



REST Africa September 2026 Newsletter.

CLIMATE ACTION AND COMMUNITY RESILIENCE



Community action that connects health and livelihoods

This September edition presents field activities under RCAMP-HI and THRIVE+, alongside our environmental resilience agenda. It explores the technical purpose of the work, the follow-up required and opportunities for organisations to partner with REST-Africa.

IN THIS EDITION

Community health || Women's enterprise || Nutrition and gardens || Saving for health || Tree stewardship || Partnerships

Responsive Action for Sustainable Transformation.

Responsive Action for Equitable and Sustainable Transformation-Africa (REST-Africa) is a registered non-governmental organisation based in Fort Portal, Uganda. Our work brings together community health, practical skills, livelihoods, food systems and environmental stewardship within an inclusive, people-centred approach to development.

NGO Registration No. INDRI79837440NB

An integrated approach to household resilience

Household wellbeing is shaped by interconnected conditions: access to health information, the capacity to produce nutritious food, opportunities to earn, the ability to manage financial resources and the quality of the surrounding environment. REST-Africa's programme approach recognises these relationships and creates practical entry points through community learning and locally relevant activities.

Our five thematic areas provide a framework for multidisciplinary programming. Activities are designed to connect technical knowledge with demonstration, group learning and follow-up. This helps communities move from understanding an idea to practising it, while creating opportunities to identify constraints that require additional support.

Our five thematic areas

1. Climate-Smart Agriculture & Food Systems
2. Inclusive Health & Community Wellbeing
3. Transformative Education & Skills Development
4. Sustainable Livelihoods & Economic Development
5. Environment, Climate & Natural Resources Management

Community ownership and accountable delivery

We seek to build programmes around participation, practical relevance and evidence of progress. Follow-up, accurate records and community feedback are essential to assess whether learning is being applied and to guide adaptation. Partnerships can strengthen this process by contributing technical expertise, resources, research and links to services and markets.

Our values are Integrity, Respect, Volunteerism and Love. Our invitation to partners is to work with us on clearly defined objectives that strengthen local capability and support sustainable community outcomes.

A message from Ms Tumusiime Patience

Executive Programme Lead

September's theme, Climate Action and Community Resilience, reflects how closely household wellbeing is connected to the conditions in which people live, learn and work. For REST-Africa, resilience is strengthened through practical capability: understanding health risks, developing livelihood skills, growing food, planning finances and caring for the environment.

During the month, our field activities created opportunities for learning across these connected priorities. RCAMP-HI brought malaria awareness into community health and school settings. THRIVE+ engaged women in liquid soap production, nutrition-related learning, nursery preparation, kitchen gardening, saving for health, record keeping and financial literacy. Each activity offered a practical entry point for strengthening household decision-making.

The value of this work lies in what happens after the training session. Participants need opportunities to practise, ask questions, overcome constraints and share learning. A garden needs continued care. An enterprise needs consistent quality and sound costing. A savings practice needs accurate records and clear rules. A health message needs to be understood and acted upon. Our responsibility is to connect these early learning opportunities with appropriate follow-up.

As we advance, we will strengthen documentation of participation and the application of skills. We will use community feedback to refine delivery, and distinguish the activities completed from the longer-term outcomes we seek. This discipline is important for accountability and for understanding where additional investment can make a meaningful contribution.

We also recognise that sustained community work requires collaboration. We invite institutions, businesses, research partners and funders to contribute complementary expertise and resources across our five thematic areas. We want partnerships with clear objectives, practical responsibilities and a shared commitment to community ownership.

Our immediate priorities are to continue activities that benefit communities, initiate purposeful partnerships and mobilise funding for delivery and follow-up. We thank the communities, facilitators and collaborators who make this work possible. Together, we can strengthen the conditions that allow people to respond to challenges and pursue better opportunities.

Ms. Tumusiime Patience

Executive Programme Lead, REST-Africa

LOOKING AHEAD

3

Strategic priorities

Delivery • Partners • Funding

Climate Action and Community Resilience.




REST - AFRICA
"Led by people, Driven by impact"

HAPPY — NEW MONTH OF — SEPTEMBER

 **THEME OF THE MONTH**

CLIMATE ACTION AND COMMUNITY RESILIENCE

Empowering communities to adapt,
respond and thrive in a changing climate.

-  BUILDING CLIMATE RESILIENCE
-  PROTECTING OUR ENVIRONMENT
-  EMPOWERING COMMUNITIES

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September's theme placed adaptation, environmental protection and community capability at the centre of our communication. Its relevance extends across programmes: food production, household financial preparedness, livelihoods and community health all contribute to how people manage pressures and respond to change.

