



TOGETHER WE CAN SOLVE HUNGER

When people talk about climate change, the consequences and impact is often thought of as floods and strange weather patterns. But in Namatala, the community members are at the sharp end of these consequences.

Over the last couple of decades the weather pattern in Mbale has become increasingly erratic and droughts have become more frequent. Last year, the harvests were very poor which significantly drove up the food prices. For example maize flour, previously sold at 42p per Kg is now at 70p per Kg, beans have gone up from 58p per Kg to 74p per Kg, rice has increased from 56p to 88p per Kg. This has meant that many families in the community have become 'food insecure'. Those who were able to afford 2 or 3 meals per day are now struggling to find

money for 1 meal per day. Even at Child of Hope where we measure the children's BMI, we have noticed that since last year where only 12% of the children were underweight, this has shot up to 31%. Our families are seriously struggling to feed their children.

If Child of Hope wasn't giving the children lunch, then many would be very ill. The future food security is looking even worse. Uganda has been plagued by an onset of 'army worm' which destroys crops of maize (the main staple diet of Ugandans). It is estimated that this could reduce harvests by as much as 50%, further increasing food prices.

If you would like to help, consider donating a £25 business startup grant. Please see the back page for further details.



Result of army worm devouring crops

The fight is on.



Sickle Cell disease is an unfortunate medical condition which affects the blood of some African children.

It can cause anaemia which leads to terrible pain in the body and sadly often leads to an early death.

At Child of Hope, both Andrew and Rachel (not related) have been struggling with this condition.

Rachel (6 years old) was diagnosed with sickle cell disease just recently from our friends at JOY Hospice. With advice from the doctor, we ensure she receives a daily dosage

of folic acid which helps to boost blood production in her body. In addition, she joined our nutrition programme giving her extra fruit, vegetables and carbs to give her the best chance. Even with this intervention, she can occasionally become very sick and ends up admitted at Joy Hospice (our local friendly clinic run by a British GP).

Andrew (13 years old) is currently in P6 (penultimate year of Primary) and hopes to become a civil engineer when he grows up – helping to construct roads and build bridges in Uganda. He comes from a very poor family and was abandoned by his

parents. He now stays with his Uncle who also struggles financially. In the last year his sickle cell crises have been increasing in frequency and severity requiring him to be admitted at JOY Hospice several times to be transfused with extra blood. After the latest crisis we have started him on a drug called Hydroxyurea which should, in the long term, reduce the number of times he has to be transfused. We hope to start Rachel on this medication too.

These drugs cost about £15 per month. Our hope is that when Andrew starts his civil engineering job, he will have the means to be able to continue to fund his own life saving medication.

Savings bring goal within one year!

Caroline (aged [redacted]) was recruited to our IGA programme in 2016. She is a single mother who operates a ground nut paste business. Ground nuts are grown widely in Uganda from which a local 'satay sauce' type paste is made.

After receiving training and a small grant she started her paste business and quickly worked hard to save as much as possible from her profits. At the end of last year she came to our IGA office to ask for advice regarding her savings and any investment opportunity.

Caroline came up with the idea of buying a piece of land from her savings and we encouraged her in this. We continued encouraging her to save and through careful supervision and monitoring as well as her own hard work, her business started to thrive. The



IGA team helped her to look for a favourable market for her nut paste, increasing her profits further.

The hard work of Caroline and the IGA team paid off in March this year when she had been able to save £500 for a piece of land in Namabasa (just outside Namatala). The IGA manager assisted Caroline in the purchase of the land to ensure it was all 'above board' and officially witnessed the transaction. Caroline is looking forward to building her own home as she continues to save.



Incredible transformation for Rachael

Over her whole time in Child of Hope, Rachael, one of the children in Top Class, had not been a happy girl.

The Nursery staff observed a catalogue of problems including general poor health, poor nutrition, and very low self-esteem. Rachael was always crying and was unable to explain what she needed to the teachers. Although we identified her as being a bright girl, she was making little progress because her basic needs were not being met.

Headteacher, Amulen Scovia, approached the school nurse to get a medical assessment, and then recommended that the Family Support Unit carry out a home visit. It was found that Rachael was sleeping with the goats (outside the main house), was being inadequately fed and was not being washed. She was also being used for general labour.

It was agreed that regular home follow ups would be made by both the Family Support and Nurse staff. Rachael was also put the feeding programme.

Since then, we have seen an incredible transformation in Rachael this term! She is now clean and smart when she comes to school and she always has a big smile on her face. She is active in lessons and is making excellent progress in both Language and Mathematics. She has made friends and she enjoys playing with them at break times. We are excited to see how she continues to progress over the course of this year!

Mother a hero in her family!

Jennifer is a single mother with 9 dependent children under her care. She joined our IGA scheme in 2014 after Child of Hope decided to allocate her 2 places for her children in the nursery.

