

gorta
Self Help Africa



Review **2014/15**

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The woman pictured above is Emma Kayala, a widow who lives on her own in Nsunda village in a remote part of Northern Zambia.

Emma is one of hundreds of thousands of people we worked with last year, so why single her out in this report?

For me, Emma's story epitomises not alone the challenge faced by so many rural farmers in Africa, but also the clear desire to work her way out of poverty. With your support, we have provided Emma with seed so that she can grow beans, tomatoes and groundnuts, alongside the maize (corn) that has been grown on her farm for generations.

As a member of a savings and loans group supported by us she has been

able to get a loan to buy flour and oil to make fritters that she sells locally, so she can supplement her income.

Emma says that the roof of her thatched house is in danger of collapsing in the rain, and she wants to replace it with tin sheeting.

Emma's farm work and her enterprise is helping her to achieve her modest goals. With your help, we can do much more.

The historic merger of Gorta and Self Help Africa in 2014 allowed us to work with approximately 1.8 million people across 10 countries, over the last 12 months.

It is often simple, practical work: providing training so that farmers can produce more, supporting the development of small farm

businesses, and helping farmers to secure markets and fair prices for their surplus.

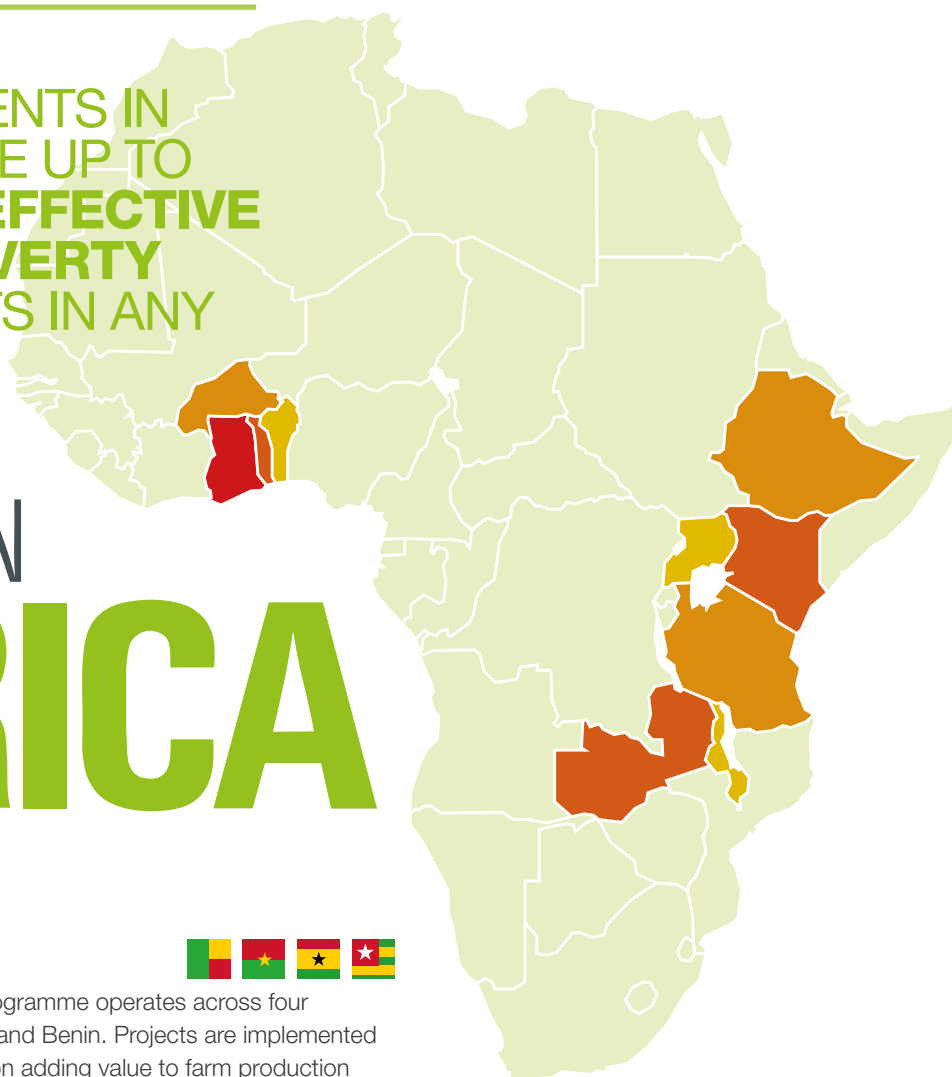
In a region where up to 80% of people are small-scale farmers - and where the rural poor have hardly any access to credit - simple interventions like this are making a real difference to millions of people who still live below the poverty line in sub-Saharan Africa.

