

Quicken Trust

Changing lives in rural Uganda

by showing the love of God in action

**'The finest example of rural development
I have ever seen or heard of in Uganda'**

Edward Ssekandi – Vice President of Uganda



Uganda Update – Autumn 2017

www.quickentrust.com



In the beginning ... and moving on

Dear Friends,

A few years back, after coming to Kabubbu regularly for five years, Geraldine was walking through the 'jungle' one day with a resident we knew. He asked something soul searching. He simply said, *"Mummy why do you keep coming back?"* Something within her cautioned her about her response, so she simply asked, *"Why shouldn't we come back?"* The answer she received was thought provoking as he simply replied, *"Your kind (meaning white people) usually come here and promise people many things, but then we never see you again."*

We all have pre-conceptions of other cultures and who is trustworthy, so in QT we needed to ensure we kept our word. In the UK media we hear comments about Africans (or other nationalities) as corrupt people; or stories of bribery. This often leads us to think Africans can't be trusted! However the man's response indicated that sometimes others think we westerners can't be trusted as we don't always follow through with our good intentions. We realised that trust takes time to develop, that relationships have to be built one at a time, and this had to happen before real *community building* could begin.

After 17 years of coming and going regularly the needed infrastructure will soon be complete. The programmes and projects have developed, the educational standard is rising and instead of a primary health care system the village has a *first class quality health service* which was recently given a Gold Award for health practice standards by Medical Access.



Kabubbu staff are now moving into a deeper level of spiritual and psychological growth as minds and attitudes begin to be open to change. Staff are moving away from reciting the rules and regulations regarding children's rights and are more aware of the deeper issues in the homes that are preventing a child from learning and leaving them traumatised.

Imagine - a Mum with three teenage children (who may themselves have been conceived as a result of rape). She has no partner, she has a lifelong acute mobility problem that means she can't garden or provide food for her children. Now she sends her only daughter to a local shopkeeper for maize flour for the four of them and, in exchange, gives sexual favours.

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

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

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Imagine - A house with one room 10' x 10'. Mum has a bed. Her two teenage sons and three small daughters aged between 5 and 10 all share one mattress on the floor. Mum finds a new partner. But there is no privacy and children often copy what they see! The two teenage boys, who are uneducated, may then rape others in the community or violate their sisters who are helpless in the dark but who learn in school about keeping themselves safe.

Imagine – A place where most of the men are violent towards partners. How might you tackle these and other similar problems that are endemic in this culture? But one by one people are responding to education, changes are occurring and hope is rising for the next generation.

Third Kabubbu Village Survey

To understand more on what is now needed within the community and how they view their development we recently conducted our third survey. In 2004 after opening the primary school we conducted the first door to door survey and interviewed the head of household in 444 homes in the village. We asked a number of questions - Does your child go to school? Is anyone here HIV/AIDS positive? Where do you go to collect clean water? How many children here are orphans? How many of your children have died? Has anyone in your house died in childbirth? This helped us to plan developments in the village over the following ten years.

In 2009-2010 a second survey was carried out in the village with a similar, but different, focus. It included levels of education, weekly income, work opportunities or land ownership etc.

This third survey focussed on the outcomes of services on offer through the Kabubbu Development Project/Quicken Trust partnership. We began by consulting six village Elders representing the two zones in the Parish. We drew a map and planned the boundaries of the five areas in the zones to visit. Over the village radio we announced we were recruiting and training bi-lingual interviewers for the research.



A few days later we had 16 applicants to test to ensure they could read the survey in English, translate the questions into Luganda and when they had a Luganda answer to translate it back into English and accurately record it. We checked their cultural interpretation of the questions before finally selecting nine interviewers. Six days later they all returned with 586 completed forms. That's 24% more households here than in 2004.

Thumbs up for the Health Centre!

The survey revealed that the Health Centre received more thumbs up from the community than all the other facilities in Kabubbu! Most people using the services responded positively about the compassion, the listening skills and the treatment they received from the medical staff. To find a comparable health facility with qualified staff and a well-stocked pharmacy, a patient would now need to travel 25km to Kampala.

10 years ago if we spoke with a mother of a large family about birth control she would have no idea what we were talking about. Some thought it was abortion. Today many women

attend a clinic to get advice on contraceptive methods. Sexual reproductive health services are being transported by our nursing staff to villages 20km away and seven nearby secondary schools. The Ministry of Health also has initiatives to improve sexual reproductive health, to reduce the birth rate, curb the spread of the HIV virus, and reduced mother and baby mortality rates. A recent MoH initiative resulted in 331 men in Kabubbu receiving surgical circumcision conducted in Kabubbu by the International Hospital from Kampala. Ouch!

