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**THE ROLE OF SELF-HELP INITIATIVES IN ATTAINMENT OF SUSTAINABLE
LIVELIHOODS**

**A CASE STUDY OF KABAGARAME PORK MARKET, BUMBAIRE SUB-COUNTY
BUSHENYI DISTRICT**

A dissertation presented to

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Dedication

I dedicate this research work to the memory of my beloved parents Eliasaph Kyaruzi & Kifomunyanja Jane for the gift of life, love and whose values of decency and dignity will always be an inspiration.

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List of Acronyms

CARE	-	Cooperative for Assistance and Relief Everywhere.
CBO	-	Community Based Organisation
CIKOD	-	Center for Indigenous Knowledge and Developmental Organisation
CPRCU	-	Chronic Poverty Research Centre for Uganda
DFID	-	Department for International Development
FAO	-	Food Agricultural Organisation
FGD	-	Focus Group Discussion
GDP	-	Gross Domestic Product
IMF	-	International Monetary Fund
LC	-	Local Council
LG	-	Local Government
MDGs	-	Millennium Development Goals
NAADS	-	National Agricultural Advisory Services
NGO	-	Non-Governmental Organization
NRM	-	National Resistance Movement
PIBID	-	Presidential Initiative on Banana Industrial Development
RHP	-	Ruharo Heifer Project
SACCO	-	Savings and Credit Cooperatives
TASO	-	The Aids Support Organisation
UBOS	-	Uganda Bureau of Statistics
UMU	-	Uganda Martyrs University
UNDP	-	United Nations Development Programme
WB	-	World Bank

Abstract

Self help initiatives have proved to be important in promoting sustainable livelihoods of the poor who are always left behind in most development interventions. Development efforts that usually aim at improving the livelihoods of the poor have continued to deprive them of their livelihoods. These poor people have tried to set up self help initiatives in order to attain viable sources of livelihoods inspite of the challenges they encounter. The ultimate end has been continued marginilisation as poor people's expectations are not met.

The few innovations the poor people have engaged in continue to fail due to lack of sustainable measures to uphold them. Development programs in most cases have not met the needs of the poor since they are not involved in program identification, design, implementation, monitoring and evaluation. It was imperative therefore to explore the role of self help initiatives with specific reference to pork roasting and other self help initiatives in Kabagarama pork market.

The study was conducted in Kabagarama pork market in Kayojo cell, Bumbaire Sub County in Bushenyi District. Specifically, the study explored different self help initiatives and how these initiatives influence the livelihoods of community. The study also explored the livelihood assets that are crucial in facilitating the promotion of these efforts. It also identified various roles played by people's initiatives in attainment of sustainable livelihoods, the challenges met and the strategies that could be adopted to mitigate the challenges which would ultimately ensure sustainable livelihoods for the rural people.

The study used in-depth interviews, observation, Focus Group Discussion and documentary review methods to collect data from both primary and secondary sources respectively. A total of sixty (60) respondents were involved in the study. The data collected was mainly analysed qualitatively and supplemented by quantitative approaches.

The study findings revealed that people were mainly involved in self help initiatives especially pork roasting for the case of Kabagarama, Kayojo village in Bumbaire Sub-county Bushenyi District. In addition, they were also involved in other initiatives such as sale of agricultural products, Boda Boda riding, sale of cooked food and retail businesses which have played a vital role in improving their livelihoods. Respondents indicated that, these initiatives have helped them to realise increased household incomes and savings, accumulation of wealth, food security, diversified business enterprises and people's exposure which has improved knowledge and skills in various innovations. However, the study pointed out that livelihood assets at people's disposal have continued to be under utilised. Other challenges reported were; limited social services like water and electricity, poor market structures, some patrons refusing to pay, high taxes charged on their small businesses and poor roads.

In a nutshell, research found out that self help initiatives have enabled people to attain alternative sources of livelihoods. The study argued that self help initiatives are vital for community development since most people in Kabagarama have realised benefits despite the challenges faced. Building the capacity of people and community empowerment through awareness campaigns, provision of initial capital and business management skills should be enhanced to enable people fully utilise available resources to promote self help initiatives. Bushenyi local government should provide clean water and electricity to facilitate people's initiatives. Government interventions like prosperity for all should be closely monitored to ensure proper accountability to the intended beneficiaries. In the end a pathway for rural transformation will have been achieved.

CHAPTER ONE

GENERAL INTRODUCTION TO THE STUDY

Introduction

This chapter introduces the study by looking at the background to the problem under investigation, the statement of the problem, study objectives, research questions, scope of the study, justification of the study, the study significance and the conceptual framework.

Self help initiatives are very important in facilitating people's livelihoods. Development that comes from people's innovations is what they prefer to be sustainable. Time immemorial, the desire to progress has been perceived to originate from external people taking local people to be recipients of developments packages however; people are not passive in the development process of any given society. Different scholars like Sen and development partners like World Bank and IMF have defined the rural people as those who cannot have basic needs like food and shelter. This perception of the rural people as not being passive in development efforts has come after examining the enormous contributions they have played in the development of their communities (Sen, 1995).

In the world today, harnessing self-help potential is becoming a pre-requisite for rural transformation. It is argued that, if the poor are properly empowered, they overcome the deficits of infrastructure and services, and exploit their tremendous entrepreneurial potential. In the end self-help can be seen as participation squared because it fully empowers the participants. Self-help is the act of helping or improving yourself without or less reliance on anyone else. This is where people not only contribute their labour, financial or material resources, but also take part in the identification, design, planning, implementation, and

evaluation of projects and programs in which they are involved and the decision making process of running their projects (Berner, *et al.*, 2002).

Background to the Study

Worldwide, development efforts especially from the central governments have been directed to communities to improve their standards of living and livelihoods but the approach used in the implementation of such programmes has not yielded sustainable benefits. However, these efforts have not always been equitable to all communities. As a way of ensuring livelihood sources, rural people have engaged themselves in self help initiatives using the available local (Sen, 1995).

Development efforts that are always aimed at uplifting the rural people have always ended up as ineffective due to limited involvement of the targeted poor people (World Bank, 2004). This is because, policy makers and implementers consider the rural poor as ignorant in programme development and implementation as well as evaluation.

The work of building capacity is concerned with expanding the capabilities of individuals, firms, communities, regions, labor markets, and organizations to manage change. The 1995 report of the Kentucky Appalachian Task Force cited that, the most recent rural initiative in the state strongly emphasizes the importance of building capacity by investing local communities with decision-making authority and actively engaging citizens in the work of shaping the future (Michal, 1995).

Self-development initiatives at grassroots that attempt to leverage improved development outcomes are relatively recent. While it is important to concede that these studies may indicate a short lifespan for such initiatives, a logical outcome given the relative lack of public support, signals growing interest in appreciating self help efforts of the rural people

(Green, et al, 1990). Literature on rural development strongly recommends this path. Short-term results for initiatives designed to yield results over the long-term, however, are not adequate measures of the power or potential of community-based development initiatives (Michal, 1995).

Because the majority of these capacity-building initiatives have yet to achieve long-term status, short-term results are encouraging even when they vary among communities. By standard economic models, some results may seem modest at best. For various reasons, others have accomplished few measurable gains or collapsed in the absence of support. The considerable value of such initiatives, however, lies in the long-term accumulation of broader civic engagement and involvement in the life of communities. The compelling examples of Tupelo and the well-documented legacy of Northern Italy strongly suggest that these important non-economic contributions have an enduring power that is worthy of pursuit, commitment and broad-based public support. About their benefits, observation is thus:

“. . . Self-development projects tend to open up the decision making process on economic development to a broader range of people in the community. In comparison, industrial recruitment is normally conducted in a secretive fashion by a small minority of residents. Those engaged in self-development have taken an important step in extending democratic principles to the local economy, by expanding involvement in economic development matters to new sectors of the community. Active involvement in self-development efforts tends to carry over into other collective community efforts” (Michal, 1995:2).

Livelihoods in Africa have been, to a large degree (UNDP 1998) marked by abject poverty, graft and corruption, bad governance and loss of social capital. An annual growth of 8-9% for GDP or 5-6% for GDP per capita is needed to make significant efforts in fighting poverty. But virtually no African country, with the rare exceptions of Botswana and Cape

Verde has achieved such a rate in the past 15-20 years. Botswana and Cape Verde are rare exceptions.

From 1970 to 1995, nearly 80% of Africans saw their per capita income decline. In the past few years, economic growth has been accelerating in sub-Saharan Africa. The prospects for poverty reduction are more promising now than they have been since the early 1970s. If public policies were more pro rural people, the prospect that millions of Africans could move out of poverty would be notably enhanced. In 1996, GDP in Africa grew by about 5%. In 1995, annual growth was 3.4%, and in 1994 just less than 1%. Since population growth is still about 3% a year, a 5% GDP growth rate translates into growth in per capita income of about 2% a year. While still modest, such a rate could help initiate reductions in income poverty (UNDP, 1998).

In Uganda in the recent past, some efforts have been made to include the rural people on the development agenda through poverty eradication projects and programmes like Entandikwa scheme (1995) and prosperity for all (2006) both intended at supporting the poor. Bushenyi District has not been exclusive in an attempt to benefit from these programs. They have provided the rural people with different skills to use their abundant labour resource. They have promoted opportunities, facilitated empowerment and enhanced security to reduce the shocks that threaten their livelihoods assets, namely human, natural, physical, financial as well as social assets (World Bank, 2004).

In Bushenyi particularly, as a way of responding to their own basic needs, the rural people have come up with innovative approaches to improve and sustain their rural livelihoods. They have established income generating activities and formed informal groups through self help initiatives that are promoting their welfare (Ngabirano, 2006).

In Kabagarambe, Kayoyo village, Bumbaire sub-county, Bushenyi District, some of the rural people have initiated an idea of setting up a market specifically to deep-fry, roast, sell pork and promote other self help initiatives. The entire venture has been through self help initiatives.

This research therefore explored the role played by self-help initiatives taking Kabagarambe pork market as a case of study. The efforts of rural people in attaining sustainable livelihoods were explored as a way of ascertaining how helpful their initiatives have been in their lives. The surrounding area is predominately inhabited by both poor rural peasants and low income earners. Crop farming and animal husbandry are practiced in the area as sources of people's incomes. The major economic activities carried out include, pork roasting, retail trade, piggery, zero grazing, poultry, bee keeping and other crop farm activities. These have supported people in attaining their livelihoods. Almost every family in the area rears pigs that have facilitated the growth of pork roasting at Kabagarambe market.

Problem Statement

Development interventions like poverty eradication programmes aim at improving the welfare of the people. Although these development interventions come in good faith, by design which is always top-down, little attention has been given to people's self initiatives. The result has always been misguided programmes which leave the people in the very situations they were found. Even in cases where attempts are made to involve the rural people their participation has been at the periphery. Ultimately most of these development interventions have not adequately addressed people's needs.

“The poor people though with enormous contributions to societal development have always been left behind in the development programmes or efforts by governments and other development agencies. The programmes that are always intended for uplifting the living conditions of the poor end up making

the poor people poorer in the best case scenario, but more often end up being hijacked by the rich and elite class”(Tilakaratna, 2005:5).

Despite different interventions and approaches put in place to support self help initiatives, development continue to by-pass the poor people and harm them by making them victims rather than beneficiaries. This is because manipulative approaches are used. Rural people have continued to become poor since they lack adequate social and financial capital that would have created a ground for their success. The need to have the basics of life and also mitigate risk uncertainties compels people to devise strategies through self help initiatives. Some of people’s initiatives continue to fail due to lack of sustainable measures to uphold them.

The study therefore aimed at exploring the role of self help initiatives by rural people and specifically looked at Kabagarama pork market in Bumbaie sub county-Bushenyi district.

General Objective

The study aimed at exploring the role of self help initiatives in attainment of sustainable livelihoods in Kabagarama pork market, Kayojo village, Ruharo parish, Bumbaie Sub-county in Bushenyi District.

Specific Objectives

1. To identify various self help initiatives carried out in the attainment of sustainable livelihoods in Kabagarama pork market
2. To establish sustainable livelihood assets supporting self help initiatives in Kabagarama pork market
3. To establish the specific role played by self help initiatives in attainment of sustainable livelihood of people in Kabagarama

4. To ascertain the challenges faced and strategies adopted to improve people's sustainable livelihoods

Research Questions

1. What are various self help initiatives carried out in the attainment of sustainable livelihoods in Kabagarama pork market?
2. What livelihood assets are available to support the self help initiatives in Kabagarama pork market?
3. What role has self help initiatives like pork roasting played in improving the sustainable livelihoods of people in Kabagarama?
4. What are the challenges faced and strategies adopted in an attempt to attain sustainable livelihoods?

Significance of the Study

It is hoped that the study will be significant in establishing the roles played by self help initiatives of rural people to attain sustainable livelihoods. This would help communities to appreciate their self help potential and competences in improving their welfare and ultimately contribute to efforts to eradicate poverty.

The study findings are expected to aid institutional policy makers and implementers to identify effective, relevant and strategic solutions that are of benefit to rural people. This would help rural people since their efforts will be supplemented by government programmes and eventually stimulate their innovations thus realising sustainable livelihoods. In the end, pathways for rural transformation will be widened.

The research will add knowledge to the existing literature in the capabilities school of thought for sustainable livelihoods. This would provide new insights into rural development initiatives and broaden the academic scope for future researchers and academicians in similar fields of study.

Justification of the Study

This research was done in partial fulfilment of the requirements for the award of Masters Degree in Development Studies –NGO Management of Uganda Martyrs University-Nkozi.

Beyond the academic award, it is crucial to note that sustainable development can be achieved if the rural people are put at the centre of development interventions. Therefore, there was a need to explore the roles of self help initiatives and establish how people have benefited from their initiatives as a way of attaining sustainable livelihoods. This would ascertain people's capacity and the mechanisms they have employed to create sources of livelihoods that have enabled them to improve on their incomes and savings, increased well being, food production and reduce on vulnerability.

Scope of the Study

Geographical scope

The study was carried out in Kabagaramo pork market, situated in Bumbaire sub-county Bushenyi District- south western part of Uganda where pork roasting is a major economic activity. The area is located about 3 kilometres from Bushenyi and Ishaka towns and this has facilitated a ready market for pork and other self help initiatives due to the easy access to the market. These towns are significant to Kabagaramo pork roasting activity and other

initiatives since they are inhabited by diverse categories of people. Kabagarama pork market is approximately ½ a kilometre from the Mbarara-Kasese high way which is another attribute for the growth of the pork market. The area where Kabagarama is located has a high percentage of rural peasants who are low income earners and this has instigated them to engage in self help initiatives as a way of improving their livelihoods.

