

Discover News-sheet December 2017



Dear Friends,

Training seminar in Natural Healthcare in Uganda

Rehema Namyalo and two colleagues, Evelyn and Andrew, recently ran a very successful training week in Kaboyo, near Masaka in Uganda. Of 26 participants, 19 were from the locality and 7 from other parts of Uganda. The report can be read [here](#). A wide range of topics were covered, and participants even benefitted and learnt from the nutritious and predominantly vegetarian meals. We are already getting reports that communities are benefitting from the skills and knowledge that were shared.

Rehema wrote, for example,

“Francis in Arua started by making a charcoal fridge. Next week he will make cough mixture for refugees in West Nile.”

“The group in Kaboyo have started implementing the skills gained in the training. They expect me to visit them again soon to monitor their progress.”

And with her colleague Andrew, “We are planning to establish Vumbula (Discover) Mityana Centre, with a large demonstration garden for training many visitors”.

Another similar seminar will take place in March next year. Again, paying guests are welcome. More info [here](#). If we attract 8 paying participants, then all the seminar expenses will be covered, and a local self-help group, that cannot afford to pay, will also benefit.



Rehema's training included identifying, cleaning and planting good banana suckers.



Discover member Walter Erhardt playing with Manfred Lang at the fund-raising concert.

Appeal for rainwater catchment tanks

In my last newsletter I featured our appeal for rainwater catchment tanks in Kirembe village near Kasese, and Nyirivu village near Arua, both in Uganda. Thanks to many friends and supporters, and a splendid benefit concert here in Winnenden, we have already raised £4525 towards the total of £8600 needed. Very encouraging! We are over half-way!

Zimbabwe – here I come again!

In 2006, 2008 and 2010 I ran training seminars in natural medicine with Joachem Nyamande of the Catholic Diocese of Mutare Community Care Programme. Each Catholic hospital has a Home-Based Care unit, each with

its own leader, team of volunteers and garden of medicinal plants. Very impressive! They work a lot with HIV/AIDS patients. This time Joachem and I will visit some of the workers who attended those seminars, and see what they have been doing. Then my wife Birgit will come and we will spend Christmas with our son Peter.

In the light of recent political developments also it should be very interesting!

With my very best wishes for Christmas and the New Year, Keith