



Self Help Africa



NEWSLETTER 2008

LASTING DEVELOPMENT FOR A BETTER FUTURE



BUILDING BLOCKS
FOR THE FUTURE 3



AN EMOTIONAL
JOURNEY 10



DEVELOPMENT
EDUCATION 12

www.selfhelpafrica.com



Dear Supporter,

For close to 25 years, Self Help Africa has been working to alleviate poverty and famine, and help some of the most disadvantaged communities in the world to a better life.

It is challenging but hugely rewarding work for all involved, and we are fortunate to have a team in Ireland, the United Kingdom, and across Africa who show commitment and common purpose that is above and beyond the call of duty, in their pursuit of this goal. Few who have witnessed the very real sense of achievement and satisfaction – on the faces of farmers who have transformed their holdings into gardens of plenty, or in the expression of mothers now earning money and able to send their children to school, would dispute that our 'self-help' approach to sustainable development, is the way to achieve long-term lasting change in Africa.

The global economic downturn of recent months, following as it did the alarming inflation in global food and fuel prices, underlines the uncertain times in which we live. Nonetheless, it is more pressing and urgent than ever for us to play our part, and help the people of Africa so that they can once and for all escape the poverty trap in which they have lived for far too long. Self Help Africa is indebted to all those who have supported us over the years. Without this support our work would not be possible. We have achieved a great deal in the past quarter century, and have ambitious plans to deliver more programmes to more people in the future.

We hope that you will join on this journey, as we seek to realize our vision of an Africa that is free from poverty and hunger in the years to come.

Yours sincerely,

Ray Jordan
Chief Executive

A brighter future for Africa

'Self Help Africa' is a rural development agency that works in countries in Sub-Saharan, to improve the lives of Africa's poorest people.

Self Help Africa works with local staff, partners and local communities in Ethiopia, Eritrea, Malawi, Zambia, Kenya, Ghana, Uganda, Togo and Burkina Faso -

- Enabling people to grow enough food so that they can feed themselves all year round
- Improving opportunities for people to earn a living and support their families
- Providing Africans with the skills they need to move out of poverty, and manage their futures
- Improving access to basic social services such as clean drinking water, health-care, and education.
- Supporting local communities to preserve and rehabilitate their natural environment
- Through advocacy, partnerships, dissemination, and best practice, seek to influence policies and attitudes in both Africa and the West, to issues That affect the lives of rural Africans.

Self Help Africa has ambitious plans - to effect change, and deliver more support to more people. Support us as we seek to provide more Africans with the training, the skills, and the tools to lead a life free from hunger, poverty and need.

Self Help Africa at work



Self Help Africa



An Historic Merger

The historic integration last summer of Harvest Help and Self Help Development International to create Self Help Africa has established a new and vibrant organisation which can make an even greater contribution in overcoming poverty and hunger in Africa.

Our dynamic staff and partners throughout our nine countries of operation in Africa are doing fantastic work supporting rural families and communities work their way out of poverty. We are seeing success in all our areas of operation and one of our major challenges for the years ahead is to build on that success. We have a proven track record of success over nearly a quarter of a century but the challenges still remain at every level of our operations. As an organisation our shared vision is to see an Africa free from poverty and hunger. We remain firmly committed to the philosophies and ethos which were instrumental in the founding of both Harvest Help and Self Help Development International. Our ambition is to dramatically build upon this proven success by scaling up our own work and as importantly by sharing our knowledge with other organisations. If we are to see real and lasting development in Africa we need to work in more effective collaboration with like minded organisations and influence policy change at all levels.

Focus

The global spike in world food prices during 2008 put into sharp focus the critical importance of food production for the world's poor. As a consequence of this crisis, and the food riots that erupted in many parts of the developing world, our major international institutions were prompted to acknowledge the crucial role that rural agriculture had to play in efforts



From left : Steve Langdon, UK director, Ray Jordan, CEO, Nigel Clarke, UK chairman, and Tom Corcoran, Irish chairman, at the launch of Self Help Africa, in London, last Summer.

to reduce global poverty. The Secretary General of the UN Ban Ki-Moon singled out the role to be played by small-holding farmers, when he addressed an emergency summit that was convened by the United Nations in Rome to address the crisis, last July. The UK's 'Africa Progress Panel' joined the chorus, when it called for substantial new investment to raise agricultural productivity and increase food production in Africa and around the world, while Ireland's Hunger Task Force identified improving smallholder productivity in Africa as the number one priority, when it published its report at the conclusion of more than a year of deliberation, in September.

