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Uganda Update – Spring 2010

Sow a
seed
of
Hope

Partnering with the future of Others

Dear Friends,

During the 10 years since Quicken Trust began working with the Kabubbu community many adults and children in the West have become aware of green issues: global warming, conservation, carbon footprints, food production, population explosions and other issues on how to sustain life here. Letters and emails we receive from UK supporters advise us to encourage the Kabubbu community to use birth control, educate the community on conservation and climate change and encourage alternative fuel sources. In Uganda they also have concerns but sometimes with different interpretations.

Food Production: In the West many people no longer have the skills of food cultivation. We are dependent on imports and food from developing countries at subsidised costs. Our needs become a priority and so land is cleared in other parts of the world for crops and climate problems increase. Sometimes people have little alternatives to earn an income. This encourages deforestation that may later lead to drought or famine.

It's not only Western needs that encourage deforestation. Healthcare needs in Africa can add to the problem. In rural areas it is vital that water is boiled to prevent water borne diseases. For this a fuel source is needed. Without electricity and gas most people have to collect firewood. Unless alternative fuel sources are found there are no choices for those in the developing world. Some have argued that in providing vaccines and saving lives of small children we are later increasing the numbers that will suffer from famine!

Education is vital in Uganda helping people find solutions to complex global problems.

Population: In Europe we have an ageing population, a falling birth rate and a growing pension and care problem. We have less young people to care for us in later life and fixed pensions with which to pay the ever-increasing cost for our care.

In Uganda a family may decide to have 8 or 9 children in the hope that 1 or 2 will survive to support and care for them in their old age. Many see their children as their 'pension'!

Education is vital in Uganda to enable girls to make good choices to determine the size of their family. In Kabubbu we ensure girls have equal rights to education because wherever girls are educated in the world, the birth rates drops as they decide how many children they can afford to educate and provide healthcare for.

Christian Spirituality: Western life has much to offer with travel, entertainment, good food and pleasure and some may see life here as 'heaven on earth!' In contrast, daily life





in Uganda is a grind and a struggle with sickness, poverty and premature death. So 'heaven' is yet to come and provides hope for an endless future that is better!

In every society it seems we eradicate some problems and create others. In QT we do not know the answers to global issues but agree with Solomon that "We do not withhold good from those who deserve it, when it is in our power to act." We provide a compassionate, loving, response and with your sacrificial support we are beginning to make a difference in one village. For further thought provoking ideas on charity you may like to read **(Re)Discovering Charity** (Andrew Lightbown and Nick Fane). This includes 16 stories of beneficiaries in Kabubbu. Or invite Andrew and Nick to come to your community or church to present their ideas. Book available from our office at £10.00 (£7.99 + p&p).

Partnering with the future of the Orphans

In 2000 we began our child sponsorship programme with 20 children. All but two were orphaned of both parents. There was no education, healthcare or clean water. The children were transported to school six miles away. This group of students (some pictured left) was recently given a questionnaire to provide insight into how lives have changed.



Trust High School

Kate has now left school after becoming pregnant. **Godfrey** tragically died in December 2008 aged 17. Of the original group of 20 children, 18 continue in education. 12 have graduated to Trust High - that's a real success in a country where only 14% complete education!

Solomon, 18, sat 'A' Level in November 2009 and awaits his results. He wants to be a lawyer. **Helen**, 20, sits 'A' Level in history, economics,

divinity and Luganda next November and wants to be an accountant. **Budallah**, 19, wants to be a vet; **Evelyne**, 17, an accountant and **Gorret**, 17, a secretary. They recently passed GCSE. Gorret is now moving on to vocational training. **Martin**, 18, wants to be a musician; **Hawa**, 16, a nurse and **Geoffrey**, 19, has an unusual ambition ~ to be a politician! This group will take GCSE in December. **Ivan**, 19, is in his third year at Trust High but is undecided about his career. **Mary**, the youngest in the group at 13 is in her second year and wants to be a teacher. **Sharon** and **David** have now graduated to Trust High.

Kabubbu Community Primary School

Gorreti, **Lilian**, **Aisha**, **John**, **Agnes** and **Abula** were younger when they started school. They have dreams for their future but this is limited by the professions they see around them. Abula and Aisha want to be teachers; David and John want to be doctors and Sharon and Agnes, nurses. Some children may have watched helplessly as a loved one has died and this may have influenced their desire to



care and heal. Lilian's ambition is "to make money!"

