

Family Demonstration Gardens (Pilot) (contd. From page 1)
COMPLETED STAGES: Once planning was complete, the first meeting of BkB staff with 13 village leaders from 4 villages was held in Kakiri Town Hall. The Family Gardens project was introduced and everyone was enthusiastic

Each of the village leaders was instructed to recruit 3 pioneer trainers from his/her village to participate in a three days intensive peer training at BKB Organic Demonstration Farm which took place with 10 women and 3 men.

Once back home, peer trainers worked together with their leaders and selected 8 (two from each village cluster) potential sites for future family demonstration gardens.

Two of these sites were chosen for the first demonstrations which included an Introductory Meeting, Site Planning Session and Nutrition / Health Training. The remaining six sites are ready and waiting to be developed into family gardens.

CHALLENGES:

1. Due to popularity the number of participants is likely to rise dramatically;
2. Poor time management by participants;
3. Additional funds will be needed to develop more/better instructional materials and to extend this project to more villages.



News of Nanyanzi Angel

Our administrator writes: Angel Nanyanzi is progressing very well. I talked to her class teacher who was all praises of her. She says Angel is very active in class, talkative and social. Every time she asks a question Angel is among the first to raise their hands. Her performance for last term was really good as she came first in the whole class and her teacher is very proud of her. Angel enjoys reading a lot though her performance in other subjects is also excellent. When I asked Angel what to bring for her the next time I come to visit she said stockings (I just laughed aloud because most kids would ask for sweets, chocolate etc). I think she asked for socks because she doesn't have them. She is a lovely young girl to talk to.



This is an extract from an article by Marea Musubiku, BkB Nutritionist. Please see www.bkbuganda.org for the full report.

Nutrition Survey: Rapid appraisal and assessment of the Nutrition situation in the targeted Villages in Kakiri.

A number of households were visited in order to identify malnourished children (6-59 months) and women of reproductive age. The activity was conducted by using interviews, observations and measurements which involved anthropometry (without measurements in some villages) clinical assessment, dietary assessment, medical and family history etc.

Due to lack of equipment, apart from Sentema where I had the MUAC tapes for measuring the Mid Upper Arm Circumference and Katiti where I had acquired the required equipment (weighing scales, measuring tape and MUAC tapes) measurements were not done in the other villages. They were 6 villages, 64 households and 6 outreach clinics considered. The main causes of malnutrition identified were:

- Improper breastfeeding and weaning practices. Some mothers breastfed their children for only one month claiming they didn't have breast milk
- Nutrient deficiencies such as protein deficiencies
- Poverty and therefore inadequate food
- Lack of knowledge about nutrition and the nutritious foods available in the community. There is high consumption of carbohydrates compared to other nutrients.
- Poor family planning and poor child spacing leading to inadequate care for the children.
- Separation of parents. Most of the households are headed by single parents, usually mothers
- Poor hygiene and sanitation leading to diseases e.g. diarrhoea affecting food absorption.



Case 1 (from Wagaba village)

Sex: female **Age:** 18
The client was very skinny and bony, weak, had pale pallor. Looks severely malnourished. Taken care of by a single mother who believed the daughter is being bewitched. She was among those given money to go to the hospital



Case 2 (from Lubbe village)

Sex: Male **Age:** 1½ years
The child is as shown in the picture. He is so skinny (ribs showing), cannot even crawl. The signs are those of Protein Energy Malnutrition (PEM), marasmus mainly due to low calorie/energy intake. He is raised by a single mother (20 years old) who has three children, this one being the third born. She started delivering at the age of 14. The first siblings look fine and grow well according to the chronological stages.

Name of village	No. of HHs visited	% HHs with Severe or Moderate malnutrition
Wagaba	7	43%
Lubbe	20	30%
Namagera	15	27%
Sentema	12	50%
Mukirundi	Clinic	High
Katiti	10	70%

N.B. HHs stands for households.

Issue No. 4: Autumn 2014

BegakwaBega
Shoulder to Shoulder for
UGANDA ORPHANS

Family Demonstration Gardens (Pilot)
Progress report June- July 2014

BACKGROUND: While BKB operates an organic demonstration farm at Nalugala-Kisubi, it also operates a mobile health clinic in Wakiso District. Health workers found out that poor health was directly related to malnutrition and food shortages.

Family demonstration gardens were thought of as the best approach to increase food production at family level.

A concept was developed and customized to guide the project: farmers* meet at one farm* in their village and get training in agronomy from the farm manager, and in nutrition from BKB's nutritionist. Participants will also receive seeds and seedlings to take home to plant on their farms.

All this will be done throughout the planting seasons. Emphasis is put on production of a wide range of foods throughout the year in order for the family to have enough food at all times. Appropriate food processing and storage will also help to ensure food availability especially during the hungry season.

* N.B. in the UK we would call 'farms' gardens, and 'farmers' would be gardeners.