Our Work

The role of food production at farm household, and at community levels, has been at the heart of the work of Self Help Africa since the mid-1980s. It will remain central to our mission, as we work side by side with African communities,

to help them to achieve better incomes, better living conditions, and better opportunities for their families, in the years to come. These opportunities are being created for thousands of rural African families each day, as a result of the ongoing work of Self Help Africa and its partners. Simple, but effective measures are enabling households to double and treble incomes, by ensuring better quality seed stock is available, by promoting new crop varieties, by supporting alternate income generating activities, access to credit, and by helping small-scale farmers to organize into local co-operatives, to market and sell their produce. Improving access to health services, to clean water, to better sanitation, and to education is also making an important contribution - strengthening local services so that future generations in Africa can enjoy better standards of health, a reduction in life threatening disease, and the passport to a better future that can be provided by education.

The Future

- Self Help Africa is now working directly, and with local partners, in Ethiopia, Eritrea, Zambia, Uganda, Malawi, Kenya, Ghana, Togo and Burkina Faso.
- We are committed to delivering the very best practice to our development programmes, and to sharing the experiences and the learning of the past into the future.
- We look forward also to establishing new alliances in our bid to tackle the enormous challenge of global poverty and hunger, and to working to a common purpose with others engaged in development, to achieve this goal.
- Self Help Africa is grateful to the committed supporters and donors who have been a key part of the organisation for the last quarter of a century. Your support is essential to the ongoing growth of Self Help Africa, and we look forward to being in touch with you again in 2009.

HORN OF AFRICA

ETHIOPIA/ERITREA



Self Help Africa has been working in **ETHIOPIA** for close to a quarter century, having begun its activities in the country in the immediate aftermath of the terrible famine of 1984. The organisation's model for integrated rural development largely evolved in the country, and in the past 25 years Self Help has implemented well over a dozen area based development programmes in the country. In recent years Self Help Africa has focused greater attention and resources on measures to build the structural capacity of local farmers co-operatives, and is engaged in an ambitious plan to roll out sustainable self-governing savings and credit co-operatives in Ethiopia.



A visit to her home by the country's president was an occasion that will live long in the memory of Hewat Waldamariam. Shortly after building of her new home had been completed, the Eritrean widow and mother of three grown children received a visit from President Isias Afwerke, who was on business in the area. "He heard that I had earned the income and had built a new home, and came and praised me for my efforts", she said.

Hewat Waldamariam raised the funds to build her home from the money she raised from animal fattening, and from leasing her oxens to help them plough their fields. 'I took a loan from a savings and credit co-op set up by Self Help, and after first buying and rearing lambs for sale, I bought myself an oxen. I now have three oxen', she said.

Self Help Africa is one of just a handful of international development agencies working in **ERITREA**, a country that has pursued a path of self-determination since it secured its independence from neighbouring Ethiopia, in the early 1990s. It is a country that faces considerable development challenges because of its harsh climate and difficult terrain. The UN Food and Agriculture Organisation estimates that as many as 1.7 million people face food insecurity in the current year.

Ethiopia

Self Help Africa has its most extensive programme of activities in Ethiopia, where there are currently four area based rural development projects, and two additional regional projects being implemented which are designed to strengthen and develop structures for agricultural co-operatives, and support the creation of rural savings and credit co-operatives in the country. The integrated area based programmes (ABPs), focus primarily on developing sustainable agricultural systems at farm household level, strengthen social service provision, and tackle the degradation of the country's natural resources. These five year projects are being implemented at Sodo, Bora and Huruta in Oromia, and in the country's Eastern Highlands at Alemaya, outside Harar town. The agricultural co-operatives have supported farmers organisations with the production, promotion and marketing of diversified income generating crops including potatoes, highland fruit and cereals, while measures to strengthen existing infrastructure, and add value and quality to dairy production, and to



Children look forward to the opening of Legeba School, that opened in Self Help's Huruta project, last year.

livestock production, are also underway. Self Help Africa's micro-finance programme has supported the establishment of more than 110 primary savings and credit co-operatives which have to date enabled more than 13,000 people to access loans to start income generating activities. Five regional co-operative unions, to oversee and administer these primary SACCOs, have also been created.

Eritrea

Self Help Africa has two area based development programmes in Eritrea - at Gogne, in the west, and at Emni Haili in the south of the country. The Gogne programme began in 2006, while the Emni Haili programme started in 2004. Both programmes focus primarily on water development activities, with irrigation an essential component in efforts to promote crop diversification, and to strengthen food productivity and income generation in rural areas where drought is a constant threat. Agricultural extension has also been a central component. Alongside measures to support and develop farming systems in the country, Self Help Africa is also engaged in supporting a national beekeeping development programme, which seeks to promote and strengthen apiculture activities across the country. Self Help Africa has plans for a new development programme at Elabared, and baseline



A bore hole dug by Self Help Africa in Southern Eritrea is serving more than 3,000 villagers in the lowland area.

studies for this have been undertaken. The focus of this work will again be on sustainable farming production, measures to support the development of irrigated farm and horticultural production and activities designed to build local economic capacity and strengthen existing social service provision. Measures to raise awareness and combat the spread of HIV/AIDS are also built into all project activities in the country.



