

Bega kwa Bega UGANDA for communities in need

ANNUAL REPORT 2021 -2022



This has been a year dominated by building works. We cannot express how grateful we are to our donors in making this possible. It means we are several steps nearer becoming self-sufficient, or almost so. The Primary school building is now complete and the new Nursery building has a roof. Most exciting of all is the start of the girls' boarding section. The children are keen to help in a groundbreaking ceremony

EDUCATION

Despite the lockdown the teachers continued to give work packages to keep children academically engaged. Later video lessons were introduced as a supplement to the handouts. After 2 years in limbo the education sector is just now bouncing back. For the first time since lockdowns started in 2020 children reported back to school in January. Gogolo School now has 355 pupils from Nursery to Primary 5, 20 teachers, 6 support staff and 3 administration staff. We are privileged to have beautiful new offices: staffroom, library and a fully operational computer laboratory. We are excited to have the school operating again. **Our gratitude goes to our donor who fully catered for staff salaries throughout the lockdown**

All schools are now required to follow COVID standard operating procedures: on entering the school enclosure each child's temperature is to be taken and recorded with results sent daily to the Government; a nurse hired, isolation rooms prepared etc So far we have no reports of COVID outbreaks at schools.



Nakintu Fristar

All 2021 sponsored children taking exams (four Primary 7, eight Senior 4 and three Senior 6) sat their national examinations and have all joined the next level. We bring you another big milestone: 3 of our students, Nakintu Fristar, Margaret Nabakooza and Gabriel Kintu successfully completed their certificate courses in Nursing, Primary teaching and Music production respectively. We thank our sponsors for their support despite the economic hardship caused by COVID. We are

fortunate we did not lose any children to the pandemic. Three children dropped out of school; 1 eloped while 2 are pregnant.

WATER

BkB has provided clean and safe water to over 20,000 people this year thus reducing incidences of the water borne/related diseases and lessening the burden of fetching water on the girl child with the risks associated with long journeys through lonely paths, swamps and bushes.

Achievements

- 1 borehole built, 21 springs protected, 5 water tanks supplied.
- 22 management committees formed and trained on maintenance of the water sources
- 3,975 households now have access to free, clean, safe and reliable water
- Betterment of people's livelihoods especially for vegetable farmers, water sellers, livestock and poultry farmers.

Water sources

	Name	Households	Village	Parish	Sub county	District
Boreholes						
1	Kasoonzo	40	Kasoozo	Magogo	Kakiri	Wakiso
Protected Springs						
1	Paul and Tracey	200	Nansana West II	Nansana	Nabweru	Wakiso
2	BWA'S Board Members	300	Nabweru North I	Nabweru	Nansana	Wakiso
3	Jim O'Brien	200	Nabweru North II	Kibwa,	Nansana Div:	Wakiso
4	Bread & Water for Africa # 2	400	Kibwa	Kazo	Nansana Div:	Wakiso
5	Tanisha	100	Nansana East IIA	East Ward	Nansana Mun:	Wakiso
6	J Ward Mac Arthur	400	Nansana Westl A	Nansana	Nansana Div:	Wakiso
7	CFC	60	Lukaaka	Kyetume	Sekanyonyi	Mityana
8	Jeanes Reeves	100	Mawonvu	Kabule Ward,	Ttamu Division	Mityana
9	God's Juice # 6	120	Kabule	Kabule Ward,	Ttamu Division,	Mityana
10	Grush Family well	124	Namalere	Kabule Ward	Ttamu Division	Mityana
11	CORA'S well	60	Seeta	Kabule	Tamu Mityana	, Mityana
12	C.B Richardson well	500	Nakanyenya	Ttanda Ward	Ttamu Division	Mityana
13	Corine's well	200	Mpala	Kitala Ward	Katabi T/C	Wakiso
14	Water is Life R.O Megan well	500	Mpala – Kawafu	Kabale ward	Katabi T/C	Wakiso
15	Bread & Water for Africal # 3	237	Kirinda – Kalambi	Buloba	Buloba	Wakiso
16	Joe Grush Family well #1	50	Nabbaale 1	Makukuba	Nakifuma	Mukono
17	Joe Grush Family well #2	54	Kito	Nakanyonyi	Nakifuma	Mukono
18	Joe Grush Family well #3	80	Bukooza	Nakanyonyi	Nakifuma	Mukono
19	Joe Grush Family well #4	130	Bukooza	Nakanyonyi	Nakifuma	Mukono
20	Joe Grush Family well #5	40	Kiziima	Makukuba	Nakifuma	Mukono
21	IHO Loretta well	75	Makukuba	Makukuba	Nakifuma	Mukono
Water Tanks						
1	kasoozo	3	Kasonzo	Magogo	Kakiri	Wakiso
2	Kitemu	1	Kitemu	Kyasa	Namayumba	Wakiso
3	kibujjo	1	Kibujjo	Bembe	Namayumba	Wakiso

The borehole protected springs provide water to 35 primary schools with a total of 10,060 children, 2 secondary schools with 1,170 students, 13 churches, 8 health centers and 13 drug shops. The beneficiaries are so grateful and happy that it is now safe for their children to fetch water.

