

# Bega kwa Bega UGANDA for communities in need

## ANNUAL REPORT 2019-2020

Over the past year Bega kwa Bega has suffered from the consequences of the pandemic in tune with others across the globe; for us particularly in the fields of education, agriculture and nutrition. There are however positives: because of the generosity of one particular donor, we were gifted



two vehicles, one truck which now takes staff safely to remote villages and one 14 seater van which will come into its own with the return of children to school. In addition, again from this same donor we have received a generous grant which will enable the new primary school building to be completed, the building of the nursery school,

a multipurpose building, (school hall, kitchen, offices) and a number of teachers' houses. Over the next 2 years Gogolo will remain a part building site!



### EDUCATION

This was the worst hit by Covid. In February 2020 at Gogolo School enrolment had grown to 188.

In March, the schools were closed down. In order to ensure continuity and keep the children engaged at home, teachers compile and organize learning materials following the syllabus and these are issued to parents periodically. We also encouraged parents that are unable to help their children to engage teachers to ensure effectiveness. I am happy to report that this has been very helpful and the parents are always looking forward to more materials. Under the vocational skills programme introduced last year we started ballet, dance and violin lessons in addition to piano and recorder lessons that we had before. These too shall continue when we reopen.

Most children have been home for over a year now and still counting. The ban on children attending school has been lifted for exam classes and finalists in tertiary institutions. Despite this abnormal situation, there is something to cheer about. Two of our sponsored young people successfully completed their courses: Nalubega Regina obtained her diploma in Early Childhood Development from Ndejje University and Mutesi Jamewo a Bachelor of Commerce from Makerere University.



Jamewo Mutesi in the accounts department at BkB's office.

Both graduates are now working with BkB. Regina has been part timing at Gogolo since she enrolled for her course while Jamewo started working with BkB in February 2021. We are excited to have both these graduates working with us and we wish them a useful and happy experience. A very big thank you to their sponsors.

## **WATER**

Although water is considered life it is still a scarce commodity in some communities. There are women and children who can walk 6/7 km to a water source even doubling that distance during drought when seasonal springs have dried up.

This year we sank 4 boreholes, protected 11 springs and installed 2 water tanks for 2 families.

<b>Name</b>	<b>Households</b>	<b>Village</b>	<b>Parish</b>	<b>Sub county</b>	<b>District</b>
<b>Boreholes</b>					
Kalungu	40	Kalungu	Kyasa	Namayumba	Wakiso
Kanziro	40	kanziro	Kanziro	Namayumba	Wakiso
Nakitokolo	40	Nakitokolo	Kitayita	Namayumba	Wakiso
Ggulwe	40	Ggulwe	Kitayita	Namayumba	Wakiso
<b>Water Tanks</b>					
Nakitokolo	1	Nakitokolo	Kitayita	Namayumba	Wakiso
Ggulwe	1	Ggulwe	Kitayita	Namayumba	Wakiso
<b>Wells protected</b>					
Callum Farbrother's	56	Katulaga	Nanziga	Kyengera	Wakiso
God's Juice # 5	60	Kayenje Kito	Kayenje	Gombe	Butambala
Stitely Family Gift	50	Kibindizi	kayenje	Gomba	Butambala
Bread and water 1	55	Kyangoma	Ntolomwa	Gombe	Butambala
Mike Spain	45	Golola B	Golola	Mpenja	Gomba
Christian Relief	300	Kitojjo	Mbizinya	Buwana	Mpigi
Phylis Keino	150	Kankobe Bugabo Kankobe Senero	Nindye	Nkozi Rural	Mpigi
Kalungu	25	Kalungu - Lugombe	Kyasa	Namayumba	Wakiso
Bryan and Rita	30	Kyetume	Golola	Mpenja	Gomba
Kanziro	20	Kanziro - Kitayita	Kanziro	Namayumba	Wakiso
Gen and Addy Well	55	Mayungwe	Kyelima	Bulo	Gomba

The 11 protected springs now provide clean, safe and reliable water to about 846 households, 10 primary schools and 1,880 school children, 7 churches, 2 secondary schools with 550 students, 1 mosque and 5 health centres. The water also earns income for some. It is used by brick layers for moulding bricks.

