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Uganda Update – Autumn 2010

Partnering with the future of Others

Dear Friends,

We wake in Kabubbu to the sound of the birds singing and the distant chatter of the monkeys. We throw open our door onto a beautiful garden bathed in the early morning sunshine. Here all is peaceful for the volunteers. But for those who live here life is a daily 'challenge' and this morning will be the same as any other day in their year. We enjoy breakfast and move on to the school morning assembly. A memorable, not-to-be-missed experience for all the volunteers. Then we move on to a meeting in the Health Centre to discuss developments and to introduce Susan, Nurse in Charge, to two UK volunteers, Dr Sen and Jo, an 18 year old student.

Quicken Trust - a Relief Agency?

The medical staff begins to discuss how the Health Centre can continue to provide treatment for the AIDS victims now Mildmay Hospital has reduced its funding. Suddenly the meeting is interrupted by an AIDS support worker who urgently needs to talk to Susan. This volunteer visited an AIDS patient in his home because he failed to attend a Clinic for his ARVS drugs. He found Stanley in an appalling state and doesn't know how to help him. Dr Sen, Jo, a nurse and the ambulance are dispatched to Stanley's home. Jo was shocked by what he saw. *"I was devastated to find an empty leaking mud brick hut. Inside were only two plastic bowls situated three feet apart. One used for food preparation and the other as a toilet. The bed – was a plastic sheet on the soil."*



Inside the home they discuss the options with Stanley. Would he like to return to his home village where there is no ARVS treatment, or stay alone in Kabubbu and receive the life saving drugs? Stanley came to Kabubbu two years ago as a migrant worker but his employer never paid him. He fell sick and struggles to walk a couple of yards and is vulnerable to infection in poor living conditions. Stanley wants to go home, but he has no money to travel 100 miles. His only food is scraps given by a kind but destitute neighbour.

Jo, who plans to study infectious diseases in Edinburgh University, later added, *"I now really appreciate the fact that I live in a country with an NHS providing excellent health care and I swear I'll never complain when I sit for 4 or 5 hours waiting in A & E."*

Quicken Trust - a Development Agency?

A development agency might ask 'Why?' to determine the reasons for the AIDS pandemic. Then they may ask 'What will **you** do about this problem?' to empower a

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community to find solutions. But today no agency is here. Stanley has no money and he is very ill - and the Health Centre meeting must continue!

Quicken Trust - a Ministry?

If Nurse Susan had visited this patient today she might have offered to pray with Stanley. She and her team daily face situations beyond their control, and with little resources she needs Divine assistance. But today Susan is discussing how to help hundreds of AIDS victims - and the Health Centre meeting must continue!

Quicken Trust - a Mission?

If a Health Centre counsellor had visited the patient he may have listened empathically and offered words of comfort or thoughts of eternal significance. But no counsellor is available today - and the Health Centre meeting must continue!

Quicken Trust - a Charity?

Stanley is desperate! He hasn't seen his wife and family for two years. He is too sick to work and without work there's no money, and without money there's no transport home. Quicken Trust is a charity, meaning *love*, but Kabubbu Health Centre was set up for local people and Stanley isn't 'local' and we have to draw the line - but the Health Centre meeting stops! Susan gives the money to the worker for transport and he agrees to take Stanley home. Stanley is granted his last wish and goes home to his family to die.

Quicken Trust includes all of the above but charity was originally defined as *love*. This may involve love in action and making a sacrifice. Often charity is now devalued to mean receiving a 'free' item if a donor signs up to support. The donor then, instead of giving, receives entertainment, a dinner/dance or participates in a daring challenge and where only part of the funds raised is given. Sometimes charity means signing up new donors by paying an employee a commission or salary to achieve this end.

For others, charity may mean second-hand items. Andrew Kikonyogo, a Ugandan author in his book 'The Gold Mine' writes, *'One day as I was walking around Owina market I was surprised to see what I never expected, second hand ladies and gents underpants. Perhaps that seems normal but imagine if your own brother or sister gave you his or her personal used underpants. Paying for rubbish? If this is the way business is conducted worldwide then maybe we too had better export our private clothes and rubbish to another country.'* Quicken Trust only takes high quality second-hand specific items.

