



2012 ANNUAL REVIEW

www.selfhelpafrica.org







OUR VISION A RURAL AFRICA FREE FROM HUNGER AND POVERTY

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Cover: Rahabu Angira Roba, small-scale farmer and tea producer, Kenya. Photo: Hugh Chaloner
This page: John-Michael in his orchard near Kumi, Uganda. Photo: Hugh Chaloner

2012 in numbers...

-  Number of smallholder farmers assisted - 153,000
-  Total beneficiaries across all programmes - 918,000
-  Ratio of female to male beneficiaries - 55 : 45
-  Number of smallholder farmer organisations supported - 345

WORKING AS AN AFRICAN TEAM



Children in Kaoma, Zambia Photo: Hugh Chaloner

"If you want to go fast, go alone. If you want to go far, go together."

- African proverb

Self Help Africa has been playing its part in the global effort to eradicate hunger and poverty for almost 30 years. It is hugely rewarding work, but as we read stories time and again about hunger, drought and conflict on the African continent, you might be forgiven for asking - will it ever be otherwise?

That starkest of statistics - that more than 240 million Africans live under a constant threat of hunger - is deeply unsettling.

At Self Help Africa we know that the solution to many of Africa's problems of hunger and poverty rest in the soil, and that very small increases in productivity will help Africa not just feed itself, but move from hunger to surplus in a matter of years.

As an organisation that works hand in hand with communities and organisations throughout Africa, we have learned that the whole is often greater than the sum of the parts.

Put simply, we have learned that collaboration has a greater impact on poverty than working alone.

Leafing through the pages in this publication you will see many examples of where Self Help Africa is joining with

others to deliver better results.

We have always worked closely with local partner NGOs, government ministries, cooperatives and communities. But that sense of a common mission has been further strengthened.

Today, in Uganda, we are working with a number of other agencies on USAID funded Community Connector, a major development initiative supported by USAID that aims to improve the lives of 81,000 rural farming families. In Malawi, Self Help Africa is collaborating with local organisations, together with international organisations from the UK, Ireland and Italy, to help 50,000 rural families adapt to climate change.

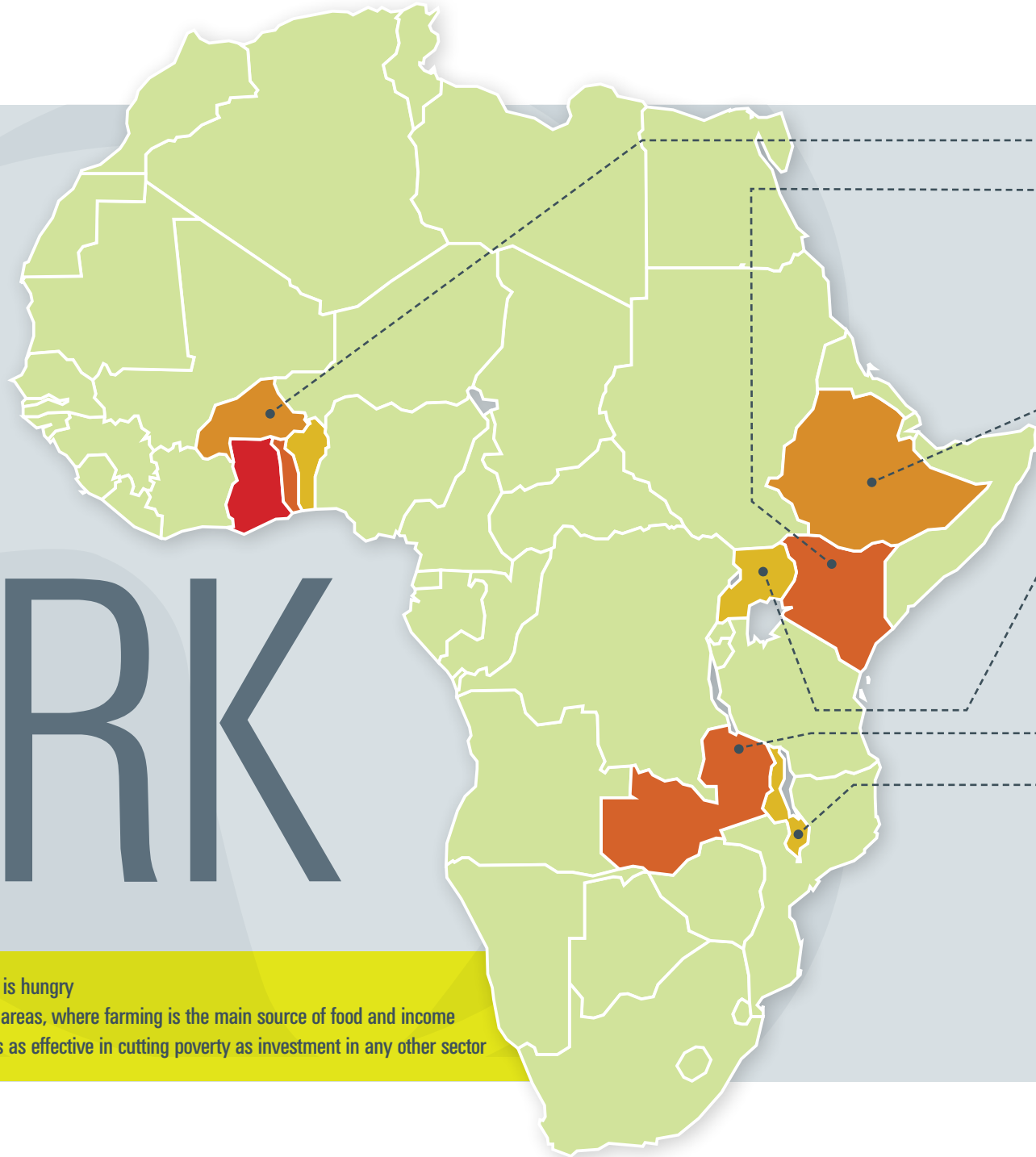
We are also exploring a range of initiatives with other development organisations in Ireland and the UK, seeking to identify how we can pool our resources for the benefit of Africa's poor.

