

Annual Report 2016-2017

This report provides a summary of progress made and challenges encountered in the course of our work which focuses on providing for children's basic needs in their own environment: clean available water, health care and education. At BkB we are growing, our reach is increasing and our efforts are having an impact.

EDUCATION

This last academic year there were a total of 115 orphans and vulnerable children in our education programme. Most of these children had given up hope of an education because of the difficult circumstances surrounding them. Two young people have completed their studies with a diploma. One will be joining university later this year. Ten have joined tertiary institutes. A further ten have joined senior one this year. One young girl who has sickle cells missed 2 terms. We almost lost her but she pulled through and when this term started she was able to go back to school.

Challenges in our Education Programme:

- There are still high numbers of children who still come to BkB seeking help. It's really painful and sad for us to keep giving them bad news. So this is still a big challenge in Uganda, having children who want to attend school but with no means.
- High fees still continue to be a challenge to us.
- Some of our children lack a good support system at home which affects their performance.

WATER

We continue our work of providing safe water to communities to save energy and time for women and children especially. Girls often get sexually assaulted, taunted, molested, and raped as they walk along narrow isolated paths in search of clean water. This year we drilled 4 boreholes now used by 2,858 people. 9 springs have been protected. These 13 water sources have increased safe water access to over 957 households, 11 schools (6,469 school pupils) and 1 health centre. A water user committee is trained and charged with care and maintenance of each facility.

Protected springs and drilled boreholes 2016 – 2017

Name	No: of households	Village	Parish	Sub county	District
SPRINGS					
Rouse spring	86	Simba	Kibiibi	Sabagabo	Mpigi
Macfarlane	85	Katabira B	Katabia	Mpigi T/C	Butambala
Lydia Gregory	320	Kibiibi	Kibiibi	Kibiibi	Mpigi
Burns	45	Kasana	Kabasanda	Kalamba	Butambala
Inca trail runners	186	Kabasanda	Kabasanda	Kabasanda	Butambala
God's Juice	30	Nsozibiry	Nsozibiry	Kalamba	Butambala
Carmen Donahue's	55	Kiziiko	Mabanda	Kibiibi	Butambala
Anna Olivia Duffy	40	Butesasira	Sseta	Kalamba	Butambala
Lisa Munoz	30	Lubuga -	Katabira	Kibiibi	Butambala
BOREHOLES					
Namagera	40	Namagera	Magogo	Kakiri	Wakiso
Kabagezi	40	Kabagezi	Kabagezi	Kakiri	Wakiso
Mrs. Grimes	108	Buyembe	Luwoko	Kitanda	Bukomasimbi
Mr and Mrs. P. Grimes	1,243 school children	Bukwiri	Bukwiri	Butema	Kyakwanzi

Challenges

- The demand for safe and clean water is still high despite our efforts to supplement the government that is supposed to provide piped water. Piped water coverage is still very low and mainly concentrated in urban areas so most people in the country have to rely on springs and creeks.
- Some springs have a big catchment area where there are too many using one spring.

HEALTH

This year the Mobile Clinic held 45 clinics in which a total of 7,466 patients benefited. Of these 3,197 were children and 4,269 were adults. Malaria, the number one killer disease registered a total of 1,329 patients. The persistence of diseases is aggravated by ignorance about and failure to use preventive initiatives, poor hygiene and feeding styles, smoke from the cooking stoves and lamps and low adaption levels on proper mosquito net usage. Changing habits and behavior among adults takes time. Besides administering treatment the Clinic advises on among others, antenatal care, family planning, HIV and AIDS and nutrition. As a result there has been a noticeable increase in the growing and consumption of fruits and vegetables as a preventive measure to malnutrition, airborne diseases such as coughs, flu and

importantly boosting the immune system. Married men have also embraced the clinic in terms of allowing their wives and children to attend, something they had previously opposed. For sustainability the clinic is emphasizing and encouraging the use of traditional curative plants and herbs which are known to locals and grow wild. On each visit messages are disseminated on their usage. For instance the use of papaya seeds for deworming is increasingly being accepted. Nevertheless there is still a high demand for drugs especially for ailments with no alternative local cures. We also plan to encourage professional herbalists and our own patients to share traditional medicines known to their families



Solar lamps

This year 40 solar lamps were given 40 families in 4 villages targeting families with orphans and vulnerable children, single mothers and the very old. Each lamp has a small inbuilt solar panel and a bulb. It also comes with two accessory plugs for charging small gadgets like phones, torches/flashlights. Money spent on kerosene for lighting lamps can now be saved for other family needs. Risks

Health Education in progress



Namanda Afuwah is a 24 year old mother of 5. Her husband abandoned the family on the birth of her triplets. “The burden is too much for me” lamented the tearful Afuwah. Last year one of the triplets, now 2, had severe fever and was admitted to hospital with a bacterial infection as did his siblings caused by eating dirty things or food. BkB helped with meeting the hospital dues which amounted to \$75 for the three children. BkB’s Home Visitor keeps an eye on the family to ensure that they remain safe and healthy.

associated with the fumes and fires from the kerosene lamps will also be minimized. We thank the donors for this compassionate support of £500.