TUKAHIRWA

Some months ago we wrote about Tukahirwa after he had been badly burnt in a fire. Thank you for responding to his needs. He had his fourth surgical facial reconstruction in August. But this time it was in the operating theatre in Kabubbu Health Centre. What an amazing place! The health centre runs on an annual budget of just £70,000. It treats 18,545 patient every year - that's just £3.77 each. Probably beats the NHS? Despite its success it attracts only a small number of UK monthly donors - we welcome your support.



PATIENCE

Nurse Susan came to plead for help for a patient named Patience who was standing alongside her. Patience doesn't speak English so she didn't know what Susan was saying but her beautiful face is serene and she gently strokes the hiding place for her unborn baby. Susan begins to ask her some questions and slowly her story of grief, betrayal and violence emerges. Patience is a mum to five children aged between 4 and 18. In a month she is expecting her sixth child but she has absolutely no money.

Patience (not her birth name) was born into a Muslim family far away from Kabubbu. She had little opportunity to go to school and when she was 15 her father died. Her Mum, who was unable to support Patience's siblings, decided to marry Patience off to a local Muslim lad. Almost a year later she had her first baby. And then her husband tragically died.

1½ years later Patience married her second husband. But three years and two children later she discovered that the niece she had cared for in their home is having an affair with her husband. She is upset. Her husband, in a rage, threw her and her children out of their home.



Goretti with her 2 year old son with a growth problem

Patience was determined to start again. Finding shelter or money for food for herself and three children wasn't easy. She worked hard as a casual labourer in local gardens and began to get back on her feet and to pay for the school fees for two of her three children. But then she found a new partner. After the birth of her fourth child she learned he too was unfaithful and he also pushed her and the children out of home.

Moving on again, a local builder noticed her working hard and living alone in one rented room with four children. She was vulnerable. He began to woo her. Before long he moved in.

Almost from day one she knew it was the wrong decision. This man was violent and she learnt he had other wives elsewhere because, as a Muslim, he was entitled to have up to four.

Over a period of time she saved a little money. After giving birth to her fifth child she planned to escape. Fearful he would track her down she decided to use her savings to get as far away as possible bundling her children onto a bus. Four hours later they arrived in Kabubbu.

Determined to provide for her children she started cooking food and opened a little outdoor restaurant. She found that men working as casual labourers nearby enjoyed her cooking, but often left without paying the bill! Undaunted she determined to support her children, and she closed the restaurant. She had seen a gap in the local market and opened a shop selling a food product that no one else was selling but that everyone liked. Soon she was making a good income of £14 a week.

Now a new man noticed her success and was attracted to her. Before long he is Partner Number 5. He has his own regular salary, he is not dependent on her, he's not violent and he's kind to her, so it looks good. But sadly this relationship is short lived. As soon as Patience discovers she's pregnant with his baby, he abandons her.



Patience began to feel so unwell that over the next six weeks she couldn't run her shop. She went to the health centre for medication and attended an antenatal clinic. A routine test for all expectant Mums revealed that partner number five had left her AIDS positive. She is 33, and has three children under 12 years of age. She is distraught; lives far away from relatives; has used all her savings for rent, school fees, food for her children and the medicine and nutrition she needs to boost her immune system. She has no income and no hope! We can be unmoved reading her story on paper, but we can't look her in the eyes and do nothing. We find two baby gowns and a baby blanket, made by a UK volunteer, and again we dip into our pockets praying the coins will never run out! ***And we keep praying***



Looking ahead

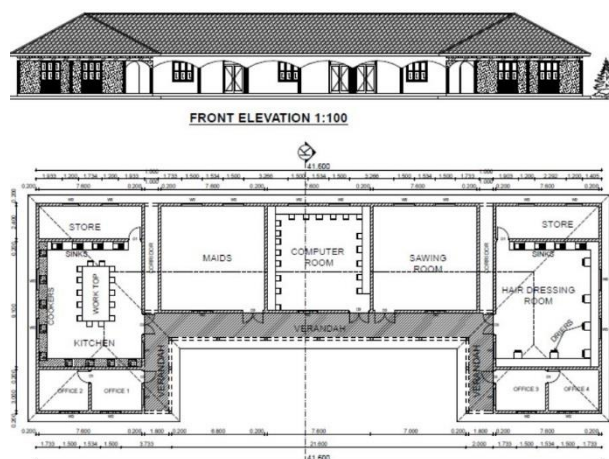
We welcomed Peter Everett at the end of August as our new Operations & Development Manager. He has an education background, initially a primary teacher, now with several years' experience supporting eight teams for Essex County Council working with families with complex needs. Married to Nicky (also involved in primary teaching – formerly a Head Teacher) with 5 year-old twin daughters they are moving from Rayleigh in Essex to Eastbourne in East Sussex.

