



## ANNUAL REPORT 2019-2020

This report describes the achievements which BkB has made in the areas of Education, Health, Water, Income Generation, Agriculture and Nutrition. We start by acknowledging with gratitude two of our funders without whose support much of our work would not be possible. Our second 2 year grant from Vibrant Village Foundation ended in September 2019 but due to our outstanding performance it was renewed for the third time for another two years. We are also thrilled to report that we now have funding from the Swiss Family Foundation who will be supporting our programmes for 2 years in three villages.

### EDUCATION

Last year BkB supported 87 students with tuition and scholastic materials. Two, Sumayiya Nampadwa and Joan Naluggwa completed their courses. The former now has a diploma in secretarial studies and the latter a certificate

in Early Childhood Development. We thank our sponsors for

supporting them in achieving these milestones. We are happy to report once again that

last year's candidates did not disappoint us especially those in primary seven. All with

the exception of one have joined senior one. In senior four we had 8 candidates with

one student obtaining a First Grade and the others all passing. Two have joined S.5,

with music production, catering and

choice of a further three in the world of further

student, Nakiranda Immaculate will be joining a College to become a Secondary School teacher.



nursing being the education. Our senior National Teachers'



63 children with the exception of primary one and day counselling session to prepare them for the

especially adolescents may be quite difficult to handle which calls for regular counselling. Topics

included growing up

esteem and dealing

The session was

alumnus. Richard

Mukwano Industries.

encouraging and



and friendship, responsible relationships, self-

with rejection, stress management and finding a job.

crowned with a talk by Richard Lukaaga, our

graduated some years ago and is working with

Though his message was very emotional it was

inspiring to the children. Many were touched.

**Challenges:** Dropping out of school (3 students this year) still persists despite our efforts.

## WATER



At BkB we are very proud to complement government efforts in achieving the Sustainable Development Goal number six. Access to clean and safe water is increasing in Namayumba as open and dirty springs are protected and boreholes sunk. Apart from improving the health of communities by increasing access to year round clean and safe water, a further reason for easy water accessibility is protecting girls from risks associated with walking long distances to fetch water i.e. sexual assault, taunting, molesting and rape. It also saves energy and time lost by women and children in trips they make to wells to fetch water

for household use. Emphasis is put on establishing water committees and training selected villagers on care and maintenance of boreholes, providing water tanks for harvesting rain water and training beneficiaries on water management, hygiene and sanitation.

<b>Boreholes</b>					
Name	Homes	Village	Parish	Subcounty	District
Kaziba	40	Kaziba	Nakedde	Namayumba	Wakiso
Ngondwe	40	Ngondwe	Kanziro	Namayumba	Wakiso
<b>Tanks</b>					
Kalungu	3	Kalungu	Kitalya	Namayumba	Wakiso
Kanziro	3	Kanziro	Kanziro	Namayumba	Wakiso
<b>Protected Springs</b>					
Evelyn's Well	47	Kamakakaze	Bulwanyi	Kajjansi Town Council	Wakiso
Ruth's Well	70	Bumpenge	Bulwanyi	Kajjansi Town Council	Wakiso
God's Juice 4	50	Kaama II	Bulwanyi	Kajjansi Town Council	Wakiso
Lorna Farbrother Lester RIP Well	33	Jandira B	Sokolo	Kasanje	Wakiso
Maya McGarr	45	Bunga	Nanziga ward	Kyengeru Town Council	Wakiso
Isabella McGarr	40	Butakesu	Nankonge	Sisa	Wakiso
Mikaela McGarr	50	Butakesu	Nankonge	Kajjansi Town Council	Wakiso
Ava, Linda's Angel	30	Negambidde	Maya	Kyengeru Town Council	Wakiso
Linda's Helping Hand	40	Negambidde	Maya	Kyengeru Town Council	Wakiso
Wellspring	50	Bukomye	Maya	Kyengeru Town Council	Wakiso

**Challenges:** There are still many hundreds of people without access to safe water despite our achievements. Many villages still have open water sources that are shared with animals. Some wells have a big catchment area which creates congestion and time wasting.

