

## ANNUAL REPORT 2012–2013

Bega kwa Bega Uganda Orphans (BkB) is a non-government organization, registered with the government of Uganda since 1998. The charity aims to offer support to some of the 2.5 million Ugandan orphans who have been forced into a life of hardship by war, HIV/AIDS, and natural climactic conditions such as drought. Most of these children are sick, poor, hungry, malnourished and often out of school and homeless. Bega Kwa Bega supports these vulnerable children and those who care for them in their home communities where they maintain vital connections to their extended

families, language and culture and can more easily retain their rightful claims to inherited land and other property. In spite of our financial challenges 2012–2013 has been very successful. We maintained all our programmes and continued to provide basic care for the orphans and their care providers.



Gladys Nattabi  
Adminstrator

## EDUCATION

The education programme continues to grow. We are currently sponsoring over 150 needy children. Eleven of these got Primary 7 completion certificates, four: Senior 4 completion certificates and three: senior 6 completion certificates. In August we hosted two separate fun and informative three-day teachers' workshops for nursery and primary school teachers. The first three day workshops were attended by 42 teachers at the model nursery school (Jengo Nursery School) in Kampala. The second series of training was held at BKB's Demonstration Farm. Forty nursery and primary

school teachers attended the training. They learned activities that taught them how to engage their students in active learning rather than the rote recitation characteristic of African schools. Teachers made teaching aids and learned how to work together to become better teachers. The programme, organized and delivered by two volunteer teachers from Colorado USA, was very popular and the local teachers suggested that if possible, the training should be held twice a year. This is what Teacher Hassan who attended the training at BkB Demonstration farm had to say:



*The teachers' workshop was very good, enjoyable, fun and we were involved in a lot of skillful training. I learnt and was trained how as a teacher I can become part of the children I'm teaching and how these children can become part of the learning. I learnt new ideas and things that I had no idea about. I now can use local materials to teach because I know it's not ideal to go to class without any material. I learnt rhymes, poems and ice breakers to use in class. Kathi and Jill gave us materials to take back to our schools. When I went back to my school I trained my co-teachers what I had learnt in the workshop and we are*

*now better teachers because of the work shop we had at Bega kwa Bega. I also learnt something from Kathi and Jill: they worked as a team and you could never tell who was better than the other. They were both good and used a takeover system where one would take over from the other and we could not notice a difference. I pray and hope they do come back this year!!*

### CHALLENGES:

- School fees for secondary students are higher than for primary students. Many of the children we are sponsoring are moving into higher grades with high fees. We are the victims of our own success in that way, but this taxes our finances. More funds are needed.
- The children most in need (i.e., those who qualify for our support) are in poor-quality primary rural schools and have many emotional and physical challenges. These children struggle to perform well in school.

### WATER

BkB continues to protect springs in the remote areas of villages in Uganda. Fifteen springs were protected in Mpigi and Mityana districts in the past year. These areas have been affected by water shortages and unclean water sources. The community always contributes to the protection of the springs by collecting materials, providing labour and committing to the upkeep of the spring. As a result over fifteen thousand people through Mpigi and Mityana gained access to safe water during the past year.



### IMPACT:

- Personal hygiene has improved as the people get clean water.
- Relationships in the community have been strengthened as a result of working together.
- There is a dramatic reduction in the cost of water.
- There are fewer water-borne diseases especially among young children.
- Women and children spend less time and energy fetching water.

*Buwalula, village chief said: "In my village, before Bega kwa Bega's intervention, water for both home and animal use came from a pond which we used to call a well. People in my village were always sick from using that dirty water. They got diarrhea, typhoid, bilharzia, and other dirty water related diseases. Children could have blood in their diarrhea. But now, not many people have a need to visit medical facilities, and everyone is happy with the newly protected spring in our village. People in the neighboring villages are asking us for BKB's contact information to try out their luck for a new water source donation".*



### CHALLENGES:

- Transport of materials to the different sites becomes difficult due to muddy roads during the rainy season.
- Political divisions in the community hamper mobilization for projects that affect the entire village.
- More springs have been identified as suitable water sources, but insufficient funding prevents their protection.
- Increased funds would protect up to thirty springs a year.

