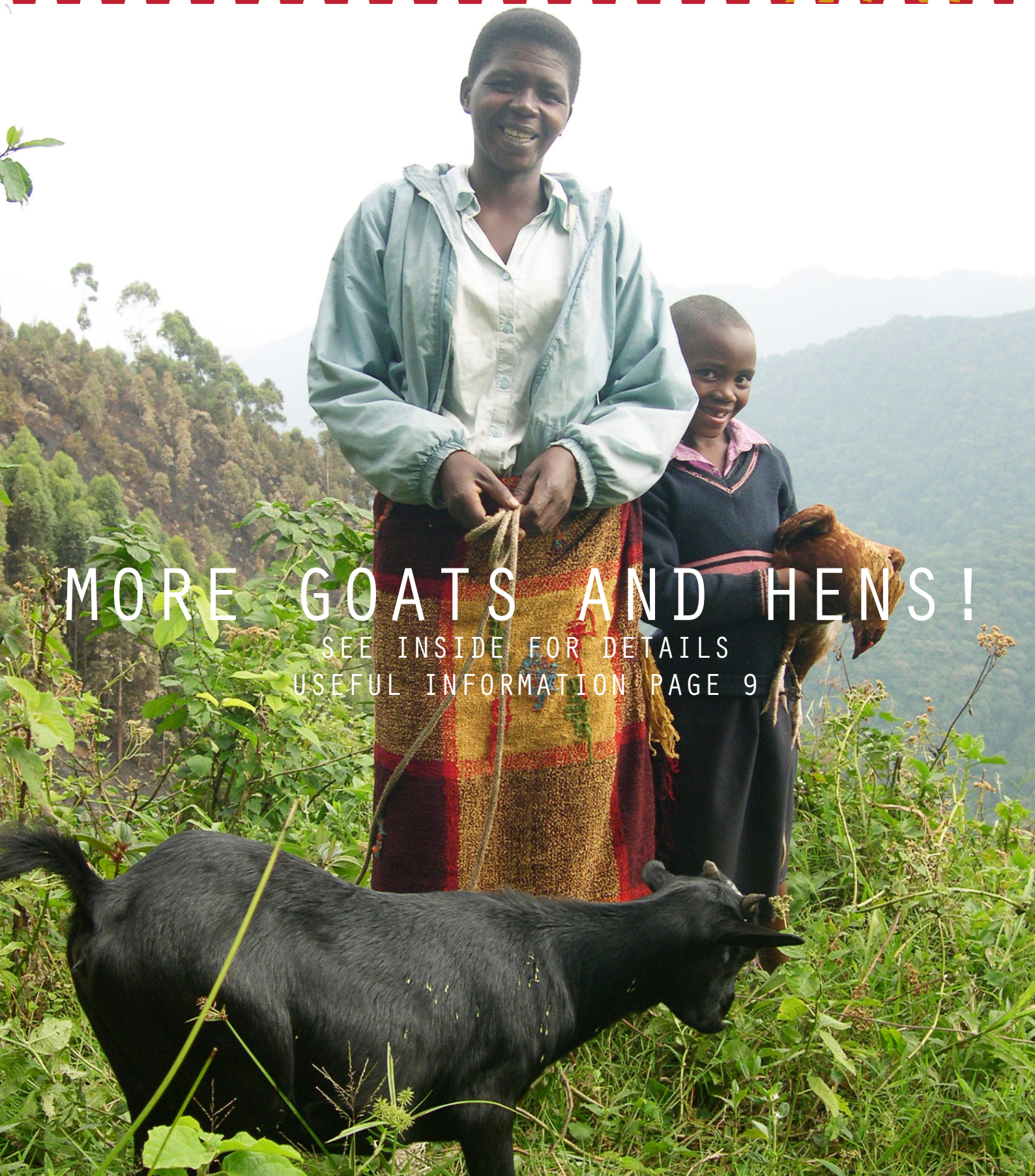
NKURINGO

Foundation Nursery & Primary School February 2017

NEWSletter

people to people



MORE GOATS AND HENS!