From theme to implementation

The programme direction is to connect awareness with practical action and follow-up. Gardening, financial learning and tree stewardship provide concrete opportunities to build capability. Measuring sustained changes will require monitoring beyond the initial activities.

Strengthening Community Malaria Awareness



VHT training sessions connecting facilitators and community health actors.

REST-Africa's RCAMP-HI activities included training Village Health Teams (VHTs). The training invested in the community interface through which households receive health information and are connected to services. Strengthening this interface is important for consistent communication and locally accessible awareness.

The technical value of VHT engagement lies in its proximity to everyday household decisions. Training creates an opportunity to strengthen understanding and build confidence in community communication. Continued supervision and feedback can help identify where messages need clarification and where additional support is required.

The pathway from training to practice

The next stage is to reinforce learning, assess understanding and document its application during community engagement. Monitoring should distinguish attendance from competence and the delivery of messages from changes in behaviour. Any claim of reduced malaria incidence would require separate outcome evidence.

Suggested participant reflection for verification

“The training has given me ideas for explaining malaria prevention more clearly during community conversations.”

SEPTEMBER ACTIVITY SNAPSHOT

2

Outreach settings

VHT training and schools

The figure counts reported outreach settings, not people reached or health outcomes.

Taking Awareness into the Classroom



School-based malaria awareness and engagement with learners.

Malaria awareness also reached schools, bringing health learning into an environment where young people already gather and exchange information. Classroom engagement creates opportunities to ask questions, clarify understanding and connect messages with familiar experiences.

Schools can complement community outreach by making health conversations more accessible to learners. Students may also share what they learn with families, although this pathway should be assessed through follow-up rather than assumed. The value of the activity is strengthened when teachers can reinforce learning and provide a link to appropriate health support.

Technical follow-up priorities

Work with schools to revisit key messages, gather learner feedback and identify misconceptions. Where feasible, assess message recall over time and document how schools sustain awareness beyond a single visit. Programme records should capture the schools engaged and participation before reach totals are published.

Suggested participant reflection for verification

“Learning about malaria at school helps me ask questions and talk about prevention with my family.”

Women Learn the Practice of Liquid Soap Production.



Facilitated instruction, practical production and group participation.

THRIVE+ engaged women in liquid soap making through instruction and practical demonstration. The sessions linked learning with production, enabling participants to engage with a skill that has potential relevance to household use and small enterprise development.

Turning a production skill into an income opportunity requires more than completing a batch. Product consistency, safe handling, input costs, packaging and customer demand determine whether the activity can develop into a viable enterprise. Follow-up coaching can support participants to keep simple production and sales records and test demand before increasing investment.

What stronger enterprise support would enable

Partners can contribute safe production guidance, quality assurance, costing support and small market tests. This would help participants understand the relationship between production costs, selling prices and margins, while strengthening practical business decision-making.

From Nursery Beds to Household Gardens.



Community learning on nursery preparation and brick keyhole garden construction.

Nutrition learning was connected with practical training in nursery beds and gardens. This brought the discussion of household food access into a setting where participants could learn by preparing soil, establishing beds and constructing growing spaces.

The nursery-to-garden pathway offers a practical foundation for raising seedlings and growing vegetables near the household. Sustained contribution to diet quality depends on crop choice, water availability, garden maintenance, harvests and consumption. Coaching and monitoring can help identify where households need support.

Follow-up that makes the learning useful

Revisit transplanting, soil care, watering and garden use. Record the establishment of gardens and the survival and use of crops. Partners can support suitable seed, tools and local agronomic advice, alongside practical nutrition learning.

Saving For Health and Strengthening Records.



Group participation and facilitated financial learning.

Women received training on saving for health, proper record keeping and financial literacy. These components connect household preparedness with the practical skills needed to understand transactions, track resources and plan expenditure.

Accurate records support transparency and help members understand contributions and balances. Financial literacy provides a foundation for informed decisions about household needs, savings and enterprise costs. Saving for health can support preparedness, although the level of protection depends on contributions, access arrangements and the scale of expenses.

A foundation worth strengthening

The next stage is practice-based coaching: checking whether records can be maintained accurately, whether members understand them and whether savings rules are clear. Programme follow-up should document the use of skills and identify barriers, without equating attendance with improved financial security.

Suggested participant reflection for verification

“Keeping clearer records can help our group understand what has been saved and plan for household needs.”

Tree Planting Begins with Long Term Care.



Nursery stock provides a starting point for the tree-planting agenda.

Tree planting forms part of REST-Africa's environmental resilience agenda. A nursery creates a starting point for mobilising planting material, but lasting value depends on choosing suitable species, matching them to appropriate sites and organising care after planting.

