

**NECS**

REGISTERED CHARITY 1181777

Nkuringo Education and Community Support • August 2019

# NEWSletter

People People

FREE ONLINE NEWSLETTER FOR ALL SPONSORS AND FRIENDS



DAWN, JEN AND KIAN REVISIT UGANDA

— see full story inside



REGISTERED CHARITY 1181777

Nkuringo Education and Community Support • July 2019

# NEWSletter

FREE ONLINE NEWSLETTER FOR ALL SPONSORS AND FRIENDS



Dear All

It has been another hectic month – both on the Go Uganda and personal front – so getting this newsletter out has been squeezed in pockets of time at odd hours – hopefully it doesn't show too much!

Lots of stories to bring you – and some of them still unfolding!

Firstly I am thrilled with our first

month of the Helping Hands project – see pages 10 and 11. This was started because we realise that we need to help people help themselves and there is a co-operative already in Nkuringo whereby people pay a small amount a month and in return can go onto a list to borrow money (the equivalent of £30) which they pay back 5% per month. It enables people to buy tools or materials for crafts – anything that gets them on the ladder to make money to feed their families. Obviously the problem is getting enough money into circulation to make it work. I started with one loan and was quickly followed by Jackie Knight and Nick Mitford with another. Maria Clarke stepped in with another three loans and Steve Knowlden another. Six loans and we already have six named people who have received the help they needed. We have another 25 people who have applied and been accepted to receive support so if anyone else wants to give the gift that keeps giving please get in touch! For £30 you will receive a photo and update on the person who receives your loan and the knowledge that as it is paid back another person will be there to reap the benefits as it is loaned out again!



Secondly I have to say what a wonderful impact Dawn, her daughter Jen and grandson Kian had on Nkuringo as they returned for two weeks to enable Dawn and Jen to volunteer at the Nteko Clinic. They were the first people



ever to volunteer there and gave us some wonderful feedback to help us in our quest to build a new clinic. Whilst there Kian had a birthday and of course they all had great fun in the community. Read their story on pages 4,5 6 and 7. If any other nurses or medical staff out there feel like volunteering please get in touch! You will certainly find it a life changing experience.

We have an article in the newsletter on the underground water tank nearing completion. I have another photo of it on these pages as progress is faster than our articles can keep up with! They are now about to build the water harvesting shelter (which will have a secondary purpose as teachers' accommodation!). John Vine of England has kindly offered to pay for the additional work to put teachers accommodation underneath – thank you John! The funds provided by Ruth Mason to build the pupils bathrooms will ensure a second building nearby which will have a feed from the roof to collect water in the tank. Thanks again Ruth! We are going to open the tank to the community in October during our trip. The blessing of the tank will wait until Jill and Kevin Smith, who kindly paid for it, can make the trip from America to Nkuringo next year.

Talking of Go Uganda – we invite you all to meet the Go Uganda October 2019 team on pages 14 and 15. Bags are being packed and people are getting ready for this wonderful adventure. It must be good because out of the 21 people going twelve have been before!! They will certainly all see some big improvements in the schools – thanks to all of you!

More good news as the girls dormitories take shape at the secondary school (pages 12 and 13). Katy Gordon also kindly donated some of her wonderful stage costumes to be used for the Sleeping Beauty Pantomime – see pages 8 and 9 – thank you Katie!

We have two new sponsorships – Ambrose Ayebare by Rory Simcock and Juliana Alinda who has kindly been taken over by Cherokee Seebalack after her original sponsor was unable to continue. Two more hens – Ali G donated to a needy child – Hendrick – by a friend of Pamela Alcock and Sascha provided by Sascha Evans. Not to forget children still love receiving your letters!

Above all enjoy the newsletter and please feel free to share it with as many friends as you think would be interested!



See you next month!  
Jan



Far Left Top: Water tank nearing completion

Far Left Bottom: Ambrose and Juliana

Top: More sponsor letters!

Above: Two more hens

NECS Newsletter is published monthly by Janet Duchesne  
Printed by Chec Enterprise, Haywards Heath Road, North  
Chailey, East Sussex BN8 4EF UK. For further information  
about Nkuringo and the work NECS does please email  
janet.duchesne@speechcentre.co.uk



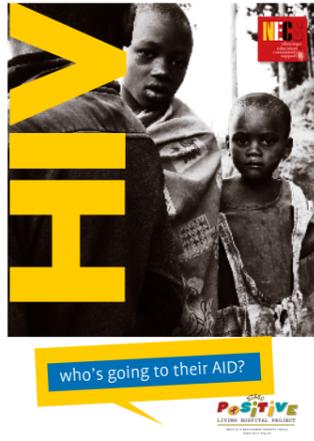
NTEKO Positive Living Hospital Project

# DAWN MOFFATT

## JEN & KIAN ARRIVE IN NKURINGO

Outside the organised Go Uganda trips there is always scope to go and visit Nkuringo on your own or with family or friends. Asgario is always ready to put together something suitable whether your aim is Trekking, Safari or Volunteering – as Dawn and Jen did – either at the schools or the Clinic.

**D**AWN MOFFATT is no stranger to Nkuringo having already been on two Go Uganda trips – the second with her grandson Kian earlier this year. This was a different adventure! Dawn and her daughter Jen, who is currently in her last year as a student nurse, had offered to go back and spend two weeks volunteering at the Nteko clinic. Of course they could not possibly go without Kian – who could not wait to get back to Nkuringo and go back to school with his many friends.



