



## Environmental Protection through Expanding Lemon grass growing and Education in Uganda

*Report on activity 2.1 Conduct 4 Sub County based dialogue meetings with Sub county leaders on challenges and ways of overcoming environmental degradation in the project area Location (Venues): Sub county head quarters*

**Date:** 2<sup>nd</sup> September 2017 to 9<sup>th</sup> September 2017

### Introduction

With support from Japanese Fund for Global Environment(JFGE) and Global Bridge Network(GBN), SORAK Development Agency was able to conduct four dialogue meetings on overcoming environmental degradation.

### Purpose of the dialogue meetings

The purpose of the dialogue meetings was to discuss the challenges and possible ways of overcoming environmental degradation.

### Participants

The dialogue meetings were attended by a total of 200 participants including 75 male and 125 female. Each dialogue meeting was attended by a number of 50 participants. These meetings were held at the respective sub county headquarters as in the table below

#	Date	Name of Sub-county	Number of participants	Total
1	01/09/2017	Kiballinga sub county	50	200
2	02/09/2017	Nabingoola sub county	50	
3	05/09/2017	Kigando sub county	50	
4	07/09/2017	Kasambya sub county	50	

### Number of individuals reached

Name of Activity	Participants		Total
	Male	Female	
'Sub county based dialogue meetings on challenges and possible ways of overcoming environmental degradation'	75	125	200

## **Facilitators and Contents covered**

The dialogue meetings were facilitated by the following persons playing the respective roles indicated here below.

1. **Sub county chiefs** were responsible to present the Sub county laws on the environment to the participants during the meetings.
2. **Muhammad Kyeyune- Executive Director-SORAK Development Agency** gave a brief background about SORAK, and the project with the partnership and support provided by the **Japan Fund for Global Environment of the Environmental Restoration and Conservation Agency** towards environmental restoration in Mubende district.
3. **Nnakiruuta Hadijah - Programmes manager- SORAK Development Agency.** She was involved in open discussions with participants about the project.

## **The purpose of the training**

1. Importance of lemongrass growing as a measure to environmental conservation
2. The need for sub county involvement in environmental protection and their maximum efforts to environmental conservation approaches like lemon grass growing.

## **Training**

### **◆ Discussion**

Participants were explained that this project will yield positive results in trying to restore the ever green environment of Mubende district if all efforts by the sub counties are directed towards its implementation. It was pointed out that since the evergreen forests are no more, the soils are prone to erosion and that lemon grass can help protect the soils from erosion. Thus sub county leaders were encouraged to put in place the environmental protection policies enforced by the district and to involve their communities in lemongrass growing in order to protect the environment from degradation and improve on their livelihood.



Sub county local leader gives a brief understanding of lemon grass

◆ **Uses and effectiveness of lemon grass**

Participants were also informed of the following;

<Lemongrass>

- When planted in ridges, lemon grass plants can effectively control water run-off in coffee and banana plantations.
- The tangy, refreshing fragrance of lemongrass can relieve symptoms related to stress, nervous exhaustion, headaches, and jetlag
- Lemongrass has a calming effect and can relieve stress and insomnia
- Mixing with pepper is to relieve nausea and menstrual problems
- By consumed as tea, it is an effective diuretic

<Spent grass>

- The spent grass can be used as animal feeds when mixed with molasses, as well as manure
- It can be burnt into char and used to make briquette charcoal

<Essential oil from Lemongrass>

- It acts a tonic for the entire body and can help to boost the parasympathetic nervous system, which is necessary when you are recovering from a sickness. It also revitalizes the glandular secretions.
- It can tone the tissues and muscles, relieve pain in the muscles by making the muscles more flexible. It also improves the blood circulation and acts an insect repellent

- It is used for treating acne and for clearing up oily skin. It also treats athlete's foot, and stops excessive perspiration
- It is good for treating respiratory infections like fever, laryngitis, and sore throats. It also stops the spreading of disease
- It is often used to treat gastroenteritis, indigestion, and colitis as well as keep pets free of lice, ticks, and fleas

### Training results/outcomes

1. The meetings were successfully conducted it provided an opportunity to SORAK, the sub county lead team to discuss pertinent issues that have led to the massive environmental degradation in their respective sub counties.
2. The meetings also provided a new direction to the leaders as it served to inform them about lemongrass growing as a best practice to environmental conservation as well as income generating activity.
3. The sub counties agreed to put in place environmental protection policies.



Sub county local focal person discussing major environmental concerns during the dialogue meeting at Kasambya sub county

The Kibalinga sub county Chief Matovu Julius quoted

*"We thank Japan Fund for Global Environment of the Environmental Restoration and Conservation Agency for supporting the dialogue that has opened our eyes on how to overcome environmental degradation by practicing lemon grass growing".*