



Advantage Africa and the Guernsey Overseas Aid Commission
Meeting Basic Needs and Promoting Self-reliance for single parent families
in Katente, Uganda - Reference 2014/B6

Final Report, February 2015

1. Introduction

The Guernsey Overseas Aid Commission awarded a grant of £27,568 to Advantage Africa in its 2014 funding allocation to meet basic needs and promote self-reliance for the most vulnerable single parent families in Katente, Uganda. Activities to meet the urgent needs of the Katente community for access to safe water and income generation were implemented in the first six months of the project. The remaining activities were all successfully implemented by the end of December.

2. Summary of Project Impact

The project has significantly improved the lives and future prospects of the most vulnerable people in the Katente community and beyond through:

a). Provision of Accessible, Safe Water

Approximately 1,000 children and adults in Katente are now accessing and using water daily. The borehole has improved circumstances for 2,000 further people in neighbouring villages due to reduced pressure on their water sources.

b). Sustainable Income Generation for 60 Vulnerable Families

60 parents and carers have grown in confidence and ability to meet their families' basic needs. 420 vulnerable children and adults have significantly improved quality of life. At least 20 further vulnerable families (about 120 people) are now benefiting from the rolling programme of income-generation and are receiving support and livestock from the 60 original group members. Across the whole of the Katente community, there is a new spirit of cohesion, hope and mutual support.

c). Malaria Prevention for 100 Vulnerable Households

100 vulnerable families have received comprehensive training and 300 treated malaria nets to protect 700 children and adults from this life-threatening disease.

d). Memory Work for 60 Single Parents

60 single parents and carers received 5 days' training of trainers (TOT) in memory work, are better equipped to cope practically and psychologically with the impact of HIV and to share their learning with others. Since the training, many have discovered and disclosed their HIV status.

e). Basic Health Kits for Orphaned and Vulnerable Children

80 orphaned and vulnerable children received mattresses, soft blankets, sheets, toothpaste and toothbrushes. These are improving their overall well-being by eliminating parasitic infections from sleeping on the floor, better sleep and dental hygiene.



To provide full feedback on the reach and impact of this project, we are including a summary of the first two activities which are covered in the interim report of July 2014.

3. Provision of Accessible, Safe Water for the Katente Community



Children from Katente's primary school fill their jerry cans.

Work on the Katente community's borehole began in February 2014 and was completed in early April. The engineer and labourers drilled to 130 feet to reach the water table, installing a pump to bring the water to ground level. The pump is powered by electricity of which there is a supply for at least a few hours each day. The pump fills the large tank which is kept at full capacity so that water is always available even when electricity is not. This chosen equipment is safer, quicker, more durable and less prone to develop rust than a manual handle-operated pump. The water from that depth is safe and the community confirm it '*can be drunk straight away without boiling*' to kill pathogens.

Community members have agreed to pay a fee of 50 Ugandan Shillings (one pence) for each jerry can to cover the borehole's running costs and maintenance. Part of this fee is also being put aside towards purchasing a further big water tank. This means there will always be plentiful supplies of water available to meet the needs of more people in the outer reaches of the community and to keep livestock and crops watered in the dry season.

More than 80 people come to the borehole at least once a day to collect water for their families. This means this precious resource is directly benefiting over 700 children and adults on a daily basis who previously had no access to safe water. In addition to this, the borehole serves the local primary school which has 320 pupils, the secondary school with 200 children and the nursery school with 90 children. 610 children and 30 staff are able to drink safe water, cook lunch and wash their hands during each school day. Furthermore, the local health centre uses the water in its care for 60 patients a day.

4. Sustainable Income Generation for 60 Vulnerable Families in Katente



Poultry rearing has been an enormous success.

Livestock-rearing training began in April 2014. 35 single parents received 50 chicks each and the materials to raise them. The poultry started to produce significant quantities of eggs from August onwards. The single parents now have a steady income through the sale of eggs to meet their basic needs and ensure their children can go to school. Their families' nutrition has also improved through consumption of eggs. The parents have also been able to incubate new batches of chicks for themselves and other community members. 25 single parents were given two piglets each, with accompanying resources, and the group received three boars. Some of the pigs became pregnant from July onwards. The pig rearing beneficiaries have kept some and sold some livestock, and also given piglets away to other vulnerable families.

Aside from the significant improvement in the well-being of all the families involved, the income generation activities have strengthened friendship and support within the group as well as across the wider community.

