



Transforming Lives...

...how your support is

going even further

PRACTICAL ACTION



1,222,401

people directly helped by
Practical Action's work



You've changed the lives of 1.2 million people

That's right, you've helped us to change the lives of 1.2 million people in the past year, that's the equivalent of 11 full Wembley stadiums!

Your support has the power to go even further.

When we talk about impact, we often talk about how many people have been reached. But impact means so much more. The work you support has the power to transform the lives of more people than our initial projects have helped. How? Because the communities we help can then pass on the wealth of knowledge they learn to others. Knowledge truly is power and because of you, we're able to help so many people and because our projects are sustainable, the impact grows and benefits future generations.

In this report, you'll see how, with your support we have helped people across the world and we really hope you enjoy reading the stories of Hawa in Sudan, Sazile in Zimbabwe, Raj in Nepal and Sadia in Bangladesh.

You have ensured communities have access to **clean water and decent sanitation**. You've helped to improve **farming techniques** for thousands of people, so they never go hungry. You've helped make communities better prepared and **resilient to disasters** and you've helped bring **clean and sustainable energy** to communities living in poverty.

On behalf of all the communities we have worked in partnership with this past year, we want to say a huge **thank you!**

How you helped ensure that

Sadia is safe from flooding...

Sadia lives in a small village in northern Bangladesh with her husband Ayub. They rely on his small income working as a labourer, which means that the family is forced to live on the embankments of the river Tista.

Due to its location on the Ganges Delta, Bangladesh suffers from frequent flooding and it's the communities that live in these areas that suffer the most.

The monsoon season lasts from May to August every year, this severe rainfall means that the rivers burst their banks and wash away homes and livelihoods, forcing people to relocate.



Elizabeth Dunn

With their whole lives being washed away, communities like Sadia's have to rebuild their lives over and over again, which makes it almost impossible for them to lift themselves out of the poverty that they're subjected to.

Thanks to your generous support Practical Action has been able to work in partnership with Sadia and other members of her community to make them more resilient to the inevitable floods.



For years, Sadia dreamt of being able to raise her home above the flood levels so that she and her family would be safe but her small income meant that this wasn't possible. This project enabled her to do just that, she said

“ the project supported me to raise my home by six feet. Now I'm living without tension, especially during the flood/ monsoon season. My house does not go under water. I'm so thankful to you. ”

Your support helped 700 families in the community to

raise their homes on plinths which meant that during the severe floods of 2014, none of these families lost their homes. Thank you for making this possible.



Practical Action Bangladesh

IMPACT IN NUMBERS

Over the past year, you have helped reduce the risk of disasters for over 60,000 people. For example:

- In Peru, thanks to your support an Early Warning System in the flood-prone area of Chosica has been specially designed and is now protecting 200 families
- In Nepal, you have enabled Practical Action to work with the Department of Hydrology and Meteorology to upgrade meteorological stations for rainfall monitoring, benefitting nearly 5,000 people
- In Bangladesh, you have helped 8,000 people access safe drinking water after the 2014 floods.

Thank you.

To find out more about how we're ensuring people are more resilient to disasters, please visit our website practicalaction.org/disaster-risk-reduction

How you have helped Sazile

access safe drinking water...

Jamie Oliver



Sazile lives in Segenezane village in Zimbabwe which has 400 residents. Sazile and her community used to get their water from the Thuli river which is over 1km away. They had to collect the water, which was not always safe to drink, and carry it back to their village. This was back breaking work and dangerous for the women and girls from the village as they were at risk from being attacked.

You have helped Sazile and her community install a

borehole, meaning they now have access to safe drinking water close to their village.

“ When people came telling my husband that they are surveying a borehole little did I know that my water shortages would be over. ”

A water facility closer to home also puts women and girls at less risk of sexual harassment while gathering water.

“ I used to go to fetch water from river bed sand wells during the summer seasons and travel all the way to Thuli river during the drier months. Now I can do all my household chores knowing that I have a reliable water source less than 100 metres away from home. ”

The community has not had



a borehole since 1980, a staggering 35 years ago. Sazile and her family have seen their lives change since they have collected water from a borehole

“ my family and I used to suffer from diarrhoea diseases, and when we visited the local clinic, the first question they ask would be where do we get water for drinking. All local residents know that water from the river bed or river was unsafe but we had no option. ”

This borehole has had a huge impact on Sazile and her community, she proclaimed



Andy Heath

“ this new borehole is a gift which will not only be felt by us but for generations to come. ”

Thank you for transforming Sazile's life.

IMPACT IN NUMBERS

Over the past year, you have helped over 240,000 people improve their access to drinking water, sanitation and waste services.

For example:

- **In Nepal, you have given 9,000 people access to drinking water, sanitation and waste services**
- **In Bangladesh, thanks to you 2,000 people in Jessore and Faridpur now have access to secure water and sanitation services**
- **In Zimbabwe, you have helped train local toilet builders which has led to the construction of 2,822 toilets.**

Thank you.

To find out more about access to water and sanitation, please visit our website practicalaction.org/urban-water-sanitation-waste

How you have helped

transform Hawa's life...

Thanks to your support, you have helped change the life of Hawa who lives in El Fashir, Darfur. Darfur is a conflict torn part of Sudan where women, children and men endure daily struggles. One of these struggles is indoor air pollution.