Ray Jordan

Ray Jordan
Chief Executive Officer

IN SUB-SAHARAN AFRICA, INVESTMENTS IN AGRICULTURE ARE UP TO 11 TIMES MORE EFFECTIVE AT REDUCING POVERTY THAN INVESTMENTS IN ANY OTHER SECTOR

WORKING IN AFRICA



WEST AFRICA



Gorta-Self Help Africa's West Africa programme operates across four countries- Burkina Faso, Ghana, Togo and Benin. Projects are implemented through local partners, with the focus on adding value to farm production and creating links between small-scale agricultural producers and private sector markets.

ETHIOPIA



The focus of activities in Ethiopia is on increasing farm production, supporting new enterprise and developing market opportunities for rural poor farmers. Activities also look to develop community-based seed production, improve the resilience of local agricultural communities to a changing climate and improving productivity and livestock value-chains.

KENYA



Most of Gorta-Self Help Africa's work in Kenya is focused on the low lying and drought prone Rift Valley Province, with the single largest scheme in Keringet region, where support is being provided to 20,000 people to increase farm production and enterprise opportunities. This project is focussed on developing the potential of milk and dairy processing in the region.

MALAWI



Gorta-Self Help Africa is working on a combination of directly implemented and partner-led projects in Malawi. A major and innovative new project is delivering advice to hundreds of thousands of farmers using mobile phone technology. GSHA is also an international partner in DISCOVER, a five-year collaborative venture supporting farm households to adapt to climate change.

TANZANIA



The current focus of programme work in Tanzania is on the introduction of drought tolerant crop varieties, effective natural resources management, improvement of irrigation facilities and the protection of catchment area resources.

UGANDA



'Community Connector' is Gorta-Self Help Africa's largest project in Uganda, supporting up to 80,000 households. The focus of our work in Uganda is on increasing farm production, incomes and household nutrition.

ZAMBIA



Gorta-Self Help Africa's largest project is a five-year Irish Aid funded local development project in Northern Zambia. Programme focus more broadly is on two key areas: sustainable agricultural and nutrition.

Showthem Sikombe and his wife Elizabeth Namfukwe in their groundnut field, Nsunda village, Zambia.



In sub-Saharan Africa, where hundreds of millions of the world's poorest people live, the solution to hunger and poverty is at their feet – literally.

With your help, we can support hundreds of thousands of poor rural households to grow more on their land each year.

But the solution to hunger and poverty is not a question of increasing productivity and productivity alone. That's unsustainable.

In a region of the world where the climate can be harsh and unpredictable, water can be scarce, where families live on small plots of land and soil nutrition is often poor, climate smart farming practices are needed to ensure that the soil is of the quality it needs to be to grow crops.

In an age of high technology, it's easy to forget that we owe our very

DOWN TO EARTH



existence to a 15cm layer of topsoil, and the rains that nourish it.

As we mark 'International Year of Soils', Gorta-Self Help Africa is assisting farmers across sub-Saharan Africa to produce food in a manner that will allow them to do so on the same small plots, years from now.

There is no 'one size fits all' here – as climate, soil type and a host of other factors must be taken into account. But there are various practices being carried out by hard working farming communities which are making a difference.

The promotion of 'agro-forestry', which integrates trees and shrubs alongside crops and/or livestock is assisting both soil and water conservation, while intercropping trees with 'leguminous' crops like

groundnuts are enriching the soil through nitrogen fixation.

