

- Two new livelihood programs for some of our mothers.
- Helping the health of our community, via HIV Day and a medical clinic.
- Improvements to the school, with fresh paint and new students.

INSIDE
THIS ISSUE:

- HIV/AIDS Day 2
- Child Ambassadors 2
- Basket Weaving 2
- Medical Clinic 3
- New Nursery Class 3
- Getting Artistic 3
- Note from the Editor 4

News from Namuwongo

VOLUME 3, ISSUE 2

SEPTEMBER 2011

Namuwongo's Got Talent

Even though the Holiday Programme finished in August, it feels like it has just ended, as the memories are still so fresh in our minds. We had 98% attendance from our sponsored children, which was fantastic! The programme was full of color, activities, and laughter, with lots of volunteers to help. Camber from the US and Amy from the UK bought t-shirts for all the children to wear while Lauren from the UK donated over 200 football shirts and shorts that she collected from her school in the UK. With Hannah and Libby's help we held 'Namuwongo's Got Talent' with music, dancing, and modeling. The girls helped set it up and acted as judges, although they were much nicer

than the ones on tv! Everyone who attended agreed that our children have got talent!



Pascal providing musical accompaniment to one of our dance competitions.

Our days were full, from 8 am until 4 pm. Sometimes the children even complained, because they were having too much fun! They would ex-

claim, "Teacher, are we coming back again tomorrow?" Or, ask about food, because for some, lunch might be the only meal that will keep them going until the next day. A few special treats were given to the children, such as sodas, sweets, and meat. Abdul, elected to be a Child Ambassador, expressed his joy after attending the training. He said that he "had no words to express [his] experience" because of how amazing it was to eat! For Abdul, an orphan, having a meal of meat and rice meant a lot to him. For him, the Holiday Programme is one that opens doors.

Patience- Child Sponsorship Programme Manager

Lighting Up Lives

We have recently launched a solar power lights project. Our goal is to create a small business opportunity for some of our Mum's while also providing the benefits of solar power light (i.e. safer home environment, cost saving etc) to people within the commu-

nity. We selected four mothers to be our initial "Solar Entrepreneurs." They each purchased five solar lights, at a subsidy, and then began renting them out to their customers for a small fee every day. The income they earn each week is sufficient to

payback their loan from UHfH and earn a profit. With this additional income, one Mum was able to use it to purchase new school shoes for her child and more food for her family. We are very excited about this project and the potential it carries!

Our 3rd HIV/AIDS Awareness Day



Children, staff, and volunteers marching with banner.

So our annual HIV/AIDS Awareness Day has now come and gone. I'm happy to report that we successfully tested almost 300 people from our community for HIV. And not only did we test, we provided health education on HIV, AIDS, family planning, TB, HIV rights, and safe sex. Each person who got tested received an entire box of condoms and some information sheets about family planning. We had carried out a

great deal of mobilising in the community to prepare for the event and began our day with a march through the community with our Saturday morning kids and staff. The kids had a good time beating drums, holding the banners, and shouting our slogan for the day, 'K n o w Y o u r Status'. Throughout the day, we had music and entertainment provided by a local charity group that teaches hip-hop to poor

kids. We had two very excellent talks on HIV given by local medical organisations. And to add just a little more fun, we had two local groups perform: a traditional drum and dance group, as well as a local church choir, featuring some of our kids! Our day finished with a raffle for those that got tested, with mosquito nets and airtime for prizes!

"Wow...this has been a wonderful day for me, I managed to dance the best and got a prize", Faika, one our Child Ambassadors

Coming soon to markets across the world!



UhfH Child Ambassadors

We recently completed a child ambassador training program for 9 of our older children. They were selected by their peers during our Holiday Programme to take part in this training programme. The goal of the training was to equip and mentor children so as to become peer leaders and child advocates. We hope that our children will be-

come role models for other children in our community, leading to positive attitudes and actions. During this three-day training, our children interacted with 240 other children from all over Kampala, from 25 member organisations. Some of the topics they learned about were child protection, child abuse, and dealing with their feelings. Teaching

methods used included stories, group discussions, and games, which helped the children recognize unsafe situations and how to seek proper assistance. They also learned how to establish non-coercive relationships, and strengthen attitudes and values related to respect and responsibility.

-Mary, Community Outreach Team

Basket Weaving Training

We have started a basket weaving project for 14 of our sponsored children's mothers. We partnered with an organisation called NAWOU who provide basket weaving train-

ing and will be the key link between our mothers and retail stores in the US, UK, Germany, and here in Uganda. We had 4 days of training, during which time our mothers learned how to dye the materials and create the intricate baskets and design. Following the train-

ing, the women meet three times a week to perfect their skill in preparation for orders. Once they are ready and begin producing, they will earn a valuable source of income for their families. We will also sell the baskets in our office, so keep an eye out when you come visit!

Giving Hope and Love to Namuwongo



Dr. Isaac helping patients at the July clinic

In Namuwongo slum, medical care is not easily accessible. If it is available to people, it is usually at a cost which people cannot afford. However, it is often the people struggling with poverty who need medical attention

the most. Malaria, HIV/AIDS, and malnutrition, along with coughs and the flu are all too common. Every six months, Uganda Hands for Hope partners with *Loving One by One Ministries* to offer free medical clinics in the community. The medical clinics provide consultations with local doctors, pharmacists who offer medication, and deworming pills for children. Occasionally,

there are special cases where someone needs emergency care and are transported to a nearest hospital. This July, *Loving One By One* came to do another clinic here in Namuwongo. The clinic was very successful, with more than 500 people receiving medical care, and over 1100 children being dewormed. The people who live in the community are very grateful to receive free medical care, and we are happy to be in a position to help facilitate this clinic for them.

'The annual price changes in maize....ranged from increases of more than 100% in Kampala', World Bank June 2011

Help us reach out to more kids

Each year, we start a new group of sponsored children in our baby-one class at the nursery. In September, we introduced a second baby-one class of only 15 children, each one unsponsored. Unfortunately, food prices have been on the rise here and we have seen many more families struggling to provide. More children are wandering

the slum; many families are returning to their villages. We realize that we cannot provide for all of them, but we can begin to help some of the kids on our sponsorship waiting list. While these kids wait for a sponsor, they will be learning some basics, such as the alphabet and polite requests. As these children do not have access to

proper latrines or running water, they will also learn the importance of hygiene, and how to properly use a toilet. We provide food, which in some cases, is the only food they get all day. We hope this will be a good introduction into school life for the children, and that we can soon find sponsors for them all.
- Michael, Community Outreach Team

Getting Artistic

Thanks to some generous supporters and volunteers we have a great community library. It is filled with books of all kinds for our sponsored children and the entire community to enjoy. All our children love to borrow books, local schools in the area also come to borrow piles of books for their students and recently a local hospital has also

started borrowing. Recently, Camber, a volunteer from the US used her fundraised money to purchase books for the library which are set in African countries like Uganda which contain images which are familiar to our library users. Our library walls have been transformed from pink to a wonderfully colourful mural. Adam a volunteer from

the UK and Nathan (UHFH staff) designed and painted the mural. Hanny and Libby also painted the kids toilet doors so now our offices are even more colourful, much to the delight of the kids.



Nathan paints a monkey on the front of the library.



Uganda Hands for Hope

P.O. Box 11319

Kampala, Uganda

Website: www.onlinehope.org

Email: handsforhopeuganda@gmail.com

Facebook: Uganda Hands for Hope (Non-Profit)

In the community, for the community

We receive many donations from visitors that come to visit us here. Clothes, shoes, school supplies, computers, toys, games, books, and more! Some recent volunteers brought



with them premiership shirts and shorts, along with the name and handprint of each individual that donated the article of clothing. The children, in return, sent back a picture, name, and handprint as a thank-you.

How time flies...

It's hard to believe how quickly time passes here in Namuwongo and it only seems like yesterday when I sat down to write my first article for the October 2010 newsletter. Those of you who have visited us will know that UHfH is a hive of activity 24/7 and there is never a dull moment around the office so it's no wonder that it feels like the past year has just whizzed by me. We have experienced many highs, from registering our 200th child onto our sponsorship programme (we now have 208 children sponsored) to overseeing our sponsored primary school kids elect nine of their peers to become child ambassadors, representing UHfH in the

'Keeping Children Safe in Kampala' programme. Sadly, the moments of happiness have also been accompanied by some times of sorrow over the past year. Little Zainab passing away in the floods which ravaged through the community at Easter had a profound



Gráinne on a family visit in the community

effect on UHfH and the entire community. The cost of living here in Uganda has significantly increased which is having a huge impact on the community we are working with. We are seeing more and more malnourished children rooting for food on the piles of rubbish that litter the community and hearing of more deaths from preventable illnesses. However, we are looking forward to what the coming year has in store for UHfH, which will hopefully include highlights such as the purchase of our own building and reaching 250 children in our sponsorship programme.

Gráinne, Project Manager