### PROTECTED SPRINGS 2012–2013

	Spring Name	Village	Parish	Sub-County	District
1	Anthea Spring	Buwalula B	Kitete	Namungo	Mityana
2	Coffee Mates (3)	Buwalula	Kitete	Namungo	Mityana
3	Francis	Kyesengeze/Kawanga	Kiwawu	Malangala	Mityana
4	Jimmy Hamilton	Kawanga 1	Kiwawu	Malangala	Mityana
5	Bambi U.O 2012	Kapeke		Muduma	Mpigi
6	Madeleine's	Bulamu	Tiribogo	Muduma	Mpigi
7	Lena's	Kawanga 2	Kiwawu	Malangala	Mityana
8	Helena Hamilton	Kiwawu	Kiwawu	Malangala	Mityana
9	Joe's	Kasiba	Kiwawu	Malangala	Mityana
10	Calderhead	Nvuba	Jezza	Muduma	Mpigi
12	Cathy's	Kawero Nvuba	Jezza	Muduma	Mpigi
13	Hymie, Lena & Rosie Gold	Mulambala	Kitete	Namungo	Mityana
14	Ichyd-da-Good Health	Sokolo	Sokolo	Kasanje	Mpigi
15	The Friendship Spring	Kyambizzi	Kavule	Kiringa Ente	Mpigi

### HEALTH Objectives:

1. Provide basic pre-natal and antenatal care to women
2. Provide Health Education
3. Prevent, control and provide treatment for tropical diseases
4. Carry out home visits
5. Vaccinate children
6. Conduct community health education workshops



Malaria and anaemia are the main causes of death in Ugandan children. The BkB mobile

clinic continues to operate in Wakiso District. Kakiri and Namayumba sub-counties, the area in which the mobile clinic operates, is reported to have the highest percentage of AIDS/HIV in Wakiso District. Some of the other major diseases commonly found include malaria,

diarrhoea, cough, urinary tract infections and intestinal worms. Several other minor diseases are also found. On average, the mobile clinic treats over 98 people each visit, two or three times a week most weeks of the year. During 2012 around 14,112 people received medical treatment at our mobile clinic. Home visits are carried out mainly for families with acute health issues to provide support to those families who find it difficult to cope with invalids, large numbers of orphaned children and food shortages. During 2012 the home visitor went to 386 homes and provided one-to-one coaching for improving family health among families in crisis. The transportation problem has been temporarily solved as the clinic now has a used four-wheel drive truck. With this truck the staff can now go through all the rough roads in the villages without any hindrance.

*In one of the many mobile clinic sessions, one patient was particularly thankful. "The educative part of the clinic has been so informative. I learnt the usage and importance of fruits and vegetables and I now eat them frequently. I grow them by myself in my back yard." He also added that by sleeping under insecticide treated mosquito nets distributed BkB they no longer suffer from malaria. "My entire household is now safe from malaria. All this has been with your assistance."*

### CHALLENGES:

- Medicine is very expensive and the charity can afford to buy only a limited amount of medicine for the clinics. Once that medicine runs out some patients leave without treatment. Others do not get all the drugs they need.
- The clinic does not have the funds to conduct diagnostic tests for malaria. Overtreatment of malaria (i.e., when the patient does not have malaria) is a contributing factor in malaria drug resistance eventually leading to the medications being useless in addition to exposing the patients to drugs they do not need.
- Condoms and family planning pills, which are commonly asked for, are not currently provided.
- More funds are needed to enable the clinic to offer more services.
- Changes in seasons affect the clinic. During the rainy season the health team has to get through the rain on poor roads to treat patients in remote villages.
- The medical team is not sufficiently paid for their services.





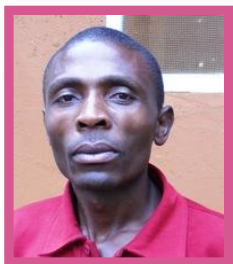
### Future plans:

- We are in the process of registering the mobile clinic with the Ministry of Health. We plan to use the Ministry of Health certificate to apply for grants from the Ugandan Government.
- There are plans to expand the mobile clinic from three days to five days to be able to cater for the increasing number of patients, extending the clinic to new and more remote villages.
- There are still plans for an ambulance which will be equipped with all the medical equipment e.g. malaria kits and an examination bed.

