



**FOOD FOR
THE HUNGRY**



BUKIENDE, UGANDA
YEAR END PROGRESS REPORT
FISCAL YEAR 2021

WRITTEN BY STELLA ALEPER, FOOD FOR THE HUNGRY (FH) UGANDA
PREPARED BY FOOD FOR THE HUNGRY (FH) CANADA

INTRODUCTION

 Number of Communities:
4 communities
Bumutsopa, Bushiangi,
Bungwaanyi, Burukuru

 Total Households:
4,723

 Total Population:
21,815

 Program Participants:
7,480



Walking with Bukiende

2019

Entered Partnership

2029

Graduation

Since 2019, the families of Bukiende have been on an exciting journey from stuck to thriving. For these first three years of partnership, four out of the seven communities in the area have enthusiastically pursued improvements in education, health, livelihoods, and leadership development.

Food for the Hungry (FH) is delighted to announce that in October 2022, three additional (and final) communities in Bukiende will join in FH partnership!

Thanks to the generous support of donors like you, FH is able to increase the number of communities they partner with in Bukiende. This means engaging the entire area in Child Focused Community Transformation (CFCT), something that wasn't possible before due to a lack of funding. FH is confident all seven Bukiende communities will graduate together in 2029.

Space is extremely limited at Bukiende Health Centre III, meaning some women have to lay on mattresses on the floor to recover from giving birth. At the same time, the number of women coming to the health centre to give birth is increasing. In response, FH Canada has recently approved funding to build a new, dedicated maternity ward beside the health centre!

This summer, Uganda underwent another lockdown due to a second wave of COVID-19 infections. These restrictions negatively affected the communities' abilities to engage with FH activities, especially in the area of education. Meanwhile, the country has embarked on vaccinating citizens with a focus on health workers, teachers, and COVID-19 task forces.

“As leaders of Bukiende we pledge our total support for the FH programs. This infrastructure [five new toilets] is a big support to a girl child’s stay in school.”

— Joseph, Bukiende Sub-County District Councilor

Encouraging Early Childhood Development

Cascade group leaders trained caregivers in early childhood development to equip them to support their children, increase their love for school, and prepare them to succeed in the classroom. FH trained community leaders on the importance of childhood education. These leaders will play a key role in encouraging families to take their children to school and also in enforcing education by-laws in their communities. As a result, most partner schools registered a 95 percent increase in children returning to school after lockdown!

Facilitating Sustainable School Feeding Programs

Members elected to School Management Committees (SMC) and Parent-Teacher Associations (PTA) are not always adequately equipped to fulfill their duties. With the support of the District Education Office, FH trained members on their roles and responsibilities. FH also met with five school administrations and local parents to encourage them to pursue school feeding programs. As a result, the SMCs and PTAs helped mobilize parents to work in **school gardens** that support school lunches. FH **provided seeds** including maize, beans, and soy, while schools and parents pitched in to prepare, plant, and weed 15 acres of land. They are now waiting to harvest.



Parents and faculty gather to celebrate the anticipated harvest of nutritious food for students from newly established school gardens.

Navigating COVID-19 Impacts

During the summer COVID-19 lockdown, FH procured and distributed 2,084 copies of government produced study materials to support home learning during school closures. While schools remained closed for most of 2021, they did re-open to allow students passing from primary to secondary school to take their qualifying exams. Parents and school administrators collected funds to provide these 135 students with midday meals to support their concentration in class. It's worth noting that 105 pupils (over 75 percent!) passed their exams and can move on to secondary school in the new year.

