



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 2018

www.quickentrust.com



Never standing still ... always moving on

Dear Friends,

This year has been difficult! But our amazing sponsors and donors understand the challenges currently facing UK charities. They recognise the enormous task QT does in developing one rural community, and they stepped up and donated funds which, together with some QT cost cutting measures, saved and raised a total of £63,760 to date. THANK YOU.

After 18 years of working in the community the scale and range of projects in Kabubbu are vast. The 120 Kabubbu staff are eager to learn and pass on their knowledge to the next generation of children. They are passionate about supporting those who are sick or dying. Some stories in this newsletter reflect the scope and wide range of issues the QT/KDP partnership has been tackling in the community.

All sorts of Health news

We received two grants totalling £10,778 to vaccinate 500 students and teachers against Hepatitis B. A marquee was erected in the primary school grounds. For three days staff and students lined up. The vaccination programme for babies includes BCG, DPT, measles, PCV (pneumonia), IPV (polio), Rotavirus vaccine and tetanus together with regular deworming. Many of the vaccinations are now provided free from the Ministry of Health.



Mariam. Recently completed her diploma in counselling. She is an empathic counsellor who knows, from her own experience, how devastating AIDS can be without the ARVS medication. Recently while on her internship, staff from Mildmay Hospital (the leading AIDS hospital in Uganda) observed her at work and offered to pay her salary of £35 a week to work in Kabubbu Health Centre. This is invaluable as the centre now employs 18 staff including two clinical officers, nurses, midwives, laboratory technicians and six support staff. We just wish the NHS would come here and fund all the salaries and treatments!

Mastula and Agnes. Sometimes the Health Centre staff must refer patients on for more specialist care. Recently Mastula and Agnes were referred to the government mental health

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hospital, Butabika. A clean, well-organised hospital and a big improvement on Mulago General Hospital. Both intend to offer 'free' treatment but in Mulago the patients lie on the floor in a corridor, while those with cash barter and bribe for treatment and surgery.

In Butabika many patients arrive with only the clothes they are wearing. They are given a green uniform to identify them if they get lost outside the hospital grounds. This gives no clues to their social status but ensures they are treated with respect and equality.

Patients have thin porridge made from maize flour and water for breakfast. Then posho (a thicker version of the same) with beans for lunch & dinner – that's so monotonous! Nurse Susan and Geraldine look for the ladies. As they enter the hospital, hands stretch out to them for a coin, a slice of bread, or anything they can give to them. They enter a secure ward. An armed guard is on duty outside. As patients respond to treatment and their condition stabilises they are transferred to a convalescent ward where they can walk in the gardens, sit under a shady tree or visit the restaurant - for the few who have any money.



Both patients have long term mental health issues and failed to continue with their medication. Both are now in the convalescent ward. A nurse helps us to locate them. They are visibly surprised to see us because no relative or neighbour from home has ever visited them. They feel abandoned! Mental health in Uganda has a stigma reminiscent of Victorian England. Many people referring to a patient will say '*They ran mad!*' or '*The witchdoctor cursed them!*' Many are traumatised from

childhood bereavements. Wisdom is needed to discern between those who dabble in evil to control the vulnerable or make an income from them, and those with genuine mental health issues. Maybe we need Prince Harry to come and turn a light on mental health issues here - he provided understanding in the UK!

Nurse Susan has come with two bags of goodies. Fanta, cakes, crisps and bread. We move away from the ward to escape the growing number of patients following us with their eyes fixed on our bags. When only nine patients remain with us, we hand each patient a slice of bread, without butter or jam, which they eat it as if it was the finest chocolate gateaux. We begin to sing some cross-cultural songs bringing back memories of better days, reminding them there is a God that cares. Their spirits are lifted! We are surprised they all speak English as it indicates they've all been educated. Then they tell us their stories.

One, Jackie (30), sits on the grass in front of us. She's five months pregnant and learnt that she is carrying a baby girl. She became euphoric. But it triggered off a latent mental illness from seven years ago when she was expecting twin boys. She was hospitalised and separated from her twins. A friend cared for them. Later her boys were adopted. Now, pregnant again, she hopes she will recover as she's desperate to keep this baby.

Listening is therapeutic, but we need to focus on Mastula and Agnes and give them their bag of goodies. We head off across the grounds to the restaurant. They select a meal of chicken, rice and vegetables. It's an unexpected feast for just £2,50!

