

# Bega kwa Bega UGANDA for communities in need

## **ANNUAL REPORT 2023-2024**

This year has been both remarkable and exciting. Firstly, we secured a 5-year grant to take Agriculture and Nutrition to schools in selected four districts. Secondly, we opened the boarding section at Gogolo Junior School.

### **EDUCATION**

73 Orphans/Vulnerable Children were supported with fees and educational materials. Immaculate Nakiranda completed her diploma in Business Administration and Ian Sagala a certificate in motor vehicle mechanics. Two primary seven candidates passed their primary leaving exams and have joined the senior one. The 12 Senior Four candidates also performed well with 8 passing in first grade, 3 in third grade and 1 in fourth grade. We had 4 candidates in senior six who also obtained the two principal passes required for Tertiary Institutions. It should be noted that the pandemic is still affecting many of the children who were being supported in school. Many young children have not returned to full-time education.

At Gogolo Junior School a boarding section and a multi-purpose hall with a kitchen have been built. The student population is now 519. This year the children in Primary 7 will be sitting their primary leaving examinations and we look forward to an excellent performance.

The girls' dormitory is now in use and the boys' will have been completed by the end of May.

We conducted a 9-day mathematics workshop at Gogolo Junior School for kindergarten and primary teachers from schools within Kampala, Wakiso, Mpigi, and Mukono. A total of 86 teachers from 28 schools participated. The main facilitator of the workshop was Nick De Preter, a teacher, school administrator, trainer, and returned Peace Corps volunteer from the United States. He was supported by Samuel Ssentubwe, a



teacher trainer, and Bernardine Nyangoma, the head teacher of Gogolo Junior School. During this workshop, they learned better experiential methods of teaching math and they were also made instruction materials that will help them make math lessons more experiential and enjoyable. At the end of the workshop participants were awarded certificates of attendance.

In December 2022, BkB received a **container of books** for nursery to tertiary institutions. The book donation reached 26 Nursery schools, 40 primary schools, 30 secondary schools, and 5 tertiary institutions in 21 districts. The recipient schools have a total of 44,586 pupils and 2,030 teachers.

## **WATER, SANITATION AND HYGIENE**

This year 3,326 households (around 16,630 people) and 12 schools gained access to clean and safe water consequently improving hygiene and sanitation in schools and homes, especially in the shanty town settlements of Nabweru in Nasana municipality.



4 boreholes were built and 3 springs were protected, management committees were formed and trained in water use and maintenance of the water sources. 18 rainwater harvesting and storage tanks were supplied and installed in 12 schools and 6 demonstration sites. Improvement in beneficiaries' livelihoods resulted, especially for those dependent on water for income such as water vendors, masons, livestock farmers, brick moulders and vegetable farmers.



### **WELLNESS PROGRAMME**

This year, we had 39 sessions. 3,076 people benefited from these sensitization sessions which focus mainly on malaria prevention strategies, ulcer prevention, diabetes management, high blood pressure and HIV/AIDS prevention and avoidance strategies.

781 mama kits were distributed to expectant mothers.

224 mosquito nets were distributed to expectant mothers.

2,312 participants were tested for HIV/AIDS and of these, 101 were found to be HIV positive. These were counselled and referred to government facilities for further management.

459 people were tested for diabetes and 136 were found to be positive. These too were referred to hospitals for further treatment.

393 people were tested for ulcers and a registered total of 98 were found to be positive.

28 boxes of condoms were distributed.

14,510 dozen of mebendazole (deworming tablets) were distributed to all beneficiaries and their children.

9,533 leaflets with highlights of what is covered in the sessions were distributed to participants for continuous sensitization and to share information with family and friends.

There was improved health care and knowledge among residents regarding common illnesses and the use of local herbs.

### **ORGANIC DEMONSTRATION FARM**

BkB farm is mainly demonstrational, showing best organic practices to different groups and categories of people. Our enterprise includes dairy farming, goat rearing, local poultry farming, rabbit rearing, apiculture, crop farming, and seedbed raising in bags. This year we engaged 3,047 learners mainly students and individual farmers.

#### **Field Activities:**



The aim here is to increase food quantity and quality through optimum utilization of the available land and increasing the number of different crops grown by farmers. BkB trains local farmers and caregivers in organic farming techniques and field practices that can help minimize food insecurity while improving standards of living. Our Agronomist and our Nutritionist spend four days a week in two villages over a year. This year the training was implemented in the villages below:

28 peer farmers from Kalezi, Kigogolo, Ntonto and Kyanika villages were trained at BkB organic demonstration farm in preparation for their roles as lead farmers in their villages.

301 Farmers were taught agronomy practices and received seeds and plants.

2,000 pieces of coffee cuttings were supplied to 100 farmers in the 4 villages.

2,000 banana suckers were supplied to 100 farmers in 4 villages with each getting 20 suckers.

These two perennial crops are a major source of livelihood in these communities with bananas doubling as a staple food crop.

Farmers were trained on how to add value to their produce using local knowledge such as processing okra, soy, coffee and avocado seeds to make a spice which is also a tea additive and also doubles as medicine.

