

**Discover News-sheet  
for colleagues in Africa  
March 2019**



I apologise for the lack of newsletters so far this year. I promise you, Discover has not been sleeping! Here is some news from our partners.

**Kasese Network, Uganda**



Bwamble Vincent is the boy writing notes as they are taught about medicinal plants

The three groups in the Kasese network ran a three-day training for local farmers as well as teachers and pupils from each of 6 schools in their villages - a total of 39 participants. Following the training, a 14-year-old pupil, Bwambale Vincent, wrote a super report (see <https://tinyurl.com/y3syhodr>) in which he expressed his gratitude for the knowledge he now has about good nutrition, how to treat common health problems, and how to make liquid soap.

**Mityana District, Uganda**

Andrew Kyambadde (left in the picture) attended a training seminar with Rehema Namyalo (right) three years ago in Kirimya, Uganda. This training gave him and his wife the courage to fulfil their

dream of starting their own farm. Now they have a successful farm with hens, and growing bananas and other crops. They can feed themselves and their family entirely from the farm. Andrew is now a trainer himself. He, with Rehema and Evelyne Nakamatte, will run an intensive 7-day training seminar on his farm next week. There are still a couple of places available for sponsored participants.



Andrew Kyambadde and Rehema Namyalo on Andrew's farm

Another such seminar will be held later in the year.



#### Mikwano, Kaliro, Uganda

Eric Kihuluka and his team have been busy developing their demonstration garden and building a teaching centre. They have two full-time gardeners who have planted a range of vegetables and are now building stalls for cows, goats and pigs. They have already received many visitors and have held a three-day training course for farmers in pig keeping. Their schools programme continues apace

with the distribution of vegetable seeds for the school gardens and a pilot project with reusable sanitary pads for teenage girls. Otherwise the girls miss school for one week every month.

#### Bumbura Maliba, Kasese, Uganda

Eric Kihuluka ran a 5-day training for 45 participants in the production of juice from mangoes and other available fruits. The group members are eager to take better advantage especially of the flood of mangoes that comes twice each year. They benefit from the good nutrition that the mangoes provide as well as financially from sales of the juice! Now the group is preparing a tiled room to ensure that juice is always made under hygienic conditions. The training also included the making of body lotions, cremes and liquid soap, as well as animal food.



Be encouraged, and please share your good stories with us!

Keith Lindsey