



HARVEST
RESOURCE PACK
2020

Angel (4) demonstrates using the Tippy Tap, Uganda



Thank you for supporting
SELF HELP AFRICA
this Harvest

As we come together to celebrate Harvest this year, we must acknowledge the stark global crisis of COVID-19, and the huge impact it has had here at home and overseas.

For the communities that Self Help Africa work with day in, day out, the pandemic has been yet another challenge to people's health and their ability to earn a living - in a year that has also seen droughts and locust infestation, threaten harvests and livelihoods.

Families in Africa face an uncertain future, as economic hardship and food insecurity are very real threats in the wake of COVID-19.

But your Harvest gifts will help these families to cope better.

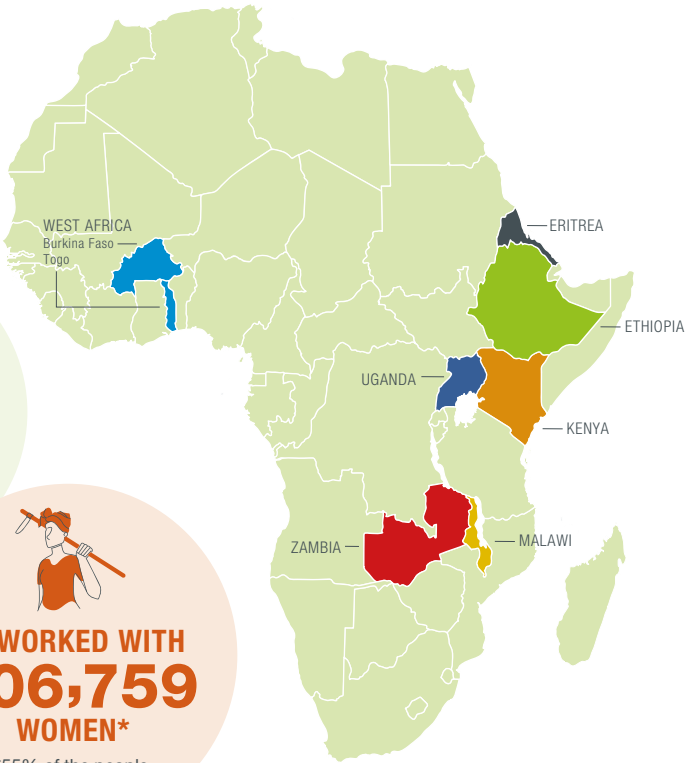
Right now, we're helping farming families to get the seed that they need to plant, so that they can harvest food later this year. We're helping farmers to get crops to market quickly, so that they have an income, and are more resilient through the 'hungry months'.

By supporting Self Help Africa, you're enabling people to rise out of extreme poverty, become more resilient, and take control of their future.

Now, more than ever, thank you for your support.

YOUR IMPACT

Here's what we achieved in 2019:



Behind these numbers are real people, with real families, that are now more resilient and independent, working their way out of poverty, thanks to the kindness and generosity of Churches like yours.

WHERE THE MONEY GOES*

*excluding retail



PRAYERS

at Harvest Time

For the promise of harvest
contained within a seed,
we thank you.
For the oak tree
within an acorn.
The bread
within a grain.
The apple
within a pip.
The mystery of nature,
gift wrapped
for us to sow,
we thank you.

Thank you for the gift
of sunshine and rain in due season,
of seed, soil and harvest,
provision for our needs
and others, if in love we share.

Thank you for the gift
of living water that does not run dry
and the nourishment of your Word
which feeds our souls
and others, if in love we share.

For love which endures,
blessings which satisfy
and the opportunity to share
all that you have given,
we bring to you our thanks.

