

**THANK YOU  
FOR YOUR  
SUPPORT**



Florence Nyambura,  
Haraka Village, Kenya  
Photo: GSHA, 2015

At Gorta-Self Help Africa, we focus on supporting rural farm families – because that's where we can make the greatest impact.

**80% of African people rely on farming for their survival and most of these live on small farms that have the potential to produce more food than they do at present.**

For more than 50 years, Gorta-Self Help Africa has walked step for step with rural communities in Africa. Investment in small farms works, and is helping hundreds of thousands of farming families to eat better food, build better houses, access health-care, and send their children to school.

## LILLIAN'S STORY

Lillian Makukula is a 59 year old grandmother, who cares for two grandchildren in Manjakazi village in Eastern Zambia.

Without a stable income, Lillian struggled to provide for them.

Liast year, Llian received training and support from Gorta-Self Help Africa in poultry rearing, and now has a flock of her own. She sells poultry and eggs in the village market.

With the income she has earned from poultry production Lillian has been able to buy both books and school uniforms for her grandchildren. She has also been able to improve the

family diet, and has plans to replace the thatched roof on her hut with long-lasting tin sheets.

Support that you provide is helping poor African householders like Lillian make lasting and permanent improvements to their family's lives.



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Self Help Africa

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[selfhelpafrica.org](http://selfhelpafrica.org)

Lillian Makukula,  
Chipata District, Zambia  
Photo: GSHA, 2015



Name: .....

Phone: .....

Event: ..... Date: .....

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