

# Bega kwa Bega UGANDA for communities in need

## ANNUAL REPORT 2022 -2023

The recent pandemic dramatically worsened the living condition of the poor in Uganda, especially the children. There are widespread food shortages, famine, malnutrition, poor health, permanent school closures, increased rates of school dropout caused by teen pregnancies and loss of livelihoods. Two years of a national lockdown meant no salaries for teachers. A high percentage of trained teachers quit the profession. Children are years behind academically and many young people are no longer interested in returning to school.

Demand for Bega Kwa Bega's community development services is higher than ever. Our limited resources enable us to support only a small fraction of these needy communities. Our response to these worsening conditions involves reaching out to new villages with high numbers of poor children. We also use our proven and effective mentoring methods of developing family gardens as well as training local peer educators to ensure sustainability of skills learned. These skills guarantee all year round food availability in rural Uganda. Looking to the future, Bega Kwa Bega has designed a national project aimed at linking an understanding of agriculture and nutrition with teacher and student education. The project aims at scaling up these strategies at a regional and gradually at a national level. Both student learning and food security will improve from this intervention. We urgently need funding to launch, expand and sustain this vital project.



### BUILDINGS

Life at Gogolo School compound (situated on the Entebbe-Kampala road) is still dominated by building works. We have the boy's dormitory to be started, and more importantly the multipurpose building which includes a kitchen, dining room / hall and offices. The kitchen staff at present work in the open providing meals for 451 children plus the staff of 41 come rain or shine. Unfortunately the rate of inflation rises rapidly, particularly with building materials; monies given us by our generous donors will no longer cover construction costs.

## EDUCATION

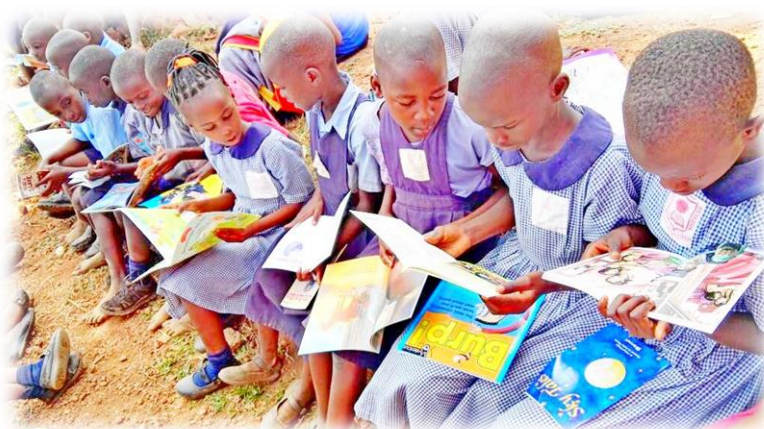
We had a good year. The only interruption was a two weeks government ordered school lockdown in November which was caused by the outbreak of Ebola in Western Uganda and in Kampala. Our candidates performed fairly well. The six children that completed Primary 7 have all joined Senior 1. Nine children completed Senior 4 (after which they either continue to a technical college or to Senior 5 and thereafter University). Five have joined Senior 5; two are in tertiary education while two remain undecided. The two that sat Senior 6 passed and qualify to join a university.

Nabukomeko Rose, Nassiwa Mary Annet and Naddumba Charlene have successfully completed their certificate courses in nursing, catering and hair dressing respectively with the nurse and caterer gainfully employed. Nassiwa's outstanding performance during her internship at Las Vegas Garden Hotel in Gaba earned her a job. She was retained and posted to Las Vegas, Mbarara branch.



Thanks to our generous donors we have bought and upgraded a 10-unit block apartments for Gogolo teachers. This is a 10 minute walk away from the school and ensures safety and privacy for the younger teachers.

We thank Books for Africa and Bread and Water for Africa for sending us another consignment of books that included readers, text books and novels. So far 96 schools and 56,000 students have received books. Book distribution is still ongoing.





## WATER

Our goal of providing clean and safe water to vulnerable communities still stands. About 13,814 households (69,070 people) and 2,024 children in 10 schools have clean and safe water which has contributed to improved hygiene and sanitation in homes especially in crowded slum settlements of Kampala suburbs where living conditions are extremely wanting.