## **Challenges**

Some wells still have a very big catchment area while others can't be protected because of their seasonality in nature hence leaving many denied access to clean water.

## THE MOBILE HEALTH CLINIC

A total of 40 mobile clinic sessions were held this year. The main diseases registered were malaria, sexually transmitted diseases, worm infestation, HIV/AIDS and pregnancy related illnesses.



### Achievements

- 5,275 people diagnosed and treated of basic ailments
  - Improved health care and knowledge among residents of the seven villages
  - Reduced incidences of worm infections
  - Prevention and management of common illnesses using local medicine/herbs.
  - 78 mama kits and 75 mosquito nets distributed to expectant mothers
  - 800 reusable masks and 1,200 propaganda covid-19 leaflets were distributed
- Increase awareness about covid-19 pandemic
  - Improved hand hygiene through hand washing with soap

5,275 patients were treated, 2,872 being children. A total of 3,661 people were tested for malaria, 1,578 being positive. Worm infections ranked highest with 4,302 patients followed by cough and flu with 2,881. Malaria came third with 1,578 patients.

## INCOME GENERATION

All the farmers from Kalungu and Kanziro that attended the weekly training in agriculture and nutrition underwent the training to equip farmers with essential knowledge and skills to generate and identify various business ideas that were mainly agriculture and nutrition related. Thereafter trainees were supported with business capital to either facilitate the creation of new business ventures or improve the existing ones. Enterprises under agriculture comprised of pig, poultry and goat production, maize and bean production; while nutrition had making and selling bean, vegetable and rice samosas, daddies, doughnuts, baking pumpkin, cassava and maize cakes to mention but a few.



### Achievements

80 farmers were empowered with business management skills. 36 of these were from Kalungu village and 44 from Kanziro village. 59 had their businesses enhanced while 21 created new businesses. All the 80 trainees received business capital. Agriculture had 66 enterprises, 38 from Kanziro and 28 from Kalungu. All the 66 received business items that included various agricultural

inputs such as animal feeds, maize seeds, manure, other agro inputs, piglets, animal drugs and animal supplements such as mineral blocks, plus cement, sand and iron sheets.



Madina and son with the brick oven container

Nutrition had 14 enterprises with Kalungu having 8 and Kanziro 6. These too received items that included display glass shelves, frying pans, baking trays and tins, muffin tins, perforated frying spoons, jerry cans of cooking oil for deep frying, cartons of wheat flour, margarine/prestige, good quality packing bags, clear containers to be used for vending, well-built brick oven containers, iron sheets, poles for brick oven construction. There is an improvement in business management through record keeping, marketing, savings and investment.

### ORGANIC DEMONSTRATION FARM

BkB farm provides training in both animal and crop production to institutions, groups and individuals from within and without the community. The farm has a number of animal enterprises that include piggery, dairy farming, goat rearing, local poultry farming, rabbit rearing, aquaculture,

Rabbit farming.



as well as various crops. Aside from being demonstration samples the enterprises generate some income that is ploughed back to sustain the farm. These same services have been replicated in the villages of Kanziro, Kalungu, Nakitokoolo

and Gulwe through community demonstrations. Each community has a demonstration site where members gather once a week for training. A total of 190 have directly benefited from this extension service with 950 indirect beneficiaries to ensure all year round food.



Organic tomatoes in the greenhouse

### Peer Leaders

We had 9 peer leaders from Kasoozo village where we launched the Family Garden project in February this year. Peer leaders are brought to BkB demonstration farm for orientation in organic farming and family gardens in preparation for the demonstration training in their village. Their main function is to mobilize and encourage farmer participation and application of the knowledge



acquired from the trainings. They also act as role models to other farmers to facilitate easy adoption of the techniques learnt.

