



Uganda Update

Spring Newsletter 2023

Supporters like you are bringing a smile
to the people of Kabubbu

Quicken
Trust

Transforming lives in Kabubbu, Uganda

You did it!

Many of you will already know about the incredible gift raised through our *Feed a Kid for a Quid* Appeal for Christmas 2022.

A total of £35,529 was raised, enabling us to send food packages, and funds for life-changing training to the people of Kabubbu.

A massive *Thank You* to each and every person who donated. You made these life-saving gifts possible

Kabubbu villagers receive food packages of beans and maize flour

Thanks to you we were able to send:

- 66 Christmas cakes
- 40 emergency food parcels
- 109 parcels to feed a child for 30 days
- 4 parcels to feed a family for 30 days
- Funds for training in farming
- Funds for nutritional training for mums
- 214 Christmas Dinner parcels for 6 people, including the special treat of meat!
- Over 2.5 tonnes of maize, one of the staple food sources in Kabubbu



We were sent a short video from Kabubbu, which you can view on our Facebook page, showing excited recipients thanking you for their gifts. One lady summed up her joy by saying, "Thank you so much for all you do for us. If you were here with us, we would have danced for you."

Egg-cited about Easter

Happy Easter! Many of us will have enjoyed celebrating with the traditional gift of an Easter Egg. Here in the UK a chocolate egg is the usual treat, but in Kabubbu very few people have ever tasted chocolate. For them, the nutrition and protein that comes from a simple chicken egg is more valuable!

One tray of 30 eggs costs £5 (£60 will provide an egg a day for a whole year) and is a nutritious treat for a family living on as little as £2 per day.

Boosting the diet of young children in particular is a great way to improve their health and development, and help them to reach their fullest potential in their education.

For an elderly person it will promote healing and health. But above all of this it conveys love to those who once called themselves "The forgotten People".



Send your Easter eggs today!



Scan the QR code

with your phone camera, to join via our online form.



Or complete the form overleaf

Do we have your contact details?

We're asking all our supporters to help us update our database, to make sure you're getting the right messages and updates.

Please contact the QT office to confirm your current email address by email: admin@quickentrust.org or phone: 01323 832 361

I WOULD LIKE TO...

Give £ to the Easter Appeal (£5 = 1 tray of eggs.
£60 = 1 egg per day for a year)

Please give this gift to my sponsored person/family

Name and

KAB number:

PLEASE COMPLETE YOUR DETAILS

Use BLOCK CAPITALS when completing your details below:

Title:		
Forename/s:		
Surname:		
Email:		
Address:		
Phone number:		
Town:		Postcode:

PAYMENT DETAILS:

Card Number																		
Valid from					Expiry date			/			Security Code							
Signature											Date							

GIFT AID DECLARATION

By signing this declaration you enable us to claim an extra 25p from the Inland Revenue for every £1 donated at no cost to you.

I want to Gift Aid any donations I make to the Quicken Trust. This includes all donations from this year and the previous 4 years, plus any future donations, unless I notify you otherwise. I confirm that I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay the difference.

giftaid it

☐

(Please tick)

Signature:

Date:

The Legacy of a family home

In 2006 a sponsor donated funds to build a house with two rooms for a grandmother caring for her grandson, Andrew, who has special needs.

In 2014 the sponsor died, but left a legacy fund for Andrew. He had no interest in pursuing school beyond primary level.



A traditional mud house, often hand-built by the occupants.

As an adult the legacy allowed Andrew to do a painting and decorating course, although the sudden arrival of the COVID-19 pandemic interfered with his learning.

Now, nine years later, three more rooms are being added onto the house that he grew up in.

Andrew, his partner and their baby can now have their own living space with a separate front door, while his grandmother lives next door.

Andrew has now been released from the endless burden of finding £15 per month for rent, and his family can continue to live together and care for the next generation.

To find out how you can leave a legacy for your sponsored child or family, email us at admin@quickentrust.org



An example of a new brick house now built in Kabubbu

Update on Godfrey

Our fight to prevent amputation



In October 2022 we received news about Godfrey, a teenage boy suffering excruciating pain from persistent Buruli ulcers. that were eating away at his legs.

If his condition worsened, amputation could become the only option, which would be a disaster for a young man living in a rural area with no pavements or ramps, and no way to earn a living.

With only the bare essentials to eat, his body was struggling to hold further damage at bay.

We shared his story at Christmas, and you rose to the challenge! To date £3,000 has been raised towards Godfrey's treatment and ongoing care.

Godfrey in his wheelchair (above) and receiving VAC therapy (right)



Godfrey attended the Health Centre daily for fresh dressings but later needed specialist treatment in CoRSU Hospital (Comprehensive Rehabilitation Services in Uganda).

A vacuum assisted closure (VAC) was recommended, to be followed up with skin grafts. Two months passed as the VAC therapy did its work, helped by the improved diet he is now able to benefit from, and his wounds began to show signs of improvement.

In mid-March, a combination of blood transfusions, medication, and improved nutrition meant Godfrey's blood count had increased so much that his doctors decided he would be able to receive skin grafts on both of his legs.

Following discharge Godfrey will need to stay at the Health Centre for several months, to ensure he is in a clean environment and receives good nutrition. Full recovery will be a long and slow process. He is however making excellent progress.