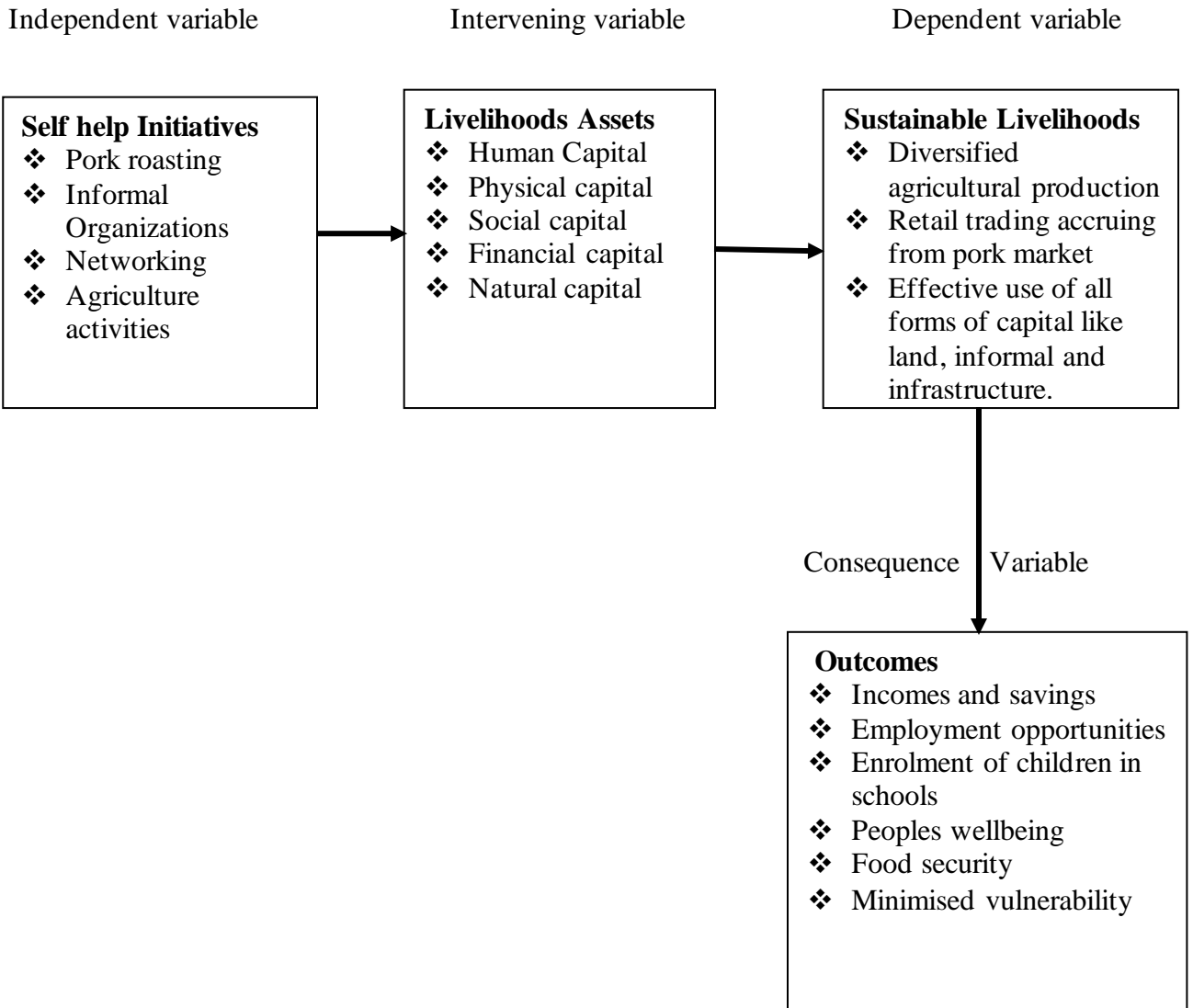
Time Scope

The study considered the period between 1994 and 2009. The year 1994 is the time when the place was converted from a nursery school and a football pitch into a pork market. Within this period, the study was able to examine the progression of this market looking at the various initiatives that people have taken up to improve their livelihoods.

Content Scope

The study looked at self help initiatives and people's sustainable livelihoods. Issues explored included various self help initiatives that the people of Kabagarama pork market have engaged in apart from pork roasting, the sustainable livelihood assets that are at their disposal, the roles that self help initiatives have played and the challenges faced in an attempt to attain sustainable livelihoods. This is because of poverty in rural communities has remained a major development issue that necessitates such an exploration.

Model 1: A Conceptual Framework Explaining the Relationship between Self Help Initiatives and Sustainable Livelihoods in Kabagarame Pork Market



Source: Developed by the researcher, 2008

The above framework provides an explanation of the connection between Independent and Dependent variables. In the process of the functioning of the independent variable an intervening variable is necessary to achieve the dependent variable. Ultimately, because the study is about achieving sustainable livelihoods by the rural people, a connection with the consequence variable is also provided.

Within the study context, self help initiatives form the independent variable. This included initiatives like pork roasting activity, informal groups, social networks and agricultural activities. These initiatives form a starting point that will eventually lead to sustainable livelihoods which form the dependent variable in our context.

Self help initiatives alone without livelihood assets can not propel progress and as such intervening variables become necessary to hasten the functioning of the independent variable. In this study the key intervening variables examined are the livelihood assets which included human, physical, financial and natural capital.

When these self help initiatives are functioning, the effect will be what accrues from a set of relevant activities that are crucial for the welfare of the people. Because the pork roasters and other people involved will realise benefits from the trade in terms of profits, these proceeds are ploughed back into other activities as a diversification strategy. The supply chain will call for other business entities that will provide a residual but needed support to their initiatives.

Since the major aim of the study was to explore how self help initiatives can be an engine for promoting sustainable livelihoods, the research felt it important to examine the consequence variables. In this context of the sustainability of self help initiatives, the consequence variables taken into account were increased incomes and savings from pork and

other sales, employment opportunities for the rural people, enrolment rates of children in schools, food security and eventually reduced vulnerability.

Operational Definitions of Key Concepts and Terms

'Bwirukirira': Contributing for some one in a problem.

Boda- boda: Motorcycle transport business

Collateral: Items that one has to present as security to acquire a loan from the bank.

Empowerment: The capability of poor people and other excluded groups of people to participate, negotiate, change and hold accountable institutions that affect their livelihoods.

Enablement: Creating an environment that is conducive for people to expand their choices. An approach which provides opportunities for human enhancements.

Participation: Varying degrees of involvement of the public in various stages of public policy and administration.

Patrons: The term used by local people of Kabagaram market referring to visitors who flock the area to eat pork.

Pork roasters: People who deep-fry, roast and sell pork at Kabagaram.

Kabagaram: Name of a pork market at Kayojo village, Ruharo parish, Bumbaire Sub-county in Bushenyi. It is a Runyankole word meaning "to rest on your back".

Livelihood: Capabilities, assets including both material and social resources and activities required for a means of living.

Mwezirikye: Tightening oneself to work hard.

Mwimukye Tukore: An organization referring to rising up and work.

Pig Farmers: People engaged in piggery projects.

Ruharo Tweragurize: A group of people in Ruharo parish who help each other in case of sickness to access medication.

Self-help Initiatives: These are projects that people start by themselves in an attempt to create means of living.

Sustainable: Meeting the needs of the present generation without compromising the needs of the future generation.

Twekaambe: Meaning working hard.

Conclusion

This chapter highlighted the key introductory part of the study by looking at self help initiatives in a broader perspective. The chapter also looked at the central problem of the research regarding self help initiatives and sustainable livelihoods. Objectives and research questions were developed to help in generating the data. The next chapter reviews the relevant literature and identifies the gaps in past studies thereby presenting the case for this research.

CHAPTER TWO

LITERATURE REVIEW

Introduction

This chapter is a review of published and unpublished work from secondary sources in the field of self help initiatives and sustainable livelihoods. The literature review was guided by the main themes that included; self help initiatives and sustainable livelihoods, sustainable livelihood assets, roles and challenges and strategies adopted in the attainment of sustainable livelihoods.

Self help Initiatives in the Attainment of Sustainable Livelihoods

Meaning of Self help Initiatives

According to Berner *et al.*, (2002) self-help is the act of helping or improving oneself without relying on anyone else. This is where people not only contribute their labour, financial or material resources, but also takes part in the identification, design, planning, implementation, and evaluation of projects and programs in which they are involved.

Self-help does not mean don't help. It calls development agencies and government to have a responsibility of creating an enabling environment, empower the rural people, and give financial as well as non-financial assistance, business development services to the rural entrepreneurs and the community to increase their incomes, reduce poverty and be able to withstand shocks to their livelihoods (Berner, *et al.*, 2002).

In this study, it was crucial to note that, people's understanding of self help initiatives relates to any thing that has come from their own innovations to access basics of life and mitigate risks. It was further enriched by this study that people find it difficult to entrust their

initiatives to the realm of government's control fearing that what they have started, would not eventually benefit them.

Understanding Sustainable Livelihoods

The term sustainable livelihoods relates to the relationships between poverty and environment. This is in line with Chambers, *et al*, (1992), definition of livelihoods as capabilities, assets including both material and social resources and activities required for a means of living. A Livelihood becomes sustainable when it can cope with and recover from stresses and shocks maintain or enhance its capabilities and assets without undermining the natural resource base. This was relevant to this study as it created a base of exploring different capabilities, assets like land and financial assets and activities that people of Kabagarama pork market are engaged in.

According to Satterwaite *et al*, (2003), to obtain sustainable livelihood goals, people have to engage themselves in a number of activities using the available resources through organised collective action in order to reduce poverty. In other words people should work as groups in setting up income generating activities such as small business entities. The spread effect will minimise their vulnerability.

This study an attempt was made to explore what mechanisms have pork roasters and other actors in self help initiatives put in place to minimise risk. However, what Satterwaite left out was that even without groups, self help initiatives would still take off at individual level when capacity building of people is put into consideration.

According to CPRCU (2005) when confronted by crises or sudden needs, people in chronic poverty situations adopt different strategies to cope with times of worsening poverty. The crucial point to note in this assertion is even when people in vulnerable situations meet

challenges they develop adaptation mechanisms and some of these manifest themselves in self help initiatives. Thus the research tried to assess the various adaptation mechanisms of people engaged in self help initiatives.

Facilitators of self help initiatives

A large and disparate literature arising from a variety of disciplines, has confirmed that rural people in Africa and Asia, a majority of rural producers have historically diversified their productive activities to encompass a range of other productive areas. Motivations for such diversification are diverse, linked with wide range of possible activities, and associated with both positive and negative outcomes. This recognition has led many researchers to represent rural livelihoods as constructed from a portfolio of resources, or activities (Karim, *et al.*, 1998).

This theoretical assertion by Karim and others was further enhanced by this study as it tried to find out some of the activities that people have diversified in. These included pig farming, selling of agricultural produces in Kabagaram market, selling soft drinks like beer and Boda Boda riding. These act as alternative sources of livelihood and supplement pork roasting as well.

As a way of fighting poverty, In Uganda, the rural poor people have innovatively formed formal and informal groups like burial associations, savings and credit associations through networking based on mutual trust or friendships to improve and sustain their rural livelihoods. Some of these grassroots groups or initiatives are registered at local level while others are not but operate within their locality and are well known to local authorities.

This was more relevant to the study since the community of Kabagaram in Bushenyi district has used individual savings and groups benefits to establish income generating activities like pork roasting, goat and pig rearing, bee-keeping. The other self-help innovating

strategy has been through setting up road side markets to sell their agricultural products. These formal and informal arrangements are able to utilise local resources or assets that people possess. Other communities need to learn from communities like Kabagaramé.

There are numerous household income surveys which provide data on the different sources of household income, and the motivations for undertaking diversification opportunities. One such survey conducted in Burkina Faso for example, found that: Land constraints did not drive income diversification, but shortfalls in cropping income did, changing terms of trade tended to pull farmers towards diversification strategies, but cash cropping activities did not substitute for non-farm diversification activities, and income diversification was associated with those in higher income groups, and that the role and root of livelihood diversification varied according to type of agro ecological zone. (Reardon, *et al*, 1992)

International agencies like Department for International Development (DFID), CARE, United Nations Development Programmes (UNDP) and Oxfam have developed different Livelihoods approaches. However, these approaches have much in common though there are some variations and differences in emphasis. According to UNDP, a livelihood denotes the means, activities, entitlements and assets by which people make a living. Sustainability of livelihoods becomes a function of how men and women utilize asset portfolios on both a short and long term basis.

UNDP employs asset based approach and stresses the need to understand adaptive and coping strategies. CARE like DFID and Oxfam, adopts Chambers and Conway definition of livelihoods and identifies three fundamental attributes of possession of human capabilities, access to tangible and intangible assets and existence of economic activities. It emphasises on

household livelihood security linked to basic needs. DFID approach emphasizes six principles which are poverty focused and include: people-centered, responsive and participatory, multi level, conducted in partnership, sustainable and dynamic.

As Oxfam approach emphasizes that sustainability needs to be looked at from several perspectives including; economic (functioning of markets, credit supply), social (networks, gender equity), institutional (capacity building, access to services & technology and political freedom) and ecological (quality and availability of environmental resources) (Diana, *et al.*, 1999).

This was true as the findings indicated that people has a great attachment to economic activities, socialization and institutional support as sustainable sources of livelihood. Groups are still considered so important in facilitating a collective response to attain sustainable livelihoods.

Livelihood Assets in Supporting Self help Initiatives

People and their assets are at the heart of livelihoods where people can build or draw upon. These assets constitute livelihood building blocks which form a basis upon which people build their livelihoods and they may include a wider range of resources. In order to create livelihoods, people must combine the capital endowments that they have access to and control over.

To a limited extent some of these capital endowments can be substituted for each other. For example, the poor may draw on social capital such as family or neighborhood security mechanism at times when the financial capital is in short supply. These may be made up of personal capabilities such as skills, knowledge and experience and tangible assets in form of physical structures such as business premises, inputs such as cooking utensils and land and

intangible assets such as value attitudes, social cohesion and trust among others (Chambers, 1992).

Forms of capital assets

The capital assets portfolio include among others; education, skills, and knowledge, having good health, nutrition, energy and ability to work. Other assets include, roads, buildings, shelter, water supply and sanitation, technology and communications from which resources flow and services useful for livelihoods are derived (Richards, 1989).

Other forms of capital include; savings in form of cash as well as liquid assets, land, water, forests, marine resources, air quality, erosion and bio-diversity protection. These assets may be under private ownership, but they may also be under common property regimes, or individuals may have only certain user or management rights over the resources (Scoones, 1998).

In this study some of these livelihood assets formed the basis for the pork roasting and other initiatives in Kabagaramé pork market. Among these assets taken into account were human, financial, physical and natural forms of capital. In a study conducted by CPRCU (2005) in Kisoro district, exiting from poverty is primarily determined by individual's capability that stems from family endowments and the social networks one develops later in life.

In addition, it was further found out that there is a possibility of poor people to become rich but such social mobility was rare and rated at 10% (CPRCU, 2005). This explanation was crucial for this study. In the first instance does having capital assets automatically translate into improved livelihoods? Or have the people of Kabagaramé realized an improvement in their livelihood since the inception of their self help initiatives?

The poor people have access to land and engage in own-account farming, in non-agricultural activities and in migration to seek work. This was confirmed in a recent review of income data for Africa which has found the dominant importance of non-farm wage labour versus farm labour with a wide variation, at a simple average of 45 % of income earned by the rural sector derived from the non-farm sector (Reardon, 1997).

Drawing from the above the context, this study is making an assertion that people are likely to attain sources of livelihoods from other off farm activities apart from pork roasting such as engaging themselves in retail shops and boda boda cycling which have been accumulated from the primary activity of pork roasting.

Role of Self help Initiatives in Attainment of Sustainable Livelihoods

According to Diana *et al*, 1999, the experience of DFID in sustainable livelihood programming has been able to document that if people have better access to assets, they will have more ability to influence structures and processes so that these become more responsive to their needs. Empowerment through direct support to assets and maintaining support to the more functioning structures and processes has provided the opportunities to the attainment of sustainable livelihoods.

The research was more concerned with how empowered people are, in utilising available local resources to innovatively come up with self help initiatives that would enhance development by becoming responsive to their needs. Diana's assertion failed to bring out the failure of utilisation of assets which deter people's ability to respond to their needs. This calls for the empowerment strategies to enable people effectively utilise resources available in order to respond to their needs.

Dercon and Krishnan (1996), have suggested that the different income portfolios held by households is best explained by differences in ability, location and access to credit. The ability of Ugandan households to diversify their income depends upon both household characteristics and economic variables. This was relevant to this study because it was found out that people's abilities in utilizing the available resources differed from household to household in area where Kabagarambe is found. The same scenario was also illustrated in Kenya, where the size of a household and the existence of personal networks were key variables in determining whether or not a household has increased incomes and savings (Sachs, 2005).

Other roles of self help initiatives

According to Scoones (1998), once people are engaged in gainful self employment, it is worthwhile and this may be on or off-farm activities. People will put part of wage labour or subsistence production to investments that will bring about strong support systems. In the end poverty levels will reduce as livelihoods are improved and people are able to meet their basic needs like food, shelter, good health and taking children to school. Self help initiatives allow people to do things they are able to do which result in a range of sustainable livelihood outcomes such as self-esteem, security, happiness and power. Sustainable livelihoods influence adaptation to environmental stress and resilience to vulnerabilities.