5. Malaria Prevention for 100 Vulnerable Households



Malaria is endemic across Uganda and is the number one killer disease, particularly of infants and pregnant mothers. Although it is preventable and curable, in sub-Saharan Africa, more than 1,300 children aged below five die every day - about one a minute - from malaria.

At the end of the training course, SPAU Director Paul Lwanga handing three treated mosquito nets to single mother Justine.

In September 2015, three days' training on malaria awareness and prevention took place in the Katente community for 100 representatives of vulnerable families. These included the 60 single parents in the SPAU group and a further 40 representatives of local poor households, all of whom care for their own and orphaned young children, and were selected by community agreement.

The training, including daily lunch and discussion together, was facilitated by a health professional with expertise in malaria control, with support from SPAU staff. This was the first training of its kind in Katente.

The 100 trainees learnt how malaria is spread and how to prevent it. Many had very limited prior knowledge of the disease and *'learning that malaria is spread by a female mosquito was news to them.'* Before the training most *'did not take mosquitoes as a threat to their lives.'* Along with tools for prevention, they also learnt how to quickly recognise the symptoms of malaria and the urgent medical attention required.

The parents and carers were shown how to control mosquito breeding grounds such as stagnant water and rubbish. They discussed the importance of covering their skin and keeping windows and doors closed from dusk onwards. They were given practical and in-depth training on the use of mosquito nets. As the facilitator reported, participants learn about *'neatness of net, how one should properly fix it on the bed, never to allow holes in it and never to place light sources such as candles near it because it catches fire very fast.'*

By the end of the training, all the participants were fully equipped with the knowledge of how to protect themselves and their families and how to reduce mosquito breeding grounds in their community. 300 high quality treated mosquito nets were distributed, three for each family. Small children share their nets and this number was sufficient to ensure each person was fully protected.

The participants were hugely appreciative of the training and net distribution. Feedback from the trainer and participants included the following comments:

'They were very grateful for training because even the government has never taught them about malaria.'

'It was really amazing that such a small insect carries a dangerous parasite to their bodies and has led to loss of so many lives.'

Single father Wasswa Henry said, *'I was very scared about how the parasite multiplies in the body, and I will bid by all that has been taught.'*

William Ssekimpi said, *'Since now am aware of all the causes and preventive measures of malaria, it will no longer be a threat to my homestead as it was before the training.'*

3. Memory Work for 60 Single Parents

From 27th to 31st October 2014, The Aids Support Organization in Uganda (TASO) conducted memory work training of trainers (TOT) with SPAU for the 60 parents and carers in the single parents' group. With many years' experience of training communities on issues relating to HIV & AIDS, TASO says that memory work *'acknowledges and reinforces the amazing capacity that people have to survive, celebrate life and find solutions to challenges.'*

The 5 day Memory Work training included the following:

- Parenting and understanding our children
- Planning for the future of our children
- Disclosing HIV status to family members
- Preparing children to cope with separation and loss
- Effective communication with family members
- Documenting family histories in memory books
- Where to get practical support
- Making a will and handling legal issues
- Identifying foster parents and guardianship
- Passing on the knowledge and skills learnt to the wider community



Daily lunch being prepared for all the participants.



Left: parents and carers enjoy lively discussions and share their own experiences during the memory work training



Right: participants learn how to compile a memory book.

The training was sensitively delivered and friendship and support between the participants strengthened as they shared their personal experiences. While many of the parents knew basic facts about HIV & AIDS, they also learnt about prevention of mother to child transmission (PMTCT), HIV discordance (staying safe in relationships where one partner is HIV-infected and the other is not) and management of anti-retroviral therapy. After the training, some participants felt able to disclose their HIV status to their families.



Single parent Rose.

Rose is 35 and cares for five children and adopted orphans. She said *'I can now talk to my family members openly about positive living; we are not afraid of talking about HIV/AIDS anymore'* SPAU project officer Sarah reported *'Rose regrets that she did not learn of memory work strategies sooner so that she would share with her beloved ones who are no more. Rose is now writing a memory book with one of her children, Samuel, and once they have done this, Rose hopes to begin the same process for the rest of the children under her care.'*

John Bulesa became a single parent of two children after his wife died from HIV & AIDS over a year ago. Before the memory work training, John had never faced up to his HIV positive status or accessed treatment. Immediately following the training, he disclosed his status to his family and began accessing anti-retroviral therapy. John expressed great gratitude to the trainer who helped him to improve his health.

John talks with fellow trainee Halima.



Edrisa shares his story with his fellow single parents.

