



This woman is using traditional skills to make shopping bags from locally grown sisal.



Some seminars combine natural medicine and peace-making. This joint approach has increased cooperation between rival groups benefitting the entire community.

Aims of Discover

Focusing on Uganda, Kenya and Ghana, we aim:

1. to support specific projects to train their communities in hygiene, nutrition and natural health.
2. to enable communities to become more self-reliant, more environmentally conscious and to live in peace.
3. to support a network of trainers with information to improve health and self-confidence in their communities.

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Discover is registered as a charity in Germany.



Helping people in Africa

- ❖ *to discover local resources for health and healing,*
- ❖ *to rediscover positive skills and traditions that have been forgotten,*
- ❖ *to be healthy, self-confident and self-reliant.*

Mission Statement

Discover encourages people and communities in Africa to use locally available resources and skills to discover how to become healthier, to become more self-reliant and to live in peace.



The village of Kighengi in the Rwenzori Mountains, Uganda, is extremely poor. Following training in organic gardening and herbal medicine, this woman is proud of the fuel-efficient stove that she made.



George Zokli speaking about the plant *Moringa oleifera* or “mother’s best friend” – so named because of its remarkable nutritional properties.



Discover engages with people of all faiths. This Kenyan Muslim woman is using a tippy tap, a simple device for hand washing.



Discover works closely with the CHIPS peace-making project in northeast Ghana. Tippy taps have been introduced in many schools in the district – which has resulted in less diarrhoea and other infections.



When primary school children experience growing and eating their own vegetables, they never forget. They also learn about medicinal plants, and how to use them to remain healthy. This is at Omito Primary School near Lira, Uganda.



In Ghana water is sold in plastic bags, which are afterwards often simply thrown on the ground.

Using traditional sewing skills imaginative people have used them to make waterproof raincoats – and have thus helped to protect the environment!