The study identified that Scoones overgeneralised the accruing benefits of self employment because not all who participate will eventually realise a substantive wellbeing taking a case of some of the pioneers of Kabagarambe pork market who have not realised improved well being despite their engagement. This means that there is a lot needed to reach at improved well being like the study found out that capacity building was an important aspect in improving self help initiatives.

The ability of a livelihood to be able to cope with and recover from stresses such as dry season, hailstorm and floods is central to understanding of sustainable livelihoods. Such resilience in the face of stresses and shocks are key to livelihood adaptation and coping. More to this, the resource base will be sustained once people engage assets to carry out meaningful activities. Most rural livelihoods are reliant on the natural resource base at least to some extent are able to maintain productivity when subjected to disturbing forces whether stress or a shock (Scoones, 1998).

The study adopted the resilience approach to examine the outcomes of people's initiatives as being paramount in an attempt to meet their sustainable livelihood. The drive to follow this approach is based on the realization that external investments are unreliable and exploitative as investors takes away the profits they make and leave the rural people exploited.

Challenges of Self help Initiatives and Strategies Adopted to Mitigate them

Challenges

Major constraints felt mostly by the rural people include lack of land for those in small households, and those with little access to credit or to extended social networks, and those with few assets. The situation is made severe by different forms of vulnerability such as drought, hailstorms, social or political conflicts, financial crunch and earthquakes (Scoones, 1998).

Rural people have continued to face challenges of accessing land and other resources. Because they lack land and other assets, they cannot access credit; secondly, the poor people are never employed by the private enterprises simply because they lack skills and technological know how. Instead, private enterprises which aim at maximising their profits while minimising the costs have resorted to capital intensive technology, a major cause of technological unemployed in some countries. Worst of all, where the poor people are employed, they are

given low cadre jobs that don not attract substantial remunerations, they are overworked and even underpaid (World Bank, 2004). In response to these life challenges people develop coping mechanisms such as pork roasting in Kabagarama.

As Berner *et al*, 2002 indicate, rural people can also make alliances with Non Governmental Organisations (NGOs) to lobby for their needs to be put to development agendas of governments and international donors but such approaches have had successes in certain situations as well as failures. Some NGOs have turned out to act like the inefficient governments. Some of these NGOs have been used as conduits for government actions. Some are politically initiated and controlled hence leading to patronages, elite capture, and exclusion of the very poor. Eventually people are left with no alternative but to seek for other means of survival one of which is starting projects on their own.

The key to ending extreme poverty is to enable the rural populations get their foot on the ladder of development. The development ladder hovers overhead, and the poorest of the poor are stuck beneath it. They lack the minimum amount of capital necessary to get a foothold and therefore need a boost up to the first rung (Sachs, 2005).

These challenges provided a more relationship to the study because when they stand in the ways of rural people's progress, they at the end make them fail to achieve the intended objectives. It was revealed that issues of limited capital, natural shocks and limited natural resources like land continue to affect the pursuit of development goals in Kabagarama.

Strategies

Different strategies are looked at in line with enablement, participation of people and empowerment through capacity building.

Enablement

Governments should concentrate less on direct intervention and more on the creation of incentives and facilitating measures so as to enable services to be provided by households themselves. There is also a need for a legal frame work that is protective of the rural people and increases their demand- making power as well as building their capacity on three strands- economic, political as well as organisational. This is because improving livelihoods and reducing poverty is not a top-down activity planned in isolation from the reality of people's lives. Hence self-help initiatives should be one of the opportunities for the rural people towards achievement of their empowerment and development (Berner, *et al*, 2002).

From the above literature it can be deduced that the essence of enablement is for rural people to have constant access to decision making power either as individuals or groups. Meaningful people's enablement must involve helping people to determine, decide, plan, implement, control and evaluate all the actions that affect their lives.

Participation

Participation can be looked at in terms of consultation on conditions, needs, means and priorities and the participation of target groups in the implementation of projects and programs in form of labour and finances from community contribution. This leads to increased project effectiveness, efficiency and project cost sharing.

International agencies such as the World Bank have promoted community participation as a means for ensuring that Third World development projects reach the poor people in the most efficient and cost effective ways, sharing costs as well as benefits, through the promotion of self-help (Mayo et al, 2005).

People's participation should become the central issue of development processes and interventions since it puts people at the centre of development. Therefore people should not only contribute their labour, financial or material resources, but also take part in the identification, design, planning, implementation, and evaluation of projects and programs in which they are involved.

This idea of people's participation was in line with the people's understanding of participating in development interventions.

Empowerment

Tilakaratna (2005) argues that an enhancement of the claim making or receiving capacity of the poor is a pre-requisite for people to benefit from government deliveries. However, according to Mayo *et al* (1995) there are divergent views in the perception of power dynamics in society. Power can be conceptualised in society as a variable sum, which can be increased. The empowerment of the powerless could be achieved within the existing social order without any significant negative effects upon the power of the powerful. The assertion is that empowerment would lead to self-reliance, which would then lead to participation and eventually sustainable livelihoods.

Conclusion

This chapter reviewed published and unpublished work from secondary sources by creating a relationship between previous studies and this particular study looking at the gaps that were left out by other researchers. The next chapter looks at the methods used to obtain the required data from the field and techniques that were used to analyse the data collected.

CHAPTER THREE

RESEARCH METHODOLOGY

Introduction

This chapter presents methods that were used to collect and analyse data. It gives a description of the research design that was used in this study. It also describes the area of study and population studied and how the sample size was selected using different approaches. Data collection methods, data analysis, limitations and the delimitation, and ethical considerations are presented under this chapter.

Research Design

The study used case study design. Case study design was chosen because there was a need to establish the uniqueness about the people engaged in self help initiatives in Kabagarama pork market, Kayojo village, Ruharo parish in Bumbaire sub-county. The study considered not only the voices and perspectives of the actors, but also of the relevant groups of actors and the interaction between them. This was reached at by using in-depth interviews, Focus Group Discussions and Observation as primary methods of data collection so that a case study design could be effectively used. Secondary data through documentary reviews enriched the case study design. Interview guide, Focus Group Discussion guide and observation checklist were used as tools to capture the unique elements in the study area. The study was designed to cover the pork market of Kabagarama and looked at the time between 1994 up to 2009. In line with content scope, the study limited itself by looking at other self help initiatives apart from pork roasting, livelihood assets, roles, challenges and strategies faced in an attempt to attain sustainable livelihood.

Area of study

Location

The area of study was Kabagaramo pork market, Kayojo village in Ruharo parish, Bumbaire sub-county- Igara County, Bushenyi District. Kabagaramo pork market is about 3 Kilometres from Ishaka and Bushenyi towns on Mbarara- Fort portal main road and approximately 330 Kilometres from Kampala City. Kabagaramo pork market operates every Saturday and is found in Bumbaire sub-county which borders Kyeizooba sub-county to the east, Mitooma to the west, Ishaka-Bushenyi Town Council to the north and Kitagata sub-county to the south.

Study Population

The study population included people of Kabagaramo who engage in economic activity of pork roasting as the main respondents. As a way of generating collective views, the study included farmers involved in piggery projects, patrons, opinion leaders and government officials both at local and district levels. The opinion leaders included the elders in the area while the government officials comprised of local government officials that included chairperson at Local council I, II, III, secretaries for production at local councils I, II and III, area councillor, Sub county chief, Sub county NAADS coordinator and District community development officer.

Pork roasters were involved in this study as primary respondents because they are the direct actors in pork roasting and had the key information. It was important to include farmers engaged in piggery projects due to their role in ensuring a steady supply of pigs to pork roasting activity. The inclusion of both local leaders and opinion leaders was intended to get views on policy issues, historical trends and the government perception of people's self help

initiatives. Patrons were included as they are the mainstay of the trade for providing market for the pork roasting activity.

Sample size and Sampling techniques

Sample size

A sample of 60 persons was selected for this study. These included 20 pork roasters as key informants and 12 farmers engaged in piggery projects. Furthermore, 10 local government officials that included secretary for production at Local council I, II and III, chairperson local council I, II, III, sub county chief, area councillor, NAADS coordinator and District Community Development Officer. In addition, the study employed 8 patrons who come to Kabagarama pork market every Saturday. Lastly, 10 opinion leaders were selected from the community to give out the historical context of the market and its influence in ensuring people’s sustainable livelihood.

Table 1: Category Composition of the Sample

Category of Respondents	Frequency	Percentage
Pork roasters	20	33
Pig farmers	12	20
Government Officials	10	17
Patrons	8	13
Opinion leaders	10	17
Total	60	100

Source: Field Data, June 2009

Sampling Techniques

The study used simple random sampling, purposive and convenient sampling techniques. Out of the total 30 pork roasters in Kabagaram market, 20 were randomly selected by first assigning values to all the 30 and then giving them an equal chance of being selected which resulted into selection of 20. This was done to reduce bias from the study findings by incorporating in all the categories of pork roasters.

A total of 12 farmers engaged in piggery projects that could be located were purposively selected since the study targeted pig farmers who had a high supply of pigs to Kabagaram pork market. This technique helped to collect detailed views from a 12 people Focus Group Discussion. Purposive sampling technique was also used to select opinion leaders who had important views and also the government officials who were direct implementers of government programmes.

Convenient sampling was used to select the patrons. This worked by targeting the patrons on Saturdays when they come to Kabagaram to eat pork and they were interviewed at a time while waiting to be served since it was estimated by respondents that pork preparation take 25-30 minutes. The reason was that these patrons had less time and could not easily accept to be interviewed and therefore only those who accepted to participate in the study were interviewed.

Data Collection Methods

The study collected both primary and secondary data.

Primary Data

Primary data was collected from respondents using in-depth interviews, observation and Focus Group Discussion as methods of data collection. This was done to get a clear view

on the role of people's self help initiatives that are crucial for the attainment of sustainable livelihoods.

In-depth interview Method

In-depth interview method was the primary method of data collection as the researcher was able to capture detailed data from the respondents. This was through a set of designed open ended questions that explored different views from respondents. This was achieved through use of interview guide as a tool to collect required data. The in-depth interview method helped in obtaining in-depth information and issues not previously thought about when planning the study. Such issues were explored to enrich the content scope and establish new insights. This method of data collection applied to pork roasters, local and opinion leaders as well as patrons of the pork market.

Focus Group Discussion Method

One Focus Group Discussion consisting of 12 people was conducted with pig farmers to get more insights into Kabagarame pork market. The method aided the study to document the origin of the pork market, other self help initiatives carried out, impact and significance of the pork market to the area and the neighboring communities. The use of Focus Group Discussion on pig farmers was also aimed at generating views that helped to compare and enrich data got using interview guides. Bloor (2001) argues that the discussion within a group provide a rich data on the group meanings associated with an issue since the discussion is in the local language of the people not translated in the terminology of the researcher. Through interactive discussion among them respondents make meaning clear. In order to maintain the objectivity of the study in the discussions, focus group discussion guide and a recorder were used as tools of collecting this data.

Observation Method

This method was used in order to enable the flow of new insights into the study and also to enrich the collected data from the field. Observation enables the researcher to study behaviour as it occurs and allows him to obtain first hand information in a naturally occurring context (Silverman 1993; Nachmias and Nachmias, 1996). Observation checklist was used to generate data obtained through observation. Key areas observed included how pork roasting activity was being carried out, other self help initiatives apart from pork roasting, categories of people engaged in self help initiatives, livelihood assets available, physical challenges and outcomes from people's initiatives. The focus of the observation was to capture the non-verbal communication behaviours and the roasting activities and the processes involved.

Photography

Photography was used to supplement In-depth interview and observation methods in order to visualize the observed data.

Secondary Data

Secondary data was gathered through documentary review from the previously written literature. This was generated from text books, internet and articles. Secondary data was helpful in enhancing primary data generated from the field about self help initiatives in attainment of sustainable livelihoods.

Data Analysis Techniques

Qualitative data collected from the field was analysed using thematic analysis where objectives were developed into themes and sub themes in presenting the findings. The essence was to ensure that the objectivity of the study was maintained and it allowed the researcher to use people's narrations which formed verbatim quotations.

Quantitative variables were analysed using micro soft excel package. The quantitative variables analysed were mainly the demographic characteristics of respondents.

Limitations and Delimitations of the Study

There were areas of withholding some data by some respondents which necessitated deep probing. More so, failure to get some key respondents on the set time during the field study necessitated the researcher to go back to the field several times.

During the field study, some patrons were not willing to participate in interviews and this required to approaching many patrons until the required information was obtained. This consumed a lot of time to complete the interview exercise.

Having a pork market on every Saturday made the researcher to only utilize such days which limited the quick collection of the required data as there was a need to wait for another week to go back. Interruptions were also experienced during interviews as pork roasters had to continue their business transactions of serving patrons and the researcher had to utilise this time to interview other categories of respondents in the study population like farmers involved in piggery projects, Government officials and opinion leaders.

Ethical Consideration

Consent for participating in the study, use of photography and tape recorder was obtained from all respondents and also appointments for the interviews were made. As a way of being socially accepted in the field, the researcher respected people's values and traits. This created an environment that was able to generate the required information.

During collection of primary data, the researcher clearly explained the purpose, objectives and outcomes of the study and this helped in building confidence among the

respondents. Respondents were given a chance to ask questions of clarity so that mutual understanding about the phenomenon was reached by the researcher and the respondents.

Conclusion

This chapter looked at the methods used in order to generate data from the field and also set a base for presentation and interpretation. It gave details on how data was collected, the target respondents and the procedure that were followed in the analysis stage. The next chapter looks at the presentation and analysis of the study findings.

CHAPTER FOUR

DATA PRESENTATION AND ANALYSIS OF FINDINGS

Introduction

This chapter deals with the presentation and analysis of the data collected from the field. These results are mainly based on field data. The data is presented using themes developed during analysis. The themes reflect the objectives and research questions of the study. The major themes included; different self help initiatives, sustainable livelihood assets, roles played by people's initiatives, challenges that are met and strategies adopted to mitigate the challenges.

Demographic Characteristics of Respondents

Data in this section includes the population dynamics of the area, category of respondents, sex, age and level of education. This was established in order to assess whether demographic characteristics had an influence on different initiatives in Kabagarama pork market. It was found out that each demographic characteristic had an attribute and influence on pork roasting and other self help initiatives in Kabagarama.

Population Dynamics in Bumbari Sub county in respect to Kabagarama

Through the In-depth interview method, it was revealed that the area is predominantly occupied by Banyankole and Bakiiga. The Banyankole were estimated at about 89% and the Bakiiga at about 11%. The majority population is dominated by Catholics and few Anglicans.

Table 2: Documentary review on population dynamics in the area of study

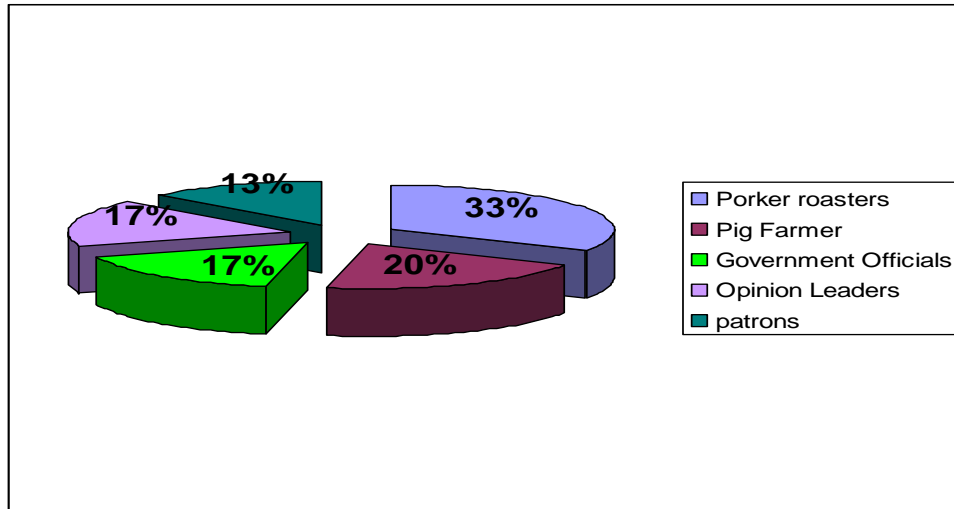
Area	Households	Females	Males	Total population
Kabagarama Pork Market attendance per saturday	Not applicable	70	130	200
Bumaire Sub-county (Where Kabagarama is found).	6626	16,197	14,261	30,458
Bushenyi District	164,278	380,126	351,266	731,392

Source: Uganda Bureau of Statistics 2005

The table presented above indicates that females in Bushenyi District and Bumaire Sub County are the majority yet in Kabagarama pork market, males are the majority. This implies that despite the high number of females in the district and the sub county, self help initiatives continue to be dominated by males. This revealed a sign of marginalisation on part of women which calls for more gender responsive analysis to incorporate women in self help initiatives.