Empowering Girls to Stay in School

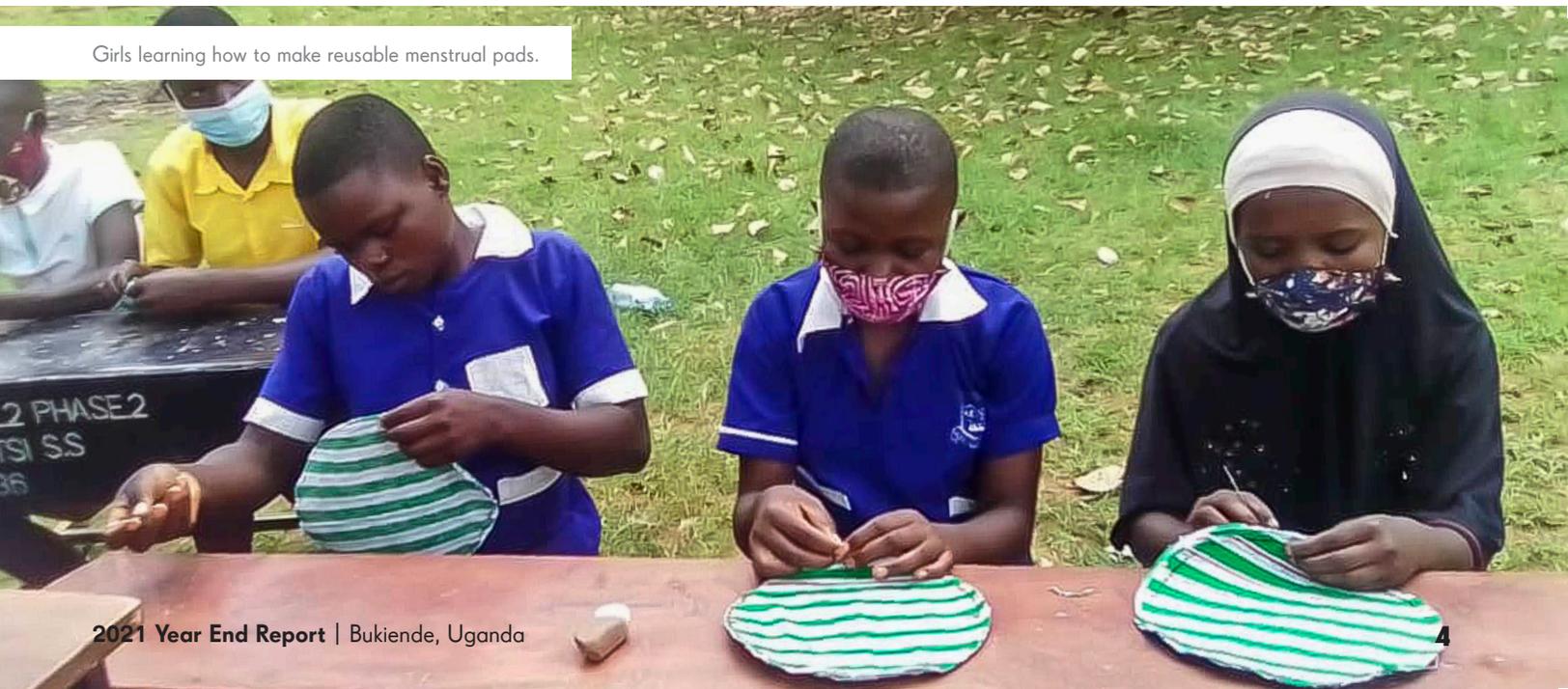
FH trained pre-teen and teen girls on how to manage their menstrual cycles. The girls learned to make reusable sanitary pads using locally available materials. They were also provided with sex education and made aware of the benefits of refraining from early sex and pregnancy. FH encouraged participants to share what they learned with other girls in the community with the hopes of reducing school absenteeism among girls.

FH also supported the **construction of latrines** with a dedicated changing room for girls at Bumaliro Primary School. Providing this safe space for girls enables them to manage their periods with dignity at school rather than having to stay home. One of the bathroom stalls has been built accessible for children living with disabilities.

Protecting Children

FH trained children on child protection, child abuse, and child rights and responsibilities. The children's right clubs conducted debates on child marriage, child abuse, and other human rights related issues. The schools' debate clubs help children understand these issues and encourage them to seek support anytime they encounter them.

Girls learning how to make reusable menstrual pads.