Challenges

- An overwhelming number of people seeking our services. Scores of people remain unattended to. More drugs are needed which are becoming ever more expensive.
- Encouraging traditional medicine alongside the use of modern drugs is still a big challenge. For as long as there are modern medicines people are reluctant to use/look for local herbs.
- Transport for the home visitor: she has to cover long distances on foot.

INCOME GENERATION

Our goal here is to increase family income through the sale of surplus agricultural produce and/or products of small businesses. 25 farmers received training in business skills in a bid to increase their family incomes and achieve financial stability. Topics taught included wealth and the environment, selecting a business, writing a business plan, demand and supply, agricultural credits, cooperatives and credit societies, enterprise selection and combination, management of business records, social-economic sustainability, issues in business management and skills training. Upon completion, 20 farmers received financial support, 17 had their businesses boosted while 3 got start-up capital.



In the photo is Nakalembe Ruth of Wagaba village. Her business is located near a big poultry farm. The fridge enables her to increase her sales to workers on this farm. She makes juice from passion fruits and her home grown bananas using the knowledge she acquired from BkB's nutrition classes. She reported an increase from three to at least five customers per day.

Mastula and her mushrooms

Nabukeera Mastula of Kamuli lamented about her being overburdened by food demands and financial constraints during an interview before our intervention. She received training in business skills and support to start a mushroom enterprise. She reported a steady improvement in the general health of all her family members including her own. Her weekly sales went up from 1kg to 2kgs of dried mushrooms, She one time said 'all my young siblings had abandoned me. With increase in personal income and more food production they now refer to me as their elder sister'.



The **knitting groups** are in the districts of Hoima, Kyankwanzi and Kibaale. The groups have been reduced to 10 from 14 due to some being merged for better management and to ease coordination. This year we received 5 knitting machines, a box of Spare parts, 2 large boxes of wool, wool winders and carriages all from Scotland.

BKB ORGANIC DEMONSTRATION FARM

The farm still continues to empower communities in terms of organic food production and gives hands on learning opportunities to Primary, Secondary and Tertiary students, farmers, policy makers, women and many others. We are open on demand and our diversified curriculum gives room to all visitors to make their own choices for training topics.

Categories of visitors received at BKB farm

Visitor	Students	Teachers	Total
Individual men			78
Individual Women			66
Makerere University	02	00	02
Rucid Organic Agricultural Training College.	01	01	02
Mukono District Farm Institute			02
Pearl Crest Hospitality Centre			19 youth
Farmers from Kakiri			16
Kitovu mobile			19
Lake view P/S	55	04	59
Total			263



Our demonstration enterprises such as pigs, goats, cattle, crops yield some revenue that helps us meet small expenses at the farm.

Livestock

Our animals are raised in houses constructed using local materials such as poles, timber and papyrus like the one in the photograph.

Dairy farming

Fodder fed to livestock is prepared using clean materials to minimize disease spread as seen in the photograph.

Piggery

We rear pigs for breeding purposes. The breeding stock is dominantly large white and middle white. These have on several occasions given litters ranging between 8-12 piglets. They have high foraging ability, fecundity and longevity. The carcass is good for pork which has a high demand in Kampala markets. We also demonstrate integration of livestock and crops. There are several sack gardens around these animal quarters where crops are raised. These vegetables can be consumed by the farmer or the animals themselves



Container gardens

This technique demonstrates a way of making movable seed beds which are more suited to tenants residing in rental houses. These container gardens can be shifted from one place to another whenever need arises. Where chickens are a menace, container gardens can be raised above the ground by hanging on wires. Several crops such as amaranths, carrots, leaf cabbage, soya, maize, okra, beans, and spinach can be grown. From 5 container gardens equivalent to 10 litre capacity a farmer can harvest one bundle of vegetables a day.

We have also raised crops such as lettuce, carrots, leeks, beans amaranths among other crops under fruit trees so as to maximize land use. This can be seen in the picture on the right.



