



2013 | Annual Review

**Self Help
Africa**

www.selfhelpafrica.org



SELF HELP AFRICA
Annual Review | 2013

OUR VISION AFRICA FREE FROM HUNGER AND POVERTY



Agnes Nyamayanu addresses Namizu club of mango farmers, Salima, Malawi
Photo: Arjen Van De Merwe



**Self Help
Africa**

Cover: Birtakan Shura participates in a goat breeding programme in Meki Batu, Ethiopia. **Photo:** Shelley Eades

Back: Anna Hamaimbo irrigating her vegetables in Siavonga, Zambia. **Photo:** Arjen Van De Merwe

2013 in numbers

Number of smallholder farmers assisted - 193,858

Total beneficiaries across all programmes - 1,163,148

Ratio of female to male beneficiaries - 52 : 48

Number of smallholder farmer organisations supported - 3,185



Child smiling, Debre Markos.
Photo: Pádraig Birch

Communities with incomes are communities where schoolchildren are fed, where families are healthier, where vital services can be purchased when needed.

It's a common sense approach, and it pays rich dividends for Africa's poorest communities.

The people that Self Help Africa works with are working themselves out of poverty.

It's their labour and their enterprise that is building a brighter future, with a little investment from Self Help Africa.

Because of your support, you are working alongside us on Africa's farms, supporting households and communities as they turn their small farms into thriving small businesses.

Let me finish by quoting from the recent report by the Africa Progress Panel, chaired by former UN Secretary-General, Kofi Annan.

WORKING THEIR WAY OUT OF POVERTY



The only problem with common sense, someone once remarked, is that it's not very common.

From the beginning, Self Help Africa has applied a common sense attitude in its work to improve the lives of Africa's poorest communities.

Most of those poor live in rural areas, so that's where we've based our work. Most of those poor are farmers, so we've concentrated on initiatives that help farms become more productive.

Although it's often forgotten, small farms are small businesses – and the problem across Africa is that most of these small businesses are not profitable.

That's why Self Help Africa approaches African poverty with a business focus. If we can help these households to increase their farm income - by growing more and selling more - we believe

we'll have made a long-term impact on poverty.

So that's our focus, practical, sustainable and profitable, all backed up by our technical expertise.

For so long, non-profit organisations have approached poverty with a welfare mentality.

At Self Help Africa, we believe that something given away for free is rarely valued. When communities 'own' the solution to their problems, they're more likely to solve those problems forever. So, instead of distributing food aid, we believe that helping people grow their own food is the real solution to long-term hunger.

Instead of building schools or clinics, we believe that helping people build their incomes is the answer to poor local infrastructure.

"Sub-Saharan Africa is a region of smallholder farmers. Some people mistakenly see that as a source of weakness and inefficiency. We see it as a strength and potential source of growth."

Africa Progress Panel, May 2014

It's a vision put into action, year on year, by Self Help Africa.

Raymond Jordan

Raymond Jordan
Chief Executive Officer

A map of Africa with several countries highlighted in different colors: red (Liberia), orange (Sierra Leone, Guinea, Ethiopia, Kenya, Tanzania, Mozambique, Zimbabwe, Botswana, and Malawi), and yellow (Ivory Coast, Ghana, and Senegal). Dotted lines connect some of these countries to the right side of the page. The title 'WHERE WE WORK' is overlaid on the map, with 'WHERE WE' in a smaller font and 'WORK' in a large, bold font. The word 'WORK' is partially obscured by a green brushstroke effect.

WHERE WE WORK

THE BOTTOM LINE

- Half of the farmers in sub-Saharan Africa are women
- 69% of all sub-Saharan Africans work in agriculture. In the European Union, the figure is 5.1%
- The poorest 20% of people benefit most from economic growth in agriculture. GDP growth in agriculture is twice as effective in reducing poverty as in other industries.

All statistics courtesy of The World Bank.





» WEST AFRICA

Benin, Burkina Faso, Ghana & Togo



WEST AFRICA: Self Help Africa is collaborating with a major international food company and a private sector processor to support 1,500 cashew nut farmers in Benin to access markets for their crop. The project is the first in Benin. Elsewhere in West Africa, Self Help Africa is supporting an EU project to improve water and sanitation for 30,000 households in Burkina Faso, a project that is supporting families to be more resilient to the effects of climate change in the country, and further projects that support beekeeping development, market gardening, and the commercialisation of cashew nut production.

In Ghana, Self Help Africa is implementing a climate change adaptation project that is supporting 2,000 small-holder farming families, and in Togo a scheme is underway to improve food production and incomes of 3,300 rural households.

» ETHIOPIA



ETHIOPIA: Projects that support locally-based seed production and facilitate enterprise development are at the heart of the work that Self Help Africa is undertaking in Ethiopia.

A project that extends the reach of community-based seed multiplication was started in 2013, while the organisation also extended work to Northern Ethiopia with the Canadian International Development Agency backing climate resilience in Amhara Province. Other projects include work to develop malt barley production, a livestock development programme, and a micro-finance and savings scheme that was first started over a decade ago.