Over 95% of households in Darfur use biomass fuels (firewood and charcoal) to cook on traditional stoves. The reliance on firewood in Darfur presents mothers with impossible choices. They have to search for firewood where much of the land is desert, putting themselves and their children at risk. This wastes precious hours that could be used to earn an income.

Cooking the family meal on a traditional stove billows thick,



Elia Jolly

black smoke that gets inside theirs and their children's lungs, slowly poisoning them. Using biomass fuels also has a dramatic impact on the environment as the areas are succumbing to desertification due to the cutting down of trees for firewood.

With your help Practical Action has been able to work with these communities to enable them to access Liquid Petroleum Gas (LPG) stoves, which means they no longer have to put their own lives at risk just to cook a meal.



Hawa's life has been changed forever, as she explains below.

“*My kitchen has become clean from smoke and I have not experienced any health problems since I started to cook with LPG. I have managed to save money by switching to LPG from wood and charcoal. I use this money to pay school fees for my children.*

Cooking with LPG saves me about one or two hours a day in cooking and I no longer spend time every day buying fuel. My



Ella Jolly

husband is now also more involved in cooking, which was not the case before.”

Thank you for supporting this project and for transforming Hawa's life.

IMPACT IN NUMBERS

Over the past year, you have helped 200,000 people access modern, sustainable energy. For example:

- In Sudan, you have helped 15,000 families replace traditional fires with Liquid Petroleum Gas
- In Zimbabwe, you have enabled two schools, a business centre, two clinics, 20 entrepreneurs and 300 households access micro-hydro energy
- In Peru, you have given 7,000 people access to clean and sustainable energy
- In Kenya, thanks to you 10,000 people now have access to briquettes made from recycled waste as an alternative and sustainable energy source.

Thank you.

To find out more about how we're helping people access clean and sustainable energy, please visit our website practicalaction.org/energy

How you have helped Raj

to improve his farming...

Swarnima Shrestha



In Nepal, many farmers practice intensive rice farming systems and have to rely on chemical fertilisers and pesticides to help increase their yield. As a result, farmers suffer from soil degradation, disruption of soil microbial life, poor plant health and water pollution. This made the local community sick and also meant they were undernourished as they weren't growing enough rice to sustain them.

Raj Mani Chaudhary is a smallholder farmer in Nepal

and mainly farms rice. For years he struggled to improve his yield and always farmed in a traditional way until he heard about 'rice-duck farming.' Raj was curious to find out more and attended a training session led by Practical Action. He said

“ I found the concept of rice-duck farming very fascinating; you not only benefit from the duck meat but also the droppings which are used as organic fertiliser, and at the same time the ducks in the field save you time and labour for weeding and manure. ”

Rice-duck farming works by releasing ducklings into paddy fields about one or two weeks after the seedlings have been planted. The ducklings help the rice grow by eating insects and weeds. Farmers no longer have to manually pull out the weeds, saving them valuable





time. The ducks also stir up the soil in the fields with their feet and bills, which increases the oxygen

content of the soil, making it more nutritious for the rice seedlings. Raj's crops are now free of chemical fertiliser and pesticides.

During the vital training session, Raj learnt about raising the ducklings, planting the rice and integrating ducks to the rice field.

He recalls the very first day of releasing the ducklings into

his paddy field

“ I was very anxious and curious, I did not know how the combination of rice-duck farming work. I used to watch the ducklings play around in the paddy field for hours. ”

After exactly five months, his patience paid off. The yield rose by 20% and he was able to make extra money by selling his produce.

He is a role model for fellow farmers in his village and urges them to adapt rice-duck farming in their land. Raj now grows more and better quality rice, earning a reliable income and can see a brighter future for him and his family.

IMPACT IN NUMBERS

Over the past year, you have helped 650,000 people to improve their food security and livelihoods. For example:

- **Across Bangladesh and Nepal, you have helped 50,000 smallholder farmers now have access to technologies to improve their farming techniques**
- **Thanks to you 240,000 farmers and pastoralists in Sudan have now been able to improve their agricultural production**
- **In Zimbabwe, you enabled 35,000 farmers access vital agricultural information to transform their lives.**

Thank you.

To find out more about our work in food and agriculture, please visit our website practicalaction.org/food-and-agriculture

How your continued support will change even more lives in the next year...

Over the coming year your support will continue to help us transform the lives of people around the world. Below are some of our plans:

- In Southern Africa, you can help us expand our energy work by supporting the provision of mini-grids so that communities can have access to clean and sustainable energy
- In Eastern Africa, you can help continue to improve access to clean stoves and alternative fuel supplies
- In Latin America and South Asia, you can help us work with communities to help them prepare and be more resilient to floods, earthquakes and other natural disasters caused by climate change
- Across all of our country programmes, you can help us continue to improve access to safe drinking water. We will also continue to expand our work in faecal sludge management, waste management services and the processes for collecting and recycling of waste
- Across all of our country programmes, you can help us grow our agricultural projects to ensure people have enough food to feed their families and earn an income
- You can help us continue to work in partnership with communities to ensure they have access to vital technology to lift themselves out of poverty.

With your continued support we can work together to make a real difference. To find more stories of change, visit our brand new website here practicalaction.org/support

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