POEM

WOMEN OF AFRICA

(*extract)

by *Wayne Visser*



Women of Africa
In the land of bow and spear
Of chieftain and warrior
Of hunter and hunted
You are the silent gatherer
The unsung provider
The hidden basket
We raise you up
And speak your praise

In the shifting sands of power
You are the pyramid of constancy
Standing firm
Against the fierce winds of time

In the thirsty dust of desperation
You are the baobab of sustenance
Rooted deep
In the quenching earth of faith

You gather the tears of the world
And in the midst of mourning
You find reason to smile

You gather the tribes of the world
And in the chaos of squabbling
You sow seeds of community

Women of Africa
The music of every place
Moves to your swaying hips
And shakes to your stamping feet

You gather the orphans of the world
And in the villages of your heart
You give them a place to call home

You gather the elders of the world
And in the sacred councils of trust
You show us a better way

When our days are drought stricken
You are the tireless pestle
That grinds our hardship
Into the flour of wisdom

When our future lies in shadow
You are the wild prophetess
That divines our destiny
In the pattern of bones

Women of Africa
In a world of folly and fear
Of division and diversion
Of begetting and forgetting
You are the mighty gatherer
The harvester of wholeness
The maker of peace
We honour you this day
And forever more

Wayne Visser © 2017
Full version available at
waynevisser.com/poetry/women-of-africa



CASE STUDY

TIPPY TAP

The World Health Organisation advises that handwashing is the most effective way to prevent the spread of coronavirus.

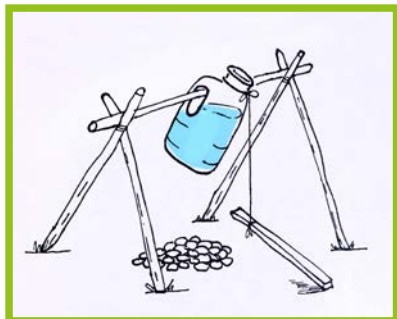
In homes and communities with no running water - a simple, low-tech, low cost solution called a tippy-tap is one of the most effective ways to ensure good handwashing practice. On the cover you saw Angel using a tippy-tap at her home in Uganda - but how does it work?



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.



Make a Tippy Tap:

1. Use a screwdriver to make 2 x holes in the top of the milk container, either side of the lid
2. Construct the frame out of four long sticks, making two tepee shapes and pushing them into the ground, tying together at the top with string
3. Put some stones on the ground underneath to stop puddles forming
4. Lay one shorter stick horizontally across the two tepee shapes you've formed with the longer sticks
5. Tie a piece of string to one end of a second shorter stick - this will become your foot lever. Then tie the other end of the string to the neck of the milk bottle.
6. Half fill the milk bottle with water and place the crossbar through the handle. When you place your foot on the lever stick, the container will tip forward and you can wash your hands!

CASE STUDY

COMMUNITY SAVES TOGETHER

Flavia, a 25-year-old mother of three, earns a living selling the onions that she grows on a small plot at her home, in the far north west of Uganda.



Flavia is a member of a horticultural group being supported and trained by Self Help Africa in Otukaliri village. She is among 3,000 young people involved in an enterprise development project that aims to create meaningful employment for young adults in this part of rural Uganda.

With income from their vegetable production, Flavia and her fellow group members were encouraged to set up a village-based savings group:

"I save 5,000 shillings every week. At present, I have 215,000 shillings in savings," she says. She has also invested in livestock and now has five goats, three sheep and two pigs that she is rearing.

Members of Otukaliri Enterprise Group grow a variety of crops, while also organising the transport and sale of their produce;

"We sell to hotels and restaurants nearby, and also to markets across the border in Congo and South Sudan," Flavia says.

"A few members are responsible for finding markets, while two of our members transport our produce to the market," she explains.

Thirty similar enterprise groups have been created across the district, with members involved in a wide range of agri-business activities including fruit and vegetable production, processing, livestock rearing and crafts.



WATCH FLAVIA'S VIDEO
selfhelpafrica.org/uk/harvest/



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 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 shade, shelter, food and income - as well as helping to add nutrients to the soil and regenerate land.

For 2020, Self Help Africa set an ambitious goal - to plant One Million Trees in Africa. You can help us to Plant the Planet this Harvest, and in doing so you'll be supporting farmers like Mary with a tree of life.

A donation of £5 can plant 10 trees in sub-Saharan Africa.



