

## ANNUAL REPORT 2015-2016

Over this past year, thanks to some generous donors, *(and the hard working staff. Ed)* we have achieved much. We reach out to more than 4,000 needy children, their families and their communities and now operate in over 200 villages that are scattered through 11 districts in Uganda.

**EDUCATION:** BkB sponsors 115 orphans and vulnerable children. This academic year five completed their education. Richard Lukanga graduated in Business Administration and four young people completed courses in Tertiary Institutions. The cost of education continues to rise as a result of inflation which limits the numbers we are able to support.



Richard with his sponsor,  
Anna Parmiter

In December we had a Christmas party held at Gogolo Play and Learning Centre for all our sponsored children. They were able to eat their fill, possibly for the first time in their lives, and before leaving

received gifts: books, pens, pencils, crayons, tooth-paste, tooth brush and toy cars. It was a great day of fun and celebration.

### Challenges:

- Children are in over 50 schools in various districts making costs in travelling and staff time expensive.
- Parents/guardians transfer children to other schools without informing us. When fees in the new school are more than we had budgeted for it causes real problems and also affects the child's performance.
- Some parents have little interest in the education of their children.
- Lack of a permanent home for some OVCs. Being shuttled around homes affects the children's psychosocial being and their performance at school.



**WATER:** We have protected 182 springs, sunk 18 Boreholes and installed 27 water tanks. This year we protected 4 springs, drilled 2 boreholes and installed 2 water tanks providing clean and safe water access for over 3,500. This has resulted in a drop in water borne diseases, increased crop production through irrigation, aided poultry farming and enhanced businesses: molding bricks and construction, a popular trade for many unemployed youth due to rising housing demands in urban areas.

### Challenges:

- The demand for safe water is still high. For example Stoney Spring, located in Kitanawula village is often jammed with people because it is the only protected spring serving five villages.
- Some springs are seasonal and dry up during the long dry spells forcing people to trek long distances in search of water.

**HEALTH:** The Mobile Clinic provides health education and treatment to the poor and hard to reach. Since its inception in 2003, the clinic has treated over 72,000 people in Kakiri Sub County. In 2015-2016, 68 clinics were held during which a total of 8,213 patients received treatment. 4,213 were children. Malaria prevalence is still high despite government provision of mosquito nets to all. Large numbers lack the knowledge on their proper use. Patients have now been taught how to make homemade mosquito repellent and 'deworming medicine' using natural methods such as pawpaw seeds all in a bid to achieve sustainability.

Cough and respiratory infection are one of the top ranked diseases that the community is still grappling with partly due to poor feeding habits and lifestyles: smoke from wood fires, charcoal stoves and kerosene lamps being used in poorly ventilated homes. Although it is common knowledge that one's resistance to disease is highly boosted by regular consumption of fruit and vegetables which are available, the local folk don't seem to attach much importance to it. The Clinic has been instrumental in the fight against gender issues, strong mythical superstitions and traditional beliefs which hinder people from seeking medical treatment. A total of 5,230 beneficiaries have attended teaching sessions held before each clinic.

### Challenges

- Overwhelming numbers of patients. Some usually remain untreated due to limited resources.
- BKB has only one clinic in a week and yet there are over 80 stations that need the services.
- Heavy rains delay clinic sessions. The clinic operates outdoors and patients rarely move in rain.
- The political climate this year made work difficult. Local leaders were fully immersed in politics.



Dispenser at work

@Rick D'Elia/D'Elia Photographic



@Rick D'Elia/D'Elia Photographic

*Nakibirango Shirak, a 10 year old primary 4 pupil was one of the patients at one of the clinics. He attended the training in nutrition and health and actively participated in the question and answer session. He even volunteered to lecture to other patients about what he had learnt. Shirak has now started a Health club at school with the help of his teachers. He preaches the gospel of health to his school mates and he has developed a liking for studying medicine. "I want to be the first doctor in my village and I will help my community be disease free."*

**INCOME GENERATION:** Our goal is to increase family income from the sale of surplus agricultural produce and/or products of small businesses. 40 beneficiaries from the 2 villages where we established demonstration gardens i.e. Kamuli and Wagaba, were trained in business management and skills.

