



Focus: Supporting Refugees

Location: Uganda

Project: Lamwo integrated refugees

People supported:  
6,250

Cost:  
£330,000  
(£53 Per Person)

Duration:  
2 Years  
(Oct 2018 – Mar 2020)

Where we're working...



Lamwo District

Uganda

## The issues

1.6 million people have fled the civil war in South Sudan since 2013, with half ending up in Uganda. The Palabek Refugee Settlement is accommodating over 30,000 displaced people.

Rose (pictured) is a refugee from South Sudan living side by side with the local community in the settlement. Although she has been given a small plot of land by her Ugandan neighbours, Rose struggles to feed her family.

**“My children have stopped asking for food as they know I will not have it” - Rose**

Palabek is one of the hottest areas in Uganda, with temperatures often above 36°C. The settlement's remote location, with poor road conditions and a long drive to the next town, makes it difficult to access markets and wider district services. Local Ugandans and refugees are struggling to feed their families in such harsh conditions and poor quality seeds often lead to low crop yields. Aside from farming activities, there are limited income sources for many people in the settlement.

Without access to resources and no education or training in the settlement, Rose cannot learn the farming techniques she needs to tackle the shortage of food in the area.

## How Send a Cow helps

Send a Cow field staff are working to ensure that every vulnerable family in the Lamwo district has the training, tools and seeds necessary to maximise their small plots of land, growing plentiful food.

Working directly with refugees in the Palabek settlement and marginalised people in the wider Lamwo district, Send a Cow not only helps farmers to grow vegetables efficiently in limited spaces, but also provides nutrition training, so that they can provide a balanced diet for their families.

Farmers are then able to diversify their income sources by selling surpluses, setting up small businesses and growing other high value crops such as sesame and sunflower.

Households practice sustainable agroforestry and build energy saving stoves to reduce the local pressure on trees for fuel. Communities learn the importance to their farm production of protecting the local environment, and also how better land management improves resilience to natural disasters.

Although this project works with transient communities, the skills gained will not be lost, as they can take the knowledge with them. Farmers can pass on what they've learned to help the whole community to thrive.

Before working with Send a Cow

Families on average eat just

**2** types of food per day

Expected Impact of the Project

**69%**

of families eating more than 4 types of food per day.



Local and refugee children