Kenya

Self Help Africa, which marked its 10th anniversary in Kenya, found many of its activities disrupted during the civil disturbances which followed the country's contentious national elections, last year.

Many activities planned for early 2008 could not take place because of the widespread unrest, and significant efforts had to be made to re-engage with local communities, when peace and stability returned.

Self Help Africa began its operations in Kenya in partnership with Baraka Agricultural College outside Molo in Rift Valley Province. This successful partnership enabled the organisation to undertake a successful rural development programme in the Kamara/Tenges area, and through outreach supported a beekeeping development programme which has enabled thousands of farm households and community groups to begin beekeeping and associated activities in Nakuru, Bomet,



Passion fruit production in Kenya has enabled hundreds of households to increase their income.

Kericho, Koibatek and Baringo districts. Self Help Africa also runs its own integrated rural programme at Gilgil, although this too was adversely affected by the civil disturbances which followed the national elections. A number of valuable new strategic partnerships were forged during the year – including with Australia Aid (AusAid) on a drip irrigation scheme in Gilgil, and with Irish agency Gorta on a food and livelihood programme in the same region. The organisation has plans for new area based projects in Kenya.

Self Help Africa's work in **KENYA** over the past decade has focused primarily on supporting small-holding farmers to increase agricultural productivity and boost farm household income.

But major progress has also been made in other areas, including with the promotion of beekeeping as a measure to improve household income, and with training and awareness measures designed to encourage farm families to diversify their activities.

Self Help Africa has also made important policy contributions on issues such as National Land Policy, on Forestry and Water Policy, and on the National Action Plan for the promotion of Human Rights.



'Eburru is going to be a land of milk and honey', jokes Harry Thuko, the secretary of Ushindi Dairy Group in the Eburru division of Kenya's Gilgil district. One of 30 members of the group to have started dairy production, Harry says that many of his members are now milking their animals three times a day since receiving training in dairy production, fodder development and zero-grazing techniques, and other methods from Self Help Africa.

Now, group members are looking at other ways to strengthen their earning power, and have begun training in beekeeping management, hive construction, and honey production, with a view to introducing a new enterprise on their small-scale farms at Eburru.

Uganda

Torrential rains which caused widespread and destructive flooding in the east of Uganda caused another major setback to Self Help Africa's Amuria Project, last year.

One of three extensive area based rural development programmes being implemented in the country, the

Amuria project saw many of its development gains undone, flooding wiped away houses, destroyed crops, and displaced thousands of families from their homes.

It was the second major disruption for Self Help in Amuria, following the incursion by rebels which forced the suspension of the project in 2003-2004.

Elsewhere, 30,000 households in the Kamuli project area were supported with the distribution of cassava, groundnut, maize and upland rice seed, four depots were built for



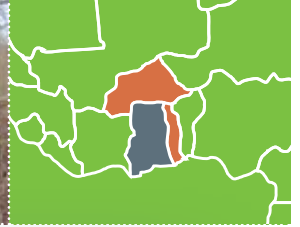
Building a grain depot in Kamuli

the collection and storage of grain, and 31 bore holes, providing clean water for nearly 25,000 people, were dug. In the Kayunga project area over 300 farms started multiplication of cassava, more than 1200 households have been supported with beans, rice and maize seed, hundreds started poultry production, and over 630 pit latrines were constructed at household level since the project started 18 months ago.

Self Help Africa has three extensive area based development projects in **UGANDA** – at Amuria in the north-east, Kamuli district to the north of the capital Kampala, and at Kayunga, north of Kampala on the banks of the River Nile. These projects aim to work with a total of 70,000 rural householders during their five year development cycle, with the primary focus on food production, improving access to water and sanitation, supporting social service provision, and increasing the capacity of local communities to improve their lives and circumstances. Two new area based projects are currently being planned for Uganda.

WEST AFRICA

BURKINA FASO/GHANA/TOGO



Self Help Africa established a country office in West Africa in 2007, to co-ordinate work with local partners in **GHANA** and **TOGO**, and to plan for the commencement of new pilot projects in neighbouring **BURKINA FASO**.

The West African work was first started in Ghana and Togo in the late 1980s. The main focus is on developing sustainable farming systems, building local capacity, and improving access to safe clean drinking water.

Focus is also placed on supporting the development of local groups, building their capacity and providing them with resources and practical support.



Duut Bekanang joined his village's farmer's group in northern Togo a number of years ago. He had few materials or money to invest in improving the plot on which he could farm, and also had a problem with soil erosion during the rainy season.

Duut learned and listened to the farmers group as they were trained in a number of practical farming methods, and set about producing his own compost, constructed stone bunds to slow the water and thus stop erosion, and began to grow a number of new crops.

In the past I wasn't producing enough on the farm to feed my family all year around, he recalls. 'There was always a gap of hunger of one to three months every year. That has now changed'. He continues to grow maize, but now also supplements his income, and his family's diet by growing beans in the dry season.



