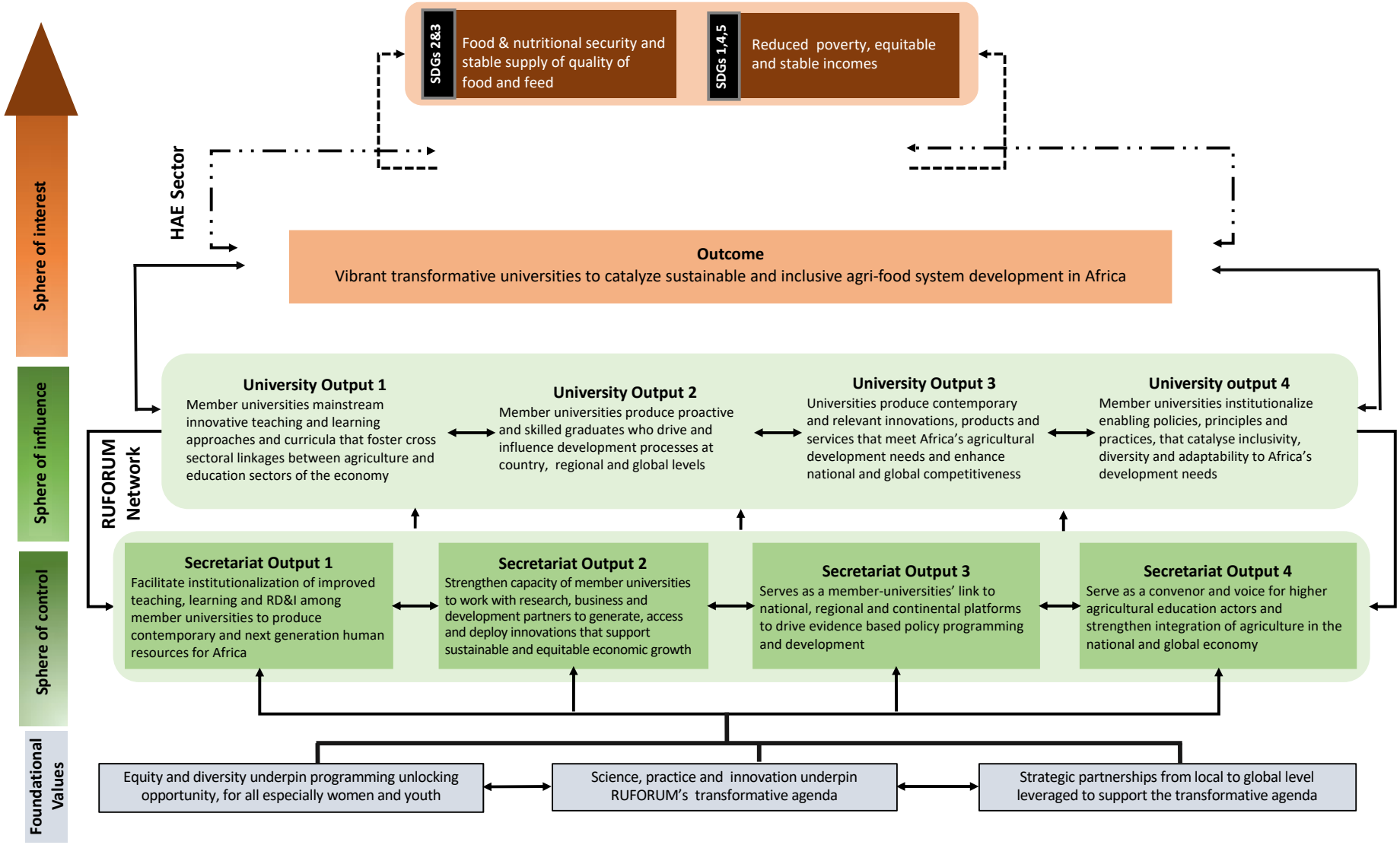The RUFORUM Theory of Change