



Newsletter

Autumn 2022

Quicken
Trust

Transforming lives in Kabubbu, Uganda

Christmas, Summer & Thanks

Simon Barnett, Chairman

I hope you enjoy reading our Autumn Newsletter with the launch of our 2022 Christmas Appeal – *Feed a Kid for a Quid* and near £10,000 match funding scheme (£1 donated + £1 match funding = £2. £100 donated = £200.) Nutrition for pre-schoolers is vital for a child's development. Without adequate nutritional intake, many often struggle in later life with cognitive functions, fine motor skills and compromised immune systems, having difficulty fighting off disease and sickness. Please read about nutrition in Kabubbu in our Q&A with Kabubbu Development project leader, Enoch Kagoda.

**To donate to our Feed a Kid for Quid appeal please visit donorbox.org/QTChristmas22
Your gift could make all the difference to a child and their family.**

Thank you so much to all supporters who donated to our Summer Appeal. See the centre page feature for an update on what you have achieved. We are thrilled to launch the new Enterprise Development Grant scheme (pg 10). This funding programme will award grants to women entrepreneurs who graduated from the Street Business School and need a little extra investment to enable them to expand and develop their micro-enterprise. So far 201 women have successfully graduated and this new scheme offers our UK donors an opportunity to support women in the community to take the next step in becoming self-funding.

Some sad news. Long term supporter, Evelyn Rees died in the summer. Evelyn's heart was captured by the people of Kabubbu when she and husband, Peter, attended the Kabubbu Children's Choir concert in Eastbourne where the children twirled, danced and sang to the beat of the drums. They immediately signed up to sponsor Janat, aged 7. So began Evelyn's love for Kabubbu.

Determined to visit Janat in Kabubbu, Evelyn joined a volunteer group and it changed her life forever. What could a volunteer aged 70+ do? She was assigned to care for some special needs children to whom she read stories every day. One day Evelyn asked if she might sing 'Kumbaya My Lord' at church. The teenagers giggled as she stood up, but when she sang the whole room fell silent and upon finishing the room broke into spontaneous applause. This happened many times. Evelyn visited Kabubbu six times and sponsored another two girls. We and her friends in Kabubbu will miss her greatly but, like a good mum, she had already made her Will to ensure her girls could finish their education. Thank you Evelyn and thank you God for a life well lived.

Sadly Paul Pirie, our Chief Executive will be leaving Quicken Trust in the coming days. For personal reasons, Paul is moving on to pastures new. We thank him for leading us in a period of transition. Paul has helped us put new systems in place, increased our digital footprint and worked on additional income streams. We are grateful to God for Paul's contribution to the Quicken Trust and ask you pray for him and the charity in the coming months.

I wish you all a very Happy Christmas



Kabubbu Newsround

The rains have come – hallelujah! After a long, hot and dry season, the recently planted maize and beans are growing well in Kabubbu. The harvest is due in November and we pray for a bountiful crop.

Sadly, Uganda is racing to contain an Ebola virus outbreak. So far, 31 cases have been confirmed, though it is feared that there could be many more (30 Sept, BBC World Service). Most of the 31 cases identified are in Uganda's central district of Mubende (160km from Kabubbu). Unfortunately, six people have already died and the final death toll may be much higher. The health ministry says there were 18 deaths, linked to confirmed cases, where burials took place before they could be tested. The World Health Organisation (WHO) estimates the fatality rate is between 41% and 100%. Currently, the virus is not in Kabubbu, but we pray that medics, vaccines and authorities are readily available to fight another deadly virus.

Construction work on the Fonthill Vocational College girls' dormitory is now complete. The girls were able to start using it this term. It is fitted with flush toilets and showers, the first of their kind here in Kabubbu (pictured). Appreciation goes to the Fonthill Foundation for the grant provided for its construction.