We are **currently unable to take second-hand clothes or sports kits** as more urgent items are needed. Air flights restrict our luggage and specific items must fit into a suitcase. The items needed as an expression of love are listed under each department below.

New monthly donors needed

Prudent housekeeping, British Airways tickets and low admin costs has enabled us to complete most of the infrastructure in Kabubbu. No money is spent on marketing, advertising or literature - so how do we attract new supporters and donors? Most new donors are attracted through the recommendation of existing donors or through speaking or fundraising events. After 10 years we are enclosing a leaflet to all those who are not regular sponsors asking if you would consider completing a Standing Order for £10+ per month. Quicken Trust has 581 donors on a mailing list of 4,235 and 24% of our income is raised from monthly donations. With more monthly donors we could plan the expenditure and developments and reduce some costs for organising fund raising events and administration. Similarly please let us know if you are not able to support Quicken Trust in any way and do not wish to receive our Newsletter.

Some very dedicated fundraisers ran in the first Brighton Marathon in April. Simon Barnett, Lou Belrhiti, Simeon Drage, Steven Durie, Mark Guy, Craig Ivey, Simon Lade and Richard Renouf raised £6,895.19 in support of healthcare. This includes funds for

AIDS support and towards a Clinical Officer. A big thank you for all your dedication! Alan Partridge was our lone runner in the London Marathon and raised an astounding sum of £1,854. Well done! The 10th and final 'Bike Ride for Uganda' in Hailsham in June has, to date of printing, raised over £13,000 for a large powerful generator as a back up to intermittent power supplies for Trust High School. A few teams are still to collect their sponsorship. We hope to raise £15,000.

Partnering with the future of the Orphans

Children and orphans are our prime concern in Kabubbu. A number of measures have been put in place over the years to ensure they complete their education and fulfil their dreams. Without healthcare some would, by now, have died of malaria. Without AIDS drugs and treatment some of their guardians may have died and more children would have become orphaned. Without the Community Education programme teaching their guardians horticulture, some children would continue to be malnourished or hungry. Now some students are becoming self-supporting and some will later help their families.

As we know many of the families in Kabubbu we are able to pass on good news or any other urgent needs to sponsors. We were devastated to learn that Christine, an older student studying for 'A' level exams in November, was killed in a tragic road accident in March. Her sponsors were very sad to hear the news. They 'adopted' Christine as if she was their daughter. They carefully assembled all her letters and notes and we presented the tribute to Christine's Mum in memory of her.



We often receive phone calls and beautiful letters from sponsors that reflect the love between the sponsor and child. The personal contact continues to be vital and QT can:

- visit a family and provide one Home Study Report to a sponsor
- send an annual school report on the child's performance in school
- send an individual photo or class photo
- send two newsletters plus one or two other letters of news ... annually

To further reduce postage in future **please provide us with an email address for us to send a letter of thanks to you for parcels, cards or cheques if you have one.**

Some sponsors want to buy extras but worry about a family becoming 'dependent'. For guardians with low levels of literacy it may be too late for an education leading to work and an income. However providing seeds, tools, food and medicine are still a priority for a Mum who struggles each day. It also ensures that the investments you make in a child's education come to fruition. So food and medicine remain a priority for life!

Christmas in Kabubbu means that some lucky children may be given a second-hand outfit bought from the market in town. As other gifts are unaffordable, the children love the small gifts sent by their **sponsors – please use enclosed envelope**. Or a Christmas card, with a cheque made out to Quicken Trust **separately attached**, can be given for clothes/shoes/books/footballs/and so on that can then be purchased in Uganda.

WANTED - suggested Christmas gifts for children 4 -12 years: large size card games like Snap, Happy Families etc. and for children age 12+: solar calculator, craft kit, cross stitch kit, crossword puzzle book, electronic game (**if** supplied with spare batteries), sudoku puzzle book, travel size pocket game, simple wind-up or solar watch, word search etc..

