

Home Story Script

Slide 1: Rural Extension with Africa's Poor

A Christian approach to development through teaching

Script:

Slide 2: REAP's Home Story

Script: Rural Extension with Africa's Poor helps by teaching demonstratively to the poor directly, and one way this teaching changes lives is in the home.

Slide 3: Rural Extension with Africa's Poor

REAP is a Christian charity set up to improve the lives of Africa's poor through teaching

Script: REAP discovers ways that the African poor can improve their lives without the input of external financial resources.

REAP is particularly concerned for the wellbeing and dignity of the individual and believes that good stewardship of God-given resources will enable the poor to improve their standard of living.

REAP instructs the poor directly; seeking to overcome a culture of dependency and call for money, to reverse the effects of materialism and environmental neglect.

Slide 4: REAP's teaching:

- ▶ Researches helpful ideas
- ▶ Develops teaching to meet the needs
- ▶ Trained team shares with the poor directly
- ▶ Follows up and adapts as necessary

Script:

- 1) REAP discovers and researches the practicalities of helpful ideas.
- 2) REAP then develops teaching that is appropriate to the specific locality and people group.
- 3) REAP's trained team draws alongside the poor to demonstrate how the ideas work.
- 4) Finally REAP will follow up how it's teaching is being absorbed into the local cultural practices and adapt the work to make sure it is sustainable.

Slide 5: Rural Africa's Home Developments

- ▶ Methods of cooking
- ▶ Nutritional ingredients
- ▶ Natural medicines and remedies
- ▶ Making ointments and perfumes
- ▶ Insecticides and rodent deterrents
- ▶ Converting rubbish into useful household items

Script: One way that REAP has been very effective in changing the lives of the rural poor has been in the home. Here are just some of the ways whereby home life can be transformed.

The differences that REAP's teaching makes, brings pride to Africa's poor as they gain self respect and dignity.

REAP has witnessed whole communities transformed as they have grown in confidence and wellbeing.

Slide 6: Methods of cooking

Script:

- Slide 7: Traditional African kitchen (picture showing three stones in traditional home)
Script: Traditionally the African poor have used fire wood found locally as fuel for cooking over an open fire beneath three stones.
Gathering firewood from scrubland has led to deforestation and soil erosion, but there are no other resources available.
REAP helps by providing a method of fuel efficient cooking.
- Slide 8: Fuel efficient stoves (picture showing stoves)
Script: These stoves use very little fuel; they cook efficiently and produce only a minimal amount of smoke, which makes cooking in a mud hut much more pleasant, economical and healthy.
The carbon in the smoke is also a significant contributor to global warming, so its reduction also helps maintain the environment.
- Slide 9: (picture showing cooking at a stove)
Script: The liners that form the basis of the fuel efficient stoves were originally developed by a German woman working for GTZ, who introduced them as a commercial project.
It was taken up by the Home Economics Department of the Ministry of Agriculture and promoted by ITDG (now Practical Action).
Dr Roger Sharland, REAP's founder, first started to teach on how they could be installed when he was working for the Organisation of African Instituted Churches.
- Slide 10: (picture of green liners)
Script: Early on in REAP Roger was visiting a church very close to the biggest production centre for this style of stove liner and the church women knew nothing about them.
This raised the question as to why this beneficial technology was not spreading.
He identified this problem as being in the system of firing and marketing, which was impractical as it used a lot of fuel, and produced liners that were heavy and breakable so a challenge to transport easily.
REAP pioneered the idea of using Green Liners, that is unfired liners which could be made without any production unit.
Once in use the clay becomes hard as if it had been fired, so a kiln is not needed and the people themselves are able to make them.
- Slide 11: (picture of women mixing up mud)
Script: The stove liners and hobs are made out of locally resourced clay, mud and water.
- Slide 12: (picture of clay)
Script: In some areas the available clay is more suitable than others; where suitable clay is not readily available appropriate clay needs to be obtained cost effectively (sometimes found to be a problem as the sale of clay can be seized on as a money making opportunity).
- Slide 13: (picture of clay in mould)
Script: The clay is shaped by using metal moulds; these are made available by REAP.
It has been found that the moulds are best loaned to the community involved as this enforces a more disciplined and shared use.
- Slide 14: (picture of clay being shaped by paddle)
Script: The clay is then shaped by the use of a rotary paddle.