SEE INSIDE FOR DETAILS

USEFUL INFORMATION PAGE 9

STOP PRESS STOP PRESS STOP PRESS

We are waiting with baited breath to hear whether or not Asgario Turyagyenda – founder of the school and now chairman of the Community Conservation and Development Foundation in the area – has been granted a visa to come over and visit us all in June 2017. It would be wonderful if Asgario does get the all clear to travel. Not only will he be happy to talk to groups and organisations about the ways we can help his community – he will also be guest of honour at a Garden Party we will host for all sponsors and friends of this worthy cause. The Foundation are paying for the flights providing Asgario can get the visa he needs for the visit. Fingers crossed!!!! Watch this space!

NOELA GETS A BIG THANK YOU

We have already reported on the wonderful donations made by Noela Philips – a lady from Australia who visited Nkuringo Foundation Nursery and Primary School in 2015. She had pledged then to help the school by organising the building of a staff toilet (very much needed). She was as good as her word!

Noela then offered to provide the funds to build showers and hand washing facilities for the children – as well as much needed school books.

Noela has just returned to the school to see the results of the very generous donations she has made. There was much joy among staff and children alike to meet again one of their benefactors.

It is marvellous to see how much can be achieved when people set their mind to it! -Thanks Noela!

DONATIONS TO THE HIV GROUP ALREADY MULTIPLYING!

THANK YOU SO much to those who have already donated hens goats to the HIV Group. Kenneth Tumbwene, chair of the group, sent me photos and the following message:

"Thank everyone for supporting our community. Among the goats you gave us Mel and Juliette have already given birth. The chickens are also having chicks and also supplying eggs to member of the group. Last Saturday we had a meeting to let the group know there were two more goats to be shared among them. Chris Read has also sponsored two more children. As you can see the male goat (Jono) belongs to everyone. He looks after all the females and is doing a good job.
You can see how the members of the group are dancing with joy at the news of so much support. Hope to hear from you soon and see you in October."

Remember you can always buy more goats and hens for this group – they really appreciate it! - see page 9 for details

CLASSROOM UPDATE

CONSTRUCTION

ROOF GOING UP

50 MORE JUMPERS!

AFTER THEIR VERY kind offer last year to provide school jumpers to all those students who did not have a jumper or had a jumper that was past its best Dan and Jackie Jenkins have one more stepped up to the mark to replace those that were not replaced last year and are now in need of some tlc! Thanks to Dan and Jackie the knitting ladies will soon be busy again and we will have a lovely neat and tidy set of school-children! Pride in your appearance leads to pride in your work!

Looking forward to seeing the photos of our well turned out school!!

