



U G A N D A

Hands for Hope

## ORGANISATION PROFILE

April 2010

Supporting Vulnerable Families and  
Children through Education and Training  
for Sustainable Development

[www.onlinehope.org](http://www.onlinehope.org)

P.O Box 11319 Kampala / Non-profit Cert No. 101346

*Uganda Hands for Hope* is a non-profit organisation (NPO) working with residents of Kampala’s informal settlements, primarily in Namuwongo. We pride ourselves on having a close working relationship with our beneficiaries and for our “hands-on” approach to our work. Our programmes focus mainly on the needs of local women and children, including education, health, and development of sustainable livelihoods. We assist the most vulnerable by providing opportunities to acquire the necessary skills to help themselves and their community.

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## **I. ABOUT UGANDA HANDS FOR HOPE**

*Uganda Hands for Hope* was founded in February 2008 to target education, health and poverty in one of Kampala's largest and poorest informal urban settlements. Our aim in 2008 was to offer a direct response child sponsorship programme and a nursery for the most disadvantaged children. The reputation of our work spread quickly and sponsors from an international community, in addition to helping these children, provided invaluable support to their families. By 2009 the organisation had grown to half-a-dozen energetic staff members working on the frontlines of poverty.

*Uganda Hands for Hope* is now hosting many more exciting projects, which help mothers start (or improve) a small business, keep unsponsored children off the streets and prepare them for school. All of our projects are designed to be sustainable and aim to give community members the materials to build and secure their future.

We now serve over 200 women and children in the community and our small size allows us to work closely with our beneficiaries and to better understand their needs.

*Uganda Hands for Hope* has an inspiring positive influence on the community:

- Nearly 200 sponsored children are going to school
- More than 50 woman have been assisted in starting or improving their business through our Occupational Support Programme
- More than 100 small children attend our nursery

*Uganda Hands for Hope* has its sights set on the further growth of its operations and the sustainable development of the communities it serves.

***Hands for Hope* provides resources and support to the most vulnerable in the community so that they may help themselves. We pursue our mission with both excellence and compassion because the people whom we serve deserve nothing less.**

## **OUR MISSION**

*At Uganda Hands for Hope, we aim to facilitate lasting change and to improve the lives of those in the communities in which we work. In creating sustainable programmes, we help to meet the basic needs of our beneficiaries, which enables them to overcome poverty. These basic needs include education, child safety, healthcare, and the skills necessary to earn a livelihood and support a family. We strive to strengthen the capacity of our beneficiaries to help themselves.*

*Uganda Hands for Hope is currently focused on:*

- expanding the educational capacity of *Hands for Hope* with our nursery, our Sponsorship Programme for primary school children, and our Adult Literacy classes
- providing a safe environment for children not attending school with our Afternoon Youth Programme, Holiday Programme and Saturday Reading Club
- making small funds available to women in order to start or improve small businesses by further developing our Occupational Support Programme
- developing a new, easily accessible, health clinic for beneficiaries

While meeting these goals, we are committed to following the guidelines set by the United Nations Human Rights Council (UNHRC) and the United Nations Convention on the Rights of the Child (UNCRC). For more information please contact us.

## **OUR TEAM**

Our team of highly dedicated Board of Directors, staff, support personnel and volunteers take great pride in their work. We value their commitment and professionalism in this demanding environment.

### **Joseph Cummiskey – Founding Director**

In December 2007, Joseph Cummiskey set up *Uganda Hands For Hope* in a building next to an informal urban settlement in Namuwongo. Since then it has grown dramatically to house a multitude of projects within two buildings close to the community.

After obtaining a degree in Manufacturing Engineering, Joseph pursued a career in Retail Management with John Lewis Partnership, UK. In 2002, he accepted a short-term contract to make an assessment on a home for abandoned infants in Uganda. In 2003, he began working as the Ugandan Representative for Hope For Children. Seven years later, his work continues at *Uganda Hands For Hope*.

Since creating *Uganda Hands For Hope*, Joseph has overseen its growth and direction with a personal touch and greets as many of the visitors and sponsors as he can. By selecting the children based on their level of vulnerability and need, the organisation has grown to support over 150 children. It is Joseph's purpose and dedication that drive the charity forward.