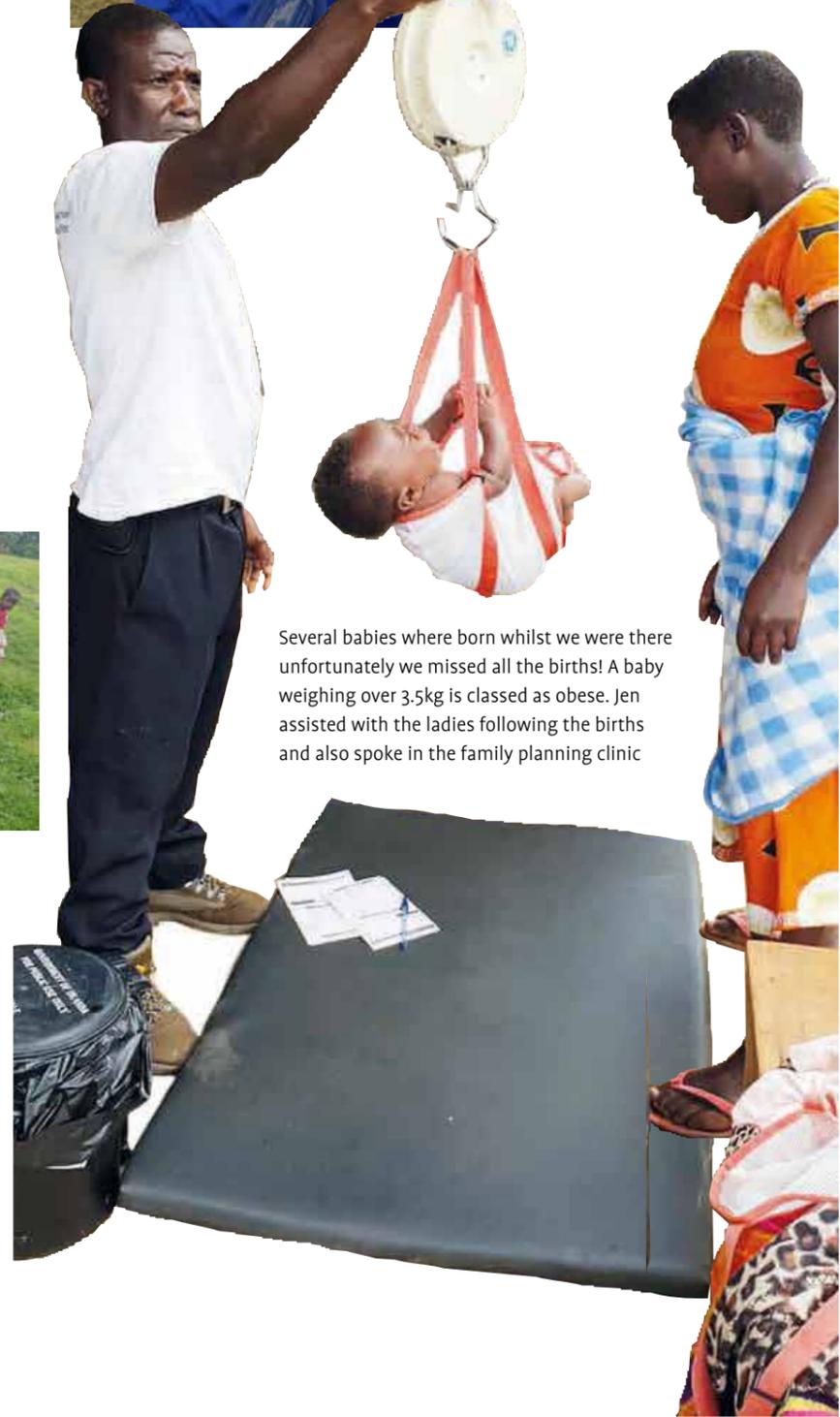
Dawn and Jen not only volunteered at the clinic, they took much needed aid to the community and helped us gain a much better understanding of the requirements of the clinic and local community as they obviously saw everything from a different perspective. The visit was a great success and Dawn sent these photos and words for us to share with you:

What an experience! I am especially very proud of my daughter. We assisted at the clinic working with the doctor and staff and were the first volunteers ever to work there. We got to know them all very well and saw how hard they work under difficult conditions. We took out lots of medical aid and also gave all the pregnant ladies two sets of baby clothes each. We could not have provided such help without the support of Asgario and all the staff at the Guest House in Nkuringo.



This little girl weighed 7kg and was severely malnourished as her grandma is bringing her up so can't breast feed her. She couldn't walk although she is 3 years old. We paid for her to be taken to another hospital to get some essential food

These children had walked 4 kilometres to the clinic 3 of them in their bare feet. We gave them shoes

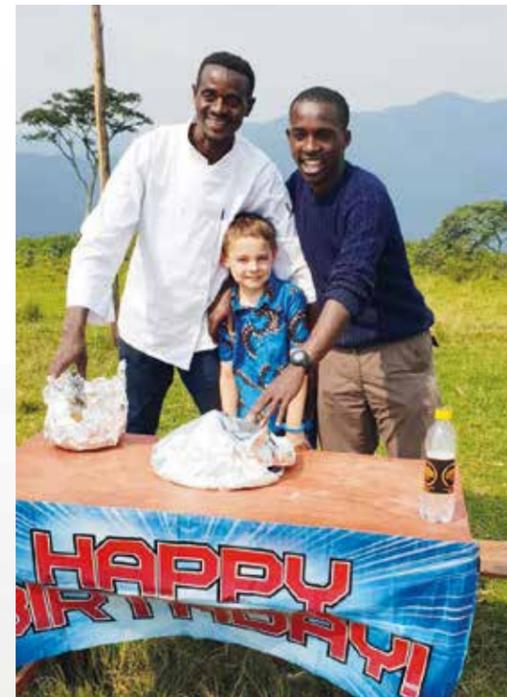


Several babies were born whilst we were there unfortunately we missed all the births! A baby weighing over 3.5kg is classed as obese. Jen assisted with the ladies following the births and also spoke in the family planning clinic



Apart from volunteering at the Clinic there was a birthday for Kian to celebrate! Dawn and Jen had taken out balloons, gift bags and paid for a birthday party on top of the world with children from the primary school. They also took a trip on Lake Mutanda, visited Peter the Coffee Farmer and Kian even learned how to make bricks – something many of the families do in a country where most things you need you either make or grow!

Thank you so much Dawn, Jen and Kian for all the joy you brought to the community. See you again Dawn on the October trip when we have another nurse in Sian Cripps who is looking to visit the clinic and see what she can do!





OUR PANTOMIME wardrobe for Sleeping Beauty in Nkuringo in October has been given another amazing boost by Katy Gordon – whose mother Yvonne is a friend and sponsor of our community.

Katy started dancing at the age of 2½ and at the age of 7 she also started to train to become a classical singer. This

meant at 14yrs old she had to decide between continuing with dancing or to focus solely on singing - something she was becoming very accomplished at. By the age of 15 she was part of the National Youth Choir of Great Britain and had taken part in many operas/musicals such as Sweeney Todd, Magic Flute, West Side Story & Les Miserables in which she played Cosette.

Katy was also chosen to sing the solo Pie Jesus with Hull Choral Society to mark the

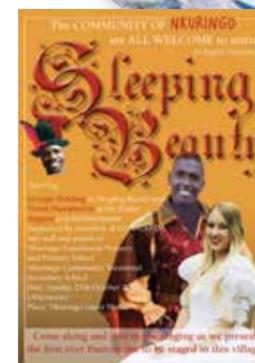
relaunch of Hull Minster.

In 2019, having passed all ABRSM exams by the age of 15 with distinction (Associated Board of the Royal Schools of Music), she can now use letters after her name if she so wishes! Katy Gordon ARSM.

Having seen our call for Pantomime costumes Katy kindly donated some of the outfits she has worn over the years on stage. You can see a couple of photos here of a younger Katy wearing them!

Katy is hoping to visit Uganda next year, University allowing, to visit the children and would love to do something musical with them, in the meantime she hopes the children enjoy dressing up and all enjoy the pantomime very much!