» KENYA



KENYA: Self Help Africa's largest project in Kenya is a scheme that supports the production of various seeds and plants including pigeon pea, sweet potato, and cassava in arid areas, and is designed to benefit almost 4,000 households.

SHA is also supporting 1,800 Kenyan households with a poultry production and enterprise development project. Another initiative is working with 2,300 households affected by HIV/Aids. A separate project is examining the potential of biogas energy amongst households who keep livestock.

» UGANDA



UGANDA: Self Help Africa is the agricultural lead partner on a USAID funded programme that is supporting 81,000 rural households in Uganda. The five-year scheme is designed to reduce poverty and hunger by promoting a range of integrated economic and nutrition activities, across 15 districts.

Smaller projects in the country include an initiative that is designed to address some of the effects of climate change by promoting beekeeping, a seed enterprise development project, and a project that supports the operation of plant clinics at a local level.

» MALAWI



MALAWI: 2013 marked the mid-point of an ambitious five-year consortium project that seeks to support 900,000 rural people across Malawi to adapt to the effects of changing climate, with Self Help Africa's activities focussed on assisting 13,000 households at Karonga in the far north.

Other projects include a farm enterprise development project, a mango value-chain development scheme, and two innovation fund initiatives that are providing backing for households to develop new income generating activities.

» ZAMBIA



ZAMBIA: Self Help Africa's largest project is a five-year Irish Aid funded local development project that was started in Northern Province in early 2013.

Elsewhere in Zambia, eight other local projects include a scheme to improve the livelihoods of 4,500 households in Eastern Province, a project designed to increase food production and livestock development, and a project that is helping households to exploit the potential of non-timber forestry products.

In Nyimba district 600 women are being supported in banana enterprise, 100 women fisherfolk are being supported to develop fish farming enterprises on Lake Kariba. Other projects underway focus on locally based seed multiplication and an initiative that promotes the production of fuel efficient cooking stoves.



By helping farmers to grow more, sell more and ultimately earn more, we are enabling them to benefit from the economies of scale.

As an organisation, Self Help Africa is always exploring new opportunities to grow and develop. The aim is not to be bigger, just for the sake of it, but rather to increase the number of potential beneficiaries that we can reach.

2008 was the first full year of operation of Self Help Africa, following the merger of Self Help Development International and Harvest Help. We

closed the year with an income of €8.62 million (£7 million). Just five years later, our income has increased by more than 50% to stand at just over €13 million (£10.5 million). The significant increase in resources has greatly expanded the number of projects that we can run, across nine countries.

Take Ethiopia, for example, a country that we've had a strong presence in, right from the very start. In 2008, we

expanded micro-finance savings and credit opportunities, directly supporting the recruitment of 8,000 members into local savings and credit cooperatives (SACCO). By 2013, that number had risen to 40,000 farmers with access to credit and the means to diversify their agricultural output.

Back in 2008, our programmes in Zambia were in transition, with the conclusion of six and the



Mwasauka club, growing bonongwe (amaranthus)

Photo: Arjen Van De Merwe



commencement of four new projects. Today the Zambia programme is implementing work in 16 districts across seven provinces and is collaborating with more than a dozen local and international partners.

Our five-year Irish Aid Local Development Programme in Northern Province will ultimately reach 16,000 households. An integrated livelihood programme addressing agricultural productivity, diversification, health and nutrition is currently being developed. Across Zambia, Self Help Africa's work will benefit more than 70,000 people each year.

In 2008, Self Help Africa was beginning to expand our ground presence in West Africa with the opening of a regional office in Ouagadougou, the capital of Burkino Faso. In 2013, our programmes covered sustainable agriculture in the north of the country, cashew nut value chain addition in the west alongside a major water and sanitation project in central Burkina Faso. In neighbouring Ghana, two thousand smallholders are being helped to cope with climate change. In Togo, the emphasis is on soil conservation and sustainable agriculture techniques. Next door in Benin, Self Help Africa is collaborating with a major international food company and a private sector processor, Tolaro Global, to promote greater productivity and access to markets for cashew nut farmers.

Over five years we've changed, because the scale and nature of the challenges facing smallholders are also changing. Standing still is not an option. We are ambitious for the prospects of African farmers, growing their way to a much brighter future. That's another reason why we keep a tight control on our costs. Back in 2008, 88.4% of our income went on our projects. In 2013, 93% of our funding went directly to our programmes.

GOING FOR GROWTH



SOWING SEED FOR GREATER IMPACT



Farmer Threshing, Debre Markos, Ethiopia.
Photo: Pádraig Birch





Farmer groups and cooperatives are emerging as producers of quality seed within Self Help Africa's programmes.



It starts with a seed, and Self Help Africa's community-based seed production work is showing clear and far-reaching results in our efforts to strengthen agricultural production in sub-Saharan Africa.

Partnerships developed between farmers, research institutions and governments have begun to have an impact far beyond the farmer's field, with the role of community seed production gaining increased acceptance.

Quality seed has a direct impact on agricultural production and productivity.

Attitudes are changing too, as government at varying levels, agricultural research institutions and others within farming acknowledge the role that small scale producers can play in commercial seed production.

Self Help Africa emerged in 2013 as a strategic partner in a number of national-led seed related initiatives, including Ethiopia and Malawi.

