

Discover News-sheet for colleagues in Africa

May 2017

Work in Schools



Dear Friends

Children of today are the future adults and decision-makers of tomorrow. I have long felt that the training of teachers and pupils and establishing school gardens is very valuable. Learning at an early age to grow one's own drought resistant fruit and vegetables organically, learning about hygiene and nutrition and how to treat common health complaints, all make a massive contribution to food security and health throughout one's life.

In this newsletter, I would like to feature Eric Kihuluka, Florida Nyaga, Rehema Namyalo and CHIPS in Ghana. Other partners have also done good work in schools, perhaps especially Joseph and Milly Grace and their colleagues in Lira, Uganda. Our first story is about Eric and illustrates the value of winning the support and cooperation of other leading members of the community

Eric Kihuluka in Kaliro District, Uganda

Eric has been actively practicing natural healthcare and training others for a long time. He has visited many colleagues in Uganda and Kenya and keeps in touch with them. He has also developed links with the Ministry of Health, Makerere University and many other institutions. More recently he has conducted training seminars in Kaliro Prison, and a sign of their success is that a former prisoner is now one of his most important co-trainers.

A few months ago, Eric and his team conducted training events in a couple of villages, and his work came to the attention of members of the local authority, the education department, the clan chiefs and even the local king himself.

A Memorandum of Understanding has now been written and signed between Kaliro District Local Government, Mikwano Uganda (Eric's local project) and Discover.

Eric and colleagues from the Education Department are now intensively engaged with a programme in which they are working with all 220 primary and secondary schools in Kaliro District. Their programme is to:

1. Improve nutrition and food security.
2. Establish school gardens and plant trees.
3. Teach natural healthcare using medicinal plants
4. Promote environmental conservation and the use of energy saving stoves.
5. Conduct hand washing campaigns and improve personal and general hygiene and sanitation.
6. Support these aims by organising debating clubs, quizzes and essay writing.



A young boy takes part in a formal debate on the topic of nutrition. Through such activities children have a lot of fun, develop critical thinking and gain confidence in public speaking.

They are visiting every school to introduce this programme. They combine serious teaching with having a lot of fun with a wide range of activities. A sign of success is that many parents are now asking to be involved in the project, but in their mother tongue.

They intend to hold 12 intensive training seminars in the topics listed above for some teachers from each school in the district.

Florida Nyaga in Ruguta, Kenya

Florida is a Primary School Teacher and has established a very popular health club in her school. The members have established a school garden, a nursery for herbs and trees, designed a rota for keeping the school area clean, established hand washing facilities and made a range of natural medicines.

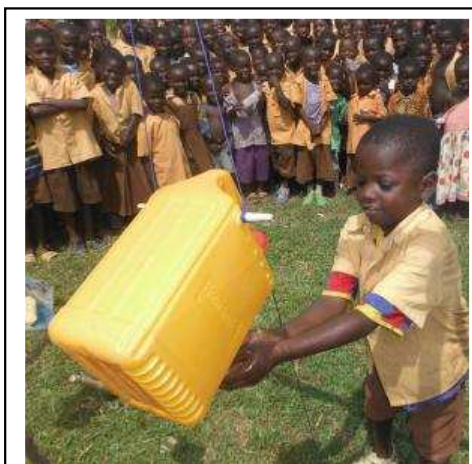


Health club members in Ruguta drink lemon grass tea made from plants in their own garden.

Rehema Namyalo, Masaka, Uganda

In her village of Kirimya there are several primary and

secondary schools, some Christian, some Moslem. Rehema has trained teachers from many of these schools. Some schools now have gardens of vegetables and medicinal plants, and all schools have benefitted from better health and less absenteeism. A bonus has been the strengthening of links between people of different religions.



It is fun learning how to wash hands properly, and children who make tippy taps look after themselves.

CHIPS Team in Nakpayili, Ghana

Desmond Mpabe and his colleagues have visited many schools, taught them hand-washing and set up tippy taps outside the school toilets. The result? An increase in general health and a marked decline in tummy pains and diarrhoea.

Finally,

and with great sadness, I would like to pay tribute to the late Peter Kuria of Murang'a, Kenya, who recently died suddenly. Peter was

very knowledgeable and had his own farm of moringa and many medicinal plants. He was always willing to share his experience and expertise and succeeded in treating many people whom the formal health authorities had failed. He was a good friend to me and to many. He will be greatly missed.

Be encouraged – especially today in your work with children and young people!

Keith



Peter Kamau Kuria