New crops

Efforts have been made to introduce chick peas from which we are generating stock seeds to the farm and farmers for rapid multiplication of this crop. We anticipate having enough seeds by the end of 2017. Chick peas will add to our protein sources in addition to soya, green peas, beans, peas, lima beans, pigeon peas among others. Other introductions are yams and hibiscus crops. The yam variety shown in the photograph is a heavy water feeder. We have planted it along a trench from the animal house. The water that runs out of these houses during cleaning is trapped and nourishes these yams every day.

This picture on the right shows the Hibiscus crop which has been introduced as a medicinal plant especially in the management of anaemic conditions among people.

FAMILY DEMONSTRATION GARDENS

We are now giving outreach training to farmers, mothers, care takers and teachers on issues of increasing food quality and quantity with support from Vibrant Village Foundation. Activities:

- Training farmers, mothers and care givers on good farming methods that can bring about increased food production. Each participating household now has a productive kitchen garden.
- 4 elementary schools received science kits to improve performance in school gardens, hygiene and sanitation.



- Training participants in business skills so that they can increase family incomes by boosting or starting up more income generating projects.
 - Supplying improved seeds as a way of inspiring participants to do the same in the struggle to increase food production.
 - Constructing 2 energy saving stoves for 2 families for learning purposes so that participants replicate in their homes; and indeed a number of households have put up their own stoves.
 - Construction of two water tanks for Teopista Nassali of Kabagezi and Vincent Ssempe of Namagera. The tanks which have a capacity of 2,500 litres each can keep a family garden of about 50 x 50 ft. running without rainfall for 30 days if 80 litres of water are used per day.
- Of over 100 farmers trained 57 now have 3 meals a day as opposed to 1 or 2 meals previously.

At Namagera demo, Nabbowa Maria (an old lady of about 80 years) has managed to set up the best quality sack gardens. She hosted the group at the start of February 2017 and everybody was amazed.

At Kabagezi demo, Mrs. Jjingo whose plot and garden are located on top of a hill, harvested water and raised very good gardens which she used to train fellow farmers during our farmer to farmer visits. She is the only woman in a group who is hired to help other farmers in other villages set up such gardens. She has requested for extra seeds so that she can propagate the skills she has acquired.

Alongside increased food production, farmers at Kabagezi have established a piggery unit to supplement their incomes. They have six pigs managed under the same unit. They have requested for support in terms of piglets and feed.

Kate Nakkazi is a single mother of 5 children. Kate planted 250g of beans she obtained from the training and harvested 4kg in a space measuring about 15x 20 feet. She also harvested one bundle of vegetables every day from 35 plants of leaf cabbage in a space of about 10x15 feet. She has other crops like carrots whose germination percentages were so good compared to her group mates. This attracted many to learn from her experience in managing carrots. Indeed she has helped them to identify what went wrong with the latter's carrots. Her savings have increased as she no longer buys vegetables. Disease infections have almost disappeared from her family since their diet changed. 'The various foods produced in my garden have attracted my neighbours to periodically visit me hence bringing more friends to our family.'

Challenges

- Fluctuations of labour supply.
- Pests and diseases
- Unreliable rainfall
- Poor crop varieties

NUTRITION

Our nutrition programme is currently supported by Vibrant Village Foundation. It is a 2 year programme implemented in phases of one year. The first phase in Kamuli and Wagaba villages ended in June 2016. In July 2016 we started the second phase which is in the villages of Kabagezi and Namagera. This phase will be completed in June 2017.

Main activities of the nutrition program:

Nutrition assessment: Here we do anthropometry, clinical and dietary assessment. Then depending on the assessment results, severely malnourished children are referred to the nearest health center that also refers them to the Nutrition Unit at Mulago National Referral Hospital. The moderately malnourished are started on the feeding programme in their respective villages. However at times we encounter adults who may necessitate putting on the feeding programme although we try to limit it to children.

Supplementary Feeding Programme: We had 26 children and 2 adults on this programme. Eligible children are under five years. 12 of the 26 children were from Kamuli and Wagaba together with the 2 adults. One of the adults was HIV positive. The remaining 14 children are from Namagera and Kabagezi who are the current beneficiaries. These are provided with grain amaranth porridge on a daily basis. Each child is required to take three cups (1 ½ litres) of porridge daily; ½ litre in the morning, ½ at mid-day and ½ in the evening. Each child takes 3 or 2 cups of the porridge on daily basis depending on the child's age. The porridge is prepared in one of beneficiaries homes where all the caregivers gather and prepare the porridge every day in the morning. The porridge is made from mukene which is a tiny fish from Lake Victoria, grains of amaranth, soya bean, maize and millet and further enriched with eggs and milk blended in during preparation, then sugar to add more flavour.