EDUCATION

ACTIVITIES

1720 neighbour circle members trained on **Early Childhood Development**

84 teenage girls trained on making **reusable menstrual pads**

5 stall **latrine** built in **Bumaliro Primary School**



See more impact numbers on page 16



Hand washing, effectively accomplished via homemade "tippy taps", is promoted to households. Handsoap and other PPE is delivered to the community to encourage better hygiene.





HEALTH



Read Tapisa's story on page 14

"The health centre used to only carry out four health outreaches in the community a month. Now, thanks to FH, they conduct 12 health outreaches a month! This has enabled the health centre staff to reach more children and mothers nearer to their communities."

— Tapisa, midwife

Providing Clean Water

FH rehabilitated three boreholes in Bushiangi, Burukuru, and Bumutsopa and dug one new borehole in Bushiangi as well as trained water user committees to ensure community ownership and maintenance of the water points. One rehabilitated borehole in Bumutsopa serves an estimated 1,000 people including numerous households, the health centre staff and patients, and the sub-county police post. The other three boreholes serve approximately 750 people in Bushiangi and Burukuru, plus 789 students at Nabukhoma Primary School—children no longer have to miss class to walk downhill to fetch water for school!

Equipping Local Health Volunteers

Training for Cascade Health group leaders continues, equipping them to share life-saving health with their neighbours. FH staff conducted pre and post training assessments to establish their effectiveness. Happily, the assessed community members who reported seeking healthcare support from a recommended facility increased from 77 percent before the training to 94 percent after! Further still, 87 percent of mothers reported delivering in hospitals, health centres, or private clinics as compared to 65 percent prior to starting the module. The trainings have a positive impact!

FH trained and equipped teams of community volunteers to provide home-based care, including managing disease outbreaks, treating minor illnesses such as diarrhea and vomiting, administering medicines and first aid, and referring complex cases. Health team volunteers were also taught the signs, symptoms, and responses for COVID-19 and given care kits containing medicines to manage symptoms such as cough, fever, and sore throat. These volunteers also helped form task forces to handle COVID-19 situations in their villages.



Agnes, an FH facilitator, teaching the volunteer health team how to conduct a blood glucose test.



HEALTH

Supporting Local Clinics

A shaded, outdoor waiting area is under construction to add 50 seats to Bukiendo Health Centre III's waiting capacity. This health centre serves about 22,000 people, but their waiting space was significantly diminished when COVID-19 physical distancing protocols came into effect. The additional shade will protect mothers and ailing patients from the hot sun as well as be used to conduct health services such as immunizations and training mothers on infant and child feeding practices. FH also helped train the health centre's management committee resulting in, among other things, a request for midwife accommodation to facilitate 24/7 support for expecting mothers.

Intervening in Extreme Cases

FH supports families who cannot afford specialized medical services for their children in order to restore hope among community members. This year, six children with critical medical conditions were identified and helped to access critical health care. So far, four have recovered and two are still undergoing treatment.

Growing Healthy Gardens

New kitchen gardens were established to provide nutritious vegetables that combat malnutrition, especially in children under the age of five and pregnant and lactating mothers. Spinach, collard greens, cow peas, amaranth, onions, cabbages, and tomatoes are just some of the vegetables being grown. In addition to improving health, vegetable sales are also expected to improve household incomes. Families have reported being able to purchase items like soap, cooking oil, salt, and contribute to their weekly savings because of their sale of vegetables.

Responding to COVID-19

To scale up their COVID-19 response, FH procured and distributed public handwashing stations and liquid hand soap for busy markets serving over 600 people a day. FH also repaired damaged handwashing facilities. They provided liquid soap, **disposable face masks**, bleach, and hand sanitizer to local health centres and the Mbale District Health Office.



A trained volunteer health team member administering a measles vaccination to an infant during the health outreach event.



HEALTH

ACTIVITIES



60 health team volunteers trained on **basic home care** and supported with **PPE** and **home-based care kits**

4 **boreholes** for fresh water constructed or rehabilitated



59 volunteer task forces established to **respond to COVID-19**

[See more impact numbers on page 16](#)



The newly rehabilitated borehole, capped with a pump and spill area in Bumutsopa.