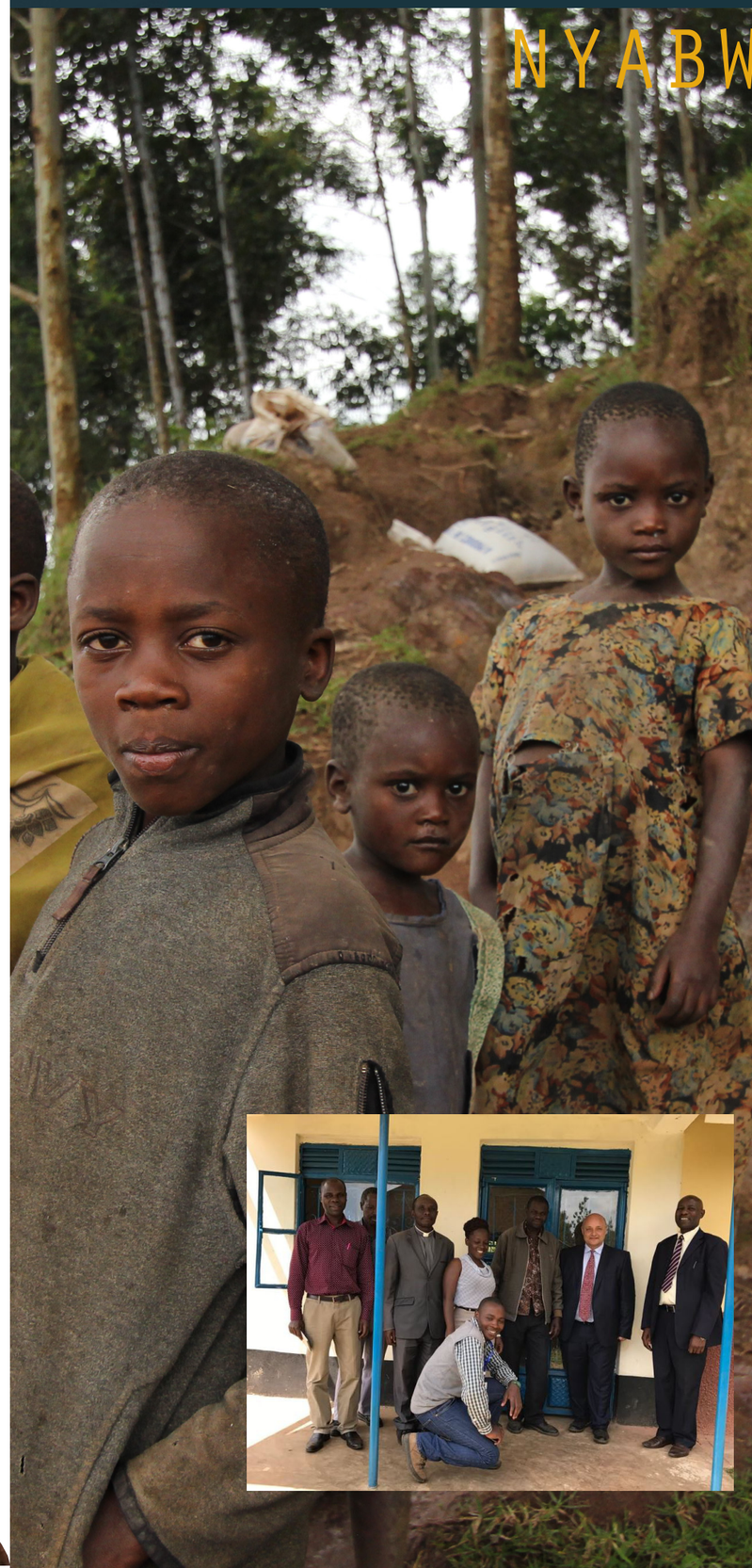
Right: Dan and Jackie Jenkins who sponsor Spensar Mapesa as well as lots of jumpers!

Left: One of the knitting ladies

SINGING GORILLA

PROJECTS

NYABWISHENYA



As dry season turns to the rainy season, the community are rolling up their sleeves to start building again. Mixing cement needs water, and the only water that's available after the dry season is rain! Building has started at the remote primary school of Suuma, only 6 km from Nkuringo as the crow (or sun bird) flies but it takes me a good three hours to get there up and over the hills. A new classroom is being constructed to house the increasing intake of children. Population is growing by 3.2% per year with 80% of the population under 35, there is a strong demand for schools both primary and secondary. This area is called Nyabwishenya, it's a sub county of the Kisoro District. Its one of the most remote in Uganda. However despite the remoteness, around each bend in the path or above you in the hills there are gaggles of dirty ragged children with smiles as broad as can be. As you move around the area the echoes of children shouting muzungu muzungu remind oneself that you are a curiosity worthy of their persistency.

Last week we had our first board meeting for the Nkuringo Green Hill Health Centre. The centre has been running for two months and has seen over 600 patients. As we enter the rainy season the incidence of Respiratory Track Infection (RTI) and pneumonia is expected to increase. One of the items on the board meeting agenda was to predict the drugs that would be needed for this upsurge in illness bought on by the damp. When the patients visit the centre we also track not only their physical village location but also whether the kitchen is located in the living area of the homesteads and whether animals live inside as well. There seems to be a higher trend for RTI on house-holds where wood burning for cooking is done inside the homesteads. Our next board meeting is in May as we enter the next dry season. We shall see what trends there are to report then.

The big project of last week was the locating of a wa-ter source to feed the health centre water tanks. Four hundred metres below at a distance of 2KM as the sun bird flies, is the nearest source of water. We have now mapped the hill side where the water needs to be bought up and the locations for holding tanks. We are planning to use a technology called hydraulic ram to move water uphill under pressure without the use of a generator or a pump. We continue to search for ways in which we can implement sustainable projects in which the local community can maintain. We expect this to be complete this year.

Left: Official opening of the Health Centre.
Stephen the District Health Officer, Isaac Happy Habimana, Father John, Sandra, Evarist, Gervase Tumwebaze, Chris Read, Shafiq Sekandi the Regional District Councillor.