CASE STUDY

MARY'S MANGO TREE



Mary Banda lives in a village close to Karonga in Northern Malawi. For Mary, the 30-year-old mango tree that stands in front of her tin-roof home is a tree of life;

“Every year, it provides me with food, and it provides me with money,” she says. “My father was wise when he planted it. He told us when we were small to take care of it, and we would be grateful.”

Now standing close to 40ft tall, the tree gives Mary an abundance of fruit. She estimates that she harvests up to 30 baskets, each season. She keeps some for her own family and neighbours, but most of the crop is taken into town where she sells it to local people, every weekend.

Mary estimates that sales of fruit from her tree earn her close to £250, a year. That’s half of her total income.



WATCH MARY'S VIDEO

selfhelpafrica.org/uk/harvest/



Make me a tree, Lord,
Sturdy,
Deep rooted,
Useful,
Support
to those in need,
Shelter
to those who are weary,
Fruit
for those who hunger.
Make me a tree, Lord,
Sturdy,
Deep rooted,
Useful.

Source: faithandworship.com

A TASTE OF UGANDA

Rolex is a popular food item in Uganda, combining an egg omelette with vegetables, wrapped in a chapati. It's quick to prepare and can be eaten at any time of day, from breakfast to lunch or as a snack. The name "rolex" comes from its method of preparation, with the chapati and the omelette rolled together like "rolled eggs".

Ingredients:

4 x chapatis
4tsp rapeseed oil
8 x eggs, beaten
4 x tomatoes, deseeded, chopped and patted dry with kitchen roll
8 x spring onions, sliced
2 x green chillies, sliced
200g carrot, cut into matchstick-sized strips
50g watercress, spinach and rocket salad
hot chilli sauce, to serve

Serves 4



Method:

1. Heat a chapati in a 23cm non-stick frying pan over a medium setting for 1 minute on each side until warmed through. Remove from the heat and keep warm.
2. Heat 1tsp of the oil in the same pan. Pour in a quarter of the eggs, swirl to cover the base of the pan and stir once. Add a quarter each of the tomatoes, spring onions, chillies, carrots and watercress. Reduce the heat to low and fry for 2-3 minutes until the egg is just cooked. Place the chapati on top, and flip both out of the pan, and on to a plate. Drizzle with chilli sauce, some more watercress etc.
3. Roll up in greaseproof paper, cut in half and serve.
4. Repeat with the rest of the ingredients, to make 3 more rolex.
5. Enjoy a taste of Uganda!

Recipe provide by Chris Burt, Executive Chef at The Mytton & Mermaid in Shropshire who travelled to Uganda with Self Help Africa in 2019, to take part in the Uganda Marathon.

DONATIONS AT A DISTANCE

We're still accepting Harvest donations by post/cheque, but as social distancing may be in place, here are some suggestions of how to donate at a distance, if traditional cash collections are not possible:



Door-Drops or Donation Station

Our Gift Aid Donation envelopes can be hand-delivered to homes of congregation members in the locality and arranged to be collected on a specific date. Or you could set up a donation station in your Church - a collection/drop-off point for gift aid donation envelopes.

Self Help Africa's Website

Donate online via the Harvest donation page on our website. You'll have the option to tell us which Church you're from, so that we can keep track of the total raised by your Church.



Online Fundraising Page

Create an online fundraising page using a fundraising platform like Just Giving or Virgin Money Giving and share the link with the congregation. Members donate individually, but you'll also be able to see how much is raised in total. Funds are deposited directly into Self Help Africa's bank account, including any gift aid due.



Text Donate

We can set up a unique text donate code for your Church. Members text a keyword e.g. HARVEST, followed by the amount they wish to donate, to a given 5-digit number. The donation will be added to their next mobile phone bill, and the funds will be transferred directly to Self Help Africa. Please e-mail harvest@selfhelpafrica.org if you'd like to use this option.









Munira Kadir (10) from Dire Lafto, Amhara Region Ethiopia, 2019.

More Resources

Visit 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

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