### DEMONSTRATION FARM

The farm continues to flourish and is ready to welcome visitors in early 2013. The newly acquired farm manager together with the team at the farm are devoting extra time to plant everything. We have a new Peace Corps volunteer, Chris, who is also doing a great job at the farm. We have recently initiated beekeeping and planted a flower garden to help feed the bees. The flower garden also encourages women to grow flowers as an income-generating activity. We have planted a dry season garden that incorporates drought-tolerant plants and demonstrates water-saving techniques. An

- Rearing livestock: cattle, goats, poultry, pigs and bees
- Growing food without using artificial fertilisers insecticides
- Water conservation and environmental protection
- Planting a variety of food crops and fruits for improved family nutrition
- Staggering planting for year-round food production
- Enhancing insectaries by planting flowering plants
- Improving family nutrition
- Starting food-related income generating businesses for women and girls
- Teaching agriculture to school children
- Sharing agronomic knowledge with the local people
- Exchanging goods and services with the neighbours



On-going demonstration gardens at the farm include: vegetables, cooking bananas, yellow bananas, roasting bananas, coffee, fruit trees, root crops (potatoes, yams) herbs, pastures and dry season crops. Demos include: bees, poultry, goats, pigs, cattle, water harvesting and a green house. The kitchens demonstrate biogas energy saving stove, solar drier, several affordable water filters and a charcoal fridge. In

urban container garden demonstrating food production in a limited space has been in operation for several months, as are our composting demonstrations. The farm serves as a demonstration farm to community members, students, orphans, farmers and policy makers. The farm concentrates demonstrating best practice for:



Building the Biogas system



August, we hired **Kamoga**

**Gerald**, a graduate student at Uganda Martyrs University in Nkozi as BkB Farm Manager. His input (part-time) has greatly improved the productivity of the farm and the quality of the demonstrations. He is currently working on developing the training curriculum for classroom instructions, as well as the in-field demonstrations.

### Important events at the farm in 2012:

- Training for local farmers on cattle husbandry.
- Thanksgiving celebration. Chris, the new Peace Corps Volunteer, prepared a Thanksgiving meal for everyone who works at BKB.

- A visit by US Peace Corps officials to monitor the progress of the new PCV and also to tour the farm. One of the visitors was Sarah Lopez from the Peace Corps head office in Washington DC. She is coordinating Peace Corps' efforts in implementing the Feed the Future initiative, President Obama's flagship food security initiative. Lopez got to see a food security site and also how Feed the Future plans are being implemented at a PCV site.
- Women knitters had their annual training given by Angelina Campbell from Scotland.
- Twelve sewing machines and work tools were donated by Workaid UK
- Nine women and one man were given sewing machines and Camilla Broadbent showed them how to use and service the sewing machines for their small businesses.
- Numerous local visitors have toured the farm.
- The demonstration farm acquired a new 8000 litre water tank paid for by Les and Pat Montgomery.
- Construction of the green house which was part of the Peace Corps grant.



Angelica looking farm guard dog which one night burrowed under the wire fence and tore a neighbour's goat to pieces.

### CHALLENGES:

- Fluctuation in farm labour supply. Damage caused to plants by pests and diseases.
- Weather conditions: rainfall is unreliable leading to periods of too much rain followed by long dry spells.
- High costs of inputs. Poor crop varieties. Poor livestock breeds. High organic certification costs.
- Finding a home economics candidate to teach nutrition and basic cookery.

### Future Plans

- Establish/strengthen partnerships with schools, institutions and colleges for visits to the farm. This will improve our financial situation and will make knowledge dissemination easier.
- Promoting bio-diversity to enhance natural pest remedies.
- Livestock improvement by introducing improved breeds especially for goats and pigs.
- Periodic training of all staff on issues of organic production.
- A World Malaria Day (April 25) event. Chris has written a grant application to assist in holding this event which will provide malaria education in the form of information and demonstration stations illustrating basic facts about malaria, proper mosquito net use, net repair, and net

washing. The grant (if awarded) will allow us to purchase new mosquito nets and resell them to the community at a highly discounted rate.

- US Peace Corps Uganda has selected the BkB farm as the training site for the next set of Peace Corps volunteers. About five to seven Peace Corps trainees will spend a week in June at the BkB farm to learn organic gardening and facilitate a training session for a local school.
- Chris is working on a grant to pair BkB with a US graduate student to help with problems of plant diseases on the farm. If awarded, the US graduate student will visit BkB for two weeks, and she will work with Gerald to improve organic plant disease management techniques on the farm. The grant will also allow BkB to host training sessions for local schools.

