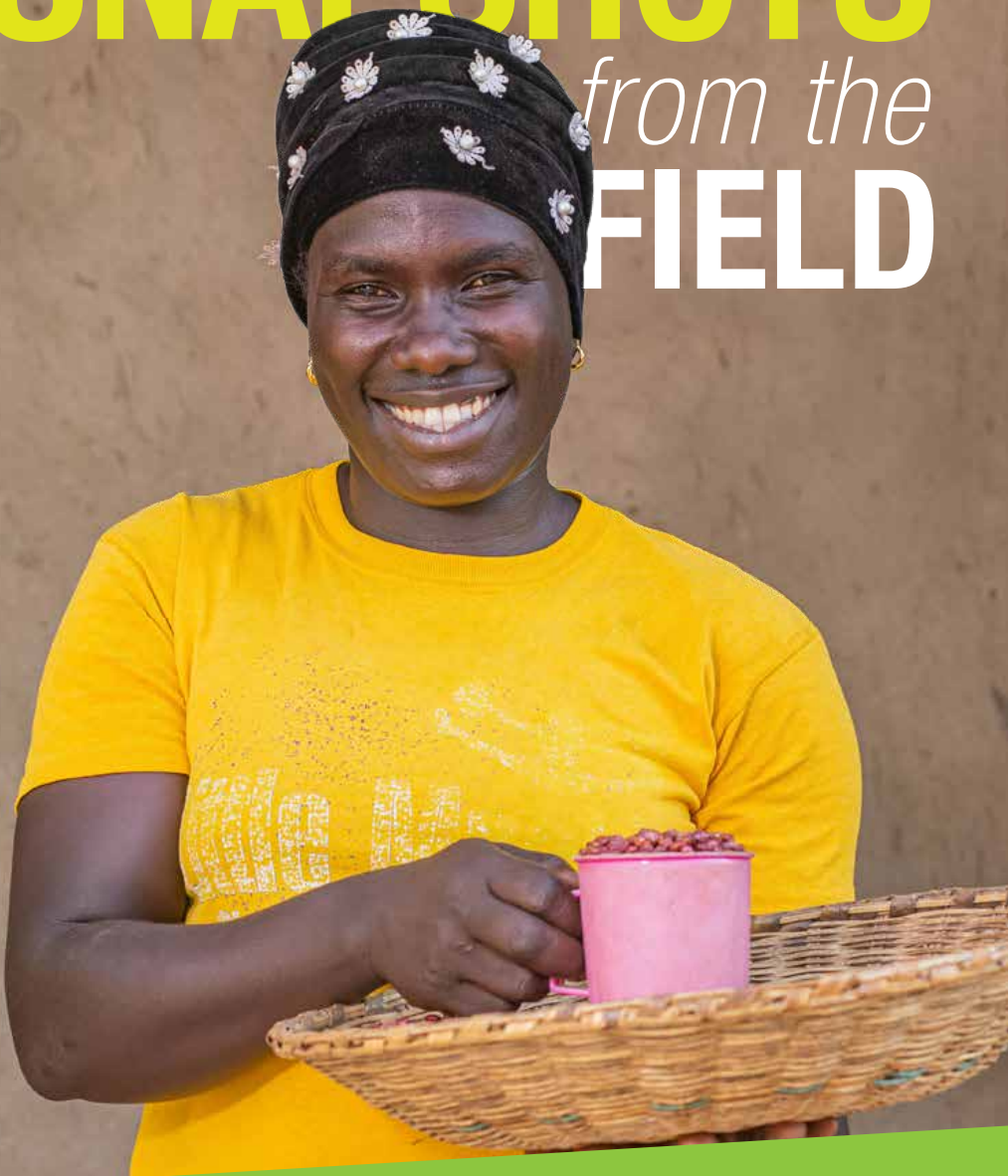


SNAPSHOTS

from the
FIELD

Jennifer Adong Jamila, Adjumani, Uganda 2022



selfhelpafrica.org



**Self Help
Africa**



RESPONDING TO CRISIS IN EASTERN AFRICA

In recent months the worst food crisis in a generation has struck eastern Africa. Millions of families have slipped deeper into poverty, facing starvation.