Slide 15: (picture of smoothed clay in mould)

Script: When the inside of the liners have been smoothed they are ready for tipping out.

Slide 16: (picture of liners tipped out of moulds)

Script: The liners are then inverted as they are tipped out of the moulds.
They are then kept covered for controlled drying.

Slide 17: (picture of liner being cut with tool)

Script: After one day of drying a measured section is cut out.
This hole is to allow wood to be put into the stove, under where the cooking pot will stand.

Slide 18: (picture of pot holding section being fitted)

Script: After another day the clay is moulded into 'pot rests', which are fixed to the side of the liner to stabilize the cooking pot.
This creates the same effect as cooking on three stones.
The design of the pot rests makes it equally suitable for a clay pot or a metal pan.

Slide 19: (picture of potatoes being cooked)

Script: Here are some potatoes cooking on a stove of this design.
The pot stands secure and it is very safe.

Slide 20: (picture of Domitila with stove)

Script: With funding from Germany REAP was able to train Domitila who improved the installation and worked out how to install the unfired liners practically.

Slide 21: (picture of plastic bag inserts being fitted)

Script: The first few green liners she installed were not as strong as the water from the mud surround seeped in.
So Domitila developed the idea of using plastic supermarket bags between the liner and the mud during installation to prevent the water spoiling the liner.

Slide 22: REAP stoves in fitted kitchens (picture showing the fitted stoves)

Script: Domitila has introduced many other ideas on the same principles as incorporating the cookers into a mud hob....

Slide 23: (picture showing mud cupboard with Domitila and child)

Script: such as mud cupboards, mud seats, built in fireless cookers, etc.
She is constantly adapting and improving on her ideas for kitchens.
This is Domitila's kitchen.

Slide 24: (picture showing mud cupboard with a chicken sitting in it)

Script: These can be used for all manner of things!

Slide 25: Fireless cookers (picture showing a fireless cooker)

Script: Another way REAP's teaching helps save fuel is to promote the use of fireless cookers.
This utilises a similar concept to the traditional hay-box to keep food warm, and is a kapok filled basket.
REAP took this idea from the Home Economics Department of the Ministry of Agriculture.

Slide 26: (picture showing fireless cooker fitted into a mud hob)

Script: The fireless cooker can also be built into the mud kitchen.

The heat in the food continues slow cooking.

It will also keep food hot for many hours, and so hot food will be ready for when the family returns to eat.

Slide 27: Ingredients that are exceptionally nutritional

Script:

Slide 28: (picture of a poor dwelling)

Script: REAP teaches how to increase the nutritional benefit of starch based foods by adding some extra ingredients that can be easily grown on the small plot of land that even the poorest house stands on.

Slide 29: Moringa (picture of a Moringa tree)

Script: Dr Roger Sharland, REAP's director and founder, first heard of Moringa from ECHO in the early 1980s.

ECHO introduced Moringa leaves as a vegetable, to extend the season for fresh vegetables. Moringa has a taproot that grows straight down into the soil so it is ideal to grow in small gardens without any detriment to the other crops.

Slide 30: (picture of women taking leaves off Moringa branches)

Script: Roger was already familiar with the value of using leaf protein so when the Tearfund magazine Footsteps ran an article about the use of Moringa powder.

REAP took their teaching on from there.

Slide 31: (picture showing Moringa leaves drying)

Script: The Moringa leaves are dried and then crushed into a fine powder.

The powder can be easily added to any meal and is especially useful for HIV/AIDS patients, malnourished children and anaemic people.

Slide 32: (picture of child eating)

- ▶ 7 x Vitamin C of oranges
- ▶ 4 x Calcium of milk
- ▶ 4 x Vitamin A of carrots
- ▶ 3 x Potassium of bananas
- ▶ 2 x Protein of milk

Script: Moringa leaves contain the equivalent of 7 times the vitamin C of oranges, 4 times the calcium of milk, 4 times the vitamin A of carrots, 3 times the potassium of bananas and twice the protein of milk.