Partnering with the future of Kabubbu Schools

Primary School

The British Council Global Partnership programme has now moved into the second phase. This year two teachers from the primary schools and two teachers from the secondary schools in the UK and in Uganda will be on reciprocal visits. The two Head Teachers from Kabubbu will be included in the UK visit for two weeks in September. The teachers will also meet other supporting schools as children from many UK schools benefit from learning about Ugandan culture, dance, music, art and the way of life.

We have some available slots for Harvest Assemblies in schools and churches on 'Seeds of Hope' during September/October. Assemblies in November/December will be 'Life after Birth' on maternal and infant mortality and the Christmas story of the Madonna and Child.

Secondary School

November is a special month in Trust High School as the first group of students take 'A' level examinations. This group of 13 includes two students who started in Kabubbu's primary school in 2002. The other 11 sponsored students had some previous education but then lost a parent or transferred to Kabubbu schools as they lived in the village.

Vocational Training or University



(From left: standing - 1st Moses, 3rd Lauben / sitting - 2nd John)

Quicken Trust sponsors are now supporting 19 students through vocational training in College or University. Several have graduated. College courses include beauty, catering, motor mechanics, hairdressing, radio broadcasting & tailoring. Some in this group are students who completed primary education at 16+ and are not able to benefit from academic education. Students who have completed 'A' levels and in University are on degree courses in commerce, development, electrical engineering, nursing, social work and human resources.

Sponsors are needed for Vocational and University students at £40 - £100/month.

WANTED - good quality calculators, rulers, geometry sets, art materials, educational posters, science equipment or small simple equipment for experiments like weather forecasting. Small musical instruments, recorders, mouth organs etc.

BOOKS ONLY - Dorling Kindersley type information books on any subject

DVDs ONLY - inspirational, biographical, geographical, historical, natural history, Christian, Disney or Pixar cartoons or relevant humour - like Mr Bean!

Partnering with the future of Adult Literacy

Three groups of 10 people have now completed a training course in growing fruit trees. Each delegate attended a 6 week course and learnt about the different types of trees, planting, irrigation, disease control and the nutritional value of the fruits etc. On completion of this course they are given 12 fruit trees which they select from a list that includes avocado, lemon (pictured), mango, orange, paw paw and sweet banana.

This project is aimed at:

- Encouraging local Guardians to improve nutrition and diet in their families
- Providing Guardians with an opportunity to earn small incomes
- Encouraging Guardians to develop and utilise small plots around their homes

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- Encouraging children and families to appreciate the natural environment

www.graze.com sells a healthy nutritious lunch pack of fruits/nuts etc to customers in the UK, sent by 1st class post to their office desk. They are given an opportunity to donate to the 'Graze School of Farming, Uganda' for the fruit tree/horticulture project.

Are there other corporate sponsors who would like to support a project? Please contact 01323 832361



WANTED - vegetable and fruit seeds including French beans, carrots, cauliflower, tomatoes, broad beans, spinach, cucumber, peppers, cabbage and water melon. Clean intact seed trays and small flower pots of the same size.

Partnering with the future of Primary Healthcare

We recently received news from Kabubbu that the wife of one of the teachers lost her baby in childbirth. In Kabubbu we provide housing for teachers and nurses in order to ensure we keep them - and nine teachers live in a terraced row of houses located behind the Community Education Centre. Reflecting on this sad event a few days later we realised that 4 out of the 9 women in these houses had either lost their baby or almost lost their own life in childbirth in the previous 12 months - this is shocking! It is similar to infant and maternal mortality rates in Victorian England. Today on a list of maternal deaths the UK is in 23rd position and Uganda is 140th of a list of 181 countries. The UK has 7 mum's dying in every 100,000 births. Uganda has 510 in every 100,000 births.

