

Quicken Trust | PO Box 113 | Hailsham | BN27 4US

& fax: 01323 832361 | Email: contactus@quickentrust.com

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www.quickentrust.com

Uganda Update – Autumn 2016



Together we have done so much!

Dear Friends,

Is it better to have two chickens - or a baby?

Today we met Geoffrey. He's a herdsman looking after nine Friesian cows. The only place he could find to shelter his family was a derelict round mud house that once had a thatched straw roof. Three years ago he saved some money from his wage of £10 a week and bought a large polythene sheet to patch his roof. But now it's brittle from the heat of the African sun and full of holes. But he can't think of mending his roof. He has other things on his mind.

He welcomes us like long lost friends although we've never met before. He fetches two wooden benches so we can sit comfortably and answers our questions while his children sit silently watching. The baby screams in terror at the white Mzungu. The UK volunteers look on stunned at a shelter reminiscent of the Stone Age - apart from Geoffrey's mobile phone.

The Mzungu ask their questions and move to the next room to see where the family sleep. Their cameras click at the three nets hanging from the ceiling in the room known as the bedroom. It has no furniture. Just one blanket for Geoffrey, his wife Rose and five children.

As we leave he asks if he can have a lift. Yesterday he and Rose walked to the health centre because she was in labour. He's had no further news so wants to check if the baby has arrived. When we get there a nurse tells us Rose is walking up and down the road to speed up her labour process. After a few minutes Rose returns to the health centre.

As we leave Geoffrey and Rose there, our welfare assistant Resty suddenly says, "Last week Geoffrey sold me his two hens." Surprised, we ask, "Why did he sell you his chickens?" Her matter of fact reply shocks us, "He needed the money for Rose to have her baby delivered."

Later the Mzungu brainstorm to decide what they can buy or do with £100 - a lot of money - to change the lives of this family in the short, medium and long term. It's a difficult task to put yourself in the family's shoes – living their life. What will change the quality of life of two adults denied education with only three mosquito nets, two wooden benches, one jerry can, two saucepans, one wooden spoon, one blanket and the clothes they stand up in? Then baby number six arrives.



That makes Mum, Dad, five boys and one girl - plus Granny - all living in the house. And the two chicken he sold? The family needed eggs - so we replaced them!



Later we meet Natasha to take her photo as it's her 1st birthday. Three years ago a donor gave £50,000 to celebrate her 50th birthday, half to go to the health centre for antenatal, delivery, post-natal care and family planning, for three years. Last year baby Natasha was born on the donor's birthday!

She's a miracle baby because Mum, sister Ruth and brother Gideon are HIV+. Natasha is HIV free as she and all babies are now protected from the virus when born at the health centre.

For God so loved that he gave – and so often through you!

We rarely go to Kampala, but a few days later we're invited to join a delegation of African NGOs and Western donors in a beautiful 5* resort on Lake Victoria at a conference on development. This is a very different world. It's hosted by a USA philanthropic foundation that has generously donated funds to the Kabubbu Development Project (KDP) to support some health programmes plus nine students in further education for whom QT has a shortfall in funding. For three years the KDP has received \$20,000, \$32,000 and \$30,000.

They are unlike many other Western development organisations. They move out from 5* Resorts to support small NGOs working at grassroots level. They encourage collaboration, understand what happens on the ground and plan investments to make practical advances.

Back in the UK, on 29th May, the Sunday Times had a front page feature '*Charities costs eat up 78% of donations.*' Eight UK charities were named with annual incomes of between £93,200 and £1,268,781. However, in the QT/KDP world things are currently very different. We continue to ensure 100% of donated funds are used in Uganda. Our success in creating a village infrastructure is due (a) to God's faithfulness in supplying the needs and (b) ensuring that our UK staff expenses, admin and other costs are taken from the HMRC Gift Aid refund. QT is grateful for donations from grant making Trusts that lift some financial burden from us.

So what has QT achieved towards its original aims?

Well, we'll only go through this year's happenings. The original aims were:

To show the love of God in action to the Kabubbu community

This year we have had 165 UK volunteers who have fund raised, taught children, cleaned houses, sacrificed their dinner, played with children and in a variety of ways showed love to those denied many of the essentials of life. 1,210 children are in education in Kabubbu and 79 are in further education. Wages have been paid for 83 professional staff and 35 locals are also employed. 1,920 babies have been inoculated against childhood diseases, 371 mothers had a safe delivery. 786 patients regularly receive life extending ARVS treatment. 170 people had free dental services. 3,200 students in local schools attended sexual health programmes - and there we run out of space!