Thank you Katy! We hope to do your costumes proud!



# OUR COSTUMES - KATY GORDON DONATES FOR SLEEPING BEAUTY

Coming to Nkuringo in October - the first pantomime to be stage at the Guest House

SO MANY PEOPLE are pulling together to ensure our first ever Pantomime in Nkuringo is a success. It is more than a pantomime – it is the chance for the community and the Go Uganda group to work together at something different, something that is not just about us giving aid or providing sponsorship but adding another level to our relationship. The community has never had the opportunity to see a play or a pantomime and this is something with lots of singing and dancing that will enable everyone to kick up heels and get in the swing! Georgie and Mollie Dolding have been preparing little videos of the singing and dancing required and sending them out via WhatsApp to Nkuringo so the teachers can share with the children and start getting prepared. Apart from the wonderful donations of clothes from people like Katie (see article on this page) and the Mayfield Women’s Institute (July newsletter) we are scouring lofts and charity shops up and down the country for little bits that will transform a child into a fairy or an adult into a fairy, clown, member of court or a villager. As you know when we leave the schools have undertaken to do this pantomime again at Christmas to the families of all the pupils.

Who knows - this could be the start of a new Ugandan tradition! This will certainly not be Pantomime as we know it but a mix and celebration of the traditions of all our countries!





# HELPING HANDS UPDATE

We reported last month on the new Helping Hands initiative in which we are basically increasing the effectiveness of a small co-operative society called the Nkuringo Credit and Saving Society

## Loans Committee



Gidion Byamukama Rogers Arinaitwe Anameri Tusingwire

BY PROVIDING SMALL lump sum loan to applicants within the society who then pay them back monthly we are increasing the central funds and enabling more people to be supported.

If you wish to participate you provide £30 to the Helping Hands project. In return you will be given the name of the first benefactor. Of course that money is a loan and over the course of time you will not just be helping that first person but all the other people that borrow the repaid money as it comes back in.

I started the ball rolling by providing one initial loan. The loan committee had to decide who was the next most urgent case for assistance.

That first loan was allocated to Sunday Gervaze. Sunday is married and has five children. He has a small hardware shop but was struggling to maintain a useful level of stock. He has now been provided with the \$30 Helping Hands loan to enable him to increase his level of stock items and therefore his business.

He will be paying interest on the loan which brings money back into the co-operative which will then be available to give others the chance to improve their hope of making a better living to look after their families.

Following on from our article in last month's newsletter we were thrilled to receive a second offer of a loan from Jackie Knight and Nick Mitford.

This was quickly followed by THREE loans from Maria Clarke and a further loan from Steve Knowlden. That is five more loans going to applicants who would normally have to wait months until the funds built up enough for it to be the turn of the next person.

These loans were allocated as follows:



Agnes Nyiranugisha is 27 and married with three children. She is from the village of Kahurire and has a shop as her business. She applied for a loan to enable her to purchase more stock and grow her business



**Steve Knowlden**  
Art Director  
East Sussex

**Milia Kyoriruha**  
Hand Crafts  
Nkuringo

**Jackie Knight**  
IT  
Somerset

**Agnes Nyiranugisha**  
Shop Keeper  
Nkuringo

**Maria Clarke**  
Beautician  
East Sussex

**Kennedy Ndaruhutse**  
Shop Keeper  
Nkuringo

**Nick Mitford**  
Kitchen designer  
Somerset

**Sunday Gervaze**  
Crafts  
Nkuringo

**Fausta Atashorora**  
Shop Keeper  
Kahurire

**Enid Tusime**  
Crafts  
Nkuringo

**Jan Duchesne**  
Director  
East Sussex



Fausta Atashorora is 33 and married with 4 children. She is from the village of Kahurire and owns a small shop. The money will enable her to buy more stock and increase her business.



Milia Kyoriruha age 29 years. She has three children. She makes crafts to sell to make a living.



Enid Tusime is 24. She has one child and is a craft maker from the village of Kabaya. This loan will make a big difference to her.



Kennedy Ndaruhutse is 33 and married with five children. He is a carpenter from the village of Bikokora



# NEWS ON

NKURINGO COMMUNITY VOCATIONAL SECONDARY SCHOOL

MANAGED BY MEL DOLDING AND KATE BISHOP

## THE GIRLS DORMS ARE ON THE WAY

As well as the help the secondary school in Nkuringo get from all of our NECS supporters in different countries and continents, it is always good to hear of groups/foundations in Africa itself giving support too.



ONE SUCH GROUP is the African Wildlife Foundation. The AWF is a leading international conservation organisation focused exclusively on Africa's wildlife and wild lands. It's programs and conservation strategies are designed to protect the wildlife and wild lands of Africa and ensure a more sustainable future for Africa's people. When they visited the school, Denis explained to them how the school helps the community by educating (with the help of our supporters too) children from the Batwa community and most needy children from poorer families. Denis also

told them how they participate in wildlife conservation too as part of the students education. Because they were so impressed with the help the Batwa community get from the school and really happy that wildlife conservation is part of the children's education, the African Wildlife Foundation donated the school enough money for a new building which is fantastic! The building is going to be used as a new dormitory for the girls as they were desperately in need of more space. Here you can see picture of the build so far and the construction of much needed beds



for the dormitory. It is so wonderful to see that the great work the school is doing (and some of it is down to the support of our sponsors) is appreciated by other groups who are willing to help. The more help these communities receive the better education the children will get, ensuring a better future for the country as a whole. Well done to Denis and his team of staff, plus all the students who work hard, for being recognised as worthy recipients for this donation.

## GEORGIE'S BEDROOM WALL

KATE AND MEL would like to take the opportunity to give a big thank you to all the people/families who sponsor children at the secondary school. Without your support, these children would struggle to get the education they so richly deserve. Mel is going out to Nkuringo with her two daughters with the Go Uganda October 2019 group and is really looking forward to meeting all the students and will be sure to send everyone's best wishes to them.

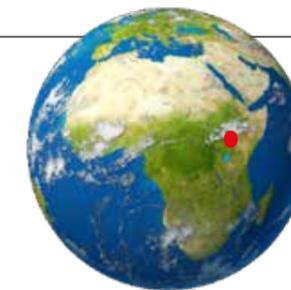
Being part of the extended Nkuringo family has been an amazing experience and it is so wonderful that so many people are willing to help these children who live so far away. If anyone hasn't been to Nkuringo on a trip, please do think about visiting in the future, as it is such a life changing experience.

The students all love receiving letters from their sponsors, so please do keep writing to them. If you write to them, they will write back and the next opportunity for bringing back letters from them will be in October, so do write to them before then if you can. Mel's daughters Georgie and Molly love receiving their letters from their friends in Nkuringo – Georgie puts all her letters up on her bedroom wall with photos from their stay in 2017! Mel sent the last few letters to the sponsors who sent stamped addressed envelopes to her and emailed the rest to those who didn't respond so hopefully everyone received them. She will be happy to do the same again when she comes back from the trip this time.