This is the future, where organisations join together in the fight against hunger and poverty in a common cause.

Raymond Jordan

Raymond Jordan
Chief Executive Officer

WHERE WE WORK



THE BOTTOM LINE

- One in three people in sub-Saharan Africa is hungry
- Up to 80% of the population lives in rural areas, where farming is the main source of food and income
- Investing in agriculture is up to three times as effective in cutting poverty as investment in any other sector



KENYA

Self Help Africa carries out a series of food and livelihood security projects in Kenya's Rift Valley Province. The current focus of programme work is on seed multiplication for rural communities, on support for marginalised and disadvantaged people, and on the development of renewable energy for rural households.



UGANDA

Self Help Africa is the lead agricultural technical partner on a USAID backed programme that will invest \$25m in work to reduce poverty and improve food security for 81,000 households across Uganda over a five-year period.

Other projects in Uganda include a scheme to improve crops and livestock, work to develop plant clinic extension services, and a project that will improve access for local communities to good quality seed. A further project seeks to integrate beekeeping with environmental rehabilitation and climate change adaptation, while work is also taking place in Uganda to promote best nutrition practice and measures that could support the integration of nutrition training across SHA's programme portfolio.



MALAWI

Self Help Africa began work in late 2011 on a four-year climate adaptation project focussed on Karonga in the far north. The scheme is being undertaken in collaboration with Concern Universal, GOAL, and COOPI, and is funded by the UK Department for International Development, Irish Aid and the Norwegian Embassy.

Other projects in Malawi include a farm enterprise development scheme to assist farm families in the central and northern regions, a mango value-chain project in central Malawi, and an enterprise fund initiative that is encouraging rural enterprise opportunities in the region. At a policy level, Self Help Africa is also actively involved in consultations on the development of an integrated seed sector in Malawi, and also with a review of current seed legislation.



WEST AFRICA BENIN, BURKINA FASO, GHANA & TOGO

Self Help Africa's West Africa programme covers activities in four countries: Burkina Faso, Togo, Ghana, and Benin. Activities include a project to improve water and sanitation services for 30,000 people, work to support sustainable agricultural production, to assist communities to adapt to climate change in Ghana, and to conserve soil, and add value to farm production in Togo. In Benin, a pilot project was initiated to support cashew farming and value chain development among smallholders. Other projects look at beekeeping and honey production, and are undertaking research into the use by rural farming communities of drip irrigation equipment to support horticultural production.



ETHIOPIA

Self Help Africa has worked in Ethiopia since the organisation was founded in the mid-1980s. Current activities include a rural Savings and Credit Cooperative (SACCO) project that is supporting farming communities to access credit for enterprise, a pilot project to assist farmer cooperatives to produce and market malt barley, and smaller projects that are focussing on the production and marketing of groundnut, mung bean and livestock respectively.

In late 2012 Self Help Africa was also approved to begin work on a major new climate resilience project to be undertaken in collaboration with farmers cooperatives in the Amhara region of northern Ethiopia.



ZAMBIA

Self Help Africa's programme in Zambia focusses on two key areas: the development of rural enterprise opportunities, and support for a range of rural agricultural and food security projects. The Zambian office in Lusaka is coordinating work in 16 districts across seven provinces, and includes activities in such areas as community seed enterprise and seed sector development, commercialisation of non-timber forest produce, fish farming, commercial banana production, market orientated agriculture, and rural development.

In late 2012 Self Help Africa was awarded a €10m contract by Irish Aid to oversee the implementation of a five-year rural development project in Northern Province.





Irrigating vegetables using a treadle pump, near Ziway, Ethiopia Photo: David Gannon

BUILDING RESILIENCE AT GRASSROOTS LEVEL

Dry lands already cover 43% of the continent, hosting over a third of its population. Large areas are projected to become drier, with more variable rainfall, some of it arriving in torrential downpours.

Africa is hotter and drier than most other regions of the world, and has a less dependable rainfall. As farming at all levels – from the individual household to the regional economy – depend heavily on rainfall, Africa is among the most vulnerable continents to the prospect of even higher temperatures and greater variability in its climate future.

For anyone working with farming communities in Africa, climate change is a reality that must be factored into all calculations. Increasingly, we know that a major part of our work must be to help vulnerable communities adapt to these changed conditions.

In short, we must help the vulnerable to become more resilient.