## HEALTH

**Purpose:** to provide basic and primary health care to all people in the communities in which we operate. This year the mobile clinic operated in 8 villages. 25 Mobile clinic sessions were held in these villages on a rotational basis.

Services provided included:

- Health education and disease prevention and treatment
- Diagnosis and treatment of common illnesses including deworming
- Referral of complicated and emergency cases like malnutrition, hernia, tooth complications, HIV signs and pregnancy related illness
  - Guidance especially to pregnant mothers and youth about nutrition and hygiene
  - Sensitization on general health, balanced diet, how to locally prepare oral rehydration salts (ORS), drug administration
  - Promoting the use of native medicines



Diseases registered were malaria, cough, wounds, ulcers, urinary tract infections, backache, sexually transmitted diseases, eye and worm infections, diarrhea, arthritis, HIV/AIDS, malnutrition, pregnancy related diseases, dysmenorrhea and toothache, headache, tonsillitis, respiratory tract infections, constipation, athletes foot, chest pain.

### **Achievements**

- 3,994 people diagnosed and treated of basic ailments
- Improved health care and knowledge among the residents of 8 villages in Namayumba
- Reduced incidences of worm infections
- Prevention and management of common illnesses using local medicine/herbs.

A total of 3,994 patients were treated this year. 1,258 were between the ages of 0 -5 years, 1,054 were between 6 – 17 years making a total of 2,312 children. 1,067 were female adults while 615 were male adults giving us a total of 1,682 adults.

## **INCOME GENERATION**

Our goal here is to increase family income from the sale of surplus agricultural produce and or products of small businesses through improving business management training and increasing business opportunities by providing in- kind startup capital.

### **Achievements**

- 50 people from Ngondwe and Kaziba villages received training in business management skills to help them enhance or start business enterprises.
- 41 people were supported with business capital. This was mainly to help boost beneficiaries' enterprises that include piggery farming, goat rearing, dairy farming, maize and bean farming and horticulture. Those farmers not yet given aid will receive this later when they are ready to develop their plans.
- There is improved business management skills through record keeping, savings and investment. The proceeds are ploughed back into the business or to support other household businesses.

## AGRICULTURE

### The Organic Demonstration Farm

BkB farm offers training in organic farming and hands on training to individuals and groups. The farm is increasingly becoming popular and attracting more visitors being the only organic farm in the area. This year alone we received 550 learners, nearly doubling last year's.



Category	No of Students
Uganda Catholic Management Training Institute	15
Makerere University	210
Mirembe Kids Care Primary School	35
Uganda Martyr's University	23
Peer trainers	28
Individual visitors	210
St Augustine University	7
Individual farmers	22
<b>Total</b>	<b>550</b>

**Internships** The BkB farm receives interns who come to get practical experience in organic farming. We received 1 female intern from Uganda Catholic Management Training Institute who successfully completed her 3 month internship and is ready to put her skills to use.

### FAMILY GARDENS

Goal: empowering caregivers in the villages to produce enough quality food year round and reduce the level of hunger and malnutrition in the community. The main objectives are:

- To increase the number of crops grown by farmers.
- To teach farmers space saving and intensive farming techniques

Activities include:

- Supplying high quality yielding seeds and planting materials
- Teaching intensive farming methods
- Planned/staggered planting
- Teaching organic farming to boost food production
- Constructing energy saving stoves to minimize environmental destruction





Kanziro farmers weeding Amaranthus, spinach, soya and collards at the demonstration garden

This year BkB scaled its activities to reach out to more people that need our services. We established six demonstration gardens in six villages as opposed to the previous two. These facilitate BkB's outreach work in Agriculture and Nutrition by bringing services nearer to the people. At the demonstration gardens, beneficiaries are trained in organic farming methods, principles and skills and in child and family nutrition. These trainings are complemented with demonstrations and home visits to farmers to offer guidance and help participants understand.

