

# HIGH FIVE CLUB

changing lives, £5 at a time

## Energy Efficient Cooking Stoves Initiative, Kenya

### Background

SEBE Educational Trust (SET) is a grass roots, community-owned, youth organisation with the primary goal of promoting environmental, health, social and education benefits in schools and rural communities in Kenya. Practically, it provides educational scholarships to AIDS orphans and fights for children's rights in Kenya. It also promotes sustainable agricultural production methods and environmental and soil conservation through biochar farming, indigenous tree planting initiatives and the promotion of clean stove technology.

High Five Club trustees Cheryl and Manny Mvula became acquainted with SET whilst working in Kenya last year. They were impressed with the scope and impact of SET's work, linking poverty reduction, health and environmental issues seamlessly together. They invited SET to apply for a High Five Club grant to help deliver one of its community programmes in 2012.

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### High Five Club Support

We have collectively funded a 2-week SET training workshop where 25 community members from the Matungu District in Kenya were trained in energy-efficient stove making. SET carefully selected the participants as representatives of both youth and women's self-help groups to train them as 'trainers' in environmental conservation, effects of global warming, the importance of biological diversity and in the production and use of energy efficient cooking stoves (rocket stoves).



lung cancer, bronchitis and cardiovascular disease.

During the workshop participants acquired the technical know how and skills to improve upon the traditional cooking stoves that rural people in Kenya use daily, where firewood is burnt indoors on rudimentary stoves that often emit much smoke. Many of these traditional stoves cause chronic illness and acute health impacts such as low birth weight, early childhood pneumonia, emphysema,

The idea behind the energy efficient stoves initiative is simple – these stoves use less firewood (or solely briquettes) thereby reducing indoor air pollution and at the same time having an environmental benefit.

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At the workshop participants were trained in the production and use of cooking stoves that can dramatically reduce fuel consumption, exposure to harmful smoke and reduce the cutting down of indigenous and exotic tree species that have diminished significantly within this part of Kenya due to extensive sugarcane plantations and population increase.

During the workshop participants were also taught how to establish community tree nurseries, sow seeds, watering, caring for seedlings, putting into tubes, transfer and planting in order to promote agro-forestation activities as a way to curb global warming through community participation in tree planting campaigns.



The workshop was a great success with 100 energy-efficient stoves produced during the 2 weeks. All participants were taught how to utilize their acquired skills to go back into their own communities and train and educate their neighbours on reforestation and clean cooking stove production and use. They were also shown how to earn a living from producing and selling these stoves as a poverty reduction strategy.

The total cost of this 2-week workshop was just £530, meaning that we have together trained 25 community members at a cost of just £21.20 for each participant. These 25 people have already gone on to each train 25 of their neighbours – taking the total number of people using clean stove technology to 650 already. What an impact this initiative will make on peoples' health and the environment into the future!



District Officer giving certificate to participant

For further information contact Dr Cheryl Mvula on [Cheryl@highfiveclub.co.uk](mailto:Cheryl@highfiveclub.co.uk) or visit [www.facebook.com/sebeeducational.trust](http://www.facebook.com/sebeeducational.trust)