'Conservation agriculture' activities – which encourages farmers to reduce tillage and plant with minimal soil disturbance, use crop residues to provide permanent soil cover and rotate crops is protecting and/or improving soil quality, moisture content and increase yields.

Rainwater runoff gathering, together with earthen trenches and stone walls (bunds) are preventing soil being washed from the fields in the rainy season.

The careful use of mineral fertilisers alongside organic matter is also promoted, to assist production while nourishing the soil.

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, and she has seen her income virtually double as a result of the enterprise.

She is amongst 6,000 small-scale growers now supplying seed under contract for a seed growers cooperative that trades groundnut seed with farmers across Zambia and into a number of other Southern African countries.

"The price that I get is nearly twice as much as I am paid selling cotton and 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."

Alice and her husband farm just over seven acres in Kagunga village. They planted groundnuts for seed production on three acres, grow maize for household consumption on three acres, and use the remaining acre of land for cotton.

"We used to earn all of our income from cotton, but the market is unpredictable, and sometimes we wouldn't make enough to support our family. That has changed."

"There were times when we wouldn't even have enough money to buy food for the children, and would have to work for other farmers to earn a living," she says.

Two of her older children are attending school and the two younger ones will start in the coming years.

"I am now cultivating all of my land and growing different crops. We are living better than we did in the past," she added.



Alice Banda with her daughter, Eastern Province, Zambia.



Patrick Kakuru and his wife, Uganda.

Patrick Kakuru is looking forward to a time when the day no longer ends when the sun goes down.

Like 95% of rural Ugandans, he lives 'off the grid', with no access to mains electricity. However, work

with a Gorta-Self Help Africa goat breeding project is making the future look a little brighter.

Patrick (53) has lived without electricity since he first returned to his village, and the home he inherited from his parents, 30 years ago.

He has long dreamed of installing a solar panel to provide his family with enough light to study and work but the problem is the cost. A €60 solar panel is more than he can afford, as he struggles even to meet school costs, he admits.

Receipt of an improved breed male goat has enabled him to crossbreed his local goats to produce offspring that are larger and more productive, and Patrick is confident he can sell his hybrid kids for twice the price, at market. He is also renting his goat to other farmers for a small fee, so that they too can use it to improve their livestock too.

"We have more money and are already eating better," he says. "I plan to buy my solar panel next year."

Ethiopian widow Schmegie Kulbla never believed she could be part of providing a solution to food shortage in her area.

But since becoming a community-based producer and supplier of seed, she is not just boosting her own yields, but also helping improve the farm production of dozens of households in her locality.

Upwards of 90% of Ethiopia's farmers produce their own seed from year to year. As a result, standards are poor and crop yields per acre are just a fraction of what they could be.

A small-scale farmer who has just over four acres in Getma village in Ethiopia's Southern Nations, Nationalities and Peoples' (SNNP) Region, Schmegie is amongst 1,350 community-based seed producers attached to Edget Seed Growers Cooperative growing certified wheat seed to meet local demand.

She has been earning a good income from the venture since she

started producing seed on her land nearly three years ago, and expects to earn \$1,000 from the sale of seed alone, this year.

The three tonnes that she will produce on the half-acre site used for wheat seed production will provide planting material for 30 farmers in her locality.