Category of Respondents

Chart 1: Category of respondents



Source: Field Data, June 2009

In chart 1 above, the study through In-depth interview and Focus Group Discussion methods revealed that the majority of the respondents 20 (33%) were pork roasters. The reason for this kind of sample was based on the importance of each category of respondents.

Pig farmers composed 12 (20%) and were involved in the study because of their direct linkage with pork roasting. Government officials involved in the study were 10 (17%). In addition, opinion leaders involved in the study were 10 (17%) while 8 (13%) were patrons.

Opinion leaders and Government officials provided knowledge and views on issues of policy and implementation while the patrons were important in generating reason for such an economic activity in pork roasting.

The distribution of respondents in chart 1 above shows that the study aimed more at exploring insights on pork roasting compared to other initiatives carried in Kabagarama pork market.

Sex Composition of the Respondents

The study aimed at establishing the composition of men and women among all categories of respondents. This data was generated through In-depth interview and Focus Group Discussion methods as presented in the table below:

Table 3: Cross Tabulation of Sex variable on all Categories of Respondents

Category of Respondents	Males	%	Females	%	Total
Pork roasters	14	70	6	30	20
Pig farmers	7	58	5	42	12
Government officials	7	70	3	30	10
Opinion leaders	10	100	-	0	10
Patrons	7	88	1	12	8
Total	45	75	15	25	60

Source: Field Data, June 2009

From table 3 the study indicated that in all categories of respondents, males were the majority compared to females. Findings indicated that all 10 opinion leaders were males. A total of 8 patrons interviewed, 88% were males while 12% were females. Among the pork roasters interviewed, 70% were males and 30% females. The 10 Government officials interviewed 70% were males while 30% were females. The 12 Pig farmers who participated in the focus group discussions composed of 58% males and 42% females.

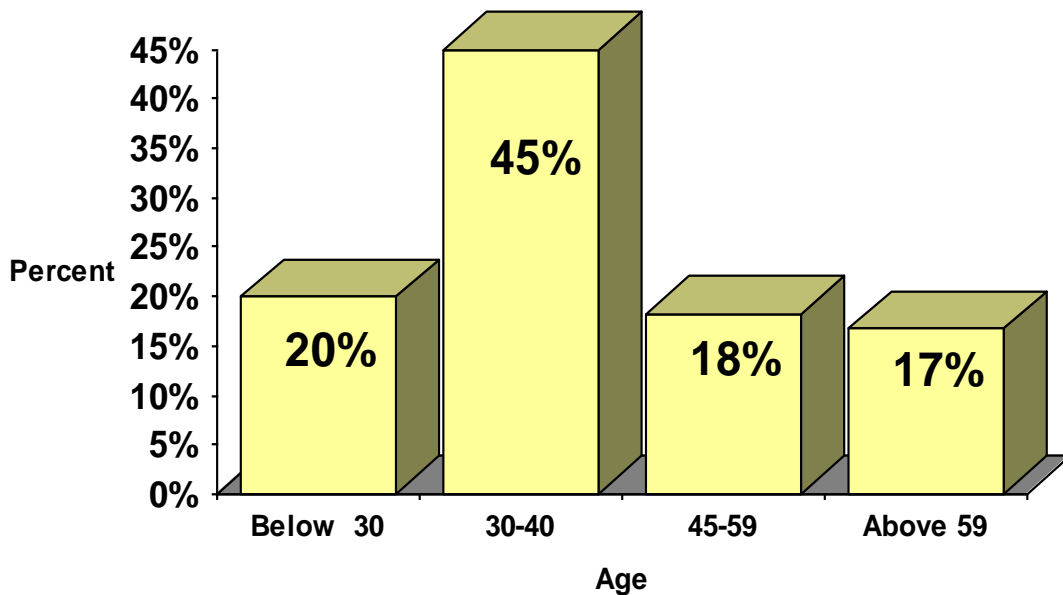
The reason advanced by respondents for the discrepancy in the sex composition of respondents was that, the major self help initiatives like pork roasting is taken to be a predominantly male activity that requires a lot of physical energy.

Having few women engaged in self help initiatives implies that society still looks at women as the weaker sex and their smaller composition in the pork roasting trade is more of a societal attitude than a reality. This further implies that men are still controllers of vital productive resources especially finance in many households an indication of women’s inability to access and control production resources. The net effect will fall unevenly on women because the proceeds will end more in the pockets of men than women. Ultimately women will continue to be marginalised.

Age of the Respondents

According to the study findings using in depth interviews and Focus Group Discussion, Twelve (12) respondents represented by 20% were below 30 years, 27 (45%) were in the age bracket of 30-40, 11 (18%) were between 45-59 and 10(17%) were above 60 years as indicated in the graph below.

Graph 1: Age of the Respondents



Source: Field data, June 2009

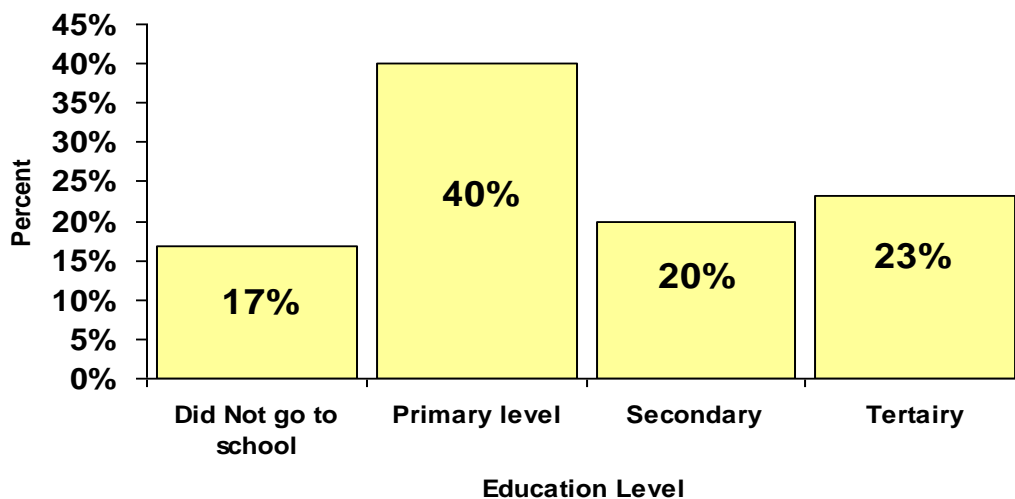
These study findings show how old people still hold beliefs on the kind of jobs that are meant for old and young people. It also means that the young people are mainly tasked with the responsibilities to cater for their families to meet their needs since the world of the past is not the world of today.

The age composition generated from the field also implied that, the youthful people are much involved in self help initiatives. This is because the head of household is responsible for meeting the urgent demands of household members like education for the children, competition in constructing modern houses and above all buying basic needs in their homes. This was found out from focus group discussion conducted, where the average aged men and women were regretting their parent's refusal to educate them and had to overhaul this by educating their children in good schools such as St Kagwa boarding primary school.

Level of education

Graph 2: Level of Education of the Respondents

The education level was also considered in the study to establish the category of people involved in self help projects since unemployment is rampant among youths and educated.



Source: Field data, June 2009

According to the study findings in graph 2 above, through in-depth interviews, 10 (17%) respondents did not go to school. A total of 24(40%) respondents had attained primary level, 12(20%) had attained secondary education while 14(23%) had attained tertiary education as indicated in the graph above.

Majority of respondents represented by 24 (40%) who were involved in self help initiatives had attained primary level. This meant that they either completed primary seven or stopped in any level in primary education. Most of the pork roasters interviewed had attained primary while others did not go to school. The reason attributed to this by the respondents was due t lack of adequate income to continue with education and as a result people have engaged themselves in different self help initiatives like pork roasting, retail trade and other agricultural activities.

The category of respondents that followed had attained tertiary level of education as represented by 14 (23%) of those interviewed. According to the findings from in-depth interviews, it was attributed to the fact that educated people have limited engagement in self help initiatives and prefer formal employment like civil service.

The category of respondents who did not go to school was represented by 10 (17%). This group composed of pork roasters and pig farmers who attributed it to lack of education due to the previously experienced poverty levels in the area. However, they were quick to say that, they have now embarked on working hard to make sure that their children are educated.

Having the majority of respondents with low education levels engaged in self help initiatives implies that the government needs to create an approach that can best sensitize the unemployed educated people to engage themselves in self help projects and get supported

instead of staying in urban areas in such of white collar jobs. This would reduce unemployment problem in Uganda and limit those who engage in being idle and disorderly.

Occupation of Respondents

Table 4: Occupation of Respondents

Occupation	Frequency	Percentage
Peasants	24	40
Civil servants	8	13
Students	1	2
Business initiatives	27	45
Total	60	100

Source: Field Data, June 2009

Table 4 above indicates that people engaged in business were the majority with 27 (45%) followed by 24 (40%) of peasants, 8 (13%) civil servants and the least 1 (2%) was generated from a student who was found among patrons.

This level of occupation shows that the majority of the people in Kabagarama pork market are engaged in self help initiatives as revealed by respondents during the study.

The least of the respondents were civil servants and students who were found among government officials and patrons and this was due to their positions and purpose to the study.

Self help Initiatives for Sustainable Livelihood in Kabagarama Pork Market

It was important for the study to explore different self help initiatives that people are engaged in. This was achieved by first looking at the genesis of Kabagarama pork market, the major economic activities that take place and the factors behind the growth of self help initiatives.

This generated views from respondents using in-depth interviews and Focus Group Discussion that were crucial to achieve objective one of the study.

Genesis of Kabagaramé pork market and its support for people's sustainable livelihoods

Originally the land at Kabagaramé was an open public market for small scale and it was called Koranorya literally translated as work as you eat. The term implied a desire to motivate people to engage in productive activities. The merchandise that used to be sold at Koranorya market included clothes, vegetables and other products sold on retail. Later local residents converted the place into a nursery school and football pitch. The land thus opened to public activities such as football, political rallies and community meetings among others.

During in-depth interviews, the study revealed that Kabagaramé pork market came into existence in 1994 when one local pork roaster in the nearby trading centre was experiencing a decline in profits due to high rent and his business was about to collapse. As an adaptation mechanism, he decided to relocate his business to his piece of land which was adjacent to the nursery school and a football pitch. All his customers from the nearby trading centre followed him in his new business location. Later on other pork roasters joined him in his new area and the business started to increase.

Paul Tushemereirwe the one who first conceived the idea narrates the cradle of Kabagaramé pork market thus:

Nkatunga ekitekateko omumwaaka gwa 1994 obunabire nimpangisa omwanya gwo'kwokyezaho empunu omu ka trading senta. Kunarebire sente zokupangisa zabanyiingi kand'obwo nyine omwanya gwangye haihi na Kabagaramé. Nkaboneza omwanya ogu ahiturikwokyeza empunu natandiika kukorera aha. Ondijo omuntu akaija yanyegaitaho nabwanyima abandi bantu nabo batwegaitaho nabantu abarikurya empunu bayeyongyera. Akatare kempuni aka Nyakabirizi kukatandikire kuhwa amaani abantu boona baija aha. Nyakabirizi yakinga abantu abarikurya empuni boona batandiika kwija aha ahabwokuba omwanya gwehereire. (Personal Communication with Paul Tushemereirwe, Pork roaster. June 27, 2009).

Translated as:

“I got an idea in 1994 when I was hiring a place to roast pork, in the trading centre. After sometime I realised that the rent was too much for me. I had land nearby Kabagarambe. I cleared the land which borders the current pork market and started roasting from there. Another person came and joined me. Thereafter other people started joining us as the demand increased. When the pork market at Nyakabirizi started to decline as a result of increased clients on our market. This was convenient as it was hidden. Eventually the Nyakabirizi market closed and all the business shifted to this place”

After Paul Tushemereirwe had shifted his business to the land adjacent to the nursery, it attracted the attention of the local authorities. Since the nursery was not performing well an idea was then devised by the local authorities to convert the land occupied by the nursery school into a pork market.

Before the market was set up, other speculative business people wanted to grab the opportunity from the community by lodging untrue claims over the land. This greed for land was a blessing in disguise. The local authorities became more vigilant and counter reacted to the fake claim and eventually won the case. This vigilance of local leaders helped to set up plans to convert the place into a public pork roasting market.

From in-depth interviews with local authorities, Kabagarambe pork market was set in motion as a deliberate effort to create livelihood opportunities for the local people but also to safe guard the land from grabbing by opportunists. This was substantiated by the chairman LC II;

“Nabwo nkaba ndi Kyayimaani wentebe yakabiri. Nkakakiiko, tukashutama nagyezaho kubabehabeha kugira ngu omwaanya ogo tugukoremu akatare ahabwokuba ka nasare kakaba kagwiire. Nahabweekyo twaaza ahamwaanya, twaruundaana abataka be kyaanga, twabamanyisa akaruungi kokutandikaho akatare. Kandi kugira ngu hakaba hariho omuntu omwe owabaire naguza empunu kandi arikutunguuka, tukateekateeka ngu ebintu nkebyo nibibaasa kureetera abantu sente barugye omu bwooro. Nikwo abataka kwikiriza kutandika kwootsya empunu kandi bakatandika kukwaata bwa puloti

ahubeizire bakombeka obuju” (Personal Communication with Mr.Murekwa Alfred, LCII Chairman Ruharo Vilage. June 24, 2009).

Translated as:

“I was the then chairman LCII. We sat and I convinced the committee to allow the area to be a pork market since the nursery had collapsed. So we went to the area, we mobilised the local residents, addressed them on the importance of starting the pork market. Since there was one person who was already operating pork roasting business and doing well, we thought such an innovation would help people to get money and minimise household poverty. The members agreed to start pork roasting business and people started getting small plots where they eventually constructed small huts”.

Meanwhile there was another pork market in Nyakabirizi which was mainly serving the officials in Bushenyi District. The place was not very much convenient as patrons considered it too open. When information about the spacious and hidden place trickled down to the community and beyond, a large volume of clients was attracted. Eventually the Nyakabirizi pork market wound up and all the customers shifted to Kabagarama market.

Later alone other support services to pork business started to emerge. For instance people realised that if cooked food was to be part of the menu it would increase consumer satisfaction. These support services also in themselves created more business opportunities for the people.

It was also revealed through focus group discussion that, the name Kabagarama literally means “Sit, Relax and Rest”. This is a form of branding for the business. However, residents have misinterpreted it to imply engaging in excessive consumption of alcohol and this can be a very great deterrent to the self help initiative.

Local authorities reported that the situation might get out of hand if they do not quickly take action. Even young children who provide family labour to their parents are against the law prohibiting employment of minors. Although most respondents indicated that these children

come to help parents during weekends and holiday time, this could be a negative force to divert the young people from education.

The findings presented above can be interpreted that people have the ability and capacity to initiate development projects that can be crucial for rural transformation. It also implies that people have abilities to address their priorities and needs as is the case with Kabagarama pork market.

Major economic activities that support people's livelihood in the area

From the in-depth interviews with pork roasters and focus group discussion with pig farmers and through observation, the major economic activity was pork roasting.

Pork roasting activity was reported by the sellers as having attracted a big number young men and women who come to the market every Saturday to conduct their other related business transactions. In depth interviews also revealed that, pork business has become a major economic activity because of the ready market for pork which is influenced by experienced and skilled pork roasters. Further revealed from Focus Group Discussion was that, the community surrounding Kabagarama market is predominantly occupied by pig farmers who ensure a steady supply of pigs for slaughter on every Saturday of the week.