Nutrition education Over 120 nutrition and cooking classes were successfully conducted in the 4 villages. Aspects handled included infant and young child feeding, nutrient conservation and balanced diet, improving the quality of life through nutrition, the impact of nutrition on people living with HIV/AIDS, dietary management of HIV/AIDS related complications such as diarrhea, nausea & vomiting.



Achievements

Malnutrition has been managed. People's feeding habits have improved remarkably. Households are able to access diverse diets for instance through knowledge transfer and balanced diet because they can now plan for their meals. According to the Household Dietary Diversity Score (HDDS), the average HDDS is now 6 food groups as compared to ½ food groups before. The nutrition status of the 26 children and 2 adults who were on a feeding programme is good. New businesses have been set up and old ones boosted. Children are happy because they can take a snack to school which motivates their learning and strengthens the bond between mother/guardian and child. Most households now have basic health facilities like dish racks, tip-taps, bathrooms, rubbish pits, kitchen and latrines. On the whole the nutritional status, hygiene and sanitation of these communities had improved tremendously so has that of 4 schools that benefited from this programme. The schools received tip-taps, hygiene and sanitation messages to be put up in the compound.

The adult on the feeding program was HIV positive and on Antiretroviral Therapy. At 54 years old she was underweight weighing only 45 kg. Ill, weak and working single handedly, she didn't have sufficient food to feed herself, her children and 2 grandchildren orphaned at an early age. As a result her health kept on deteriorating yet she was on strong drugs that required good feeding. This compelled us to put her on the feeding programme to save her life since she is the sole bread winner for the family. Her health improved greatly although it was challenging at the start due to infections which did not only affect her feeding but also the absorption and utilization of nutrients. By the end of the quarter she weighed 49kg and her BMI had normalized to 18.7. BkB also supported her to start a mushroom growing enterprise.

Maama Rhoda is so grateful to BkB. She used to have one meal a day and fed on the same type of food day in day out but now she consumes a variety and five meals a day. Her children's weight is commensurate to their age, their appetite is good and they look much better because she now feeds her children on nutritious foods at regular intervals unlike in the past when children fed only when the adults are also feeding. The bond between her and them has also been strengthened because of the delicious foods she prepares them such as maize porridge blended with groundnut paste, sweet potatoes/bean/vegetable mash, maize cake. She has made more friends because of her new cooking skills. They often find her preparing some new dish and join her to learn.

The mothers/caretakers of the children on the feeding programme are full of praise. They could not believe that they could see a change in their children's nutrition and health status within just weeks of the feeding programme. Generally all the participants have gained a lot and are so grateful to BKB and the sponsors of the programme.

The main challenge: Convincing individuals to construct hygiene and sanitation facilities. For instance it was so hard for some individuals to construct pit latrines for their homes.

Gogolo

Here we had a wonderful Christmas party. We were lucky to have cartoon characters to entertain the kids. In order to have more people at the Play and Learning Center we have initiated a system of putting on concerts using promoters. People have appreciated the idea. Crowds have been drawn and sales on such events are good and this in a way markets the Centre and generates revenue for the children's programmes.

On behalf of BKB we convey our sincere gratitude to our sponsors, friends and well-wishers for their generous gifts, donations, support and commitment to our work. You have made a real difference in the lives of the communities we serve. Many have been transformed by your love and support. You are the light that has appeared at the end of their tunnel, bringing endless smiles to once perpetually miserable and hopeless people. A VERY BIG THANK YOU to responding to our calls time after time.

Our very best wishes to you all for 2017.

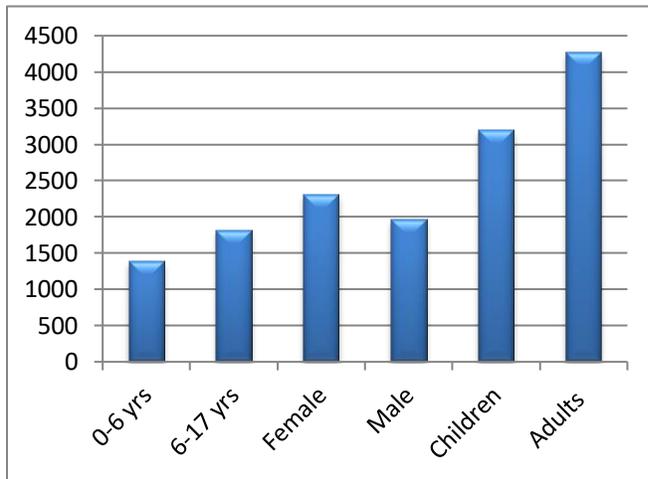
**DAVID SAGALA
MANAGER**

Statistics - Mobile Health Clinic

Table 1: Mobile health clinic attendees between February 2016 and February 2017

Category	0-6 yrs	6-17 yrs	Female	Male	Children	Adults
Number of patients	1,387	1,810	2,307	1,962	3,197	4,269
Total Beneficiaries	Children 3,197		Adults 4,269		Total number of patients treated: 7,466	