The knitting project continues on despite Angelina's death. Her friends and relatives have not let us down. This year they and Sister Martina sent us 19 knitting machines and several rolls of wool and yarn to support these groups. At the moment we have 14 groups in 4 districts. Besides knitting some of these women are also engaged in micro enterprises both at individual and at group level. They run businesses like mushroom growing, piggery, poultry, dairy farming and candle and craft making. Some have gone a step ahead to form savings groups from which they can borrow at a very low interest. One of the groups (Kibiriti) in Hoima town has taken on training young women and girls in tailoring, cookery and decoration of venues for events.



### Challenges of the knitting project

- Shortage of knitting machines. Some groups have only one machine shared among 8 - 10.
- It is very hard for these groups to get tenders from institutions like schools because they operate on a small scale. They can only supply individuals, small groups, and rural schools.
- Lack of capital to expand group businesses.

**AGRICULTURE:** This project aims at empowering caregivers to produce enough quality food all year round and reducing the level of hunger and malnutrition in the community through use of quality seeds and good agronomic practices. In 2013, we realized that most farmers in rural areas needed our services but were too poor to afford transporting themselves to our farm. As an intervention to educate these farmers from their own villages and farms, the idea of establishing village-based Family Demonstration Gardens (FDG) was developed to provide avenues for training farmers in appropriate

farming methods which can increase food production in terms of quality and quantity. Farmers then transfer the learnt skills to their own home gardens. They are also given a variety of seeds used at the demonstration garden to plant in their own gardens. We started in July 2014 in Kakiri Sub County, Wakiso District with two gardens in Ssentema and Katiiti villages. In January 2015 we opened up two more gardens in Naggulu and Naddangira. Over 145 farmers gained skills in organic farming practices which included seedbed preparation, manure application, seed selection, planting, spacing, soil management, watering, weeding, thinning, harvesting, post-harvest handling, value addition and marketing.



Ssefuma, 90, tends her sack garden

In July 2015 a grant from Vibrant Village Foundation enabled us to establish 2 more FDGs in the villages.

### Achievements

Participants have learnt how to grow different crops including onions, leeks beet roots, sesame, leaf cabbage, sun flower, amaranths, okra and teke which were not common in their tradition.

The number of meals served to family members have increased from one meal to two or three.

Trainees have increased their savings. This is evidenced at Naggulu where members organised among themselves a savings scheme.

Trainees have aquired skills in farming but most interesting is dry processing of leafy vegetables such as doodo (Amaranths). The powder processed takes them through the dry season when vegetables are scarce.



## Challenges

- Adoption rate of organic farming technology is slow because some don't want to change.
- There is high demand for similar agriculture and nutrition training in other communities but we are constrained by funds.
- Heavy rains make accessibility to some areas very difficult and thus raising the transport cost. They also cause delays in our work and affect attendance.
- Unreliable rains are an additional challenge, delaying planting.
- The budgeted number is bigger by 25% on average creating additional expense.
- Limited land for commercial agriculture as some beneficiaries are squatters.

*Nabaweesi Teopista, a trainee of Naddangira demonstration garden said: "I planted  $\frac{1}{2}$  kg of soy seeds and harvested 42kg of soy beans. I planted  $\frac{1}{2}$  kg of maize and got 70,000 Ug Sh and also managed to feed my family well.*

*At Naggulu, Musisi Fredrick explained how he has started using juice from beet root to manage sickle cell anaemia of his son. Musisi also sells onions, carrots, sukuma and doodo seeds from his garden.*



**BKB DEMONSTRATION FARM:** At the request of visitors, training at the farm includes: organic farming, vegetable production, nutrient recycling and composting, soil and water conservation, livestock production, urban farming, integrated pest and waste management, agro-processing and postharvest handling to mention but a few. Our visitors included 237 school children, 27 teachers, 28 individual farmers, 15 Family Garden members and 6 individual visitors.

The crops and animals on the farm also generate some income for BkB. Audrey, our dairy cow, gives a yield of 14 liters per day. The cow provides fresh milk to the local community, BkB staff and Gogolo preschool. She is 8 months pregnant and due to deliver in April. We have 29 pigs, 8 female 4 male and 17 piglets. A sow can produce an average of 20 piglets in 1 year. Our boar, Henry that has been servicing our sows, grew old and we replaced him with a much younger boar. We received an improved nanny which gave us two male kids which are now big enough for sale.

We sell bananas and a variety of vegetables to the community around.

## NUTRITION:

Nakku Regina's children could not take milk because they get stomach aches, but then she prepared them bean, pea and mushroom soup with milk in it. They enjoyed the soup and got no allergy. Through this demonstration, Regina learnt that when a child is allergic to a certain type of food, one can change the method/style of cooking. This soup is suitable for the management of loss of appetite, nausea, mouth sores, constipation, fever, diarrhea and cough. It is rich in protein, calcium, zinc and selenium.