AILMENTS DURING CLINIC'S 1ST MONTH

1 ABDOMINAL PAIN
2 ABORTION
3 ABSCESS
4 ASCARIASIS
5 ALLERGY
6 ARTHRITIS
7 ATHLETES FOOT
8 ASTHMA
9 BACTERIAL INFECTION
10 BACTERIAMIA
11 BRUCELIOSIS
12 CERVICITIS
13 CONJUNTIVITIS
14 CUT
15 CYSTITIS
16 DIARRHOEA
17 DYSENTRY
18 DYSMENORRHOEA
19 EPILEPSY
20 EPISTAXIS
21 EYE INFECTION
22 FAMILY PLANNING
23 FOOD POISONING
24 GIT
25 GONORRHOEA
26 HELMENTHIASIS
27 HERNIA
28 HOT SCREENING
29 KIDNEY FAILURE
30 LAP SYMDROME
31 LUMBAGO
32 MALARIA
33 MENOPAUSE
34 MENSTRUAL
35 MIGRAINE
36 MUSCULO SKELETAL PAIN
37 NEUROPATHIC PAIN
38 ORCHITIS
39 OSTEOMYELITIS
40 OSTEOARTHRITIS

41 PEMPHIGUS
42 PID
43 PNEUMONIA
44 POST OPERATIVE CARE
45 PREGNANCY
46 PUD
47 PUEPERAL SEPSIS
48 RHINITIS
49 RING WORM
50 RTI
51 SCABIES
52 PEPTIC ULCER
53 SEPTIC WOUND
54 SEPTICAEMIA
55 SINUSITIS
56 SKIN INFECTION
57 SKIN RASH
58 SLEEPING
59 SOFT TISSUE
60 SOMATIC PAIN
61 STOMATITIS
62 SYPHILIS
63 SYPHILITIC CHANCRE
64 TONSILITIS
65 TOOTH DECAY
66 TRACHOMA
67 TRAUMA
68 TYPHOID
69 UTI
70 VAGINAL CANDIDIASIS
71 VAGINITIS
72 WOUND