(Contd. on page 4)

New BkB Web site - www.bkbuganda.org

As we discussed in the previous newsletter, to fund the development of a new BkB web site, the Committee decided to put aside the money the Government returns to us via your Gift Aid declarations. The new web site is well under way, and has a much shorter and more memorable web name—www.bkbuganda.org; however, anyone still using the previous web name is automatically redirected to the new site anyway.

If you have recently accessed the site, you will have seen a front page like this.



The site is still evolving, so if you see any aspects that could be improved, please contact Camilla Broadbent at ccbroadbent@tiscali.co.uk

The good news is that all the development work was done free of charge thanks to the generosity of the web designer, Peter Born at Neat IT Solutions (www.neat-it.co.uk). The only charges have been for hosting and the use of the new web domain name, and for continued use of the old web name for 12 months. The total of £163.16 takes us through to September 2015.

Imminent arrival of the generator!

Clarke (UK) Ltd's generous gift to the organic farm is on its way overland from Mombasa. In early July a group of BkB supporters were welcomed to the plant in Scotland to witness the closing of the crate.



The one ton generator did not travel alone! Every spare space was crammed with gifts from all corners of BkB: books, clothes, etc., and the odd football. An impressive sight. A truly generous gift.



UK fund-raising events

- On **Saturday 18th October 7:30pm**, BkB is again being supported by **AVDC Theatre in the Villages**, with a performance of **FAUST** by the **Dumbwise Theatre Company** in **Wendover Memorial Hall, HP22 6HF**.
- **Friday 7th November** will be the **Annual Quiz, 7:30pm** at **Our Lady of Grace, High Wycombe, HP12 4RY**; **fish and chips** supper included, chicken and chips or vegetarian options, and a bar will be available. Tickets £10 from Dave Russell 07951 570 351, DaveRussell43@aol.com.
- On **Saturday morning 6th December** BkB will be at the **Winter Fayre**, in the **Damien Hall**, at the rear of **Immaculate Heart of Mary, Great Missenden, HP16 9AA**.
- Please look out for the **Annual Supper** in **May 2015** at **7:30pm** at the **Christian Centre**, by St Anne's Church in **Wendover HP22 6LL**.
- Please note the date for the **BkB AGM—7:30pm Wednesday 20th May 2015**, at **Our Lady of Grace, High Wycombe, HP12 4RY**.
- And we hope to arrange a **Dinner and Auction** at **Our Lady of Grace** in High Wycombe during the summer.

Angelina goes to Uganda (again!)

Martina and I spent the first of the two weeks we spent in Uganda up in Hoima and the second in Kakiri. Unfortunately I was not well for part of this time in Hoima but the knitters just got on with it – true progress. They met in the village of Kitoba. Here they were given accommodation and a classroom to work in. We had been given travel money which was used for the women’s expenses. They all learned a great deal by sharing their knowledge and seeing each other’s work which was all to an excellent standard.

I had been given a DVD showing the different uses of the knitting machine and this came in useful for demonstrating pockets and buttonholes. They also learned how to maintain and repair their machines which will save them money. To end the time spent in Hoima, we had a ‘finishing ceremony’. There are now 13 knitting machine teachers who will go into other villages, spreading their skills. The six students in Kakiri who came for lessons will, in time I am sure, also become teachers.

? HOW DOES SHE DO IT ?

Cathie Hunter has 10 Protected Springs to her name and 3 more to come.

Cathie writes: I have been married to my husband Jim for 44 years. I am mother to two daughters, Samantha and Joanna. God blessed us later with a son Barry, who has Downs Syndrome and is our light. We have two lovely grandchildren Jessica Rose aged 6 and Ben aged 2½. I have been sewing all my life just for my family and friends and over the years started selling a few things at Christmas for charity.

I came to know about BkB from a member of our church. I thought if I could make enough money to protect just one spring how it would change the lives of so many.

I started making Quilts: Wall Hangings, Christening Quilts and special Wedding Quilts; but it is the Christmas Stockings and Christmas Quilts which make the most money. I start hand quilting them from January, working all year, completing them for Christmas. I do not have to advertise them. People just contact me by phone or email or have purchased something and come back for something else. It’s amazing. Some have been sent to America and Holland, Ireland, England and France, all hand made in my loft in Wishaw. Can I say this is a family effort. Although I do the sewing my husband and my two daughters keep the house going and do all the running about for me. Jessica loves helping cutting up the ribbons and making up the boxes and the bells. Barry helps carry them down three flights of stairs. We have started working this year again and the first quilt goes out this week for a wee boy’s first birthday followed by a fairy quilt for a wee girl’s first birthday.

To date we have protected 10 Springs and have made enough money to protect a further 3; so hopefully by the end of this year there will be 13 . . . and still sewing.