Nakato Zaituni and her husband who are one of the 3 recipients of the water tanks.



Distribution of jerrycans. Each household received 3 jerrycans of 20, 10 and 5 liter capacities.



HEALTH (Mobile Health Clinic)

We had 40 mobile clinic sessions distributed among 7 communities providing basic and primary care. These were complemented by 12 sensitization sessions on COVID and its social impact: the two key issues addressed were domestic violence and teenage pregnancy which were escalating in most parts of the country.

Achievements

- 5,476 people diagnosed and treated of basic ailments
- Improved health care and knowledge among residents of the seven villages
- Reduced incidences of worm infections and other common illnesses.
- Prevention and management of common illnesses using local medicine/herbs.
- Adoption of a healthy lifestyle by eating the right foods and exercising regularly
- 2000 reusable cotton masks distributed which has minimized the sharing of masks in homes especially between husband and wife
- 2000 COVID awareness pamphlets made and distributed to participants
- 24 COVID propaganda posters distributed
- Improvement in hand hygiene due to frequent hand washing with soap and availability of washing facilities/tip-taps in most homes
- Reduction in COVID infection rates
- Increased knowledge and understanding of causes of gender based violence and mechanism for redress.



ORGANIC DEMONSTRATION FARM

BkB farm continues to demonstrate best organic farming practices to people in the communities we operate in. Examples: piggery, dairy farming, goat rearing, local poultry farming, rabbit rearing, aquaculture, apiculture as well as crop farming. Each of these enterprises are for training purposes but also to generate income to sustain the farm. It is these same services that

have been extended to reach far away villages like Nakitokoolo, Gulwe, Kitemu, Kibujjo and Kasoozo with each village having its own demonstration site.

Some of the enterprises we have at BkB organic demonstration farm



Inset on the left is expectant Audrey, the mother cow and its offspring Geraldine that also calved recently to another heifer calf, Rosemary. So soon our diary production unit will be having 3 cows supplying more milk to the community. On average these 2 cows give us 134 liters per week at 2000/= per liter (£.45)

Learners

Surprisingly we received more visitors during COVID lockdowns than normal which we attributed to idleness, scarcity of certain foods especially the organic ones and the call to eat more vegetables and fruits to avoid catching the deadly disease. Many people were also forced to start urban farming and adopt space saving technology like growing vegetables in sacks and containers. The consumption of our farm products also increased because of high demand.



Filling the bio digester with cow dung to make biogas for cooking at BkB farm.

Learners and buyers at the farm

Category	Number
Peer trainees	16
Internship students from Uganda Management Institute	5
Internship students from Uganda Martyrs University	7
Individual farmers from Kitala, Kisubi, Bugabo	997
Buyers of our products from Kitala Kisubi	985
Total	2,011

AGRICULTURE

The aim of this programme is to increase food quality through optimum utilization of the available land/space and increasing the number of crops grown by farmers.

Achievements

- 160 farmers trained in organic farming/space saving technology and animal husbandry
- 160 supplied with new crop seed varieties which have been adopted leading to a high level of diversity in the community

- Farmers have also embraced skills in soil and water conservation: compost making, digging trenches, double dug gardens, sunken beds, making different nursery beds and different irrigation techniques
- 94 famers adopted two or more space saving technologies such as sack gardens, hanging beds and container gardens, which are good for those with limited space
- 150 farmers have improved family gardens
- 12 energy saving stoves were constructed in three villages



Farmers making a nursery bed at the demonstration garden

Changing the life of Nganda Lawrence and his family.

Lawrence said that since the training he has started processing soya, okra, avocado seeds, coffee and other ingredients. He dries, roasts, pounds or grinds, sieves and mixes them in desired proportions to make good beverages. BkB bought him a grinder which boosted his work. He packs them in small quantities based on customer demand and markets them thereafter. His sales go up to 30,000/= (£6.68) a week. He is using the profits to expand his goat project.

3
cooking
area
energy
saving
stove



Farmers
learning
from
Zaituni's
garden



NUTRITION

This programme is intended to reduce malnutrition and improve hygiene and sanitation. Our target was to train 40 households in each village after conducting a nutrition status assessment and a Household Dietary Diversity Score on children to determine the status quo which served as a baseline to guide activity implementation. Severe cases identified during the assessment were referred to a health facility and moderate ones managed within the community.