The challenge for Self Help Africa is not to factor in next week's weather into our calculations, as the farmer does, but instead to look to next year's weather, and the year after that.

In Malawi, for example, we are working in a consortium of four organisations to help up to 900,000 people cope with the effects of climate change. The Discover Project aims to increase household incomes, increase and diversify smallholder crop and livestock production, and promote sustainability and adaptive agricultural technologies.

In Ethiopia, we are beginning a major new piece of work in 2013 to increase resilience in 12,000 poor households, through a diverse range of sustainable agriculture techniques.

The project will promote improved agricultural productivity, through diversified and integrated crop and livestock production systems, increasing soil fertility and making better use of available water. Activities will increase access to good quality seed of early maturing varieties of staple crops and vegetables, which are traditionally grown by women, for both floodplain and upland areas. Sustainable water management technologies adapted to

the different conditions in the catchment will be promoted, with women directly involved in the implementation of the technologies, including gravity-fed systems, wells and pumps and the rehabilitation of irrigation sites.

In addition, the sustainable management of natural resources in the wider catchment area will be improved by restoring private and community-owned forests and grassland through effective, affordable and replicable solutions.

Wango Ami, a member of the Dassui Irrigation Group is pictured in her drip-irrigation plot, part of an irrigation research project in Burkina Faso. Photo: Dorothy Jacob



BALANCING FOOD WITH WATER

Less than 5% of all agricultural land in sub-Saharan Africa is irrigated. The comparable figure for Asia is 37%.

When it comes to growing crops in Africa, access to water is vital.

Viewed simply, the solution seems obvious. A significant increase in irrigation in Africa would boost agricultural production, reduce hunger and increase incomes.

However, the issue is more complicated than it first appears, given that the potential for irrigation is highly dependent on a range of other factors, including geology and hydrology.

Irrigation does offer significant potential for poor African communities to increase

the profitability of their farms but, without planning, these gains may be environmentally unsustainable.

Self Help Africa has worked for a number of years with rural communities to ensure that they can access seasonal wetlands for crop production without destroying this natural habitat. This involves a delicate balancing act, educating poor communities on the need to link production with conservation.

In 2012, we began work on an important new drylands irrigation research project, to assess the impact of drip irrigation on community market gardening in semi-arid

parts of West Africa. Traditional irrigation methods, which involved transporting water from wells to plants using watering cans, resulted in significant water losses, with gradual falls in water levels in local wells in the Dassui area of Burkina Faso during the dry season.

In effect, the local groundwater supply was being used more quickly than it was being replenished. A solution had to be found if these communities were to be able to continue growing irrigated crops.

Self Help Africa's two-year research project is examining whether drip irrigation can result in increased crop production, reduced

labour demands and reduced water losses, and is affordable for resource poor small-scale farmers. There are other farm-smart ways in which farmers' reliance on rainfall can be decreased, including through the use of drought tolerant seed and increased use of organic fertilizer. Increased climate variability makes this work even more urgent, as food research institutes predict a decrease in productivity across key crops in the next ten years as a result of more erratic rainfall patterns.

Only by involving poor farming communities at all stages in this process can we hope to ensure that the right balance is struck between food production and water use.



Mary Zalimwemwe of the 'Kariba Women's Fishing Project'. The enterprise on Zambia's Lake Kariba is being supported by the Mtukula Agriculture Enterprise Fund.
Photo: Will Galvin



IT'S NOT BUSINESS AS USUAL

Every day, millions of people across Africa who depend on agriculture for survival face a series of obstacles in their efforts to improve their lives.

Some of these obstacles are technical, like how do they get access to enough water or a timely supply of quality seeds to grow more crops. Some are logistical, like how to connect to valuable regional or international markets for their produce. Other obstacles are purely economic, such as lack of access to finance.

To get around these obstacles, rural Africans draw on local knowledge and innovate through experimentation and adaptation. But local solutions are not, on their own, enough to deal with the complex problems facing

the agricultural sector. Only by drawing on a diverse range of skills, both locally and internationally, will progress be achieved at any scale.

At Self Help Africa, we believe that it can't simply be a case of business as usual. The challenge of tackling hunger and poverty in Africa demands that we explore new ways of working. That's why we have established two innovation funds to help nurture new ideas which have the potential to make a significant impact on hunger and poverty.

An Innovation Fund which allows our own country programmes to kick-start new and exciting pilot projects has now supported four initiatives in Ethiopia, Zambia and Benin.

These range from a project to introduce and support contract groundnut (peanut) farming and malt barley production in Ethiopia, to the commercialisation of non-timber forest products in Zambia.

In addition, we have also established a specific fund to support enterprise

development and agricultural diversification in southern Africa. In 2012, the Mtukula Agriculture Enterprise Fund supported four initiatives in Malawi and Zambia, with subjects ranging from the enterprise potential of banana and mango production, through fish farming, to a broiler hen rearing project linked to grain production.

The fund specifically sought proposals which were designed to empower rural women by fostering enterprise development and agricultural diversification.

Grading cashew nuts at the Tolaro Global facility,
Parakou, Benin. Photo: Jace Rabe



LINKING WITH THE PRIVATE SECTOR

When we talk about the potential for private sector development in Africa, Self Help Africa has its feet firmly on the ground. We believe that the private sector includes not just national and international businesses, but also each and every smallholder farmer and farmer cooperative.

