



**Self Help
Africa**



RESOURCE PACK

Mbalose Mbewe, Zambia 2021



selfhelpafrica.org

INTRODUCTION

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

Group Member,
Ofwo Central and Food Produce
Group, Adjumani, Uganda



We join together this Harvest to give thanks for all that we have and to support and pray for those in Eastern Africa, who are currently experiencing one of the worst food crises we've seen in decades.

A combination of factors, including the worst drought in a generation, war in Ukraine and the economic impact of Covid-19 have pushed millions of families to the brink. Mothers are unable to buy food because of rising prices and farmers are unable to grow enough because of unpredictable rains. This is made worse by the rising cost of grain, fertiliser, fuel and other necessary farm inputs.

Up to 20 million people are at risk of starvation across Kenya, Somalia and Ethiopia - including almost 6 million children.

At times like this it can be easy to turn away and keep our focus closer to home. But, the last couple of years have shown us that the world is very small indeed - and when people come together - we can make a difference.

By supporting Self Help Africa this Harvest, you'll be helping to provide emergency supplies and longer-term support to families in crisis.

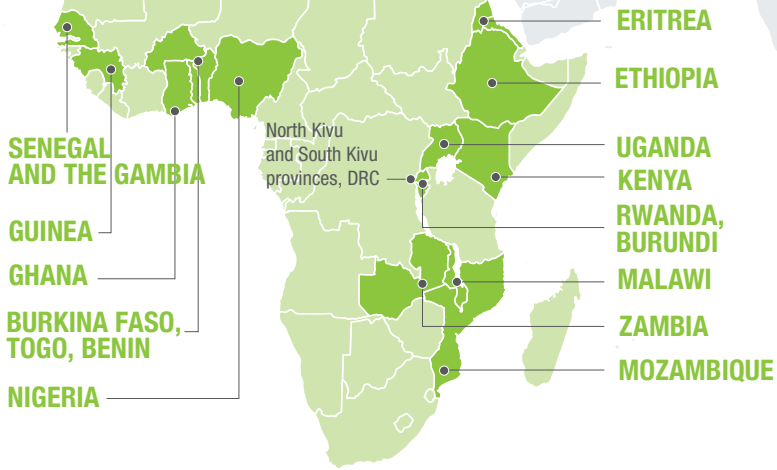
Thank you.



1 in 5 people in
Africa were affected
by hunger in 2021

In the UK, the average person spends between **6% - 10%** of their monthly income on food. **In East Africa**, it is between **40% - 60%**, so any increase in the cost of food has a severe impact.
(WFP 2022)

WHERE WE WORK



YOUR IMPACT IN 2021

68 PROJECTS
18 COUNTRIES



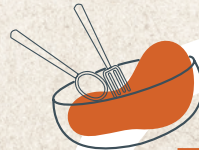
395,695

Households practising
Climate Smart Agriculture



55.7%

OF PEOPLE WE
WORK WITH ARE
WOMEN



72%

OF HOUSEHOLDS
ARE FOOD SECURE
THE WHOLE YEAR
AROUND

Hymn suggestions

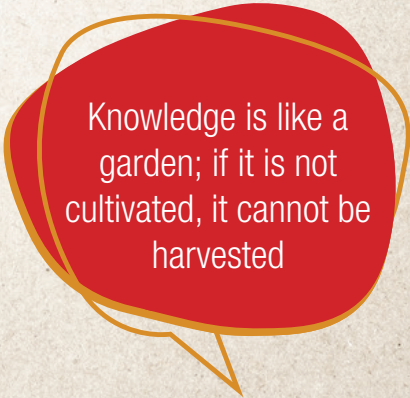
- 🍂 God, whose farm is all creation - **John Arlott**
 - 🍂 All creatures of our God and King - **William H Draper**
 - 🍂 Morning has broken - **Eleanor Farjeon**
 - 🍂 For the Fruits of All Creation - **Fred Pratt Green**
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Reading suggestions

- 🍂 The Parable of the Mustard Seed - **Matthew 13: 31-32**
 - 🍂 Jesus Feeds the Five Thousand - **Matthew 14: 13-21**
 - 🍂 The Parable of the Sower - **Luke 8: 4-15**
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Prayers

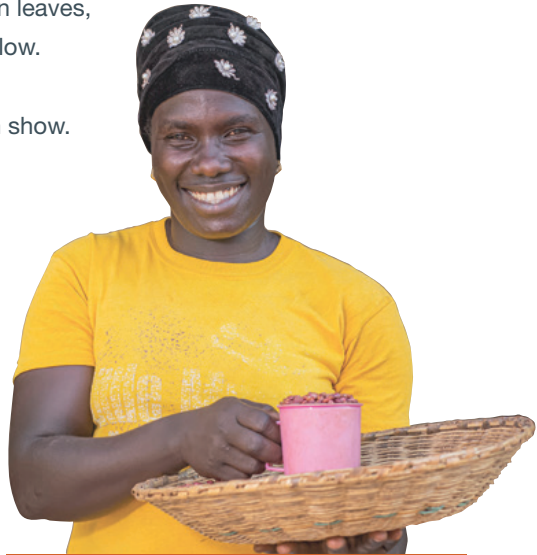
We bless you,
God of Seed and Harvest
And we bless each other
That the beauty of this world
And the love that created it
Might be expressed though our lives
And be a blessing to others
Now and always
AMEN



