

Rural Extension with Africa's Poor

**102 Kidmore Road, Caversham,
Reading RG4 7NB**

Charity registration number 1075121

**Report of the Trustees and Accounts
For the year ended 5 April 2023**

Rural Extension with Africa's Poor

Report of the Trustees

For the year ended 5 April 2023

The Trustees present their report and the accounts of the Trust for the year ended 5 April 2023.

Operations Review

Introduction to REAP

REAP (Rural Extension with Africa's Poor) aims to enable Africa's poor, especially those in rural areas, to reach their full potential while becoming good stewards of God's creation. This holistic vision seeks to teach them to make use of the many local resources available, so that they can maintain their own dignity and become fully functional in supporting their own families, gain fulfilment and contribute positively to the community. We continue to see many taking up our teaching, uplifted in this way.

REAP's approach is to work alongside the rural poor to counter three problems we have identified as within our scope. These are seen as dependency (overcome by teaching and motivating the poor to do something themselves rather than wait for external aid), the challenges of money and materialism (by providing spiritual motivation and encouraging selfless sharing with others) and environmental concerns (to be met by encouraging the preservation of natural resources and making use of locally available materials which otherwise would be seen as waste).

REAP has developed a wide range of practical ideas that can be introduced with little or no cost to the user and cover every aspect of life. These form the core of REAP's teaching. Our proactive work focuses on identifying motivated contact people and the training of trainers and through this we have also added to our portfolio of teaching by drawing on the experience of those we have trained as well as trying new things.

REAP's teaching is refined on an ongoing basis, and teaching aids and planting materials that are appropriate to individual needs are produced, recognising different local customs and climates. The REAP team works with and follows up many contacts, particularly within African churches and para-church organisations, to ensure that their teaching is effective, fully accepted and sustainable. Although much of this follow up continues to be by telephone and other remote means, more in-person visits have again been possible this year.

During this year we have been able to largely return to the type of work we were involved in before the COVID19 pandemic. Since the pandemic increased the interest in Natural Medicines, we have seen growing interest in the growing of plants that help boost the immune system, and particularly *Artemisia annua*. We continue to build on this interest by having planting material available both from the REAP farm but also from those that we have trained. We have also been able to refine our teaching to be more relevant to maintenance of health through a strong immune system.

The photograph is of Roger and Rosalia at the Artemisia farm in Kamukuywa of the Everyday Bible and Discipleship training centre. Two of the students have attended the Natural Medicine Seminar and they have been very active in taking the teaching to the students and the local community. They had planting material from the seminars they attended and have been conscientious in propagating the plants. In this follow up visit we were able to reinforce the teaching making sure that they get maximum benefit from the learning.



Roger and Rosalia explaining about harvesting Artemesia at Kamukuywa

Rural Extension with Africa's Poor

Report of the Trustees

For the year ended 5 April 2023 continued

Operations Review (continued)

Use of the REAP plot of land at Kajulu, near Kisumu

The REAP farm near Kisumu continues to thrive and the area has not been seriously hit by the drought which has affected some other parts of the country. Most of the plants and techniques relating to the different aspects of REAP teaching can be seen by visitors. Since COVID19 pandemic restricted visits, the team based in Kisumu has had to be more proactive in networking and getting out and visiting contacts this year. This has led once again to more contacts and more visitors to the farm.

Since moving the Kisumu Office to the farm, the building has become more of a focus and some short-term training sessions have taken place at the farm.

During the year more effort has been put into reaching out to the local area and two field days were arranged for local chiefs and other elders in the community. This has led to a number of them returning individually and learning more about the various techniques that we teach.

This practical teaching base is dynamic and new ideas are tried and those that have potential are incorporated into the farm. The rainfall has been reasonable, and with the underground water available on farm and the location of the land we have continued to try a wide range of plants including some new to the area. Since the soil is fully protected against erosion the farm is a visible example of what farmers can do using the simple technology of Vetiver grass to control rainfall runoff and soil erosion; this has continued to be a central part of the teaching that we are seeking to extend. Throughout the plot and round the periphery, trees have been incorporated into the farm in a way that maintains soil fertility and good productive use of a limited plot of land. On the farm some trees had grown to a stage where they impede the crops during this year, so we have thinned and harvested the trees to make some charcoal and sell firewood from this sustainable source. Working with the trees is something that we are encouraging in our extension work and is something that many visitors have commented on. We have included examples of indigenous trees that we have managed with the FMNR (Farmer Managed Natural Regeneration) practices, as well as showing both coppicing and pollarding in the trees within the farm.



