



THE HEALING BALM  
FOUNDATION  
INCLUSION ALL THE WAY

August , 2024

# NEWSLETTER

The Healing Balm Foundation

We are implementing this program in Gwembe district as well as Kazungula District all of Southern Province. In Gwembe, we are working on alternatives to charcoal burning. Under Kazungula, we are implementing a climate program that looks at the role played by households to combat further effects of climate change

smart climat activities include recycling, makng of resuable pads , backyard gradening. this program is curently runing in Gwembe, Chipata, and livingstone District

## CLIMATE SMART ACTIVITIES



# Impact of the program

Women and householders in Chipata District have massively benefitted from this initiative, which has brought joy on the faces of many women who are now able to care for their basic needs at home.

School girls and young men in Sinda of Kazungula district were empowered with skills on how to make reusable sanitary pads.

In Gwembe and Dmabwa of southern province, women have benefitted from backyard gardening, the initiative aimed to empower them and also play a crucial role in climate change.

Climate adaptation refers to the actions taken to manage the risks and impacts of climate change. It involves adjusting human and natural systems to better cope with the changes in temperature, precipitation patterns, sea-level rise, extreme weather events, and other climate-related phenomena.

## ADAPTING TO THE CHANGING ATMOSPHERE



# WE ARE

1. **Building resilience:** We are training our small-scale farmers and households on crop diversification and early planting of crops to reduce crop failure.
2. **Protecting vulnerable populations:** Adaptation efforts prioritize protecting vulnerable populations, including low-income communities. Skills sharpening through our entrepreneurship training has been very crucial
3. **Integrated planning:** Effective adaptation requires integrated planning across sectors and levels of governance. This includes incorporating climate considerations into urban planning, land use management, disaster risk reduction, and development policies
4. **Ecosystem-based approaches:** Adaptation strategies often incorporate ecosystem-based approaches, such as restoring wetlands, mangroves, and forests, which provide natural buffers against climate impacts, regulate water flow, and support biodiversity.
5. **Climate Mitigation:** Climate mitigation refers to the actions taken to reduce or prevent the emission of greenhouse gases (GHGs) into the atmosphere, thereby slowing down the pace of climate change. Mitigation measures aim to address the root causes of climate change by transitioning to low-carbon energy sources, improving energy efficiency, and reducing emissions from various sectors
6. **Transition to renewable energy:** Mitigation efforts focus on transitioning away from fossil fuels towards renewable energy sources such as solar, wind, hydroelectric, and geothermal power.



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