



## **anamed Uganda National Training Seminar held in Lira, March 2011**

**Dates:** 20-27 March 2011

**Venue:** All Nations Christian Care Guest House, Lira

**Leaders:** Rehema Namyalo, Samuel Mundua and Kabaseke Stephen

**Local Organisers:** Joseph and Milly Grace Ogwal of the Technical Action Group, Lira.

**Background:** This seminar followed other national week-long seminars held during the previous 18 months in Masaka, Masindi, Mukono and Kajo-Keji in South Sudan. Anamed was first requested to run a seminar in Lira by Victory Outreach Ministries. We were very happy to be invited to hold a seminar in the north of Uganda in a very poor region, and that had been severely affected by the brutality of the rebel movement the Lord's resistance Army.

Although the group that first invited us pulled out, because of our concern to contribute to the health of this impoverished region, we looked for another local organizer and for the necessary financial support. We were delighted that we made contact with the Technical Action Group in Lira, and that they were willing to take on the role of local organizer. They had already been growing *Artemisia annua* for two to three years and were using it successfully to treat malaria.

Rehema Namyalo works tirelessly in her own organic garden and herbal clinic in Kirimya, near Masaka, is chair of both anamed Masaka and anamed Uganda and is steadily building a network of trained anamed groups throughout Uganda. She traveled to Lira a week before the seminar was due to start to supervise the laying out of a medicinal garden and the construction of a solar drier and charcoal fridge.

As co-trainers for this Lira seminar she recruited Samuel Mundua from Arua, who as the anamed nurse in Kuluva Hospital has gained extensive experience of natural remedies, and Kabaseke Stephen from the Cavendish University, Kampala, whom Rehema has herself trained and shows great potential as an anamed trainer.

**Participants:** There were a total of 50 participants, including the local organizers, equally divided between men and women. Twenty-two were from Lira and district, and twenty-eight from many parts of Uganda. Some had been already attended an anamed seminar, and were attending on behalf of their local group to develop their skills further. These included people from Kasese, Masindi and Mukono.

**Funding and acknowledgements:** We are very grateful to all those who contributed financially to this seminar; to those who paid the seminar fee themselves, to those who sponsored their project workers, the Egmont Trust in the UK for their support for some participants from Lira, Ute and Henry Hunt who organized a fund-raising evening in Germany, those who made donations via "Betterplace.org" and Bob Mann from the UK who helped Rehema to prepare training materials.

**Programme:** The full range of topics described in the anamed Seminar Handbook were covered thoroughly, and especially the cultivation and use of *Artemisia annua*. Presentations were given by Jjita Cyrus from Kampala on Health and Lifestyle and Munanda Udaaya Anita from Garner Amaranth in Iganga on grain amaranth, and sessions on reflexology were given by Dr. Hellen Nyilak from Kajjansi.

**Building the anamed network:** Towards the end of the seminar leadership groups were established for anamed Northern Region, anamed Kampala and anamed Rwenzori. The network of groups around the country helping some of the poorest people to benefit from Natural Medicine continues to expand.

## Appreciations:

1. Clovis Kabaseke of the Tooro Botanical Garden in Fort Portal, where *Artemisia annua* and many other medicinal plants have been grown for several years, spoke on behalf of all the participants:

“Participants in this seminar carry anamed in high esteem for having arranged the event which will positively transform their lives and the lives of their dear ones through the use of anamed medicine. We highly praise the organizers and facilitators who have steered the even to such an amazing success. We pledge to champion anamed deliberations of using Natural Medicine wisely and teaching others to do so as well.”

2. Robert Bwambale, a medical laboratory technician who leads the group anamed Maliba in Kasese wrote:

“The course content was highly valuable to us as it unveiled appropriate knowledge, skills, experience on natural medicines such as the various herbal teas, ointments, making of skin – friendly soaps, ORS, black stone and other energy technologies like solar oven, charcoal fridge, and solar drier: We were exposed to how to protect and conserve medicinal plants and this brought us to the spirit of environmental awareness and protection.

The training has created a team networking system for members from different districts of Uganda thus creating a rare opportunity for many of us to get friends (brothers & sisters).

We now have hope for a longer and more meaningful life through the use of Natural Medicine.”

## Photographs



Rehema Namyalo teaches the cultivation of *Artemisia annua* and its use as tea.



One afternoon the participants were divided into three groups, and each made a different ointment, one for haemorrhoids, one for rheumatism and one for general skin problems, cuts and grazes.



Seminar participants are already active in teaching their colleagues, like Kenja Thomas here in Kasese

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