Encouraging greater linkages up and down this chain of private sector players has been a focus for Self Help Africa for many years, and 2012 saw the launch of two exciting new initiatives in this area.

In Malawi, we partnered with a private company, Malawi Mangoes Ltd, to support the supply of mangoes for juicing and subsequent export.

Mangoes have short seasonality of around one month, and while smallholder farmers, particularly women, are increasingly picking the fruit to sell locally in Malawi, markets are informal and prices are low.

However, there is significant potential for farmers to increase returns from mangoes through value-addition and processing. This would also make mango and mango products available throughout the year with a positive effect on household nutrition.

By introducing improved mango varieties and other agronomic supports, training farmer groups and linking this activity to the facility operated by Malawi Mangoes Ltd (which is negotiating contracts with major buyers in the region, as well as in the Middle East and Europe), our work is helping smallholder farmers to access the valuable mango value chain and boost household income and food security.

In Benin, we joined with two private sector partners - PepsiCo and Tolaro Global, a Benin-based processing facility - to support the increased supply of cashew nuts from smallholder farmers to the international market.

Small cashew farms in the region are characterised by low productivity and poor access to markets, with much of the crop's value being captured by a network of buyers linked to processing facilities located outside the region.

Self Help Africa's work here aims to increase farm productivity through the promotion of better agronomic practices

and by increasing access to better varieties. As part of this work, farmers are being encouraged to join more formal cooperative-type groups, through which advice and support can be channeled and which serves as a foundation for long-term development of cashew enterprise.

The local processor, Tolaro, is supporting the initiative by contributing to farmer training on quality and through the development of model farms, while PepsiCo provides a route to European and US markets.



Tesay Ayele with her children outside her new home in Central Ethiopia, and (left), outside the hut she previously shared with her family and livestock. Photos: Jimmy Dowling

SMALL LOAN 'CHANGED MY LIFE'

When the village savings and credit group started, Tesay Ayele was interested. Living in abject poverty in a small village near Huruta, central Ethiopia, she was 26 years old and married with two children.

"At that time, we lived in a thatched hut with our animals," she says. "Life was very difficult. When the rains came, the roof leaked."

Tesay wanted to join the village savings and credit group, but her husband resisted. "He didn't like the idea at first," she says. "He didn't understand it, and was cautious, but eventually

he agreed I could join. I started some small savings and soon received my first loan, of 500 birr (\$27). I used it to buy grain, which I sold in smaller packages in the market and made a profit of almost 1,000 birr."

A second loan followed and gradually, as she increased her profits from trading, she bought elements of what was to become her new house.

Today, Tesay still borrows from the savings and credit group, and her trading business has expanded to include sheep and cows as well

"When I had some money, I bought iron sheets for a roof, I bought a door, some windows, blocks. Eventually, three years after my first loan, we had enough to build a house."

as grain. She has also rented over two acres of land, on which she grows a variety of crops, including onions and potatoes, most of which she sells into the local market.

"The co-op changed me," says Tesay as she stands outside her new home. "It changed not only my life but also my knowledge and my

confidence."

And she's investing the profits from her business in her family's future.

"I'm sending one of my children to a private school in the nearest town" she says. "There is a village school which is free, but the private school down in the valley is better."

Betty and Patricia Adele
Photos: Hugh Chaloner



BEEKEEPING PAYS FOR EDUCATION

Beekeeping might traditionally be regarded as an older persons activity, but not-so for Ugandan sisters Betty and Patricia Adele, who joined Bohopa Beekeepers Association when still in their teens.

40 villagers in their local Bukadea parish in

Central Uganda are members of the group, which has been set up by Self Help Africa to both support income generating and greater resilience through honey-production, while also promoting a programme of tree planting and natural resource management as part of local efforts to combat climate change.

Betty (19) now has 15 hives, while Patricia, who is 20, has seven. Both sisters use the

profits from the sale of their honey to fund their education at the community college in nearby Kayunga town.

Members of Bohopa Beekeepers have received artisan training in the construction of replica Kenya top-bar hives, which they construct from local wood and cane, and seal with animal dung. They have also been trained in swarm management, honey harvesting and processing, and have received equipment, including separators, bee suits, smokers, storage vats and other equipment

to support them in the activity.

Bohopa members keep more than 200 hives in a fenced-in shaded close to the home of their group chairman, and they use his home also to hold meetings, store equipment, and as a depot where honey can be transferred into jars for sale in local markets.

Members have planted hundreds of mixed trees across nearby land, and have also grown a field

"I started with just a single hive that my parents gave me two years ago," says Betty Adele.

"I enjoyed working alongside my parents and keeping bees myself. When I sold my first jars of honey last year I used the money to buy more hives. I now have 15," she said.

of sunflowers adjacent to the plot, to ensure that their hives have adequate opportunity to forage in the locality.

At the end of last year Betty harvested 50 litres of honey from her hives, and sold this to a local trader for \$3.00 a litre. She used some of the money to invest in her own equipment, and invested the remainder in clothing and books that she needed for school.

"I am now in fifth grade and will stay in school until I've completed sixth grade," she says. "My sister Patricia finishes school this year – we will be the first members in our family to have gone the whole way through school."

