



Incorporated association not for gain  
Registration number: 21/2009/583

Postal address:

Telephone:

Fax:

Mobile:

Website:

E-mail:

P O Box 90046,  
Klein Windhoek, Windhoek, Namibia  
+264 61 254655  
088 643 459  
+264 81 129 1780  
www.nlccf.org.na  
schalk@nlccf.org.na

## **Report on Table Garden Training – Windhoek LifeChange Centre/Namibia Horticulture Trust/Namibia Life Change Centres Foundation**

On Tuesday, 20 November and Wednesday, 21 November, 11 candidates formed part of a table garden training event organised and presented by Namibia Horticulture Trust (NHT) and the Namibia Life Change Centres Foundation (NLCCF) and funded by Letshego Namibia.

This training was conducted to enable centres forming part of the network of the NLCCF to implement and sustain table gardens at their various centres. This is the first phase of a project to establish gardens at centres with the ultimate goal to create job opportunities, teach gardening and entrepreneurial skills to centre beneficiaries and provide nutritional food to the centre and the community. These gardens will benefit the needy communities, in which centres and pre-schools are situated, as the centres are acquiring gardening and entrepreneurial skills and have the opportunity to teach these skills to others in the community that they serve, while producing nutritious food for the centre itself. Through this project, small, efficient gardens can be established throughout needy communities across Namibia via centres in the NLCCF network.

### **Participants**

Candidates from across Namibia made use of the opportunity to attend this event. Seven of the eleven participants were from towns outside of Windhoek, while four of them represented a centre and pre-schools working amongst the poor and needy in Windhoek.

A list of the attendees and their organisations are as follows:

- 1) **Salome Victor** House of Love for OVC, Rundu
- 2) **Ester Indongo** Tov Multipurpose Centre, Tsumeb
- 3) **Maria Khaises** Okahandja Samaritans Network, Okahandja
- 4) **Julius Mbuende** Oshakati Life Change Centre, Oshakati
- 5) **Kalusha Petrus** Opuwo Christian School, Opuwo
- 6) **Hans Nguvauva** More Abundant Life Welfare Organisation, Swakopmund
- 7) **Christof Katjimune** Light for the Children, Gobabis
- 8) **Ismael Gôagoseb** Windhoek Life Change Centre, Windhoek
- 9) **Selma Shilunga** Talohole Pre-primary, Windhoek
- 10) **Kristophine Katoto** Happy Home Base Kindergarten, Windhoek
- 11) **Sophia Himarwa** Mekky Kindergarten, Windhoek

### **Venue and content**

The training was held at the premises of the Windhoek Life Change Centre in Windhoek. Mr. Albert Fosso of NHT presented the training and covered the following topics:

- \* Urban horticulture
- \* Micro- and table gardening
- \* How to choose a good cultivar
- \* When to plant and harvest which crops (planting calendar)
- \* Substrates and nutrients (including options to produce own compost)



Incorporated association not for gain  
Registration number: 21/2009/583

Postal address:

Telephone:  
Fax:  
Mobile:  
Website:  
E-mail:

P O Box 90046,  
Klein Windhoek, Windhoek, Namibia  
+264 61 254655  
088 643 459  
+264 81 129 1780  
www.nlccf.org.na  
schalk@nlccf.org.na

- \* Problems to expect and how to address them
- \* How to ensure sustainability of the garden
- \* Basic entrepreneurial skills necessary for sustainable gardening

A significant amount of practical work was incorporated in the training, which allowed participants to gain a practical understanding of the theoretical concepts explained. Practical sessions included choosing cultivars according to a given season, determining the period of planting, growing and harvesting that will be needed for specific cultivars, and planting seeds themselves.

Each participant was provided with a table garden kit to help with establishing the garden and maintaining it. A kit included 16 planting bags, compost, fertiliser and seed for 4 different cultivars.

### **Expenses**

Actual expenses for the training against the original budget are as follows:

		<b>Budget</b>	<b>N\$</b>
<b>Training costs</b>		6,000	4,651
Trainer	Training costs		3,000
Evaluation	Training costs		400
Agrigro Namibia	Training material		1,035
Shoprite	Training material		16
WLCC	Training facilities		100
NLCCF	Training material		100
<b>Refreshments for training</b>		800	1,042
Aroma Kitchen	Lunches		800
Metro	Refreshments		144
Woerman & Brock	Refreshments		61
Woerman & Brock	Refreshments		37
<b>Transportation</b>		1500	2,330
Transport attendees	Transport		2,030
WLCC – Whk attendees	Transport in Whk		200
NLCCF	Transport in Whk		100
<b>Accommodation in Windhoek</b>			Participants' own costs
<b>Total</b>		<b>8,300</b>	<b>8,023</b>

It was mentioned in the funding proposal to Letshego that the proposed amount for transport is not fixed: *“Once nominees have passed the selection criteria necessary to guarantee the best possible results for Phase 1, a final amount for transport costs can be calculated.”* With NHT’s cooperation to provide the training at a lower cost than initially quoted, savings on the training costs allowed for sufficient funds to assist participants with their full transport costs of N\$ 2,230.



Incorporated association not for gain  
Registration number: 21/2009/583

Postal address:

Telephone:  
Fax:  
Mobile:  
Website:  
E-mail:

P O Box 90046,  
Klein Windhoek, Windhoek, Namibia  
+264 61 254655  
088 643 459  
+264 81 129 1780  
www.nlccf.org.na  
schalk@nlccf.org.na

All these expenses are supported with invoices and other supporting documents and are available on request.

The surplus of N\$277 will be used for costs related to the monitoring of the implementation during the next 4 months.

### **Evaluation**

At the end of the training, participants had to complete a written test that covered the topics of the two days. All participants passed this test to the satisfaction of NHT, which proved a basic understanding of the information received. As a result of the test, the presenter was also able to identify areas which proved to be unclear to some participants and used the final session to address and explain these topics in greater detail.

After completion of the training a realistic and measurable action plan was drawn that provide participants with a framework that will help in implementing specific actions at a set time and according to which they will be able to report. This action plan will also serve as the basis for monitoring the effectiveness of Phase 1 over the next four months.

### **Conclusion and continued monitoring**

NHT and NLCCF agree that, with the help of the donation received from Letshego Namibia, the training has been concluded successfully, and serves as a helpful start-up for each participant to effectively implement a table garden at his or her centre.

Participants received guidelines on the practical implementation of the training and how monitoring and reporting of progress will be conducted. Monitoring of the implementation and successful management of the gardens will be on a continuous basis. This will include a consistent evaluation of progress according to the goals set out in the action plan, and a photo-journal, which will be collated in order to submit the final report on Phase 1 to Letshego Namibia at the end of March 2013.

The gardens established during Phase 1 will prepare the way for moving into Phase 2 and 3 of the project. Phase 2 will entail the implementation and enhancement of basic open-air gardens, while appropriate specialized gardens (tunnels, hydroponics, or irrigation) will be established during Phase 3. Before implementation, careful consideration will be given and success of previous phases reviewed to determine whether centres will be able to establish and sustain these types of gardens.