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REMEMBER A CHARITY

Send a cow and save a community

Send a Cow teaches Africans the skills to build new lives free from poverty

Anna Grace Amongin is a proud and hard-working grandmother. She is also an example of how the training schemes established by Send a Cow are helping communities to stand on their own two feet – and how generous legacies made here in the UK are invaluable to the charity's work.

For Anna, who runs a flourishing farm in eastern Uganda, is now herself teaching the next generation within her community the techniques needed for sustainable organic farming.

Without the help and support of Send a Cow, Anna, 60, says her life would still be one of poverty and despair. Twenty years ago, insurgents raided her home, killing her husband and throwing Anna and her 10 children off their land.

Says Anna: "I felt like giving up. Getting water was a problem. Food and clothes were a problem. Finding where to sleep was very hard. But one day I heard some people talking about Send a Cow."

Anna joined a local women's group, Aliasit, and began working with Send a Cow in 2004. She was given training in sustainable organic agriculture, animal welfare, environmental issues, social development and health care. With the help of her older children, she threw herself into the task of returning to and restoring the now neglected land the family had been forced to leave.

"The land had turned to dust and it was very hard work trying to dig it," says Anna. "But today the soil is fertile and easy to dig. It is transformed."

In 2005, Anna was given a crossbred

Animal magic: Anna Grace Amongin, right, runs a flourishing farm thanks to the charity



cow – "We named her Peace, because she brought peace to our family" – and, with her children, was able to move back into her former home (although they slept in the cow shed at first). Peace soon proved her worth, by providing up to 10 litres of milk a day; enough for the family to drink and surplus to sell. She has since produced two bull calves – which Anna has sold – and a female calf, which was passed on to another family in need.

Peace also provides manure, which has enabled Anna to establish a flourishing vegetable garden using the techniques she learnt on Send a Cow's training programmes.

She produces sweet potato, cassava, sorghum, millet, groundnuts, sunflowers and maize. She also learnt grafting techniques and can grow oranges and

pineapples. There is enough food to feed her family and to sell, too.

Meanwhile, Anna has been able to expand her farm. She now has poultry, goats and has set up a woodlot. There are four thatched homes on site which house her extended family; an older son has returned to work alongside her.

"We used to sleep on papyrus mats in a slum, but now we have a home with beds, mattresses and sheets," says Anna.

Best of all, she has been able to send her children and grandchildren to school. Several have also been to university. Two of Anna's children are teachers, one is a nurse and another is a United Nations peacekeeper.

Today, Anna is a "peer farmer trainer" for Send a Cow, which means she can pass on to her neighbours and others in her community the techniques that

saved her family from poverty.

Legacy income is vital to Send a Cow's work. Gifts, however big or small, ensure that whole communities can leave poverty behind and work towards a brighter and more sustainable future.

Anyone making a legacy also sets in motion a unique chain of hope in Africa. For every one person the charity helps directly, they will pass on assistance to 10 others in their community, meaning that a gift will keep on giving for many years to come.

Anna says: "Thanks to Send a Cow I have a future – and so do my children and my grandchildren. Best of all, I can help other people in my community have a future, too."

For more information, go to www.sendacow.org.uk/leave-a-legacy

“For every one person the charity trains, they will pass on those skills to 10 others”

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