She was clearly in need of assistance to find a way to start earning money to support all these children, one of whom was suffering from chronic haemorrhage problems.

After undergoing the training she was given a small grant which she used to purchase some bags of low-priced local cereal crops. She waited and then sold them on during the high-

price season – making a significant profit. She then added on other businesses including brick-laying, agriculture and animal keeping.

Through hard work, persistence and savings she now owns two small houses – one for her older children and one for herself and the younger children. When asked about her hopes for the future she said that her dream is to provide the children with a firm foundation for life through education – something no-one in her clan or family have ever achieved. She continues to look to Child of Hope for mentoring assistance as and when needed.



Life Saving Water Filters

One of the main health problems found in Namatala is diarrhoea, mostly due to drinking dirty water. Other more serious diseases like typhoid and bacterial stomach infections also appear, and just occasionally, cholera.

With the help of Roger Neuberg and the Rotary Club of Oady, Child of Hope has been able to empower families to treat their water and prevent these debilitating illnesses. In April this year, 101 water filters were donated and our family support team were pleased to distribute them to local needy families. Training was given, including the reasons for using filters and how to set them up, and then everyone celebrated as they were handed their new filters!

Such interventions are helping to transform the health of this slum community, alleviating families of expensive medical treatment bills and ensuring workers and students take fewer days off sick.



New Fostering Service

In Uganda the Government has produced a framework called 'Alternative Care' which gives guidance on how best to look after orphaned and vulnerable children.

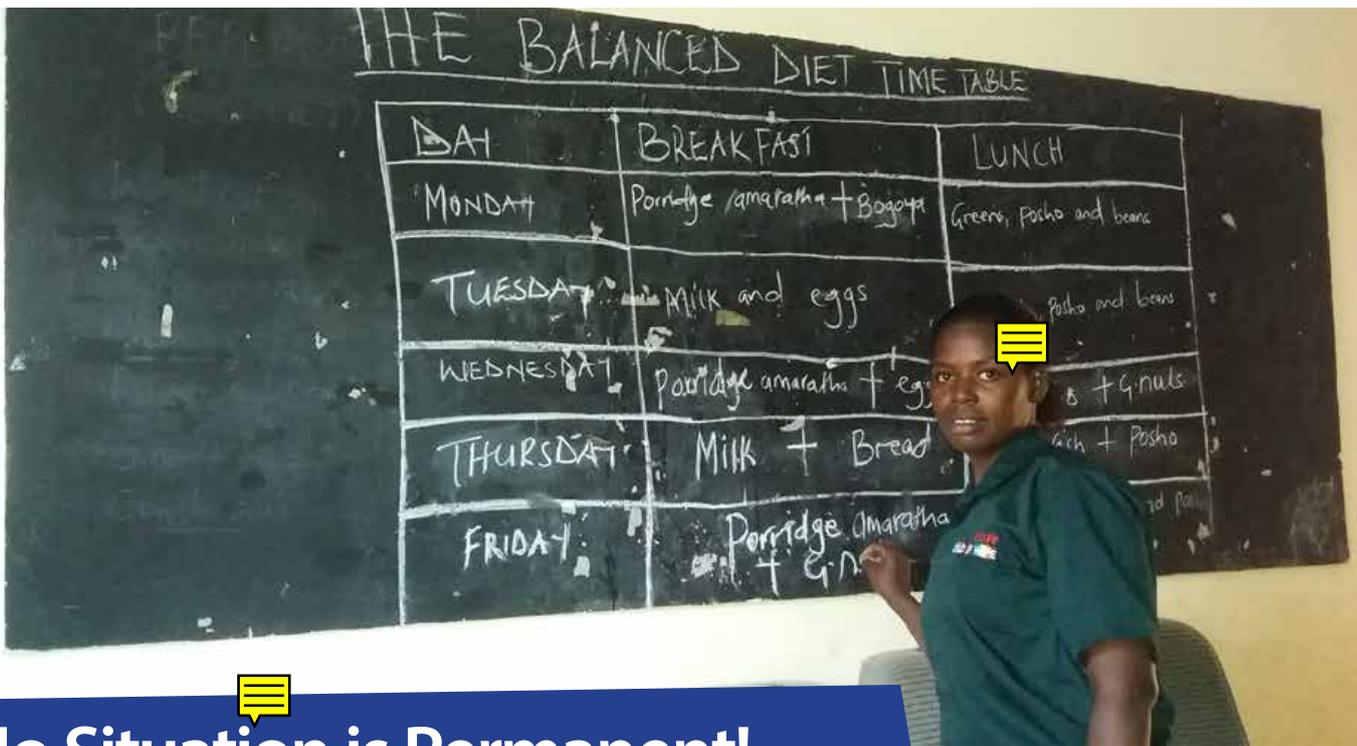
Unfortunately, not all children are able to live in a happy and loving environment with their biological parents. Some lose their parents through sickness or

abandonment, and some are abused at home. This new framework sets out how best to help these children.

