

SNAPSHOTS

from the
FIELD



selfhelpafrica.org

Precious Ashakia with her son
David Daivanna, Nigeria 2024.



WOMEN FARMERS LEADING THE WAY

IN AFRICA, persistent challenges of poverty, climate change, food insecurity, and inadequate healthcare are impacting women and children most severely.

To boost women's potential and resilience in face of these threats, 'Rural Women Entrepreneurs' (RWE) is a new initiative rolling out across Malawi, Kenya and Nigeria. Women receive training in climate-smart agriculture and business skills; assistance in setting up micro-enterprises; and establish savings and loans cooperatives.



Grapewinners Rural Women Entrepreneur Group, Nakuru County, Kenya, 2023.

These vibrant community hubs are more than just business incubators. They put women at the heart of their communities - offering social connections, savings opportunities, and vital healthcare and nutrition information. These centres are transforming lives, not just for the women involved, but for their families and communities at large.



Bridget Beekombo, Ishuun Terhemem and Ahura Nguemo from Kasev Mbaageh Womens Group, Nigeria, 2024.

Women are trained in producing and marketing "Tom Brown", a nutritious food, made from locally sourced ingredients like soya beans, millet, corn, and groundnuts. typically, its eaten as a porridge by children and breast-feeding mothers at risk of malnutrition.

By using crops grown in the community, the value of these staple products increases for local farmers, so the whole community benefits.



Tabitha Mwangi of Teta Women's Group taking photos of crops growing in her kitchen garden. Kenya, 2023.

Women's Enterprise Group Go Digital

IN KENYA, a group of enterprising women farmers are 'going digital' to sell the surplus produce they grow in their home gardens.

Under the Rural Women Entrepreneurs initiative, the Teta Women's Group in Nakuru County, received training in organic horticulture before establishing vegetable gardens where they are growing produce including kale, potato, carrot, onions, pumpkin and tomatoes.

As well as horticulture, the group learned about the production and use

of compost and organic fertilizer; and basic business and marketing skills to help them sell their surplus crop through social media platforms like Facebook.

As a result, these enterprising women farmers are now starting to grow vegetables commercially. Their increased income is helping to pay school fees and other household bills; and enables them to put aside savings for the future.

By supporting Self Help Africa, you are investing in a future where rural women are at the forefront of economic and social change. These women are not just participants in development programs; they are leaders, innovators, and entrepreneurs driving a brighter future for all.

The Gambia's Growing Potential

IN THE GAMBIA, a new Self Help Africa 'demonstration farm' is helping the next generation of farmers successfully grow more organic fruit and vegetables – to eat and sell – thanks to your support.

Despite the extreme climate, Ousman's team is successfully growing papayas, bananas, pineapples, strawberries, ginger and garlic. A natural pesticide they mix on site allows crops to grow chemical-free and a focus on recycling 'waste' includes using discarded plastic as mulch, and tyres as planting beds.



Ousman Manneh manages the SHA demonstration farm. *"This demonstration farm is a place where people can come and learn. We bring school kids, local farmers, even civil servants to show them what can be grown here in The Gambia. Seeing is believing."*



Ousman Manneh & Sheikh Tijan Jallow. The Gambia, 2024

"We try to show people that agriculture can provide a good and stable source of livelihood. We have to take up the opportunity, the challenge, and know that we must grow what we eat and eat what we grow in our country" - **Sheikh Tijan Jallow, a farmer and Self Help Africa Project Coordinator in The Gambia**

To see the demonstration farm, and an interview with Sheikh scan the QR code with your smartphone.



Water For Life

IN RURAL AFRICA, up to **75%** of the population lack access to safe drinking water; and **3 out of 4** lack access to safe sanitation.*

Lying behind these numbers are real people: a young mother trying to keep her family healthy; a farmer needing to irrigate their crops; a young girl who wants to stay in school

when she's menstruating – all rely on access to clean water.

Providing universal access to Water, Sanitation and Hygiene (WASH) is a key priority for Self Help Africa because it is so fundamental to sustainable development and tackling systemic poverty.

In the past 15 years, WASH initiatives have improved the health and livelihoods of communities where we work:



5.32M

people with access to safe drinking water



18,350

water points constructed or rehabilitated



1.9M

toilets built

Clement Banda demonstrates a new solar powered pump in Kamphimba Village, Dowa District, where we're working with local partners and communities to establish clean water access in 170 communities. This community-led sanitation approach also created job opportunities for young people, who have been trained as plumbers and electricians to ensure the maintenance and upkeep of vital rural water delivery systems.