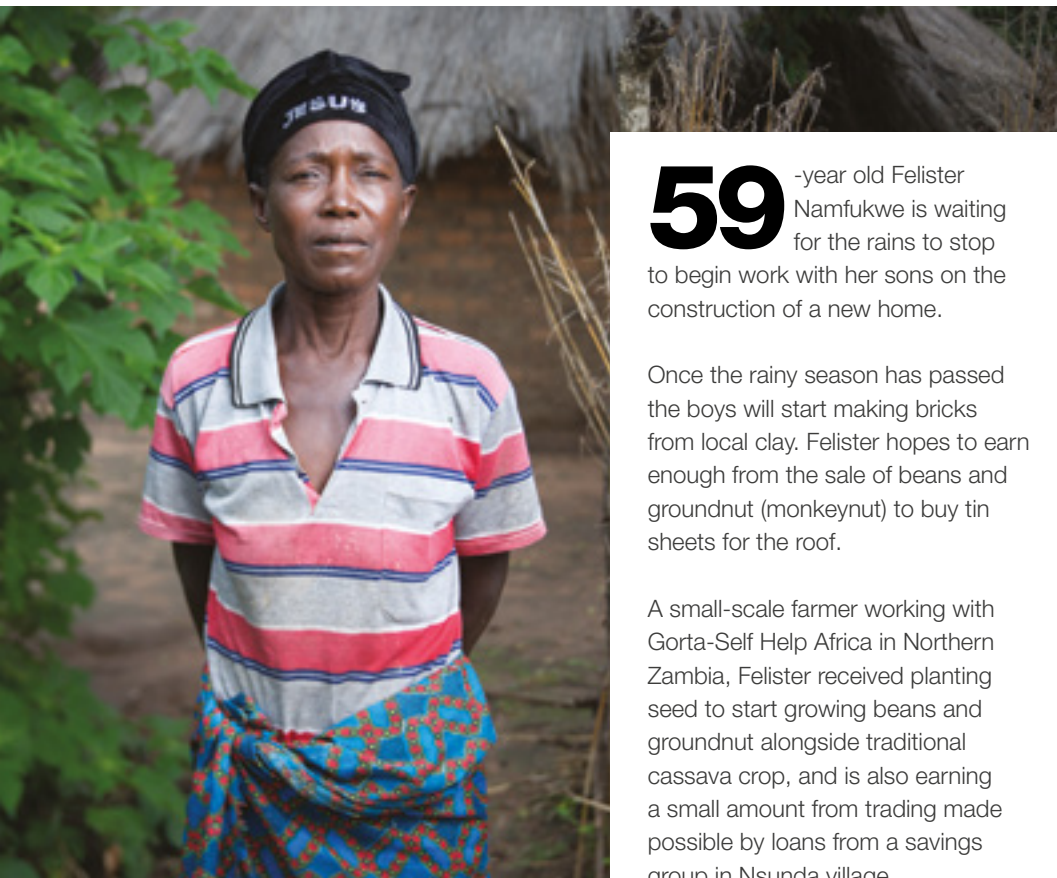
A mother of ten, Schmegie estimates that her income has doubled since she started growing seed alongside her traditional crops, teff (local cereal) and maize. She has used the money she earned to build a new house and buy a cow. It has since produced two calves.

"Life is easier. We have a better home, a better way of living," she says.

"I can buy meat and vegetables and when our cows are reared we will also have milk."



Schmegie Kulbla standing in her field, Getma village, Ethiopia.



Felister Namfukwe outside her house in Nsunda village, Zambia.

59-year old Felister Namfukwe is waiting for the rains to stop to begin work with her sons on the construction of a new home.

Once the rainy season has passed the boys will start making bricks from local clay. Felister hopes to earn enough from the sale of beans and groundnut (monkeynut) to buy tin sheets for the roof.

A small-scale farmer working with Gorta-Self Help Africa in Northern Zambia, Felister received planting seed to start growing beans and groundnut alongside traditional cassava crop, and is also earning a small amount from trading made possible by loans from a savings group in Nsunda village.

She borrows the equivalent of just a few euro each time, and uses the money to buy fish across the border in Tanzania which she then brings home to Zambia and sells at a profit.

From time to time she also buys oil and flour to make fritters to sell. A divorcee who separated when her children were young, Felister says that she is better off alone because her husband drank heavily, and was sometimes abusive.

Pointing to her tumbledown thatched house, Felister says that life is improving.

"By next year we will have a new home. That is the plan."

MOBILES ANSWER AGRICULTURE QUESTIONS

A mobile phone information service established by Gorta-Self Help Africa in 2014 to provide timely information to rural poor farmers, has been used almost a quarter of a million times since its launch.

Established in Malawi late last year, the '321' voice activated service provides subscribers to the country's largest mobile phone network with farm information and advice that they can access at the push of a button.