72

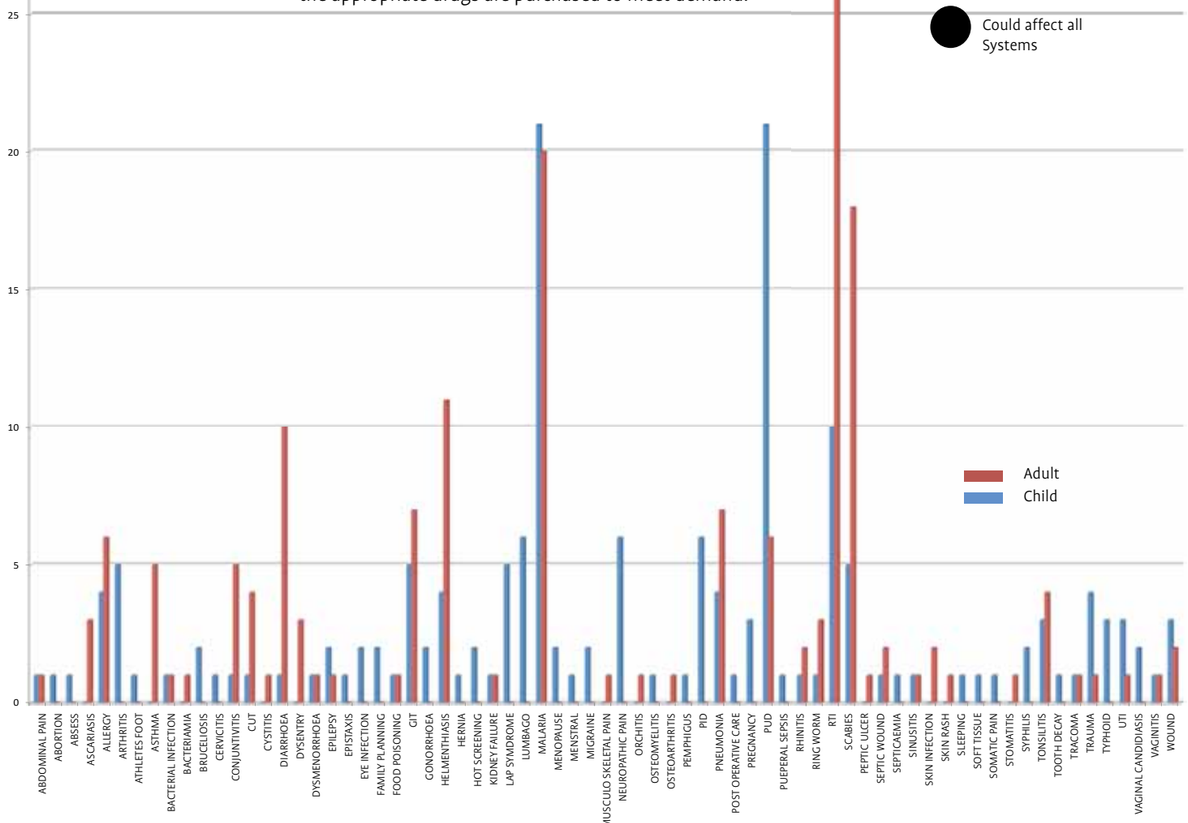
AILMENTS

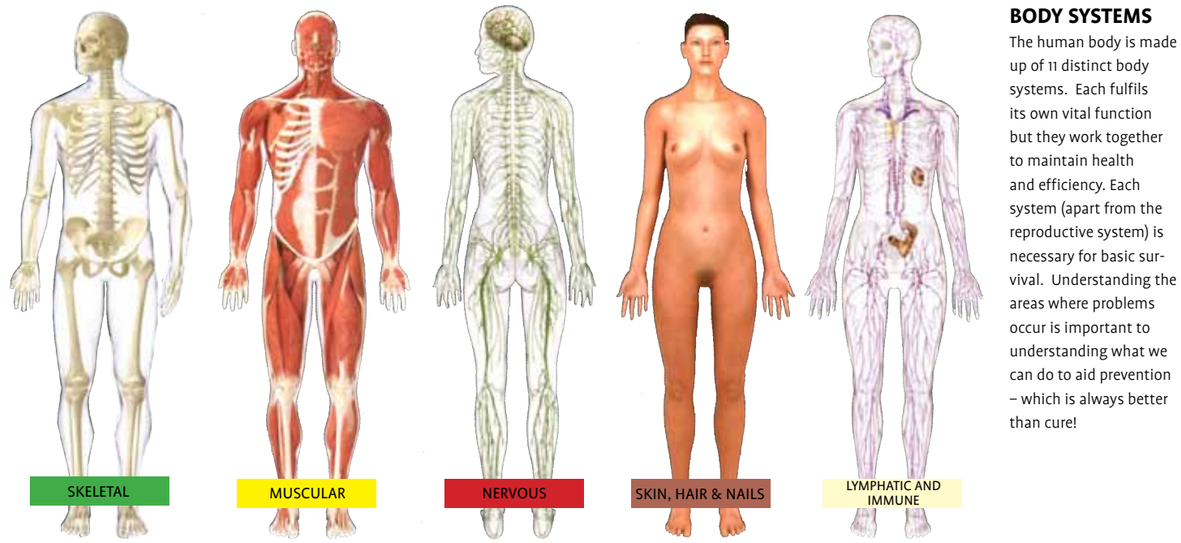
HAVING NOT had a medical centre in Nkuringo before it was important to analyse who exactly was visiting the **Nkuringo Green Hill Health Centre** and what kind of ailments they came with. Obviously this was the very first month of operation and as time goes on more people will hear about the Centre and we may see a change in numbers and ailments. However we still found it very interesting to analyse this first month to show the number of patients and the ailments they had – broken down not just by Man Woman Girl and Boy but also by type of ailment – which of the 11 body systems were affected in each case. If we can better understand the areas of greater issue then it helps put into place methods of prevention and also ensure the appropriate drugs are purchased to meet demand.

