



Snapshots from the *field*



Eunice Nyawira. Kenya, 2025

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COUNTRY FOCUS

KENYA



SUPPORTING smallholder farmers to move from subsistence to prosperity, and working on building resilience to climate change, are at the core of our work in Kenya.

Self Help Africa partners with farmers, community groups, and local leaders to reduce poverty; drive enterprise development; and combat climate change through reforestation and land restoration projects.

The values of partnership and collaboration are central, and the focus is on locally led decision making. In practical terms this means communities are sufficiently resourced and supported so they can lead their own development, and create sustainable solutions based on their own unique strengths and capacities.

Today almost **half a million** farmers are working with Self Help Africa in Kenya so that they can have a prosperous, thriving future - **and YOU are helping to make this possible.**



Where **Growing** Coffee Is **Growing** Equality

Eunice tending her coffee crop and picking the ripened coffee berries. Kiambu, Kenya, 2025

WHILE KENYA may be well known for its tea, coffee is also frequently grown in the upland areas.

More than 90% of the coffee farms are owned by men. However the majority of the labour - cultivating, picking, sorting - is carried out by women; yet they see very little reward for their efforts.

With funding from Self Help Africa, a recent enterprise project is helping close this gap by enabling more women farmers to grow coffee beans and share in the profits of the world's favourite drink.

As well as business supports and enabling access to markets and fair prices, women farmers were trained in climate friendly farming methods. Techniques like grafting plants, soil and water conservation, intercropping with shade and ornamental trees, and using waste for mulch and fertiliser brought higher yields.



For Eunice Nyawira, and the other women in the programme, the benefits have been transformative.

"Before, my coffee was often affected by blight. It was hard to earn any money. Since doing the training and learning more about coffee farming and market prices, we can earn enough to pay school fees and educate our children. That's why we are working hard because we can see the benefits".

Now, Eunice feels more empowered as a coffee farmer: *"We believed coffee belonged to men. But since the training, I know a woman can do it. I encourage my fellow women and tell them this farming is good, and we can go far".*

YOUR SUPPORT IN ACTION

Reducing Malnutrition in Baringo County

IN BARINGO COUNTY, Kenya, food insecurity and hunger are a part of life, with droughts and unpredictable harvests all too common.

Over the past five years Self Help Africa's Baringo Resilience Initiative has strived to overcome these challenges and promote secure and sustainable livelihoods for over 60,000 families.

Working with local partners, community leaders and directly with farmers, the focus is on enabling families to grow more food to eat at home; to increase incomes; to establish water and soil conservation; and to set up access to markets for produce.



In Baringo, women from the Nato Mothers Support Group coming together to prepare fresh food for their children. Mothers support groups were critical in promoting nutrition and hygiene practices that helped bring about a reduction in stunting and increased dietary diversity.

Now - we are starting to see how these efforts are bringing about real positive change for the communities that were part of the initiative - especially in reducing malnutrition and childhood stunting:



50%

reduction in stunting levels for children 0-5 years old



33%

more children have access to more food groups and increased meal frequency



74%

of families started kitchen gardens



68%

improved dietary diversity in women of reproductive age

Reaping the Benefits of a Hydroponics Harvest

IN KENYA, access to land, water, seed and fertiliser are just some of the obstacles faced by farmers in their efforts to grow food.

A new Self Help Africa pilot project is demonstrating new ways of helping to overcome these challenges in the Isole County region. 80 farmers have been introduced to hydroponics - where crops are grown via a nutrient-rich water solution, rather than soil. This allows farmers to earn substantially more from far smaller plots of land; and enables them to grow vegetables commercially for local markets.

A network of communal polytunnels were erected and hydroponics equipment was installed, enabling farmers like Faith and Stephen to grow a bountiful tomato crop!



Faith Makena. Kenya, 2025

Before joining the initiative, Faith told us her meagre harvests did not generate enough earnings to support her family. Now, she has harvested over 1000kg of tomatoes growing with hydroponics.

"There is no comparison between what I am producing now, and what I was able to produce before. We have learned a lot on how to protect our crops, how to plan for our production and how to market our products. Our livelihoods are better now, because every time we harvest, we have something we call ours"



Stephen Mutunga. Kenya, 2025





Improving Nutrition Through Biofortification

MORE THAN three billion people around the globe do not have access to diets that provide the essential nutrients they need. Often, people rely on a limited diet made up of one staple crop like maize. These staples often fail to supply the full range of nutrients required for proper growth and development.

Over the past 20 years, biofortification has emerged as an effective and impactful solution. This is where the nutritional value of crops is enhanced; either through plant breeding, or by

adding micronutrients to foods during production.

In Malawi, 30% of young children suffer from anaemia; and over 60% of the population is zinc deficient. Now, a new Self Help Africa project aims to deliver biofortified food to nearly 40,000 people, including 40 schools across four districts - Thyolo, Balaka, Dedza and Mulanje - to battle widespread undernutrition.

This new initiative focuses particularly on children under five and pregnant and breastfeeding women.



Jacqueline Chalemera, Self Help Africa project manager explained how local women's groups are central to the initiative: *"We'll be focusing our efforts on women and mothers in the communities who will support us with infant screening, with the promotion of bio-fortified foods and locally fortified foods, and with training initiatives."*

Scan here with your smartphone to see the full interview with Jacqueline about this important project.



A Lasting Legacy

MAKING your Will is a deeply personal matter. At Self Help Africa we respect that. We fully understand that taking care of your family and your loved ones must always come first but in choosing to remember Self Help Africa with a gift in your Will, you can help achieve a world free of hunger and poverty.

Any gift - large or small - will make a difference.

We promise we will use your gift as carefully and as cost effectively as possible to bring maximum impact to those whom we work with in Africa.

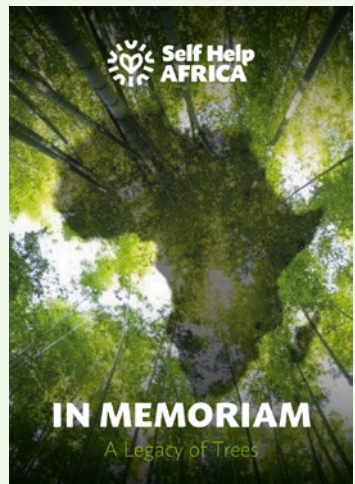
If you would like to know more contact Louise today in confidence on **01-6778880** or email: **louise.rogan@selfhelpafrica.org**



Plant A Tree In Memory

Planting Memorial Trees in Africa is a way to honour your deceased friends and relatives which will also leave a lasting legacy in their memory. Trees can be a physical and tangible representation of a person's time on Earth and allow them to continue to have a positive impact on the planet even after they are gone.

Self Help Africa Memorial Tree gifts start from €50, for which 50 tree seedlings will be planted in Africa. To find out more about these unique and special gifts, visit **www.selfhelpafrica.org/ie/legacytrees**



To discuss Legacy gifts or to order memorial tree gifts, please email **louise.rogan@selfhelpafrica.org**, or phone Louise on **01-6778880**.



Barwessa Farmer Group, Baringo County, Kenya. 2025

*At Self Help Africa, we remain steadfast in our commitment to
defending the most basic human right - the right to food.*

For every child. For every family. In every community where we work.

Until no-one is starved of a future.



**Secure
Food**



**Secure
Futures**



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GET IN TOUCH

DUBLIN

4th Floor, Joyce's Court,
38 Talbot Street,
Dublin 1 D01 C861

Tel. +353 (0)1 677 8880

CHY No. 20008895

BELFAST

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

Reg . Charity No.
298830



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