SUPPORTING SELF HELP AFRICA

Asian adventurers raise tens of thousands

When Self Help Africa supporters Magnus Collins-Smyth and David Burns set off on their 16,000 km overland odyssey from Istanbul to Shanghai last spring, they faced a daunting but fascinating challenge.

Hostile terrain, extreme temperatures, political instability, unpredictable border crossings, the world's highest mountain range and its most dangerous river all lay between them and their ultimate destination.

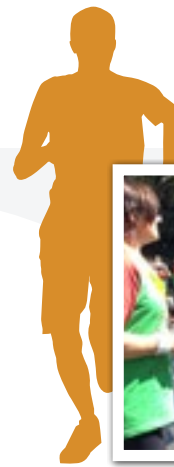
So it was with some relief that they arrived, ten months later in January 2013 at the mouth of the Yangtse River in Shanghai, to be greeted by a party of international students, a welcoming reception, and the first hot shower and bed that either had seen in months.

That the pair also succeeded in raising €45,000 for the work of Self Help Africa with their effort, a truly remarkable achievement and a testament to their determination and commitment to Self Help Africa.

Magnus and David are not resting on their laurels either, and following a short rest and recharge they undertook a number of public speaking engagements – in London and Dublin – and have begun to put together plans for 'The Race', an extreme sports charity event that's being planned for Ireland in early 2014.



David Burns and Magnus Collins-Smyth,
Sand 2 Snow Adventures



Sharon Mc Meel from Limerick and her
Ethiopian friends show off their medals

Taking to the roads on three continents

Scores of supporters are taking to the roads, as Self Help Africa runners, walkers and joggers take part in events on three different continents, this year.

Building upon the huge popularity and successes of 2012 - when a team of 30 took part in the Great Ethiopian Run, and a further dozen supporters entered the annual MTN Kampala Marathon and 10k Run in Uganda - Self Help Africa will have entrants on the starting line at races in Kenya and Ethiopia, as well as the UK, USA, Ireland and Spain, this year.

We broke new ground in April when a group of four supporters took part in the ill-fated Boston Marathon to support Self Help Africa. While this event was cancelled while all four were still on the course, two of the

team subsequently completed the San Diego Marathon to support our work - and in total the efforts at both events raised close to \$40,000 to support our work.

A team of 20 represented Self Help Africa at the popular Dublin Ladies Mini-Marathon on the June bank holiday weekend. And in the UK Self Help Africa had a team competing in the inaugural Shrewsbury Marathon, an opportunity for supporters to step out and show their support in the town that has been Self Help Africa's base in the UK almost since the organisation's foundation, 30 years ago. In London, joggers will need their dancing as well as running shoes when taking part in the Race to the Beat event in September.

For the first time also, a team of supporters will travel to Nairobi, Kenya, to compete in that country's annual long-distance race in late October, while a month later it will be back to Ethiopia, when we will have 25 representatives flying the SHA flag for the third time at the annual Great Ethiopian Run.

Gala Events

A busy and eventful social calendar delivers hundreds of thousands in funding support to Self Help Africa every year.

Gala dinners, dances and other social events attracted thousands of supporters last year, as friends convened to meet, greet and network, while at the same time raising vital support for Self Help Africa's development programmes.

A reunion of friends and supporters of a popular former Dublin restaurant, 'Tosca', was among the highlights of a programme of events in Ireland last autumn, with the attendance of over 200 including U2 singer Bono and his wife Ali.

Meanwhile, New York's Self Help Africa network was out in force in November, with close to 500 people attending the organisation's third annual black tie gala in the city's fashionable Chelsea Piers. This followed an earlier event in the US, when over 300 friends joined Irish President Michael D Higgins at the organisation's first-ever gala dinner in Boston.

Over 300 journalists from print, broadcast and



Bono and Gaiety School of Acting Director Patrick Sutton at Tosca Pops Up

online media attended a Media Night event in Dublin that benefitted Self Help Africa and the Irish Motor Neurone Disease Association, while in February the second annual Valentine's Ball attracted a similar number to the city's Guinness Storehouse, and raised thousands to support our work.

In London, the theme too was African, when close to 200 people joined Self Help Africa for an Afro-beat night of music and dance at Islington Metalworks in the capital.

There are plans for a host of events in 2013 too, with Self Help Africa set to go west for the first time, when the organisation hosts its inaugural Gala Dinner in Galway's Meyrick Hotel on the 15th of November. Check out more information about this and other events on our website at www.selfhelpafrica.org.

Nutrition

A spring campaign highlighting the critical importance of nutrition to the lives of people in rural Africa is attracting widespread public support in UK and Ireland. Supporters are responding positively to the initiative, which seeks to highlight the huge importance of protein, vitamins and minerals in the food that is available, particularly to the young.



Legacy Gifts

It's a common myth that only the rich and famous leave money to charity when they die. This couldn't be any further from the truth, and the reality is that many charities rely heavily upon the kindness of people who chose to make contributions, large and small, when they write their will. In 2012, one long-standing supporter from Ireland named Self Help Africa as the recipient of the sum of €100,000, while close to a dozen others in UK and Ireland bequeathed amounts ranging from hundreds, to thousands of euro and pounds to support our work.

Field Support

Self Help Africa's network of field officers, who arrange and coordinate collections on our behalf across Ireland had an exceptional year, raising close to €200,000 (£170,000) to support our work in Africa.