The service is a collaboration between Gorta-Self Help Africa, Airtel Malawi and HNI, a US-based organisation seeking to promote the use of technologies to support work in the developing world. It allows users to access voice recorded information on their telephones on a

range of agricultural practices.

Content for the service has been created by a consortium that includes Gorta-Self Help Africa, Ministry of Agriculture, research scientists and other specialists in agriculture, and in its pilot phase has focused on answering a range of questions that farmers have relating to the production of groundnuts and maize.

As the service becomes more established it is proposed to extend the range and scope of information available, while the potential also exists to provide market information to farmers on the prices they can receive for their crops, says Gorta-Self Help Africa Malawi director Amos Zaindi.

In a country where only 5% of rural households have electricity, but upwards of 65% have access to mobiles, the ability of farmers to access information via telephone is invaluable.

Gorta-Self Help Africa and HNI are currently in discussions with a view to rolling out their innovative phone advice service in Zambia, Burkina Faso and Uganda.

Emmanuel Ngororano gets information via mobile phone from extension worker Peace Ndongyereye.





SUPPORTING GORTA-SELF HELP AFRICA

TV STAR SUPPORTS WORK WITH WOMEN

An award-winning star of one of America's most successful TV shows provided a ringing endorsement for Gorta-Self Help Africa at the organisation's gala ball in New York, late last year.

Uzo Abuda of 'Orange is the New Black' hit series was guest of honour at the fifth annual 'Change-Maker's Ball' which attracted 600 guests to Manhattan, in November.

The Emmy-Award winning star, whose mother emigrated to the US from Nigeria, praised Gorta-Self Help Africa, and said its work "was transforming Africa by supporting the economic empowerment of women." "By investing, particularly in African women, this organisation



Actors Uzo Abuda (right) and Danielle Lloyd from hit TV series 'Orange is the New Black' at the 2014 New York Ball.

is investing in the families, education, health and communities of generations today and generations unborn across Africa," she told the attendance.

Meanwhile, close to 250 West of Ireland supporters attended Gorta-Self Help Africa's second annual Christmas Ball in Galway.

Guest of honour, Ireland's Minister for Tourism and Development, Sean Sherlock, commended the organisation on its continuing work, and said that its focus on improving farming systems and agricultural production was making a real difference to the lives of tens of thousands of households across the continent.



President Higgins meets Malawi Director Amos Zaindi

INCREASING IMPACT IN AFRICA

The historic merger of Self Help Africa and Gorta in Summer 2014 has paved the way for us to achieve much more in Africa in the years ahead.

The amalgamation, to create 'Gorta-Self Help Africa' in Ireland, will enable the newly merged organisation to supported up to 1.8 million people across ten countries in sub-Saharan Africa, last year.

The organisation estimates that by working together up to €600,000 will be achieved annual in savings

on administration costs and overheads.

The move was praised by President of Ireland Michael D Higgins when he met members of our African country team in Malawi, during a state visit to the continent, last Autumn.

"Self Help Africa and Gorta have contributed a great deal in the fight against poverty on behalf of the people of Ireland over many years, and by working together they can do much more in the future," he said.

ROTARY BACKING FOR KENYA

The Rotary Club of Ireland is embarking on a major three year campaign to raise close to €300,000 euro to support Gorta-Self Help Africa's work in Kenya.

Rotarians involved with the country's 73 clubs are being asked to support the endeavour, and are hoping to raise a total of €150,000 from their own membership to support the campaign. Match funding of the

sum raised will be received from the organisation's international headquarters.



Funds raised by Rotary will be invested in a range of water development projects in Keringet in Kenya's Rift Valley - and specifically focus upon the establishment of 'rainwater harvesting' systems in homes and schools in the region. Collection of rainwater provides

safe drinking water for families and communities, and also gives farming families water that they need to irrigate their crops.

RUGBY STARS TO THE SUMMIT

An Irish sports star whose efforts have raised millions to end poverty in Zambia in the past decade has joined forces with Gorta-Self Help Africa.

