

Kaloko News



HELPING RURAL ZAMBIAN COMMUNITIES TO HELP THEMSELVES

Spring 2009

SOYA – THE WAY FORWARD

Kaloko Trust is leading the way to help farmers grow soya beans as an alternative to maize. Soya, with rising demand globally and locally, will earn farmers a substantially higher income as well as improving soil fertility.

Under the two-phase programme, Kaloko is working with the Department of Agriculture's local Extension Assistant, holding practical training sessions for 22 Luansobe farmers. The course of nine one-day sessions, held at a demonstration plot provided by the Trust, covers the full cropping cycle from land preparation to harvest. Farmers completing the course and willing to demonstrate cultivation on their own farms will be given soya seed and fertiliser as well as extension support.

At least 15 of these farmers are expected to set up their own demonstration plots, each inviting 10 relatives and neighbours to attend a further series of hands-on training sessions. In the second year, these trainees will demonstrate on-farm advantages to a further 150 families. The programme aims to improve household income and food security for 1,500 farming families in Luansobe.

The need to find an alternative crop to maize is pressing. Rapidly declining soil fertility and the rising cost of fertiliser have contributed to plummeting maize yields in recent years. Many farmers struggle to grow even enough to feed their families. On half a hectare, however, the expected 1.25 tonne soya yield will earn the equivalent of £268. This will buy seed and fertiliser for the following season and the 12 bags of maize meal needed to feed an average family for a year, leaving over £100 for other costs. At the same time, soya, a legume which allows nitrogen to be fixed in the soil, will replenish soil nutrients so that other crops can be grown in healthy rotation.



Trainer and trainees inspect the soya crop they have grown on the demonstration plot

Classrooms for Kwesha

Kwesha Community School is forging ahead with plans to build a further two classrooms this year and teacher housing in 2010, thanks to a substantial grant of £33,000 from an anonymous donor.



The Kwesha school sign

The site for the two-classroom block, incorporating an office, store room and safe, has been cleared and members of Kwesha's Parent Teacher Association have already prepared some of the stone and sand needed for construction.

Work, set to begin in early May, should be completed towards the end of the year. The project is in addition to a new class block, funded largely by the charity Caritas, which is almost ready for occupation.

The demand for classrooms at Kwesha is urgent. With only four existing rooms, the Grade 1 to 7 primary school currently runs morning and afternoon 'shifts' to accommodate all seven classes of 304 pupils. The school office and one class occupy what was a piggery and dairy, while three classes are housed in an old school building which needs extensive refurbishment.

Plans are also in hand to build two teachers' houses next year. At present, the school has only three teachers, all paid by the community, after the sole Government teacher was withdrawn. With only one small mud-brick staff house available, better accommodation is a priority if the school is to achieve its aim of attracting more Government teachers in the next two years.

Shouldering the burden

The cruel impact of AIDS on the children of sub-Saharan Africa continues unabated. In Zambia, where over one in seven adults suffers from HIV, there were an estimated 700,000 AIDS orphans in 2007 and that figure is rising. There is, however, another group of people which bears the weight of the crisis, rarely hitting the headlines but desperately needing help - grandmothers.



Eunice Malekano

Kaloko has seen the elderly at Luansobe carrying an increasing load as they struggle to hold their families together in the wake of AIDS. At a time when they are old and least able, they often have to care for sick adult offspring as well as acting as guardians to their orphaned grandchildren, providing a home, food, clothing and paying for their education. They rarely receive support from family or the community.

Eunice Malekano is one such woman. Two of her eight adult children have died of AIDS, along with their spouses, leaving her to look after four orphaned grandchildren aged 7 to 14. Without much help on her small farm, Eunice struggles to feed and clothe them and raise enough money to pay for school fees. To boost her tiny income, she bakes scones which she sells locally from her bicycle. She would like to expand and set up a stall near the main Ndola road where she knows business would be better, but any money she has must go towards seed, fertiliser and next term's fees.

Kaloko Trust, having helped AIDS orphans for many years through sponsorship schemes, has now devised The 3rd Age Sponsorship Programme, specifically for grandmothers like Eunice. And we turn to you for help.

