



**Self Help
Africa**

SUPPORTING FAMILIES

STRENGTHENING COMMUNITIES

Self Help Africa works in 18 core countries spanning sub-Saharan Africa, East and West Africa.

In the last decade, Self Help Africa has supported more than 1.4 million households - and almost 60% of people we work with are women.

But this is a challenging, fragile environment.

Families we work with are amongst the most vulnerable on earth - to climate change, food insecurity; health crises; global economic shocks.

In the past year, the numbers of people around the world experiencing food insecurity have increased. In Africa 1 in five people are affected by hunger.

Right now, the war in Ukraine coupled with the economic impact of Covid-19 and successive droughts are pushing millions of families into food insecurity.

Alupo Norah with her family from Amaseniko, Uganda



Families are unable to grow enough because of unpredictable rains; and are unable to buy food because of rising prices. This is made worse by the rising cost of grain, fertiliser, fuel and other necessary farm inputs.

Self Help Africa works in tandem with local communities to develop longer-term solutions for reducing poverty and hunger.

We help farmers and their families become more resilient to external shocks - like climate emergencies and the global supply issues being experienced now.

We know we're facing a challenge that requires more than emergency assistance; one that requires sustained effort.

YOUR MONTHLY GIFT HELPS:

- ✓ Provide livestock, materials and training to help farmers establish a varied supply of produce to grow and eat at home AND to sell and improve incomes
- ✓ Provide access to clean water, sanitation & hygiene (WaSH) for human health, and irrigation for crops & farms.
- ✓ Provide information programmes for new mothers to help improve feeding and care practices for their babies, and maternal health
- ✓ Farmers establish community cooperatives to get better prices for their produce; and use technology that enables farmers to be paid on time via mobile money
- ✓ Communities set up savings and loans groups so that farmers can save their earnings and access microfinance
- ✓ Women set up small businesses - increasing family income and enhancing equality

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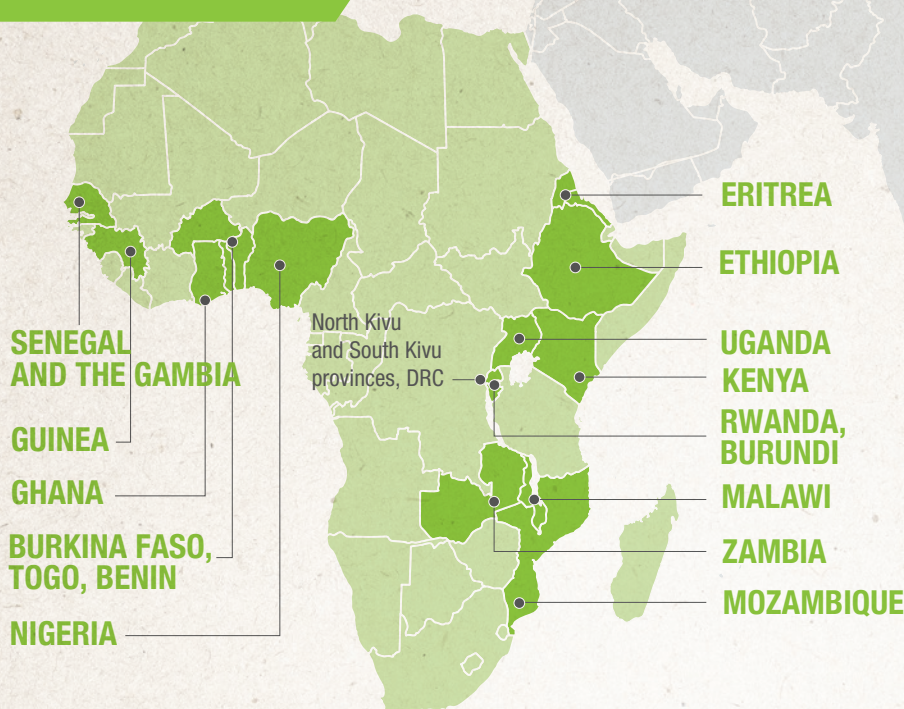
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FARMING FOR AFRICA'S FUTURE

Mary Banda, Mango farmer, with her daughter in Karonga, Northern Malawi



WHERE WE WORK



WHERE THE MONEY GOES*



*Most recently audited figures

YOUR IMPACT

WHAT YOUR DONATION CAN DO



€15 per month can provide one family with drought tolerant seeds, so harvests improve. This means a family can grow more nutritious food to eat at home; and sell to make an income.



€18 per month can help a farmer group build a crop storage shed, so their harvest is protected from adverse weather, or pests until they are ready to sell; or use for food in the home.



€21 per month can help establish a Village Irrigation Site in a rural community. These solar powered renewable irrigation schemes are essential to support growing crops and rearing livestock.