West Africa

Self Help Africa has been working in West Africa since 2005, when the organisation took charge of a number of local development projects being undertaken in Northern Ghana and Togo by the now defunct UK charity TRAX.

The organisation established a West Africa office in 2007, and in mid-2008 extended its work to neighbouring Burkina Faso.

A region of extreme poverty, this part of West Africa also had to contend with further adversity in 2007 when some areas endured extreme flooding during seasonal rains, while other regions experienced no rainfall at all - and the consequent drought led to widespread crop failure. Self Help Africa's programmes in West Africa are all implemented by local partner organisations, whose primary focus is on improving food and livelihood security for poor rural families.

We are actively involved in forging links with locally based NGOs and community based organisations, and in measures to strengthen the capacity and structures of local CBOs so that they can more effectively meet the challenges that their communities are facing. Current activities include projects at Dapoang in Northern Togo, funded by the UK's Big Lottery, at Bolatanga, Ghana and in Burkina Faso.

Sustainable farming technologies and food production are the primary focus of work in each of these areas.



Boukari Mooli produces soya bean paste in Togo.



Lare Kantchil is pictured beside the bund he has built to prevent soil erosion on his farm in Togo.



Jayen Jinwake with the ground level that he uses for building in Ghana.

SOUTHERN AFRICA

MALAWI / ZAMBIA



Malawi

Self Help Africa has two area based five-year development projects in Southern Malawi, and a further series of rural livelihood projects in the north of the country, as part of the FAIR alliance (in conjunction with the UK charity Find Your Feet and the Development Fund of Norway).

SHA began 2007 with four area based programmes in the south, but two of these at Nsondole and Kaphuka were completed during the year, while two new projects at Masumbankhunda and Kalembo were started in the Lilongwe and Balaka districts respectively.

The primary focus of these two area projects, and of the work being undertaken as part of the FAIR partnership in the north is on sustainable agriculture, and on measures to increase food production and income levels. Measures to build the capacity of local communities, and community based organisations is incorporated into these programmes, along



Namasani Chindhenga irrigates his mustard crop in Kaphuka, Malawi.

with steps to address the challenges presented by HIV/AIDS, and by natural resource depletion.

FAIR projects are underway in Northern Malawi at Rumphi, Simlemba, Lupembe, Mzuzu and Ntchisi. The FAIR programme is delivered through local NGO and government partners, with the FAIR office providing support in programme delivery, as well as playing a role in capacity building. Self Help Africa's southern area based projects are carried out by local staff working in partnership with local communities and government line ministries.

➡ **MALAWI** is the one African programme country where 'Self Help Africa' has had to amalgamate its programme activities following the integration of Self Help Development International (SHDI) and Harvest Help, in Summer 2007. As a result of this unification the organisation now has operations in both the south and the north of the country, all of which have a focus on promoting and implementing sustainable agricultural systems.



John Zulu is a very active and enthusiastic community volunteer. During the first year of the Eastern Province programme he had already supported the work of more than 300 people in Chilobwe and neighbouring villages. He also has his own land and farms 3 ha each year.

"I am very interested in bettering my life and lifting my family out of poverty. I have learnt much about treating farming as a business. It can be a way of making money to buy the things my family needs, especially education for my children.

"However, it is not worth trying to do this alone - I need my neighbours to improve their lot too. If they don't, and I succeed in earning more money, they will only be at my door asking for help or stealing from my fields and I will remain poor.

"We must all work together so we can get wealthier together."

What John values most is learning. He sees the new knowledge gained about seed multiplication, livestock rearing and sustainable agriculture as a tool to both help himself and his community.

Zambia

Area specific development projects implemented by local Zambian partners are at the heart of programme activities that have been undertaken by Self Help Africa in Zambia since the mid-1980s.

Sustainable agriculture and measures to support the development of micro-enterprise are central to work that local partners are undertaking in Mpika, Chibombo, Chipapa, and in the country's Western, North-Western and Eastern Provinces.

In a country where approximately two thirds of people survive on less than one US-dollar a day, the focus and emphasis of much of the work being carried out by Self Help Africa's local partners has been on improving agricultural production at farm household level. The programme has extended its reach into other areas, including providing support for the development of seed growers associations, providing business skills training, supporting village banks, developing safe and clean sources of drinking water, and introducing measures designed to manage wetland areas in a sustainable manner.



Modrine Ntandinisha at her goat pen in Chipapa

Networks which bring together staff from different partner organisations have also been forged, while measures to develop the organisational capacity of emerging local partners is central to Self Help Africa's future strategy for the country.

Self Help Africa has forged a number of valued funding partnerships for its programmes in Zambia, including with DFID on a 'Rights to Seed' project, with the European Union, and with CARE Zambia on a Programme for Reduction of Vulnerability' in the country's Eastern Province.

