

**Discover News-sheet
for colleagues in Africa
August 2016
Training follow-up**



Dear Friends,

Many of you run successful training, but do you follow it up afterwards? How do you know whether your participants are putting their learning into practice? Emmual Masereka of BioGardens in Kasese, Uganda, has shared this checklist with me. You may also find it useful.

BIO GARDENS: TEN POINTS TO CHECK AT HOUSEHOLD LEVEL

In order to fight destitution and poverty, Bio Gardens monitors their members to check whether they are observing all the following:

1. Husband and wife should work together in the garden and within the house and should make sure they plan together for their family.
2. The family should have some livestock like goats, chickens, piggery, apiary, etc.
3. The family must have a vegetable garden near the kitchen (which we call kitchen garden) and a herbal garden near the home.
4. Productive assets (things that make work easier and can be hired by neighbours to generate money) should be seen in the home like wheelbarrow, watering can, water drum, tarpaulin, bicycle, etc.
5. The family should have other agricultural activities for income generation e.g. coffee, cotton, large scale g. nuts or maize growing, etc.
6. The family should have fruit trees at home e.g. pawpaw, avocados, lemons, oranges, pineapples, etc.
7. Hygiene and sanitation must be observed in the family, e.g. neat/clean compound, neat/clean utensils and drying rack, neat/clean bedding and clothes, etc.
8. The family must have neat/clean latrine, with tippy-tap near the latrine, covers on all the holes, a door that closes and a chimney.
9. The family should have enough food reserves, to last them for at least three months.
10. Husband or wife or both should belong to a village saving and loaning group with active savings account and should practice saving with a purpose (SWAP).

I would also add:

11. There should be a range of medicinal plants in the garden, and they should be used to make teas, ointments and tinctures for treating their health complaints.

Do you agree with all these points? Could you improve this list in any way? Please let me know.

Many blessings, Keith Lindsey