Trees in the REAP farm with the Vetiver nursery in the foreground

Rural Extension with Africa's Poor

Report of the Trustees

For the year ended 5 April 2023 continued

Operations Review (continued)

On the farm we grow all the main medicinal plants that REAP teaches about; both locally familiar and new medicinal plants can be seen growing by any visitors. The farm is used for multiplying planting material, both from vegetative materials and from seed, for distribution when extending teaching. We continue to give special emphasis in producing enough rooted *Artemisia annua* cuttings for distribution. As a result, we have always had rooted cuttings available, both locally and occasionally sending them by courier services to other parts of the country.

Two other medicinal plants that we give particular focus to are Roselle (*Hibiscus sabdariffa*) and *Moringa oleifera*.



Rosalia in the Roselle plot

The farm is well labelled so that it becomes a resource for learning, including both the local or indigenous species, with local names, and the exotic introduced species. During the year most of these labels which had deteriorated have been replaced and a few new self-sown indigenous species have been discovered and labeled. With climate change we have experimented with a number of new bean species and have gained experience in the use of Green Manure Cover Crops (GMCC) which have assisted in maintaining organic soil fertility.

Rural Extension with Africa's Poor

Report of the Trustees

For the year ended 5 April 2023 continued

Operations Review (continued)

The home garden area where we practice ideas such as container planting and the keyhole garden has been further developed so that we have ideas on show that are particularly relevant for visitors from Kisumu town. This is partly a demonstration of what can be done on very small areas, emphasising ideas relevant for urban farming, but is also a useful source for the kitchen. Visitors often eat food from this garden cooked in our improved local kitchen. The external rural kitchen, which has been fitted out as an operational local kitchen using the fuel saving stoves, and other aspects of teaching included in the REAP extension teaching, has continued to be used and has been a focus on interest for many of our visitors.

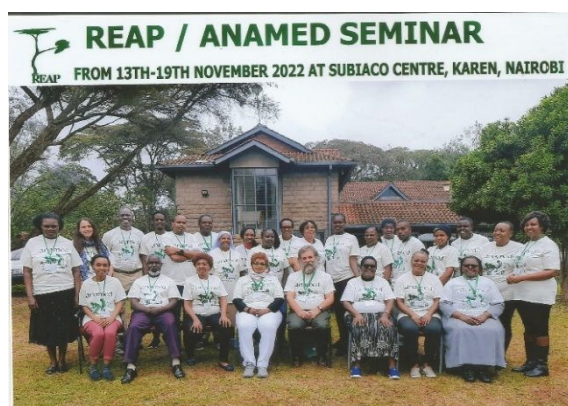


Preparing Prunus africana leaves from prunings at the farm

The farm has been strategically laid out with paths so that visitors can be taken on a route round that plays to their interest. The main areas of interest are natural medicines, care of the soil including Vetiver Grass for erosion control, and general environmental care which we teach as Creation Care. We have planted a few new Vetiver Grass hedges to further protect the soil. The whole garden has an internal logic with a good flow for visitors coming to learn or just to see, and we believe better use of the available resources.

Teaching and training

REAP continues to focus on extending the teaching developed into rural communities through both formal seminars and less formal input to local groups. Much local teaching is conducted on the planting, preparation and use of Natural medicines, sometimes covering a range of medicinal plants and sometimes concentrating on specific ones for the needs of a group showing interest. Training is given at different levels according to levels of understand and local needs.



REAP conducts regular 'Training of Trainers' (TOT) seminars in order to equip people from a range of backgrounds and locations with the knowledge to take to their own work. This reporting year, we have only been able to conduct one major one-week seminar on Natural Medicines conducted by REAP staff. In November 2022 we had 22 participants at the international training, of five different nationalities. We conducted this training at a centre in Karen on the outskirts of Nairobi where one of our former trainees has established an impressive medicinal garden. The training covers a basic focused curriculum on the growing, processing and use of proven medicinal plants and products.

Rural Extension with Africa's Poor
Report of the Trustees
For the year ended 5 April 2023 continued

Operations Review (continued)



Photos of training in Subiaco

We continue to emphasise the value of Natural Medicines for general health and strengthening the immune system, and the COVID-19 pandemic has enabled us to conceptualise our teaching based on principles from our experience in Natural Medicines for Health in a way now more easily understood. Our focus upon *Artemisia annua* is seen as particularly relevant. With every seminar we are able to add to our recommendations and expand our teaching.

In September 2022 Rosalia and George facilitated a week-long seminar on Natural Medicine at Oloitokitok on the foothills of Mount Kilimanjaro with a group called Divinity Foundation. This was attended by about 20 participants.