In addition, it was found out from observed data that Kabagarama pork market attracts patrons of high profile. This was validated by expensive cars and clothes that patrons were putting on.

The patrons who come to Kabagarama pork market provide a steady market for the other agricultural produces. Therefore agriculture was mentioned as another activity that has been promoted due to the pork market. Among the notable produces cited included cabbages, green vegetables, pineapples, beans and peas, banana, egg plants, cassava, potatoes, tomatoes,

chicken and eggs. These are household food items that are common in food markets and it is convenient for the patrons to buy these items as they leave.

It was reported through in-depth interview with pork roasters that the presence of pork market has created opportunity for the sell of other agricultural products and as such, the demand for agricultural products has also increased and at times the demand is higher than the supply. In the end to satisfy the demand, more community members have joined crop farming and this has increased their livelihood opportunities.

Another activity that was reported is sale of cooked food in the pork market. This was reported to have come on the realisation that a complete meal includes food and sauce. Pork is taken as sauce although others prefer to eat it without any other accompaniments. The various cooked foods mentioned included millet bread, matooke, greens, and boiled eggs. The activity has also attracted people with specialised skills in food preparation to come on board.

The patrons interviewed who were mainly civil servants and employees in companies were quick to point out that the quality of mingled millet prepared in Kabagarambe is no where else since there is a lady nicknamed "*Omukazi owagoire oburo bwa Museveni*" translated as the woman who prepared President Museveni's millet bread. Implying that, a chef who prepares a president's meal is usually a highly trained and skilled person.

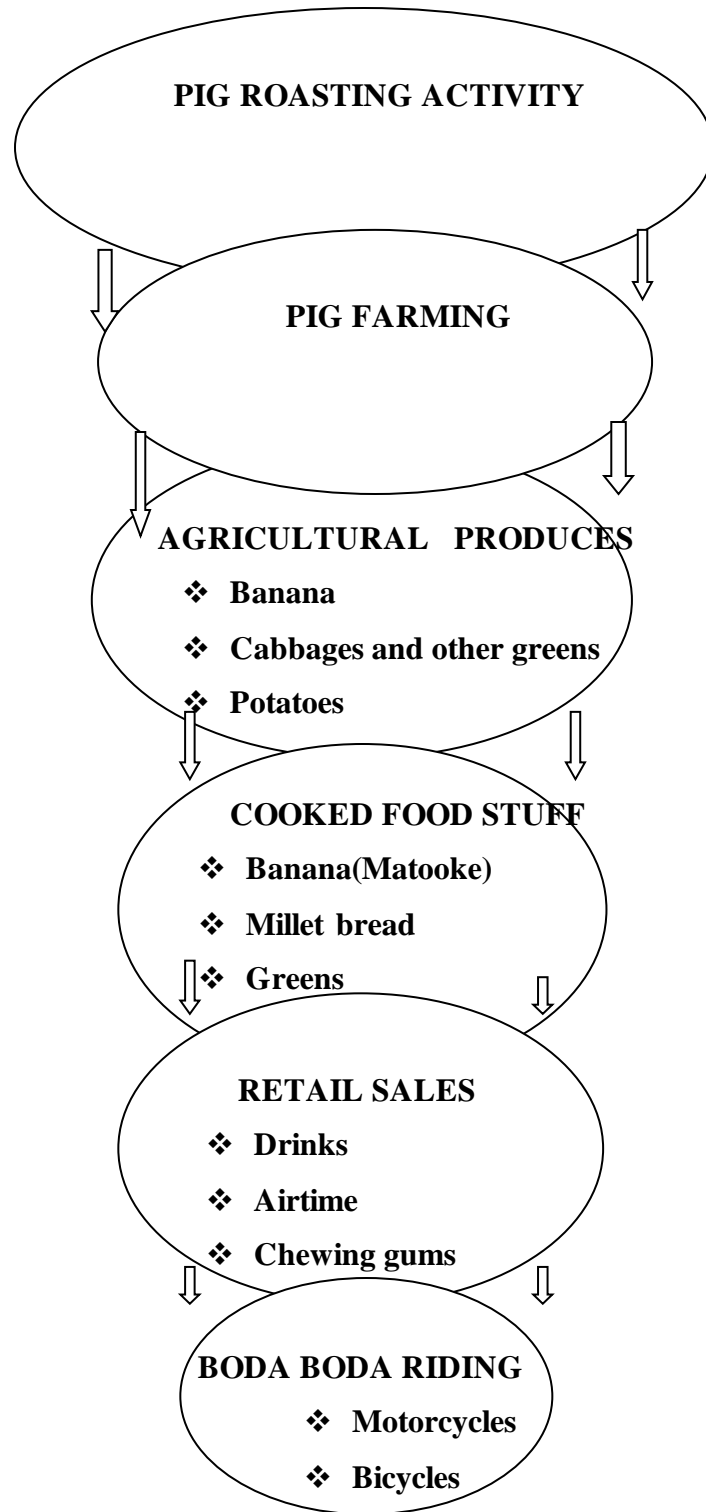
The other reported activities during in-depth interview, were boda- boda riding and sell of clothes. It was reported through in-depth interviews with pork roasters that, due to improved business transactions some people have bought Boda boda which help to supplement the pork business venture. These motorcycles also transport patrons who do not have personal vehicles. Sale of some clothes was also reported. However it was indicated that most of the patrons are of high profile and consider these clothes to be of inferior quality and the activity is mainly by

hawkers who target the pork roasters. It was also found out that, the reason for limited sales for clothes was due to limited demand and therefore the clothes business is very limited.

The findings also indicated, during the focus group discussion, that the people in Kabagarama market are engaged in sell of other retail business entities such drinks both local and bottled, airtime and chewing gum.

In a nutshell, the findings imply that, there are various self help projects that rural people of Kabagarama are engaged in. What was important to note from the field activities was that pork business has resulted into several other economic activities thus spreading the multiplier effect to a wider population. Eventually there is spreading of livelihoods and thus minimising risks and vulnerabilities, which is a crucial element in sustainable development.

Model 2: A Circular Summary of Pork Roasting and Other Viable Diversified Activities



Source: Developed by the researcher from field notes, 2009

Factors for the development of such self help initiatives in the area

The study considered it important to find out the factors responsible for the development of Kabagarama pork market. During Focus Group Discussion, it was discovered that the factors which contributed to the development of the market included: available space for operation, privacy and location of the area, market availability and demand factors, local government interest in the area as indicated. These factors were in addition to available opportunities that have promoted people's self help initiatives as revealed from in depth interviews and focus group discussions.

Table 5: Factors for the development of self help initiatives

Factor	Frequency	Percentage
Location of Kabagarama	23	38
Available space for operation	15	25
Government interest	9	15
Market availability	7	12
Other available opportunities	6	10
Total	60	100

Source; Field Data, June 2009

The Location of Kabagarama Pork Market

It was noted from in depth interviews that, Kabagarama's location in a place that offers privacy to the patrons makes it strategic. As indicated, the majority of the patrons are from the neighbouring towns of Bushenyi and Ishaka, the location of the place makes it convenient for the patron to move away from the hustles of urban life to enjoy the cool atmosphere of a noiseless area. Another reason advanced was that some of the patrons are usually running away

from the ever probing eye of the media. The area is also easily accessible from Mbarara-Kasese high way.

Kabagarambe area is near and between Ishaka and Bushenyi towns with institutions like Kampala International University & Hospital, western campus, the famous schools of Bweranyangi Girls School and St. Kagwa High school all have a population with effective demand. In addition, responses generated from pork roasters also indicated that the patrons of Kabagarambe market are people of high class, profile and reputation. Such people tend to cherish private places where they can enjoy the secrecy of their lives. This was also echoed out by pig farmers in a focus group discussion:

Noreeba, omwaanya ogu guri hangahariho kandi abagaiga nibakuunda akaanya akekiikire, noreeba na hoteri empaango enuungi na za biikiyi nimureeba ahizikuba ziri. Hati aho niho abantu bayeruumbiire kunuya munoonga kwijja kuriira aha. Kukatandikire akatare omwaanya gwaaba bwehoreko mbwenu. Tiharabiire openi nka kuriya (Nyakabirizi). Ahabwokuba kuriya (Nkakabirizi) bakaba nibabareebuza abakozi ba disiturikiti nomanya abaingi niho bakuriira hanuuya (Kabagarambe). Hati ekyo kyabashemeza, baguuma nibajja kunu nibagaraama aha mikiyeeka. Hati noreeba abagaiga nibakuunda rayifu, nibajja nemootoka zaabo, emiti ebaire eriho ogireebire, hati akikwaata omukiyeeka gwe na nomukundwa we bazaaho bashutama barambikiriza babagye (Focus Group Discussion with pig farmers in Kabagarambe . June 23, 2009).

Translated as;

You see this place is a bit distant and the rich people like a private place. You see even where big and good hotels and beaches are. That is how people came to like this place to come and eat from here. When the market started the place seemed to be hidden. It was not open like the other place (Nyakabirizi). Because at the other place (Nyakabirizi), the district workers would be easily recognised yet many of them are the ones that eat from here (Kabagarambe). This made them happy and they kept on coming to relax, lay on their backs on their mats. Now, you see the rich like to enjoy life, they come with their vehicles, you also witnessed the tree shades, now if he/she (the rich) gets his/her mat with his or her partners, they sit comfortably and relaxed.

More reported during Focus Group Discussion was that, Kabagarama pork market is located in close proximity of the busy Ishaka and Bushenyi commercial towns, in Bushenyi district. The area is occupied by government officials and employees of private companies, students both national and international, academic staff of institutions in the area that prefer to have a safe haven in Kabagarama during weekends.

Availability of Space

Study findings during focus group discussion indicated that there was available space. The land had not been fully utilised because the nursery school was not progressing. The readily available land was large enough that could allow construction of shelters and parking space and flat landscape.

Institutional Support

Information from focus group discussion and in depth interviews, the local government in Bumbaire sub-county picked the interest in the area to support the already pork business that was operating adjacent to the land. This was a support system that enhanced the self help initiative to move a step ahead. This initiative even attracted the President's attention as he was on a tour in the district. Below are the words of the President echoed by the LC I chairman, Kayonjo-Kabagarama cell:

Naaba nindaba ahamwanya gwaanyu, nayeebuuza egi ditaaki eyi ntakumanya neyankahi kandi ekajjaho eta? Ahabwokuba omwanya gwaanyu nigwooreka emirimo yentunguuka eyi mubasize kwetandikiraho. Nahabweekyo gavumenti neeza kubongyerera ahabimubasize kwekorera (Personal Communication Yerima Baryaruha, Chairman LCI Kayonjo-Kabagarama. June 23, 2009).

Translated as;

As I was passing by your place, I asked my self which detach this is and how it came about? Because, your place shows some of the development activities you have been able to start by yourselves. Therefore, the government is going to supplement what you have already put in place.

The President's support towards people's initiatives in Kabagarambe was in line with the government program of prosperity for all. Within the sub county there is a project that started with the Presidential initiative. The project is called Ruharo Heifer Project (RHP). It also has a component of piggery projects. Piggery has contributed to a steady supply of pigs to Kabagarambe market. Since the community is not inhabited by Muslims who would not have supported pork roasting initiative, pig farming has thrived to support the pork market.

Market Opportunities

According to the information generated from Focus Group Discussion, there is a ready market for pork and other diversified agricultural produce. The patrons who come to the market are people of high income bracket such as local government workers and those from the private sector and education institutions. The effective demand for pork and other produces has facilitated the survival and growth of this market because more people continue to be attracted to the business community.

Therefore market growth has facilitated more business in the area hence the development of such initiatives. Further more, the market has grown because of the financial ability of the patrons. The fact that the market day is on the weekend means that patrons will find it convenient to come.

Sustainable Livelihood Assets Supporting Self help Initiatives

The study examined sustainable livelihood assets that support self help initiatives in Kabagarambe pork market. According to the study findings generated from in depth interviews, the people have livelihood assets ranging from land, forests, and water to household items like clothes, chairs, cups, plates and saucepans. In addition other assets reported included business stocks on retail basis as well as motorcycles that are so helpful in generating income for the

households. Findings indicated that people strive to use the livelihood assets through groups, associations and on individual basis in order to address the needs of rural people.

People and their assets are at the heart of livelihoods upon which people can build up or draw upon. The sustainable livelihood assets in Kabagarambe implied that the people engaged in self help initiatives have assets to use in supporting their livelihoods though other people have not utilized them efficiently which continues to put them in circles of poverty.

Roles played by Self Help Initiatives in Attainment of Sustainable Livelihoods

After exploring different activities carried out at Kabagarambe market, it was thought viable to look at the roles played by self help initiatives in helping people attain sustainable livelihoods. Pork roasters and other people engaged in diversified business activities have realised benefits as learnt from in-depth interviews. The benefits included; increased household income, accumulation of wealth, increased food security, exposure to the outside world, diversification to other viable investments to ensure sustainability and creating a steady market for other agricultural produce.

Increased Household Incomes

Responses from in-depth interviews revealed that, since the inception of Kabagarambe pork market, household incomes have increased. The increased incomes have been used to cater for the basic needs within households. Another benefit revealed was the ability to pay school fees and other education needs for their children.

Overall, improved and sustainable livelihoods have been realised. Respondents reported that, they have been able; to send children to school, purchase household items, seek medication and buy clothes for hold members. The respondents indicated that, because they have a ready market for pigs, many people have invested in piggery projects and eventually

diversified their income sources. It was reported that pigs have a high cumulative rate of return compared to goats. The explanation provided that the goats produce at maximum four young ones but this is also in rare cases and on average it is one. For pigs they produce up to twelve piglets and they mature faster than goats. The goodness of pig farming was echoed out by participants in the focus group discussion with farmers thus;

Empunu nizireeta sente, zorobi kutuungwa, ahabwokuba nobaasa kuziteramu ebyokurya eyegyendere omubyaawe. Zorobi kuzikuza, nizizaara munoonga kandi nikyoroba kutuunga ebyokurya byeempunu ahabwokuba nizirya haihi burikimwe nk'ebinyaansi, ebihiingwa, nebyaashaaga ahabyokurya. Mbweni nk' empunu zangye zimbereire omuzaire neka yangye ahabwokuba mbase kutwaara abaana bangye omumashomero gokuraaza nka Kagwa. Hati omukuru ari omu siniya yakashatu. Eki kibasikire ahabwo kutuunga empunu (Focus Group Discussion, Kayoyo village. June 23, 2009).

Translated as:

The pigs bring a lot of income, they are easy to keep since you can put there food and go to do your other activities. They are easy to bring up, multiply very quickly, easy to get food for pigs because they can eat each and everything like grass, plants and food leftovers. Like my own pigs have been parents to me and my family because I have been able to take my children to good boarding schools like Kagwa and my first born is now in senior three. This has been achieved because of piggery project

Accumulation of wealth as an indicator of sustainable livelihoods

Findings from Focus Group Discussion indicated that people who have continued to engage in piggery related activities, have had improved household wealth than before involvement in such projects. According to the pork roasters, the money generated from pork business has helped them to construct family houses, buy land, cows, goats, motor cycles, plots of land in town like Bushenyi and Ishaka and buildings in certain trading centres. This was substantiated with observations made by the researcher. This wealth accumulation is viable

since it was found out to be instrumental in supporting other activities in the households as alternative sources of income.

Food Security as an accruing benefit from Kabagarama Pork Market

Another benefit reported by the people involved in the pork market was attaining household food security. This was revealed by responses generated from in depth interviews. Respondents who participated in focus group discussions also revealed that as a result of engagement in self help initiatives, every household has strived to see that its members have steady food supply such as cassava, potatoes and vegetables.

It was also reported by the secretary for production at local council I that most families have resorted to building granaries and if the family is skeptical of thieves, then they would keep food in sacks and store them in their houses instead of using granaries outside the house. This was an indication that most households have realised food security out of pork roasting and farming activities.