LIVELIHOODS

“FH has trained us on conservation agriculture. Previously I could get only 60-80 kgs on my small piece of land. Now I am able to harvest 250 kgs of maize! I know now my family has enough maize for food for the remaining months before the next harvest.”

— Mary, farmer

Equipping Lead Farmers

FH continues to train Lead Farmers on conservation agriculture to boost productivity and create more sustainable livelihoods. Conservation agriculture principles include minimal tillage, mulch, and timely planting. FH **distributed maize seed** to 70 Lead Farmers to establish demonstration gardens. Among the farmers that adopted conservation agriculture, there has been an increase in production from an average 150 kgs to 320 kgs of maize between June 2020 and June 2021, signifying a 213 percent increase in farm production!

More Lead Farmers received training on post-harvest handling—improving every step from field to market. The farmers have asked for FH’s help to put up proper storage facilities for their produce. This training was cascaded to 30 groups of farmers, reaching more than 720 people with new knowledge and skills.

In partnership with the Mbale District Commercial Officer, FH identified and trained 70 Lead Farmers on how to form and run farming cooperatives. Half of the participants visited a sister community in Namutumba to learn how they make farming co-ops work for them in their context. As a result, one large co-op was formed from five small farming groups in Bungwaanyi to maximize maize production and sales. The Mbale District Commercial Officer will work hand in hand with the FH team to grow the group sustainably.



A farmer standing proud, showing his maize crop.



LIVELIHOODS

Empowering Savings and Loans Groups

FH continues to train, equip, and mentor **Savings and Loans groups**. As a result, total savings in the communities continues to increase as do the number of members accessing loans to start their own businesses. Some popular activities include agriculture and retail shops, the majority of which are owned by women. Impressively, all the loans have already been repaid. While shop owners still borrow funds to boost their stock, they are generating a profit. Not only do the shops help the owners by providing family income, they also help the community by bringing more products such as groceries, secondhand clothes, baked goods, stationery, and fuel closer to home. This reduces family transportation costs.

Preparing Children & Youth for the Future

FH conducted entrepreneurial training for young adults in the community including planning, budgeting, and managing small start-ups. Currently, these youth are involved in vegetable gardening, sand mining, pottery, brick laying, and farming. Next year, through apprenticeship, FH will equip select youth with additional skills including soap making, fabricating menstrual pads, baking, and hairdressing.

“Because of new COVID-19 lockdowns, the FH Uganda team came up with a great (new) idea: giving kids a chance to learn about making an income (with the support of their parents, of course). These 405 kids aged 12-16 (whose schools are currently closed) will be put into groups of up to 15, given baby goats or piglets, and then trained on how to rear them. When the animals have offspring, they will sell them and share the proceeds. It’s a great way to keep kids busy while school is out, teach them responsibility and entrepreneurship, and provide an income for families who are struggling with the COVID-19 lockdowns.”

— Patty-Leigh Thielmann, VP International Programs, FH Canada



Bumutsopa children receiving piglets for a chance to learn about making, managing, and saving money.



LIVELIHOODS

ACTIVITIES

166 youth (68 men, 98 women) trained on vocational skills



130 Savings and Loans group members started income generating activities



283 Lead Farmers trained on conservation agriculture

See more impact numbers on page 17

The joy of the harvest! It's cause for joy when families can enjoy eating and selling from their gardens rather than worry about their next meal.



Farmers undertaking practical training on farming methods that are effective and prioritize conservation.



LEADERSHIP DEVELOPMENT

“I would like to see the church continue helping us in the mobilization of community people whenever we organize the health outreaches. For the church is a good medium of communication.”

— Tapisa, midwife

FH continues to train teachers, school management committees, PTA representatives, male change agents, and political, civil and religious leaders. Some of these leaders play an important role in monitoring development activities in Bukiende and mobilizing community members to participate in activities like workshops and meetings.