The objective of the Nutrition Programme is to reduce the level of malnutrition and improve hygiene and sanitation. Poor nutrition is the leading cause of poor health especially among children making them very vulnerable to opportunistic infections. Our nutrition department trains caregivers on how to prepare various nutritious meals using what is locally available to promote good health. Aspects covered during the nutrition sessions include among others dietary diversity, managing nutritional related conditions, food demonstrations, hygiene and sanitation. As a result the lives of around 250 households in the villages of

#### **Activities conducted include:**

- A lot of nutrition education together with food demonstrations on food items suitable for both home consumption and income generation was done using locally available foods. Foods for sale included sweet potato fritters and crisps, bean fritters, cassava balls, daddies, soya doughnuts, cassava biscuits, an assortment of mixed fresh fruit juice and many more. Foods for home consumption included boiled



bananas mixed with different types of vegetables which is suitable for people with poor appetite, provides roughage & iron from the vegetables. Also made was rice & eggs, beans/silver fish relish rich in protein, calcium, bean/vegetable relish, ground nut paste with honey, sour porridge suitable for management of nausea and vomiting and pumpkin stuffed with potatoes and meat to mention a few.

- Nutrition education and counselling were conducted on aspects like improving the quality of life, nutrient conservation, child feeding, the impact of nutrition on those living with HIV/AIDS, dietary management of HIV/AIDS related complications such as diarrhea, nausea & vomiting.
- Supplementary feeding to support moderately malnourished children under 5 years. Each child consumes three cups (1½ liter) of grain amaranth porridge on a daily basis. They gather at the demonstration every morning, take one cup (½ liter) of porridge and pack the two cups in a flask to be taken at home.
- Hygiene and sanitation education and demonstrations on toilet covers, tip taps for washing hands after using the latrine, dish rack, rubbish pit, bathroom, and kitchen.
- Growth promotion and monitoring and continuous nutrition status assessment to identify malnourished children (6-59 months) and women of reproductive age.

Ssetema, Katiti, Naguru, Naddangira, Wagaba & Kamuli have been transformed by this project. Beneficiaries can prepare balanced meals using home grown food/locally available foods. Some have set up micro enterprises while others have enhanced their businesses by preparing nutritious food items for sale. Hygiene & sanitation has also improved remarkably in 4 villages: Ssetema, Katiti, Naguru and Naddangira. Family demonstration gardens successfully completed the projected cycle, so at the moment we have only Kamuli and Wagaba with 105 adults and 8 malnourished children still participating in the feeding training programme.

Sayidi, one of the children on the feeding program was small, weak, had brown silky hair, had no appetite and could not play with other kids. After three weeks Sayidi had gained weight from 9kg to 10.5kg, his hair has grown and turned thick and black; he is energetic and now walks around the village. He also has a good appetite, plays and laughs with other children and is learning to speak.

Members of Sentema Family Demonstration Gardens that was commissioned in August last year formed a group business of making & selling maize cake. They are still in touch with us because they still need help to perfect their skills. This year they invited our Nutritionist to help them improve on a few things and they made cakes which were all bought by the community around as soon as they were ready.

**GOGOLO PLAY & LEARNING CENTRE:** The Centre which opened in October 2014 has a play center, canteen/restaurant and a Nursery School all designed to generate revenue for BkB. The centre has fulfilled its goals. It is a place where children come to have fun and find joy; to play, paint faces, eat, drink, party and socialize

The center also has entertainment facilities for adults. Gogolo has steadily picked up as far as the market is concerned. Over the year school children have visited the centre during their fun days out, school graduation and Christmas parties take place. The center has attracted other functions for example graduations, family gatherings and company reunions.



Discovering a child's body mass index



**CHRISTMAS:** One hundred and twenty six needy families in Katabi and Kakiri sub County received Christmas packages that contained rice, beef, bread, blue band, salt, sugar and cooking oil. These gifts made their day, especially to the children who deserve something good on such a day when most families are partying and having plenty to eat and drink. BkB made it possible for these families to also have fun.

We continue to thank our friends, well-wishers and sponsors for their relentless support in transforming the lives of the orphans and vulnerable children together with their families and the communities at large. We salute you for the job well done and wish you a prosperous 2016.

**DAVID SSAGALA**  
BkB MANAGER