Knowledge is like a
garden; if it is not
cultivated, it cannot be
harvested

**African
Proverb**

We see signs of summer's passing in golden leaves,
shortening days, misty mornings, autumn glow.
We sense its passing in rain that dampens,
winds that chill, Harvest's bounty placed on show.
Creator God, who brings forth
both green shoot and hoar frost,
sunrise and sunset,
we bring our thanks
for seeds that have grown,
harvests gathered,
storehouses filled,
mouths fed.
And, as your good earth rests
through winter's cold embrace,
we look forward to its re-awakening
when kissed by Spring's first touch.



Jennifer Adong Jamila from Adjumani, Uganda

Available online at faithandworship.com

ACTIVITY

Create your own musical instrument to play along with your hymns!

Making Corn Shakers is a perfect way to get your little ones involved in harvest. You can make a homemade instrument in just 3 easy steps...

1. Have a dig in your recycling bin and get yourself an old plastic bottle or jar with a screw top lid
2. Half fill the bottle/jar with corn
3. Decorate your new corn shaker and get shaking!



EASTERN AFRICA FOOD CRISIS



Ann Njeru, Self Help Africa's Communications Officer in Nairobi, recently returned from a visit to northern Kenya to assess the severity of the crisis in that region:

The terrible drought we're having in Kenya - which is affecting much of Eastern Africa too - is the worst in living memory - my parents said it's the worst they've ever known. It's already left millions of people hungry and forced to leave their homes, and has destroyed crops, killed livestock and ruined countless livelihoods.

The rains have now failed for a fourth season in a row. Since the war in Ukraine started, we've also had huge shortages in essential supplies like grain, fuel and fertiliser - and these have soared in price as a result.

Farmers we work with just can't manage these huge price increases, and with the drought too, many of these families are now facing the prospect of having nothing to eat.

I'm just back from the Tangelbei region in northern Kenya, where I met with some of the farmers we work with, about what's happening - including Lilian Kura and her three young children. I was so moved by her story.



Lilian told me:

"When the rains were good, I would harvest up to five bags of maize. This has been a bad year. I got nothing. When droughts like this happen, we often go to bed hungry. We have to walk long distances to fetch water, but sometimes the water makes us and the goats sick. We have many challenges when the rains fail. Our goats can die, we have little food and also no school fees - because prices for goats fall."

Here in Kenya, and in our other countries too, we're preparing for emergency food and water distribution and we're setting up vouchers for families to buy essential supplies. We're also sourcing drought tolerant seed and fertilisers for the upcoming growing seasons across all our programme countries - from West Africa, across the Sahel, and into Kenya.

I hope that sharing the stories of people like Lilian at your Harvest service, will help bring some much-needed attention to the desperate situation here.

HOW YOUR HARVEST DONATIONS CAN HELP

With your help, we can provide vulnerable communities throughout Eastern Africa with emergency supplies and vouchers to buy essential items, whilst also focussing on minimising the impact of this crisis in the months ahead.

We have many years' experience in developing longer term solutions to help farmers and their families to become more resilient to external shocks, like the climate emergency and global supply issues being experienced right now.

In the communities where we work, this means:

Ensuring farmers have access to adequate drought tolerant **seed** for the next planting season.



Seed



Cassava

Supporting smallholder farming families to **diversify** into growing crops more capable of withstanding water shortages - like cassava and sweet potato. These low input crops provide a source of nutritious food for the household, and the surplus can be sold to generate income.

Helping farmers reduce 'post-harvest losses' - farmer groups are trained and supported to build and maintain simple crop **storage sheds**. This means they can store their produce safely - protected from the elements and pests - until they are ready to go to market or onwards for processing; ensuring they can get the best price for their crop.



Storage

CASE STUDY

LIVESTOCK FOR LIVELIHOODS

The drought in Eastern Africa is also affecting the lives of nomadic pastoralists. One of the main challenges that has come with effects of climate change is an increase in livestock diseases, coupled with the lack of access to veterinary services.

On an afternoon at Lorus plains close to Kenya's border with South Sudan, temperatures soar close to 40 degrees Celsius. Hundreds of livestock jostle for a chance to drink from a shallow well, as herders work hard to control them. One scoop after another, young men and women fill rusty troughs for the thirsty cattle to drink from. It's dusty and noisy from all the herding calls, shouts, moos and bleats renting the air.