Family Circumstances: Their home can make it difficult for the children to focus on their studies and extended families are constantly 'expanding'. A family member may succeed and become a wage earner and then find they have to provide for other relatives. On average each student reported that they had eight relatives living in their home. We asked **"How many children would you like when you grow up?"** They replied with 2/3/4 children of their own because they said they couldn't afford more!

Lilian and Sharon are twins and come from a very unusual family in Kabubbu. Why? Because they are almost the only children we know in the village that are living with two surviving parents, in a stable family.

2 of the 18 children sponsored have suffered abuse or neglect and are now in foster care. One is now being included as a 'boarder' at Trust High because without parents she is vulnerable. Without foster care these students may have abandoned their education and become street children.

Homes: Eight students and their families have received a new home as a result of the generosity of their sponsors. Traditional homes of mud and bamboo are fragile and in wet weather can disintegrate. A brick house rendered inside and out with cement and a tin roof gives security for a family to settle and students to concentrate on their studies.

When we first visited Kabubbu it was rare to find a home with a bed but now 17 of the 18 children reported they had a bed and a mattress. Another success story! The remaining student has just a mattress.

We asked **"Do you ever go to bed hungry?"** Surprisingly 11 responded with 'sometimes'! Maybe this is at weekends or in school holidays. The children receive two porridge meals a day in school and on a Friday they have meat and vegetables. **"How often do you have meat at home?"** The average answer was 4 times a year. **"What do you think a rich child might eat?"** Fish or beef with rice. **"What do you think rich people drink?"** Coca Cola! Would you like maize porridge twice a day, 6 days a week, all year – every year?

Health: 3 out of the 18 students have a mother diagnosed as AIDS/HIV+. 10 years ago these children would have lived with the prospect of their mother dying and abandoned their education. Today Mums survive as a result of being able to access the ARV drugs. Evelyne, featured on the 10th Anniversary celebration DVD, also said she has a sister who has been miraculously healed of AIDS.

Typhoid and TB cases have been reduced in the past 10 years as a result of clean water and treatment. The main health challenge in Kabubbu is malaria! It's shocking that an insect can cause sickness to so many people, so often.

Attitudes To Life: **"Who do you most admire?"** 10 children named a family member, 3 a politician, 3 a Christian leader and 2 said the Director of the project, Enoch. **"Why do you most admire that person?"** Answers ranged from "the person was responsible, hard working, honest" or "a Godly man" and, for Enoch, "He is humble". **"Do you have a radio and what do you listen to?"** 16 had a radio and listened to music, 14 listened to news and one said his radio was eaten by a cockroach! Only two have ever seen TV!

Finances: **"How do you think people get rich?"** 14 included 'hard work' in their answer. **"What would you buy if you were rich?"** ~ Land, a house, build a hotel, one said a motor bike, but 14 had answers that included 'helping others'. **"Is it better to be rich and dishonest, or poor and honest?"** The majority said poor and honest!

Social Life: In answer to **"What was the best day out you ever had?"** one mentioned a family wedding in Kampala. The remainder recalled either a school field trip or a school outing to Didi's World, a small theme park in Kampala. So a trip outside of their village is still a rare event. **"What was the happiest day in your life?"** Some said a wedding,

Christmas or another local social occasion but 15 said “the day I was sponsored”... what a valuable gift our sponsors are supplying!

“What is your favourite film?” Some students visit a local shack known as the cinema. The DVD films they like included The Passion of Christ, Rambo 2, Air Force 1, Animal Farm, Resident Evil and Behind Enemy Lines. We have some concerns about the DVDs that get dumped in Africa, and the impact on young minds.

“What was the saddest day of your life?” 13 recalled the death of a loved one. We cannot imagine what it is like for children to live with the threat of death and the poverty that follows. In Kabubbu 73% of adults have lost a family member from AIDS.

Travel: **“Where in the world would you like to travel to?”** One said a Game Park, one said Rwanda and another said the USA. One said Eastbourne to see her sponsor and 10 said they wanted to visit the UK.

Football: The all important question! The favourite teams are all in the UK. **“Which is your favourite football team?”** Manchester United 8 votes, Arsenal 7, Chelsea 2! They listen on the radio or go to the local cinema to watch games! **“Who is your favourite footballer?”** Terry, Fabregas and Arshavin with top favourites Ronaldo and Rooney.