Seminar at Oloitokitok



Rural Extension with Africa's Poor

Report of the Trustees

For the year ended 5 April 2023 continued

Operations Review (continued)

In March 2023 three of the REAP staff facilitated a five-day seminar for the students of the Africa Inland Church Missionary College in Eldoret. 15 students were trained, and two staff members attended many of the sessions. Although this training covers the range of the teaching we normally give, it has an extra focus on how Natural medicines can facilitate mission outreach in line with the focus of the college.



At a more local level non-residential seminars have been organised by various churches and REAP staff have been able to facilitate with teaching on a range of topics. REAP facilitated a two-day training on Natural Medicines at the Church of Peace in Africa in December 2022 and a further two days follow up in January for 22 members of the church as well as five local Community Health Volunteers.



Seminar at AIC missionary college, Eldoret

REAP's proactive work is based on the Kisumu Office and the area within reasonable reach of Kisumu. REAP staff have been invited to conduct non-residential trainings at the local level at various local churches. These include facilitating sessions within conventions and conferences, as well as some days organised specifically for taking the REAP teaching to the church members.



Participants at women's seminar in ECCA

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For the year ended 5 April 2023 continued

Operations Review (continued)

The team has continued to follow up on specific teaching. The team has been following up on many of those who have been for training, and especially those who have been sponsored by their organisations. In particular several follow up visits have been made to the Every Day Bible College at Kamukuywa to give further practical teaching on the Artemisia planted and to help in the establishment of a herbal clinic there through some of our trainees.

One focus we have had in REAP has been on the use of available resources that can be found in rural communities, and each participant responds differently. One of the participants at the seminar was an experienced herbalist who already had many plants. We were able to visit him at his home and he shared with us how he had many of the plants we had been teaching on but had now learnt how to use them more beneficially, and especially what is the science behind what he had observed.

Follow up with Reuben Koech following a seminar



Environmental Teaching



Vetiver Grass planted to protect land by an upgraded road near Butere

REAP has continued to promote Vetiver Grass as an easily used tool for soil and water conservation and thus care of the environment. A number of those we have trained have been teaching their neighbours on its use for soil conservation. Plans are underway for greatly increasing the planting. Our substantial Vetiver Grass nursery is a local source of planting material and slips have been sent to a number of interested organisations by bus. One of our contact pastors has in particular been involved in local teaching sessions and promotes small local Vetiver grass

Although a significant number of farmers are protecting their land with Vetiver grass in the Butere and Mumias areas only recently has he been able to follow up with them following the restrictions of COVID. During COVID travel restrictions we have been able to share teaching on the value and planting of the grass over the phone or through local contact people we have trained in the past. They in turn teach others and the result is the message has spread to some areas that we have not visited.

Rural Extension with Africa's Poor

Report of the Trustees

For the year ended 5 April 2023 continued

Operations Review (continued)

REAP has continued to network with other organisations with an emphasis on Creation Care including in particular A Rocha, Creation Stewards International and CMS Africa. We give teaching relating to Creation Care and the Gospel whenever possible, encouraging churches to be responsible stewards in caring for the environment. It is a major topic of discussion for most visitors to our farm. The growing publicity in the media in relation to climate change and its impact on farming has meant that there is a growing concern at all levels of society, and in response we have been emphasising the Biblical mandate to care for God's creation. Building on years of experience we have developed some more practical teaching, especially challenging misconceptions and wrong practices. The materials we have been working on for the urban church youth on how they can be involved have continued to be refined. A new initiative on Faith Based Tree Growing is moving ahead slowly and we have been actively involved, giving significant input into the strategy based on our years of experience working with churches on a Biblically based approach to motivating church members to care for the environment. The growing awareness that we have witnessed in all the fora we are involved in gives us impetus for continuing to share the message.

One of REAP's partners, is Smejok, who we have trained and interact with regularly and has established very vibrant work in Songhor, on the eastern edge of Kisumu County, and has been very active in sharing our teaching in the area.



*A farmers' field day at Songhor
emphasising protection of the river
bank*

Smejok has linked the environmental awareness with Conflict Resolution and peace initiatives through including members of the neighbouring county in all her activities. Although Smejok has taken all our teaching on board, they are particularly active in encouraging the protection of river banks.

The Nairobi Office

The Nairobi office continues to be the communication centre for REAP, and with the resumption of personal contact following the restrictions due to the pandemic, we have once again seen a wide range of visitors including a number from North America and Europe, though most visitors are locally based people seeking information and advice. It is a centre for sharing of ideas more widely and for networking with others interested in what we teach, though some of this sharing we now do electronically. REAP continues to be the local contact organisation and distribution centre for named publications and as a result we have continued to have many visitors interested in Natural Medicines. This has led to some strategic linkages and sharing of ideas and teaching in the wider sphere of REAP's teaching. Our reach has extended far beyond the areas where we are proactive through those that we have trained recently in seminars and other contacts through networking.