Pursuing Gender Equality

In collaboration with the Bukiende local government, quarterly dialogues are facilitated in Bumutsopa, Burukuru, Bushiangi, and Bungwaanyi to persuade the community of the importance of allowing women to own assets. The dialogues are conducted with community leaders who, in turn, cascade the information to the communities they lead and influence. This process is intended to challenge the traditional belief that only men are entitled to own and inherit assets.

In addition, FH conducted gender equality awareness meetings in all the communities with male change agents. Participants were equipped to reach out to other men in order to advocate for gender equality. Male change agents are respected individuals in their communities who will educate and influence other men on the importance of gender equality to the community and women’s empowerment.

FH identified and trained 78 women leaders on property rights and gender equality. These women represent their communities at sub-county and district council meetings where by-laws are made and passed. The training is intended to help them confidently speak out to highlight issues affecting women in their communities. The women leaders asked for translations of the laws into their local languages to make them easier to understand.

Equipping Church Leaders

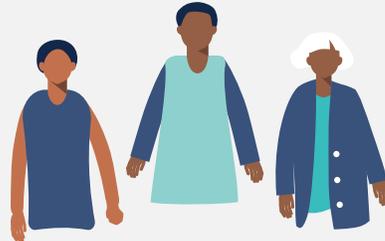
Church leaders are respected and listened to by their congregations and thus play a key role in community transformation. FH continues to train and support church leaders to practically demonstrate God’s love through concrete actions to help the extreme poor in their own communities. Twenty-five churches are actively involved in visiting the sick, supporting the materially poor, and contributing time and labour to their own church needs. Those participating in the trainings are from a wide range of Christian denominations including Catholic, Anglican, and Pentecostal.



LEADERSHIP

ACTIVITIES

78 women leaders trained on property rights and gender equality



60 male change agents trained on gender equality



273 people attended quarterly community dialogue meetings on asset ownership and inheritance

See more impact numbers on page 17



A group of community leaders participating in a dialogue on asset ownership in Bungwanyi.

BIRTHING LIFE FOR THE FUTURE

Bukiende, Uganda



“My faith is firm and I believe service delivery will be much better in Bukiende. I still pray for pregnant mothers and encourage them to come for antenatal visits and pray to God for safe deliveries.”

— Tapisa, midwife & farmer

Tapisa Namono is a 32-year-old midwife who works out of Bukiende Health Centre III. She is the primary earner and caregiver for her family. To supplement her salary, Tapisa farms coffee. She’s married with four daughters, plus three adopted children from her sister who passed away. It’s a big family to take care of!

Living approximately half a kilometre from the Health Centre means Tapisa can serve her clients at any time of day or night. When mothers come to deliver at the health centre, she can be there to help save lives.

Before FH began a partnership with Bukiende, the health centre only had enough funding to conduct four community outreaches a month. This was not sufficient to serve the surrounding population who struggled to get transportation to the health centre. Tapisa did her best to support mothers at the outreaches by administering immunizations and deworming medication to children, and attending pregnant women. But it wasn’t easy. “It was quite hard that I couldn’t examine a mother while she was standing or lay them on the ground,” she explains.

With FH’s support, however, Bukiende Health Centre III has expanded their health outreaches from just four a month to 12 a month! “FH facilitates our outreach activities by supporting



the outreach team with transport refunds, a small stipend, and refreshments. This energizes the team to even reach the furthest communities,” Tapisa says. FH also trained her on how to use and dispense multivitamins to expectant mothers at their antenatal appointments.

Before FH helped increase the number of outreaches, many children experienced severe complications from preventable diseases, mostly measles. Because mothers lacked money for



transportation and had to walk long distances to the health centre, they struggled to keep their children's immunization schedules. By bringing medical services into the communities, more children have been able to get fully vaccinated and are protected from dangerous diseases.