Former Galway inter-county GAA player Alan Kerins formally launched his collaboration in January of this year, and immediately set about reprising a hugely successful sporting climb of Ireland's highest mountain, to support the cause.

Having raised more than €100,000 for his own work in Zambia with a "Sam to the Summit" event that took GAA stars to the top of Carrauntoohil last year, Alan Kerins is repeating his event in 2015 with a 'Caps to the Summit' climb in scenic County Kerry, this autumn.

The event takes place on the eve of September's Rugby World Cup, and will bring upwards of 100 rugby fans and other supporters on a climb of



Irish rugby international Ian Madigan at the launch of Caps to the Summit.

Ireland's highest peak - alongside some of the country's best-known names in rugby.

Sporting legends Tony Ward, Eric Elwood, Dennis Hickie, Peter Clohessy and Mick Galwey are amongst the former international rugby stars who have signed up for the event, which will take place to support our African development work.

To join the team or find out more contact our Dublin office.

STEPPING OUT TO END POVERTY

The annual Great Ethiopian Run in Addis Ababa has been a popular event on the calendar for Gorta-Self Help Africa supporters, for the past five years.

In 2014, a team of over 20 supporters journeyed to The Horn of Africa to take part in the annual event - and raised over €30,000 in sponsorship for our work with their efforts.

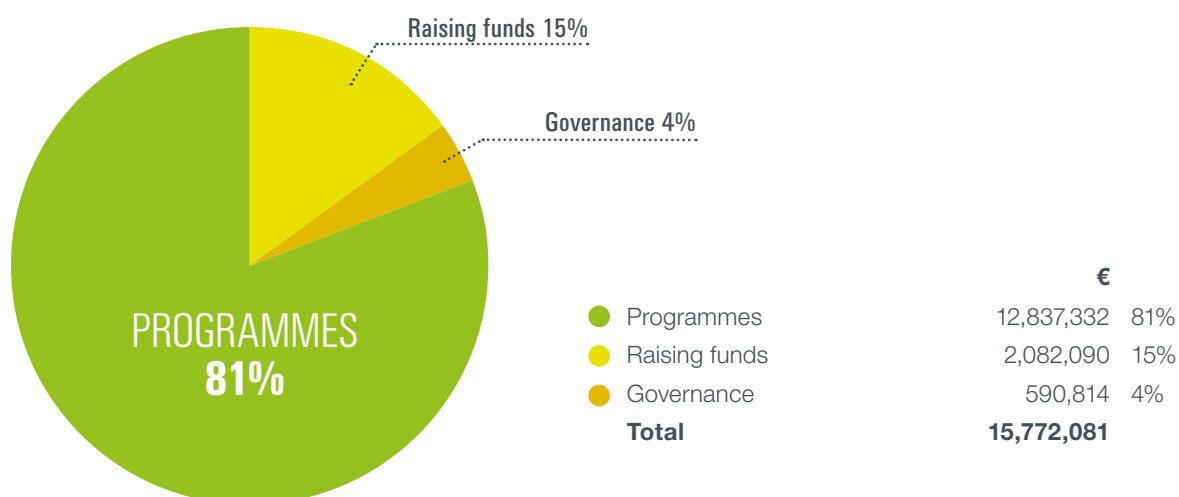
Recruitment for participants in the 2015 edition of the Great Ethiopian Run is currently underway, and those who are interested in competing in this year's flagship event can contact our Irish offices for more information.

The 10k run in Addis Ababa is just one of a broad range of challenges we are running this year too - as Gorta-Self Help Africa is currently also recruiting volunteers to take part in a four-day trip to Turkey to participate in the Vodafone Marathon across the Bosphorus in Istanbul.