### Achievements

- 258 farmers trained in organic farming/space saving technology
- 258 farmers supplied with new seed varieties which included Sukuma, leafy cabbages, cucumber, Amaranths, vitamin A fortified sweet potatoes, cytot II, an improved high yielding bean variety, beans, lettuce, red cabbages, spinach, bulb onions, leafy onions, beetroot, carrots, okra, soya beans and radish.
- Farmers have adopted skills in seed selection, soil and water conservation, pest and disease control, water harvesting, seed bed preparation, sack garden, compost making, both heap, pit and basket, bottle irrigation, crop harvesting technics and seed sorting
- 200 farmers have improved family gardens
- 163 farmers were trained in value addition techniques and food preservation; for example processing of collards, okra seeds and soya into powder form for the hungry months
- 180 farmers are practicing at least 2 space saving techniques which include sack gardens, basket compost gardens and kitchen gardens
- There is an increase in food variety especially vegetables in sack gardens and kitchen gardens which have become a common feature in most homes
- 12 Energy saving stoves were constructed that beneficiaries are replicating in their homes.
- 22 teachers representing 5 schools were trained on how they can improve teaching of agriculture in schools and contribute to food production. The teachers and pupils of the trained schools are also impacting the community with appropriate skills to increase food production. 4 of the 5 schools namely, St Danielle, Malangatta, Nakedde and Buwembo, received a science kit each. The kit contains agriculture, nutrition, hygiene and sanitation teaching and learning materials. The kit facilitates practical lessons for pupils and teachers at their respective schools and have improved the teaching of science as well as food production in schools and also back home.



Ssenyondo Alosious of Kanziro pounding bio pesticides

Aidah of Kanziro earns Ug Shs. 30,000 per week from selling beetroot, green pepper, collards and spinach. She now plans to buy 2 piglets and start piggery farming.



## NUTRITION

The purpose of the Nutrition programme is to reduce malnutrition and improve hygiene and sanitation at household and institutional level and the community in general. Objectives are to enable households/families prepare and consume enough food and have at least three balanced meals a day per family to reduce cases of malnutrition among children and to increase age appropriate growth among them.

**To achieve the above objectives the following activities were implemented:**

- Conducting nutrition assessment entailing anthropometry, clinical and dietary assessment to determine the nutrition and health status of children and residents in our target communities.
- Conducting nutrition education and food demonstrations of locally available foods.
- Providing supplementary feeding to malnourished children. This is grain amaranth porridge enriched with soya bean, maize and millet flour, silver fish, milk, eggs and sugar.
- Nutrition education and counselling especially to expectant mothers, the elderly and caretakers of malnourished children. Discussions focus mainly on Infant and Young Child Feeding; breastfeeding, complementary feeding and balanced diet/ food groups.



**Kanziro villagers preparing 'porridge' for malnourished children**

**Preparing bean-eggplant relish and bean-silverfish relish which are high in protein.**





- Raising awareness on hygiene and sanitation. Emphasis is on rubbish pits, hand washing facilities (Tip-tap with soap), bathrooms, kitchens, dish racks, pit latrines with latrine covers and doors for privacy.

### Achievements

- 258 people trained in family and child nutrition. They were also educated on HIV and AIDS: its causes, signs and symptoms, prevention measures, effects of poor Nutrition on HIV/AIDS, effect of good Nutrition on HIV/AIDS and nutrition management of HIV/AIDS complications. Training was complemented with food demonstrations.
- Other demonstrations were for income generating food items that included sweet potato crisps, banana crisps, maize cake, pumpkin cakes, soya doughnuts, soya daddies, vegetable and bean samosas.



Latrine with cover



Constructing a dish rack

- 258 were trained in hygiene and sanitation to promote the use of sanitary facilities to prevent diseases such as cholera, diarrhea, dysentery and other related diseases. Similarly these trainings were accompanied with demonstrations on rubbish pits, bathrooms, kitchens, dish racks; tip tap/hand washing facilities, pit latrines, latrine covers and latrine doors.