The school children have returned to school for the last term of the academic year. Enoch Kagoda, Executive Director of Kabubbu Development Project says, "After losing 83 weeks of learning during COVID-19 lockdowns, our school children are able to be in school happily. Being at school, the children can study and benefit from two meals a day, contrary to what is happening in their families, where having a meal is a struggle."

The Trust High School girls' volleyball team performed well this year, lifting many trophies (pictured), and qualified to represent Uganda in the East Africa post-primary games and sports competition in Arusha Tanzania recently, and only failed to attend because we did not have the funds needed to transport and look after the team while in Arusha.



Captain and coach with their trophy

Could food insecurity become history in Kabubbu?

Q&A with Enoch Kagoda, Executive Director of Kabubbu

A recent health survey conducted in the village found many under-fives are malnourished. Many factors have attributed to this fact, one being COVID 19 lockdowns. Malnutrition in childhood and pregnancy has many adverse consequences for child survival and long-term well-being. It also has far-reaching consequences for later life employability, diminishing academic potential, economic productivity, and local and national development.

We launch our Christmas Appeal - *Feed a Kid for a Quid* - on the back of this knowledge (see over) with our near £10,000 match funding scheme. Enoch Kagoda, the Executive Director of Kabubbu Development Project, provides an insight into these issues and, in our Q&A, he shares how they are helping the community and highlights how we can help in the short, medium and longer term.

Q1. How does the lack of food affect the children and families of Kabubbu?

A lack of food during pregnancy, or limited food for preschoolers, hinders a child's normal growth. Some mothers may deliver prematurely leading to complications, many children become stunted and lack of nutrition can affect both brain development and immune systems.

Therefore, children who do not eat well are prone to diseases since their bodies are weak. Frequent sickness in children constrains the health facility, as more drugs will be used per month. Consequently, this increases Health Centre expenses in drugs purchases. Lack of food in the family will lead to children missing lessons as their parents may put them to work to earn money to buy food for the family. Children also lose concentration in class which can lead to poor performance.

Q2. How has the situation deteriorated over the past year?

Food insecurity has worsened due to climatic change and the war in central Europe, and prices have increased

dramatically. Droughts are frequent, destroying a family's food supply. Since food supplies are scarce, food prices soar and are too high for villagers to afford. A year ago, maize flour was around 25p per kilo but due to the drought, fuel inflation and other factors beyond our control, flour is now nearly five times greater (£1.20 per kg).

Families who used to have three meals a day now have only one meal a day, and sadly some families just eat jackfruit seeds, part of the fruit that is normally just thrown away.



Q3. What is being done to help alleviate these concerns within the community?

Kabubbu Development Project is helping alleviate these food shortages by:

- Providing food relief/parcels to the most affected families.
- Training women in GRAZE farming techniques so that they have the skills to grow their own food.

Q4. What more can be done for the children and families of Kabubbu who are struggling to cope?

- In the short-term, provide food relief/parcels.
- In the medium-term, train women who are pregnant and/or with newborns, and those with under 5's, why and how a nutritious diet is essential for a child's development.
- Teach the GRAZE farming method so that people in the community can increase their harvest yields from their gardens.
- Offer those without allotments space on our land to grow food.
- In the long-term, child sponsorship. Children who have been supported through primary and secondary education have been shown to earn above average income and in doing so can support themselves and their family sustainably.



Q5. What hope is there in the coming months and years for the children and families of Kabubbu to overcome food insecurity?

There is hope that, with the right support, food insecurity will be history.

We have evidence that education and good health are vital in fighting food insecurity. Mahad, Budala, Cate, Hasifah and Winnie are testimony to this. They all completed their schooling in the village and have stable jobs. Their families are thriving and not starving. They do not need food relief.

Most of the GRAZE-trained farmers keep some of the produce they harvest for their family. They are not starving like those who have nowhere to grow food.

Also, the women who have graduated from Street Business School have enterprises that are going concerns and, from their daily income, they can be able to buy food for their families.