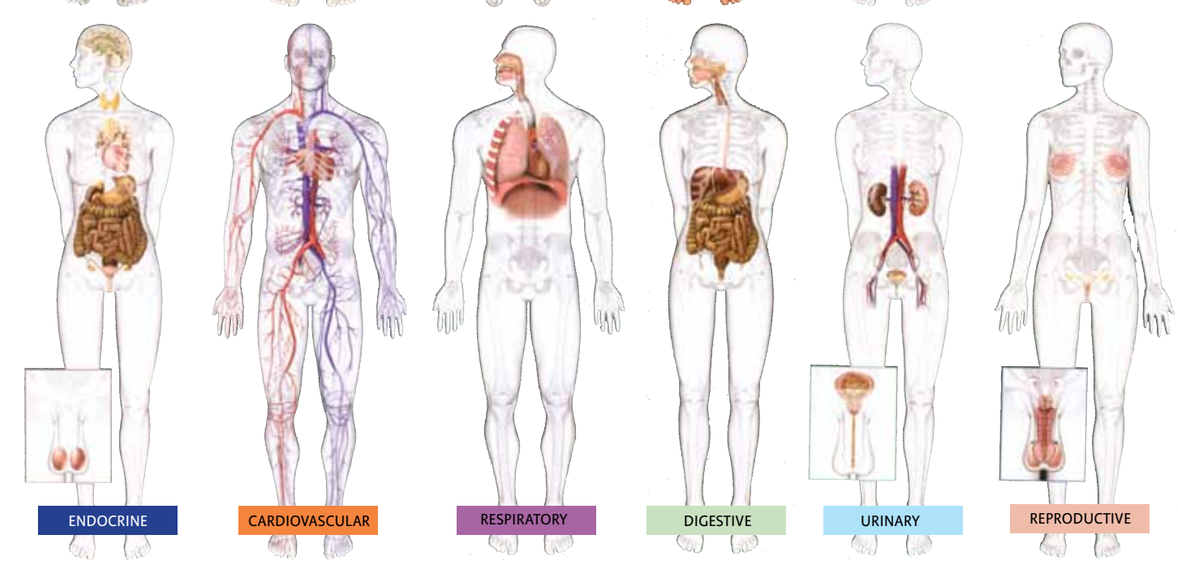
1 Female child
1 Male child
1 Female adult
1 Male adult

1 Number of ailments colour coded to show which body system is affected. *See opposite page*

Could affect all Systems



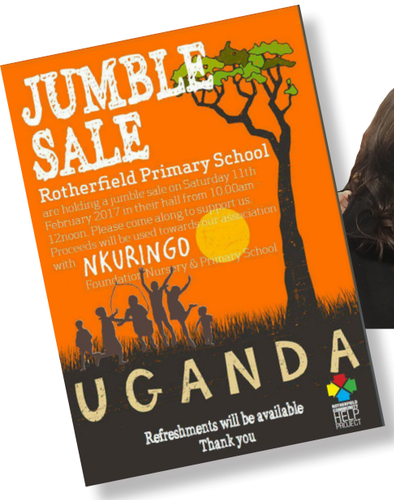




BODY SYSTEMS

The human body is made up of 11 distinct body systems. Each fulfils its own vital function but they work together to maintain health and efficiency. Each system (apart from the reproductive system) is necessary for basic survival. Understanding the areas where problems occur is important to understanding what we can do to aid prevention – which is always better than cure!

These 11 medical illustrations above were granted permission to use by Dorling Kindersley (DK) taken from ***The Human Body Book*** published in 2007



Left: Our poster advertising the event.
Above: Shirley, Lynn and Kate.
Right: Classrooms in the school – ideas to take over to Nkuringo!

LET THE FUND RAISING COMMENCE!

Around the country people are girding their loins to raise funds for the October visit to Nkuringo.

Events got off to a flying start on Saturday 11th February at Rotherfield Primary School with a mega jumble sale.

Everyone was so generous with their donations of jumble, toys, bric a brac etc that the hall was piled high!

Customers flowed in and many left carrying big bags of bargains. Refreshments were available and the two hours flew past. So many volunteers worked their socks off ensuring everyone left with something – special thanks to the GO Uganda participants Kate Bishop, Shirley Turner, Lynn Lunn, Mel and Molly Dolding.

When everyone had left there was still a mountain of clothes – but nothing was wasted. The best clothes have been kept back for the next fund raising event by Mel Dolding. Bric a Brac went to Jess Hardy (another participant) for her fund raising event – and Shirley Turner drove two car loads of clothes to Tunbridge where she sold them for over £100! Those clothes will soon be on their way to Ghana – so everyone has benefited!

At last count the total was **£670.00!**
Well done everyone!!!

PLEASE KEEP THIS PAGE SAFE

I am often asked for the prices of things that can be purchased or sponsored for the community in Nkuringo, Uganda – things you might want to buy yourselves or you have been donated money for. Below is as comprehensive a list as I can give you. If you have any questions please do not hesitate to get in contact with us by email or on Facebook.