Harvest Appeal

Self Help Africa's annual Harvest Appeal attracted support from more than 60 parishes across the UK, and generated in excess of £18,000 (€21,000) in the autumn of last year.

World Food Day

Hotels, restaurants and other businesses joined with Self Help Africa to stage a series of events to mark World Food Day, last autumn. More than a dozen businesses took part in this inaugural initiative, and plans are in place to increase the range and scope of the campaign, in collaboration with catering businesses in Ireland and UK, to mark World Food Day in late October, 2013.



PARTNERS

Self Help Africa implements its programmes in collaboration with a wide spectrum of community-based NGOs and other development partners. In 2012/13 we are working with:

In Ethiopia:

Afran Kelo Cooperative
Awash Savings & Credit Union
Keleta Savings & Credit Union
Ifa Boru Savings & Credit Union,
Yenestanet Fana Savings & Credit Union,
Sidama Chalala Savings & Credit Union,
Terrafina Microfinance
Irish League of Credit Unions Foundation
International Development Enterprises (IDE)
Oxfam GB
SOS Sahel
Galema Farmers Cooperative
Raya Kajema Farmers Cooperative
Raya Wakana Farmers Cooperative
Emmanuel Development Association
CNFA
Canadian Cooperative Association (CCA)
Ethiowetlands and Natural Resources
Association
Meki Batu Fruit and Vegetable Production and
Marketing Cooperative Union
Edget Seed Producers Union
Walta Farmers Cooperative Union
Meliq Farmers Cooperative Union

In Kenya:

FHI360
Baraka Agricultural College
Kitui Development Centre (KDC)
Kenya National Federation of Agricultural
Producers (KENFAP)
Rheal Solutions
Micro-Ensure
Finlays Beverages
Egerton University
Kenya Agriculture Research Institute-Njoro
Kenya Agriculture Research Institute-Kakamega
Equity Foundation
CNFA
Kenya Marine and Fisheries Research Institute
(KMFRI)
Renewable World

In Malawi:

Concern Universal
GOAL
Cooperazione Internazionale (COOPI)
Foundation for Community Support Services
(FOCUS)
Karonga Agriculture Development Division (KRADD)
Trustees of Agriculture Promotion Programme
(TAPP)
Agricultural and Natural Resources Management
Consortium (ANARMAC)
Malawi Mangoes
CTA Wageningen
Lilongwe University of Agriculture and Natural
Resources

In Uganda:

FHI360
Volunteer Efforts for Development Concerns
(VEDCO)
Bangladesh Rehabilitation Assistance (BRAC)
Committee
Grameen Foundation
UNICEF
Gulu University
Mbarara University
Communication for Development Foundation
Uganda (CDFU)
Send a Cow Uganda
Centre for Agricultural Bioscience International
(CABI)
Makerere University

In West Africa:

Dedras
Wend Yam
SOS Sahel International
Organisation pour une nouvelle initiative
communautaire (ORGANIC)
Association Projet Ecologie Et Reboisement
(PER)
Actions pour le Développement des
Communautés et Collectivités Locales
Recherche Appui et Formation aux Initiatives
d'Autodéveloppement (RAFIA)
Groupe d'Action pour le Développement Intégré
à la Base (GADIB)
International Development Enterprises (IDE)
Trax Ghana

Code Utile
Tolaro Global

In Zambia

Mthila Kubuli Sustainable Agricultural Project
(MKSAP)
Mfumbeni Development Association (MDA)
Big Heart Foundation (BHF)
Nascent Solutions Inc. (NS)
Harvest Help Zambia (HHZ)
Eastern Province Farmers Cooperative (EPFC)
Mukuyu Trust
Nyumbi District Farmers Association
Siavonga Nutrition Group (SNG)
Nyimba District Farmers Association (NDFA)
Kaoma Cassava Processing (KCP)
Senanga Rice Agro Processing (SRA)
Keepers Zambia Foundation (KZF)
Organisation for Promotion of Meaningful
Development Through Active Participation
(OPAD)

Across its programmes Self Help Africa works closely with a wide range of government ministries, with community groups, and with farmers associations.

FARM Africa is a strategic development partner of Self Help Africa, working collaboratively in several countries as part of a UK Department for International Development (DFID) multi-year Programme Partnership Arrangement (PPA).



CONTINUED GROWTH AND NEW FOCUS

Self Help Africa's day-to-day work amongst rural poor communities who rely primarily on farming for their survival, can be enormously rewarding.

Every month we hear stories from our projects about households who have succeeded in growing more on their small farms, and are told how the rewards of their efforts are invested in simple things that many of us in the West take for granted – childrens' shoes, school books, a roof that doesn't leak, or simpler still – better variation, protein and nourishment in the meals that families eat.

Guaranteed

It would be wrong to say that the work isn't also at times frustrating, for nothing is guaranteed in farming, as anyone who lives off the land will tell you.

Crops can and do fail, prices fluctuate, livestock, and people can get sick and become a burden on the household. In Africa, where climate change is affecting rains, temperatures and the very seasons

when farmers expect to plant and harvest, the situation has become even more uncertain. Climate change is just one of the challenges facing small-scale farmers in Africa. It is also one of the reasons why, as one of our themes in this year's report, we speak about the importance of 'resilience.'