(for further information see <http://echonet.org/>)

Slide 33: (picture of Roger planting a Moringa tree)

Script: There are two species of Moringa, both provide leaves that can be used the same way; Moringa stenopetala is native to Africa and is the larger variety that is most suitable if shade is desired.

Moringa oleifera is a smaller tree from Asia and can more easily be grown as a hedge and pruned to stay at a convenient size to gather the leaves.

REAP teaches how to cultivate these plants and use them domestically.

Slide 34: (picture of Roger with women in garden)

Script: REAP's teaching covers simplified instruction on how to successfully propagate all manner of highly nutritious vegetables and overcome common diseases that affect their growth. Among these are leafy vegetables (amaranth, Jew's mallow, purslane, spider plant, African nightshade, cowpeas, crotalaria, garden rocket, kale), fruit vegetable (tomatoes, aubergines, green peppers, chilli peppers, okra, pumpkin) and root crops (onion, garlic, ground nuts).

Slide 35: Roselle – a refreshing tea (picture of Roselle)

Script: One of the plants that REAP has introduced into Kenya from Sudan and is now very popular is Roselle.
This can be grown very easily and makes a delicious refreshing tea.

Slide 36: Preserving mangos (picture of mangos)

Script: Mangos are a common fruit, high in vitamin A, but although abundant in season have a limited availability.
By drying the mangos the fructose can be preserved all year round.

Slide 37: Natural medicines and remedies

Script:

Slide 38: Pawpaw (picture of pawpaw)

Script: Pawpaw is an example of a fruit that is not only nutritious as food but also useful for home remedies.
Thin slices of the unripe fruit are very effective for putting on wounds that are difficult to heal.
The seeds are an effective treatment for worms.

Slide 39: Artemisia for malaria (picture of Artemisia)

Script: Among the most useful of plants that can be grown on very small plots is Artemisia. Artemisia contains artemisinin, which is now the drug of choice to treat malaria. The leaves can be dried, crushed and sieved and made into a tea. The plant contains many additional ingredients (not used by the pharmaceutical companies) that also aid recovery from malaria. This method has the advantage of reducing the risk of developing resistance to the drug. Dosage is straightforward and so it is easy to use responsibly.

Slide 40: Aloe vera (picture of an Aloe vera plant)

Script: Aloe Vera grows well in poor soil and dry conditions.
Its sap is very useful in treating burns so is very handy to have planted outside the kitchen door.
It is also useful for treating septic wounds.

Slide 41: Black stones (picture of black stones)

Script: These black stones draw out poison from snake bites or scorpion stings.
They are cow bones, burnt without exposure to air, in the same way as charcoal is made. The small internal capillaries in their structure are opened up and fixed by the heat, so that they will suck fluids outwards when pressed against the bite.
REAP teaches how they can be made and kept on hand for when they can bring relief to a family member.

Slide 42: Making ointments and perfumes

Script:

Slide 43: Chilli ointment (picture making chilli ointment)

Script: Here a REAP worker is teaching how to make ointment out of chillies.
The chillies are dried and pounded, heated and mixed with oil and wax.
Chilli ointment is very useful for the treatment of rheumatism or arthritis.

Slide 44: Honey ointment (picture making honey ointment)

Script: Another ointment found to be beneficial is made from honey; this helps in healing wounds.

Slide 45: Shoe polish (picture making shoe polish)

Script: Shoe polish can be made from charcoal when mixed with wax.
People gain a great deal from knowing how to make such preparations for themselves as it enables them to send their children to school with freshly polished shoes.
The feeling of self-respect that it gives carries over into other aspects of their lives.

Slide 46: Perfume (picture of pink frangipani)

Script: Perfumed body oils can be made in a similar way.
A few drops of perfume dissolved in oil with candle or bees wax will enable it to be used much more extensively. 1 ½ lids of the bottle of glycerine or liquid paraffin will make it much smoother, if this is available.
The price of perfumes makes them beyond the reach of the poor people REAP works with, but when made at home can improve their quality of life and increase personal self esteem.
The picture is of pink frangipani flowers, which have an excellent perfume (not the white variety that REAP uses to cure herpes).
REAP is currently experimenting on infusing perfume from flowers, and is also looking into the uses of lavender, which can be established reasonably well, and is also beneficial in calming nerves, etc.