£110 will sponsor a child to attend the Nkuringo Foundation Nursery and Primary School for one Year.
Please note this is one gift you must think carefully about. If you sponsor a child that child will need to know that they can stay at school until they complete Primary 7. You will receive photos and letters from the child and their end of year school report. Sponsorship therefore is normally renewed each year as required – although we will find a new sponsor if necessary if you find you can no longer commit.

£12 will buy a full school uniform (boy or girl) including jumper, shirt/blouse, shorts/skirt. If the child is new to the school this needs to be paid along with the first year of sponsorship.

£5 will buy a new jumper for a child
All jumpers are knitted by the local women and provide work for the community.

£10 will buy a hen that will lay eggs and provide a food supplement to go with the vegetables most people grow as their staple diet. You can buy a hen for a named family, for a named group such as the HIV group or the Batwa Pigmy group – or leave the community to allocate to most needy.

£30 will buy a goat that will give milk and also have kids to sell or for meat. Both milk and meat are good supplements to the vegetable and poshu diet.
We have supplied billy goats and cockerels to the groups so there are plenty of opportunities for chicks and kids to increase the animal population.

£10 will buy a chair for the school.

£20 will buy a Desk Bench set for two students for the classrooms.

£30 will buy a bunk bed for the new dormitories. All furniture is made by local people thus providing work for the community. Furniture is always engraved with the name of the sponsor or their chosen name.

£650 will buy a large water tank to supplement the water in the community. Any donation towards building the classroom construction is always welcome from £5 up. Names of donors will be painted on the exterior of the new building when completed.

Drugs and medical equipment always required for the new medical centre. *Contact Chris Read of Singing Gorilla Projects*

Remember you can always send letters and printed matter such as stickers, maps, posters etc. direct to the school by post. Do not include anything except paper and card. Mark the envelope **AIR MAIL** and

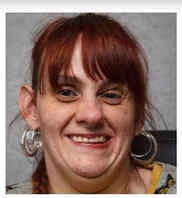
PRINTED MATTER.
Attn : Name of Child,
c/o Asgario Turyagyenda
Nkuringo Foundation Nursery & Primary School,
P.O Box 36385,
Kampala.
Uganda.

PEOPLE FOR PEOPLE

OUR NEW STRAPLINE, People for People, really came into its own this month when two worlds, so far apart, came together to create something wonderful.

As some of you will know I work with speech recognition – and have done for over 25 years. As we specialised, especially in the early days, in working with people with cerebral palsy, for whom speech recognition can be a real help, it came to be that in 1996 I met Graham Barber who started and ran Chailey Heritage Enterprise Centre. I was there initially to train Jo Jones. Jo needed speech recognition in her work at the centre which provides people with cerebral palsy the chance of a career working in providing media products to the general public, everything from cups to badges to fleeces, car stickers, place mats etc. The Times Interface even did an article on our work there and Jo was on the front cover.

THE TIMES
WEDNESDAY FEBRUARY 5 1997
NTERFACE
rom the eart IT
6 PAGES OF IT JOBS
WIN A MOBILE HOME OFFICE WITH MERCURY ONE 2 ONE PREMIUM LINE ENTRY PAGE 13
got the
Call 0800 000444 now



Above: Original Times Interface Article in 1997.
Left: Jan and Jo meet again.
Right: Holly – who works at CHEC and is niece to Jackie Jenkins – jumper and child sponsor.

Twenty years later Steve and I were looking for ways of providing an identity both for the Nkuringo HIV Group run by Kenneth Tumbwene and to reinforce the identity of the Nkuringo Foundation Nursery and Primary School. We already had some fleeces for teachers at the school – but fleeces are expensive. We hit on the idea of badges for both groups – plus a fleece for Kenneth with a new HIV Group logo.

People for people. I thought of CHEC. I phoned up to find that Graham Barber had retired – but his son Matthew Barber had taken up the reigns. Not only that but Jo Jones was still there beavering away Monday to Friday! CHEC do not charge any set up fees so having one fleece embroidered was not a problem. 500 badges? Easy! Order placed, we were very excited when we received the call to pick up our order! Jo hadn't changed! More news! Holly, another woman working at the centre, is the niece of a friend of ours, Jackie Jenkins who – along with her husband Dan – sponsors a little boy called Spensar Mapesa to enable him to attend the school in Nkuringo – as well as being donors of jumpers to all the children needing them – which keeps ladies in Nkuringo knitting and our school children looking neat and tidy!