Table 2: No Graph 1: Graphical representation of patients in categories of patients per ailment between February 2016 and February 2017.



Diseases	No. of patients
Malaria	1329
Warms	5014
Cough	2505
STDs	144
Anemia	16
Dysminoria	12
Tooth ache	81
Referrals	23
Back ache	218
Arthritis	151
Diarrhea	72
Otitis media	05
HIV/AIDS	26
Dysentery	01
Accidents	01
Pregnancy	121
Wounds	219
Ulcers	224

Graph 2: Graphical representation of patients per ailment (Feb. 2016 and Feb. 2017)

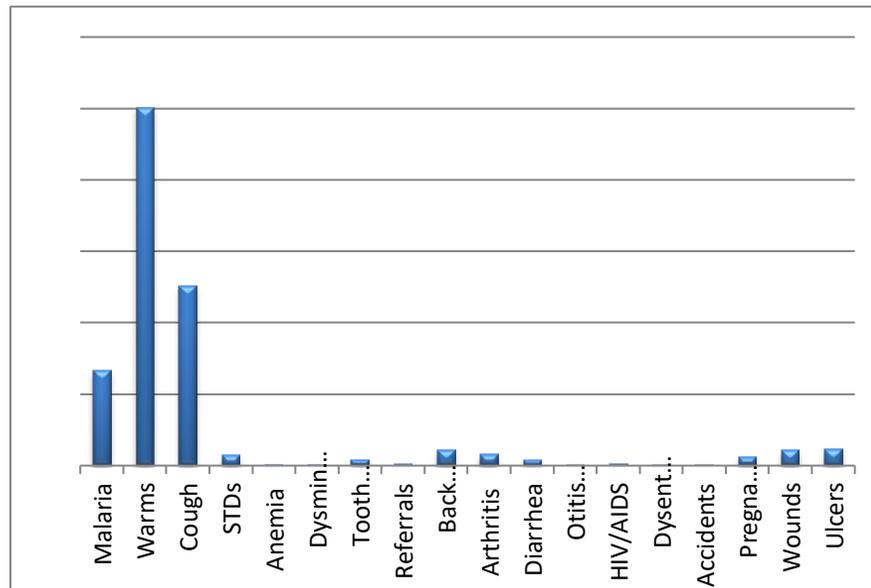


Chart 1: Nutrition status of 12 children in Kamuli and Wagaba villages before and after the supplementary feeding program.

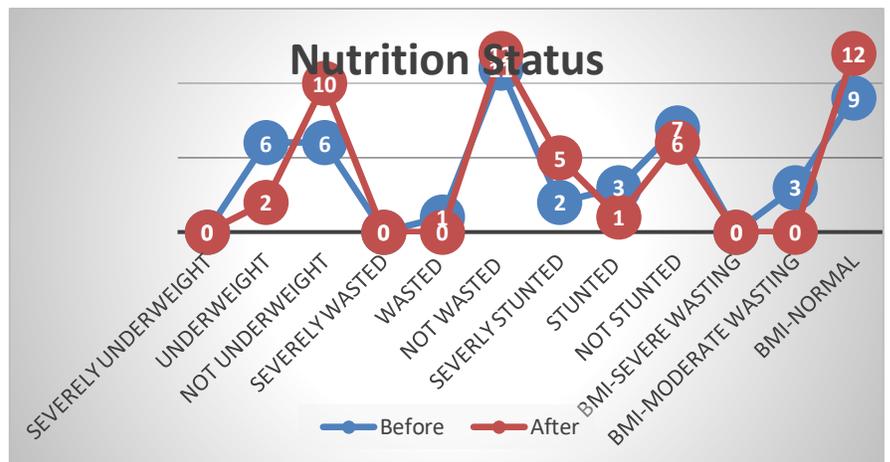


Table 3: Nutrition status of 14 children in Kabagezi and Namagera before after starting on the feeding program.

Nutrition status	Before	After
Normal	7	12
Moderate Underweight	4	2
Severe Underweight	3	0