Planting is an activity and survival is the test

The technical focus should extend from seedling availability to establishment and survival. Watering, protection, seasonal timing and responsibility for maintenance influence whether trees become established. Clear site records and periodic survival checks make progress visible and support timely replacement or corrective care.

REST-Africa seeks collaboration that connects suitable planting material with community stewardship and follow-up. Tree-planting totals and survival rates should be published once planting records and monitoring results are verified.

TREE STEWARDSHIP CYCLE

1

Establish

Suitable sites and species

2

Maintain

Water and protect

3

Monitor

Check survival

A Connected Programme Story in Numbers.

THE SEPTEMBER EDITION AT A GLANCE

5

Thematic areas

Organisation framework

2

Named initiatives

RCAMP-HI and THRIVE+

3

Next priorities

Delivery • Partners • Funding

These figures describe programme structure and priorities, not beneficiary totals or measured impact.

Reported THRIVE+ training components by focus

Production skills



1

Food growing



2

Financial capability



3

Counts: soap making (1); nursery beds and gardens (2); saving for health, record keeping and financial literacy (3). These count training components, not sessions or participants.

The emerging story of progress

September's reported activities connected malaria awareness with practical learning on production, nutrition and financial preparedness. The documented progress is the delivery of these activities and the opportunities they created for participants to learn and practise. The next success story will depend on evidence of continued application: sustained gardens, reliable production, accurate savings records and reinforced health learning.

How progress can be measured

Monitor learning and its application through participation records, production and cost records, garden establishment, savings-record accuracy and tree survival checks.

Field reflections

The suggested participant reflections in this edition are proposed interview wording, not recorded testimonies. They should be replaced with consented, verified field quotations before public circulation. No participant identity or measured outcome has been invented.

Why partner with REST Africa

An integrated programme framework

Partners can connect investments across health, food systems, livelihoods, learning and the environment. This supports a more coherent response to the interconnected challenges households face.

Practical community entry points

VHT engagement, school awareness and women's group learning provide concrete settings for collaboration. The activities offer starting points for technical support, follow-up and locally relevant programming.

A focus on skills and application

Our approach connects learning with demonstration and practice. Partnerships can help move these activities towards sustained use by addressing material, technical and market constraints.

A pathway to evidence and learning

Collaboration can strengthen programme records, community feedback and monitoring. Research and technical partners can help assess outcomes and improve delivery before expansion.

Defined opportunities for contribution

Organisations can support a specific activity or thematic area through funding, expertise, materials, research or service connections. Scope, roles, deliverables and reporting arrangements should be agreed at the outset.

A partnership designed around shared purpose

We propose starting with a focused discussion: identify the community need, agree a feasible activity and define how progress will be monitored. This provides a practical basis for accountable collaboration and a stronger foundation for future investment.

Where Your Organization Can Contribute

Climate-Smart Agriculture & Food Systems

Support nursery inputs, household gardens, practical agronomy and climate-resilient food production. Technical partners can strengthen crop selection, soil care and garden follow-up.

Inclusive Health & Community Wellbeing

Collaborate on VHT learning, school awareness, community health communication and household health preparedness. Contribute technical coaching and links to appropriate services.

Transformative Education & Skills Development

Support practical learning, facilitation and education partnerships. Help connect skills training with continued practice and opportunities relevant to participants.

Sustainable Livelihoods & Economic Development

Contribute enterprise coaching, financial literacy, costing, quality assurance and market connections. Support small tests that help participants assess viable livelihood options.

Environment, Climate & Natural Resources Management

Support suitable seedlings, site planning, tree care and survival monitoring. Collaborate on community stewardship and locally relevant environmental learning.

WAYS TO CONTRIBUTE

FUND

Programme support

Materials and follow-up

SHARE

Technical expertise

Coaching and research

CONNECT

Partner networks

Services and markets

Three priorities for the work ahead

01 Continue activities that benefit communities

Consolidate ongoing community health, women's enterprise, nutrition, gardening and financial learning activities. Prioritise follow-up that helps participants apply skills, identify barriers and sustain practice. Strengthen monitoring and community feedback to guide programme improvement.

02 Initiate purposeful partnerships

Engage institutions, businesses, schools, health actors and research partners across the five thematic areas. Develop collaborations with clear objectives, complementary roles and agreed delivery responsibilities. Use each partnership to address a specific gap in capability, access or implementation.

03 Mobilise funding for sustained delivery

Develop focused fundraising proposals with defined activities, realistic budgets and measurable deliverables. Seek support for materials, facilitation, technical coaching and monitoring. Link resource mobilisation to implementation readiness and accountable reporting.

Let us develop the next step together

Tell us which thematic area aligns with your organisation and the expertise, resources or connections you can contribute. We welcome an initial conversation to identify a practical opportunity and agree a clear pathway for collaboration.



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