Above left: Dan Barber printing car stickers
Above right: Embroidery machine
Left: Samples of work

So we will be taking out a fleece and badges for the HIV group plus fleeces and badges for all the children and teachers at the school – thanks to the hard work of the people at the Chailey Heritage Enterprise Centre. We look forward to bringing you the photos when they receive them!

If you ever need anything printing please think of this very worthwhile group – they are self funding and provide some amazing work at very affordable prices!

As an aside Jo has promised to come with Holly to see Jackie and I in our next play! I will keep you to that Jo!

Whether it be 100's of badges for a bonfire society, bespoke shirts for a swimathon, or a single running shirt for a fundraiser, CHEC provides a high level of personal service to make your idea a reality. Your order provides the work for disabled adults to take part in. The profit from the work is used to support the running costs of the centre and you get the professionally produced product you wanted.

Contact CHEC on 01825 724 376 or info@chec.co.uk - or visit their website www.chec.co.uk

CHEC co uk

CHAILEY HERITAGE ENTERPRISE CENTRE

AND FINALLY – IT IS THANK YOU FROM THEM…

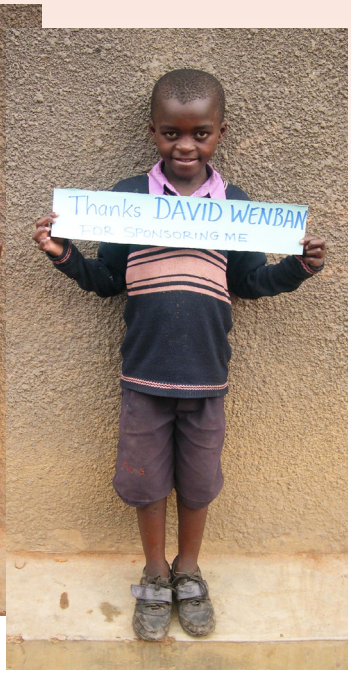
It is heart warming to receive photos from the school when gifts or letters are received. Our front cover shows Maria Asimwe and her guardian receiving a goat and hen from Teresa Noon – one of many children to receive such gifts from their sponsors. Remember you too can send out goats and hens to children or the groups we support – you can see the difference goats and hens made to the HIV group as reported on page 3.

The children love receiving letters – you can always put stickers and other printed matter in for the children – but bigger gifts need to be taken out by hand. Here Chris Read kindly took out a gift for Pamela from Eileen Johnson – at the same time as he delivered disposable gloves she had donated for the Health Centre. Isack was pleased with his gift delivered at the same time as drugs David Wenban also donated to the Health Centre. Please note you can send gifts out in October with the participants of Go Uganda 2017 – we will ensure all your gifts and donations get there!

We also send out copied of the newsletters – and try to keep the content varied so the Nkuringo community can learn as much about what we are doing as we learn about them. Please remember if you are fund raising or have a story to tell of your experiences in Nkuringo – we are always looking for articles to print. People for People really means us all working together. We are all benefitting from our close friendship with this community.

The sponsorship programme also makes a big difference to the children – many who would not be in the school if it were not for your help. We cannot show all their photos but here Sylivano, Julius, Sadick and Isack represent everyone who thanks their sponsors.

That's it for another month folks – when we hope to bring you more exciting news!



THIS MONTHLY NEWSLETTER IS PRODUCED FOR THE SPONSORS
WHO HELP SUPPORT THE NKURINGO FOUNDATION AND PRIMARY SCHOOL. WRITTEN BY JANET DUCHESNE AND PRODUCED BY STEPHENKNOWLDEN.
ARTICLE CONTRIBUTIONS WELCOMED. **CONTACT DETAILS** FOR FURTHER INFORMATION EMAIL JANET.DUCHESNE@SPEECHCENTRE.CO.UK OR GO TO NKURINGO WEBSITE WWW.NKURINGO.ORG.UK
A NEW WEBSITE IS CURRENTLY IN THE PROCESS OF BEING BUILT - HOPE TO BE WITH YOU SOON