Years of successive droughts, coupled with grain shortages, rising fuel costs and the impacts of COVID 19, have led to devastating food shortages across Kenya, Ethiopia, Somalia and beyond, into the Sahel and West Africa.

Our response has been two-fold. Firstly, addressing the immediate need by working with local partners to help provide emergency supplies and vouchers enabling families buy essential items; and secondly, minimising the impact of this crisis in the months to come.

Ethiopia - Emergency Supplies

In the North Shewa region, extreme weather events have destroyed crops, and rising fuel prices have made any available food too expensive for many smallholder farmers. Over the next few months, up to 1,000 families in the region will be provided with vouchers to help them buy food and essentials without undermining the existing market, where producers are also under pressure as a result of the drought and inflation.

This includes 300 families who are part of a large displaced community who fled to North Shewa in an attempt to escape ongoing conflict in the Amhara region. These displaced persons are cut off from financial services, assets, friends and family, and so are especially vulnerable to shocks.

Kenya - Building Resilience

Self Help Africa is engaging in a number of long-term initiatives to build the resilience of farmers and their communities to extreme weather shocks. These include providing drought tolerant or fast-maturing seed which can grow in dryer conditions, training in conservation agriculture which places less pressure on natural resources, and utilising water

harvesting and irrigation technology. In Baringo County, where pastoral farmers are especially vulnerable to the drought, we'll be working with local community groups to build and restore boreholes giving greater access to pumped groundwater for farmers, livestock, and local families.

LINKING LOCAL FARMERS TO VALUABLE MARKETS

An important Self Help Africa initiative in Uganda has enabled 5,000 farmers to establish new markets – selling maize, beans, sorghum and other crops to displaced families and refugees in Adjumani and Kiryandongo regions. Up to 20% of the 1.5 million refugees living within Uganda, are located in these areas.

In addition, farmers have received training in production, harvest and storage techniques so they are able to produce higher crop yields and meet the World



Ovon Achim from Kiryandongo, Uganda

Food Programme (WFP) standards. This in turn has led to farmers receiving higher, and more steady incomes.

The direct market links between farmers and refugees has been enabled by changes in UN practices that have seen refugee households receiving regular cash payments or vouchers in lieu of food aid from the WFP.

The benefits extend beyond those receiving the vouchers - as the money spent locally enables local businesses and economies to grow. Farmers like Ovom have been able to increase their income and expand their farms - he's even built a new house for his young family!



To watch a video about this unique initiative – scan the QR code with your smartphone





REVITALISING VITAL MANGROVE ECOSYSTEMS

Mangroves are vitally important ecosystems that can sequester up to four times more carbon than rainforests per hectare! As well as being a rich a hub of biodiversity for an array of marine, land and bird life; the mangroves above-ground roots slow down water flows and help reduce coastal erosion and floods.

But these essential ecosystems are under threat. The UN estimates that a quarter of mangroves have been lost in the past 40 years, with devastating impacts.

Along with biodiversity loss, the decline in mangroves has led to impoverished livelihoods, declining human security, and a poorer quality of life for local communities and coastal populations.

▲
Members of the Kagnobon village community in the Diegoune region of Senegal planting mangroves as part of the Casamance restoration project.

Self Help Africa, through local partners in Senegal's Casamance region, are planting thousands of mangrove trees to help protect the fragile diversity and ecosystems of mangrove forests in West Africa.

As well as planting trees, we're supporting community-led initiatives to protect and take responsibility for the forests and surrounding environment; and build ecological livelihood opportunities for local people.

