

Natural Health Care, Organic Agriculture and Small Scale projects

November 13th – 19th, 2017
Kaboyo Church of Uganda
Masaka



WORKSHOP REPORT



Compiled by Participants of the Workshop

1. REPORT SUMMARY

Introduction

The training on Natural health care, organic agriculture and small scale projects was carried out by Vumbula Masaka in partnership with Discover German. The main facilitator was Ms Rehema Namyalo and was assisted by Nakamatte Evelyne Kiguli and Kyambadde Andrew. It was carried out between November 13th and 19th, 2017. The 7 days training was attended by 28 participants including 2 people from Arua & Lira in West Nile, 2 people from Kasese, South Western Uganda, one person from Jinja, Eastern Uganda, 3 from Mukono and the rest from Masaka and Lwengo Districts. The opening ceremony was performed by the Parish priest of Kaboyo Church, Rev. Tabiitha Ddembe and the closing ceremony by Lwengo district community Development officer mr Mazinga Joseph.

Purpose

To equip participants with knowledge, skills and basic principles in natural health care, organic agriculture and small scale projects to facilitate home and community self sufficiency in food, income and healthcare.

PARTICIPANTS ATTENDED: 16 WOMEN AND 12 MEN.

2. Learning Objectives

By the end of the training the participants learnt about the following:

1. Internalized common principles and practices of organic agriculture
2. Understood common causes of diseases and how to prevent them
3. Identified and knew the use of common herbal plants and their use to treat and prevent diseases
4. Practically made Bagiya, Amaranth pops and Porridge, Ointments, Vaseline among others as potentially small-scale income generating projects
5. Appreciated the existence and use of environment friendly technologies such as Charcoal Fridge, Solar Oven and Solar drier

Achievements

1. Learnt about contour farming, and how to grow bananas that are productive and can last for years.
2. Making compost manure and plant Tea using locally available materials such as ash, plant leaves among others
3. Tackled home hygiene – make hand washing facility (a tippy tap).

4. Made Tinctures (Ginger & Eucalyptus and learnt about other tinctures), medicinal oils, ointments and Vaseline
5. How to improve nutrition in the home at low cost such as Mucuna coffee, Amaranths porridge and use of fruits and vegetables.
6. Identified medicinal plants through a herbal hunting exercise and shared knowledge among participants
7. Learnt extensively about Artemisia, how to grow and multiply it and its multiple uses as herbal medicine
8. Learnt and made syrup, soap and blackstone
9. Learnt through observation and hands on experience, how to carry out healing massage
10. Received packs: handouts, books, posters, products we made in class, seeds & seedlings, certificate and Discover T-shirt
11. Networked among ourselves as participants and learnt a great deal from each other and made business to business deals



Participants enjoy the construction and use of a tippy tap

3. STRENGTHS OF THE TRAINING

- Very knowledgeable, experienced, supportive, energetic, friendly and yet patient facilitator She made learning very interesting
- Had availability and access to a wide range of learning materials resources which aided the learning process.
- learning environment was interactive and stimulating

4. CHALLENGES EXPERIENCED

- a) Limited time was allocated for the training hence some components could not be adequately covered. The Facilitators did their best to cover most of the stuff on the timetable. Next time sieve out what can be adequately covered in one week
- b) Lack of financial resources limited and eliminated many would be potential participants
- c) Some participants travelled as far as 700kms to the venue. It was expensive travel

5. LESSONS LEARNT

1. Discovering that we have garden pharmacies all around us which we are under utilizing
2. There is already a lot of knowledge among us participants about medicinal plants which is enriched by sharing
3. Medicinal plants are disappearing, while we pay little attention
4. That we can solve most of the health, income and food problems in our homes and in our community if only we are willing to invest a little more time.
5. Demystified most of the myths and misconceptions we had about herbal medicine
6. Lot of interest displayed by learners – they weathered long lessons/days and intermittent hot weather

6. RECOMMENDATIONS /SUGGESTIONS

1. Think through the time tabling in order to decongest the day and week.
2. Follow up training be organized to learn on how participants used the knowledge acquired.
3. Subside the training cost further – by soliciting for funders i.e. private sector foundation etc.
4. Equip participants with skills of being training of trainers.
5. Let participants make action plans of what they will do after the training.

ACKNOWLEDGEMENT

1. We appreciate in a special way our key Facilitator, Ms Rehema Namyalo and co-Facilitators Evelyn Kiguli and Andrew Kyambadde. They complimented each other very well.
2. We appreciate Discover and Vumbula for the willingness to share information, to invest in training and to be open about things that can transform Africa as a whole.
3. We appreciate Reverend Tabiitha Dembe, who allowed us use Kaboyo Church, for her active participation herself whenever she had time, God bless you!
4. Thank the Class team that provided the leadership: Senga Florence Sentongo who coordinated the Kitchen area, JB Sekalema Course leader, Walugembe Emmanuel Time Keeper.
5. We thank the team of cooks who provided the food for seven days.