Partnering with future of the Social Needs

From the survey we can see it is vital to continue to find small transportable resources to expand knowledge of the outside world. Small wind up radios are a useful gift to keep children over 12 informed and entertained. Educational and inspirational DVD and CD help in the schools and Library. Lightweight Dorling Kindersley type illustrated booklets on travel, the solar system, the natural world, history and current affairs keep the children informed of life, thought and developments beyond their village.

Partnering with the future of Kabubbu Schools



Primary School: 38 of 40 graduated to Trust High this year. 1 student passed at Grade 1, 27 at Grade 2 and 10 at Grade 3. 4 older students with a Grade 4 pass go on to vocational training. All children in Uganda need to complete seven years primary education and pass the exam to leave primary school.

In the UK, Gillian our Schools Worker writes:

“During the autumn of 2009 I had the privilege of accompanying the Kabubbu choir to the 17 schools who had requested a visit for an assembly, a concert or a cultural evening. It was

such a joy to see how well the children from Kabubbu integrated with the English children. They made friends so easily and they were all fascinated with each other's culture, lifestyle, and traditions. They ate school dinners together, sang together, played and walked around holding hands. It brought added meaning to the theme of the concert ‘One Voice, One Rhythm, One World’. Isn't this how life should be?”

If you missed the Kabubbu Children's Choir perform in the Congress Theatre, Eastbourne a copy of their new CD is available at £5.00. A 10 minute DVD of the projects in Kabubbu featuring Graham Kendrick is available free of charge for anyone organising a fund raising event. Both can be obtained from the QT office.

Inflation and rising prices happen everywhere in the world. In 2002 we introduced our primary school child sponsorship programme at £17 a month. In 2006 we realised this needed to be raised to meet the costs of healthcare, uniform and food and so all new

child sponsors pay a monthly fee of £20. We did not, at that time, contact the 173 sponsors who were paying £17 a month. If you are a sponsor contributing £17 a month can you please consider raising your support to £20 a month?

To simplify and reduce UK admin costs, and hopefully one day retire, we are seeking to reduce some time-consuming and fund raising procedures and, instead, increase the number of monthly Standing Orders. If you are a sponsor who contributes annually can you now consider signing a monthly Standing Order Form as this will (1) assist the Heads of Departments in Uganda in planning and prioritising a pre-determined budget (2) reduce UK postage and administration costs in sending annual reminder letters.

It's amazing what fund raising ideas and initiatives schools dream up. **Tollgate Primary School** in Eastbourne has raised an amazing sum of £2,000. This includes money to build a home for Victoria the child they support. How did they achieve this? They had a fun run with the children around the school field. Some ran in fancy dress on the theme of 'animals'. Head Teacher, Stephen Dennis, was dressed as a camel and the Year 4 Leader for Learning, Tim Walsh, dressed as a gorilla!

A campaign to **Sow a Seed of Hope** is being launched in primary schools this spring. Further details available from Gillian on schools@quickenstrust.com. Donations of small, lightweight good quality, second hand 'Early Learning Games' are also welcome.

Secondary School: 55 students this year took GCSE. 16 are supported by UK sponsors. 9 achieved Grade 2 pass, 4 a Grade 3 pass and 3 a Grade 4 pass. English, geography, maths, history, biology, chemistry and physics are all compulsory subjects. The students then select three other subjects from Christian religious education, agriculture, commerce, entrepreneurship, Luganda, and literature.

Trust High fees for sponsors remain at £30. This past year, for the first time, Trust High generated £40,000 - or 11% - of the income needed for all the projects. This was generated from 50% of the students who are 'boarding' in the school. Trust High and the volunteer programme are the two projects in the village that now raise an income that is helping the community begin to sustain their own developments.

One morning in the autumn we received a phone call from a donor advising us that a relative had sadly died. We learnt that the relative had been awarded the MBE for services to education and loved children and Christian projects. We had never met her but in her Will she left a sum of money to enable us to complete six classrooms and a dormitory at Trust High. This was an amazing answer to prayer and a relief to us as we had no idea how we would ever raise the funds needed to complete this development on top of raising the salaries needed for 72 staff, providing healthcare for the sick and the education for over 1,000 students.