- 2 sets of tents with galvanized poles, flaps and ropes, tarpaulins and a range of kitchen ware (saucepans with their covers, drinking & measuring cups, serving plates and dinner plates, serving trays & food preparation trays, jerrycans, jugs, graters, forks, serving spoons, table spoons, kitchen knives, mingling

sticks, strainers, ladles etc.), were delivered in both Kanziro and Kalungu to facilitate field activities in nutrition education.

- 2 local brick ovens for baking were constructed at the two demonstration homes in Kanziro and Kalungu villages

### GOGOLO NURSERY & PRIMARY SCHOOLS

We now have a super structure with 10 classrooms which have attracted more learners. The remaining 2 classes still need a few finishing touches to be added before we start using them. We thank all those who have contributed towards this mega development which has culminated in an increase of learners from 127 last year to 185 to date. The growing numbers have made it inevitable to stream classes especially the kindergarten section and recruitment of more teachers. Kg 1 to Kg 3 have 2 streams and 2 teachers each. .



Culture day



The number of teachers has also increased from 9 to 15. This year we have primary 1,2 and 3. We introduce an additional class every year as our children move to the next level. Aside from academics the school has introduced extracurricular activities such as swimming, music, bakery, knitting and beading to identify and develop children's talents early on.

The school also has a resource center in a professional development room for teachers to enhance their knowledge and skills. In line with this, last August we had a teacher professional development training workshop in which 110 teachers of lower primary benefited. At the end of the training each school received 2 boxes of books courtesy of Bread and Water for Africa. Our facilitators for the workshops included Ursula Foster and Conche Jjengo McGarr, BkB's Director, who joined the Ugandan team to provide an enriching experience for the teachers.

### **CHRISTMAS 2019**

On 24<sup>th</sup> December 2019, BkB gave out Christmas parcels to 165 families in Kakonge, Sentema, Kikumpanga, Busujja, Kiwuumu, Nampunge, Kamuli, Kakiri, Bukerekere, Ssebi, Kiteredde, Lusanja, Kisubi and Kiwalila. Recipients were mainly the elderly, orphans and vulnerable children. Families received peas, beef, rice, cooking oil, beans, sugar, salt, blue band, bread. The beneficiaries were very grateful for the food parcels and thanked BkB for always remembering them during the Christmas season. They convey their heartfelt gratitude to all who made this possible.

**On behalf of BkB, please accept our most sincere and deepest appreciation for your relentless support that is helping transform lives and communities. We will forever be grateful.**



Our hearts go out to all of you during this trying time when we are all hit by the corona pandemic.

**SSAGALA DAVID**

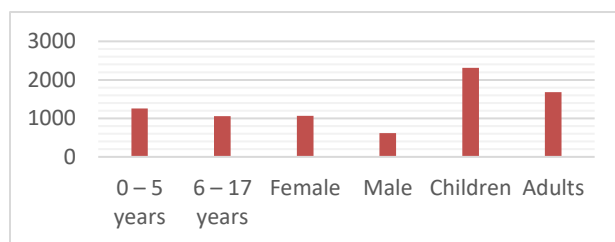
BkB Manager



# ANNUAL MOBILE HEALTH CLINIC REPORT March 2019 – Feb 2020

## GRAPHIC REPRESENTATION SHOWING PATIENT DISTRIBUTION

0 – 5 years	6 – 17 years	Female	Male	Children	Adults
1258	1054	1067	615	2312	1682
2312 Children		1682 Adults		3994 Total No. of beneficiaries	



DISEASES	NO. OF PATIENTS
Malaria	998
Cough and Flu	1,873
Worms	3,161
Eye infections	81
Anemia	24
Tooth ache	57
Pregnancy	184
Arthritis	81
Backache	53
UTI	96
Diarrhea	89
Sickle cells	11
HIV/AIDS	25
Ulcers	92
Abdominal pains	121
Wounds	134
STDs	113
Disminoria	39
Allergies	17
Referrals	16
Body sours	02

## NO. OF PATIENTS PER AILMENT