According to Government officials interviewed through in-depth interview, the Government officials indicated that the pork market has attracted government attention and as such other programmes targeting poverty alleviation and livelihood improvement have been initiated in the area. As a result Ruharo Village has of recent an indicative role in creating interest in other communities to set up similar self help initiatives. The Local authorities interviewed revealed that the area had received a number of delegations from districts like Kasese, Kiruhura and Masaka. This has motivated most households to own small food crop gardens as a way of ensuring food security to their families.

This was far noted by the chairman Local Council II;

Our parish was lucky to be chosen by President Museveni as a result of people's initiatives like pork roasting activity who launched poverty and

hunger alleviation initiative. As a result, it has given more residents a starting point in order to eradicate poverty and hunger and maintain food security in many households (Personal communication with chairman LCII master Murekwa Alfred, Ruharo parish, Bumbaire sub-county, June 24, 2009).

Exposure of people to the outside world through socialization

It was revealed through in depth interviews that Kabagarama pork market has attracted many people of different localities, background, professions and cultures. The patrons of Kabagarama pork market are people from outside the community and a few local residents. As a result of this, the residents have been exposed to the outsiders who have different attributes. This is a major aspect in sociology since maximum social interactions yield maximum development as people get diffused with different ideas and innovations that are crucial for development.

Participants in Focus Group Discussion revealed that, serving rich people who are smart and clean help the pork roasters to imitate them in cleanness and smartness. It was further noted during Focus Group Discussion that, uneducated youths have started learning some English words due to this social interaction.

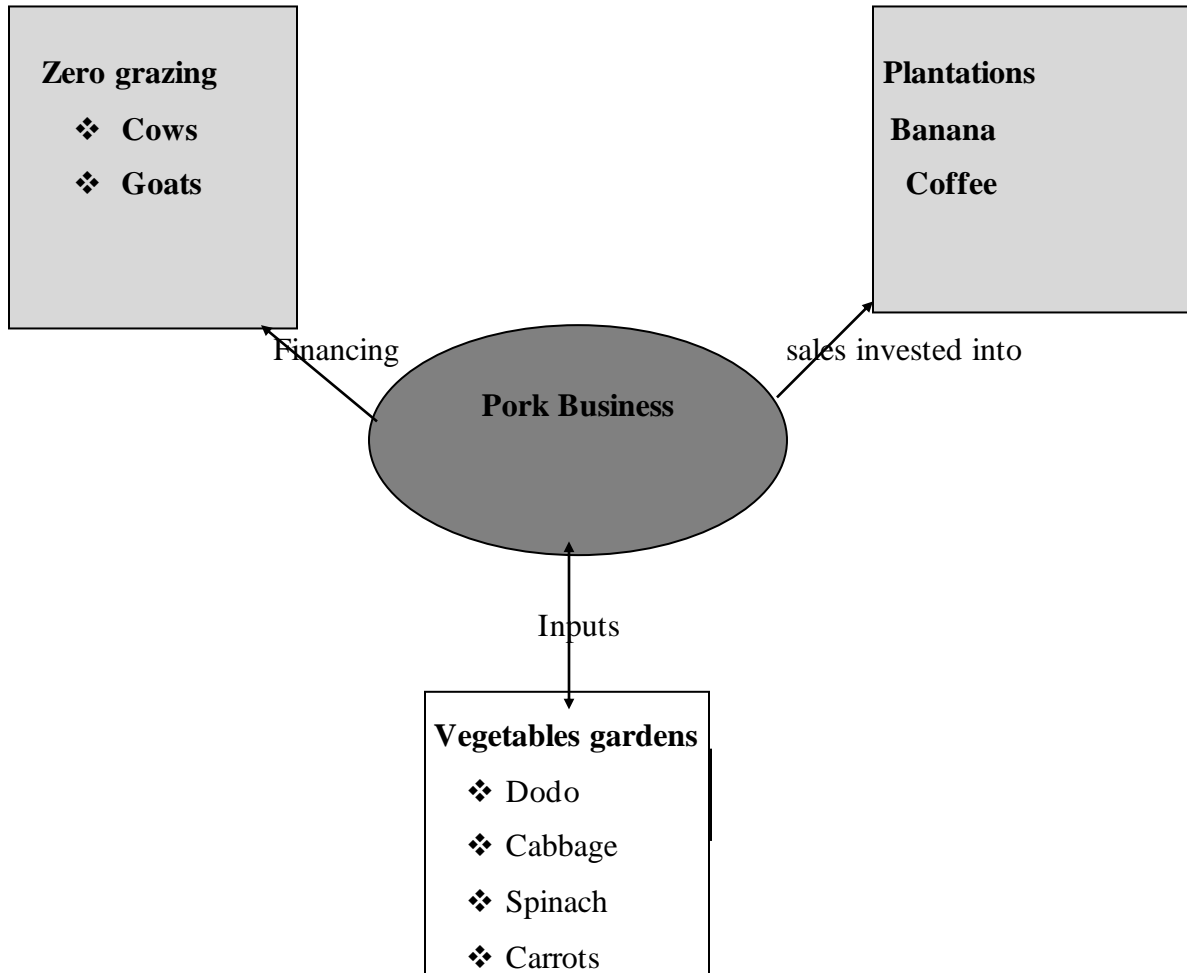
The cascade of diversified self help business enterprises

Pork market has helped people to diversify to other businesses since the accumulated capital has made it possible to invest in other viable ventures. Prominent among the activities were zero grazing for goats and cows, rabbit keeping, Boda-Boda riding, coffee business, and opening up of retail shops, poultry and improved banana farming.

The activities that have emerged have a linkage as they accrue and support one another thus resulting in other crucial self help initiatives. These include use of manure from pig droppings and the grass used as pig beddings. Banana stems and peels are used to feed the pigs. This linkage is further demonstrated in the model below as observed from the field where pork

business has accruing benefits to other social economic activities such as vegetable growing, zero grazing, and banana and coffee plantations.

Model 3: The linkage between self help projects



Source: Developed by the researcher during field work, 2009

It was further revealed through in depth interviews that, the presence of Kabagame pork market has opened up gates for other viable economic activities to access market. It was reported by respondents that the market for other agricultural produce such as cassava, eggs, yams, chicken, banana, potatoes, and green vegetables has registered a significant growth in people's incomes. As a result people have work extra hard to absorb the chances offered.

According to Focus Group Discussion with pig farmers, it was revealed that when patrons come to Kabagarambe, they take with them a variety of farmers' produces and this has instrumentally motivated farmers to increase their production.

The outcomes that have accrued from Kabagarambe pork market imply the indicators of benefits resulting from people's self help initiatives. However the some youths continue to migrate to towns in search for employment opportunities, it is quite imperative to note that, the very self help activities that would have stopped this migration continue to be shunned by some of the youth in favour of white collar jobs which explains why some people's livelihoods continue to suffer a set back. The fact that Kabagarambe residents have shunned disguise of work, has made them shine out of the crowd as their livelihoods have been boosted.

Approximately, 20% of the world's population suffers from hunger and, at the extreme; eight hundred million of these people endure chronic malnutrition. The problem of food insecurity is distributed across eighty-eight countries, nearly half of which are situated in sub-Saharan Africa (FAO, 1996). However, according to the study findings food security has been enhanced due to self help initiatives. Therefore this implies that, as people engage in self help projects that generate income, they are likely to secure food for home consumption and also save money to prepare for future food insecurity.

Challenges Encountered in Carrying out Self help Initiatives and Strategies Adopted

Challenges

It was revealed through in depth interviews that, as people try hard to escape from poverty through self help initiatives and agricultural activities, they tend to be overshadowed by different circumstances that eventually lead to business failures and eventual collapse.

Limited social services

The commonly mentioned challenges were limited social services in the area. The scarce social services mentioned included safe water. It was reported that, water in Kayojo cell where Kabagarambe is located, is dirty and unsafe which does not comply with the minimum health standards. In addition, the water sources are found in a long radius of about 2 kilometers and being under pressure from the water source owners who sometimes confiscate the water vessels of pork sellers.

In addition, other challenges include: lack of electricity for lighting and refrigeration services which limit sales and make them incur losses as they cannot freeze the remaining pork, lack of permanent shelter and improved roads which are always slippery during the rainy season with potholes.

High losses during business transactions

Findings from in-depth interviews also indicated that the pork roasters and other business owners in Kabagarambe pork market are experiencing increased losses due to some patrons who are stubborn with unwelcome behavior. Through in-depth interviews, pork roasters reported that after being served these patrons disappear without paying for pork. In addition, some patrons come with big notes which make it difficult for the pork roasters to get changed notes and in the process they waste a lot of time and this limits them in transacting their businesses as expected.

Inadequate capital to start up self help enterprises

Initial capital to boost people's self help businesses is a big set back to some people who would want to join and even those that would wish to expand the business. It was reported during Focus Group Discussion with pig farmers that people are innovative but the challenge is

that, they do not have the capital which would help them initiate or boost vital projects. Respondents reported that, they fear banks to acquire loans that would have helped them to expand their initiatives. The reasons given for this were the high interest rates charged on loans. Also, there is limited sensitization on loan usage due to the incapacity of loan officers to prioritize loan sensitization before disbursing it to clients. This has increased fear of the local people on loan acquisition.

During in-depth interview, the pork roasters reported that, it would be more prudent if the conditions of acquiring a loan from SACCO and the interests are lowered so that low income earners could also access them. The preliminary requirements like the collateral and the steps taken are not friendly for an average pork seller to acquire a loan from the bank leave alone bank charges which eat away savings limiting accumulation of savings to work as capital.

High market taxes

The study results further indicated that high taxes charged on people's businesses by the authorities were high. It was found out that, there are three kinds of taxes levied on pork roasters. For instance, every Saturday, pork roasters have to pay a fee per pig which includes, 1000shs (One thousand shillings) to the local council I and also pay 3000shs (Three thousand shillings) to the market tenderer and 1000shs (One thousand shillings) to the Veterinary Doctor for inspecting pork for any diseases.

According to pork roasters who were interviewed, these taxes are high compared to the nature of business they do. They also wondered why they were paying such taxes yet they have not witnessed what has been done out of the taxes paid. They revealed that if they would

access water and power, they would not be complaining but the challenge was that amidst paying the taxes to the local leaders, social services continued to lack.

Other notable challenges included; perishability of pork and other cooked foods such as matooke, millet and green vegetables. It was further reported that, the market operates only on Saturdays and at times it becomes hard to sell the whole prepared pork in a day and this contributes to accumulation of loss in the businesses. Further more challenges reported were high security risks that involve cases of theft, transport challenges due to poor roads especially during the rainy season and limited institutional support from local leaders. Also reported also was fear of swine flu that could be transmitted either by the pigs or the infected persons.

It was found out through Focus Group Discussion that, there is a contentious issue on how people's self help initiatives would be harnessed amidst high alcohol consumption rate which discourages accumulation of savings. The other puzzling question was the influence of liquor to the lives of young children who are part of the business community. This is likely to be negative to sustainable development efforts.

The people continue to face challenges of accessing land and other resources. Because they lack land and other assets, they cannot access credit; secondly, the poor people are never employed by the private enterprises simply because they lack skills and technological know how. (World Bank, 2004).

Important to note is that people's self initiatives are so crucial in promoting their sustainable livelihood but the challenges they face either deprive them of their little capital invested in such innovations or completely pushes them away from business enterprises. Some of the people's initiatives lack support from the government yet, the government just comes in to tax their little profits. Amidst such scenario, the absence of social services like water is a

great setback to business owners as this might reduce on their market. It is widely known that water is life; therefore the scarce; unreliable and dirty water used in Kabagarama pork market does not meet the minimum health standards in an attempt to protect human life.

Strategies to mitigate the challenges faced

It was important to explore strategies adopted by different actors in the development of self help initiatives. Therefore, the study looked at what people have done by themselves to mitigate the challenges they face, the institutional support as well as government support towards people's self help initiatives.

Self initiated and Institutional mitigation measures

Through Focus Group Discussion and in depth interviews, respondents reported that, they have done limited interventions as most of them desire to see the government taking an upper hand in addressing several bottlenecks that might hinder them from attaining sustainable livelihoods. It was for example reported by pork roasters that, they have started to diversify their business to take on other business and agricultural ventures as a way of getting alternative sources of income. In addition they set up groups as a strategy of collectively addressing the challenges faced. This reveals that the purpose of social capital in facilitating development. Further more they indicated they are exploring possibilities of creating extra market for the unsold pork, and also to set up proper monitoring and evaluation mechanisms for their businesses.

Long-term success rests on a community's ability to clarify its current situation, describe the future it wants, choose feasible strategies to reach its goals, and implement its plans skillfully (Michal (1995). Diversification is of great significance, in case a primary

economic business such as pork roasting is threatened by a disease outbreak or loss of demand as indicated below.

Table 6: Self initiated strategies to mitigate challenges faced

Strategic response	Frequency	Percentage
Diversification	8	36
Group formation	8	36
Alternative market Avenues	3	14
Monitoring and Evaluation	3	14
Total	22	100

Source: Field Data, June 2009

Diversification as a tool to secure alternative livelihood

The noted diversified activities from Focus Group Discussion and in-depth interviews included; selling pan cakes, selling local brew, more intensive agriculture production which has seen the sale of banana, tomatoes, cabbages and greens, poultry activities like sell of hens and eggs among others. Respondents attributed diversification as a way of creating alternative sources of income and getting more capital to inject in the primary self help initiatives.

Group formation

It was further emphasized by respondents through Focus Group Discussion that they have mitigated the challenges faced through formation of community groups. This was noted as another key strategic measure put in place by the people of Kabagarambe to improve on their sustainable livelihood. Under this strategy, social groupings like Mwimukye Tukore Group (MTG), Ruharo Heifer project (RHP), Bwirukirira Group (BP), Ruharo Tweragurize Group (RTG), Twekaambe Group (TG), and the historical Mweziikye group. As reported by the

respondents, due to the aims and objectives of such organizations like poverty and hunger reduction, it was far much found out that the members of such groups have reaped socio-economic benefits. This is because, members have been able to work together and share ideas and challenges.

Social groupings are vital in creating a bargaining force. This is because groups support the process of getting financial assistance from the government as well as private organizations and individuals. However, the questions are whether this support can be channeled to the group. The challenge with the local people's initiatives is that they tend to be short lived and then fail to take off due to limited financial power.

Alternative market avenues

Information through in-depth interviews revealed that having Kabagaramé pork market only on Saturdays is a challenge since the unsold pork and other perishable goods continue to be a loss to the business owners. However, as a self help mechanism, business owners such as pork roasters have opened up other stations for pork roasting in their localities as a way of reducing on the losses incurred. This is done to ensure a sustainable market base for pork and other perishable products so that the actors continue to appreciate their initiatives. It was observed that in most trading centres around Kabagaramé, pork is a constant dish for the locals on other days a part from selling it on Saturdays at Kabagaramé market and this has continued to boost people's household incomes.

Monitoring and evaluation

In order to ensure sustainable self help businesses, monitoring of business transactions and evaluation of business sales were deemed important and have been adopted. Respondents reported during in-depth interviews, that they carry out evaluation and monitoring of the

transactions in order to assess their strengths and weaknesses. This approach has improved their capacity to check on their weak areas and optimally utilize their opportunities. It has also helped to consolidate on their strengths and is able to work out modalities on how to do away with their threats. However, this strategy has not been done by many people since most of the business actors have limited business skills and knowledge as substantiated with the absence of record keeping mechanism to monitor the smooth running of their businesses.

According to the Governmental officials as identified during in-depth interviews, the challenge with low income earners is limited business knowledge which makes business success a night mare since most people fail to evaluate the kind of business level they reach. This was much echoed out by the Chairman Local Council 3 that;

The reason why self help initiatives continue to lag behind is that, the business owners do not evaluate their business strengths and weaknesses. This is not their own making because, if I can take on the example of Kabagarambe, about $\frac{3}{4}$ of the business people are illiterate and their record keeping is not there, meaning that even if they make losses or profits, they will not know it. This continues to challenge them and their small business enterprises. They really need to work upon this, if they want to realize the fruits of their hands. Our people need to change their thinking... (Personal Communication with Deus Mugume, Chairman LCIII Bumbaire Sub County. June 24, 2009).