Infant mortality statistics are equally as shocking! The UK is 22nd and Uganda is 192nd on a list of recorded countries for infant mortality. In the UK 4.8 babies die in every 1,000 births but in Uganda 64.8 babies die in every 1,000 births. This is the next priority for Quicken Trust and the Kabubbu Development Project to aim at improving. We do not have funds for an operating theatre for emergency caesarean operations and so we need to encourage more expectant mums to attend antenatal care, improve the training and expertise for the midwives so that they can detect possible complications earlier in pregnancy, or diagnose and transfer patients with labour complications to hospitals in Kampala. We need to build another room for maternity care on the Health Centre. Mothers dying in childbirth = more orphans - and that's more poverty!

WANTED - small simple portable medical equipment, stethoscopes, blood pressure monitors, thermometers, otoscopes, simple examination instruments (non surgical), forceps, special scissors etc. Also patient aids like feeding cups and reading spectacles. Pain killers like Neurofen, Ibuprofen. Gauze dressings for burns. Butterfly plasters to knit a wound together. Latex or disposable protective gloves. Wound sprays like "No Bleeding". But, please, no out of date medications as these are prohibited in Uganda!

Partnering with the future of Welfare

It's a rare occasion when we have quality time to listen to the stories of the elderly in the community. Often our time is taken up listening to the more urgent needs of individuals or listening to and assisting the Heads of Departments as they make decisions for development of their departments. However, a volunteer project was recently introduced to record some stories of the elderly and we visited two Granny's with stories to tell.

Mariam is now over 80 and a widow for 30 years. Her 7 siblings have all died. She had 12 children, some died of measles when young. Others died of AIDS as adults. Now none survive. For the past few years she has been raising two of her grandchildren, Francis

and Belungi. Francis has recently gone to college to be a motor mechanic. Belungi has recently moved to town with her boyfriend.

The home now looks neglected even though provided with a new two-room brick house 4 or 5 years ago. It looks like Granny may not be coping well. A rat scuttles across the floor as we talk. But Mariam is still trying to grow vegetables to feed herself.



Mariam also told us how, under the rule of President Obote, she lived in fear of her life. While Idi Amin made life impossible for the Asians, Obote (who was in power both before and after Amin) made life intolerable for his own people. Many in rural areas slept at night in the bushes for fear of the soldiers coming to rape and steal.

At this time Mariam lived in another part of Uganda. She recalled how the soldiers came to her house and urinated all over her food and then into a cup. She was forced at gun point to drink the contents. When we responded with, *“How terrible, how did you survive?”* She simply replied, *“God saved my life”*.



We moved on to the home of Alice who also says she is 80 but, like many of the elderly, they have no birth certificates and don't know their age. We guess she's about 70.

Alice and her husband came from Tanzania to Kabubbu because her husband thought they might have a better life in Uganda. Sometime after arriving in Kabubbu there was a civil war and President Obote's soldiers terrorised and brutalised the people.

Alice and her family were also forced to sleep in the bush at night because they feared for their lives. As a result of sleeping outside, her six year old daughter died (possibly of malaria) and her husband was also killed.

Alice recalled how she saw soldiers coming to the home of her pregnant neighbour living nearby and they demanded money. When the lady said she had no money they insisted she was concealing the money under her dress in her uterus. They cut her open and she and her unborn baby died. A small girl watching nearby was then repeatedly raped by the soldiers. She died as a result of her injuries. We made the same comment to Alice as we had to Mariam, *“How terrible, how did you survive?”* Again came the same simple reply, *“God saved my life”*. Such simple faith from both ladies is challenging!

Cream teas - Over 200 people enjoyed a **Chari-Tea Party** raising over £2,000 for the elderly. The garden was spectacular, the food mouth watering! The event looked like something from 'Homes and Gardens' with cakes piled on decorative cake stands, marquees draped with bunting and roses trailing over gazebos. More hosts needed!

Partnering with the future of the Church

There is a little proverb that goes something like 'Evil triumphs because good men do nothing'. Education for children, health education and community education are all vital in community development. However there are some superstitions, traditions and practices that, if left unchallenged, can be even more harmful. We have previously

reported on how the Witchdoctors promote the cure for AIDS by encouraging an infected man to sleep with a virgin!