But the shallow well at Lorus is a saviour for hundreds of herders and thousands of livestock. Many herders and entire households have moved here in search of pasture and water, with what remains of their herds following a deadly prolonged drought.

John Losikiria has lost dozens of sheep and goats and a few cattle; most of his livestock died of foot and mouth disease. *"During the drought,*



Irene Yatodo administers drugs to a cow at Konyao village in West Pokot County

we experience a lot of livestock diseases because many animals are mixing at the watering hole".

Self Help Africa are helping to deliver animal health products to hard-to-reach places and training livestock farmers to handle medicines for selected diseases.

Samuel Lopira recalls a time when he would sometimes travel close to 100km in search of medicine. He lost many animals to diseases, but now medicines are easily accessible; *"Diseases were a great nuisance but now we have medicine closer, my cattle and sheep have really benefited. Since then, I have increased the size of my cattle pen,"*

CASE STUDY

FARMER FIELD SCHOOL

Farmer Field Schools are rural training centres, teaching a range of new practices and techniques, to help farmers to grow enough food in the face of a changing climate.

In the past, Semida felt that she wasn't growing enough produce for the amount of effort she was putting in. She learnt that soil fertility was a major challenge contributing to her low production, so after being taught about the benefits of organic 'Mbeya' manure, she started using this on her maize crop and has since doubled her yields.

Semida found the manure was low-cost, environmentally friendly and helped to retain soil moisture: *"I've learnt that it is cost effective. I'm now spending half of what I used to."*

With her increased yield and income, she was able to buy three pigs and build a kitchen. She has become a role model for other farmers in the village;

"My household is now food secure; I can eat the different food groups without any problem. I am also able to pay school fees for my children and am determined to send them to college."



Semida from Malawi is the pride of her family and community, after finding huge success in farming since joining a Farmer Field School, supported by Self Help Africa.

Semida's Farmer Field School is one of over 13,000 of its kind to have been established across Malawi, as part of our BETTER programme which aims to increase the resilience, food, nutrition and income security of households.

A recent study found that participants were three times more likely to be eating a more balanced diet, than those not involved in the programme.

3 FOODS YOU CAN MAGICALLY REGROW FROM SCRAPS

With the ongoing global food crisis, it's so important we are doing what we can as individuals and families to prevent waste and become more sustainable.

Here are 3 nutritious foods that you can grow from scraps:

Sweet Potatoes: Take half an old sweet potato, insert some toothpicks and suspend it above a shallow bowl of water. Within days, roots will begin to grow from the bottom and shoots will appear on the top. Once the shoots have reached four inches, twist them off and soak them in water. Once the shoots have grown roots (around an inch long) you can plant them outdoors leaving the leaves above the soil. Sweet potatoes love sandy soils and lots of sun and space.



Spring onion: After you've used the yummy green bit, leave the white base root in tact, roughly 3-5cm long. Place this into a shallow jar and submerge the root in water. Leave in a sunny spot, change the water every 2 days, and in a week you'll have fresh green onions once again! Alternatively, you can plant the roots in soil and they will grow from the ground.



Ginger: This is an easy peasy one. Plant a scrap piece of root ginger in a pot with soil, water it regularly and wait for it to sprout!



Did you know?

Sweet potatoes are vitamin packed and help combat Vitamin A deficiency, which can cause delayed growth and poor health.

Ginger is a 'superfood' and contains powerful health benefits and anti-inflammatory properties.

Despite their name, **spring onions** can be sown anytime from March to September!



FUNDRAISING IDEAS

If you feel inspired to fundraise for Self Help Africa, please get in touch to see how we can support you with tools, resources, and advice.

Harvest Collection

Having a collection at your harvest church service or talk is a fantastic way to fundraise. We can send you Gift Aid envelopes to make donations worth 25% more and/or cardboard donation boxes to collect spare change. Just e-mail us: harvest@selfhelpafrica.org



Take part in a sponsored challenge event

A coastal walk, a forest cycle, a cold-water swim, or even a run in fancy dress!



Host a Bake Sale, Pancake Party or Cookie Club

You've done a sponsored walk, so now you deserve a sweet treat! Give it a go and get baking, it's a piece of cake!



Harvest Lunch or Supper

After the 2 years we've had, why not host a shared lunch to reintroduce a sense of unity and togetherness. Use a community kitchen to create a delicious sharing dish and ask people to donate what they would have spent on a meal.



Clothes Swap

Promoting sustainability, why not host an event where you invite friends and family to trade their unwanted clothes in exchange for a charitable donation. It can be great fun and is the perfect way to refresh your wardrobe without breaking the bank!



Become a Charity Champion

By selling our Christmas cards and gifts at your local Christmas fair, church service or community event. Call us on **01743 277170** for details.











MORE RESOURCES

Visit www.selfhelpafrica.org/uk/harvest for our full set of Harvest Resources including video clips and 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

Contact Us:

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