➡ **Self Help Africa** has a wide ranging network of local partners engaged in implementing development projects in **ZAMBIA**.

The organisation is currently working with local partners in the East, West, and North of the country, with promotion and support for sustainable food production at the heart of its work. Self Help Africa's local partners manage the projects, with technical support from the organisation's head office in the capital, Lusaka.

BRICKMAKING
KENYA



FERTILISER
BURKINA FASO



LIVESTOCK
UGANDA



SCHOOL
ETHIOPIA





WELL DIGGING
TOGO



Self Help
Africa

OUR WORK



POTATOES
ERITREA



ENVIRONMENT
GHANA



CLEAN WATER
MALAWI



COMMUNITY
VOLUNTEERS
ZAMBIA

FUNDRAISING (IRELAND)

SUPPORTERS PLAY A VITAL ROLE

Help plant the seeds of change



Self Help Africa's 'Help plant the seeds of change' campaign brought the organisation to the attention of hundreds of clubs, organisations, businesses, and schools across the country in Autumn 2008, and succeeded in raising public funding support for our work. Co-ordinators across the 26 counties liaised with local clubs and other bodies, and staged a broad range of events and activities including charity balls, golf classics, talent contests, quizzes, sporting challenges and art competitions.

The centre-piece event was Ireland's very first 'National Sandwich Day' on Friday, November 14. On that date, clubs and organisations bought and sold sandwiches to their friends and colleagues, and donated the proceeds to Self Help Africa. National Sandwich Day was supported by 'Pat the Baker', who contributed free bread and promoted the event on more than one million loaves that it produced.

Mountains to climb among other things

Friends of Self Help Africa have taken part in a host of events and activities to support our work over the past year. Here are just some of the activities to have taken place: Dubliner Hugh Chaloner raised thousands of euro in sponsorship when he climbed Mount Kilimanjaro in support of Self Help Africa in September – just over a year after a group of Irish aeronautical engineers had summited Africa's highest mountain, to support our work. More than 15 teams from across the country took part in Self Help's annual Carlow Golf Classic in May; close to a dozen runners took part in the Ladies Mini Marathon in June; Miriam Enright and her husband Padraig

Barbara Gill Memorial Fund

The family of the late Barbara Gill raised in excess of €100,000 for Self Help Africa in memory of the development education teacher, following her tragic and untimely death in 2007.

Friends and colleagues of Barbara donated to the campaign – which culminated in Barbara's parents Margaret and William travelling to Eritrea in October 2008 and formally opening a new school which they funded in her memory.

"Travelling out to Eritrea was an extremely emotional journey for us. Although it was tinged with sadness, we took great heart and great encouragement from the smiles and expressions of the children and their teachers," said Margaret.



raised thousands when they both successfully completed the Dublin City Marathon in October; dozens of children from Clonmel and from Dungarvan took to the stage for schools music festivals in late Spring; and during the Summer Mayo man Anthony Walshe raised thousands with a horse auction.

The Skerries-Sodo community group continued their fund-raising events to support Self Help Africa and Kilkenny man Hugh Bergin finally returned home – after more than a year and a half circumnavigating Africa on a solo motorbike trip which took him through more than 20 countries and raised more than €20,000 for Self Help Africa.

Valued supporters

Self Help Africa continued to build valued partnerships with a number of funding supporters from at home and abroad. The organisation is indebted to the Irish government for its continued support, and to bodies such as Family Foundation, One51 Charitable Trust, Bewleys Foundation, Gorta, The Alphabet Ball, and many more for their backing. We are also grateful for the support of the Irish Farmers Association and its members, who provide us with support across the country, and to the many other volunteers who lend us their time and their efforts each year.

Field Visit

More than 60 Irish supporters have traveled to Africa on fund-raising trips to support the work and see the development programmes in action in the past year. A group of around 30 travelled to Kenya in the Autumn of 2007, while a similar sized group went on a field visit to Ethiopia in October of this year. Participants fund-raised to take part in these trips, while the Kenya 07 visitors supplemented their efforts when they raised a further €25,000 in donations, to upgrade a local school, following their visit. Donegal man Albert Doherty (below) said that the trip to Kenya had "opened my eyes, and showed me the real challenges that people in Africa face on a day to day basis. It was an incredible experience."





Saddling up



Two supporters got on their bikes and cycled in South America to raise money for Self Help Africa. Sophie Corbett and Hayley Robinson rode for 11 days from the Andes to Amazon, raising more than £2400. Sophie recalls, "We both wanted to support the work of our favourite charity by doing something totally different. In the months before the trip, I was inspired to get fit, and we had a great time fundraising for it by organising a hog roast, car boot sales and collecting sponsorship from friends and family. We covered the cost of the trip ourselves, so the money we raised from friends and family went directly to Self Help Africa.