ONE MILLION TREES

THE STORY SO FAR

Two and half years ago, Self Help Africa had an ambitious plan, to plant one million trees in Africa, and 100,000 native trees in Ireland. With backing from our corporate partner Glenisk, and the support of donors, schools and community groups - this dream has been achieved, and exceeded!

And of course thanks must be extended to the hard working custodians of these trees - the farmers and landowners in



Ireland and Africa who will manage and protect the trees for years to come.

Self Help Africa will continue to plant one million trees annually as part of our ongoing work to combat climate change.

WE'VE PLANTED TREES IN 6 COUNTRIES



WE'VE PLANTED TREES
IN 12 COUNTIES IN IRELAND



Find out more at www.selfhelpafrica.org/onemilliontrees/uk

If you're a small business owner, you can now offset the carbon footprint of your business with Self Help Africa. Contact monica.morison@selfhelpafrica.org for more information.

WALK THIS WAY

A walking holiday gives you time on your own to reflect, as well as bonding and having great conversations with others. That's the main reason why so many pilgrims often mention the Camino de Santiago as a life-changing experience; it's time to switch off from daily routines, to simply put one foot in front of the other and keep going.

But covering 18 to 20kms each day for a full week makes it so much more than a walking holiday, it's a real challenge and bucket list achievement.

We're planning another route along the Camino de Santiago in May 2023.

To find out more contact

steph.smith@selfhelpafrica.org

or call **01743 277170**.



A team of dedicated supporters recently completed the Camino Inglés ('English Way') route of the Camino de Santiago in aid of Self Help Africa.



LEAVE A LEGACY FOR FUTURE GENERATIONS

By remembering Self Help Africa in your will, you can help to build strong, resilient communities where women and children are not left behind; you can help combat climate change and achieve a world free of hunger and poverty. *Leaving a gift in your will is an opportunity to honour those values important to you.*

Any gift - large or small - will make a difference and you can trust Self Help Africa to invest your gift wisely, where it's needed the most. We are happy to talk to you in confidence with no obligation.

For information on how to leave a gift in your will, contact Monica:
monica.morison@selfhelpafrica.org

BBC RADIO 4 APPEAL

Our BBC Radio 4 Appeal in January raised an incredible £40,000 to support our climate resilience work in Kenya's Great Rift Valley.

Lina from Komolion village,
Baringo, Kenya



The appeal was voiced by environmental broadcaster Liz Bonnin who has spent much of her career highlighting the plight of people and habitats under threat from global warming, as they struggle to survive in the face of a changing climate. It provided a hugely valuable opportunity to raise funds, generate awareness and acquire new supporters.

The funds will help women like Lina, whose story featured in our appeal, to adapt and diversify their farming, as they face hotter, drier and more unpredictable weather conditions.

The aim of the project is to mitigate the effects of climate change and build community resilience; ensuring a future for food production in this region.

If you'd like to donate, please do so via **selfhelpafrica.org** as our BBC donation page is no longer active.

"Our biggest problem is hunger and now it's even harder to grow things because the climate has changed and affected us badly. We are having to adapt, to survive, and Self Help Africa is helping us with that. I have received seed for new crops, chickens and livestock. I can now provide for my family."

- Lina Loriet, Kenya

You can listen
back to our BBC Radio 4
Appeal by scanning the
QR code below.





The Big Give Christmas Challenge is the UK's biggest online match-funding campaign.

For one week only, from **29th November - 6th December**, donations made via thebiggive.org.uk are doubled, meaning that every penny you give is worth twice as much!

This Christmas, with Big Give match-funding, we hope to raise £30,000 to further support our climate resilience work in Kenya; through the rehabilitation of water sources and the use of rainwater harvesting equipment.

Save the date and keep an eye on our e-mails and social media, for details.



Poni Annet Oliver, farmer,
Kiryandongo Refugee
Settlement, Uganda

THANK YOU FOR YOUR SUPPORT

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FARMING FOR AFRICA'S FUTURE