Peter will initially deal with the administration and management of QT. Geoff & Geraldine will be released to spend more time in Kabubbu, assist the strategic development of QT and engage in speaking events in the UK. ***Why not invite Geoff and Geraldine to bring an inspiring talk to your group? They would be delighted to be with you.***

In order to keep up with the governance needs of a charity our QT Board members recently completed a skills audit and a Gallup Strength Finders Test. The QT office staff also completed this test, followed with a one day training session. In August it was the turn of the nine Heads of Department in Uganda. We identified that as a group they are strong on three of the four themes of *executing, relationship building and strategic thinking*, but low on the *influencing* theme. This may explain why our research found that some people living only 1½ miles from the health centre knew about this facility (the Nurse-in-Charge has two out of five strengths in *influencing*) but the community had little knowledge on the KDP/QT partnership and some didn't know that our two schools are also part of this project. Now we need to identify some teachers in the schools who have *influencing* strengths to promote education locally.

VOCATIONAL TRAINING

The five vocational training classrooms, funded through a UK Trust, will be built at the end of the year. A few years ago the Ugandan government brought in legislation to restrict the age of a 'house girl' to ensure they are not educationally deprived or used as slave labourers. This created a gap in the market because some professionals in Kampala still need daily help. With this in mind Kabubbu will train girls on a vocational course to be a Nanny.



The course will include teaching on early childhood development, the value of play, child protection, catering & nutrition, housekeeping, budgeting and shopping as well as personal development because this course is designed to enable girls to find work.

If you have experience in creating a syllabus or preparing lesson plans for an eight week course on each of the topics listed above (a year's course in total) please can you help us?

Success is always sweet!

Two of our students in University this year achieved a First Class Honours degree. Dennis studied Electrical Engineering and Kate studied Accountancy. Fantastic!

Martin and Emmanuel, who weren't high achievers at school, later trained for a course in music and dance and formed their own group. The group's performances are so good they can earn £75 for an evening's entertainment. We noticed Emmanuel was missing when the group entertained some volunteers In August. We then learnt from Martin that Emmanuel had been selected to perform with a group of dancers in China. Incredible!

KABUBBU COMMUNITY PRIMARY SCHOOL

Usually when asked about bribery or corruption in Uganda we can honestly say that in 17 years only two staff members (out of 120 staff) have been dismissed for this. However sometimes bribes do occur in other places and this year it led to our children in the primary school Music, Dance and Drama team being disappointed. They



competed in all the local events and won through to second place to participate in the finals at District level. Later they were shocked to find they were ousted because a team from a school that hadn't even performed in the competitions was suddenly awarded second place! Probably the result of a bribe. The school is now making an official complaint to the Ministry of Education. You should see our kids sing and dance! Many remember their dazzling performance in the Congress Theatre, Eastbourne in 2009 to a sell-out audience of 1,700.

TRUST HIGH SCHOOL

It can't happen again, can it? After winning the National Championship for the sixth consecutive year the volleyball team were again sad that they weren't able to win the East African title. It can't happen again, can it? But it did! Despite this Marion, a student from last year's school volleyball team, arrived in the UK at the end of August. Marion is our fifth student to be awarded an educational scholarship in Pestalozzi International Village.

Child Sponsorship

Every year we seek to find up to 40 new sponsors (that's not even 1 a week) to enable new children to start school. Some of them are very cute, some are bright, some are very needy and some just want to know they matter to someone, somewhere. This year however we have so far only found a sponsor for 16 children. ***We wonder if you are one of our 1,000+ volunteers who visited the village as a student with a school group. Maybe now you are working and could sponsor a child? Or maybe you are on Facebook or similar and could add a photo of yourself and a child from your visit and promote this for us.***

Number Crunching

When applying for a grant, to prove we are successful, we have to provide numbers, numbers and more numbers. We keep extensive records of the community from surveys and student and patient records. We thought you might like just a few random numbers from 2016:

- 3 students in KCPS gain a Division 1 pass in leaving exams, up from 5% to 10%
- 11 THS students (out of 114) gain a Grade 1 at 'O' Level this year, up 9.6%
- 46 THS students (out of 68) studying 'A' Level qualified for University, that's 68%
- 26 students graduated from vocational and university courses and 20 students started
- 18,545 patients treated by the Health Centre
- 875 registered clients at the AIDS clinic
- 50 re-usable sanitary pad kits given to girls in THS and some are now making them
- UGX 28,000,000+ raised by Doreen the new Resort Manager from 555 local guests holding seminars – that's a *huge* increase in local guest numbers
- 10 acres of KDP land is being cultivated by women growing maize to feed their children and make an income

