

# Discover News-sheet for colleagues in Africa



## March 2018

Dear Friends

Communities are being transformed by Discover partners who lead training in natural healthcare: Kitchen gardens have improved, the nutrition includes far more fruit and vegetables and porridge with many grains, the standards of hygiene have improved, and the incidence of malaria and other common health problems has declined substantially. As more people have become active, and many have joined savings clubs, even incidents of domestic violence have declined.



Women in Izinga village, Kaliro District, work together on their shared garden. They have the support of their husbands, traditional healers, who have been trained by Eric and his colleagues

Eric Kihuluka reports that standards of hygiene, sanitation and nutrition amongst school children in Kaliro District, Uganda, have improved significantly. The education authorities even wrote a letter of appreciation of Eric's work to me in Germany! The King of Busoga also enjoys better health. The Archbishop of Uganda (who attended a training seminar himself some years ago) addressed over 1000 people in Kaliro recently and announced that since he has been drinking artemisia tea he has also been free of malaria. Following this announcement,

Eric's phone has not stopped ringing, with many churches requesting training in natural healthcare.

In Maliba Subcounty in Uganda there was a typhoid epidemic. I have already reported how the Bumbura (Discover) Maliba group, (which has 52 members under the leadership of Robert Bwambale), visited 102 families in the district, inspecting their toilets and making appropriate recommendations. On 1 and 2 February Bumbura Maliba convened a conference of over 100 representatives from many relevant agencies: health, police, local



Discover T-Shirts were given to some community leaders at the Bumbura Maliba Typhoid conference. On the back were the words, "Bumbura. By working together, the entire community can be healthy".

authority, community leaders etc. The topic was typhoid - its causes, transmission, prevalence, treatment and prevention.

Following this event, Robert wrote:

*People are working together as they never did before. Teachers and church leaders are now sharing their knowledge, especially about typhoid. Groups are forming in several villages.*

The Discover groups in Maliba and Kaliro District have taken leadership roles in their communities. As a result, religious leaders, teachers, the health departments, clan leaders, traditional healers and local authority departments are now working more closely together to further improve health and welfare in their districts.

I congratulate all our partners who take this extra step of networking with leaders in their communities.

I am sure that you have all seen exciting improvements in your communities because of your work. Please share your good stories with us!

I wish you strength for your work, and success in transforming families and communities!

Keith Lindsey