Rural Extension with Africa's Poor
Report of the Trustees
For the year ended 5 April 2023 (continued)

Operations Review (continued)

We have continued our links with the ECHO regional centre in Arusha, A Rocha in Watamu and with CMS-Africa, based in Nairobi. We have welcomed to the Nairobi office several individuals and representatives of NGOs and churches throughout the region who come to discuss ideas, and this enables the spread of REAP teaching much more widely than in the areas where REAP is proactive. We have continued to follow up on contacts working in South Sudan who continue to pass through the Nairobi office for ideas for their work there. Some from other parts of Africa have contacted us via electronic media, particularly in relation to our teaching on Natural Medicines and Creation Care, and we have been able to input into a number of think tanks in relation to sustainable agricultural production and responding practically to the challenges of climate change.

Plans for the Year ahead

In the year ahead we expect to be fully back to the mode of working that we had prior to the pandemic and have plans to continue with the main messages with a focused emphasis this year on protecting the soil through the use of Vetiver grass. We have received additional funding through match giving of supporters with a funding organisation to increase the field work for Vetiver promotion. We have identified three focus areas in western Kenya for much more proactive work on extending Vetiver Grass.

We have booked the location and dates for two international seminars on Natural Medicine, and have received requests for other more localised training.

We have plans to once again have a stand at the Kisumu ASK Show, using the same plot that we established and last used in 2019. This plot has well established agroforestry trees so we will use this as the basis of our teaching on Creation Care and more general environmental teaching, as well as showcasing a kitchen and medicinal plants.

Report by: Dr Roger Sharland, REAP Director, November 2023

Rural Extension with Africa's Poor

Report of the Trustees

For the year ended 5 April 2023 (continued)

Trustees' Report

The Trust Rural Extension with Africa's Poor "REAP" is governed by a deed dated 18th March 1999.

The principal objectives of REAP are: -

- To support (financially or otherwise) individuals and organisations operating in Africa and being engaged in the relief of poverty, sickness and infirmity in Africa and all forms of need, hardship or distress associated therewith;
- To promote and further widen rural development thinking so as better to assist the support of and eventual self-sufficiency of poor local African communities;
- To advance and further the religious and other charitable work of local churches in Africa; and
- To promote and further educational endeavour in any or all of the above areas.

These objectives are achieved through REAP in Kenya and other similar charitable agencies.

In Kenya REAP provides teaching relating to Creation Care and Natural medicines primarily by encouraging churches to be responsible stewards. REAP also spends significant time teaching women about development in rural kitchens.

Composition of the Trustee Board

During the year the make-up of the Trustee Board was as follows: -

Trustee		Term of office
Hannah Hallett	Secretary	One year to 31 October 2022
Philip M Johnson	Chair	One year to 31st October 2023
Stephen Burgess	Safeguarding and Data Protection	Three years to 31st October 2024
Nicholas Burn	Treasurer	Two years to 30th June 2023

In October 2022:

- Hannah Hallett stood down as a trustee;
- Philip Johnson agreed to serve a further year to 31st October 2023; and
- Stephen Burgess became Secretary to the Trustee Board.

From November 2022 REAP operated with three trustees.

Operations

The area of REAP's work continues to be Kenya with a focus on: -

- The Environment** - REAP Kenya promotes sustainable agriculture and environment and emphasises working with God's creation. REAP's teaching concentrates on motivating Christians to be responsible stewards of the soil and environment that God has provided through creation;
- Women in development** – REAP Kenya propagates its teaching through women's church fellowship groups with a specific emphasis on improved rural kitchens including fuel efficient stoves. An initiative which is having a positive impact on climate change; and
- Natural medicine** - REAP Kenya teaches people how to grow, prepare and use researched and effective Natural Medicines especially Artemisia for Malaria prevention and treatment.

REAP Kenya continues to promote awareness of the challenges of global climate change and teaching on how to respond appropriately.

Rural Extension with Africa's Poor

Report of the Trustees

For the year ended 5 April 2023 (continued)

Trustees' Report (continued)

For the first time in three years, during the summer of 2022, Dr Roger Sharland was able to visit the UK and take part in meetings with Churches and supporters.

Trustee efforts continue to try and increase the awareness of REAP's activities and work through various communication channels e.g., newsletters, increased stories / updates through REAP's Facebook page, website development and new options for giving.