# TIME TO MEET THE PEOPLE ON THE GO UGANDA 2019 TRIP!



## JAN DUCHESNE

Founder of Go Uganda and Chair of NECS Jan first made the trip in October 2014 with her husband Steve and since then has been on every trip except the June 2019 trip when Steve went instead. Jan has visited Nkuringo six times already so this will be her seventh time – and the five year anniversary of her first visit!

Jan sponsors **Getisha Akampurira** and **Baram Mucunguzi** at Primary School and **Elizabeth Niwamanya** at Secondary School. She has also taken over the sponsorship of **Damiano Turinomuhangi** since her mother died earlier this year.



## TARA GARRITT

Tara Garritt is also a Go Uganda veteran since first visiting in October 2016 with her husband Mark. She was back again in 2018 and then again earlier this year on the June 2019 trip. She is a Trustee of NECS and instigated the Red Box project (see pages 12 and 13). She will be leading the group along with Jan.

Tara and Mark sponsor **Alice Natukunda**, **Ivan Ariganyir** and **Matayo Kisembo** at Primary School.



## JENNY AND BOB ALDRIDGE

Jenny and Bob are on their second visit to Nkuringo – having first made the trip in October 2018. Since then Jenny has become a Trustee of NECS and has been

working on the shoe programme to ensure all children at the primary and secondary school have a pair of sturdy school shoes.

Jenny and Bob sponsor **Aphia Tumuhimbisa** and **Mercy Kiconco** at primary school and **Jonathan Akampurira** at secondary school.



## MEL DOLDING AND DAUGHTERS GEORGIE AND MOLLY

Mel, Georgie and Molly are on their second visit to Nkuringo. They were on the very first trip in 2016 and it made such an impact on them they have been heavily involved in the charity since. Molly was the first young

person to personally sponsor a child at the primary school – raising the money all herself. She was soon followed by her sister Georgie. Their mum Mel is a Trustee of NECS and also runs the sponsorship programme for the secondary school along with Kate Bishop. Georgie and Molly are helping with singing, acting and choreography for the Pantomime we are putting on in Nkuringo!

Georgie and Molly sponsor **Anthony Kazora** and **Evaline Nyaramugisha** at primary school. Mel sponsors **Kellon Binomugisha** at secondary school. They are also part of Stage Door Drama (along with Rhiannon and Maddy Jeffs) who sponsor **Santrine Ayinembabazi** at secondary school.



## ANNE CRIPPS AND DAUGHTER SIAN CRIPPS

Anne is on her second visit to Nkuringo having been on the first Go Uganda trip in 2016. Anne has been involved with

Nkuringo since meeting Jan Duchesne when trekking in Jordan in 2015 (the same trek on which Jan met Tara Garritt).

This is the first visit of Sian her daughter to Nkuringo – but she has already booked to return in May 2020 with her boyfriend Sam Harvey. Sian is a nurse and is looking forward to visiting the Nteko clinic and maybe even doing some hands on!

Anne and her husband Trevor sponsor **Sarah Akantorana** and **Ivan Tumwesigye** and Sian sponsors **Davis Aturinda** – all at primary school.



## JANICE ALLEN

Like Jan Duchesne, Janice Allen also first visited Nkuringo on a Dream Challenges trek – the trek after the one Jan was on. Having fallen in love with the community she was thrilled to get involved and was on the Go Uganda trip in October 2016. Janice has been a great supporter of NECS and has done a lot of fundraising over the years which has

benefitted all areas of the community – the most recent being the fundraising this last month which provided the money to enable Gilipina to get a much needed scan (see pages 3 and 17).

Janice sponsors **Constance Natukunda** at primary school and **Felix Sebatware** at secondary school. She has also offered to sponsor **Gerald Muhwezi** if he is ready to return to school next year after his recuperation. Gerald is the boy who is paralysed after falling out of a tree and has just completed the treatment to overcome horrific bed sores.

## EILEEN JOHNSTONE

Eileen Johnstone was on the same trek to Uganda as Jan Duchesne in October 2014. She was one of the first to offer to sponsor a child when Jan put out the call for help. Eileen was also on the Go Uganda trip in October 2016 and is looking forward to returning to meet old friends –



both in the community and among the team. Eileen is one of the trekking community (along with Anne Cripps, Tara Garritt, Pamela Alcock and Janice Allen) who have been so supportive of this venture.

Eileen sponsors **Pamela Akampurira** at primary school.



## PAMELA ALCOCK AND HER GRANDDAUGHTER SOPHIE ALCOCK

Pamela was on the 2016 Go Uganda trip after visiting herself via a Dream Challenges trek. Pamela has been a great supporter of our charity and has enrolled more

people as sponsors and donors of hens, chickens etc than anyone else! Pamela is bringing with her Sophie who is her 16 year old granddaughter. She has heard Pam talk about her various treks over the years and after doing a project at school about 3rd world countries she said she would love to go to Uganda with her. She is awaiting her exam results and wants to go to college or take on an apprenticeship to work with children with learning difficulties.

Pamela sponsors **Julius Twinamasiko** at primary school.



## KAREN AND STEVE BONNER

This will be the first trip to Nkuringo for Karen and Steve Bonner who first became aware of our work through their friend Janice Allen. It will be an emotional visit

as Karen and Steve (and his brother James) raised so much money for Nkuringo at the beginning of the year in memory of Ryan Bonner, who had Marfan syndrome and died suddenly in February 2018. They raised an amazing £2,775 for Nkuringo – part of which was allocated to the building of new classrooms at the secondary school which have been dedicated to Ryan Bonner and in which his photo and story are shown.

Karen and Steve sponsor **Doreen Akantekateka** at primary school.

## SISTERS HAYLEY COLLINS AND ADELE HOPE

Hayley Collins is a teacher at All Saints Primary School where the granddaughter of Gwynne Furlong – a Go Uganda Veteran and Advisor to NECS – attends. Gwynne was instrumental in organising pen pal letters to flow between the children at the school and the primary school in Nkuringo and created a lot of interest in Uganda among the children and teachers alike. The children and staff went on to raise money to sponsor children,



purchase hens and generally provide amazing support to the community. Hayley is thrilled to be visiting Nkuringo for the first time and will take back lots of stories to the children! Hayley is accompanied by her sister Adele. Adele is a dental nurse and looking forward to seeing the amazing teeth of the children

in Nkuringo!! Hayley and All Saints sponsor **Federicko Medard** and **Angel Ayjukire** at primary school. Adele and Hayley also sponsor **Medard Tumwebaze** at primary school.