Manager
David Ssagala



Farm Manager
Gerald Kamoga
(2 days a week)




Nutritionist
Marea Musubiku
(2 days a week)



Administrator
Gladys Nattabi

The Farm Staff

Gardeners	Peter Lawrence (cows) Richard Teopista (and cook)
Cleaner	Sempa
Night Guard	Daniel



Bega kwa Bega Staff in Uganda



The Mobile Clinic Staff

1-3 sessions a week
4 Nurses Immaculate Harriet Norah Betty Jenifer Edward

Home Visitor
Driver/Dispenser

Education in Uganda

There are two parts to this article: the system, and how well or otherwise it works.

Firstly the system: it is much the same as in the UK though there is no law that children have to attend school. There is a slight difference in that primary ends at 12 theoretically, but children may well start school at any age and therefore will end primary older and start secondary older. This is because parents may not be able to afford to send more than one child to school, so a child may be in school for a couple of years then give their place to a sibling. Illness in the family may mean a child leaves school for a while. Both primary and secondary schools are ‘free’ but they need a uniform and other equipment to attend school and these are not free.

A certain standard needs to be reached for a child to be accepted into secondary school. Those children who attend nursery and primary education in towns are more likely to get into secondary schools than their counterparts in the villages as the better teachers tend to work in the towns. They are also more likely to speak English. Nursery and primary education is supposed to be in English, but many teachers teach in the local language as their English is almost non-existent. When it comes to getting into a secondary school those from the villages can’t compete.

How well does the system work? Not very well if you read the reports:



This is why Conche, Founder and Director of BkB, plans to open a large private Primary School for 800 pupils where the children will receive a first class education and where teachers can obtain on-gong training. There will be a Teacher Trainer permanently in post. During the school holidays courses for all teachers will be available. In term time there will be in-house training. A boarding facility will house orphans from afar who will return home in holiday periods. This school will markedly improve the standard of education across the country.

In addition to improving educational standards, all the proceeds from the school will go to financing BkB’s projects making the charity almost self-sufficient.

A LARGE AMOUNT OF MONEY WILL BE NEEDED TO SET UP THIS PROJECT.

Further Education:

Vocational Institute:
£150 a year
(Courses are for 1 to 2 years)

University:
Arts: £350 a year for 3 years
(Government gives grants for Science Courses)
Living Expenses for a year: £100

‘While there is much reason to celebrate the progress in education that Uganda has made over the past decade, reports show there is a deeper education crisis that needs to be addressed. Though many people may argue that it is the quality of education in government schools under the Universal Primary Education that is poor, the truth is that both private and Government schools are wanting, if the new Uwezo report is anything to go by. Overall, the new Uwezo report shows that only three out of 10 of all children assessed nationwide, were able to read and understand a Primary Two level text, and correctly solve a Primary Two numeracy question. To the researchers’ surprise, most of these skills are barely attained when the learners reach Primary Seven. To make matters worse, the same report indicates that some of the students complete Primary Seven, before attaining the basic competences. The proportion of the pupils who reached the defined proficiency levels in numeracy (counting) and literacy in English (reading, writing and comprehending text) was 45.2% and 40%.

But Uganda is not the only country facing the problem. Other countries in Sub-Saharan Africa are grappling with the same problem. Of Africa’s nearly 128 million children of school-going age, 17 million will never attend school. Africa’s Learning Barometer shows that about 29.9% of all children in Uganda are not learning; and that it is the girls, children from poor families and the rural children who are most affected. Perhaps even more shocking is the fact that another 37 million African children will learn so little in school that they will not be any better than those who never attended school. Consequently, Africa’s future economic growth and social development is hazy.’

This article is an extract from a News report on www.BkBUganda.org

Teacher Training

In August 2014 Gill and Crispin Farbrother, along with their daughter Tanisha visited Uganda under the hospitality of Bega Kwa Bega. The visit was primarily to offer two staff development courses to Ugandan Nursery, Infant and Primary School teachers.



The two courses lasted two days each with over 75 teachers attending one or other of the courses. The courses focused on the teaching of Jolly Phonics. The teaching of phonics has been introduced by the Ugandan Ministry of Education and the Jolly Phonics scheme is in popular use in both the USA and UK. Whilst some of the Ugandan teachers had knowledge of phonics they had few resources and clearly welcomed advice, guidance and help in the teaching of Jolly Phonics.

The course delivery focused on the development of skills and techniques to be used in the classroom and the teachers were able to learn new skills, develop resources to take away with them, all whilst having fun learning.

Our teams

- United Kingdom**

Chair: **Clare Bysouth**
Deputy-Chair: **Dave Russell**
Secretary: **Marguerite Spain**
Treasurer/UK Donations: **Ray Thear**
2 Kingfisher, Watermead, Aylesbury, Bucks HP19 OFR
UK Fund raising coordinator: **Mike Spain**
Scotland Coordinator: **Sr Martina Boylan**
Beverley Coordinator: **Janice Shaw**
UK Coordinator: **Camilla Broadbent**
41 Goldhawk Rd London W12 8QP
+44(0) 20 8743 0655
ccbroadbent@tiscali.co.uk
www.BkBUganda.org
- Uganda**

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

President: **Conche McGarr**
+1 571-232-8551
bambiugandaorphans@gmail.org