

Discover Newsletter

September 2020



Discover - a community of creativity!

Many thanks indeed to all who generously responded to the appeal in our July newsletter. Rehema Namyalo can now happily oversee the construction of her new home, which will soon double up as a training centre and herbal clinic. Christopher Nyakuni could start the training he will conduct for the desperately needy community in Pumit with the construction of tippy-taps for thorough handwashing.

Enid Kiviiri wrote from the Kalerwe slum in Kampala, Uganda, “As Vumbula Kalerwe we thought



Vumbula Kalerwe ladies at work making reusable sanitary pads

about teaching the lady members how to make reusable pads, because it’s a necessity. Most of girls and mothers can't afford to buy pads monthly. We found a lady who knows how to do them and she taught us. Now every Vumbula member knows how to do it and have requested them to teach their neighbours till every family can manage to make their own. In this lockdown, members are making charcoal bricks for cooking and also to sell – with charcoal bricks and pads they are earning a

living.”

Discover Zimbabwe trains community groups on the importance of preserving locally available medicinal plants, nutrition and good hygiene. Discover Zimbabwe also works with many schools, planting indigenous fruit trees. In Zimbabwe, the corona virus is out of control. Under the leadership of Joachem Nyamande, Discover Zimbabwe has produced a tincture based on *Artemisia annua* and the “resurrection plant”, which is proving effective against COVID-19 symptoms. Given the lack of effective government action, academics and a former national health minister are urging Discover Zimbabwe to register their products, so that they can be more widely distributed and used throughout the country. For the registration of five products we are seeking £1500 or 2000USD.



Three members of the Discover Zimbabwe team with some of their beautifully packaged products

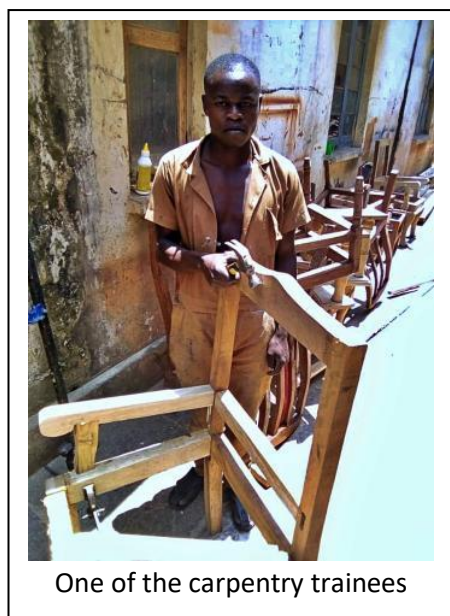
My last newsletter to colleagues in Africa was on the theme of food security. A woman near Hoima in Uganda wrote, "I copied it 1000 times and gave it to small-scale farmers"!! You can also read it if you wish – [here](#).

Christopher Nyakuni writes from Nyirivu, Uganda, "The situation of children becoming parents at the age of 14, 15, 16 is so pathetic." This has been a major issue throughout Uganda during the COVID pandemic. Christopher is holding discussions with teenagers in his village in which they talk very openly about sex, relationships between boys and girls, teenage pregnancies and stealing in the village. To help young people in the village to feel valued and to encourage them to become involved in the life of the village



The Red Parrots FC.

Christopher has formed a netball team for the girls and a football team for the boys.



One of the carpentry trainees

Gideon Obaikol in Soroti, Uganda, is a carpenter. He is spending six weeks to train four "street kids" in carpentry skills. His aim is that at the end of the month they will be able to support themselves by making and selling tables and chairs so that they will be able to afford the rent for a small room. The young men will also learn basic health care and nutrition. The workshop is also producing solar driers to encourage the drying of cassava, fruits and herbs.

Eric Kihuluka of Mikwano reports that they have formed 10 women's and 5 youth savings groups. Eric has provided training in project handling and food security. Each group will receive money from the Ministry of Gender, Labour and Social Services which will enable them to give small loans to their members. With these loans they are able, for example, to pay school fees or to buy seeds for their garden. Eric writes that, as a result of the work with many groups, "many people have developed a culture of saving. This helps food security, because they save their garden produce instead of selling it. Our nutrition campaign is on-going, and we are seeing fewer incidents of domestic violence."

Meanwhile, the Kasese Network are busy planting trees, especially supporting the farmers who lost their crops during the recent floods. I will write more about this in the next newsletter.

In the meantime, take care!

Keith Lindsey and the Discover team