Keep reading to learn how to donate to our Feed a Kid for a Quid Christmas Campaign.

Supper Appeal Update

Hallelujah! You did it! Thanks to a last-minute rush you smashed our Summer Appeal target of raising £20,000 towards helping the people of Kabubbu, Uganda improve their ability to generate income, sow crops for tomorrow and meet their sustenance needs for today.



A Kabubbu elder receives maize



A garden of healthy shoots



Women farming in October 2022



Maize distribution to families

To all our supporters who donated, Thank you! During such times, your support is very much appreciated by our friends and family in Kabubbu. With your continued support, Quicken Trust is helping transform more lives day by day.



Signing up to buy seeds, fertiliser and pesticides



Bean seedlings growing well



Food sacks ready to be distributed



Maize distribution to families

A Degree of Satisfaction

Sue Lockhart, donor

Our family had followed developments in Kabubbu, Uganda, since the earliest days of the charity but nothing prepared us for what we would encounter over the years. Peter and I had one son, but Madina quickly became another member of our family as we provided love, encouragement and regular financial support from primary school, secondary school, and right through to university.



We would eagerly await Madina's carefully written letters, often accompanied by drawings. In turn, we would send her news of our family and life in the UK, and tell her about Quicken Trust events we'd attended to learn more about the Kabubbu community.

Madina overcame many hardships in her school years, the most devastating of which was when her mother had a severe stroke, resulting in the loss of mobility. Madina had to take on more responsibilities alongside her studies, which adversely affected her O Level results.

She resolved to work harder for high A-level passes. She succeeded and consequently was able to take a degree course at a University in Kampala.

When she graduated in 2019, we travelled to Kabubbu and attended an annual award ceremony which honoured every conceivable achievement in the community, including recently graduated University students. We were given the warmest of welcomes by everyone in the community and privileged to see first-hand what has been achieved due to loving partnerships.

Peter and I spent time with Madina and also undertook volunteer work in the community. The Health Centre was a highlight, seeing new-born babies and villagers being treated with medicines to which they would not otherwise have had access. We met young adults learning hairdressing skills, and how to make beautiful garments, many of which were modelled at the award ceremony. Peter also spent time learning first-hand about the agricultural project.



But the most impactful times were spent with the children. We will never forget those hugs with Madina the first time we met, or the Foster Home children whose resilience and fortitude was beyond belief. In the UK, education is free and taken for granted but in Kabubbu even the simplest of activities, like playing 'Snap' or blowing bubbles, brings immense joy and story reading times were welcomed and listened to with fervour.

We saw the small house where Madina had lived with her mother and two siblings, and heard the heart-breaking stories of how, time and again, she had overcome adversity. We



felt so proud of her at the award ceremony, dressed in the bespoke African outfits she had made for us, and were reminded of the enormity of what she had achieved, as neither Peter nor I have degrees. Madina expressed her love for us and acknowledged that without our support she would have very different prospects in life.

Child sponsorship has given more than a degree of satisfaction.

Our goodbyes were emotional, but we kept in touch. Two years after graduating, Madina and Isaac (who also attended Kabubbu High School) gave birth to a gorgeous little boy, Jayden. She gave us the news that we were grandparents just four hours after giving birth!

We look forward to hearing news from Madina as her life unfolds and to hearing about future developments as we continue to support the Quicken Trust and the people of Kabubbu.

To enquire about child sponsorship with Quicken Trust please email admin@quickentrust.com or call **01323 832 361** (Tue – Thu, 10am to 4pm)

- Educated African women will reinvest 90% of their earnings back into their families, compared with 35% for men. They will also invest in their children's education and support their studies. (Source: Clinton Global Initiative)
- Women with a secondary school education will earn twice as much, on average, as women without an education. (Source: World Bank 2018)
- Educated girls are up to three times less likely to become HIV positive. (Source: UN AIDS Gap Report 2014)
- Girls with secondary schooling are five times less likely to marry as children and have healthier families. (Source: Global Partnership for Education 2019)

Street Business School

Quicken Trust delights in celebrating the successes of the Kabubbu Development Project. Recently, course trainers Faridah, Resty, Lilian and Ritah, (pictured) were recognised with an award by the programme organisers for successfully implementing this life-changing business skills course in Kabubbu. Congratulations!