If it is not possible for the child to live with their biological parents 'kinship care' is next best, ie staying with biological relatives (Aunts and Uncles, Grandparents, etc). If this is not possible, then the next best solution is fostering, hopefully eventually leading to adoption within Uganda. The last option is staying in a children's home. This system seems very good to us but sadly there is no official fostering service in Uganda! This has not deterred us though!

Although Ugandan families are used to accommodating children who are from their wider family, taking in children who are not related to them is very rare. Our Family Support team have worked very hard to find suitable local families who would be willing to take children into their homes. A huge amount of counselling and explanation has been undertaken with prospective families and children, as well as inspection of homes. This has taken a lot of time and energy, but after months of hard work we have managed to recruit 8 families, which has enabled 13 children to move out of the children's home and into a family setting.

Despite slow progress we are committed to seeing more of the children in our children's home find suitable foster families, as, with the Ugandan Government, we believe this is the best way for these children to grow and flourish.



No Situation is Permanent!

We can always find a big smile on the face of Joshua (9 years old)! He's a lovely young lad who, sadly, was born with HIV. Joshua's mother died when he was very young and he was being badly neglected by the remaining family looking after him.

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Despite having been prescribed ARV's (drugs to help his HIV condition), he often missed taking them and he was struggling with malnutrition. The Family Support Team swiftly moved into action, addressing the abuse situation at his home and ensuring he was safe there. The health team then took over the administration of his ARV's. In addition they started Joshua on a special nutrition programme involving extra

food each day such as eggs, green vegetables, nuts, fish, avocados and bananas, milk and porridge.

The change in him has been dramatic - his immunity has greatly increased and he is now fit and healthy, joining in games with his friends. There is power when teams work together and Joshua can testify that every situation can be turned around!

Sports and Games

Supporting slower learners is always a challenge. There can be a range of factors that cause individual children to struggle with their learning.

We have found that physical activities can be hugely beneficial in helping struggling children to grasp basic Maths concepts.

A few months ago, we received a donation of various sports and games equipment including ropes, balls, Scrabble, Ludo and dominoes. The teachers have been putting these to good use, not only in playtimes

but also to enhance learning.

Teacher Stella explains how skipping games can be used to help children with counting. As the children jump, the teacher can guide the children to count. Ludo has also helped the children with counting and problem solving. Dominoes have been used to help with number identification, problem solving and addition. Children who are reluctant to engage in writing activities have made great progress through learning number skills through sports and games!



Disability cannot stop me!

M meet Lillian Mone our amazing secretary. She joined us in 2014 at which time she was unemployed due to her disability.

Lillian grew up in Lira District (Northern Uganda) in Otinwa children's orphanage home. During the war when she was 15 years old she was shot in the leg and eventually had to have it amputated. At that time some well-wishers helped her pay for a prosthetic leg which she uses to help her walk.

After school she took a secretarial course under the sponsorship of the orphanage where she grew up. Despite this qualification she still struggled to find employment as many prospective employers thought that she wouldn't manage the work. During 2014 she



started attending the Lighthouse Church where our executive Director is pastor. He recommended her to for an interview as School Secretary which she passed with flying colours.

Lillian always has a big smile on her face and enjoys welcoming visitors

and meeting new people. She is always very professional in her work and is in high demand from many of the staff looking to get their work typed up quickly! During her spare time you can find her participating in the church choir, singing and dancing with the rest of the singers! Lillian loves her working environment. She says

"The job has given my great comfort and freedom, making me feel very special and happy. I don't even feel as if I'm disabled anymore – I'm normal like everyone else. Child of Hope has given me such great encouragement – it's now my family! I shall be forever grateful!"

Exams Centre Success!

The primary education system in Uganda is run by the Ministry of Education, Science Technology and Sports. Every school must be properly licenced with them in order to operate and we are pleased that we have been licenced since we first began.

Not every school is allowed to conduct the National Primary Leaving Examination (the exam at the end of Primary education which allows

the child to move on to Secondary school). For the last couple of years we have had to send our P7 leavers to another local school in order to do the exam. However, after many sleepless nights, several trips to Kampala and a number of nail-biting inspections, we are pleased to report that we have been granted a UNEB (Uganda National Examinations Board) Centre number – we can now conduct the national exams from our own building!



This is a great source of pride to our primary and when the Headteacher returned from Kampala with the certificate, a spontaneous mini-party ensued!

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Child of Hope is run in Uganda by a husband and wife team Moses & Bex Okot (pictured) and a staff of 36. In the UK and Ireland it is headed by a team of trustees and 28 volunteers, who make possible the life-changing social impact we provide for the children of the Namatala slum. *If you would like to join the team, please see the UK Volunteers page on our website.*