Lead farmers from Kasoozo making compost manure at BkB demonstration farm where they had come for a peer training



## AGRICULTURE

The goal is to empower villagers to produce enough quality food year round and reduce the level of hunger and malnutrition in the community. The two main objectives are to increase the number of crops grown by farmers and to teach farmers space saving farming techniques

Activities undertaken:

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

This year we worked in 4 villages of Kanziro, Kalungu, Nakitokoolo and Gulwe where we established a demonstration garden in each village to facilitate practical training of farmers in organic and intensive farming methods as well as staggered planting. The training is once a week and the other days are for following up on farmer gardens by staff to offer guidance and ensure the knowledge acquired is utilized and translates into an increase in food quality and quantity. At the demonstration garden villagers are given high quality yielding seeds/planting materials to aid the replication of what is learnt at the demonstrations gardens. A range of seeds that included cucumber, carrots, sukuma (kale keeper), soya, radish, lettuce, okra, collards, spinach, beetroot, green pepper, bitter tomatoes, maize seeds, sytoti beans, oat meal and leek were supplied.



BkB also works with primary schools as partners in this effort. The schools are supported with science kits that contain agriculture teaching and learning materials. The kit facilitates practical lessons for pupils and teachers at their respective schools. We work with schools to develop school gardens

We also construct sample energy saving stoves at the main demonstration sites for farmers to do an imitation in their homes. The purpose of these stoves is to reduce fuel consumption (use of firewood or dry wood)

for cooking in homes and minimize the indiscriminate cutting of trees for charcoal and firewood.

The stoves are also safer because they emit less fumes and ash which are a health risk. 4 local brick ovens for baking were constructed, one at each of the demos in Kanziro and Kalungu villages and 2 in individual homes

### **Achievements**

- 190 farmers trained in organic farming/space saving technology
- 184 supplied with new crop seed varieties. These crops have been grown and adopted in these communities as all the farmers are growing at least two for diversity
- Farmer adoption of skills in soil and water conservation, heap and basket compost making, double dug garden, making trenches, sunken beds, making nursery beds, sack gardens, different irrigation techniques
- 60 famers adopted two or more space saving technologies such as sack gardens, hanging beds and container gardens given the limited farming space some families have
- 167 farmers have improved family gardens
- There is an increase in food variety and food quantity
- 10 energy saving stoves were constructed, 5 in Kalungu village and 5 in Kanziro village. 34 teachers from 9 schools were trained on how they can improve teaching of agriculture in schools and contribute to food production.

Mukankiiko Scovia a resident of Ggulwe Village has grown bulb onions on a space of about 10x20ft. She grew them using organic inputs such as manures and biorationals. Her harvests are bigger enough to feed her family. She sold off some onions up to a tune of 23,000 us (£6.50) last season. She is making arrangements to plant on  $\frac{1}{4}$  acre come this season. In her own words Scovia says that "BkB has saved my money which I used to spend in Namayumba market when buying onions. I will use these savings to personally grow onions and sell to the market instead."



### **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: to enable households/families prepare and consume enough food and have at least four balanced meals a day per family, to reduce cases of malnutrition among children and to increase age appropriate growth among them.

#### **Activities implemented to realize the above objectives**

- Conducting nutrition status assessment
- Conducting nutrition education and food demonstrations.
- Providing supplementary feeding                      Training on hygiene and sanitation

Trainings targeted 160 participants from 4 villages, 40 per village.



Before the trainings begin a nutrition status assessment for children between 6 and 59 months which entails anthropometry, clinical and dietary assessment is done.

After establishing the status then nutrition education and demonstrations of various local foods alongside supplementary feeding for moderately malnourished children follows. The supplement is grain amaranth porridge enriched with soya bean, maize and millet flour, silver fish, milk, eggs and sugar.

Coupled with the above is sensitizing beneficiaries on hygiene and sanitation focusing mainly on personal hygiene,

refuse disposal, hand washing, covid-19 signs and symptoms and infection prevention and control.

We also work with schools for a wider impact; this entails training teachers on nutrition. The theme this year was about eating a 'rainbow' for a balanced diet to enable the body to get all essential nutrients. Incorporated in it were aspects of hygiene and sanitation (making a tippy tap for hand washing) and demonstrations on eating a range of different coloured foods.