## KARRIE MELLOR AND HER SON JACOB FEARON

This will be the second Go Uganda trip for Karrie Mellor. She went last October with her daughter Zara. Karrie has supported all the Go Uganda trips with her business – also a

charity called Bags of Support. Karrie has supplied many of the clothes that volunteers bring out with them on these trips and also, after her last visit, raised enough money by selling local coffee beans she purchased on that trip to sponsor additional children to attend secondary school. I am sure her son Jacob has heard all about the adventures of his sister Zara and will be looking forward to making his own mark on the community!

Karrie sponsors **Anet Tumuhimbise** and **Ambrose Akampurira** at primary school and **Sara Ainembabazi** at secondary school. With the other ladies of Bags of Support she sponsors **Francis Niwagaba** at secondary school. Her coffee bean project also sponsors **Clovence Kemigisha** and **Clovence Kyarikunda** at secondary school.

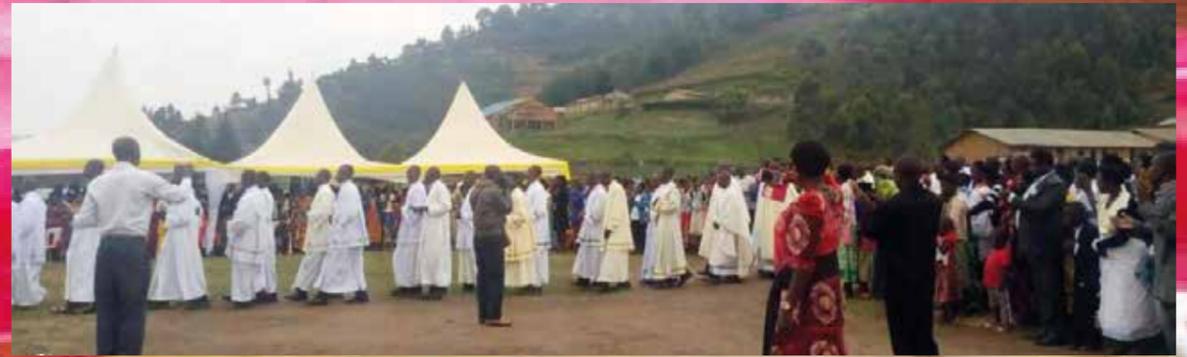


## MEGAN JEFFS AND HER DAUGHTERS RHIANNON AND MADDY

Megan Jeffs is a primary school teacher. She is also a good friend of Mel

Dolding and her daughters Rhiannon and Maddy study drama with Mel's daughters Georgie and Molly. They have obviously followed with interest the growing part that Nkuringo plays in the lives of the Dolding family and are thrilled now too to be taking part in this adventure. It will be the first time to Uganda for Megan and her children and they are really looking forward to it. Rhiannon and Maddy are already learning their songs and dances for the pantomime! Megan and the girls sponsor **Bridget Kamusime** at secondary school

# PRIEST ORDAINED IN NKURINGO



**W**E ARE ALWAYS PLEASED to bring you stories of the many events in the Nkuringo area that make up the fabric of daily life and may be given more or less emphasis than they would in our own environment.

Who doesn't love a ceremony! Earlier this month Asgario was invited to see Reverend Father Martin Turanyomwe of the parish of Rubanda within the diocese of Kabale be ordained. He was ordained by Bishop Callistus Rubaramira – who was himself initially ordained as a priest in Kabale in 1975!

You can see from the photos what a very grand and important ceremony this is in the community.



## WATER TANK ALMOST THERE

**W**E HAVE WATCHED with growing admiration the construction of the underground water tank so generously funded by Jill and Kevin Smith. Constructed entirely by hand – every shovelful of earth being manually removed before building could start in earnest. The deadlines have all been met and the Go Uganda October 2019 group will be there for the unveiling of the completed project.

Unfortunately Jill and Kevin cannot be there to see their project complete however I am told that the dedication ceremony is being postponed to next year to a time when it is hoped they can make it and be properly thanked by the community.

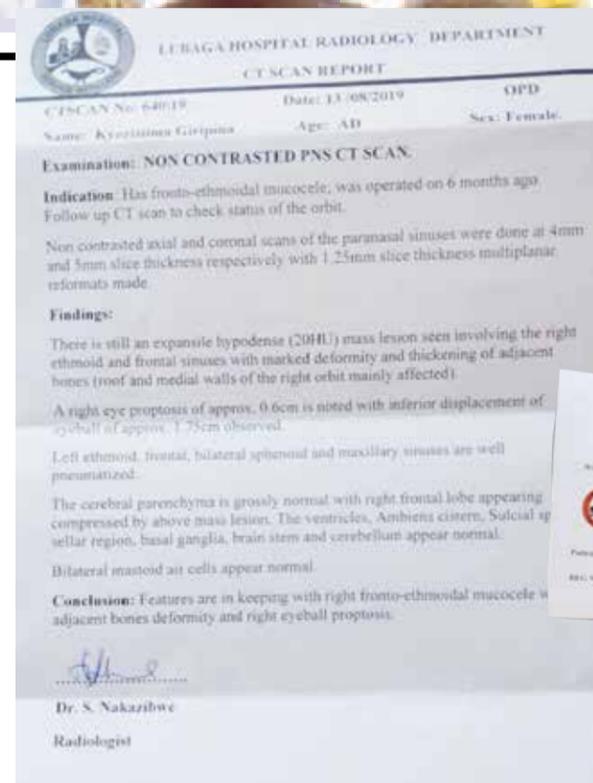


## GILIPINA BACK TO HOSPITAL

**W**E HAVE FOLLOWED the story of Gilipina since last year when she was first brought to the Guest House and we saw her swollen eye and vowed to help. She was in terrible pain and suffered from constant headaches.

With the assistance of the medical fund Gilipina was seen at hospital and after several scans she underwent surgery to remove a large cyst behind the eye. She was sent away and told that in time the eye would return to its socket. Six months down the line the eye was still protruding as much as before – although Gilipina confirms the headaches and pain have all gone. Unfortunately the medical fund was at zero since paying for the treatment for Gerald and we had to tell Gilipina to wait until we could raise more. Thankfully Janice Allan had just had a fund raiser (see page 3) and the money was more than enough to send Gilipina for another scan. The results are given here. Our understanding is that the eye is slowly returning into the socket and it is just a matter of time. They have asked to see her again in six months by which time there should definitely be a marked improvement. Better safe than sorry!

Of course if anyone can read the report given here and has a better explanation please do let us know!





Tara Garritt  
(taragarritt@aol.com)

# OPERATION RED BOX – REQUEST FOR MENSTRUAL CYCLE EDUCATION

Less than a year ago, Operation Red Box was established to provide girls in both schools with sanitary pads to ensure they didn't miss any of their hard won schooling and to do so in dignity and comfort. Thanks to wonderful donations of money and sanitary pads, 150 girls have 2 sets of washable, reusable pads and access to 2 distribution points where they can get disposable ones.