Pastor Adam (19) was born with Down syndrome. He wasn't well cared for. He was stigmatised. His special education needs weren't understood. QT personnel included him in the nursery school. He graduated to primary school. Each year he repeated the class because he couldn't cope with the next academic stage, so he became frustrated.

Four years ago, Sarah, a UK volunteer and Girl Guide leader, met Adam. An immediate bond developed as Sarah has a younger brother with Down syndrome. She asked to sponsor Adam. He now felt special, like the other sponsored children.

At 17, he needed to move on to a further level of special education. But finding a school was like looking for gold dust. Resty only found three special needs schools in the country but Adam was too old for those. Finally, the Dorna Centre for Autism near Kampala was identified. Its holistic approach uses a variety of sensory learning experiences including craft making. Adam joined the school 1½ years ago. His favourite task every day is feeding charcoal dust into a machine compressing it to make charcoal briquettes. As Adam works he sings.

The residential school's daily routine gives him a purpose. Every day he slips out of bed and falls on his knees to pray. Staff passing by his room listen in amazement as they hear him talk to Jesus, because he's from a Moslem family. So, they nicknamed him 'Pastor Adam'. Later Adam goes to bathe, dress and is scrupulous in maintaining cleanliness ensuring his shoes are polished before he goes off to breakfast and on to school assembly.

Adam often leads the students in assembly. He knows who and what to pray for. He thanks Jesus for his life, teachers, family and his sponsor. He may not have seen or heard any news from some of them for a long time. But he knows they are sick, and they get a prayer. Others who have problems get a prayer for wisdom, energy or other support he perceives they need.

Recently an NBS TV crew visited the school to make a film. They were astounded to meet Adam and to see him worshipping with a heart full of joy. They quizzed the staff, *'Where does this boy come from? Where is this place Kabubbu?'* What an impact Adam is making!

A while ago Adam was back home in the school holidays. Three sets of three-piece suites were being delivered to three families in the village. The furniture was purchased in Kampala. A van and driver were hired to deliver them. The driver (not from the village) went with Resty to the first two homes. Then they went to Adam's family to deliver their furniture. When Adam saw the new chairs arriving he raised his hands to heaven and danced for joy *'Thank you Jesus, thank you for our chairs.'* The van driver looked at Resty and said *'What's this? We deliver two sets of furniture to two families who don't even say thank you, but we come here and this boy dances for joy and thanks Jesus, I've never seen anything like it!'*



Politics – Uganda style

For the first time in 25 years Uganda has held LC1 elections (like a UK Parish Council). The date was announced three weeks before the election. People assumed they could vote in the usual manner, through showing their National ID cards. However, later, many learnt that

despite showing their ID cards they couldn't vote, simply because they were required to register in a two-hour period on a date three weeks earlier, but they hadn't been told this.

Nevertheless, 300 adults who had registered, turned up to vote. The election was conducted on a school playing field with a choice between two candidates. One as an independent, the other, the incumbent for 25 years, the ruling party. For the young people (demographics indicate 50% of the population are under 25) it was a choice between development and prosperity or, for the older voter, the 'known' and status-quo.



People queued to check their name from a list read out by two electoral committee members from outside the community. Each person received a voting slip. At 11.30am a siren sounded. The two candidates were instructed to stand 30 feet apart on a hillside, but to only look forward, and not back over their shoulders. The voters were to form a line behind the candidate of their choice. After 20 minutes the voting slips were collected up, and the count made. The ruling candidate had 98 votes. The independent candidate, 186. The siren sounds again, the crowd cheers, and the new guy was declared the winner! Now we wait to see if the KDP will receive more support from local government!

Homes built for destitute families

Nothing can prepare a UK volunteer for a visit to a Kabubbu home! Children in smart school uniforms, patients transported in an equipped ambulance to a hospital, or volunteers in Kabubbu Resort Centre are all hidden from the poverty and desperate living conditions that



prevail in a Ugandan rural community. Sometimes volunteers working with a family are reduced to tears when they visit a home and begin to plan how to transform the families lives with just £100.

This year three groups of senior students from Heathfield, Uplands (Wadhurst) and Willingdon volunteered and were challenged as they worked with individual families. This was the fifth time Phil Osborne has visited. He's the Willingdon group leader and is passionate about the impact this experience makes in the lives of the volunteers as they help build homes for these destitute families (as above). Some students even donate their evening meal to provide food for a family who have no food. The impact of love in a needy community is immeasurable.