Put something a-MAIZE-ing in Santa's Sacks

And on the subject of food and maize and income, we now want to fill Santa's Sacks with maize. To buy maize from further afield at harvest time. To keep the maize mill in constant operation. To sell surplus maize when our 1,000 Kabubbu Kids are fed to help KDP funds. [**See the back page for details – and let's get at least 300 sacks full between now and Christmas!!**](#)

We also hope to give each Kabubbu household a 'mould and insect' resistant sack so farmers can store at least one sack of maize they've grown and keep it in good condition between harvests. A sack costs just £2.00. To order, please see the enclosed Order Form.

Together we have done so much – 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? Any ideas?

Email: sarah@quickentrust.com

THANKS to our 2017 special **Fundraisers** who have white-water rafted down the River Nile, climbed Three Peaks, had their 15" long hair cut off, cycled many miles, walked from pier-to-pier, opened their gardens, held quizzes, baked cakes, held cream teas, held fashion shows and packed goods for supermarket customers – and so much more. **THANK YOU**

And so what of 2018? Already we have two running the Brighton Marathon on 15 April – why not join them? **We'd love to have you or a friend run a Marathon - or hold any other event**
Interested? Email enquiries and details of your event to: sarah@quickentrust.com

Dates for your diary

Contact caroline@quickentrust.com for information on the next travel planning meeting on 12 November 2017 and for planning arrangements for volunteer visits during 2018

We are making changes to how we run our **Coffee Morning** and **Afternoon Tea**

Thursday 22 March - **Spring Coffee Morning**

Friday 15 June - **Summer Evening Dinner**

Wednesday 12 September - **Autumn Afternoon Tea**

Friday 30 November - **Christmas Lunch**

Reminders will be sent by email



Last date for receipt of Gift Envelopes for children/elderly is 19 January 2018

Feedback

We always welcome comments or feedback to our QT newsletter. We send it to you so that you can keep up-to-date with what is happening in Kabubbu. Are we giving you the right information? What more could we do better? Please feel free to contact us on:

geoff@quickentrust.com or geraldine@quickentrust.com

We wish you a Very Merry Christmas and a Happy New Year
Geoff, Geraldine, Peter & all of us at QT

It is our policy to send newsletters or general email communications only to those who asked for them. So please let us know if you'd now prefer not receive future newsletters or general emails. Tell us by email: caroline@quickentrust.com or by letter to: **Caroline Thompson, Quicken Trust, PO Box 113, Hailsham, BN27 4US** or by phone on **01323 832361** and we'll ensure you are removed from our mailing list. **NB: If you would prefer to receive our Newsletter by email as an A4 format please tell us at the same contact details.**

Put something a-MAIZE-ing in Santa's sack!



Join Santa on his Road Trip & fill a Sack!

Santa's going on a Road Trip

One of the most exciting and well-known Road Trips in the world is 'Route 66' travelling across half the USA, seeing amazing sights and having unbeatable experiences. But Santa's going on a Road Trip that's even more a-MAIZE-ing and exciting. He's travelling 'Route £66' – by lorry. "Why?" Uganda has suffered a drought for a year. Crops have failed with a little rain lately – but not a lot. Staple food like maize has been hard to grow and find and when you do find maize, prices have rocketed by over 80%. Uganda has a food crisis. 1,200,000 refugees escaping war from South Sudan on Uganda's northern border haven't helped because of so many more desperate mouths that need feeding. So Santa's on a Road Trip to find more maize to stock the maize mill to feed 1,000 Kabubbu Kids. A sack of maize costs £66 – but any donation will help fill a Sack!



SANTA'S SPONSOR SPECIAL: If you want to provide an individual sack full of maize for £66 for your sponsored child's family or an elderly person you support, enter their KAB or ELD reference number on the Order Form with your donation of £66 (or multiples of £66) and they will be able to get their weekly maize allocation free of charge from the maize mill every week until their sack runs out. **A wonderful gift!**

Five ways to donate:

- 1 **Facebook** - click the **Donate Now** button on our Facebook page
- 2 **Website** - click the **SACK** button on our webpage www.quickentrust.com
- 3 **Text** - text **SACK17 £5** (or **£10**) to **70070** [don't forget the space!]
- 4 **BACS** - name: **Quicken Trust** Sort code: **405240** Account: **00088771**
Reference: **SACK** (for **SPONSOR SPECIAL** add **KAB/ELD** number)
- 5 **Cheque** - please fill out the slip on the enclosed leaflet & mail to Quicken Trust