**WHAT WE HADN'T APPRECIATED** in May, was the number of questions the girls had about periods in general, and their own experience of them. In true Head Girl style, Provia had consolidated some of the most pressing questions into a list for me to bring home, requesting that we answer them via the magazine. As many of the girl's board, they don't have family members to ask, so we wanted to provide reassurance and education.

### What is a period?

A period is the part of the menstrual cycle when a woman bleeds from her vagina for a few days. For most women this happens every 28 days or so, but it's common for periods to be more or less frequent than this, ranging from day 21 to day 40 of their menstrual cycle. Your period can last between 3 and 8 days, but it will usually last for about 5 days. The bleeding tends to be heaviest in the first 2 days. When your period is at its heaviest, the blood will be red. On lighter days, it may be pink, brown or black. You'll lose about 30 to 72ml (5 to 12 teaspoons) of blood during your period, although some women bleed more heavily than this. This is normal.

### PMS (premenstrual syndrome)

Changes in your body's hormone levels before your period can cause physical and emotional changes. This is known as PMS (premenstrual syndrome) or PMT (premenstrual tension). There are many possible symptoms of PMS, but typical symptoms include: feeling bloated, breast tenderness, mood swings, feeling irritable, spotty skin

### What are irregular periods?

You have irregular periods if the length of your menstrual cycle (the gap between your periods starting) keeps changing. Your periods may come early or late. The average menstrual cycle lasts 28 days, although it's normal for it to be a bit shorter or longer than this. After puberty, many women develop a regular cycle with a similar length of time between periods. But it's not uncommon for it to vary by a few days each time. There are many possible causes. Sometimes they may just be normal for you. Common causes include: puberty – your periods might be irregular for the first year or two, extreme weight loss or weight gain, excessive exercise or stress and infrequently, medical conditions.

It's often normal during the teen years to have irregular periods. When a girl's period is irregular, it might come more than once a month or only come every few months. Some girls find they get their period more than once some months, then they might not have another for several months. This is the body's natural way of adjusting to the changes that come with growing up. It is quite normal to miss up to 3 periods in a row. Other causes of missed periods are over exercising or hard physical

activity, and under eating. If you feel well, then it is just your body adjusting and nothing to worry about.

Period pain is common and a normal part of your menstrual cycle. Most women get it at some point in their lives. It's usually felt as painful muscle cramps in the tummy, which can spread to the back and thighs. The pain sometimes comes in intense spasms, while at other times it may be dull but more constant. It may also vary with each period. Some periods may cause little or no discomfort, while others may be more painful. Sometimes you may get pelvic pain even when you do not have your period.

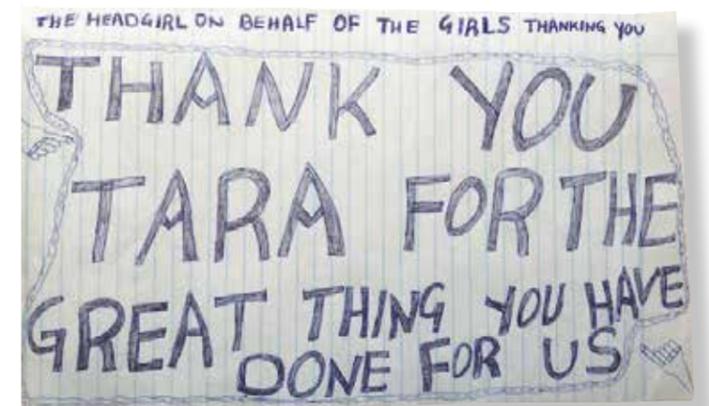
What causes period pain? Period pain happens when the muscular wall of the womb tightens (contracts). Mild contractions continually occur in your womb, but they're usually so mild that most women cannot feel them. During your period, the wall of the womb starts to contract more vigorously to help the womb lining shed as part of your period. When the wall of the womb contracts, it compresses the blood vessels lining your womb. This temporarily cuts off the blood supply – and oxygen supply – to your womb. Without oxygen, the tissues in your womb release chemicals that trigger pain. While your body is releasing these pain-triggering chemicals, it's also producing other chemicals called prostaglandins. These encourage the womb muscles to contract more, further increasing the level of pain. It's not known why some women have more period pain than others. It may be that

some women have a build-up of prostaglandins, which means they experience stronger contractions. How long will my period pain last? Period pain usually starts when your bleeding begins, although some women have pain several days before the start of their period.

The pain usually lasts 48 to 72 hours, although it can last longer. It's usually at its worst when your bleeding is heaviest. Young girls often have period pain when they begin getting periods. Period pain that does not have an underlying cause tends to improve as a woman gets older. Many women also notice an improvement after they've had children. How can I treat period pain? In most cases period pain is mild enough to treat with painkillers such as ibuprofen and aspirin. However, do not take ibuprofen or aspirin if you have asthma or stomach, kidney or liver problems. Aspirin should not be taken by anyone under 16 years of age.

If you have any printed material which would help educate the girls about the changes to their bodies in puberty, we'd love take it out there. Please also remember that fund raising for more reusable packs is on going and we'd be very grateful for every penny you can spare. The October trip will pack as many disposable packs as they can squeeze in, helping particularly in the dry season.

Thank you!



### Girls Dignity



Sanitary pads like these are 49p in Lidl, Aldi and other large surface supermarkets. If Go Uganda October members can squeeze a pack or two in their luggage that would be great!



The lining of the Uterus thickens during the menstrual period as indicated by the darker red

The Ovary releases an egg once a month and travels down the Fallopian Tube. It lodges in the folds of the Uterus waiting to be fertilized by the sperm

If the egg has not been fertilized by the sperm the lining of Uterus falls away creating a period.



# NTEKO HEALTH CENTRE PROJECT

The proposal to rebuild the Nteko Health Centre is moving forward. We now have a wonderful brochure outlining the project which is landing on desks around the world and Gwynne Furlong and Stephen Knowlden continue to gather as much information as possible to ensure this project is aimed at the right level.