Students in the UK are very enthusiastic and committed to learn about and support the Kabubbu children. **St Bede's Senior School** near Hailsham has provided a scholarship in the UK for Winnie to take GCSE. Also, since 2006, they have raised over £24,442 from an annual '24 hour Work Out' with 72 students and staff. Three students from **Eastbourne College** were Kabubbu volunteers in the autumn break. They encouraged 60 other students to fundraise and take part in a 24 hour rowing event at the College. A new campaign to **Keep Kabubbu Switched On** is being launched in secondary schools for 19th-27th June. It coincides with National Bike Week and the annual **Bike Ride for Uganda**. Please contact Gillian on schools@quickenstrust.com to take part.



'Bike Ride for Uganda'. It had to come! This year will be the 10th and FINAL event.



Why? Not because of anything other than age! It takes a lot to get the show on the road and long hours making it happen ~ and age marches on!

But what an event this has been raising about £150,000 over the years with hundreds of people taking part. It has built a primary school, provided clean water, mosquito nets, healthcare, and other aspects vital to development. This year we want to **Keep Kabubbu Switched On** with a large diesel generator to create electricity when it is cut because of lack of sufficient national power generation.

Friday June 25th and Saturday 26th 2010 will be a great opportunity to join in for the last time ~ getting that last ever team together ~ and make an event of it! The record for the event was £20,000+ raised in 2001. Can you help make this year even better? Or organise a local event!

Partnering with the future of Adult Literacy

Kabubbu has a number of refugees from Rwanda and migrant workers who have traditionally moved around as well as a huge number of adults who have had little or no education. Teaching the skills needed to provide for themselves, improve nutrition and



income continues to be a challenge. Augustine had a trial with some vegetable seeds donated in the UK. The first trial was not very successful as he planted in the 'dry season'. The second planting was much more successful and three groups, the primary school, Trust High and the community, have now planted allotments. Augustine has asked for more seed donations - carrot, cauliflower, cabbage, parsley, spinach, French bean, leeks, tomato, cucumber, green pepper, water melon, onion, broad bean, strawberry plants and seed trays.

Donations of good quality intact **small** second-hand word games like Boggle, Scrabble or numerical games like Sudoku or small wooden logic games are always welcome.

Partnering with the future of Primary Healthcare

In October a volunteer in Kabubbu asked us why the new two-floor AIDS Centre attached to the Health Centre was not in use. We explained that we were without the necessary funds to purchase the filing cabinets, computers, desks and other furnishings. Imagine our surprise when three weeks later this lady emailed to say that with a recent legacy she would donate money to furnish this facility enabling it to open and function.

The Health Centre has appointed a part-time Clinical Officer to diagnose and oversee prescriptions for AIDS victims. The role is midway between a doctor and Nurse-in-Charge enabling the Clinic to extend life-saving services to other AIDS victims from outside of the village.

Marathons have been a positive source of income to charities for many years. But getting a place in the London event is like getting gold dust. But, from an application several years ago, we have been given a place for a runner in this year's London Marathon on 25th April, Alan Partridge. We wish him well. But not only Alan ...

The inaugural Brighton Marathon also takes place on April 18th. We have 8 runners ~ we did have 10 but two got injured ~ so we need to give them a big cheer as well!

Some have a fundraising page on JustGiving. They are running to support the healthcare needs among the orphans and AIDS victims in Kabubbu. To support them just go to www.quickentrust.com and follow the Marathon link to encourage them in their efforts.

Partnering with the future of Welfare

There are 9 children living in Kabubbu who are deaf/blind and aged between 6 and 16. A donation last year enabled us to provide a SENSE trainer to work with 2 volunteers so they could then help rehabilitate the children in their home environment. Their work included teaching the children how to feed themselves, toilet training, massaging limbs, physiotherapy exercise and this has enabled some children to now walk etc. The project has been very successful and some children now need bedding, stimulating toys/games, cataract operations, medications and aids to assist with mobility and disability. Some children are now ready to enter a special school but need sponsors for their education. A report from a Community Based Trainer on her work with one 6 year old child contrasts the differences between:

June 2008 assessment

and

progress recorded in January 2010

- | | |
|---|---|
| • Cannot walk because she is afraid | No longer afraid of walking |
| • Has uncoordinated movements | No longer prone to convulsions |
| • Cannot grip a cup of tea or greet people | Grips a cup of porridge and greets people |
| • Hands are crippled because of stiffness | Uses her touch to explore places. |
| • Cannot feed herself | Can now wash her face and chew food |
| • Hidden by parents as they thought she was bewitched | Is happy and smiles |

Partnering with the future of the Church

Beliefs are very different in an African culture. 29 suspected cases of child sacrifice were reported in Uganda last year. Teaching through the church is vital to provide truth that replaces the myths and legends. Creating a place of love and faith helps to overcome the fear that is often associated with a community steeped in superstition or ignorance. We often receive remarkable news from the village of people whose lives have been changed as a result of prayer, counselling or teaching.