Godfrey has not attended school for the last 6 years and only got to P3. We hope to be able to fund some remedial tuition, then assess his progress in the hope, that funds permitting, he can return to school at the start of 2024. This will be vital in enabling Godfrey to support himself in the future.

Only with your continued generosity will there be long term hope for Godfrey. Please donate at **donorbox.org/godfrey**

Godfrey recovers from his surgery, celebrating with his friend Denis from the Kabubbu Health Centre



Kabubbu babies doing well thanks to your friendship

In March 2020, Agnes left the single-roomed home she shared with her partner and five-year-old son.

She was admitted to hospital expecting quadruplets who were delivered six weeks later.

Agnes could not afford powdered milk at £12 a tin, an impossible cost for most Kabubbu mothers. But without a tin of milk each week, she would have no way to feed all four of her children.



The newborn quadruplets
with their parents

Because of reliable donations, Agnes was able to buy the milk she needed to feed the children. Her three daughters and one son are now three years old and doing well.



The quads on their 2nd birthday,

In November 2021, a 21 year old woman celebrated her baby shower with friends and soft drinks. Later that night she woke in pain and a neighbour called the Kabubbu Health Centre for the ambulance. She was immediately transferred to a Kampala hospital.

Tragically, she died in the ambulance before reaching Kampala. But her twin boys survived.

The boys, named Joshua and Jeremiah were taken in by their doting grandmother Maria, who now had two extra mouths to feed.

Ongoing support from friends like you helped Maria to buy enough milk and essential food to feed her grandsons through infancy.

The boys are now nearly two years old, and are happy and active toddlers.

Success stories like this are why we remain committed to serving the people of Kabubbu.

Thanks to the regular monthly gifts by Quicken Trust supporters like you, babies who may not have survived infancy are now thriving, healthy children, with a brighter future ahead of them.

Thank you for all you do. Your gifts and donations really do save lives.



Jeremiah and Joshua,
aged 18 months

The gift of a better future

Receiving regular support through Quicken Trust, whether through sponsorship for a schoolchild, elderly person, forms the foundation for the work we do. Being able to rely on regular food and support gives people the chance to build for the long term, rather than focussing only on survival.

Sometimes donors build relationships with the people they have been supporting, and may also decide to fund other essential items.

Davis and his brother will sleep in comfort from now on

Following an update given to his sponsor, Battle Baptist Church, Davis (pictured below) was excited to receive a set of bunk beds, complete with mattresses, blankets and protective nets to keep away biting insects during the night.

Now he and his brother can sleep soundly at night off the earth floor, and without the ants for company!

Thank you to each and every donor who supplies extras for the child or family they support. These gifts may seem simple to us, but they make a world of difference to those receiving them.



Here comes the sun

You put the fun in fundraising!

Spring is on the way in the UK!
We're packing away the winter jumpers, tidying up the garden, and planning our summer activities.

Last year our supporters really made the most of the sun, inviting neighbours round to enjoy Open Gardens together, complete with cake and plant sales to raise money. Others completed sponsored hikes and runs.

How will you be fundraising this summer?



For help setting up your fundraiser, and a free printable poster for your Open Garden event, please email admin@quickentrust.com

A Date for your Diary:

Bates Green Open Garden,
Wednesday 14th June, 10am - 4pm
Bates Green Farm, Sussex, BN26 6SH

Visit the Tea Rooms, browse the plant sale and try your luck at the raffle!

Quicken Trust staff and volunteers will be serving light refreshments/lunch.

Sharing about your sponsored child or family over a slice of lemon drizzle is the most enjoyable way we know to introduce new friends to Quicken Trust!

Quicken Trust supporters enjoy gardens of all sizes, and visitors take home a few plants for their own gardens too!



How many of your friends can you ask to be our friends?

The regular donations that you give are the life-blood of the work we do in Kabubbu, from education to the building of Kabubbu Health Centre, to the simple but life-saving task of feeding impoverished families, year in and year out.

Recruiting new regular donors has become more and more difficult. We want to keep transforming lives in this precious community, but we can't do that without your continued help.

In the current financial climate many might find the idea of sponsoring a schoolchild throughout their whole education intimidating, or the amount (£34 per month) too much to manage at the moment.

This is the driving force behind our new initiative, *Friends of Quicken Trust*. A "friend" can choose their monthly donation level starting at just £5 per month, (£1.25 a week).

The funds will be used wherever the need is greatest, from fixing a water bore hole to providing lifesaving surgery.

You can find more details on the enclosed leaflet. If you would like more copies for your church or other community group, please email **admin@quickentrust.com**

If every regular donor shared the story of Kabubbu and recruited just two of their friends at the lowest donation level, this would boost income by £2500 pm. That's £30,000 over a year!

Can you rise to the challenge for the people of Kabubbu and persuade your friends to become our friends, so we can continue to transform lives.



01323 832 361 | PO Box 113 Hailsham BN27 4US

admin@quickentrust.com | quickentrust.com

Reg. Charity No. 1102474. Reg. Co. Limited by guarantee in England & Wales No. 05047081

Reg. Office: Chantry House, 22 Upperton Road, Eastbourne, BN21 1BF