"On the plane to South America, the reality of cycling for 11 days, and sometimes at an altitude higher than 4,500 metres really hit home. But once we set off, there was no time for cold feet. We hopped on our bikes and climbed out of Cusco, along the Sacred Valley of the Incas, before a final tough climb to Tres Cruces, and into the rainforest of the Manu Biosphere Reserve."

Sophie and Hayley weren't the only supporters to get on their bikes to support Self Help Africa. Suffolk man Charley Caiger and a group of friends mounted up for a remarkable 2,000 mile cycle through Brittany, France, last Summer and raised more than £1000 in sponsorship.

Speaking up for Self Help Africa

Two long standing UK supporters traveled to Zambia to experience at first hand how Self Help Africa is changing lives. John and Margaret Ward have since become members of our 'Ambassadors' scheme in the UK, and are busy planning talks and events to raise awareness about our work.

"Margaret and I have supported Self Help Africa since the late 1980's. We had initially wanted to support the Gwembe Valley Project on the shores of Lake Kariba because we used to teach in a school near there", explains John Ward.

"We continued our support for a growing Self Help Africa because of the impressive nature and quality of the work. The principles of self-help, self-reliance and self-determination have been consistent hallmarks", he added. Travelling to Zambia on a fact finding field visit with a group of nine other support-

ers, John Ward says "we were enormously impressed and encouraged by the commitment, skill and hard work of the project staff and the people. Listening to them not only confirmed in our own minds the effective nature of Self Help Africa's approach, but encouraged us to try to do more to help. We are currently thinking about how we might achieve this as Self Help Africa Ambassadors, speaking to groups in and around the Hampshire area to raise the profile of Self Help Africa and its work."



Hands of Hope Harvest Campaign

Every year, we produce Harvest Festival resources and information specially designed for churches. Over 1,400 congregations used this year's pack, 'The Hands of Hope', at their Harvest services.

Monty Don



for his commitment to the organisation, and wish him a full and speedy recovery from his recent illness.

It is with some sadness that we report that broadcaster and gardener Monty Don has stepped down as the patron of Self Help Africa. We are extremely grateful to Monty

Bupa Run

Why not enter the '2009 Bupa London 10,000', and support the work of Self Help Africa at the same time. We have a limited number of places available for the 2009 event in London, so if you are interested, please contact us at infoUK@selfhelpafrica.com, and find out more.

If you are a member of a UK affiliated athletics club the cost of entry is £23, and for non-club members it's £25. Next year's BUPA London 10k Run takes place on Bank Holiday Monday 25th May, starting and finishing in St. James's Park.

Our network of Ambassadors across the UK have been working hard to raise awareness about our work by giving talks and presentations to their local churches, groups and schools. Ambassadors also support Self Help Africa by organising local events, taking part in sponsored runs, hosting coffee mornings, selling our merchandise and much more. If you feel you would be interested in supporting us in any of these areas or if you have your own ideas please contact the office. We provide training and ongoing support for all our volunteers. We send new ambassadors complimentary packs which include fundraising ideas, presentations, leaflets, and other resources to get started. E-mail us on : infoUK@selfhelpafrica.com to find out more.

Penelope Stokes has been an ambassador for about 3 years. Penelope gives talks at local schools, churches and groups, and supports Self Help Africa by helping out at fairs and other events.



DEVELOPMENT EDUCATION

STUDENTS ENGAGING WITH THE ISSUES



The 'Africa Alive' programme is a great opportunity to bring the work of Self Help Africa and the issues that affect communities in poverty into the classroom. Our guiding principle is partnership with students, teachers and schools to help them make the changes they see necessary in an unequal world. Over the past decade we have had the opportunity to meet thousands of school goers from hundreds of schools – and have had many engaging workshops, student led campaigns, rewarding visits to communities in Africa, school networks created and entertaining events in classrooms across Ireland. The issues covered by our Development Education programme are hugely important to students today. They want to know, they want to understand, and most of all they want to play their part, and work to achieve a fairer and a more just world for all. We are helping them to make changes that will affect their schools, families and communities to achieve real change for the future.

Africa Alive making an impact in schools



For close to a decade Self Help Africa has run a successful schools education programme 'Africa Alive', reaching out to students and bringing overseas development and social justice issues into the classroom. More than 120 schools in Ireland are actively involved in our 'Africa Alive' programme each year, hosting workshops, discussions, and other events all designed to give future generations a deeper understanding of the issues, the challenges, and the remedies that exist in our search for a more just and fair world.

Alongside school visits which are co-ordinated by our Development Education team, the 'Africa Alive' programme is also involved in an expansive programme of networking activities, and participates alongside other like-minded NGOs in a variety of partnership projects, including a Millennium Development Goals (MDG) campaign in Brussels alongside 80:20 and Concern, in the Irish Aid supported 'Worldwise' schools linking scheme, and in such forums as IDEA – the Irish Development Education Association.

Self Help Africa welcomed a new member to the Development Education team in 2008, as Miriam O'Connell from Clonmel joined the organisation as the organiser of 'Africa Alive's programme in Munster.