They have received some very encouraging signs from the Kisoro District Local Government who confirm:

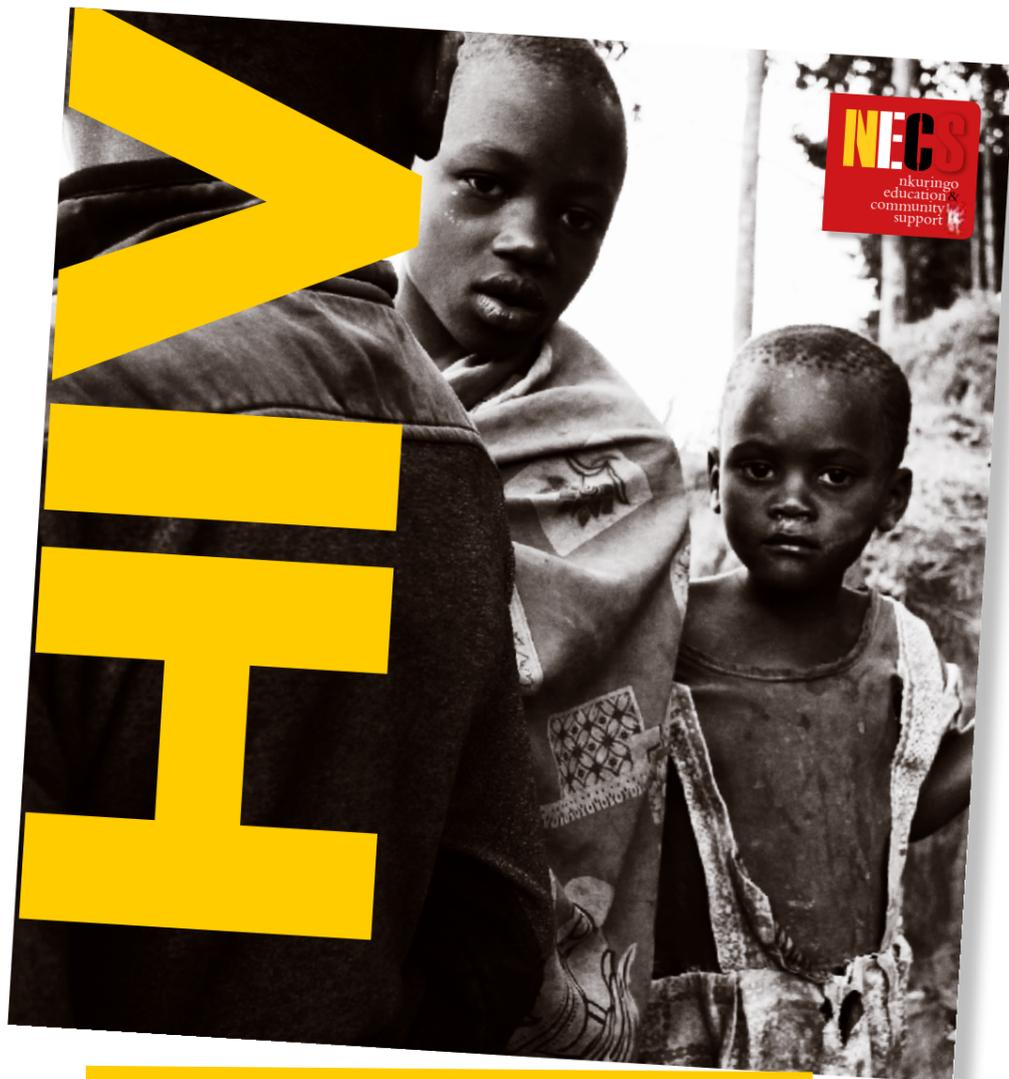
Uganda's population continues to grow rapidly and the Nteko HCIII's catchment area is associated with high population fertility rates. This continues to exert pressure on the available health care infrastructure. It is therefore prudent that a health facility with an improved higher status be built to cater for the growing needs of the population.

You can see from the statistics given here how that growing population will soon require the facilities such a new clinic could provide.

There was some worry regarding the state of the roads leading to the clinic – whether that would have any impact on its accessibility however we are told:

On the road network, the Government of Uganda is in advanced stages of procuring a contractor to build and upgrade the Muko-Rubuguri-Nteko Road and Rubuguri-Kisoro Road to Bitumen standard (Tarmac) up to the border with the Democratic Republic of Congo. All designs and plans for the road have been completed. Fortunately the Nteko Clinic is located along this road.

If anyone wants to get on board or know of any organisations that would be interested in helping fund this worthwhile project please do get in touch!



who's going to their AID?

**NTEKO POSITIVE**  
LIVING HOSPITAL PROJECT

NECS IS A REGISTERED CHARITY 1181777  
www.necs.org.uk

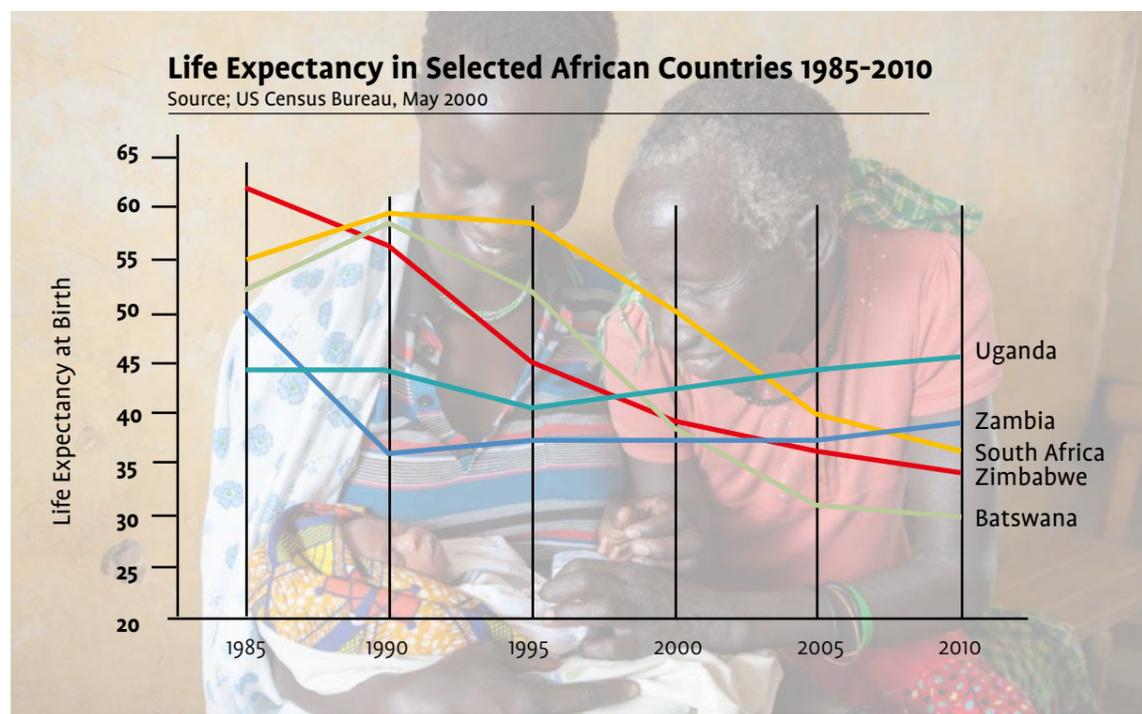
### Uganda: Demographic Characteristics

• Total population	32 million
• Population growth rate	3.4%
• Population doubling time	21 years
• HIV prevalence	6.4%
• Infant mortality rate	76/1000
• Under-5 mortality rate	157/1000
• Maternal mortality ratio	435/100,000
• Life Expectancy	50 Years