### Outcomes

- 2 boreholes built in Kitemu and Kibujjo communities
- 28 springs protected in 28 villages
- 10 water tanks supplied and installed for 10 primary schools to harvest rain water.
- 2 boreholes and 28 spring management committees formed and trained on water use and maintenance of the water sources.
- Improvement in hygiene and sanitation in schools
- The facilities have contributed to a reduction in water related illnesses like diarrhea, cholera, typhoid and an improvement in the health and wellbeing of residents
- Proper management of water sources and sustainable water supply which is good for the environment
- Betterment of people's livelihoods especially those that depend on water like brick molding, vegetable farming, water vending and livestock and poultry farming.



**The 2 boreholes and the 28 protected springs also provide water to 29 primary schools with a total of 7,880 children, 8 secondary schools with 3,350 students, 38 churches, 13 mosques, 1 referral hospital, 49 health centers and 11 drug shops**

## HEALTH - Mobile Health Clinic and the 'Wellness Programme'

This year we had 30 sessions apportioned among 36 villages in Namayumba, Seeta Namuganga and Ntunda Subcounties in Wakiso and Mukono districts. We are now concentrating on a 'wellness and disease prevention programme' providing basic and primary health care and sensitizing residents on wellness as well as COVID -19 and its social impact.

### Outcomes

- 3,999 people benefited from this health programme; 2,355 adults, 1,644 children.
- 816 mama kits were distributed to 816 expectant mothers
- 2,755 face masks (2,371 reusable and 384 disposable) distributed in 23 sessions



- 9,107 mabendazole doses for the prevention of stomach worms were distributed
- 1,801 people were tested for HIV/AIDS and 48 were found to be positive.
- 13,810 leaflets in both English and local dialect were distributed to attendees covering topics on natural medicines, alcohol and substance abuse, Covid-19 and Ebola awareness, nutrition and diet. HIV/AIDS and health activities leaflets were made and distributed in all sessions
- Improved health care and knowledge among residents
- 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

## BKB ORGANIC DEMONSTRATION FARM

Our farm shows best organic practices to different groups and categories of people. Our enterprises include: piggery, dairy farming, goat rearing, local poultry farming, rabbit rearing, aquaculture, apiculture, crop farming with orchard plantation; seed bed rising in bags as the new addition. We train farmers and produce items for sale so as to sustain the farm. For far away communities we take the services nearer the people where we set up demonstration sites for training local farmers. This year we received 2,157 learners at the farm ranging from school children who were mainly from education institutions and individual farmers.



Making a compost heap

## AGRICULTURE

The aim of this programme is to increase food quality and quantity through optimum utilization of the available land/space and increasing the number of crops grown by farmers. We are grateful to our donors who enable work to be carried out in 2 villages at a time, our agronomist and our nutritionist visiting these villages one day a week for a year.

### Outcomes

- Various crops and technologies have/are being demonstrated to farmers at the 2 main demonstration sites in the two villages. Farmers then transfer learnt skills to their individual gardens. In this regard, 118 farmers have improved family gardens, 107 have new gardens while others have adopted new technologies and skills
- 145 farmers have been equipped with knowledge and skills in organic farming, soil and water conservation, farm waste management, pest management, seed selection, conservation and storage, field agronomy, stagger planting, crop rotation, space saving technology and animal husbandry
- 145 farmers supplied with high yielding seeds and planting materials leading to an increase in food quantity and diversity.
- 48 farmers were supplied with 1,136 high yielding disease free and drought tolerant banana suckers to establish banana demonstration gardens because bananas are both a staple food crop as well as a source of livelihood.
- 4 extended demonstration gardens have been established to demonstrate large scale farming. We selected four farmers to demonstrate production at a scale bigger

than that at the demonstration sites. We also use these peer farmers to train neighboring farmers when the number of participants is big

- 90 farmers adopted two or more space saving technologies such as sack gardens, hanging beds and container gardens, which are good for those with limited space
- Increased food production and consumption at household level
- Dramatic increase in food variety and quality in this community

A total of 21 teachers from 6 schools trained in hygiene and sanitation and in the use of school gardens as a practical tool to foster adoption of skills, improve academic performance and boost food production at school. 4 of the 6 schools received science kits comprising of the seeds, garden tools and posters for the compound, handwashing stations, tip-taps. Teachers were also trained in soil fertility management, nursery bed management, space saving techniques and general principles and practices when managing a school farm.