With this in mind Pastor Peter (also a Primary School teacher) recently chose to be trained at Kampala Evangelical School of Theology. This two year course will help his understanding of scripture, the history and culture within which the text was written and how to apply this to a very different culture in Uganda.

The church in Bulamu has been constructed to roof height. It appears to be much larger than planned from the donation. For now a part of the construction will be roofed and used for services and groups. The remainder will be completed as funds become available. Also Immaculate (co-pastor with her husband Augustine) is being trained in pastoral work and theology. She selected training at an Assemblies of God Bible College in Kampala that has some leadership from a church in New Zealand.



Some while ago we showed a DVD on the life of George Müller who started orphanages in Bristol around 150 years ago. This made a big impact. Many people in the community were surprised to know the UK had social problems, deprivation and even ‘orphans’.

WANTED - we now need DVDs of other inspirational characters who, motivated by love and faith, have made an impact on their community or in the UK.

Partnering with the future of the Resort & Conference Centre

23rd April, 2010 was a very special day for the orphans and community in Kabubbu. They celebrated the 10th Anniversary of the work of the Kabubbu Development Project and Quicken Trust. Around 2,000 people came together for this occasion starting at 11am as a marching band arrived. Then came the singing, dancing, speeches and a feast! 24 people from the UK arrived (some just in time because of ash cloud flight restrictions) to celebrate the event.



Speaker of Parliament, Edward Ssekandi, was Guest of Honour. He first visited Trust High School then the Health Centre to open the new HIV/AIDS Centre and planted a mango tree. Then to the celebrations at the Primary School. Among other things in his speech he said, *“I agreed to come for 30 minutes to open some school classrooms and instead I find I am in education! This is the finest example of a rural development I have seen in the country and I shall be mentioning this visit in Parliament next week.”* Despite going on to a State Banquet that evening and insisting he was only visiting for 30 minutes, Edward stayed for four hours and also enjoyed the feast!



WANTED – flowery bone china tea cups, saucers and plates, matching teapots, sugar and milk jugs plus bone china cake stands that can be dismantled for easy transportation.

CHRISTMAS

Every September/October since 2000 we have invited sponsors of the children or elderly to contribute £10 towards a Christmas gift for the family of the child they support. 10 years on, regretfully, we need to raise this to £15.

Last year the children went home with a hoe, jerry can, seeds and beans for planting.

Christmas 2010

Gifts and letters ~ for children and elderly must be delivered to us by **October 19th 2010**.

Dates ~ for delivery of gifts/cards in **2011** will be **February 1st, June 20th and October 7th**.

Staff Gifts ~ we would like to provide a gift for all the loyal staff of the KDP this year. They work hard with the children, the sick and the elderly in the community and deserve extra thanks. We have over 70 staff!

Christmas dinners ~ to ensure that residents of Kabubbu are not dependent on aid we will not be providing a dinner for orphans selected by their sponsor. Instead, Christmas Dinner this year will be given to 70 of the neediest families only.

Christmas gift ideas for your friends and families ~ if Aunty has grown tired of the vases you buy her you can, instead, make her a gift from our enclosed new Alternative Gift Catalogue and send the money to QT to benefit someone in Kabubbu. We will send a Christmas Gift Card on your behalf to Aunty and tell her of the gift you have selected.

With over 200 sponsors' parcels to take to Kabubbu for Christmas it's not always easy to identify who they are for - **so please ensure you use the enclosed envelope. Thank you.**

DATES FOR YOUR DIARY

Information meetings for travel in 2011 are on **Sunday February 13th** and **Sunday May 22nd** both from 3.00pm ~ 6.00pm. If you want to know how to raise your visit costs ~ just think of Rosie Evans and her 18,000ft skydive over Sydney, Australia!



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 (see below). This is a vital source of income from the government from the tax you have already paid!

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.

With our thanks for your wonderful and continuing support. We could not do what we do without you.

Geoff & Geraldine Booker



Quicken Trust
Creating a Heart in Kabubbu