We aim to demonstrate this through the provision of the resources they lack ...

This year 85 suitcases of donated items have been taken to Kabubbu. Musical instruments, text books, maths sets, craft material, sports equipment, underwear, socks, flip flops, clothes,

latex gloves, medications, bandages, nightdresses, second-hand spectacles, baby grows, blankets, teddies, soap, toothpaste, toothbrushes, sheets, towels, tablecloths. Mechanics, gardening and carpentry tools, Bibles, DVD's and three laptop computers. By the way, please don't throw your old laptop computer away if it is still usable when you get a new one. Remove your own files but leave the MS Operating System and MS Office Suite on so that it can be immediately used in Kabubbu as your new one will already have these on it.

**... to assist the community in training and acquiring the skills they need
to sustain the project commenced**

This summer 16 more students graduated from further education. Four completed degree courses in accounting and finances, human resource management, education, business computing, and information technology. For Doreen it was the happiest day of her life when her sponsor sent her a laptop computer because you often need tools, equipment and other items to enable you to begin work. Students beginning this year are taking a range of courses; one as a bio-medical technician – and this costs £195 a month!

This year Faridah, [→] Personal Assistant to Ben Misindye Head Teacher at THS, will come to the UK in November on a Commonwealth Scholarship to learn new data management skills to aid us in transferring some further admin to Uganda.

Meet Faridah on November 17th 2016 @ 10.30am at the QT Coffee morning.



..and provide for themselves

The last KDP annual report and financial statements shows that QT passed over £387,684 to the KDP. The KDP also raised £196,775 – or 33.67% of its capital expenditure and running costs. Trust High School is now generating 73.60% of its costs. We hope, over the next five years, that this will be increased still further so that, by 2020, only the child sponsorship programme will need to be in operation.

While the projects develop the skills; qualifications and professionalism also develop. Chris Mujjabi is just starting his fourth year at Earth University in Costa Rica. In a recent email he said, *"I have not updated you about myself for quite some time now. I am doing good though. I have recently been in another part of Earth University. It's basically more of a work experience course on El Toledo Reserve that is dedicated to the conservation of natural forests and eco-tourism."*

I did a project with the employees demonstrating to them how to quantify CO2 absorption in forests and tree plantations. This can be a source of income to the reserve in a few years because Costa Rica is getting more involved into Carbon Neutral programs at a government and policy level. I'm done with classes for third year and at the end of August, I will be starting my internship alongside the research professor at N/C State University in the crop breeding department, specifically in the management



program for turfgrass. This year the MasterCard Foundation will be paying for scholars to go home in December. I'm so excited about it and can't wait to visit Kabubbu, and see all the different developments Quicken Trust has achieved during the last 3 years." A further example of Chris's success and future plans for when he returns to Uganda can be found on <https://www.earth.ac.cr/en/feature/closing-cycles-integrated/>

Meanwhile another Kabubbu student has graduated from Pestalozzi. Marvin completed his 'A' levels in Hastings and is off to the University of California, Berkeley, also funded by the MasterCard Foundation. To our friends in Pestalozzi International Village and to numerous other charities and projects that work alongside us in development, **THANK YOU**.

Hi Ho! Hi Ho! – It's off to work we go!

We will have hosted six teams of volunteers this year. Uplands School, Wadhurst; Hillview School for Girls, Tonbridge; Willingdon Community College; London and South East Region Guiding Group; The Square Youth Café, Hailsham plus a group from Buckingham Church as well as families and others whose visits helped towards Kabubbu staff wages and services. They raised funds for a village centre market place (awaiting construction), built two family homes and two houses for secondary school teachers. Their fundraising refurbished the resort kitchen, re-roofed the resort dormitories and provided fencing for the maize mill. Daily



they toiled on a building site or on agriculture or redecorating homes, then worked with the primary school children on a literacy programme and took on the Development Challenge. **THANK YOU**

And, of course, there's hard work for the resort staff washing over 30 sets of bedlinen by hand every third day for five weeks – without washing machines, spin dryers or tumble dryers.

Some comments of volunteers on their evaluation forms completed at the end of their stay include:

- ✚ *"It's uplifting and good for the soul to be able to feel like you are helping and giving to the needy."*
- ✚ *"I'm not viewed as, or even, a religious believer, however I feel that I understand Christianity more and that I've found my religion and self consciously I took myself off to pray."*
- ✚ *"... I can't deny that this Trust and community have shown what a spirit and faith can do for the good, I am so inspired."*

One of the most common remarks made to us is, *"We had no idea of the size and scale of this project and the range of services and programmes you are offering in the community."*

There's still more to do!

