

**Discover News-sheet
for colleagues in Africa
December 2018
Uganda visit**



I recently returned from a three week visit to Uganda during which I covered 3000 kilometres and visited many people and projects.

I was accompanied by Jutta Krauss from Germany and Rehema Namyalo. Rehema and her colleagues have trained many people in Uganda in organic gardening, natural healthcare and income generating projects. It was very encouraging to see how active many of her former seminar participants are today.

We visited 10 schools. Our colleagues in Kasese have trained 5 teachers and 10 pupils in each of 6 different primary schools. Each school now has a garden of vegetables and medicinal plants. The teachers and pupils who were trained have formed "Discover clubs".

They look after the gardens and teach other members in



The Discover club in the Standard primary School in Kasese presented a drama in which a sick child was treated with herbal medicine.

their schools. The children talk to their parents and they too get involved.

In Kaliro District Eric Kihuluka has won the support of the education authorities and the local king. They have given vegetable seeds and training to 50 schools – and these schools have even shared their seeds with neighbouring schools. Today many schools have school gardens and the produce is used to provide vegetables to improve the school dinners. A central demonstration garden showing good agricultural practice is now being developed.



Children and a teacher at Izinga Primary School in Kaliro District stand in a large garden of sweet potatoes. They also grow egg plants, cassava and maize.

Following meetings with teachers and parents, many schools have started to provide school meals - with good results - children who are not hungry are much more attentive during afternoon lessons. With smiles on their faces two teachers said to us, "we are now more healthy, we have a balanced diet." They have understood for the first time what this means.

We were impressed, and are convinced that such work in schools is very worthwhile.

I wish all our friends and colleagues in Africa a wonderful Christmas and success in the New Year,

Keith