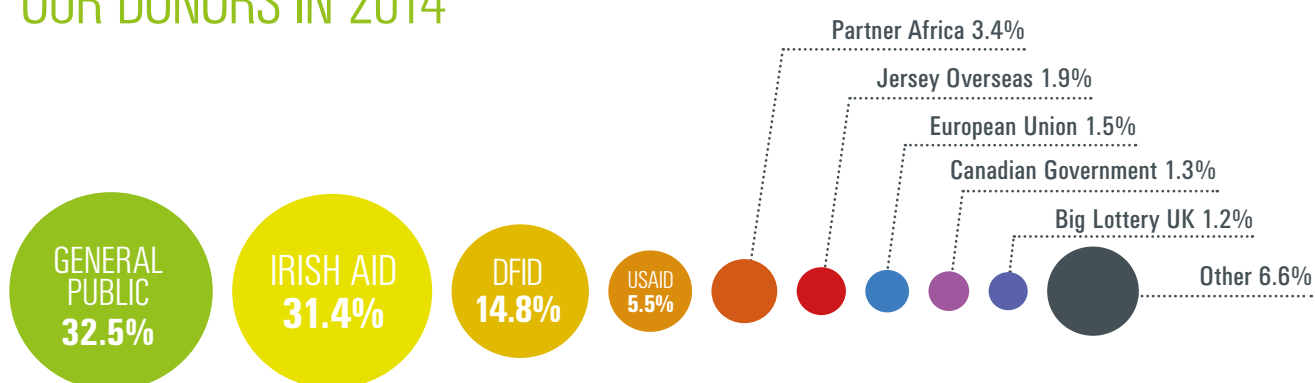
If you would like to receive further details about any of these upcoming events, please get in touch. Contact Ciara Tallon, call 01 677 8880 or email ciara.tallon@selfhelpafrica.org

2014: THE YEAR IN FIGURES

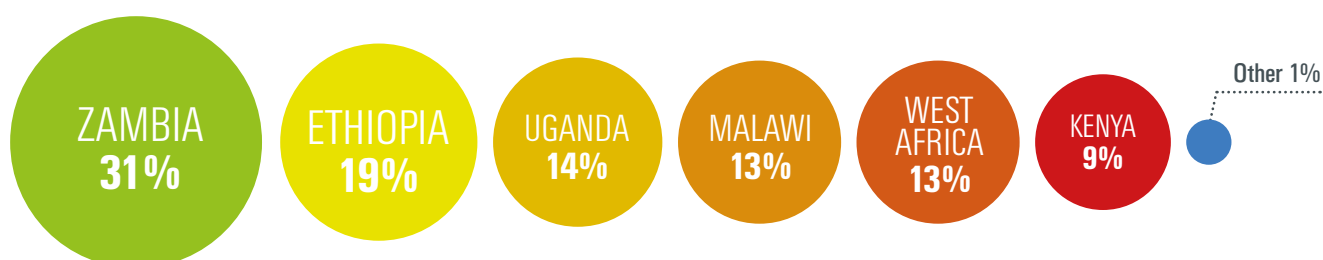
ANALYSIS OF OUR CHARITABLE EXPENDITURE IN 2014



OUR DONORS IN 2014



OUR PRIORITIES IN 2014





HELP US SOW THE SEEDS OF SUCCESS



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

Farm training she has received has enabled her to double her income.

In the past, there were times when Alice couldn't put enough food on the table for her children, and she had to supplement her meagre income working for other farmers.

Not any more.

Help us to **support small-scale farm families** like Alice's to work their way out of poverty.

A contribution of just €30 can make all the difference.



YES, I want to help farmers like Alice

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.

.....

Valid From

mm yy

Expires

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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

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☐ **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



A SMALL LEGACY CAN MAKE A BIG DIFFERENCE IN 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 Gorta-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 Gorta-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 Gorta-Self Help Africa in your will. Alternatively call our offices and we will assist you further. A bequest to Gorta-Self Help Africa is also exempt from Inheritance Tax.

Find out more

To find out more contact us at our offices in Ireland **01 677 8880** and speak to one of our advisors. We will be happy to send you our legacy information pack.



FARMING FOR AFRICA'S FUTURE

gorta
Self Help Africa

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

Cover: Pascalina Mulenga, Malela, Zambia. **Back:** Sana Mamata (right) with her daughter-in-law, Yougbare Balkissa, and grandson Pilabre Aisha, Lioulougou village, Togo.