Institutional measures put in place

It was revealed through Focus Group Discussion that, various innovative efforts have been put in place by different institutions to support people's initiatives in order to realise sustainable livelihoods. The major reported institutions in the area were NAADS, ICOBI, and SACCOS like Bumbaire, Katerame, Kitabi, Ruharo Heifer and Jubilee SACCO put in place by people and various institutions which included Government and NGOs.

It was found out that sensitisation and awareness was one of the ground efforts rendered by various institutions towards realisation of a sustainable economic livelihood from

self help initiatives in Kabagarama pork market. Sensitisation was reported to be through local radios and informal talks. Through sensitization people reported that they have realised sustainability of their initiatives.

Mbwenu noreeba, NAADS ekaija kutaambire abanaku nkeitwe. Hati aba NAADS kubaizire baturetera empunu n' ente za zero gurazingi ezo ezirikuriira omukiju. Kwonka bakabanza batushomesa okutushemereire kuba nituriisa ente ne mpunu ezibatuhaire. Eki kikatwongyeramu amaani kukunda omurimo ogubatutandikiise. Kwonka ekikwiita nokugira ngu emishomo egi neyakaanya kanye kandi bamwe omuriitwe nitweeteenga obwiire kwenda kwetwegyereza emishomo egi. Kyakabaire nikiyeenda kubanza batushomesa munonga batakatuhaire ebintu ebi (Pers. Com. With Donozio Tumwebaze-a pig farmer, Kayojo cell Ruharo parish. July 22, 2009).

Translated as:

Now you see, NAADS came to help us the disadvantaged. When the NAADS people came they brought for us pigs and zero grazing cows. But they first taught us how to graze them. This increased our zeal to love the task they started in us. But what challenges us is that these sensitization seminars are short lived yet some of us need some time to better understand these trainings. It would be prudent if they first sensitized us more before they give us these things (projects).

It was also reported from in-depth interviews that people were given support loans from various institutions to boost their self help initiatives. This has helped people to increase on their outputs as observed from different activities carried out in Kabagarama.

Conclusion

This chapter looked at the presentation and analysis of collected data and gave interpretation of the data. In addition, the chapter gave a presentation of the results and findings. The proceeding chapter deals with the description of the implication from the methodology and data availability, highlights the implications of findings for theory, policy and practice and gives possible policy and other suggestions and recommendations.

CHAPTER FIVE

IMPLICATIONS AND SIGNIFICANCE OF THE STUDY

Introduction

This chapter presents the over all implications of the study basing on the field findings regarding pork roasting and methodology used for collecting field data. The chapter gives policy suggestions and recommendations that are very important for promotion of self help initiatives.

Implications from Methodology and Data Availability

Methods and techniques used

The study looked at the categories of respondents who included pork roasters, pig farmers, patrons, Government officials and opinion leaders. Pork roasters were selected using simple random sampling while Pig farmers, Government officials and opinion leaders were selected using purposive sampling technique. Patrons were selected using convenient sampling technique. Purposive sampling was an effective method because when used the researcher is sure that the very respondent selected is the one that has the required information.

The techniques used in sampling respondents ensured collection of valid data that helped in data reporting. Though purposive sampling may be cumbersome once the researcher fails to get the purposively selected respondent it meant that the strategy needs to be conceived by the researcher before he goes to the field so that the purpose is clearly known as a way of targeting respondents with the information required.

Simple random sampling fitted into the designed methodology as it gave equal chances to respondents and this enabled the researcher to get bias free data. This for example applied on pork roasters who were able to give their views regardless of their social and economic status.

What is important to note here is that if simple random sampling is to be effective, the researcher should be transparent in selecting the respondents by giving them equal chances to participate in the study. This would generate data which is bias free.

A patron is a highly fragile person and needs to be handled carefully as subjecting them to random and other non random sampling methods would affect the business of pork roasters. Therefore convenient sampling was considered appropriate in selecting the patrons. The researcher would approach any in-coming patron, explain to them the research and its purpose and whoever accepted would be included in the study by interview method. The implication is convenient sampling always interrupt the time schedule designed by the researcher for the study which results into a short fall in the data collected.

While using convenient sampling, the researcher is required to be patient and take a lot of time to convince more respondents. As Fieldman and Colm (1997: 124) notes, “In common with most studies of this kind, accessing respondents and getting their agreement to be interviewed is very difficult partly because of its confidentiality...” Convenient sampling technique therefore requires good ethics in research, good communication skills and approaches to build appropriate rapport so that the respondents understand clearly the objective of the study and the need for them to participate.

The study methodology used implies that social phenomena are complex and diverse and therefore the use of combined methodology is more appropriate where one is using case study research strategy to clearly understand social phenomena under investigation. The use of combined methodology like use of Focus Group Discussion, in-depth interviews and observation gave an opportunity to the researcher to perform multistage analysis of findings which is limited when using a single method approach.

Implications of Findings for Theory and Practice

Self help initiatives in relation to the People centered Development theory

According to Sen (1995), people's self help initiatives are important in creating sustainable livelihoods. The self help initiatives of pork roaster at Kabagaram market depict the people centred development model. Their innovation sprang from the desire to address their needs and priorities to overcome poverty within their midst. This initiative has enhanced people to look at the market as theirs and appreciate their efforts through over zealous hard work in anticipation of a positive trend in their development path. This implies that if people are involved in all stages of development processes they become so supportive to such initiatives to promote sustainable livelihoods. Within such initiatives, there are strong knowledge transfer mechanisms that ensure sustainability of development programmes.

The above findings on people's initiatives are in line with Rakodi, (2002) that Development agencies are always pre-occupied with the economic and neo-liberal thinking of cost effectiveness, cost recovery and cost-sharing. They regard the projects intended for the poor as non-cost recovery and ineffective. Hence, the Development agencies are always diverting their attention from the very poor to the well off people, even if their initial aim was to assist the poor. As a consequence, the poor people realising the inability of projects designed from above to transform rural livelihoods, have organised themselves or come up as individuals with their own self-help initiative mechanisms of generating incomes, and reducing poverty and the shocks that threaten their livelihoods.

The study findings imply that institutions should not support people's initiatives basing on the political connotations. As found out from Kabagaram, the interest of the government in the area is double barrelled in a sense of economic empowerment and political gains. Important

to note here is that, government is able and willing to support those people who can support themselves which makes it instrumental that people need to come up with such self help initiatives if they are to win government's support.

There is more anticipation that in years to come, Kabagarambe would be more flourishing than it is doing today if only the very people that conceived the initiative continue to manage it. Much as hopes are in place for a better Kabagarambe, the question still remains on the devolution of the programs to the much targeted poor people since the intended programme beneficiaries do not benefit.

Possible Policy Suggestions and Other Recommendations

Institutional support aims at contributing significantly to the enhancement of people's self help initiatives. However policy design and implementation usually falls short of policy requirements and this may be due to the perspective and ideology of policy designers, institutional frameworks for implementation and inadequacy in resources.

It is therefore necessary to carefully consider people's needs and priorities in order to ensure that rural people attain sustainable livelihoods. The pork roasters need to always carefully examine activities of intended programmes before any institutional support is extended to them. Secondly it is also important not to discourage their initiative but to start at the point of appreciation of their current status in achieving the goals of the self help initiative. Pork roasters have recorded significant progress which should be acknowledged. The challenges they face may not be out of their decision making process but due to lack of the necessary support to trigger growth and sustainable development.

It is therefore imperative for the government to extend support that will not overturn and compromise the rationale for setting up the self help initiatives such as pork business but set up strategies that will move the initiatives to greater heights.

Policies should also be designed and guided to regulate the functioning of civil society organisations which in most cases intervene in the operations of these self help innovations for positive outcomes. These NGOs should always embrace full participation of the rural people in identifying, designing and implementation of these pro-people initiatives so as to realise sustainable outcomes.

Governments should not hijack peoples' initiatives because of political biases as this is likely to create imbalances within the people at the centre of these initiatives. Ultimately the consequences will be more anti-development and destructive to self help initiatives. Conflict will emerge within the groups that had strong bonds based on social capital such as trust and mutual respect. The consequence of political interference will be total collapse of these initiatives.

Conclusion

This chapter looked at implications derived from the methodology and data availability, implications of findings for theory and practice and policy suggestions and recommendations. The next chapter looks at summary of the study findings, conclusions and recommendations from the study.

CHAPTER SIX

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Introduction

This section presents the summary, conclusions and overall recommendations from the study and highlights areas for further research to enhance self help initiatives.

Summary

Self Help Initiatives Carried out in Kabagarame Pork Market

Several initiatives among pork roasters were revealed by the study and these included pork business itself, a diversified base for agricultural produces that enjoy the economies of scale in the area. Other initiatives mentioned included, selling of cooked food during the market days, increased retail sales in line with drinks such as local brew, bottled beer, soda and water, and poultry products which included chicken and eggs.

Therefore, self help initiatives are instrumental in supporting the pork roasting business and increase the capital base of pork roasters eventually minimising risks on reliance on a single activity.

Sustainable Livelihood Assets Supporting Self Help Initiatives of Kabagarame Pork Market

The study found out a number of livelihood assets ranging from land, forests, and water to household items like clothes, chairs, cups, plates and saucepans. In addition other assets reported included business stocks on retail basis as well as motorcycles that are so helpful in generating income for the households. The findings revealed that people strive to use the livelihood assets through groups, associations and on individual basis in order to address the needs of rural people. However, it was noted that, the government has availed limited assets like good roads, nearby health centres and social amenities like clean water and electricity.

Such assets would have boosted people's initiatives. Therefore, people ought to be much supported if they are to realise improved livelihood.

Roles Played by Self Help Initiatives in Attaining Sustainable Livelihoods

The study findings showed that self help initiatives have been instrumental in supporting people's livelihoods as witnessed by the benefits that have accrued from pork roasting. The study revealed that people have realised indicators of a sustainable development progress such as increased household income, increased wealth, and steady market for other produces, external interaction and increased awareness.

Challenges Faced and Strategies Adopted in the Attainment of Sustainable Livelihoods

The major challenges facing the self help initiatives of Kabagarama pork market included lack of clean water which increases people's tension and strain on the existing water sources, lack of electricity for lighting and refrigerator services. Other challenges faced included, losses due to some patrons refusing to pay, inadequate capital to expand the business, high market taxes, lack of permanent shelter and poor roads which are always slippery during the rainy season and with potholes. Despite the challenges faced, the pork roasters continue to look for self measures such as diversification and group formation to turn such challenges into opportunities as a way of carrying on their desire to attain sustainable development.

Conclusion from the Study

The study aimed at examining the role of self help initiatives in attainment of sustainable livelihoods. The study sought to answer four research questions which were: What self help initiatives in Kabagarama pork market? What livelihood assets are available to support self help initiatives? What role have self help initiatives played in attainment of

sustainable livelihoods? And what are the challenges faced and strategies adopted in an attempt to attain sustainable livelihoods?

The research found out that there are various self help initiatives in Kabagarama pork market that have enabled people to attain alternative sources of livelihoods. These self help initiatives have played an important role by increasing household income of people in Kabagarama pork market which has eventually minimised risks on reliance on a single activity.

The study findings revealed that people have access to a range of livelihood assets such as land, forests, and business stocks, household items which include clothes, chairs, cups, plates and saucepans. These assets were utilised through formation of groups, associations and on individual basis in order to address the needs of pork roasters. However, it was found out that the government has not yet availed assets such as good roads, safe water, electricity and nearby health centres to support people's initiatives.

The research findings showed that self help initiatives have been helpful in other areas which include; increased wealth, enhanced market for other agricultural produce and improved socialisation and increased awareness.

The research found out that much as people have benefited from self help initiatives especially pork roasting, they are facing major challenges of lack of safe water, electricity, permanent shelter, inadequate capital, high market taxes, poor roads and some patrons refusing to pay.

In order to improve self help initiatives of the pork roasters and other people, there is need to appreciate what people start on their own and involve them in identifying, designing, implementing and monitoring of development projects to enable people achieve livelihoods

that are sustainable. Provision of capital and social services like safe water, electricity and good roads are necessary to promote peoples' self help initiatives for sustained livelihoods.

Therefore, it is important to note that, what people begin by themselves is much relevant compared to what they have been given. The ultimate goal of any sustainable development goal is to make sure that people are the epi-centre of development policy interventions. However, most development targets do not put this into considerations as they use top bottom approach to achieve their developmental missions. Achievement of sustainable livelihoods is easily attained when people are involved from the beginning of the programme identification, design, and participate in implementation, monitoring and evaluation.

Over all Recommendations

From the research findings, the researcher strongly recommends the following:

Since self help initiatives face setbacks in terms of limited capital and inadequate social services in rural communities, the Government and development agencies should develop appropriate strategies to promote them. The rural people should be involved in identifying, designing, implementing, monitoring and evaluation of development projects. This would motivate and make the rural people to work hard, improve their initiatives and ensure their sustainability. Through capacity building and community empowerment, people's capabilities would be explored and business skills developed thus engineering growth and sustainable development.

Bushenyi Local Government should actively follow up self help initiatives in Kabagarambe market and Ruharo parish to support the people especially pork roasters and provide social services. Social services should include, safe water, extension of electricity line

to the market, provision of more capital, reduction of market taxes, improvement of the Kabagaram market structures and road.

More importantly, the Government should also closely monitor utilisation of funds provided through prosperity for all to support self help initiatives in Ruharo parish, Bumbaire Sub-county. Support to self help initiatives in Kabagaram will enhance attainment of sustainable livelihoods in Kabagaram and neighboring communities and contribute towards achievement of Millennium Development Goal one by 2015.

There is need for the Government of Uganda to closely follow up the implementation of programmes intended to help the targeted groups of individuals and communities. This can be achieved through monitoring of government programs by the central and local government officials who should always involve the beneficiaries to ensure proper financial and programmatic accountability.

Self help initiatives in Kabagaram should be widely publicised in Bushenyi and other districts in Uganda through Radio stations and news papers. In addition, a module on self help initiatives should be incorporated in school curriculum at different levels to enable students to access information on how to improve income and build asset base. This would help to curb unemployment in Uganda and contribute to enhancement of self help initiatives and facilitate achievement of sustainable livelihoods.

The rural pork roasters and other project owners in the community need to look at the concept of sustainability like developing a strong spirit of saving the money they accumulate from their businesses and also investing in viable long term beneficial projects. They should ensure that some of the savings are diversified into other ventures to minimise risks and vulnerabilities that may ruin the primary income generating activities.

Pork roasters and other people who have not involved their children in self help initiatives after school hours should begin involving the children in order to transfer knowledge and skills to the future generation to ensure sustainability. However, they should guard against children getting diverted from schools.

The findings revealed that, Pork roasters and other people engaged in self help initiatives have been organised informally, and lacked a uniform voice and some patrons were not paying for the pork. The researcher recommends registration of self help initiatives at sub-county level and creating leadership structure that will help them discipline patrons who fail to pay after eating pork and also increase bargaining power. Formal registration will further help pork roasters to easily access group loans from financial institutions to boost their initiatives and negotiate for trainings as a group on how to manage their self help initiatives.

The study revealed that pork roasters and pig farmers have exploited the opportunities available at Kabagame pork market to sell their products. However, some people in Kayojo village, Ruharo Parish where Kabagame is found have not fully utilised this opportunity as it was observed that some families have un utilised land and continue to face food insecurity yet others have good banana plantations. NAADs can identify model farmers in Kayojo and Ruharo and facilitate them to train others to be able to improve food security and household income.

The study indicated that there were few women involved in self help initiatives which revealed that men are still controllers of vital productive resources making women marginalised. There is therefore an urgent need to carry out extensive campaigns on promotion of women empowerment and ensuring sustainable and balanced development.

Finally, as showed by the study, there is need for people of Ruharo parish and neighbouring communities to learn from self initiatives put in place in Kabagarama pork market. This will help them to start self help initiatives and to diversify their activities so that they develop alternative sources of livelihoods which would reduce their risks and vulnerability.

Suggestions for Further Research

The study recommends future researchers to explore the safety nets that minimise risks at project conception, design, implementation, monitoring and evaluation for sustained growth of self help initiatives.