Workshops create partnerships



Self Help Africa played a role in developing a number of new resources for Development Education during the year, including an Ethiopian schools text book that was developed in association with South Dublin County Council, a new adult education text book 'Aontas', and new resources for use in Transition Year, and CSPE classes. School partners at St. Peter's of Dunboyne, and at Colaiste Bhride in Carnew are soon to publish a book on the Millennium Development Goals (MDGs) that they have worked on in partnership with Self Help Africa.

BT Scientist Winner visits Ethiopia

2008 was the third year for the joint Irish Aid and Self Help 'Science for Development Award' at the annual BT Young Scientists Exhibition in Dublin, a trophy and travel bursary that was won this year by 18 year old Kilkenny student Tara McGrath. Tara subsequently travelled on Self Help Africa's annual school's study visit to Ethiopia, where her efforts to field test her fuel-efficient cooking stove invention was the subject of a television documentary 'My Big Idea', which was broadcast on the national airwaves.



Social Innovators

Self Help's Development Education programme again participated in the national 'Young Social Innovators' event at the RDS in Dublin, advanced its partnership in a Transition Year Development Course that reached out to more than 30 schools in four network centres around the country, and extended its links during the year with the 'Diseases of Poverty' consortium project at NUI Maynooth.



FINANCE

2008 INCOME & EXPENDITURE



Full audited accounts for the income and expenditure of Self Help Africa for 2008 will be published, and available in late Spring 2009. These accounts will be made available on request from our offices in Ireland or the United Kingdom, or to download from our web-site at www.selfhelpafrica.com.

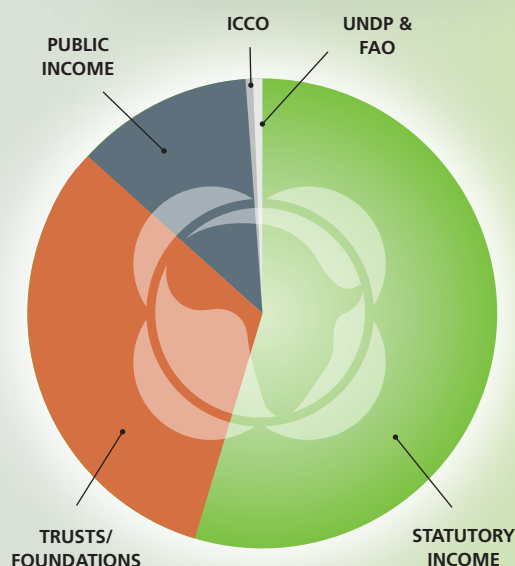
In the meantime, the financial information presented below reflects the income, and the programme expenditure for Self Help Africa in the calendar year to September, 2008. More than €5.35 million (£4.3 million stg) has been invested directly in African development programmes in that period, following the integration to create Self Help Africa. The organisation's largest programme country is Ethiopia, which has received €1.76 million (£1.4 million), while the second largest country programme is Zambia, where nearly €900,000 (£720k) has been invested to the end of the third quarter. In Self Help Africa's other African countries the programme investment for the nine month period to the end of September, 2008 is Malawi €684k (£552k), Uganda €610k (£492k), Kenya €577k (£465k), Eritrea €398k (£321k), and West Africa €210k (£169k).



INCOME

■ STATUTORY INCOME	€4,868,000 £3,982,000	53.5%
■ TRUSTS/FOUNDATIONS	€2,813,000 £2,301,000	30.9%
■ PUBLIC INCOME	€1,252,000 £920,000	13.8%
■ ICCO	€100,000 £81,000	1.1%
■ UNDP & FAO	€60,000 £49,000	0.7%

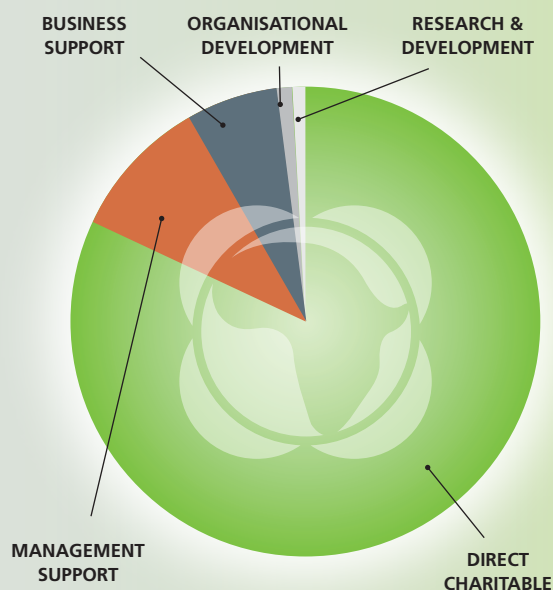
* Sterling figures based on exchange rate in Nov 2008