A regular donation of just £10 a month will allow Kaloko to share at least some of the load with the grandmothers. Assistance will vary according to need; money may be given for fees, buying clothes or food, or bringing in seed and fertiliser at planting time, but your money will be used in the care of orphaned grandchildren. In return, we will send you an annual report showing how we have used the contributions, as well as newsletters to update you on our other activities and future projects. Contact Kaloko for further details of the scheme or visit www.kalokotrust.org

CYCLING OVER THE FINISH LINE



A bicycle carrying a gourd filled with water

Kaloko's first shipment of 400 second-hand bicycles is set to leave the UK for Zambia within the next few weeks. Despite a sizeable rise in transport costs due to the fall in the value of the pound, the full amount needed for the consignment has been raised by generous donors within only six months of the project appeal being launched, and we are already planning for a second container.

The sturdy reconditioned bicycles provided by the UK charity, *Re-Cycle*, will be sold at half the local price in Zambia, giving rural families and individuals much-needed access to cheap and sustainable transport.

Of the income generated from sales, some will be used to train four young bicycle mechanics, and Kaloko UK has already found a potential volunteer to carry out training at Luansobe. With the help of UK charity *Tools With A Mission*, the money will also be used to equip two cycle repair shops, while the remainder will fund future shipments of bikes and other equipment, such as carpentry and plumbing tools, and sewing machines, to assist wider small-scale enterprise in the area.

A collective effort

Small-scale collective chicken farming is one of several community projects launched at Luansobe in recent months to help HIV and AIDS sufferers better provide for themselves and their families.

Under the project, the local Department of Agriculture and the Rural Health Clinic (RHC) have joined forces with Kaloko Trust to set up members of the Kaloko HIV/AIDS Support Group in small-scale poultry production. Using a disused chicken house which will be repaired, the group of 20 will undergo six weeks of training in chicken-rearing and, with help from Kaloko, will buy 500 chicks, poultry-rearing equipment, feed and medicines. The Trust will also assist in transporting mature birds for sale in the nearby town of Ndola where there is known demand.

Debilitated by illness, many living with HIV cannot provide enough food for themselves or their families. Life expectancy is low, despite anti-retroviral therapies, as poor nutrition leaves sufferers vulnerable to further infection. Correct methods of rearing poultry demand less physical effort, allowing individuals to contribute to family income and improve their status within the community. The project also enables nursing staff to monitor the health of group members and their families.

After Kaloko's initial input, the poultry project is envisaged to be self-supporting, providing the wider community with a clear example of the benefits of enterprise and collective action.

Reducing the risk to babies

Kaloko is working with the Rural Health Clinic (RHC) and the local Department of Agriculture in a pilot project aimed at helping mothers to avoid passing on HIV and AIDS to their babies during and after birth.

With more HIV sufferers receiving anti-retroviral treatment to combat the disease, the RHC reports a marked drop in intra-uterine infection of babies during pregnancy. The risk of transmission remains high, however, during birth and through breastfeeding. To address this danger, nursing staff are set to train 12 traditional birth attendants in appropriate and hygienic delivery procedures as well as training a group of 20 mothers with HIV in safe alternative feeding methods. To help these women increase family income to cover the cost of replacement feeding, the local agricultural technician is already busy demonstrating how to grow soya beans as a more profitable alternative to maize.

Under the Prevention of Mother-To-Child Transmission (PMTCT) Project, the RHC plans to expand its HIV support and advisory services and Kaloko is looking at providing a small motorcycle to allow the clinic's outreach programme to extend to all 11 villages in the Luansobe area. Several support groups which have been formed over the years will also be brought together as a cohesive Mother Support Group whose function will be to educate and advise women with HIV even after the initial project has ended.

New outlets for enterprise

Small-scale enterprise is growing in Luansobe with new shops and stalls springing up in a dedicated area provided by the local chief.

The site near the clinic and school has allowed residents to build basic stands and structures from which to sell their wares and surplus produce. There are now fresh fruit and vegetables, dried fish, groundnuts, oil and maize meal on offer, as well as items ranging from books to batteries and bicycle spares.

Until recently, the community had to travel to Ndola to buy anything but the most basic provisions. With more produce on offer locally and new establishments setting up, this is beginning to change.

One of the shops, owned by the resourceful Mrs Mwaba, not only sells dry goods and home-made doughnuts but provides a tailoring service too. Moving to Luansobe after her husband's death, Mrs Mwaba has built up the business on her own. With electricity coming to the area soon, she hopes to expand her stock to include frozen foods.



Printing press resurrected

The clack and whirr of a printing press is again a familiar sound at Luansobe after local resident Joseph Taulo dusted the cobwebs off the old Kaloko press last September to start an independent business.