What was the happiest day of your life?

Jane had no idea we were going to visit her to check that mattresses, beds, sheets, nets and other gifts bought by the sponsor of her young son had been delivered. We had no idea what we would learn from this visit. After initial greetings and chatting, we asked the questions on our report form, then a final question, "What was the happiest day in your life?" Tears well up in her eyes as she says "I've never had a happy day!" We are speechless! Jane is 39. Both her parents died of AIDS when she was young.

She had no education. This led to very few work opportunities. In the last 20 years Jane watched helplessly as her four sisters, one brother and one young nephew also died of AIDS. Jane has nine children, seven daughters and two sons. They are crammed into one room rented by the compassionate sponsor of her youngest son to try and create some stability for a family constantly on the move because they have no money for rent. Her three oldest daughters are in their early twenties. Each has a baby. Rashida, the oldest, props herself against the doorpost and fixes her dark eyes on us as her Mum tells how her girls have to prostitute themselves to gain a meal. Resty interjects and says that Rashida has been diagnosed HIV+ because of this.

Resty turns towards the doorway saying something to Rashida in Luganda. A few moments later she turns and translates. "I asked her why she wasn't getting her medications today at the HIV clinic. She said she hasn't got 2,000 Shillings [that's just 44 pence – this isn't for medicines because they're free] for some other tests she needs." We retrieved a 10,000 Shilling note from a bottomless bag we carry around and almost pleaded with Rashida, "Please go now, quickly, and get your medicine and some food because the ARVS medicine won't work if you don't have nutritious food."

Just when it seemed Jane had nothing more to tell, Resty again interrupts and says, "Jane is very sad because her 17 year old son Jeremy, who she was very close to, and who did have some work as a casual labourer and was able to buy some food, recently fell off the back of a speeding lorry and died!"

Meeting Jane and Geoffrey reminds us that while QT/KDP have achieved much in Kabubbu, there is still much to be done!

Passionate about the education of young people

We have some amazing and dedicated staff in Kabubbu. Fred Mukuza has recently joined the KDP team as Charity Business Developer. Fred is married to Harriet. They have three children, a boy and two girls. Like most families in Uganda they are also raising other children, two girls God has given them to care for. One has completed university and is working. The other is completing 'A' levels this year and hopes to go to university.

Fred holds a BA in Theology from the East African School of Theology; a Post Graduate Diploma in Education and an MA in Educational Management and Planning.

He says, *"I'm passionate about the education of young people and enabling them to develop their faith. Children all over the world have dreams and if only they can be loved, nurtured and protected as God would have done the sky is the limit to what they can become and do. Girls are a gift from God and the African girl child has been neglected and abused, I believe they should be protected, guided and supported to reach their God given destinies."*



Geoff Goodman, Associate Professor in Clinical Psychology at Long Island University together with his partner Dr Valeda Dent conducted some research among a group of 62 pre-school



children in Kabubbu in 2013-2014. Like most Ugandan children they didn't communicate well and have had little social interaction or educational stimulation. Unlike many children in the West they lack puzzles, Lego, books and toys and are often deprived of the time and attention from a parent or guardian, most of whom are trying to bring up many children with very little income or support. Often the children's stories reflect the harshness of the culture they live in.

This summer Geoff and Valeda returned to Kabubbu and another village where they have been conducting the same research. They talked to the children, parents and teachers to see how they were now performing and interacting with their peers, and in school. Already some interesting information is emerging on how confident the children have become as a result of the opportunity to be part of this play therapy project. In 2017 they publish their results.

The Olympics in Rio are over, but who are the East Africa Girls Volleyball Champions?

For four consecutive years, from 2011-2014, the Girls Volleyball team in Trust High School qualified for the East African finals as Uganda Champions. By 2015 this team of students had all graduated, so a last year a new team was formed and work began again training them - they just missed the Champion spot coming second. Now, this year, under their competent coach the team came second again. The Head Teacher's office continues to be adorned with the trophies of success as they moved through district up to national levels. They participated in the East African finals held this year in Kenya on August 31st. Sadly they didn't win. Every year they face the same problem - a sponsor for transport to the Final, food and a cheap hotel for accommodation. This year it cost £3,100 - with no Ugandan government help. One day, these girls could be Olympic Champions - if they are given the chance.

UK News & Information



Sue. Has faithfully worked with QT for 12 hours a week since 2002. Her cancer is back. Sue has suffered adverse reactions to treatment, now trying other types of chemotherapy. In January Sue reduced to 3 hours a week. Please pray for her.

Allison. We welcomed Allison Caffyn [←] to the QT team in April to work full time as our General and Child Sponsorship Administrator. She understands databases!