A dish rack

### Achievements

- A total of 179 people from Kalungu, Kasonzo, Gulwe and Nakitokolo trained in family and child nutrition.
- Several demonstrations on locally available food was done: Kitoobero (highly nutritious which comprises of steamed mixture of beans, silver fish, maize flour and salt), balanced diet/ food groups, bean-eggplant relish and bean-silverfish relish, nutrient conservation (steaming and jacket cooking), carrot-tangerine juice, pineapple-aloe Vera juice for body rehydration and amayengera (a mixture of beans and maize) for boosting the appetite.

**Mrs. Ganjala, a resident of Kanziro Village stated:**

*"I had always told my husband to construct the sanitary facilities like dish racks, rubbish pit, bathroom but he could pay a deaf ear. He could not do anything about it apart from us having constant arguments. But ever since he started attending Bega Kwa Bega education sessions, he is doing everything that is needed to promote good sanitation and hygiene at home. He has constructed the dish rack, put up a tip tap, dug a rubbish pit, put a door on the pit latrine and a pit latrine cover. I am very sure all this has been done because of the effort that Bega kwa Bega is putting in. Thank you Bega kwa Bega."*



## CHRISTMAS:



174 households from 25 villages received Christmas parcels. The contents of the parcels were beef, rice, salt, sugar, cooking oil, bread and blue band. The households consisted of orphans, persons with disability, senior citizens, single parents and teachers. Teachers were considered because food is a big challenge since most have been pushed out of business due to covid -19 especially those in private schools who depend on fees from their children/students.

The economic situation this year overstretched all communities; this package came in handy as most families were hard up. The beneficiaries are so happy for the continuous support and convey their sincere thanks to the donors.



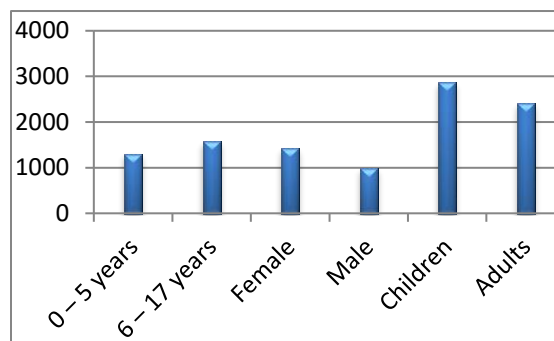
**On behalf of BkB, we wish to express our sincere and deepest appreciation for the untiring and generous support from our dear sponsors and partners. Every dollar or pound that you contribute is deeply appreciated. If it wasn't for faithful supporters like you we wouldn't be existing and doing what we are doing to transform communities and lives. You have brought smiles to many faces; hope to the hopeless, prevented diseases, the list is endless. We can't thank you enough.**

Ssagala David  
BkB Manager



**BEGA KWA BEGA ANNUAL MOBILE HEALTH CLINIC REPORT COVERING THE PERIOD  
BETWEEN MARCH 2020 TO FEBRUARY 2021**

0 – 5 years	6 – 17 years	Female	Male	Children	Adults
1,297	1,575	1,424	979	2,872	2,403
<b>2,872 Children</b>		<b>2,403 Adults</b>		<b>5,275 Total No. of beneficiaries</b>	



DISEASES	NO. OF PATIENTS
Malaria	1578
Cough & Flue	2881
Wounds	268
Peptic ulcers	179
UTI	204
STDs	181
Backache	232
Eye infectious	123
Worm infections	4302
Diarrhea	67
Arthritis	266
HIV/AIDS	28
Malnutrition	10
Pregnancy related illnesses	245
Toothaches	178
Dysminoria	69
Tonsillitis	11
Respiratory tract infections	174
Chest pain	93
Headache	469
Body soars	8
Abdominal pain	343
Otitis media	47
Boils	8
Asthma	27
Allergy	62
Skin rushes	41
Anemia	52
Sick cells	16
Referrals	61
Body itching	24
Abscess	9
Paralysis of the arms	8
Epigastria pain	73