In the past, Tapisa could only pray for women giving birth at home when things went wrong. Now, as a direct result of FH training, Cascade group leaders are encouraging mothers to give birth in a clinic with the help of a midwife instead of at home alone. "I feel happy when more mothers now come for antenatal visits and deliver at the health centre," Tapisa shares. "I am now more empowered to do my work with support from FH." Bukende Health Centre III

has seen deliveries increase from 15-17 per month to 30-35 deliveries per month! This has reduced maternal deaths and child mortality rates in Bukende. Seeing the incredible positive impact of Cascade groups on her own work as a midwife, Tapisa volunteers to help teach sessions and further explain health concepts to Cascade group leaders.

"My faith is firm and I believe service delivery will be much better in Bukende. I still pray for pregnant mothers and encourage them to come for antenatal visits and pray to God for safe deliveries."

Thank You

Thank you for generously supporting the families of Bukende as they journey out of poverty and into sustainability! With your gifts, more families are drinking clean water; farmers are banding together to grow better crops and fetch better market prices; health workers are empowered to save lives; and everyone is changing their attitude about the roles of women in families and society. In short, they're laying a new foundation for a strong future!

MEASURING SUCCESS!

The report above is a summarized snapshot of what community leaders and families in Bukiende, with the support of FH Uganda, have accomplished this year. Below are more numbers and statistics that paint a fuller picture of what has been happening on the road to sustainability.



EDUCATION IN NUMBERS 2020/2021

By the Mid-Year	By the Year-End
<p><i>Activities tracked for the year-end, are not reported in this mid-year section</i></p>	<ul style="list-style-type: none"> • 144 Cascade group leaders trained on ECD • 1,720 neighbour circle members trained by Cascade group leaders on ECD • 135 parents / teachers involved in school gardens and school feeding programs • 84 adolescent girls trained on making menstrual pads • 98 PTA and SMC members trained on their roles and responsibilities • 350 children trained on child protection • 5 stall school latrine built • 145 children trained on COVID-19 preventive measures



HEALTH IN NUMBERS 2020/2021

By the Mid-Year	By the Year-End
<ul style="list-style-type: none"> • 12 Cascade groups formed • 144 Cascade group leaders trained on health messages • 3,168 neighbours circle members trained on health messages 	<ul style="list-style-type: none"> • 1,084 individuals established kitchen gardens • 620 Village Health Teams trained on roles and responsibilities • 9 Health Unit Management Committees trained • 4 boreholes constructed or rehabilitated • 40 water user committee members trained • 59 health team volunteers trained on basic home care and supported with PPE and home-based care kits • 460 litres of liquid hand soap provided to public handwashing stations • 22 damaged handwashing stations repaired • 81 public handwashing stations established • 59 volunteer task forces established to respond to COVID-19

MEASURING SUCCESS!



LIVELIHOODS IN NUMBERS 2020/2021

By the Mid-Year	By the Year-End
<ul style="list-style-type: none"> • 51 Savings and Loans group leaders trained • 38 Savings and Loans groups formed with 988 members (395 men, 593 women) 	<ul style="list-style-type: none"> • 283 farmers (109 men, 174 women) trained on conservation agriculture • 120 farmers trained on post-harvest handling • 70 Lead Farmers received maize seeds for demonstration gardens • 166 young adults (68 men, 98 women) trained in vocational skills • 78 new businesses established • 27 kids' groups made up of 405 children Grades 4 to 7 are raising their own livestock • \$50,369 USD total Savings and Loans groups' savings • 345 Savings and Loans group members accessed loans • 130 Savings and Loans group members started income generating activities • 343 farmers trained by Thrive to Good on organic disease fighting foods



LEADERSHIP DEVELOPMENT IN NUMBERS 2020/2021

By the Mid-Year	By the Year-End
<ul style="list-style-type: none"> • 71 church leaders trained • 120 Community leaders trained • 97 children's human rights club meetings in schools 	<ul style="list-style-type: none"> • 78 women leaders trained on property rights and gender equality • 273 leaders (120 men, 153 women) participated in quarterly community dialogues meetings on asset ownership and inheritance • 60 male change agents trained on gender equality • 97 male change agents shared information on gender equality with their communities