Geoff and Geraldine will be in the QT office part time from January 1st 2017. From July 1st, they will be 'Field Officers' when they visit Kabubbu working alongside the KDP and hosting volunteer groups as now. They'll continue writing this Newsletter and other pieces and always available in the UK to give talks on the work in Kabubbu. Slowly retiring....

To many supporters who make cakes for QT coffee mornings, collect items for projects, donate essential items, wrap Christmas gifts, provide a bed for a child, a cow, or a toilet block

for a primary school we offer a huge **THANK YOU**. Also to some special people who celebrated this year and donated the proceeds. Mike and Rita Dimsdale [→] Golden Wedding; Barbara Wyatt - 80th birthday; Lorely Cox-Davis and Mike - who are now Mr & Mrs Summers. **THANK YOU**

Can you or your family set up a fundraising project in the coming months? Maybe walk together, cycle together, sail together or celebrate a 'high spot' in your lives? Ideas? Email: sarah@quickenstrust.com



THANKS to our 2016 special **Marathon** runners in 1) **London**: Stephie Joslin, Vikki Reynolds and Helen Atkin. 2) **Brighton**: Lucia Baumann. 3) **Bath Half Marathon**: Libby Hyder, Charlotte Cowley & Rebecca Smith. 4) **Caterham Half Marathon**: Sami Earland. Then there was Paul Turner who 'yomped' the 100k from London to Brighton despite physical challenges.

We'd love to have you or a friend run a Marathon - or any other event - for QT in 2017

We have two charity slots for the Brighton Marathon on Sunday 9 April 2017

Interested? We supply the Running Vest! For details email: sarah@quickenstrust.com

Dates for your Diary

Contact caroline@quickenstrust.com for information on the next Travel Planning meeting on 27 November 2016 and for planning arrangements for volunteer visits during October 2017 and February 2016 half term holidays and beyond

Coffee Morning dates in 2016 & 2017 are on Thursdays from 10.30am – 12.00pm:

17 November; 15 December [*a light-hearted & festive drop-in with Christmas craft goodies*] then **9 February; 16 March; 25 May**

Afternoon Tea dates are on Wednesdays from 3.00pm – 4.30pm:

7 September 2016 then 26 April 2017

Coffee Morning and Afternoon Tea reminders are also sent by email



Last date for receipt of Gift Envelopes for children/elderly in 2017 is 1 June



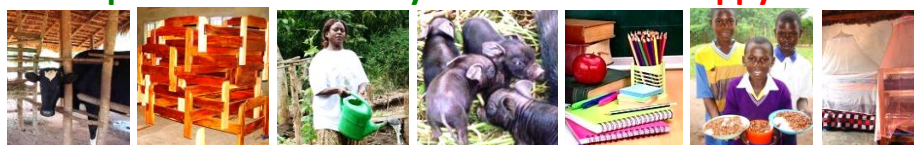
Did you know we have over 30 QT videos on the internet? Visit www.youtube.com/quickenstrust

Going for GOLD!
with our new On-line Shop

Make a real difference this Christmas to a life in Kabubbu by Going for GOLD.

Instead of socks, a scarf, perfume or a tie, give your loved ones a piglet or a chicken or a goat to help a destitute family in Kabubbu! There's lots of ideas. **Gifts of Life Delivered** gives a better future for the people of Kabubbu at www.quickenstrust.com/shop

Make your purchase on-line. We'll send you a colourful email you can print or forward to your loved ones. Happy Christmas.



Put mailers@quickenstrust.com into your Safe Senders list so our emails never end up in Junk Mail

Make this Christmas a Marvellously Memorable Magical Moment

It's Christmas and pantomime time - we want to wave a magic wand to open up a whole ALADDIN'S CAVE of goodies for the Kabubbu Kids.

A whole MAGIC LAMP full of fun!

What would you ask for if a Genie popped out of a lamp near you? An exotic holiday every year, to be a (multi) millionaire, to live in a mansion, get great exam results – or what?

What about a pair of shoes for school?

Things like library books for the senior school, mosquito nets to give long-term health protection, shoes, a solar scientific calculator for secondary students, laptops, footballs, rain ponchos, skipping ropes, puzzles, a large bouncy castle - **just for fun** - and even a 14 seat minibus to make moving around for small groups of Kabubbu Kids that little bit easier.



Can you help?

You can't?



Oh yes you can!

For 5 ways
to help
see the
enclosed
leaflet!

Finally, a **HUGE THANK YOU** for all you do
Happy Christmas from Geoff, Geraldine & the whole team at QT

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