**These efforts will help establish BkB as an important site for agricultural learning in central Uganda.**

### Chris Peterson the new Peace Corps Volunteer:

*I was very excited to learn I was assigned to BKB. I had spent the last eleven years sitting in an office or laboratory, all the time looking out the window wondering what more I could be doing. I have wanted to join the Peace Corps since I was eight years old. A career crossroads and an unrealized dream of helping people overseas came together in the Peace Corps. Everyone at BKB has been welcoming and made the transition to a new country and culture smooth, not to mention fun. Officially, my assignment is Community Economic Development, focusing on Agribusiness and business advising. The position allows a lot of flexibility in my daily activities. My primary interest is in developing labor and money-saving*



*techniques that conserve soil and water. With my background in pest control I am also looking at implementing planting, fertilizing and agronomic techniques that reduce insect, weed, and plant disease damage.*

*I have recently submitted a grant that will pair BKB with a US-based graduate student in organic pest control. By incorporating these techniques as working practices on the farm, we can demonstrate them to visitors who can employ them on their own land. We are helping local farmers maximize the profits produced on their land. Uganda's population currently doubles every fifteen years and has more than quadrupled since independence in*



1962. Land is becoming scarce, especially in urbanized areas near Kampala, to which many people have relocated as rural economies decline as the cost of living rises. Ugandans, like people everywhere, are being asked to do more with less, but in a poverty-stricken and space-poor country the consequences of food insecurity mean the difference between health and malnutrition and are not far from matters of life and death.

The BKB farm has a lot to offer. The next step is to get people through our gate so we can teach them. We are currently looking for a commissioned publicity agent to visit schools

and others to encourage farm tours and training sessions. We are grateful to our donors, but in the current global economic climate we cannot continue to expect donor contributions to fund all of the projects we undertake. We too are doing more with less and the collection of gate fees will allow us to do more with the donations we receive. Our goal is to have the farm be at least self supporting, with excess spilling over into our other projects so we can continue all of them. I am humbled to be trusted with helping to guide BKB to the organization it can be. Thank you for your confidence.

**Our overriding goal is for Ugandans to support Bega kwa Bega's effort to accomplish self sufficiency through the construction and management of a revenue generating Primary School. In our New School Project we plan to provide high quality education for 850 children giving priority to girls, orphans and vulnerable children. Teachers will have access to ongoing professional development. The school will be a model for other schools in the country and will promote improvement in education nationwide. We urgently need to raise £653,000 to start building this model school / resource center by the end of 2013.**



In 2010 Peace Corps Uganda assigned **Drew Rountree** to volunteer at Bega Kwa Bega's demonstration farm. Drew spent his two years of service overseeing the redesign of the farm from a cluster of gardens and a small office building to a fully developed teaching farm with a training room, a nutrition center, a green

house, a drip irrigation system, energy saving cookers, a biogas system and a path way for learners touring the farm. Among his many talents, Drew demonstrated a remarkable gift of making his colleagues and people in the community feel vital. He worked exceptionally well with our Ugandan farm staff and always made sure they were trained, ready to continue the work at the farm. Drew's tour of service ended last August. We are thankful for his support and creativity and we wish him well in his new life back home in the States.

In July 2012 Bega Kwa Bega's Manager, **David Ssagala** was selected to attend the US State Department's International Visitor Leadership Program in the US. David represented Uganda in the "Farm To Table" program. He and leaders from many African countries spent three weeks learning about food production, food processing and marketing. They toured five States and visited many farms, demonstration gardens, food processing plants and markets. David learned a lot from the



tours and from discussions he had with the farmers from other parts of Africa. Recently David talked about his visit to the States: *"I learned a lot because I saw many different new ways of growing, processing and marketing food. I use what I learned about planning, farming and marketing to improve BKB's demonstration farm. I now insist that we all meet, set goals, plan ahead for one to five years and market our products and services more aggressively. We are learning to share knowledge/skills and make an effort to try new methods. I tell my team about the beautiful green crops / fields I saw in Nevada where summer temperatures are much higher than in Uganda. If they can, we too can."*

**Thank you to our supporters  
and donors.**

**We can only carry on this  
work because of you.**

#### Uganda

Director: **Conche McGarr**  
Manager: **Ssagala David**  
PO Box 28009  
(00256) 772519570  
**begakwabega99@hotmail.com**  
Adminstrator: **Nattabi Gladys**  
Accountant: **Kyazze Theresa**

#### United Kingdom

Chair: **Clare Bysouth**  
Deputy-Chair: **David Russell**  
Secretary : **Marguerite Spain**  
Treasurer: **Mike Spain**  
Scotland Coordinator:  
**Sr Martina Boylan**  
UK Coordinator: **Camilla Broadbent**  
41 Goldhawk Rd London W12 8QP  
020 8743 0655  
**ccbroadbent@tiscali.co.uk**

#### USA

President: **Conche McGarr**  
**bambiugandaorphans@gmail.org**  
571-232-8551  
Vice-President: **Charles McGarr**  
Secretary: **Saranga Jain**  
Accounts: **Catherine Nababinge**  
Programs: **Pat Montgomery**

**David Ssagala**  
Manager  
**Gladys Nattabi**  
Administrator