Edrisa is a single parent who cares for eight children including four adopted orphans. Edrisa says the four orphaned children were constantly falling sick and that the memory work training project helped him to realise the importance of HIV & AIDS testing. He said *'I am very thankful for this project and for SPAU and our supporters.'*

At the final evaluation of the training, the participants felt better equipped to cope with the practical and emotional impact of HIV & AIDS and to pass on their new skills to the wider community. They were each provided with Trainer of trainers (TOT) manuals as well as will-writing guidelines in their local language.

The training provided one memory book per participant, in order for them to learn the process and start compilation with one of the children in their care. The parents were determined to ensure they had personal memory books for each of their children and planned how they would buy these through money raised from their income-generating activities.

The TASO facilitator recommended that further psychosocial support would be needed for both parents and children, particularly as so many were discovering and disclosing their HIV status for the first time. It was also recommended that some of the single parents receive training in counselling and guidance in order to provide ongoing support for their fellow community members.

The week was not without it's challenges. One participant said *'The training was very emotional as it reflected on personal experience'*, but it was clear that the process greatly strengthened people's coping mechanisms and that the stigma surrounding HIV & AIDS was eroded.

4. Basic Health Kits for Orphaned and Vulnerable Children

In December 2014, health kits for 80 orphaned and vulnerable children, chosen with the Katente community, were delivered. The target number of beneficiaries had initially been 100, but increases in the cost of mattresses and bedding since the submission of the proposal meant that the number of recipients unfortunately had to be reduced slightly.

There was much excitement and joy amongst the children and the community on receiving the health kits. The 80 orphaned and vulnerable children who received the mattresses, soft blankets and sheets had only ever slept on the ground before. Their health and well-being was previously severely compromised by poor quality sleep and parasitic skin infections.



**Above left: The first mattresses arrive at the community meeting place;
Above right: Distribution to vulnerable children begins.**



Two youngsters try out their new beds.



Grandmother Hasifa who cares for her orphaned grandchildren said that the beds and bedding were *'the most precious items to be received in my home ever since I was born.'*

SPAU Project Officer Sarah prepares toothpaste and brushes for distribution to the children.

The toothpaste and toothbrushes were also gratefully received. Most of the children had previously only been able to clean their teeth with the aid of sticks and salt. With the availability of safe water in Katente through the borehole, and with the encouragement of their parents and carers, the children can now improve and maintain their dental hygiene.

5. Summary Expenditure Report

Activity	Budget £	Total Spend £	Variance £	Note
Water supply	4,509	4,654	-145	1
Poultry-rearing	4,794	4,694	100	
Pig-rearing	4,283	5,114	-831	2
Malaria prevention and basic health	3,585	3,115	470	3
Memory Work	2,126	2,175	-49	4
Health kits for vulnerable children	4,730	5,127	-397	5
Uganda implementation and monitoring	2,791	3,288	-497	6
Project administration	750	625	125	7
Total Expenditure (£)	27,568	28,792	-1,224	8

1. A slight rise in the cost of labour and materials such as hardcore, as well as the need for an additional five bags of cement, account for increased spend on this budget line.
2. An unexpected 20% increase in piglet and boar prices and the need for a small amount of additional feed account for this over spend.
3. This under spend resulted from good relationships with the supplier and buying the nets in bulk. SPAU managed to source high quality nets and fixings for the equivalent of £8.75 rather than £10 each.
4. Small increases in the cost of memory books, will-writing materials and daily meals for the participants account for this overspend.
5. The price of household goods regularly fluctuate in Uganda and the cost of mattresses and blankets increased significantly after submission of our original proposal. The cost of mattresses rose from £22 to £30 and sets of blankets and sheets from £13 to about £22. This meant that the number of orphaned and vulnerable children benefiting from this activity was reduced from 100 to 80.
6. The high and rising cost of fuel is the main factor in this higher than expected spend on implementation and monitoring. Public transport was used to keep the variance under control.
7. To offset cost increases in other budget lines, Advantage Africa used unrestricted funds to cover a proportion of SPAU's administrative costs relating to this project.
8. Advantage Africa met the variance of £1,224 with unrestricted funds.