Slide 47: Insecticides and rodent deterrents

Script:

Slide 48: Lemon grass (picture of lemon grass)

Script: Some plants act as insecticides because they have a strong aroma and confuse insects that are led by smell.
Lemongrass is one of these.
It is particularly beneficial when used as a boarder plant because the deep roots prevent the run off of soil during the rains.
Lemongrass leaves can also be made into a refreshing tea and have the extra benefit of helping to bring down a high fever.

Slide 49: Rat traps (diagram of rat trap)

Script: Africa's poor are frequently plagued by rodents.
By being taught simple methods of how to get rid of these pests their standard of living is improved.
This one shows how rats can be caught in a tub of water that is dug into the ground near to a store where rats are troublesome.
The rats are baited with a corn cob coated with peanut butter or other attractive substance, which is fixed on a cane above the water.

Slide 50: Converting rubbish into useful household items

Script:

Slide 51: A lot of rubbish (picture of African rubbish heap)

Script: In Africa, like in the rest of the world, a lot of rubbish is created.

This contributes to the pollution of the environment and can be harmful.

Some items that are thrown away can be put to efficient use around the home.

Slide 52: Fly trap – using two plastic bottles (diagram of fly trap)

Script: This fly trap uses two plastic drink bottles.

Something smelly (may be old meat or manure) is placed in the bottom which is blacked out.

The flies enter here, attracted by the smell, and then they fly upwards, drawn to the light, are trapped here and cannot get out.

Slide 53: Mattresses and cushions (picture of women making mattresses out of plastic bags)

Script: Mattresses and cushions can be made out of plastic supermarket bags.

This idea came from the ladies of Orongo Widows and Orphans, with whom REAP has a very good relationship of exchanging ideas.

They discovered that they were especially useful for bed wetting problems in children's mattresses as they are easy to wash and dry in the sun.

When the Orongo widows later got involved in Community Based Care they realised that the plastic bag mattresses were ideal for those with chronic diarrhoea as a result of HIV/AIDS.

More recently they have discovered that many imported items come with packaging made from strips of plastic and these are even easier to use.

Slide 54: Plastic bag rope (picture of making plastic bag rope)

Script: These are women who are making rope out of plastic bags.

Slide 55: (picture of making rope on tree)

Script: This thin, but very strong rope has many uses in the home and garden.

Slide 56: Fish de-scaler (diagram of a fish de-scaler)

Script: Taking scales off fish can be a laborious task without the right implements; a simple way to de-scale fish is to nail five bottle tops onto a piece of wood so that it will scrape the scales off very quickly.

Slide 57: Tippy tap (picture of a tippy tap)

Script: Using a 'tippy tap' to ration the amount of water used in washing is another example of putting waste products to efficient use.

REAP have come across various modifications of the idea and have passed these on.

Slide 58: Maize sheller (diagram of a maize sheller)

Script: When four holes are made in a piece of wood and the central area removed it becomes a very useful gadget to remove the grain from corn cobs.

The maize is put into the middle and rotated to remove the grain easily.

Slide 59: Basket weaving (picture of women weaving baskets)

Script: The skills of basket weaving can be applied to make many useful containers round the home.

Classes sharing new and imaginative ideas have been found to inspire many women from rural areas who are eager to experiment beyond their traditional methods.

Slide 60: REAP UK - supports the work of REAP in Africa

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REAP

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Script: REAP UK has been set up to help support the work in Africa.

Slide 61: Ways to support REAP

- ▶ Financial – please fill in form if you are a taxpayer for claiming Gift Aid
- ▶ Prayer – please provide e-mail/ mailing address to receive our Newsletter
- ▶ Advertise REAP – let us know if you could show presentations or DVDs

Script: There are many ways you can share in the work that REAP is doing.

Slide 62: Web site: <http://www.reap-eastafrica.org>

Script: Please visit our website for more information.

Slide 63: Rural Extension with Africa's Poor

A Christian approach to development through teaching

Script: