

The Mityana Charity



Dedicated to helping the people of Mityana, Uganda

Registered Charity no.: 1064825

Issue: July 2020



Our own Achilles who was sponsored to become a doctor is on the front line



Handwashing Good Practice

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Responding to COVID-19 in Uganda

The lockdown as a result of COVID 19 in Uganda, has left HIV+ children gravely affected by lack of basic needs such as food, thus compromising the effectiveness of their treatment. Lack of proper nutrition, has left many starving, hardly having a meal a day. This exposes them to treatment failure and increased viral load which may see more deaths even after the pandemic. A project initiated by PaCT aims at saving the lives of 250 HIV+ children by providing food nutritious porridge, milk etc in Mityana Districts.

Food aid for those affected by COVID-19



The confirmation of COVID 19 in Uganda on 21st March 2020 came with several measures

to curb the spread of the virus, including a ban on social gathering and sealed with a total lock-down for almost 4 months now.

Despite the effectiveness of the measures, the country's economy has suffered a grave setback with the closure of over 4200 companies and a hike in food prices. The situation has led to limited access to food for HIV+ children which poses a serious setback to their treatment.



The demonstration vegetable gardens established by PaCT will provide knowledge and experience to family members of children living with HIV which will allow them to continue the operation of the gardens even after COVID 19. It's also expected that the families can use the gardens to increase their household income by selling surplus harvests.

The provision of food such as maize flour porridge will help children to maintain their treatment and avoid increased viral load and death.

PaCT are now raising money themselves to help alleviate this and you can read more at:

<https://www.globalgiving.org/projects/scaling-up-covid-19-relief-for-the-most-at-risk/?fbclid=IwAR21s65YDNOxLoY68FXQDGk2EOO5mk6bGOKmEAvTdzKH7BMBRTYfiTfPnUk>

Thank you

A big thank you to you all for contributing food for the sponsored families. It is hard to believe that some were thinking they were going to die of hunger rather than COVID. The families were so grateful and sent their thanks to you all for your love towards them.

A very generous sponsor also donated money so all the families could have another 2 weeks food. This was so unexpected and unbelievable. Thank you so very much.

A quote from Uganda: “Kindness can transform someone’s dark moment with a blaze of light. You will never know how much your caring matters or makes a difference for those in need until you see the big smiles on their faces. We are extremely grateful to our development partners and sponsors for the kind gesture that has added value to our community through food aid during this challenging situation of lockdown. “We rise by lifting others”

We are very proud that our team in Mityana have been very active during the lockdown in Uganda due to COVID-19 with funding from our partners Blood Water.

Few organizations were left working when the President ordered lockdown. Most of the President’s address was in English and all the materials were in English - language not understood by everyone, thus limiting understanding and knowledge of the virus to people about the pandemic.

PaCT realised the need and started to work closely with the district partners in helping to devise ways to help the community in understanding COVID 19 and enhancing their ability to stay safe.

Partners for Community Transformation through funding from Blood Water Mission together with Mityana District DHO office and District Task Force for COVID 19, engaged their staff and resources on "Creating awareness " to the target communities in the all of the district. So far so good, their intervention has had immense impact on the lives of so many households through:

- 1) Community Awareness using loud speakers on road drives,
- 2) weekly conducting of Radio talk shows,



Ronnie (WASH and Health Coordinator), at the radio station broadcasting information about COVID-19

- 3) Distribution of sanitizers to the health units,
- 4) Supporting the isolation centre (at Mityana hospital) with hospital beds,
- 5) Distributing of hand washing facilities (Tippy taps, soaps, and liquid soaps) to vulnerable households especially the elderly,
- 6) Provided airtime to ensure communication for the task forces & surveillance team
- 7) Supported the district tasks force and security unit with fuel in order to facilitate quick responses to communities.

Thank you PaCT (& Blood Water) for seeing the need to dedicate your staff to serve the most vulnerable community amidst this pandemic

Farming in Mityana



Sometimes when we have been given updated forms detailing the circumstances of our sponsored child's family, we have found that the form has the occupation of the principle carer (who is almost without exception, a woman) as "a farmer".

This description, to our eyes, makes it look as if the family is well off and not in need of help.



However, the truth is very different. The poor woman may be a labourer on someone else's land, rent a small plot of land to grow a crop of beans or more usually, simply grow a few vegetables, beans and matoke in the garden around her house. This is the most common form of agriculture in Mityana which

allows a small flow of cash into the family when they produce an excess of something which can be sold in the market. Some homes have slightly more land than others and are therefore able to keep chickens, a pig or even a cow. The situation of these families is a bit like people in England who have allotments and a hundred years ago fed their families completely from them.

We hope that the next time forms are sent to us from Mityana, the information they give will be amended to allow for our lack of understanding of the realities of Ugandan life.

WASH Projects Update

New Maternity Ward for Kalangaalo Health Centre

We are very pleased to announce that, as a result of a very generous gift we have received, we are now able to start work on a new building at Kalangaalo Health Centre to house the maternity ward and the antenatal maternity consulting rooms.

The Health Centre at Kalangaalo has lots of patients, and in the past, they have had great problems with expectant mothers turning up to give birth. On occasions these births have had to take place on the floor because there is no delivery room, and the one and only ward, has had to accommodate male and female patients, as well as any child patients.

We are very glad to be able to award a contract to the selected contractor, and to start work on this urgently required facility.

See more about the clinic at:

<https://youtu.be/qQEhWxovvc>

Possible New Maternity Ward for Mpenja Health Centre

At the time of going to press we are also planning a similar facility at Mpenja Health Centre. Most of the money needed has been

promised already, and so we are hoping to sort out the details and confirm that this project will go ahead before too long.

These two projects follow on the success of the Health Centre that we constructed in 2018 at Rwamashengyero which is illustrated below:



We are glad to report that the Rwamashengyero Health Centre is being well used and the number of patients treated during each quarter of 2019 was as follows:

First	Second	Third	Fourth
371	819	908	987

Report on WASH Projects:

After several successful years of providing quite a number of latrines, bore holes and water tanks to collect water off roofs, we are rather short of funds for 2020 WASH Projects. So far, we have received donations so that we can provide one water tank and one set of four-door latrines. Here is a picture of the newly completed water tank at Nassanga Primary School:



However, the team in Uganda have received applications from quite a number of schools where latrines and water tanks are urgently required. They have visited the schools and made a list of the four schools where latrines are most urgently needed. There is a similar list of four schools where water tanks are most urgently needed.

I am glad to report that one church is sending us £ 100 per month toward the WASH Project programme. But this income will only pay for about one water tank in 2020 so we would be glad to receive donations large and small towards providing clean drinking water and latrines, where they are most needed.

Do have a look at the video now available on the first page of the Mityana Charity website to see pictures of the good things that are taking place in Mityana, and to meet Geoffrey the Executive Director of PaCT, and to see Ronald our WASH and Health Coordinator in action. In Uganda Mityana Charity is called Partners for Community Transformation (PaCT).

https://drive.google.com/file/d/13xxXYdX5hMtUqXuW3FWeXAvrbbT6zYNI/view?usp=drive_sdk

Hugh Wakeling

Visiting Mityana March 2020 - Personal reflections on a truly memorable and enriching experience

Celebrating a 25th year anniversary is nearly always seen as a special event. This year 2020, it is, as we know The Mityana Charity's 25th year and where better to celebrate this, than in Mityana itself, along with the incredible team of people, who transform the monies raised in the UK into positive, relevant projects that give much needed vital support and amenities to the local district communities.

The full itinerary for our 10-day visit to Mityana was arranged so to give us wide-ranging experiences, so as to raise our

awareness, knowledge and physicality of the various initiatives that PaCT are involved in. It allowed us the privilege of gaining real-life insight into how all the monies raised in the UK is used to its absolute potential- you definitely get a sense no money is wasted. The main focus of the itinerary was of course the Educational support and initiatives the Charity provides, Florence had made the arrangements for visits to our Sponsored children in their own homes, so we could meet their families and they had then a face to a name. Also, we had been asked to distribute gifts from some UK sponsors for their children and the families. In addition, Florence had organised visits to a few local schools, both primary and secondary, which our Sponsored children attend, giving us the opportunity to see their school work, along with meeting school friends and teachers.



For me though, the moment of the day was the incredibly moving Testimonial given by Achilles Simpson who had just graduated as a medical doctor from Kampala University. He spoke of being a small 5-year boy, raised by his grandmother, with little hope of any formal education, let alone attending both secondary school and university, he was then sponsored through the Charity. He expressed a lot of love and gratitude for his sponsors, as well as the Charity in the support and understanding he had received, and he, in turn worked extremely hard in his studies and achieved “way beyond anything I could have imagined as that 5-year-old boy”



The 25th anniversary celebratory cake

However our first full day of the itinerary was spent attending the much anticipated 25th year Celebration of the Mityana Charity, this was combined with the yearly AGM ,with all its invited guests from within the Mityana District, the Graduation ceremony for several sponsored children(now young adults)who have recently completed college/university courses -plus a heady mix, of lots of singing, dancing, celebration cake and tasty food.

(You might like to look at a video of our 25th anniversary celebration. The children dancing are some of our sponsored children. video was taken by one of our ex sponsored students who now has his own media company. <https://youtu.be/1LK0gUUTe9M>)



I felt the whole day was an uplifting affirmation of the positive differences the Charity has made in the lives of many people and communities, not only in Mityana, but in the UK as well.



Saturday was spent visiting our sponsored children and their families at home - I believe this to be a special day for us as Sponsors- just being able to meet with Sharifah and her Aunt Sylvia gave us a very real sense and understanding of her as an individual, her home circumstances, her wishes and hopes for her future, as well as those of her Aunt's. She was no longer is just a photo with a

report, but a little person I now have real memories of, as we have a history of some shared moments together. I now know her likes and dislikes when buying something to bring her as a gift on my next visit.

Our second week began with a very busy day's schedule starting with a long road trip ahead of us. We were joined by Mr Ronnie Anguzu WASH & Health Coordinator and Ms Rebecca Namubiru Integrated Health Officer who was to organise the distribution of food and essentials to isolated elderly and disabled people in a village some distance away from Mityana town. We were also accompanied by the two local Community workers, whose job was to identify the neediest people, and to take us to them given the maze of tracks and footpaths around most villages.

Many elderly people live entirely alone, as those relatives who traditionally would have cared for them, have often died young because of HIV/AIDS, leaving them with little or no support. However, what we witnessed was incredible resilience and resourcefulness, in the face of significant hardship -tiny old ladies managing to survive on a few vegetables and maybe a little milk given by neighbours. Our gift to them hopefully will sustain them for a period of time, and their amazement and gratitude was spontaneous and heartfelt.



Providing these food parcels could be seen as a little demeaning, but Ugandans are pragmatic in recognising extreme hardship and believe that "helping out is a true mark of friendship"

The whole day showed us how important it is for PaCT, as a community focussed organisation to respond practically to the needs of the very poor, as one of their strategic objectives is to reduce mortality and the prevalence of disease. An example of this objective was experienced that very day - one lady who was visited that day had a very sick baby, but because she was disabled, she had been unable to raise the alarm to get the

child to hospital, a quick response from the Community Worker meant getting the child immediate medical attention and as we were able to contribute towards the cost of the transport, helped, as it made life a little easier for both the Mother and the baby-later we were told that if we had not made that visit that day the child would probably have died.

On a visit to Lwankuba Coffee Farm (coffee for wealth), which is managed by PaCT we met up with Geoffrey who told us of the origins of the farm and explained its importance as a vital source of income for the Charity, and despite the obvious hard work that goes into running the farm, there are definite plans in place to further promote and sell the coffee direct, as a new Café is due to open soon.

The afternoon was taken up with visits to two local Primary Schools - St Francis School is the one attended by our Sponsored Child Sharifah and we were invited to visit her classroom, see some of her school work, meet her best friend, as well as her Teacher. All the children appear proud to show off their school books and it always amazes me as to how much work, which involves lots of different subjects is produced -good handwriting is encouraged and this is evident throughout Sharifah's books. How this is achieved when there are often 50 plus pupils in a classroom is mind blowing! Despite being encouraged to look around the School, our visits can create mild chaos for the Staff, so we didn't overstay our welcome. The plan was to present each school with some hopefully useful educational items, which were much appreciated by the Staff, - we then said our Goodbyes- everyone waving frantically!

During our stay at the Enro, there were several informal visits made by former sponsored children, who are now young adults, more often to have a catch-up with Jean and Pat, but occasionally just to take time out, chat and get to know us as visitors from the UK branch of the Charity This particular Wednesday Godfrey came for an

impromptu visit -he had been supported by the Charity as a child - and is now a Social Worker working with poorer families around Lake Wahmala. He was passionate about his role in supporting these families, making huge efforts to ensure a better life for them, as he knows from his own experiences as a child the impact extreme hardship can have on your sense of worth and morale. He certainly believed most strongly that The Mityana Charity had “given him a life” and this belief underpins his vocation today. We certainly enjoyed his company and were amazed by all the other interests he managed to give time to, despite what appears to us to be a very heavy workload.

These personal notes on my most recent trip to Mityana certainly do not include all the very many more initiatives that PaCT is involved with, as our focus was to be with the Educational programmes, that The Mityana UK Charity supports. For me, I view the Charity as being in two halves-one half is equally important as the other, so it has been hugely beneficial to experience the Charity as a complete whole, by visiting Mityana, meeting the PaCT team and seeing for myself the enormous amount of work that is done, as well as having a greater understanding of the difference this work makes to people’s lives.

So, when Jean starts planning her next visit to Mityana, I would simply urge anybody and everybody connected with the Charity to consider going with her - you won` t regret it!

available markets around Mityana town and other neighbouring towns as well as to supply users of Raglan Hall once it’s completed in the future.



Construction of the Business Incubation Centre (BIC)

This centre which aims to build the business skills of ex-sponsored beneficiaries is now complete and fully equipped. It will be used to improve and widen their knowledge and skills in business establishments and management. Initially the focus will be put on tailoring and catering and as such the participants will produce different items to be supplied to the different

Digital Database

As mentioned in our Annual Report we have invested in a digital database for use in Uganda. The intention is that every sponsor should be able to access his/her child’s details online. It is secure, safe and fast. Our set target is that, by the end of June 2020, all sponsors should be able to view their child’s life online. ***Please contact us if you have not yet received your login details.***

Such information includes the child’s biography, academic reports, updated photos, and family information. Having this database will ensure that sponsors have

access to up-to-date information about their children and their educational performance.

You will soon be able to send letters to your child through this site and sponsored Grandmothers will also be added soon.

It will also mean that the sponsorship coordinators in the UK will not have such an expensive and time-consuming job to do, sending all the letters and reports out by post.

Please be assured that only your name, sex, country of residence and login password numbers are kept on the Ugandan database.

Please log in via:

<https://mucharity.charitymanage.com/sponsor>

The first time I met my sponsor child by Mike Clark

My wife Margaret and I have been supporters of the Mityana Charity for some years.

I had the privilege of being invited to Bishop Stephen Kaziimba installation as Archbishop of Uganda on March 1st this year in Namirembe Cathedral, Kampala. During my week in Uganda, I was hosted by Michael Lubowa, who is now Bishop of Central Buganda, and living in Kasaka some 45 minutes south of Mityana.

A highlight of our visit was meeting my sponsor child, Naluyima Plaxheda for the first time. On the morning of Friday February 28th, Michael and I headed for Mityana, and the Ajin Building. It was a pleasure to be welcomed by Florence, and meet many of her PACT colleagues. The new Ajin Building is impressive! We were updated on some of the programmes, and I was particularly interested in the ILGU (land governance) project. But nothing could match the joy of meeting my sponsor child! A big hug on arrival, then some shyness, and soon we were looking at her school work. Her English is very

good, though Florence and I had to encourage her to speak up! Meantime, her mother cared for the newest member of the family who was walking - just. Florence was very skilful at helping Naluyima to be less daunted at meeting this strange man from far away than she might otherwise have been. I had a chance to practice my very limited Luganda vocabulary. After the meeting Michael and I visited members of his family in Mityana. What a day!

End of trip safari, rhino sanctuary and chimp island

David was our driver/guide on the safari and very good he was too.

A very early start and then off to the Rhino Sanctuary. This was set up to try to reintroduce rhinos after Idi Amin allowed them to all be poached. We walked to see the rhinos and wellington boots were available, ants being a hazard. There were four rhinos lounging in the shade and these were joined by a fifth which caused some activity. The guides knew them all by name and their relationship to each other.

Then it was on to a welcome lunch stop before pressing on to Murchison Falls. A new road is being built in the park to facilitate the oil industry. This may well benefit the economy but not the wildlife of the park. The work is very intrusive. However, the top of the falls is impressive as the wide Nile squeezes through a small gap in the rocks and tumbles down the hill. Rainbows formed in the spray.

Arrival at the lodge was the re entry to the first world. Plumbing that worked in the normal way, wifi, a swimming pool. Shows how spoilt we are that these things were such a pleasure.

Next day on our first game drive a large elephant blocked the road and walked slowly along in front of us. After he branched off, we saw many other animals including giraffes,

buffalos and antelopes.

In the afternoon we had a river trip in a small boat to see the falls from the bottom. On the way there were crocodiles, elephants and hippos. We had two more game drives before leaving. We saw one lion cub and had beautiful views of a leopard in a tree.

Now we did get to stay at Banana Village for the night. Friendly and comfortable. Our flight home was not until midnight so we made a trip to Chimpanzee Island in Lake Victoria. It was cold and wet. The lake was rough with spray coming over us. Some winter clothes wouldn't have been out of place. We crossed the equator going and coming.

We were welcomed to the island with hot drinks and towels and soon warmed up although it continued wet.

This sanctuary has been set up to rescue chimps from the pet trade and other situations where they become orphaned. They live mainly in the forest but because the forest is not big enough to sustain the number of chimps they are fed at regular intervals and brought in to the cages at night where they sleep in hammocks. All the chimps knew their names and answered to them. There was a vet on hand to look after them with a very well equipped and clean hospital. We finished our visit with lunch. A chef in full chef uniform took our order and produced an excellent meal. It's possible to volunteer to work here and two Swiss ladies had been doing so. A very pleasant end to an enjoyable two weeks in Uganda.

Margaret and Mary



Sponsors Needed

We still have many children needing sponsorship. We would be grateful if you could raise this with friends/groups.

- £180 a year or £15 a month for primary fees from Nursery to P7
- Plus £150 for boarding for those going into P7 so they can concentrate on their final end of primary exams.
- £300 a year or £25 a month. First year secondary need an extra £70 to help set them up with the equipment they need for secondary school.

Gift scheme change of address

If you would like to use our gift scheme, please send to

**Graham Addison
2 Heatherway,
Edgcumbe Park,
Crowthorne,
Berks RG45 6HG**

See the list of gifts at:

https://www.mityanacharity.org/donations_gifts.php

Finally, a few financial reminders.....

Gift Aid

Are you a **tax payer**? If so, please consider completing a Gift Aid form downloadable at: [mityanacharity.org/form_ga.doc](https://www.mityanacharity.org/form_ga.doc)

Legacies

Are you Interested in leaving a **legacy** to **The Mityana Charity?**

For further information please see:

[mityanacharity.org/donations_legacy.html](https://www.mityanacharity.org/donations_legacy.html)

A Plea from our Treasurer

CAF donations

Please notify us by email
enquiry@mityanacharity.org if you
donate in this way and include:

Your name

The amount

**The project for which it is
intended**

Thank you

Bob Riddaway

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