Conclusion

This chapter provided overall recommendations and conclusion from the study and suggested areas for further research in regard to self help initiatives.

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Appendix 1

**UGANDA MARTYRS UNIVERSITY (UMU)
SCHOOL OF POSTGRADUATE STUDIES, INSTITUTE OF ETHICS AND
DEVELOPMENT**

Questionnaire for Pork roasters

Introduction

I am Abel Asimwe an MA Student of UMU doing a research entitled “The role of self-help development initiatives in attainment of sustainable livelihoods: A case study of pork roasters in Bushenyi District”. This study is a partial fulfilment for the award of Masters Degree in Development Studies specialising in Non-Governmental Organisation. You have been selected as one of the key resourceful person to this research. Could you kindly spare your time to respond to these questions. The responses you give will be confidential and will only be used for the academic purpose of this research.

Thank you for your cooperation

QUESTIONNAIRE FOR PORK ROASTERS

SECTION A: BACKGROUND DATA

- ❖ Name (optional).....
- ❖ Sex:

- ❖ Age: (a) 10-14
(b) 15-19
(c) 20-24
(d) 25-29
(e) 30-34
(f) 35-39
(g) 40-44
(h) 45-49
(i) 50-54
(j) 55-59
(k) 60-65
(l) 65-70
(m) 70+

- ❖ Level of education
 - (a) None
 - (b) Never completed primary school
 - (c) Completed primary school
 - (d) Never completed secondary school or its equivalent
 - (e) Completed secondary school or equivalent
 - (f) University/tertiary institution or its equivalent
 - (g) Others (specify).....

- 5. Location (a) Village.....
 - (b). Parish:.....
 - (c). Sub county:.....

- 6. Occupation.....

SECTION B: ORIGIN OF KABAGARAME MARKET

- 7. When did this market begin?.....

- 8. How did it begin?
-
-

9. Why is this market located here not any other place?
- (i).....
 - (ii).....
 - (iii).....
 - (iv).....

10. When did you start operating in this market?.....

11. Why did you begin operating in this market?
- (i).....
 - (ii).....
 - (iii).....
 - (iv).....

SECTION C: SELF HELP DEVELOPMENT INITIATIVES/INNOVATIONS

12. What major activities do you carry out in this market?

13. Why is it the major economic activity?
- (i).....
 - (ii).....
 - (iii).....
 - (iv).....

14. What other economic activities do you carry out in this Markt?
- (i).....
 - (ii).....
 - (iii).....
 - (iv).....

15. What formal organisations/associations do you have in this area?
- (i).....
 - (ii).....
 - (iii).....
 - (iv).....

16. What is the major formal or informal organisation/association do you have in this area?

17. When did it begin?.....

18. Why did it begin?
- (i).....
 - (ii).....
 - (iii).....
 - (iv).....

19. Who are members of this organisation?.....

20. How does it operate?

- (i).....
- (ii).....
- (iii).....
- (iv).....

21. What are its aims and Objectives?

- (i).....
- (ii).....
- (iii).....
- (iv).....

22. Has it achieved its own aims and objectives?

- (i).....
- (ii).....
- (iii).....
- (iv).....

23. How has it assisted its own members?

- (i).....
- (ii).....
- (iii).....
- (iv).....

24. How has your organisation helped others (individuals or groups)?

- (i).....
- (ii).....
- (iii).....
- (iv).....

25. What have been the challenges to your organisation?

- (i).....
- (ii).....
- (iii).....
- (iv).....

26. How has the organisation tried to address these challenges?

- (i).....
- (ii).....
- (iii).....
- (iv).....

SECTION D: ASSETS/RESOURCES

27. What assets/resources do you use to carry out your organisation/association activities?

- (i).....
- (ii).....
- (iii).....

- (iv).....
- (v).....
- (vi).....
- (vii).....
- (viii).....

28. How do you ensure that these assets/resources are not exhausted or depleted?

- (i).....
- (ii).....
- (iii).....
- (iv).....
- (v).....
- (vi).....
- (vii).....
- (viii).....

SECTION E: BENEFITS TO PORK ROASTERS/COMMUNITIES

29. From your major activity, how much money do you get every market day?.....

30. How much do you spend out per market day?.....per month.....?

31. How many people do you employ to work in this business of yours here?.....

32. How much do you pay them, per day?.....month.....?

33. What benefits have your realised from this business since you begun it?

- (i).....
- (ii).....
- (iii).....
- (iv).....

34. What lessons or best practices that other communities have or can lean from you?

- (i).....
- (ii).....
- (iii).....
- (iv).....

SECTION F: CHALLENGES FACED

35. What major challenge do you face in your business as an individual?

- (i).....
- (ii).....
- (iii).....
- (iv).....

36. What personal attempts have you made to handle/address/solve it
- (i).....
 - (ii).....
 - (iii).....
 - (iv).....
37. As a group/association what challenges have you faced?
- (i).....
 - (ii).....
 - (iii).....
 - (iv).....
38. What attempts as a group/association have you made to handle the challenges faced?
- (i).....
 - (ii).....
 - (iii).....
 - (iv).....
39. Have these efforts been successful ? Yes/No
40. Give reasons for your answer
- (i).....
 - (ii).....
 - (iii).....
 - (iv).....
41. What other challenges do you face in this business?
- (i).....
 - (ii).....
 - (iii).....
 - (iv).....
42. How have you tried to address these challenges to ensure sustainability?
- (i).....
 - (ii).....
 - (iii).....
 - (iv).....
43. Have you made any contacts with Non-Governmental Organisations (NGOs), Local Governments (LGs) and other sectors to assist you? Yes/No
44. If yes which ones?.....
45. If no why?
- (i).....
 - (ii).....

- (iii).....
- (iv).....

SECTION G ROLE OF LOCAL GOVERNMENTS (LGS) AND OTHER ORGANISATION:

46. Has the LG ever assisted you Yes/No

47. If yes, in what ways has it assisted you?

- (i).....
- (ii).....
- (iii).....
- (iv).....

48. If no, why has it not assisted you?

- (i).....
- (ii).....
- (iii).....
- (iv).....

49. What recommendation would you make to LG?

- (i).....
- (ii).....
- (iii).....
- (iv).....

50. How have other organisations helped you?

- (i).....
- (ii).....
- (iii).....
- (iv).....

51. What recommendations would you make to these organisations?

- (i).....
- (ii).....
- (iii).....
- (iv).....

THANK YOU

Appendix 2

UGANDA MARTYRS UNIVERSITY (UMU) SCHOOL OF POSTGRADUATE STUDIES, INSTITUTE OF ETHICS AND DEVELOPMENT

Questionnaire for Local Government Officials

Introduction

I am Abel Asimwe an MA Student of UMU doing a research entitled “The role of self-help development initiatives in attainment of sustainable livelihoods: A case study of pork rosters in Bushenyi District”. This study is a partial fulfilment for the award of Masters Degree in Development Studies specialising in Non-Governmental Organisation. You have been selected as one of the key resourceful person to this research. Could you kindly spare your time to respond to these questions. The responses you give will be confidential and will only be used for the academic purpose of this research.

Thank you for your cooperation

QUESTIONNAIRE FOR LOCAL GOVERNMENT OFFICIALS

SECTION A: BACKGROUND DATA

- ❖ Name (optional).....
- ❖ Sex: Male/Female
- ❖ Age:
 - ❖ 20-24
 - ❖ 25-29
 - ❖ 30-34
 - ❖ 35-39
 - ❖ 40-44
 - ❖ 45-49
 - ❖ 50-54
 - ❖ 55-59
 - ❖ 60-65
 - ❖ 65-70
 - ❖ 70+
- ❖ Level of education
 - (a) None
 - (b) Never completed primary school
 - (c) Completed primary school
 - (d) Never completed secondary school or its equivalent
 - (e) Completed secondary school or equivalent
 - (f) University/tertiary institution or its equivalent
 - (g) Others (specify).....
- 5. Location (a) Village.....
 - (b). Parish:.....
 - (c). Sub county:.....
- ❖ Occupation.....
- ❖ Position:.....

SECTION B: ORIGIN OF KABAGARAME MARKET

- 7. When did this market begin?.....
- 8. How did it begin?.....
.....
- 9. Why is this market located here and not any other place?
.....

10. What livelihood activities take place in this market?

- (i).....
- (ii).....
- (iii).....
- (iv).....

SECTION C: LOCAL GOVERNMENTS AND POOR PEOPLE’S INVOLVEMENT IN DEVELOPMENT AGENDA

11. How are the poor people involved in your development activities under decentralisation?

- (i).....
- (ii).....
- (iii).....
- (iv).....

12. What policies have you put in place to uplift livelihoods of the people in your area?

- (i).....
- (ii).....
- (iii).....
- (iv).....

13. How have the poor people benefited from them?

- (i).....
- (ii).....
- (iii).....
- (iv).....

14. How has the LG contributed to poor people’s personal initiatives?

- (i).....
- (ii).....
- (iii).....
- (iv).....

SECTION D: PROBLEM/CHALLENGES FACED

15. What major problems have these initiatives/associations faced in their business?

- (i).....
- (ii).....
- (iii).....
- (iv).....

16. How have you tried to assist them?

- (i).....
- (ii).....
- (iii).....
- (iv).....

17. How have the rural poor responded to their own problems?

- (i).....
- (ii).....
- (iii).....
- (iv).....

18. What skills can you give to these initiatives/associations to enhance their activities and come out of poverty?

- (i).....
- (ii).....
- (iii).....
- (iv).....

SECTION E: CONTRIBUTION OF THE MARKERT TO SOCIETY

19. How has this market benefited the people of this area?

- (i).....
- (ii).....
- (iii).....
- (iv).....

20. What contributions has this market brought to this area?

- (i).....
- (ii).....
- (iii).....
- (iv).....

21. What are lessons or best practices that other individuals, groups and communities have learnt from this area?

- (i).....
- (ii).....
- (iii).....
- (iv).....

22. What challenges have come up as a result of existence of this market?

- (i).....
- (ii).....
- (iii).....
- (iv).....

23. How have you tried to address these challenges?

- (i).....
- (ii).....
- (iii).....
- (iv).....

THANK YOU

Appendix 3

Focus Group Discussion guide for pig farmers on the Role of Self-help Initiatives in attainment of sustainable livelihoods: A case study of Kabagarama Pork Market in Bushenyi District.

1. When did Kabagarama market start?
2. How did it start?
3. What prompted you to start pig farming in this area?
4. How has the pig farming benefited you?
5. What challenges do you face in pig farming?
6. How have you tried to solve these challenges?
7. What other food products do you sale in this market?
8. How has the government and other institutions supported you?
9. Why do you think were reasons for starting Kabagarama pork market?
10. What are the benefits resulting from self help initiatives?
11. What are the overall challenges faced in self help initiatives?
12. How have they tried to solve them?

Appendix 4

Interview guide for *Patrons* (people who come to market to enjoy pork) on the Role of Self-help Initiatives in attainment of sustainable livelihoods: A case study of Kabagarama Pork Market in Bushenyi District.

1. Name
2. Sex
3. Age
4. Occupation
5. Place of origin
6. Why have you come to this market?
7. How often do you come to this Market?
8. How many people have you come with today?
9. On average, how much money do you spend when you come to this market?
10. What are the benefits of this market to the people of this area?
11. What lessons do you learn from this community?
12. What should be done to improve the market?

Appendix 5

Interview guide for opinion leaders on the Role of Self-help Initiatives in attainment of sustainable livelihoods: A case study of Kabagarama Pork Market in Bushenyi District.

1. Name
2. Sex
3. Age
4. Occupation
5. When did Kabagarama market start?
6. Why did the market start?
7. How did it start?
8. What role have you played in development of Kabagarama Pork Market?
9. How have you been involved in management of associations/groups in this community?
10. What challenges have you encountered while supporting these associations/groups?
11. In your opinion, how can initiatives or groups/associations be improved to help poor people to attain their livelihoods?
12. How has the community of Kabagarama benefited from self help initiatives?

Appendix 6

Documentary Review guide on the Role of Self-help Initiatives in attainment of sustainable livelihoods: A case study of Kabagarama Pork Market in Bushenyi District.

1. What is self help initiative?
2. What role has self help initiatives played in attainment of sustainable livelihood programming?
3. What is sustainable livelihood?
4. What are livelihood assets?
5. What are livelihood activities?
6. What are livelihood outcomes?
7. What are challenges of people in attainment of their livelihoods?
8. What has been the role of Government and other institutions in facilitating attainment of self help initiatives and sustainable livelihoods?

Appendix 7

Uganda Martyrs University Institute of Ethics and Development Studies.

OBSERVATION CHECKLIST FOR STUDY VARIABLES

Main Focus	Subtopics
Different self help initiatives that support people's livelihoods	<ul style="list-style-type: none">• Pork roasting• Agriculture activities• Retail businesses
Categories of people engaged in self help initiatives	<ul style="list-style-type: none">• Sex• Age
Livelihood Assets	<ul style="list-style-type: none">• Social capital• Financial capital• Infrastructure• Institutional capital• Human capital
Physical challenges that deter people from achieving sustainable livelihoods	<ul style="list-style-type: none">• Water• Road network• Business transaction challenges• Size of businesses
Some of the outcomes from people's initiatives	<ul style="list-style-type: none">• Kinds of wealth• Diversified retail business activities• Other income generating projects

Appendix 8 A

Photograph of the major economic activity at Kabagarama pork market and showing how pork is processed. The pork is measured in kilograms and the patrons place orders according to their desire.



Source: Field Data, June 20, 2009

Appendix 8 B

Photograph showing both international and local patrons in Kabagarambe market. These international patrons were volunteering with Bushenyi District Local Government by the time of the study.



Source: Field Data, June 27, 2009

Appendix 8 C

Photograph showing some of agricultural produces being brought to Kabagarambe by the local residents. Some of these farm products are used as ingredients in pork preparation and also for sell to patrons.



Source: Field Data, June 27, 2009

Appendix 8 D

Photograph showing location of Kabagarame Pork Market and the influx of patrons with their cars.



Source: Field Data, June 20, 2009

Appendix 8 E

The researcher Interviewing Pig Farmers during a Focus Group discussion at Kayojo on 22nd June 2009



Appendix 8 F

The Researcher interviewing a Patron at Kabagarambe market on 20th June 2009



Appendix 8 G

The Researcher with some of the respondents in front of the house built as a result of pig farming and pork roasting, on 23rd June 2009



Appendix 9



Developed by Claire Komakech, 2007

Appendix 10

Uganda
MARTYRS
University



making a difference

School of Postgraduate Studies
Email: spgs@umu.ac.ug

Your ref:

Our ref: rec: Introduction Letter 08-09

Nkozi, 16th June, 2009

Dear Sir/ Madam

Ref: Letter of introduction.

This is to introduce to you ASIMWE ABEL
Registration Number 2006-03-MANUO-004 who is a postgraduate student in the Institute of Ethics and Development Studies at Uganda Martyrs University - Nkozi. The student is required to write a dissertation on the topic:

The role of self help development initiatives in attainment of sustainable livelihoods.

This is a requirement for the award of a Master's degree in Development Studies.

I would like to request you to render this student assistance in collecting the necessary data for writing a dissertation.

Thank you in advance for your assistance.

Yours Sincerely,

Mr. Innocent Erosete
Administrator
School of Postgraduate Studies

Appendix 11

17TH June 2009

The Chief Administrative Officer
Bushenyi District Local Government

Dear Sir,

Re: Request for permission to carry out research in your District

I would like to request for permission to carry out a research in your District. I am a student of Uganda Martyrs University undertaking Masters in Development Studies. The course requires me to undertake a research as a fulfillment for the award of the degree. I have been approved to research on the topic: *The role of self help development initiatives in attainment of sustainable livelihoods. A case study of pork roasters of Kabagarambe in Bushenyi District.*

When the research is completed, it will help in identification and designing of self help development initiatives for the people of Bushenyi District and other communities in attainment of sustainable livelihoods and contribute to eradication of poverty in Uganda.

Thank you,



Asimwe Abel
Student UMU

Permission granted. Please
the concerned parties,
provide the necessary
assistance and information as
well.

AAS
To up
19/6/09