6. Conclusion on the Project's Impact and the Future

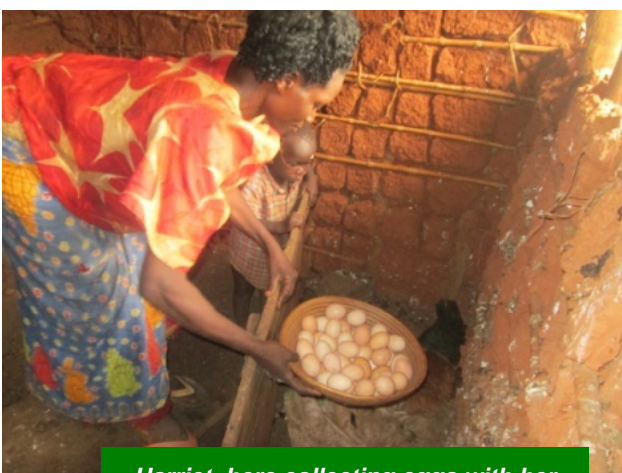
This benefits of the project have reached far beyond the members of the single parents' group and the community has been transformed through improved relationships, optimism and reduction of stigma.

- Safe water is now accessed by about 1,000 people on a daily basis, and reduced pressure on water sources in neighbouring villages has improved the circumstances of about 2,000 further people. Women and children no longer spend hours every day fetching water and overall community health has improved through eradication of water-borne diseases. The community's water committee continue to oversee the maintenance of the borehole to protect its long-term use and efficiency and are preparing to purchase a further tank to increase its capacity.
- The small livestock rearing activities for the 60 single parents have been a tremendous success and enabled the families to improve their own nutrition as well as meet most of their basic needs. The parents who have been rearing pigs have now started to pass on two piglets each to further families within the community. Similarly, the poultry-rearing parents are passing on chicks or large trays of eggs to other families to ensure the benefits and impact of the project continue to grow. This rolling programme of support is integral to our work with SPAU and has a very positive effect on wider community relationships and attitudes to single parent families. SPAU is continuing to closely support

the poultry and pig rearers and has linked them with a renowned specialist in small livestock husbandry to keep them up-to-date with techniques and ensure their enterprises' continued sustainability.

- Henry, the single parents' group chairperson, reported fewer cases of malnutrition among the children between September and December 2014. From 10-15 cases of malnourished boys and girls each month, the number was reduced to 3 in the first three months of egg production. Furthermore, most of the children were able to return to school fully equipped and in time for the commencement of the third term of 2014. This was because the poultry-keeping single parents saved their profits from selling cockerels and eggs for school fees and scholastic materials. Academic reports also showed improved school performance for many of the children in the last term of 2014.
- The single parents have now established a village bank in which each member will save 5,000 Ugandan shillings (about £1.20) per month. As a group they have agreed that by the end of 2015 they will use their savings to purchase plastic chairs for hire as a further income-generating enterprise. Such chairs are in high demand for regular community gatherings, political and faith events etc. Hiring out 120 chairs could earn the group as much as 96,000 Ugandan Shillings (£23) per day. This demonstrates how the group have become increasingly enterprising and the continuing close co-operation with which they work together.
- The malaria prevention activities mean that families will no longer be faced with the constant threat of potentially fatal, or at the very least, debilitating, illness. The training was comprehensive and all participants took it very seriously, but building on our experience of previous malaria prevention projects with SPAU, we must undertake conscientious follow-up with beneficiaries to ensure that the nets are indeed used daily by the whole family and not '*kept for visitors or special occasions*'.
- Memory work training has helped improve the confidence and well-being of the single parents, equipping them practically and emotionally to cope with the impact of HIV. With SPAU, we will act on the recommendations of the TASO facilitator who undertook the training to ensure that the single parents share their training with the wider community and that some group members learn counselling and guidance skills for ongoing support.
- The health kits for orphaned and vulnerable children brought another boost to the community just before Christmas. Children who have lived such difficult, uncomfortable lives, now have beds and blankets of their own for the first time, and are enjoying improvements to their sleep and overall well-being. Life is still challenging, but better health and rest helps them to be far more resilient.

The Katente community and single parents' group, SPAU and Advantage Africa wish to express sincerest gratitude to all involved with the Guernsey Overseas Aid Commission. Vulnerable families are now able to help themselves, are healthier, happier and more confident and have a future to look forward to. Your grant to Advantage Africa to make this possible has been genuinely life-changing.



Harriet, here collecting eggs with her daughter, cares for four children including adopted orphans. Her hens are laying well and she has sold 15 cockerels, meaning that all the children can attend school.



Hassan, aged 9, here with his grandmother, was orphaned by AIDS in 2010. SPAU Director Paul said 'It was joy all over and he could not believe his eyes' when he received his mattress and bedding.