Joseph, who learned his trade over 10 years with Falcon Press in Ndola and worked in the Kaloko print shop for four years before its closure in 2007, now rents the print shop and equipment from the Trust. With customers ranging from missions and schools to small local businesses, he believes the venture is viable. He hopes, however, to acquire more modern equipment as one of his greatest problems is replacing used print blocks which are no longer manufactured.



Joseph Taulo works the press

Residents take up Kaloko self-help projects

The piggery in Kwesha village, originally established by Kaloko Trust, is now being run by 10 local residents including four women. The old building has recently been re-roofed, with funding from the charity Caritas which has also provided new breeding stock of four sows and a boar. The piggery now boasts a further 12 pigs and 12 healthy piglets.

Kwesha's dairy, too, is seeing some success. Run by 10 women who were trained by Kaloko and each given a cow, the enterprise now has 11 cows and produces 56 litres of milk a day. The milk is currently sold locally, but the group wants to extend its dairy activities and is in discussion with Kaloko about renting its cheese-making equipment.

Recycle for Kaloko

You can now donate used inkjet cartridges or old mobile phones to raise funds for Kaloko. You should have received an envelope for donations with this issue. Please use it if you can and call us if you need more. We receive £1 for each original inkjet (not Epson) donated. The scheme accepts phones too, even if they are broken or incomplete.

THE BUZZ ON BEES

Beekeeping at Luansobe has had excellent publicity in recent months as the focus of both a BBC radio programme and a Kaloko information and training film.

The BBC World Service *Outlook* programme, broadcast in February this year, followed a visit to Kaloko by Roy Dyche in 2008 when he spent time talking to members of the Luansobe Beekeeping Cooperative and studying their hives and beekeeping methods.

The information video, filmed by Kaloko Zambia's Martin Jere and edited in the UK by volunteer Charlie Morrissey, illustrates a number of beekeeping activities from making mud hives to harvesting honeycomb. Although it is used to train newcomers to the successful 157-member cooperative, the film makes interesting viewing for all who support Kaloko and can be found, along with the BBC *Outlook* broadcast, on our website.



Luansobe Beekeeping Cooperative Society member Thadeus Mwila shows British beekeeper Roy Dyche his hives in June 2008

Giving and Gaining

"We were welcomed into the community by a never-ending flow of smiling faces and hand shakes! I was immediately struck by the beauty of the surrounding Miombo woodland and felt as though I was hidden deep within a magical forest. We lived our lives, for the next few months, next to the villagers of Luansobe. This meant daily visits from children, friends and well-wishers that stopped by regularly, not to mention the chickens, pigs, donkeys, dogs and cows." Emma Iavarone

"People and place are inextricably linked – Luansobe is no exception. I had moments of uncertainty, even of frustration, but more often than not I felt a deep satisfaction and joy. It was an experience I would live over and over again." Rebecca Zausmer

Written by two UK volunteers after three months with Kaloko last year, these words echo the feelings of so many who offer their skills and energy at Luansobe. Most volunteers, of all ages and from all walks of life, arrive sure that they can offer something worthwhile; they return content that they have made a difference

but also knowing they gained far more than they gave.

They talk of friendships and their wonder at the place, of the community's kindness and its extraordinary capacity to laugh despite difficulties. They speak, too, of what they learned; new skills, ingenuity and self-confidence. "You're dealing with all sorts of unexpected situations and have to use the tools at hand." said one volunteer. "It means being adaptable, and finding new ways to solve problems."

You can gain a broader insight into life at Luansobe through accounts by the volunteers themselves, on our website volunteering pages at www.kalokotrust.org

CLASS SPONSORSHIP

£15 a month for class sponsorship at LUBS or Kandulwe CS

£10 a month for a class at the Crèche

Contact KTUK for details

A word about our printer

Kaloko News is printed three times a year on a recycled silk paper by our local, long-time printers, **One Digital**. See www.one-digital.com or call 01273 887575.

The Kaloko Trust UK works to relieve poverty and raise livelihoods in rural communities in Zambia, southern Africa. Promoting local development of agriculture and self-help projects to generate income, it encourages the sustainable and responsible use of natural resources. The Trust promotes education and healthcare through improved access to schools, clinics and clean water.

Established in 1995 as a registered charity (No. 1047622), The Kaloko Trust UK (KTUK) supports the activities of our partner organisation, Kaloko Trust Zambia (KTZ) by securing funds for KTZ programmes and providing management support and capacity building. It also offers technical assistance, recruits specialist volunteers and publicises KTZ's activities. In 2008 over 90% of funds raised were spent on charitable activities with the rest used for governance and generating further funds.



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