If poverty is to be eradicated, inequality reduced, and enough food produced to ensure people do not go hungry, we must focus our efforts and resources not just on new work, but also on ensuring that the gains that have been made are protected, and communities equipped to withstand whatever shocks they may face in the future.

Change

A particular focus of a number of our new programmes is on supporting links for farmers to markets where they can sell their produce. This is something that is happening every day at a local level, but it is occurring also with increasing frequency at regional and international levels – as farmers cooperatives and producer groups are linked to other buyers.

At a farm household level we are focusing too on the nutritional value of the food that families are producing to eat for the family. If we ignore the importance of protein and nutrition in food we store up problems that will last for generations to come.

Support

All of the work mentioned above would not be possible if not for the support that Self Help Africa receives from its many supporters, each year.

2012 was a year of further growth for our organisation– with new programmes starting in Zambia, Uganda and Ethiopia, and our operations on a solid footing also in Malawi, Kenya, and in West Africa.

I am grateful to all who support these efforts- the many people who make regular donations, contribute at collections, arrange, and attend events to support our work, and the people who lend their backing to Self Help Africa in so many other ways. My thanks also to the institutional donors who back our efforts – Irish Aid, DFID (UK),

USAID 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.

With kind regards,

Tom Corcoran
Chairman




SELF HELP AFRICA CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2012

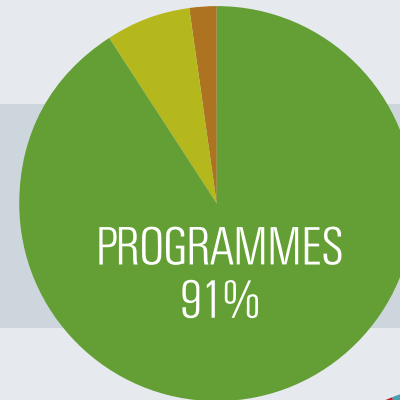
	Unrestricted Funds €	Restricted Funds €	Total Funds 2012 €	Total Funds 2011 €	Unrestricted Funds GBP	Restricted Funds GBP	Total Funds 2012 GBP	Total Funds 2011 GBP
Incoming resources								
Grant Income	1,882,726	5,073,009	6,955,735	5,886,623	1,526,601	4,113,429	5,640,030	5,106,590
Voluntary Income	1,666,031	316,081	1,982,111	2,134,713	1,350,894	256,293	1,607,187	1,851,844
Interest Income	25,492	-	25,492	10,326	20,670	-	20,670	8,958
Other Income	497,064	-	497,064	216,326	403,042	-	403,042	187,661
Total income	4,071,312	5,389,090	9,460,402	8,247,988	3,301,207	4,369,722	7,670,929	7,155,053
Resources Expended								
Direct charitable expenditure	2,965,411	5,210,067	8,175,478	7,346,308	2,404,491	4,224,561	6,629,052	6,372,854
Cost of generating funds	662,529	-	662,529	542,186	537,209	-	537,209	470,341
Governance costs	151,922	-	151,922	127,987	123,186	-	123,186	111,028
Total resources expended	3,779,863	5,210,067	8,989,929	8,016,481	3,064,886	4,224,561	7,289,447	6,954,223
NET INCOMING RESOURCES	291,450	179,023	470,473	231,507	236,321	145,161	381,482	200,830
Exchange gain/(loss) on consolidation	9,537	11,470	21,007	49,940	(22,546)	(852)	(23,398)	(7,847)
Gain/(loss) on revaluation of investment assets	2,999	-	2,999	(1,840)	2,432	-	2,432	(1,596)
Foreign branch tax credit	28,804	-	28,804	-	23,356	-	23,356	-
NET MOVEMENT FOR THE YEAR	332,790	190,493	523,283	279,607	239,563	144,309	383,872	191,387
Funds at beginning of year	1,590,466	558,565	2,149,031	1,869,424	1,332,495	467,967	1,800,462	1,609,075
Funds at end of year	1,923,256	749,058	2,672,314	2,149,031	1,572,058	612,276	2,184,334	1,800,462

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









2012: THE YEAR IN FIGURES

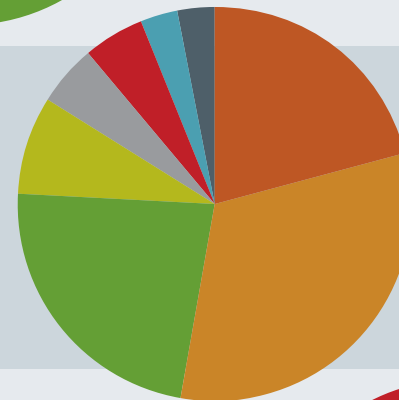
1. HOW WE SPENT YOUR MONEY IN 2012

	EUR	GBP	
 PROGRAMMES	8,175,478	6,629,052	91%
 FUNDRAISING COSTS	662,529	537,209	7%
 GOVERNANCE	151,922	123,186	2%
TOTAL	8,989,929	7,289,447	100%