### Top 10 causes of death in all ages

• HIV/AIDS	20%
• Malaria	12%
• Lower respiratory infections	12%
• Diarrhoeal diseases	9%
• Perinatal conditions	4%
• Tuberculosis	4%
• Cerebrovascular diseases	3%
• Ishaemic heart disease	3%

- ### The Health sector reforms
- Decentralization
  - Abolition of user fee
  - Government partnering with Private not for profit organizations
  - Working with private health care providers
  - Encourage the autonomy of public hospitals
  - Planning and resource allocation system ( bottom-up Vs Top-down practice)



# ANOTHER HIV DEATH CLOSE TO HOME

WE WERE SADDENED to hear the news from Asgario that he had attended yet another funeral – unfortunately so much part of daily life in Nkuringo where life expectancy is low and the current lack of doctors and support means that death is often a very present neighbour. In this case it was close to home as it was the mother of Avitus Turyakira who passed away. Avitus is one of the children from the HIV group we support. He is sponsored by Stephanie Cogdell who started sponsoring him to attend the primary school in February 2016 which has given him a stable environment in which to learn and thrive. Our thoughts are with Avitus and his family at this difficult time



# NKURINGO PRIMARY SCHOOL TEACHERS SMASH IT WITH TWO VICTORIES OVER ST KISITO PRIMARY SCHOOL STAFF!

On 21st July the Primary School teachers had a competition with the teachers of a school in Rubuguri called St Kizito primary school. They played both volley ball and football. I am pleased to confirm that Nkuringo won the volley ball 3 to 1 and the football 2 to 1. It was a very exciting day and one that Dawn, Jen and Kian were lucky enough to see!



# THE PRIMARY SCHOOL CHILDREN ENJOY THEIR SPORTS!

Well done everyone who took part! The smiles say it all!!!!  
Ever since Maria Clarke paid for the playground to be concreted the children have really enjoyed their new safe space. Here they are playing sports with teachers John and Gerald. When you do not have laptops or ipads it does mean that games are a real healthy alternative!!!



**The Nkuringo Hafla Twist**  
All style of dance welcome.

Come show us your dance to help raise funds for The Nkuringo Community in Uganda.

Venue: Penton village hall,  
Penton Mewsey, Andover, SP11 0RA  
Time: 7pm until 11pm  
Date: 28th September 2019  
Cost: £8 per person, under 16yrs free

Tea, coffee & soft drinks available with nibble. Alcohol not sold but non drivers welcome to bring their own.

To purchase tickets, please contact Eileen on:  
m: 07914 008939 or facebook: pm Eileen Johnstone

# RAISING FUNDS FOR NKURINGO

## EILEEN JOHNSTONE

Eileen is on the Go Uganda October 2019 trip. This is her third visit to Nkuringo - the first with Jan and Steve in 2014 and the second on the October 2016 Go Uganda trip. Eileen loves to Belly Dance so her fund raising activities are often themed on dancing. This time she is organizing a Hafla in September to raise much needed funds for our special community. A hafla can be an informal gathering where people dance socially together or a showcase, where dancers perform in front of an audience. I believe this is a bit of both!!

If anyone is in the area and can attend on 28th September please do and help Eileen make a difference

## JANICE ALLAN

Janice is always busy raising funds for Nkuringo or collecting much needed aid to take out. Like Eileen Janice first visited Nkuringo as a trekker and then again on the October 2016 Go Uganda trip. Over the years she has provided goats, hens and water tanks to our community. Unfortunately Janice's fund raising skills are much better than her photographic skills and although we have to thank Janice for raising much needed cash for the medical fund which has allowed Gilipina, among other things, to have a much needed scan - we do not have many photos to show for her efforts!! I have managed to retrieve one photo that is in focus of some raffle prizes from the day in the pub Janice organised. I can tell you that singer Dave Mackay gave his services for free followed by a disco karaoke and that everyone enjoyed themselves at it was extremely well supported!



I have also found a photo of some of the many knits of hats and jumpers that Janice is collecting from her skilful friends. Thank you Janice for all your hard work and

dedication - we promise we will take some wonderful photos of you in Nkuringo - looking forward to seeing you in full Pantomime regalia!



WELCOME TO THE  
**5 YEARS**  
**ANNIVERSARY BALL**  
 9TH NOVEMBER 2019



## A Black Tie Event

The evening will consist of a 3 course meal, wine and coffee, followed by speeches and raffle. A paybar is available for other drinks.  
 Dancing until 2am to Roger Messenger disco

### Venue

High Rocks, Halt Room  
 High Rocks Lane, Tunbridge Wells, Kent TN3 9JJ / Plenty of free car parking

*Arrive 6:45 to 7:00pm*

A Glass of Buck Fizz on arrival or your choice at a paybar

*Dinner 7:30 pm*

Half a bottle of Red or White Wine per person

*More wine can be purchased at your own expense*

### Starters

Timbale of Smoked Salmon filled with crab in mayonnaise sauce

### Main

Saddle of Lamb roasted and served with thyme and red wine sauce

### Sweet

Panna Cotta, with limoncello syrup and fresh raspberries

### Coffee

**We understand that there will be some dietary requirements.**

**Please let Steve know what they are when you email him and it will be sorted**

Tickets are £50 per head. Payment by 1st September 2019. Please pay via BACS to SRE Knowlden, Lloyds Bank, sort code 30-90-72 account number 00437631. Please use your full name as reference when transferring your payment and email [stephenknowlden@btinternet.com](mailto:stephenknowlden@btinternet.com) to confirm payment. Thank you



WELCOME TO THE  
**5 YEARS**  
**ANNIVERSARY BALL**  
 9TH NOVEMBER 2019



# DONT MISS OUT

**Y**OU MAY ALREADY have seen posters or emails about the Nkuringo 5-Year Anniversary Ball.

It is going to be a splendid occasion with possibly the odd surprise. It is a chance for people who have supported or followed our journey over the last five years to get together and celebrate.

There will not be long winded speeches – just good food, good company and dancing! It is being held at High Rocks - a few minutes drive from Tunbridge Wells town centre, and with ample parking.

We will be holding a raffle – and would love anyone who can donate a prize to get in touch. Lynn Lunn, Charity Secretary, is organising this and all offers will be forwarded to her. Help her make this a special raffle for a very good cause!

We still have tickets available but they are going fast. If you haven't reserved your places yet with Steve do so by emailing [stephenknowlden@btinternet.com](mailto:stephenknowlden@btinternet.com).

So get your glad rags out and help us remember these last five years glorious years in Style with a Night to Remember!

*Stop Press - 100 people have already registered, 20 places still available!*