In 2013, we contributed to the development of a new Ethiopian Seed Strategy 2013-2017, while we also played an important role in facilitating a stakeholder-wide consultation process in the revision of the Malawi Seed Act.

In Ethiopia, demand for seed far outstrips supply. The new Ethiopian Seed Strategy seeks to enable a more effective seed sector to emerge in a country where up to 90% of staple foods are grown by smallholder farmers.

Self Help Africa works with the EDGET Farmers Cooperative, whose members now produce up to 15% of all early generation wheat seed supplied to farmers in the SNNP Region in the south of Ethiopia.

As a result, farmer producers have been acknowledged as an important intermediate sector in the future supply of certified commercial seed in Ethiopia.

Meanwhile, in Malawi, Self Help Africa continues to support the government in designing a new seed policy that is being designed to meet the needs of small-scale farmers.

Self Help Africa will continue to advocate that policies like the Malawi Seed Act strengthen both public and private seed systems, and meet the diverse demands of farmers, farming systems, and different crops.

Growing enough food is one challenge, growing the right mix is even more important.

Smallholder farmers rely on the land not only to sustain their livelihoods, but even more crucially to provide their families with enough to eat. Yet the reality of global hunger and malnutrition is that the problem is concentrated in rural areas, where the vast majority of households are farmers.

This anomaly also presents an opportunity for organisations like Self Help Africa - for the communities we work with are the people who have the answers to hunger and poverty in their own hands.

By supporting Africa's rural poor to grow more, and earn more from their farm work, we are helping households - from Ethiopia to Benin, Zambia to Burkina Faso - to banish hunger from their lives.

While staple crops such as maize, rice, cassava and sorghum go some way towards providing basic sustenance, they fall short when it comes to providing a balanced diet.

By promoting the production of alternate crops, legumes including beans and lentils, groundnuts (peanuts) and sunflower oils as well as fruits and vegetables, Self Help Africa is working with farming communities to address the challenges not only of hunger but of malnourishment as well.

The World Health Organisation (WHO) currently estimates that malnutrition is responsible for up to one-third of all child deaths in the Developing World. Although rarely listed as the direct cause of death, the absence of nutritious food in the diet causes many potentially fatal childhood illnesses - diarrhoea, pneumonia, measles and malaria included.

So the big challenge is to ensure that the quantity of food grown and eaten by farmers is counterbalanced by the quality available to smallholders and their families. Agriculture development programmes that promote homestead vegetable gardens, that engage and involve women farmers, and support livestock and poultry production are all critical steps on the road to better nutrition.

Meanwhile, measures that educate and inform about the importance of nutritional balance - through cooperatives, womens groups, school and community networks, are being rolled out. Other simple steps including the promotion of breastfeeding, programmes to explain the impact of poor hygiene and sanitation on household health, are all part of the wider picture. Africa's rural poor have to deal with the daily challenge of not only feeding their families but also ensuring the right mix of food. At Self Help Africa, we appreciate how the two must go hand in hand.



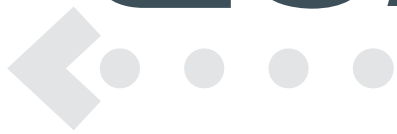
Lilian Simunza, lead farmer
Siavonga, Zambia
Photo: Arjen Van De Merwe



Rosemary Chate with her daughter
preparing cassava
Photo: George Jacob



NOT JUST QUANTITY BUT **QUALITY**





Left: Dorothy Sijambo Habat and daughter Brenda

Below: Dorothy Sijambo Habat

Photos: George Jacob



FARMING MUM FUNDS DAUGHTER'S DIPLOMA

It was a proud day for 45-year-old Dorothy Sijambo Habat when her daughter came home with a university diploma.

"I finished school in fourth grade because my parents could not afford to keep me there", she says.

Brenda (22) has now qualified as an accountant, and while she is currently looking for a job, her mother is confident that she is equipped to do well in life.

"With this qualification she has chances that were never open to me. I have worked hard on a small farm all my life.

My work has made it possible to send all of my children to school, so it has been worthwhile."

"You have to pay for school in Uganda, but my husband Chiganbo and myself decided some years ago that we would invest any money we made from the farm in giving our children an opportunity that we didn't have," she explains.

Dorothy is a lead farmer who has been working with Self Help Africa in Kayunga district in Central Uganda for the past six years.

She received training in cassava production, and has planted cassava in a three-acre mother garden (nursery) on a plot that is 30 minutes walk from her home. She also grows coffee and matoke (banana) on a two-acre plot at her homestead.

Dorothy Sijambo has 10,000 cassava plants, and sells cuttings to other farmers in the locality. She hosts local demonstrations on cassava production, and recently hosted a workshop that brought 20 local farmers to her home.

She estimates a yield of 240 bags of cassava when her crop is ready to harvest next season, and says that she intends to keep 60 bags for home consumption, and sell the balance at the local market.

Dorothy and Chiganbo Habat built a new brick house from the sale of cassava and coffee, last year.

2014 is the UN Year of Family Farming. Dorothy's powerful story is a great illustration of how a family's opportunities have been transformed by hard work, successful crop diversification and increased yields from the land.