Members of the church regularly visit homes offer prayer and support to those in need. Recently one young man who was heavily involved in witchcraft began to understand how his life could also be transformed. He decided to dispose all his artefacts and potions and organised a big bonfire to destroy them.



Partnering with the future of the Resort & Conference Centre

Volunteers and visitors to Kabubbu range in ages from 6 to 80! In 2010 the number of volunteers will increase as students from UK and Dubai schools and a small number of 'gap year' students make an extended stay there. In April a group of all age volunteers will help prepare and enjoy a day long party to celebrate the 10th Anniversary of the Quicken Trust's relationship with Kabubbu. They will also put up mosquito nets to ensure every household has at least one net before the end of 2010. These nets were provided through last years "Bike Ride for Uganda" that raised £10,000 to supply and fit the nets as well as other malaria treatment through the Health Centre.

The 10th Anniversary celebration visit in April includes a group of people who will take part in educational activities rather than volunteer building works during their stay. Some will meet the child or granny they sponsor, often a very emotional moment for all concerned. Some are extending their visit with a holiday of a lifetime to enjoy a few days at a Game Park in Murchison Falls. Dignitaries from the British High Commission, heads of other NGOs and MPs will all be present to celebrate this special date with us.

Volunteers usually do building work in the morning and community projects in the afternoon. In the 'Development Challenge' a small group works with one family and a limited budget to help solve problems and improve individual circumstances. 'Reminiscence Work' encourages and records life stories of elderly members of the community. 'Facilitating Play' - between orphans and guardians - introduces the idea of learning through play helping communication across the generations. Performance evenings, dance lessons, taking school assemblies, sports and board games manages to combine a whirl of activity with the peace and tranquillity of sharing, for a while, a



much more simple way of life with people who are delighted to meet you. Volunteers usually complete an evaluation form and we receive some lovely comments on their experiences. One summed it up recently like this, *"Being a part of village life among lovely people will always remain with me."*

The Conference Centre is beginning to generate its own business. Recently 40 members of the Uganda Community Library Association used it for seminars. They enjoyed it so much they booked two more workshops during this year.

DATES FOR YOUR DIARY

Dates for **PLANNING INFORMATION MEETINGS** on travel are from 3.00 ~ 6.00pm on **Sunday May 16th 2010** and **Sunday September 12th 2010**

The dates for **PARCELS AND LETTERS** to be transported to the children and grannies in Uganda are **July 1st 2010** and for the Christmas visit it is **October 9th 2010**

With over 200 parcels it's not always easy to identify who they are for so please ensure all correspondence/envelopes sent to us include the full KAB or ELD reference number and name in large black **BLOCK CAPITALS** on the outside of the package.

PLEASE DO NOT PUT A CHEQUE IN ANY SEALED PACKAGE FOR UGANDA AS THE RECIPIENT CAN DO NOTHING WITH IT. PLEASE SEND THIS TO US AND LET US KNOW WHAT IT IS FOR ~ WE WILL THEN BE ABLE TO PASS ON THE BENEFIT

To keep luggage transported by air to a minimum we can organise for items like bikes, clothes, shoes and so on to be purchased in the village. This has the advantage of reducing the amount we have to carry and provides a local income. Also, money donated against a signed Gift Aid Form attracts a further 28 pence for every £1 given for the charity to use.

Gift Aid Donations

We are grateful to many of you who make your donation to Quicken Trust by Gift Aid. This enables us to reclaim, from the revenue authorities, 28p for every £1 donated. The person making the donation must have paid income tax or capital gains tax during the relevant tax year equal to or greater than the amount that the Trust will reclaim. We guarantee that 100% of the donation you make to Quicken Trust will be used in full in Kabubbu with any tax reclaimed being used to help fund the whole of Quicken Trust's work. If you do not make donations through Gift Aid and you pay tax we can send you a form.

Thank you ~ as ever ~ for all you do for the orphans and community of Kabubbu
Geoff & Geraldine Booker

PS: Please see if you can raise a team for the last 'Bike Ride for Uganda' ~ or organise something locally to tie in with National Bike Week (19th – 27th June)