Street Business School and Investments

Recently Faridah and Resty were funded with a grant by a KDP partner to attend a Street Business School in Kampala. This intensive residential five-day course had nine delegates attending, and a USA trainer. The group were taught some simple skills on starting a business with what they already have and without borrowing money. They learnt about researching

the market place, selling, bookkeeping and re-investing. Then the unexpected happened.....

A lady living nearby heard the group laughing in their training sessions. She wondered what was happening, so she walked quietly into the back of the room and listened. Later she asked if she could also share her story. She said she had picked and sold the single avocado on the tree in her garden. With the proceeds from this sale she had bought a bunch of bananas. She sold this bunch and from the proceeds she reinvested in two more bunches, then four bunches and up to eight bunches. Later, with a large basket of bananas on her head she



decided to reinvest in terry cotton nappies she could drape over her arm and sell alongside her bananas. She slowly built up her business and over time built a four-room house and educated three children. All from just one avocado! Ugandans often think that Westerners have large sums of inherited wealth, or that other Africans who have money are just lucky. So, learning that the road to success is long, slow and takes great perseverance, is necessary!

Sometimes as a business develops an investment is needed to make it into a commercial enterprise. The investment that donors made in the maize mill last year not only provided individual sacks of maize for specifically named children, but it also enabled the KDP to invest in purchasing dried maize from further afield when the price was low. This maize was milled, stored and later sold to some new schools in neighbouring villages for a profit.

Looking ahead what remains to be done

After 18 years of QT fundraising, and 18 years of KDP construction, most of the infrastructure and resources needed in Kabubbu are now completed. Like many teenagers of 18, Kabubbu has also acquired a lot of knowledge and has plenty of energy but is still in need of the support of its 'parents' (in this case QT) as it moves from dependence to independence!

In the UK many young people don't become financially independent until they are almost 25. In the period between 18-25 the parents invest in further education, purchasing a car, a lap top computer, or maybe assisting with renting accommodation for their offspring.

Similarly, in Kabubbu, QT now needs to invest and escalate the remaining developments for our 18-year-old. To assist this process the QT Board has decided to relocate from its current office in Herstmonceux back to its original office alongside Geoff and Geraldine's home in Cowbeech, from October 2018 to March 2019. Releasing the Herstmonceux office will enable Geoff and Geraldine, who own the property as part of their pension 'pot', to sell it and re-invest the funds to complete the remaining Kabubbu infrastructure needed. This includes:

- final developments for the top floor of the Church/Community centre and for plastering, decorating, furnishing and purchasing the PA equipment etc **£48,971**
- Improving sanitation by building 7 blocks of 8 toilets with hygienic septic tanks to replace the old full pit latrines **£50,417**
- building 2 blocks x 4 teachers houses to enable 8 secondary school teachers to live locally. This will be more cost effective, after 3 years, than the cost of transport to

and from town ensuring the secondary school can be 100% self-funding **£32,000**
KDP now needs prayer and support to:

- identify some marketing opportunities; learn how to promote, market, advertise and sell its products and services, including using social media and the web
- create small businesses to raise income, including purchasing an overlocking sewing machine for the reusable and washable sanitary pad project **£750**
- investing in making packaging for the maize flour **£1,250**
- purchase a second-hand lorry to buy maize for milling and selling **£21,000**
- ... and something all QT supporters can do - introduce others to QT and sponsoring

This Christmas

- 502 children in P1-P6 will go by coach to Freedom City for a **£19 donation** = £9,538
61 sponsored students in P7/S1 & S2 can enjoy a lakeside barbecue @ **£20 each** = £1,220
70 students in S3-S6 can be challenged on a 3 days Mindset workshop @ **£22.50** = £1,575
- We are pleased to offer a pack of **5 brand new designs of 'Banana Leaf' Christmas Cards made specially for Quicken Trust** along with existing packs of previous designs.
 - We continue to offer packs of printed Christmas Cards as last year – limited stocks!

Freedom City fun centre



Give a
little fun
to the
Kabubbu
Kids

See
enclosed
Response
Form for
details

Beach BBQ by Lake Victoria



Give a 'Gift of Life'



Blessing has Cystic Hygroma – an abnormal growth disfiguring the head and neck. Causes difficulty swallowing & breathing. Cannot be treated in adults so has to be in childhood. To find out more info about Blessing, email: geraldine@quickentrust.com

We want to help families in Kabubbu to choose life

How? By easy access to anti-biotics to fight infections, to anti-malaria treatment, to life-saving medicines and life-enhancing operations like a hernia - which stops people from being able to farm and grow food to eat - and costs £50. That's seven weeks of total income for a Kabubbu farmer - too much to pay for.