EXPENDITURE

■ DIRECT CHARITABLE	€5,852,000 £4,787,000	82.4%
■ MANAGEMENT SUPPORT	€595,000 £486,000	8.0%
■ BUSINESS SUPPORT	€499,000 £408,000	7.0%
■ ORGANISATIONAL DEVELOPMENT	€83,000 £67,900	1.1%
■ RESEARCH & DEVELOPMENT	€43,000 £35,200	0.5%

* Sterling figures based on exchange rate in Nov 2008



Giving Self Help Africa more money without paying an extra penny



Both the Irish and UK government have introduced a number of tax incentives to encourage both individuals and corporations to actively financially support charities including Self Help Africa through donations. It also enables us to get better value from your donation without any additional cost to you. ALL WE NEED IS YOUR PERMISSION!

IRELAND INCREASE YOUR DONATION BY UP TO 69%.

Individuals: If you are a PAYE only tax payer and donate over €250 per annum, or as little as €22 per month, Self Help will benefit from tax relief from the Irish Government. This makes the value of your donation to Self Help considerably greater than your original contribution. This only applies to personal donations you have made and not to money raised through sponsorship.

Self Help Africa can reclaim an extra 69% of the value of your donations if you are a higher rate taxpayer of 41% and an extra 25% if you are on the standard rate of 20%.

Example 1

€250 total donation at 41% Higher Rate Tax becomes €423.72
 $€250 \times 100/59 = €423.72$
 $€423.72 - €250 = €173.72$

Example 2

€250 total donation at 20% Standard Rate Tax becomes €312.50
 $€250 \times 100/80 = €312.50$
 $€312.50 - €250 = €62.50$

Once a year Self Help Africa automatically mails a tax relief form to all individual Self Help Africa donors whose donations qualify for a tax reclaim. Simply complete the form to Ireland: Self Help Africa's Freepost address, **Self Help Africa, Annefield House, Dublin Road, Portlaoise, Co Laois. Telephone +353-(0)57 8694034**

Self Assessed /Corporations: If you are self-assessed, or a corporation, you can reclaim the tax paid on your donation(s). You will need a copy of your donation history to attach to your assessment form. You can get your donation history from Self Help Africa's fundraising team. You/the company can choose to make a donation to Self Help Africa out of the money you reclaim from the Revenue Commissioners.

UNITED KINGDOM: CAN INCREASE YOUR DONATION BY 28% BY RECLAIMING TAX FROM THE GOVERNMENT.

Self Help Africa can use the Gift Aid scheme, administered by HM Revenue & Customs, to increase your donation to us by 28%, and it won't cost you a penny.

Individuals: Gift Aid enables us to boost the value of your donations. For every £1 that you give, we can claim 28p extra from HM Revenue & Customs (25p in Gift Aid and a further 3p in Transitional Relief).

Example

If you decide to give £10 to Self Help Africa, we will be able to reclaim an extra £2.80 from HMRC.

All you need to do is complete a simple declaration (orally or in writing) confirming that you are a taxpayer and that you are happy for us to claim tax relief on your donation. Just one declaration can apply to all donations that you have made to us over the past 6 years and to any forthcoming gifts you make, until you notify us otherwise. This declaration does not commit you to give money, it just means that if you do give any amount to Self Help Africa, we can claim an extra 28 pence for every £1 you donate back from HMRC.

Self assessment: If you complete a Self Assessment tax return, you can claim tax relief on your donations, enabling you to reclaim as much as 25p from the taxman for every £1 donated to charity. You will need to enter the donations in the gift aid box on your Self Assessment tax return. This tax rebate can be donated directly to Self Help Africa on the same form. If you have completed a Gift Aid declaration, then we can increase this payment by an extra 28%. Self Help Africa is registered for this scheme and our unique HMRC reference is PAL42MG.

To make a declaration, or for more information, please visit our website or give us a call at Self Help Africa,

**2nd Floor Suite, Westgate House,
Dickens Court, Off Hills Lane,
Shrewsbury, SY1 1QU.**

Telephone +44(0) 1743 277170

Registered Charity No. 298830

How does Gift Aid Work?



If you are a UK taxpayer and wish Self Help Africa to claim the tax on all donations you have made for the six years prior to this year, and all future donations, until I notify otherwise. To qualify for Gift Aid, you must pay an amount of UK Income Tax and/or Capital Gains Tax at least equal to the tax that we reclaims on your donations in the appropriate tax year. Please note that we can only claim gift aid if you have provided your full address and postcode. Please let us know if your circumstances or address changes so that we can update our records.

Last year, we reclaimed €69,000/£56,000 under both these schemes.



**Self Help Africa is making a real difference
to people's lives in Africa.**



**Self Help
Africa**

www.selfhelpafrica.com

Self Help Africa - Ireland

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Registered Charity No. 66636663

Self Help Africa - UK

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Registered Charity No. 298830