 and we're on the lookout for supporters who would be willing to pledge a donation of

£250 or more (made payable in December or January), to help us reach our £5,000 target.

These pledges enable us to secure match-funding from the Big Give, which is used to double the donations we receive during Christmas Challenge week (1st to 8th December). If you're interested in pledging a donation*, as part of our Big Give application, please contact Monica at monica.morison@selfhelpafrica.org or call **01743 277170**

*pledge deadline is August 2020



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FARMING FOR AFRICA'S FUTURE