- 243 farmers have improved gardens; 180 women, 58 men and 5 young men.
- 247 have new gardens; 185 women, 55 men, 7 young men
- 150 farmers adopted two or more space-saving technologies such as sack gardens.

Many of the above are squatters with limited space.

□ Coupled with organic farming was organic livestock production. Farmers learnt how to keep and manage different domestic animals.

Achieng Joyce a youth aged 24 years with 3 kids in Ntonto village, initially a housewife who depended on her husband financially is now economically empowered. From her vegetable garden she gets a daily profit of 6,000/= and saves 5,000/= weekly in a village local saving group. With the savings she bought 2 pigs and 1 goat to expand her business and has set up a stall nearby where she sells her produce and also supports other farmers who sell to her.

Okwang Franko 52 years old, HIV positive single father had lost hope and had taken to drinking alcohol until he dies. BkB trainees restored hope in him through continuous counselling and encouragement. He started small by growing onions and harvested 50 kg worth 80,000. Okwang who was considered a failure is now growing onions on a large scale and is able to meet his household needs. He now plans to plant  $\frac{1}{4}$  acre of cassava and coffee to boost his income.

## NUTRITION:

AIM: to reduce malnutrition and improve hygiene and sanitation in households and at Institutional level. Achievements:

- 235 participants trained in nutrition, hygiene and sanitation.
- Remarkable improvement in hygiene and sanitation at the household level. This is attributable to facilities like dishwashing racks, tippy taps and rubbish pits being put in place.
- Improved Household Dietary Diversity from 2 meals per day to 3/4 healthy meals consumed in a day.



- Nutrition training also has a component of empowering participants with income-generating skills to enhance their income levels. Participants learn to make income-generating food items such as samosas and pies.
- 50 moderately malnourished children who were put on the feeding program were restored to full health.
- Increased knowledge on child nutrition, preparation of baby food and balanced diet which is contributing to improved health of beneficiaries.
- Reduced risk of waterborne diseases like diarrhoea.
- 30 vulnerable groups of people including the elderly and people with disabilities were supplied with drums and jerry cans for safe and clean water storage.
- 100 participants including 10 vulnerable people supplied with 20 litre, 10 litre and 5 litre jerry cans for clean and safe water storage.

## **AGRICULTURE, NUTRITION AND HYGIENE IN SCHOOLS:**



24 teachers from 5 primary schools in Ntonto and Kyanika were trained on nutrition, hygiene and agriculture with emphasis on school gardens, orchards and planting fruit trees. The purpose is to enhance performance in science learning while also boosting food production at school for balanced school meals. The theme of the training was “increasing food production to minimize malnutrition through agriculture education”. 4 of the 5

participating schools received science kits comprising seeds, posters, hand washing stations, tip-taps, garbage bins and garden tools: wheelbarrows, hoes, spades, shovels, hammers, measuring tapes, and nursery bed kits.

### **Orchard project**

- Six schools, 2 secondary and 4 primary were supplied with fruit tree seedlings: mangoes, avocados, soursop, jackfruit and oranges to revive the school orchard programmes in schools, provide fruit to students, protect the environment and provide a conducive study of the environment.

## **INCOME GENERATION**

The purpose of this programme is to increase family incomes.

271 farmers underwent a 2-day training on income generation under the theme of increasing family income through food production to minimize malnutrition through agri-business education. 121 were from Kyanika and Ntonto, and 150 from Kigogolo and Kalezi. The aim was to empower participants with business and management skills in savings, investment, loan management, value addition, agro-processing, marketing, and risk



management. 200 trainees (80 from Ntonto and Kyanika and 120 from Kalezi and Kigogolo) received equipment to set up or improve their businesses. Of the 200, 159 had agriculture-related businesses while 41 had nutrition/food businesses.

Income generation: Teachers training:

- 12 teachers from 4 schools in Ntunda and Kayini villages were trained on basic entrepreneurship skills, book-keeping, record keeping and budgeting which was combined with cookery demonstrations of bagiya, mandazi, daddies and samosa.
- The 12 teachers were provided with start-up capital in the form of durable, different kitchenware and varieties of food items and ingredients to help them set up food income businesses other than relying on their monthly salary. This is aimed at improving the lives of teachers and their families plus their schools.
- Increase in business enterprises and household income.
- Improvement in business management skills. These entrepreneurs now keep records, save and reinvest in their businesses. They have formed savings groups that support members at minimal interest rates.
- Sustainability of community/household programmes/activities. Participants can sustain their activities without BkB support.

## CHRISTMAS GIFTS



Every year, BkB hands out food packages to disadvantaged families. The packages handed out this year comprised sugar, salt, dry beans, dry peas, rice, bread, blue band, cooking oil and beef given to 205 households in the villages in Kakiri Town Council and Katabi sub-county in Wakiso district. Beneficiaries were orphans, senior citizens, the bedridden, persons with disabilities and those living with HIV/AIDS.

It remains for us to say a heartfelt thank you to all those who so generously support BkB. Without your help BkB would not have grown into the successful organisation it is today and so be able to give the help needed to many poor and disadvantaged people in Uganda.