To help graduates expand and develop their small businesses, Quicken Trust is pleased to announce that a new fund has been launched – the Enterprise Development Grant scheme. Chief Executive, Paul Pirie, said “We are always looking at ways to help the people of Kabubbu become self-funding. This new grant scheme will help many women, who graduate from Street Business School, with an award of funds to develop their small enterprise, ensuring it is long-lasting and thus viable.”

Susan Babirye, Deputy Executive Director of the Kabubbu Development Project, said “Our Street Business School graduates often struggle to establish their business venture within the first year, so this scheme will very much be welcomed by the women entrepreneurs. Thank you, Quicken Trust.”



Awards will only be made to women who, after six months from graduating, have a viable business and can demonstrate to a local panel of experts from the Kabubbu Development Project why and how these extra funds will enable them to expand and/or develop their venture. The amount the applicant can apply for is no more than £200. Quicken Trust hopes such grants will also enable winners of this award to reinvest in the community by employing more people from Kabubbu, thus allowing many more to access the health centre/schools for themselves and their families, as well as improving their general well-being.

Long-term supporter and donor to the new fund, Martine Bailey, said “For a long time, I have wanted to invest in the women in Kabubbu, a driving force of change in the local community. Quicken Trust’s new Enterprise Development Grant scheme for graduates of the Street Business School will be a wonderful way to invest in women who have shown the aptitude in starting a social enterprise but need an extra boost to ensure their business venture’s long-term viability, one that will reward the wider community too. I am delighted to be the first to support this fund and look forward to receiving news about the award winners’ successes in the coming months.”

To donate to Quicken Trust’s Enterprise Development Grant scheme, please email admin@quickentrust.com or phone **01323 832361**

Donate regularly today to help provide hope for a tomorrow full of opportunity.



Our sponsorship schemes start from just £20 a month. Your small action will have a big impact to the child, student, mother, parent, medic, senior, farmer or the hungry of Kabubbu.

For details of our sponsorship programmes please email or phone us:

admin@quickentrust.com

01323 832361 (Tue – Thurs 10am – 4pm)



Thanks to the generosity of supporters like you, we've funded life-transforming projects and infrastructure over the last 20 years. But we can't stop there – as we recover from COVID-19 and Uganda faces rocketing fuel prices and soaring food inflation we need your help to accelerate sustainable progress.

Here's how you can help:



DONATE

Make a regular monthly donation



NOMINATE US

Nominate Quicken Trust as Charity of the Year in your workplace, school, church or organisation.



TAKE PART

Run, jog, walk, cycle or swim for Quicken Trust by taking part in a challenge activity near you.



LEAVE A GIFT

Remember Quicken Trust in your Will. Just 5% of your estate could help transform a life.



FUNDRAISE

Hold your own event or form a fundraising group in your local community, church, club or workplace.



COME AND SEE

Support one of our Quicken Trust events or a fundraising activity.



VOLUNTEER

Volunteer for Quicken Trust. A few hours regularly, or helping at an event, can be a great support.



SHARE

Help us gossip the story of Kabubbu. Whether over a brew or via your social networks, help us to introduce others to support our work by sharing our story.

quickentrust.com admin@quickentrust.com 01323 832361
PO Box 113, Hailsham, BN27 4US
Office Hours: Tues-Thurs 10am-4pm
Registered Charity: 1102474 Registered Company: 5047081



/QuickenTrust



@Quicken Trust



Quicken Trust