The training included several sensitizations and demonstrations on basic hygiene and sanitation facilities (rubbish pits, hand washing facilities, bathrooms, kitchens, dish racks, pit latrines, latrine covers and doors) and COVID.

Achievements

- A total of 146 people trained in family and child nutrition and in hygiene and sanitation
- Several demonstrations on preparing food for babies and home consumption as well as income generation were done using home grown and locally available food
- 480 kgs of nutritious flour for porridge supplied to 160 households
- The Average Household Dietary Diversity Score improved from between 5 and 6 to 7. The number of meals consumed per day improved from 2 to 3 meals
- 960 jerricans/water containers supplied to 160 households with each getting 3 to ensure safe water chain for households and minimize water borne/related diseases.
- 32 drums of 240 liter capacity supplied to 32 senior citizens for water storage to increase access to clean and safe water for a relatively long period
- 4 local brick ovens for baking constructed in 3 villages
- Increased knowledge on child nutrition, preparation of baby food and balanced diet



Sorting foods into different categories

Nutrition
status
assessment
weight
and
height
measurement



- Reduction in malnutrition of under-fives and water borne diseases like diarrhea
- Age appropriate child growth and development among benefiting households
- Most households now have basic hygiene and sanitation facilities that others are copying
- Improvement in personal hygiene, food hygiene and environmental hygiene which has controlled and prevented the risks of catching various diseases

Nanyanzi Joweria, a single mother was able to buy building materials and build her own house (although not yet complete) from her daily savings after selling samosas and vegetable pies. Joweria started her samosa business with 3 cups of wheat flour, half liter of cooking oil and half kilogram of cowpeas. Roughly she started with 10,000 UgSh (£2.23) and could make a profit of 2,000 (£.45).

After being one of the beneficiaries of Income Generating Project Joweria received food items worth 290,000 UgSh (£64) which increased her capital and currently earns a profit of 7,000 UgSh (£1.56) on a daily basis. She has inspired so many women in her community. She hopes to roof her two roomed house and stay away from renting.

Nakafeero Betty, a mother of 6 also after acquiring standard skills of making daddies, mandazi and queen cakes, has been able to pay her last child's school fees who is at a higher institution of learning. Betty serves as an example to the rest of the women in her community that even women can educate their children.

Betty at the start of her food business was making a profit of 5,000 UgSh but after BkB's in kind support she now makes an average profit of 12,000 UgSh daily (£2.67). She now runs one of the big shops in her community and all people know that it's her shop where one can find the tasty and nutritious snacks. Many more women have great testimonies and they are no longer jobless nor dependent on the income from their crops.



Cakes decorated by trainees

INCOME GENERATION

217 people were trained in business skills and management. The purpose is to enhance family incomes and improve young people's livelihoods/quality of lives many of whom had been rendered idle and jobless by COVID lockdowns.

Achievements

- All the 217 trainees supported with in-kind business capital
- Increase business opportunities and family incomes
- Improvement in business management through savings and investment, record keeping and marketing skills
- Emergency preparedness especially for single mothers; they can now save from their business



A villager tending the goat she received



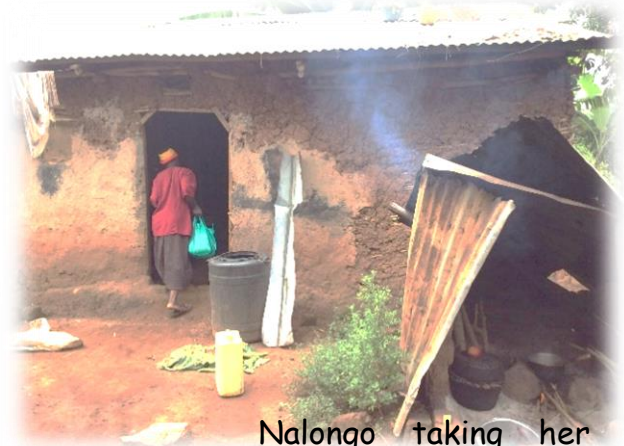
Farmers of Kasoozo posing with their certificates after the business training

CHRISTMAS:



Villagers picking up their parcels

Once again BkB Distributed Christmas parcels: each parcel contained sugar, salt, dry beans, dry peas, rice, bread, blue band, cooking oil and beef. 178 households received parcels in 22 villages. The recipients, usually senior citizens, the disabled and orphans, expressed their gratitude to BkB for always reaching out to them during Christmas.



Nalongo taking her parcel into her house



A grandmother with her grandchildren

Once more on behalf of BkB we thank our sponsors for their generous support. Through your donations we have been able to achieve our objectives and continue working towards our goal. You truly make the difference for us, and we are happy and grateful.

Ssagala David
Manager Bega kwa Bega

