



Send a Cow Before and After Stories

Beatrice Wobudyasi

This is the story of Beatrice Wobudyasi, Chairperson of the Bunambobi Village in Uganda.

A mother of seven, and guardian of four orphans, before joining Send a Cow Beatrice lived with her in-laws.

However, having applied for assistance and hearing that she was to receive a cow, she undertook the challenge of building her own house and cowshed. In fact, she was so eager to receive the cow, understanding what a difference it would make to her family's lives that she built the cow shed first!

At first she built a small temporary house for herself and then, when she sold her first bull calf, she started building something more permanent using manure mixed with local mud to make cement.

The income she now earns pays to educate nearly all the children in her care. She grows pawpaw which helps keep her children healthy and is preparing to grow bananas and even eucalyptus for fuel. Send a Cow has taught Beatrice the benefits of having a diversified income to protect against any unforeseen problems, such as famine or drought, which may affect one income source more than another.

Beatrice has achieved so much thanks to the support she has received from Send a Cow. She is now well-respected and leads her local group. She even had the President visit her – he was really impressed with her farming skills and all she had achieved.



Barza and Kifene Anja

Barza and Kifene Anja, work hard to provide enough food for a regular balanced diet for them and their family of four children. For many years they have struggled on their half a hectare of land in the Southern Highlands of Ethiopia.

Kifene remembers the days when she would have to make one carrot go round the whole family and they never had enough money to buy good food.

Now the story is very different. Barza joined a Send a Cow training group and learnt skills and techniques to get the most out of his modest land. Techniques such as composting, water harvesting, and many other methods of growing food in a sustainable way.

Barza and Kifene now literally reap the benefits of the Send a Cow training - they have a garden full of vegetables, growing enough to feed their family and even more that they call sell.

Kifene laughs now as she says, "instead of one carrot between six, my children can pick and eat a carrot whenever they want to, and they do that very often!"

Her husband Barza says, "I don't go to a market now, the market comes to me".



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Henock Abate

Henock is a young man living with his parents, desperately trying to farm the family's small area of land. For years they just grew wheat and barley which was all they had to eat. The land was full of weeds and trees.

Henock says, "as a result, nothing went to the market from our farm. We were really tested by hunger. I can remember my mother and grandmother crying because at times there was not enough food for us all to eat. Some days they had to choose who would have less, or nothing to eat. And the food was not very nutritious. We never ate more than twice a day, morning and evening. Those days were really very difficult."

Then Henock went to a Send a Cow training project in the neighboring region. There he learnt from other members of the project about growing vegetables, managing animals, making compost, and working in a group. He also learnt about kitchen gardens, sack mounds, sanitation and hygiene, as well as apple growing, forage planting, vegetable and waste disposal methods.



He learnt everything he needed to run a successful small farm.

When he got back, he cleared all the weeds and the local trees and replaced them with vegetables and fruit trees. He planted cabbage, beetroot, onion and carrot seeds, and shared some equipment for making fertilizer with other members of his group.

Henock said, "things changed after we started eating vegetables. We eat them not just once or twice a day, but whenever we feel hungry. This is a great change for us. We didn't know about these vegetables so they were not in our diets. After I first grew onions, I gave seedlings to eight other farmers, and now onion growing is spreading to different areas. There is a great demand for our onions. Our diet has now completely changed, and we also benefit from the money from selling surplus vegetables."

Henock loves telling of the benefits from being in a local group of farmers. He said, "we share the practical work among ourselves, especially the difficult tasks, we share knowledge and we coach and encourage each other. Each group member contributes monthly to a savings scheme which helps members when they need to borrow money, and pay it back, for important essentials. We know the present monthly contribution is small, but we are thinking about increasing it as we are now all getting a better income."

Henock's mother said, "thank God and Send a Cow that we have now got direction for our life".



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