Members of the Edget Farmers' Union
Photo: Shelley Eades

PIONEERING PROJECT MEANS PROGRESS FOR ETHIOPIAN FARMERS

A pioneering project that helped an Ethiopian farmers' union to produce the quality wheat seed that its members needed, has received national recognition in the country.

The initiative, of Self Help Africa (SHA) and Edget Farmers' Union saw coop members receive training and support in quality seed production, with the result an improved supply of wheat seed across the region.

In 2013 Edget (which means 'progress' in the Amharic language) supplied over 15% of demand in SNNP Region, with the union providing up to 100% of first generation wheat seed in some districts. At harvest, growers reported increased yields, and increases of up to 75% in income.

The project has changed the attitude of government and research staff, says district Seed and Quality Control Officer Malaku Bilihu, with the Ministry recognising the capacity of farmers' groups to enter the seed market as autonomous local seed businesses.

Self Help Africa has since presented its experience with Edget at numerous fora, while the Government of Ethiopia has included the pioneering work in its recently prepared draft seed development strategy. In spring, 2014 Self Help Africa's Ethiopian team received a citation for good practice in early generation seed production for its work with Edget Union.

Access to quality seed is essential for farmers, but in Ethiopia demand far outstrips supply. A major bottleneck has been a shortage of improved early generation wheat seed.

Self Help Africa's work with Edget included trial farmer production of seed, training in quality seed production, business skills, seed regulation, and the creation of linkages between the farmers and government agricultural research services.

Yasin Hemid is financing his childrens' education from the income he is now earning as a seed producer.

The 45-year-old father, Yasin earned a bumper €9,000 (£7,300) last year when he sold 150 quintals (100kg) bags of wheat seed.

"I am now cultivating all of my land and growing different crops. We are living well", he said.



Christine Mwale lead farmer
Kacholola Group
Photo: Arjen Van De Merwe

WOMEN TO REAP BANANA BOOM

Christine Mwale predicts that the income of women in her village can double when they become full-time suppliers to the new Banana Enterprise Project being supported by Self Help Africa in Nyimba, Zambia. Established by Self Help Africa in collaboration with Nyimba District Farmers Association, the project will buy banana from 600 women farmers with small plantations in the area.

Fruit will be dried and processed at the Farmers Association run plant, with the dried chips ultimately sold on to a Lusaka based firm that sells fruit based produce to supermarkets across all of Zambia. But the opportunity doesn't

end there. The suppliers earnings could be further enhanced as owner shareholders in the enterprise, that has been supported with funding under Self Help Africa's Mtukula Innovation Fund.

Christine is a lead trainer in one of 16 producer groups that have been established locally to supply to the plant. As such she arranges and hosts training sessions and demonstrations on her own plantation, and is available as a first point of contact for growers in her locality.



The new drying facility in Nyimba is designed to add-value to the banana that is grown in the locality, and also increases shelf life and marketability of the crop for women farmers.

"At present we sell to traders who market our bananas from a trading post at the local bus depot, but this market is limited", Christine says.

Banana production is widespread in Nyimba, and is a farm activity traditionally undertaken by women in the community.

Banana plant
Photo: Arjen Van De Merwe



Christine Achieng, Plant nurse.
Photo: George Jacob



Farmer examining a plant.
Photo: George Jacob

CLINIC ALERT HALTS VIRUS OUTBREAK

Outbreaks of disease can have a devastating effect on the ability of rural poor communities in Africa to feed themselves.

In Africa plant diseases can be ruinous to rural poor communities.

Upwards of 70 million people in sub-Saharan Africa are dependent on cassava as a primary source of food. The starchy tuber is however vulnerable to a variety of harmful diseases.

Early warning of such an outbreak of disease came to light at a plant clinic being run by Irish Aid's local partners Self Help Africa in the Bukedea district of Uganda, last year.

Farmers in Aloet village had blamed losses of up to 70% of their cassava crop on un-seasonally hot and dry conditions, until a villager brought a number of withered stems to a 'clinic' being hosted in the village market by the Irish agency.

Samples of the infected material were tested and diagnosed at the state-run Namulere Laboratory as Cassava

Bacterial Blight (CBB), a virus not seen in Uganda for over 30 years.

A programme of containment was undertaken, with infected crops being burned and an alert being issued to growers over local farm radio. As a result of the action a major outbreak of CBB was averted.

Plant nurse Christine Achieng describes plant clinics as 'a bridge' between local farmers and the knowledge and expertise that is available more centrally.

"We set up our clinics on village market days, and encourage people to come along with the problems that they have with pests and diseased plants", she adds.



SUPPORTING SELF HELP AFRICA



David Rudisha visiting
school children
Photo: Mike King

GOLD MEDALIST TOURS WEST COAST

An Olympic running champion won the hearts of thousands when he paid a whistle stop tour to Ireland's West Coast in support of Self Help Africa and other charities, last autumn.

A highlight of Self Help Africa's fundraising year, the Kenyan Olympic and world record holder David Rudisha was greeted by huge crowds, as he took part in a series of charity events, school visits and other civic occasions during his visit to Galway in early September.

Joined on the trip by his long-time Irish coach Brother Colm O'Connell, the 800

metre Olympic Gold Medalist was good natured and generous with his time, as he signed autographs and spoke to school groups across the city, and participated in a series of exhibition races.

Sponsored by North Pole Marathon company, the visit raised valuable funds for Self Help Africa and two other charities.

"David was astonished by the reception that he received, and he seemed to have great fun meeting people and signing autographs during his visit," said Ronan Scully, Self Help Africa's Galway based fundraiser who was amongst the organisers of the visit.



CHAMPIONS & RECORD BREAKERS

A pilot horticulture project that is supporting 440 farming households with simple drip irrigation technology to optimise water use is just one example of how farmers in the west are providing real support for Self Help Africa's agricultural projects, each year.

The trial project in Burkina Faso is being backed by members of Ireland's Combines4Charity, who contributed a sum of €20,000 (£16,300) to the scheme from their latest world record breaking harvesting feat.

Elsewhere, thousands of dairy farmers remain loyal donors to Self Help Africa's Grow Fund, while the backing of the National Ploughing Championships in Ireland allows us to engage directly with our farm supporters.

Self Help Africa, which is the official charity of the Irish Farmers Association (IFA) staged its inaugural Summer Raffle at last year's Ploughing Championships. The Ireland and Lions rugby star Sean O'Brien (pictured) was amongst those lending their support on the day.



FOOD & HARVEST

World Food Day in October has become a popular and successful focal point for fundraising efforts at Self Help Africa, each autumn.

Our work to support rural African families to grow more food is a natural fit for an event that celebrates food production. Hotels, restaurants, churches and other businesses across the UK and Ireland got behind the effort.

New 'World Food Day' dishes were introduced to restaurant menus, collections and donations were made by food-based businesses, churches backed our efforts with Harvest Appeal activities, while corporates, including several leading firms lent their backing by arranging hamper raffles amongst staff.

In the UK, Self Help Africa's church based Harvest Appeal was supported by over 100 congregations and raised over €27,000 (£22,500), an increase of more than 20% on 2012's total. We had a presence again at the popular Ludlow Food Festival, and created that important link between the agricultural

work taking place in Africa and the celebration of local food that is a feature of the enduring Shropshire fair.

Self Help Africa will be back with World Food Day once more in 2014, and will be offering the proverbial menu of options to allow businesses and others to become involved.



CELEBRATING CHANGE

2013 was an special year for Self Help Africa, as more than 1,200 supporters lent their backing to gala events – and helped to raise almost €1,000,000 (£813,000) to support our work in Africa.

In the US almost 500 turned out for the fourth annual 'Change-Makers Ball' at New York's Chelsea Piers, while over 250 attended the second charity gala that was staged by friends of Self Help Africa in Boston.

The events attracted figures from the worlds of banking, law, entertainment, business and commerce, and confirmed the continuing growth of an important

new supporter base in the United States for Self Help Africa's work in Africa.

More than 250 people from the world of broadcasting, print and online journalism in Ireland attended the Guinness Storehouse in Dublin for the second staging of Self Help Africa's 'Media Night' benefit, which was attended by the General Secretaries of the National Union of Journalists from both Ireland and the UK, the Irish Press Ombudsman, and by representatives of all of the leading print and broadcasting houses in the country.

Closer to Christmas over 100 friends attended the fourth annual Charity Lunch for Self Help Africa in Dublin, while friends and supporters in both the UK and Ireland arranged a busy programme of activities to help us to mark World Food Day.



THE GREAT ETHIOPIAN RUN

Self Help Africa's participation in the annual Great Ethiopian Run (GER) has become a popular feature on the fundraising calendar in recent years.

In 2013 a group of close to 30 supporters travelled to Addis Ababa for the 10k race, and in 2014 we are once more signing up supporters for an event that has become Africa's largest road race.

International safety concerns in the aftermath of the terror attack on Nairobi's Westgate Shopping Centre resulted in SHA's contestants diverting to an alternate road race in Ethiopia last year. Nonetheless, visitors enjoyed a memorable week in the Horn of Africa and spent a number of days visiting projects and rural communities being supported by Self Help Africa in the country.

The Great Ethiopian Run attracts up to 40,000 contestants from across the globe each year. Self Help Africa's contestants are each asked to raise €3,000 in sponsorship, to cover all travel and accommodation costs during the trip.

WORKING TOGETHER FOR A BETTER FUTURE



As you read this report into the activities of Self Help Africa during 2013, we are preparing to mark the 30th anniversary of the foundation of our organisation.

Much has changed in the years since famine and food shortages first set Self Help Africa on its way with the commencement of small agricultural development projects in Ethiopia and Zambia. But there is little doubt that while approaches now may differ, the principles of 'self help' are as true today as they were 30 years ago.

Self Help Africa continues to regard farm production as the key driver of economic life for millions of people in the countries where we work. And we know that it is by empowering these communities with practical, organisational and technical advice and support that we can make a lasting and positive impact on lives.

We are grateful for the continuing support that we receive for our work from donors, large and small, and for the faith that our supporters continue to show in our work.

I am happy to report that despite the difficult economic times, Self Help Africa continues to grow. The financial resources available for our work increased from €9.4 million (£7.6million) to €13.1 million (£11.1million). At the same time, the number of people we worked with increased from 153,000 to just under 194,000.

2013 marked the commencement of an important new five-year contract – worth €2 million (£1.6 million) per annum - to undertake a rural development programme on behalf of Irish Aid in Zambia's Northern Province, while the year was also marked by a first-ever grant, of almost €1.5 million (£1.2 million), from the Canadian International Development Agency (CIDA) for a project in Ethiopia's far north.

The real success of Self Help Africa will always be measured by results on the ground however. It is therefore heartening to read about the impact that our projects are having, in a very tangible way, on the lives of rural poor people in Africa.



School children, Debre Jesus, Ethiopia
Photo: Pádraig Birch

Recent reports on agricultural productivity include accounts of how households in Ethiopia have increased their wheat yields by 200%, how cassava production in a project in Kenya is up by almost 125%, how bean yields have been doubled in Uganda and maize harvests increased by 84% in both Malawi and Zambia.

Farmers in each of these countries are benefitting not just from an increased supply of food, but also from a diversified diet, and from having the potential to sell their surpluses and meet the other needs of their families.



Evidence shows that households are most likely to invest their new disposable income in education for their children, in improving their farms and homes, and in better health-care.

In the earlier pages of this report you will read a few stories of how ordinary, hard-working farm families are making such positive changes to their lives, as a result of the support they have received from Self Help Africa.

These stories would not happen without the support that Self Help Africa receives from its many supporters each year.

My thanks also to the institutional donors who back our efforts; Irish Aid, DFID, USAID, Canadian International Development Agency and the European Commission amongst them, as well as the trusts, foundations, and other bodies who give us financial, technical, and other backing.

The staff and executive in Africa, Ireland, the UK and USA should be thanked too, as should the members of Self Help Africa's board of directors, who give their time and their expertise to the organisation at no cost.

The following pages will give you an insight into where the funds were raised, and spent, during 2013. My gratitude to our finance team and our external auditors for their work in preparing these accounts for your review.

With kind regards,

**Tom Corcoran
Chairman**

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31ST DECEMBER 2013

EURO	Unrestricted €	Restricted €	Total 2013 €	Total 2012 (as restated) €
Incoming Resources				
Grant income	2,068,029	8,278,450	10,346,479	6,955,735
Voluntary income	1,583,558	513,844	2,097,402	1,982,111
Interest & investment income	9,003	-	9,003	25,492
Other income	683,761	-	683,761	497,064
TOTAL INCOMING RESOURCES	4,344,351	8,792,294	13,136,645	9,460,402
Resources expanded				
Direct charitable expenditure	3,771,616	8,085,939	11,857,555	8,178,066
Costs of generating funds	784,368	-	784,368	662,529
Governance costs	154,884	-	154,884	151,922
TOTAL RESOURCES EXPANDED	4,710,868	8,085,939	12,796,807	8,992,517
NET (OUTGOING)/INCOMING RESOURCES	(366,517)	706,355	339,838	467,885
Exchange gain on consolidation	(3,839)	(8,084)	(11,923)	21,007
Gain/(loss) on revaluations of investment assets	4,009	-	4,009	2,999
Foreign branch tax credit	8,849	-	8,849	28,804
Net movement for the year	(357,498)	698,271	340,773	520,695
Funds at beginning of year	1,976,064	1,199,690	3,175,754	2,655,059
FUNDS AT END OF YEAR	1,618,566	1,897,961	3,516,527	3,175,754

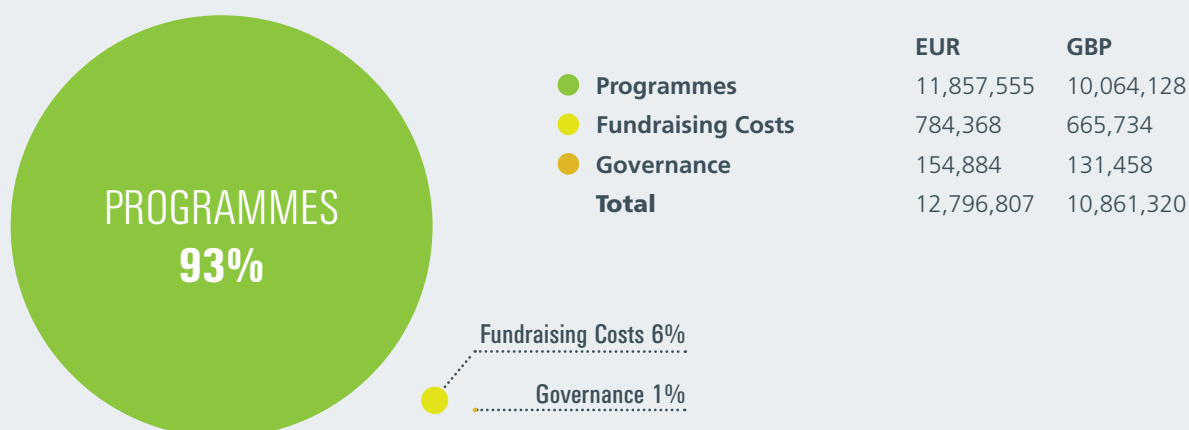
GBP	Unrestricted £	Restricted £	Total 2013 £	Total 2012 (as restated) £
Incoming Resources				
Grant income	1,755,244	7,026,354	8,781,598	5,640,029
Voluntary income	1,344,049	436,126	1,780,175	1,607,187
Interest & investment income	7,641	-	7,641	20,670
Other income	580,344	-	580,344	403,042
TOTAL INCOMING RESOURCES	3,687,278	7,462,480	11,149,758	7,670,928
Resources expanded				
Direct charitable expenditure	3,201,168	6,862,960	10,064,128	6,631,151
Costs of generating funds	665,734	-	665,734	537,209
Governance costs	131,458	-	131,458	123,185
TOTAL RESOURCES EXPANDED	3,998,360	6,862,960	10,861,320	7,291,545
NET (OUTGOING)/INCOMING RESOURCES	(311,082)	599,520	288,438	379,383
Exchange gain on consolidation	36,115	4,267	40,382	17,033
Gain/(loss) on revaluations of investment assets	3,403	-	3,403	2,432
Foreign branch tax credit	7,511	-	7,511	23,356
Net movement for the year	(264,053)	603,787	339,734	422,204
Funds at beginning of year	1,615,223	980,620	2,595,843	2,173,639
FUNDS AT END OF YEAR	1,351,170	1,584,407	2,935,577	2,595,843

For a copy of our full audited accounts visit www.selfhelpafrica.org

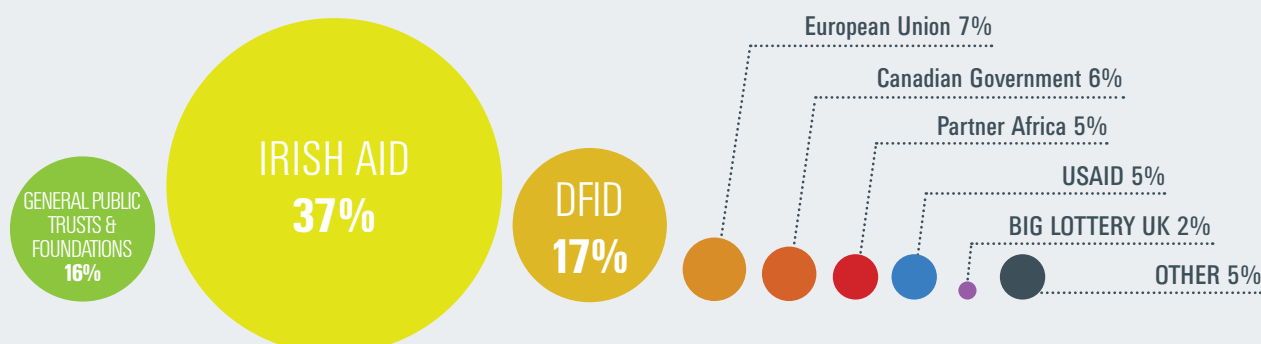


2013: THE YEAR IN FIGURES

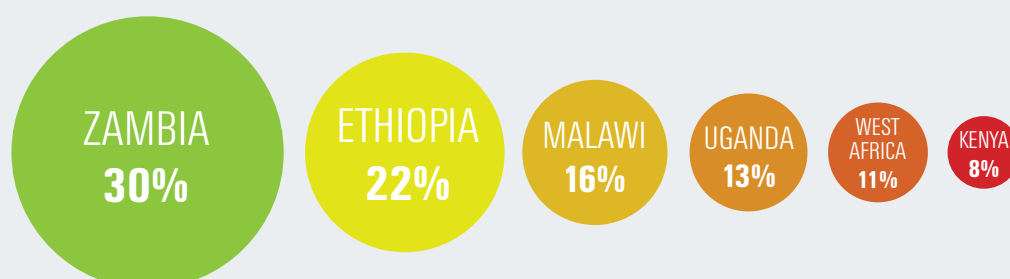
HOW WE SPENT YOUR MONEY IN 2013



OUR DONORS IN 2013



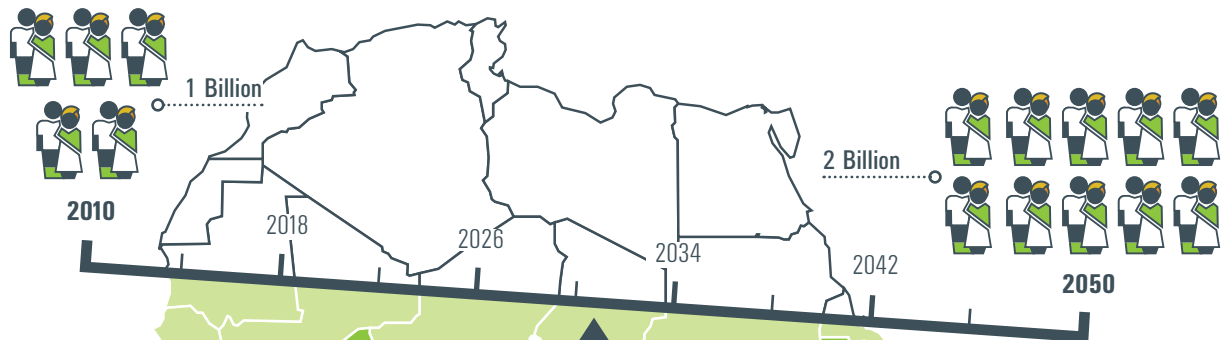
OUR PRIORITIES IN 2013



THE CONTEXT

of Development in Africa

Africa Population Growth



Agricultural Land Irrigated



Asia 37%
Latin America 14%
Africa 6%

43 Countries
700 Million People
180 Million Farms
170 Million Crop Hectares
Sub-Saharan Africa

Agricultural Productivity

Global 5.12 t/ha
Africa 1.3 t/ha

Agricultural Inputs



Global fertiliser 77kg/ha
Africa fertiliser 9.6kg/ha

Diets





USA 3,750kcal/capita/day



Zambia 1,880kcal/capita/day
Daily recommended minimum caloric intake for an average adult is 2,100kcal/day

Yields - tons/ha:

	Maize 	Rice 	Groundnut 	Sorghum 
Africa	1.6	1.9	0.7	0.9
Global	4.5	3.8	1.4	1.3

(sources - UN, IFPRI, FAO, FAOSTAT, Croplife Int)



HELP US SOW THE SEEDS OF SUCCESS

Mother of four Alice Banda (32) grows cotton and maize on the small family farm where she lives in Eastern Zambia.

In recent times Alice has also become a groundnut seed producer. She is amongst 6,000 small-scale growers now supplying seed to a local firm, who trade groundnut seed with farmers across Zambia and in a number of other Southern African countries.

"I earn almost twice as much from selling groundnut seed than I earn from selling cotton or maize," says Alice. "The money I make allows me to keep my teenage daughter in school. She is in grade 11, and is working very hard", she added.

Participation in a number of training courses paved the way for Alice Banda to become a seed producer.

It costs Self Help Africa and our local partners just **€30/£25** to train a seed grower like Alice. This investment not alone provides small-scale farmers like Alice with a better living, it also helps thousands of poor farmers get access to good quality seed when they need it.

Lend your support. **Donate €30/£25 today**, and help to sow the seeds of success in Africa for generations to come.



YES, I want to help change the lives of African families

Name

Address

Tel.

Email*

*Please only include if you are happy to receive information about Self Help Africa's work by email.

We will not pass your details on to others. We would like to keep in touch with you. If you don't want to hear from us, please tick here. ☐

I enclose a gift of €30/£25 [] OR my gift of €£

By Card

Please debit my

☐ Visa

☐ Mastercard

☐ Maestro

☐ Switch

☐ CAF

Card No.

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Valid From

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Expires End

m	m	y	y
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Security Last 3 numbers on back of card

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Signature

Date

By Cheque

☐ I enclose a cheque made payable to Self Help Africa



☐ **Tick here to make every £1 worth £1.25 at no cost to you.** Please claim back the tax I have paid against all donations made in the past four years and any future donations made to SHA. I understand that I must pay an amount of UK income tax and/or capital gains for each tax year that is at least equal to the tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gift for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify.

Please return to:

Ireland: Self Help Africa, Kingsbridge House, 17-22 Parkgate Street, Dublin 8, Ireland.

UK: Self Help Africa, Westgate House, Dickens Court, Hills Lane, Shrewsbury, SY1 1QU



LEAVE A LEGACY FOR THE FUTURE OF AFRICA

If you could do one thing to make the world a better place, what would it be? Would you help to feed people, not just for today, but for tomorrow?

For too long, people in Africa have been dying for want of enough to eat.

For too long, they have been unable to earn enough to protect their children from diseases that do not need to kill.

For too long, they have struggled while the rest of the world has prospered.

Africa's land is the key to ending hunger and poverty - permanently. Most farm land in Africa can grow much more, and farmers simply need advice and support to unlock this potential. By remembering Self Help Africa in your will, you can help to make the world a better place for Africa's poorest people.

Legacies help us to expand our work

A modest sum that is left to Self Help Africa will allow us to invest more in the tens of millions of farming families who are the future of Africa. A small sum left to us in your will allows us to replicate again and again some of the stories of progress and success that you can read about in this review.

What to do next

Legacies have helped us to achieve incredible things in the past. Yours will too. Speak to your solicitor and get his advice on making a provision in favour of Self Help Africa in your will. Alternatively call our offices and we will assist you further. A bequest to Self Help Africa is also exempt from Inheritance Tax.

Find out more

To find out more contact us at our offices in Ireland **1850 757678** or in UK **(0) 1743 277170**, and speak to one of our advisors. We will be happy to send you our legacy information pack.



Self Help Africa is a signatory to the Dochas NGO code of conduct on the responsible use of images and messages



"Agriculture must become the engine for growth that Africa needs to eradicate hunger and boost sustainable food production."

FAO Director-General, Jose Graziano da Silva. January 29th 2014

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**Self Help
Africa**