Malawi, 2024

*Relief Web: <https://reliefweb.int/report/world/progress-drinking-water-sanitation-and-hygiene-2000-2020-five-years-sdgs>

Walking The Way For Africa



A HEARTY congratulations, and thanks to eighteen hardy supporters who recently hiked the final 125Km of the 'Camino Frances' (the French Way) from Sarria to Santiago de Compostela all in aid

of Self Help Africa. A fantastic week filled with new friends and memories and a just a few blisters, this was an adventure not to be forgotten. Together the group raised almost **€35,000** for Self Help Africa!

Closer to home, the annual **Offaly Camino Canal Way Walk** took place Sunday 4th of February to celebrate St. Brigid's Day Bank Holiday weekend. The 20km walk brought 125 participants along the Grand Canal through the Offaly countryside. The event raised over **€20,000** to support Self Help Africa - a fantastic effort by everyone involved. We're looking forward to next year already!

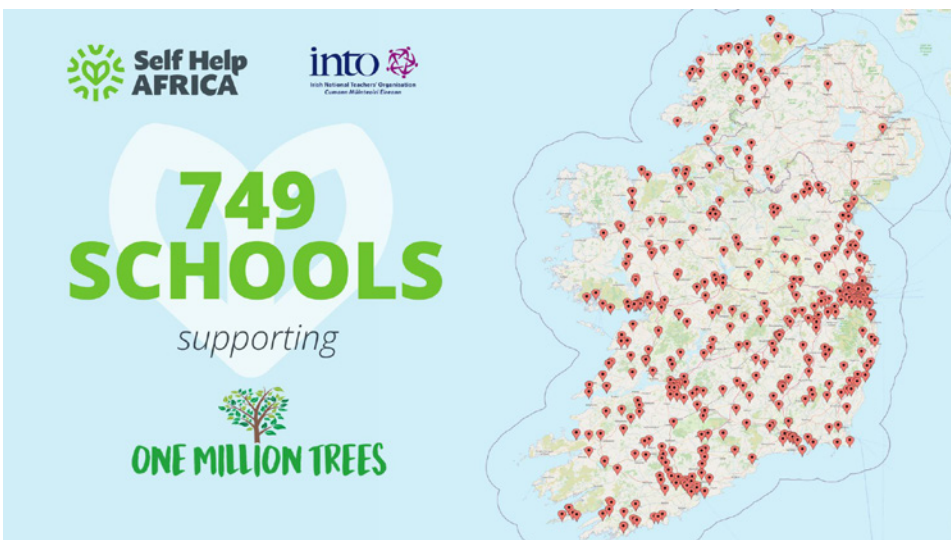


If you'd like to participate in these events in 2025, or you'd like to organise your own local fundraiser for Self Help Africa please get in touch with Sarah or Ronan today: **info@selfhelpafrica.org** or call **01-677888**

Schools Plant Trees For Africa!

AS PART of our *One Million Trees* campaign, Self Help Africa partnered with the **Irish National Teachers Organisation** to encourage primary school students to learn about the benefits of trees in the fight against climate change - and to plant trees in Ireland and Africa!

Since the schools initiative began in 2022, over **8,000** native Irish trees in **749** schools have been planted across the island of Ireland - and **80,000** trees have been planted in Africa!



Thanks to special resource packs developed by primary school teachers, children also learn about the all benefits that trees bring to our environment - like growing food, protecting soil, improving biodiversity locally and globally.



selfhelpafrica.org/onemilliontrees/schools

Shop For Change

Did you know you can drop off clothing, books and household items in good condition at any one of our ten shops across Ireland? Or drop in and get a bargain of your own! You'll be helping raise funds that can help change a life in Africa forever.



For more information contact: info@selfhelpafrica.org



Mnembo Irrigation Scheme Group. Mulanje, Malawi, 2024

GET IN TOUCH



DUBLIN

Kingsbridge House,
17-22 Parkgate St,
Dublin, D08 NRP2


Tel. +353 (0)1 677 8880

(CHY No. 20008895)


BELFAST


NICVA Building,
61 Duncairn Gardens,
Belfast, BT15 2GB

(CHY No. 298830)

 /SelfHelpAfrica

 /selfhelpafrica

 /selfhelpafricatv

 /selfhelpafrica



◀ Scan with your smart phone to
support Self Help Africa today

Thank you