TO HELP – SEE BACK PAGE



Angel has a Ventricular Septal Defect - a 'hole-in-the-heart'. If your child has a heart condition in the UK it can be scary but treatable. In Uganda it is life-threatening and costly to correct. Only the rich can afford it. Email: geraldine@quickentrust.com

Together we have done so much – Thank You

THANKS to our 2018 wonderful **Fundraisers** who have opened their special secret garden in Brighton, baked cakes, run fashion shows, organised and performed in concerts, trekked 25k in the Peak District, run marathons, held quiz nights – and so much more. **THANK YOU**

And so, what of 2019? Already we have two running the Brighton Marathon on April 14 – why not join them? And maybe you or your family can join in or set up a fundraising project for QT in 2019? Even to celebrate a ‘high spot’ in your lives? Any ideas – must be loads!

Interested? Email enquiries and details of your event to: sarah@quickentrust.com

Dates for your diary

Contact visitkabubbu@quickentrust.com for information on travel and travel planning meetings for volunteers and school groups to Kabubbu. No dates at present.

Watch out for the **KABUBBU CHALLENGE** from **May 4 – 11, 2019** to be held across the UK - wherever you are! Help us organise a local team in your area to take part in a sponsored walk to raise funds for QT. More details in January on our website: www.quickentrust.com and Facebook posts. Register for an organiser pack now by emailing: pete@quickentrust.com

We continue to make changes on how we run our **Coffee Mornings** and other meetings
Thursday 15 November – Coffee @ 10.30am, St Wilfrid’s Church Hall, Lower Willingdon

Tuesday 22 November – Curry Night @ K2 Indian Restaurant (£20/ticket)

on A22 @ Nightingale Hill, Polegate, BN26 6RF

Tickets from: pete@quickentrust.com (01323 832361)

Thursday 13 December – Christmas Coffee & Cake @ venue tbc

Wednesday 13 February – Coffee Morning @ venue tbc

Thursday 4 April – Coffee Morning @ venue tbc

Reminders for the above will be sent by email



Last date for receipt of Gift Envelopes for children/elderly is 28 June 2019

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 continue to keep QT donors, sponsors and prayer partners on the mailing list. 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 to receive our newsletters or general emails. Tell us by email: contactus@quickentrust.com or letter to: **Quicken Trust, PO Box 113, Hailsham, BN27 4US** or phone on **01323 832361**. We’ll ensure you are immediately removed from our mailing list. **NB: If you would prefer to receive our Newsletter by email as a large print A4 format, please tell us at the same contact details.**

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

Help us give a 'Gift of Life' to Kabubbu this Christmas!



**Christmas is a time of giving and receiving.
Can you help us give the 'Gift of Life' this year?**

This year our focus is on providing for the health needs of those in Kabubbu. Take Paul, he came into the health centre lethargic, emaciated and close to death because of AIDS. He was given the medication and care he needed and now look at him!

If you were ill would you think twice about seeing a doctor or paying for a prescription? You would when a simple course of antibiotics costs 14% of an average weekly salary or a treatment for malaria costs the same as 10 days wages. If the only way to have an operation was to pay 7 weeks of your wages – how would continue to pay your rent, feed your family and pay school fees?

**These are the realities families trying to improve their lives face.
We want to speak life into them and we need your help to do so.**

This Christmas can you help us give the following gifts of life to families:

- **Antibiotics** – used to fight illness and prevent infection by nearly 8,500 people last year
- **Maternity** – antenatal checks and Maama kits for the 360+ babies born each year
- **Malaria** – making sure we can test and treat the 600+ who get malaria throughout the year
- **Operations** – operations can range from Hernias (£50 or 7 weeks wages), to Caesareans (costs £150 or 20 weeks wages). We want to enable the health centre to provide these where people have no means to do so

Whether you donate £10, £25, £50 or £100 – your gift of life will help a range of people in Kabubbu who are living in poverty with their health needs and improve their lives.

For example a '**£50 Gift of Life**' would provide a mother-to-be with her antenatal checks and Maama kit, treat someone with malaria and provide 10 people with antibiotics.

Four ways to donate:

- 1 **Facebook** – click the **Donate Now** button on our **Facebook** page
- 2 **Website** – click the '**Gift of Life**' button on www.quickentrust.com
- 3 **BACS** – name: **Quicken Trust** Sort code: **405240** Account: **00088771**
Reference: **GOL**
- 4 **Cheque** – please fill out the slip on the enclosed leaflet & mail to Quicken Trust