During the year Trustees: -

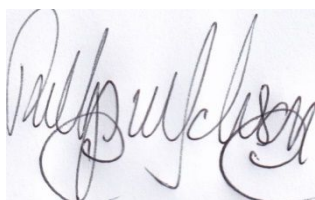
- (a) formalised a short financial scheme of controls and delegations covering all financial transactions or transactions which have monetary implications;
- (b) reviewed REAP's Safeguarding Policy; and
- (c) agreed a lower limit funding policy for operations in Kenya – this ensures that the Trust continues to operate even with low levels of cash.

Finance

The sources of REAP's funding are giving from Churches, Charitable Trusts (which are difficult to predict and depend on applications), and individual giving. In 2022/23 income was £30,942, which was down by £14,660 from the previous year.

During the year REAP UK made grants of £38,545 to REAP Kenya. Less than 1.8% of income was used to cover administrative and promotional costs. Except for examination (Audit) fees, Website costs, and governance (Safeguarding) fees all the income is applied to operations in Kenya which includes missionary work, training, natural medicine seminars, up-keep of the Kisumu farm, etc.

REAP "The Trust" does not employ any staff and trustees are not remunerated.



By order of the Board
Philip M Johnson, Chair
Dated: 20 December 2023

**Independent Examiner's Report to the Trustees of
Rural Extension with Africa's Poor
For the year ended 5 April 2023 (continued)**

I report on the accounts of Rural Extension with Africa's Poor (the charity) for the year ended 5 April 2023.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Simon Porter FCA
Independent Examiner
120 Woodcote Road, Caversham, Reading RG4 7EZ

Dated: 20 December 2023

Rural Extension with Africa's Poor

Statement of Financial Activities For the year ended 5 April 2023

	Note	2023 £	2022 £
Incoming resources:			
Donations received	2	28,769	43,193
Gift Aid tax receivable		2,173	2,409
Total incoming resources in the period		30,942	45,602
Resources expended:			
In furtherance of the Charity's objectives:			
Grants made	3	38,545	36,940
For management and administration:			
Website		73	79
Governance		54	0
Fees to independent examiner		400	400
Total expenditure in the period		39,072	37,419
Net (outgoing)/incoming resources and net movement in funds in the period		(8,130)	8,183
Funds brought forward at 5 April 2023 (2022)		25,221	17,038
Funds carried forward at 5 April 2023 (2022)		17,091	25,221

The Notes on page 15 form part of these Accounts

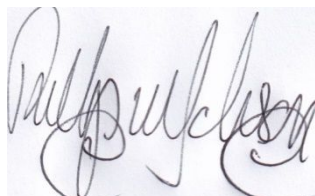
Rural Extension with Africa's Poor

Balance Sheet As at 5 April 2023

Charity registration number 1075121

	Note	2023 £	2022 £
Current assets:			
Debtors	5	2,168	2,409
Bank balance		15,322	23,212
		<u>17,490</u>	<u>25,621</u>
Current liabilities:			
Accruals		400	400
		<u>400</u>	<u>400</u>
Net current assets and net assets		<u>17,090</u>	<u>25,221</u>
Accumulated funds	4	<u>17,090</u>	<u>25,221</u>

These Accounts were approved by the Board of Trustees on 20 December 2023.



Philip M Johnson
Trustee
Dated: 20 December 2023

The Notes on page 15 form part of these Accounts

Rural Extension with Africa's Poor

Notes to the Accounts

As at 5 April 2023

1. Accounting policies

These accounts have been prepared using the following accounting policies:

Donations received are included when they are received, net of tax where appropriate.

Tax received is accrued in the year that the corresponding gift is received.

Income from sales of books and videos is included when it is received.

Interest received is included net of tax when it is received.

	2023 £	2022 £
2. Donations received		
Donations received	<u>28,769</u>	<u>43,193</u>
3. Grants		
Grants made	<u>38,545</u>	<u>36,940</u>
4. Movements in Funds		
Unrestricted funds:		
Balance at start of year	27,153	18,970
Net incoming resources for year	<u>(8,130)</u>	<u>8,183</u>
Balance at end of year	<u>19,023</u>	<u>27,153</u>
Restricted funds:		
Balance at start of year	0	0
Net incoming resources for year	<u>0</u>	<u>0</u>
Balance at end of year	<u>0</u>	<u>0</u>
Accumulated funds	<u>19,023</u>	<u>27,153</u>
5. Debtors		
Gift Aid recoverable	<u>2,168</u>	<u>2,409</u>
	<u>2,168</u>	<u>2,409</u>