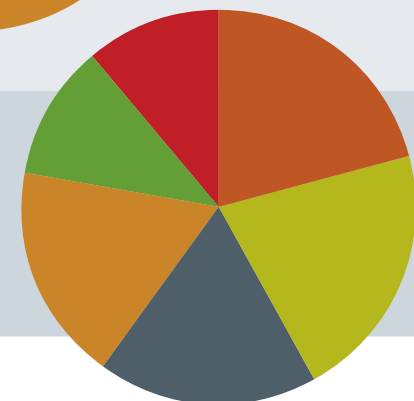
2. OUR DONORS 2012

	EUR	GBP	
 GENERAL PUBLIC, TRUSTS AND FOUNDATIONS	1,982,111	1,607,187	21%
 IRISH AID	2,981,673	2,417,677	32%
 DFID (UK)	2,192,915	1,778,117	23%
 EUROPEAN UNION	784,003	635,707	8%
 PARTNER AFRICA	497,064	403,042	5%
 USAID	475,932	385,907	5%
 BIG LOTTERY UK	253,853	205,836	3%
 OTHER	292,851	237,456	3%
TOTAL	9,460,402	7,670,929	100%



3. OUR PRIORITIES 2012

 ZAMBIA	21%
 MALAWI	21%
 UGANDA	18%
 ETHIOPIA	18%
 KENYA	11%
 WEST AFRICA	11%



THE CONTEXT

Africa Population Growth -
2010: 1.2 billion,
2050: 2.2 billion

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

Agricultural Land Irrigated -
Africa 6%,
Asia 37%,
Latin America 14%

Agricultural Productivity -
Africa 1.3 t/ha,
Global 5.12 t/ha

Agricultural Inputs -
Africa fertilizer 9.6kg/ha,
Global fertilizer 77kg/ha

Diets -
Africa 182.71kcal/capita/day,
Global 481.29kcal/capita/day

Yields - tons/ha:

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

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

Priscilla Saishi (centre), with members of her women's savings and credit group in Liteta, Zambia
Photo: Will Galvin



SELF HELP AFRICA IS A SIGNATORY TO THE DOCHAS NGO CODE OF CONDUCT ON THE RESPONSIBLE USE OF IMAGES AND MESSAGES



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.

Donate to Self Help Africa

Name _____
 Address _____
 Telephone _____
 Email _____

I am happy to receive information about Self Help Africa's work by email.

giftaid **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.

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

Donate by direct debit

The sum of € _____
 Payable Monthly Quarterly Annually until further notice

IRELAND Instructions to your bank to pay Direct Debits

Originators Identification Number (O.I.N.) **304564**
 Originators Reference: **SELF HELP**



Please complete the form, to instruct your bank to make payments directly from your account, then return the form to: **Self Help Africa, Kingsbridge House, 17-22 Parkgate Street, Dublin 8.**

Bank Name _____
 Branch _____
 Bank Address _____
 Account Holder _____

Bank Sort Code Number
 Bank Account Number
 Please complete your bank details in spaces provided here

Your instructions to your bank:
 • I instruct you to pay the direct debit specified above from my account, at the request of Self Help Africa.
 • I confirm that the amounts are variable and may be debited on various dates.
 • I shall duly notify the bank in writing if I wish to cancel this instruction
 • I shall also notify Self Help of such cancellation.

The Direct Debit Guarantee:
 This is a guarantee provided by your bank, as a member of the Direct Debit Scheme, in which banks and originators of direct debits participate. If you authorise payment by direct debit then:
 • Your Direct Debit originator will notify you in advance of the amounts to be debited.
 • You can cancel the Direct Debit instruction by writing to your bank.

• Your bank will accept and pay such debits, provided your account has sufficient funds.
 • If it is established that an unauthorised Direct Debit was charged to your account you are guaranteed a prompt refund by your bank of the amount so charged.

Signature _____ Date

If you'd prefer to make a one off donation via cheque or postal order, simply send them to either address below:
Ireland: Self Help Africa, Kingsbridge House, 17-22 Parkgate Street, Dublin 8, Ireland.
UK: Self Help Africa, Westgate House, Dickens Court, Off Hills Lane, Shrewsbury, SY1 1QU

One-off credit card donation

Access Visa Mastercard Maestro Laser

Card No.

Valid From Expires End

Security Code Issue Number Last 3 Numbers on back of card. Maestro/Cirrus Cards

Please Deduct & Pay to Self Help Africa the sum of £ / € _____

Signature _____ Date

Donate by direct debit

The sum of £ _____
 Payable Monthly Quarterly Annually until further notice

UNITED KINGDOM Instructions to your bank to pay Direct Debits

Originators Identification Number (O.I.N.) **430015**
 Originators Reference: **SELF HELP**



Please complete the form, to instruct your bank to make payments directly from your account, then return the form to: **Self Help Africa, Westgate House, Dickens Court, Off Hills Lane, Shrewsbury, SY1 1QU**

Bank Name _____
 Branch _____
 Bank Address _____
 Account Holder _____

Bank Sort Code Number
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Signature _____ Date



"In a global food system under rising pressure, Africa is the continent most affected by sharp rises in food prices. Yet it is also the continent, with its abundant land resources, where long-term solutions to global food and nutrition security can be found"

Kofi Annan, chairman, Alliance for a Green Revolution for Africa, former Secretary General of the United Nations, 27 September 2012



**Self Help
Africa**

www.selfhelpafrica.org

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