Kikusa Primary School receiving their science kit.

68-year-old **Nanyonjo Benalato**, a resident of Kasoozo village engages in growing horticultural crops such as collards, beetroots, spinach which she sells to Kakiri market and Kakiri health center. She said: 'I have a ready market for beetroots' which she supplies especially to patients and their care givers. From the proceeds she buys sugar, paraffin for lighting her house and school scholastic materials for her 12 grandchildren.

**Nabatanzi Magrate** a mother of 5 children earns 30,000/= (£6.46) weekly from the sale of beetroot, bitter tomatoes and collards locally known as sukumawiki, which she sells to Abaita organic markets. She saves her money in one of the village community saving sacco in Kitemu village in Namayumba sub-county, Wakiso district.

## NUTRITION

This program is intended to reduce malnutrition and improve hygiene and sanitation at both household and institutional level targeting 40 households per community and elementary schools within those communities.

### Outcomes

- 165 people received nutrition education and 197 hygiene and sanitation education
- Increased knowledge on child nutrition, preparation of baby food and balanced diet which is contributing to improved health of the beneficiaries.



- Improved food access; the Average Household Dietary Diversity Score (HDDS) improved from 7 to 8. The number of meals consumed per day improved from 3-4 to 5 meals for most of them, a few were still at 3-4 meals.



Children taking nutritious porridge

- Change in dietary practice; most of the participants now do have balanced diet in their homes
- Percentage of children that are within age-appropriate anthropometric measurements improved from 27.4% to 91.3%
- 36 moderately malnourished children were restored to normal health
- Reduction in cases of undernourished children in the community and water borne diseases like diarrhea which is common among children.

- Improved hygiene and sanitation in all households. The percentage of households that had hygiene and sanitation facilities improved from 12% in Kayini and Ntunda and 22.1% in Kitemu and Kibujjo to 96% and 97.8%
- 3 brick ovens constructed in two villages to train participants in baking and support their businesses thereafter



Nassali Ephrance a one-year-old baby in Ntunda village was underweight with a yellow MUAC tape, and silky brown hair greatly improved to an active child with better skin colour, black hair and improved appetite.



## INCOME GENERATION

53 people were trained in business skills and management to enhance family incomes thereby sustaining food production, nutrition and good health. 20 out of the 53 received income generating materials to boost their business or start new enterprises.

### Outcomes

- Increase in business enterprises thus individual and household incomes
- Improvement in business management through savings and investment, record keeping and marketing skills. Participants formed Savings Groups that lend money to members at a small cost and have carried them on to date
- Economic sustainability is evident in the four communities despite the high cost of living thus improving food security. The sustainability is ensured due to good nutrition and improved hygiene and sanitation hence less illnesses. All the four community groups are currently doing outside catering in addition to individual businesses. In February this year, Kitemu group registered its business at the Wakiso district offices

The successful stories includes Nakafeero Betty who acquired cookery skills and began making and selling mandazi in her shop. She was able to pay school fees for her daughter at tertiary level. She is so grateful to BkB because her social income status has greatly improved.

The COVID 19 Emergency response funds (gifted by a generous benefactor) greatly helped all beneficiaries in the four villages because their knowledge and skills were enhanced and their businesses boosted. The kitchen equipment purchased helped Ggulwe and Nakitolo groups to graduate from handling small community events to outside catering providing services at weddings, funerals, birthdays and school parties. They also make and sell bread and yeast doughnuts twice weekly. Earnings are ploughed back into the business,. They have so far earned 2,061,000 (£443.64).





## CHRISTMAS GIFTS

A total of 211 households from 22 villages received Christmas parcels that contained sugar, salt, dry beans, dry peas, rice, bread, blue band, cooking oil and beef. These households had either orphans, senior citizens, the bedridden, the disabled or those infected and affected by HIV/AIDS. All beneficiaries but most especially persons with disability were full of praise for BkB and so were their guardians and parents for the beautiful gestures.



**BkB's Manager handing out parcels**



**Some of the disabled with their gifts.**

**Once again we relay our deepest gratitude to you for your generous support for BkB We can never thank you enough but just know that we shall forever be indebted to you.**