

## The trainer team

*Rehema Namyalo* has a degree in sustainable organic agriculture and environmental conservation and management, and a diploma from Kulika in sustainable organic farming and farmer to farmer extension. She has twenty years' experience in her herbal clinic and of leading training seminars at the grassroots.

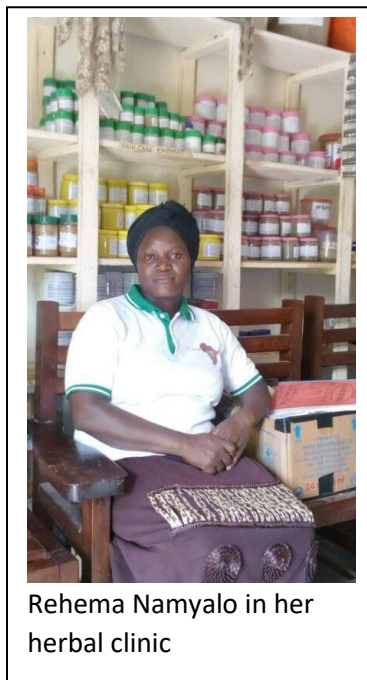
*Andrew Kyambadde* has an arts degree, a diploma in education and a degree in divinity. He has been a pastor for many years. He attended a training seminar led by Rehema in 2016 at Vumbula Masaka Centre and was so inspired that he and his wife immediately sold their home in Kampala and established a successful farm in Mityana District, where he is recognised as an excellent practitioner and trainer.

*Evelyn Nakamatte* has a diploma and a degree in education. She is a secondary school headteacher with extensive experience in family life education. She became a trainer herself after attending a training seminar led by Rehema in 2013 at Vumbula Masaka Centre.

Uganda national seminars led by Vumbula Masaka have been attended by members of many organisations, including Busaruhilfe (Basu Community Rural Development Organisation), Bacarudo Kasese, Amigos, World Vision, People Empowerment Centre, Yei, Sudan, Busaino Fruits and Herbs, Jinja, Edirisa UK.

## Our Vision:

We wish to empower families and local communities to realise their potential in using locally available resources sustainably so that they achieve greater self-reliance in their healthcare and their social and economic well-being.



Rehema Namyalo in her herbal clinic

# Vumbula Masaka Uganda National Training Team



Organises training seminars for communities and community organisations  
to promote:

- Organic climate smart farming methods
- Self-reliance in food production and healthcare
- Income-generation projects

The national training  
team, Rehema Namyalo,  
Andrew Kyambadde and  
Evelyn Nakamatte



The seminars may be custom designed, and may be for one day, two days,  
seven days or even two weeks!

Interested? Contact the lead trainer, Rehema Namyalo, to discuss possible  
arrangements and costs-.

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## Our seminars / trainings usually include the following:

- Organic gardening, how to increase soil fertility, how to create a productive garden and how to control pests and diseases with natural means.
- Cultivation of traditional vegetables and medicinal plants, including *Artemisia annua*.
- The use of *Artemisia annua* for the treatment of malaria, for controlling HIV, for treating the symptoms of COVID-19, diabetes and other diseases.
- Preparation of natural medicines from garden grown or locally available medicinal plants: herbal teas, soaps, oils and ointments, tinctures, cough mixtures and syrups.
- The use of these natural medicines for treating or helping with a wide range of health problems including malaria, diarrhoea, wounds, skin problems and HIV/AIDS.



Rehema Namyalo showing how to use an aloe for treating burns



Participants learn how to construct and use a charcoal fridge which works by solar.

- Packaging and marketing of herbal teas, tinctures and ointments.
- Nutrition and hygiene.
- Construction of simple devices that contribute to health and hygiene such as a charcoal fridge, fuel efficient stoves, black stones, a solar oven, a solar drier and tippy-taps.
- Healing massage.
- Banana management.

- Food processing, e.g., bagiya, soya milk, pancakes.
- Sharing about family life issues.

## What is involved in organising such a training seminar?

- An early, comprehensive discussion about the proposed content, leading to an agreement about mutual expectations, organisation and costs.
- A pre-visit about 6 weeks before the training is due to begin during which Rehema Namyalo, together with members of the host community, lay out a garden of medicinal plants, using seedlings brought by Rehema herself.
- The trainers bring to the seminar a range of literature, many prepared herbal teas, medicines and seedlings.
- The programme runs for up to eight hours every day.
- Meals and break teas provided by the host community which are planned together with the trainers to ensure that they are balanced and nutritious. The food provided and the way it is cooked are a part of the training experience.
- Brief daily devotions are held in which all participants, whatever their religion, are welcome to participate.
- At the conclusion of the seminar, all participants receive a certificate, booklets about natural medicine, a plant poster, a T-shirt, a range of handouts on many topics covered in the training, the medicines that have been made during the training and a few seeds and seedlings.
- The training may be opened and the certificates presented by a local official, e.g. from the local council or religious institution.



Participants must get their hands dirty! They learn by doing! Here they are preparing compost.



Preparing natural medicines, e.g. rheumatism ointment with chilies

- Six to eight weeks after the end of the seminar, Rehema Namyalo will make a follow up visit to monitor how successfully the participants have put their training into practice, and to offer further advice.