**Matt Fast – Project Manager**

**Margaret Furaha – Librarian / Namuwongo Community Liaison Officer**

**Silvia Twinomugisha – Nsambya Community Liaison Officer**

**Olive Mupalya – Bookkeeper**

**Sarah Atai – Nursery Teacher**

**Naomi Kaboggoza – Nursery Teacher**

**Mary Mbabazi – Nursery Teacher**

**Aidah Kobusinge – Nursery Teacher**

### **Support Personnel**

Habert Wamala – Literacy Course Instructor

Jovan Tippa – Security

Carole Aigi – Cook

Nathan Mukabire – Operations and Facilities Coordinator

Johnathan Othieno – Building Maintenance and Cleaning Services

## **VOLUNTEERS**

Without our volunteers, much of our work would not have been possible. We are thankful to all of them for devoting their time and energy in helping *Uganda Hands for Hope* carry out its work.

Mike Nutt (Doctor / Health Consultant)  
Steve Cummiskey (Photographer / Filmmaker)  
Erin Rae Peterson  
Bettina Schwarz (Physician's Assistant)  
Brigitta Snellenburg  
Carys Masters  
Annie Cridler  
Eleri Knowles  
Ryu Koide

### **SUPPORTERS**

The success of Uganda Hands for Hope is directly linked to its supporters. Our funding has come from individual donors and small fundraisers in Canada and the UK. Thanks to:

**VMM**, an international membership-based NGO, which provides and funds volunteer workers for our office in Namuwongo and gives assistance with fundraising in the UK. [www.vmm.org.uk](http://www.vmm.org.uk)

Staff of **British Airways** and **KLM Air** have given support to Uganda Hands for Hope by spreading awareness, recruiting volunteers, raising funds, and sponsoring children. [www.ba.com](http://www.ba.com), [www.klm.com](http://www.klm.com)

**The Global College** and the **Menno Simons College** at the **University of Winnipeg**, Canada, for fundraising and sending valuable interns.

## **OUR POLICIES**

We at *Uganda Hands for Hope* believe that every man, woman and child deserve a chance to live with dignity and security. As such, any form of social, ethnic or religious discrimination will not be tolerated. Any staff, volunteer or intern is expected to practise tolerance and acceptance towards every individual or group of individuals.

These forms of discrimination include but are not limited to race, ethnicity, tribe, origin, nationality, gender, sexual orientation, religion, economic status, age, language or disability.

Furthermore, we are committed to following the guidelines set by the United Nations Human Rights Council (UNHRC) and the United Nations Convention on the Rights of the Child (UNCRC).

*Uganda Hands for Hope* will not ask you to participate in any unlawful activity, and follows the regulations set forth by the government of Uganda for an NPO. We also require a Criminal Record Check from all volunteers.

## **II. PROJECTS AND PROGRAMMES**

At *Uganda Hands for Hope*, we aim to facilitate lasting change and to improve the lives of those in the communities in which we work. Our projects enable our beneficiaries to overcome poverty by strengthening their capacity to help themselves.

Our work is incredibly varied, covering many areas of development. Guided by the ambitions of the community, each project we undertake is strictly monitored to ensure that it is sustainable and effective in assisting the most vulnerable.

A family must work together to create a secure and stable home environment and children must have encouragement at home in order to make progress and develop in school. *Uganda Hands for Hope* aims to promote economic and social development through its community projects.

Although every person living in the poor conditions of the informal urban settlements need aid and support, our limited resources force us to focus on the most vulnerable children and families. We determine vulnerability through a series of interviews, assessments and staff discussions. Because of this, the individuals we assist are often orphaned, disabled, and/or affected by war. Please contact us if you would like to learn more about our selection process.

All of the programmes at *Uganda Hands for Hope* aim to achieve *Millennium Development Goal 1: Eradicate Extreme Poverty and Hunger* in the long run, particularly our education programmes. Our Occupational Support Programme works toward achieving this goal directly, as it increases employment, income, and hence, the poverty gap ratio. Our distributions meet the immediate basic needs of families, including nutrition, therefore work toward decreasing the proportion of people who suffer from hunger.

## **i. EDUCATION**

We believe that education is the leading factor in strengthening one's choices in life and that it has the potential to help individuals lift themselves out of poverty. Through our many educational projects, we are giving children the means to obtain a basic education.

The educational programmes at *Uganda Hands for Hope* are part of the effort to meet *Millennium Development Goal 2: Achieve Universal Primary Education*. We have increased the enrolment in and completion of primary education in the areas we work with our Child Sponsorship Programme and numerous other education programmes. We are also trying to increase literacy rates with our Adult Literacy Programme.

### Child Sponsorship Programme

In Uganda, education is not free. On top of school fees, families must pay for transport for the child to and from school, uniforms, books, and more. This is just not feasible for many families, making it difficult for them to send their children to school.

*Uganda Hands for Hope* started its child sponsorship programme based on the idea that every child has the right to an education. Going to school not only teaches the child a daily lesson, but also gives him or her a sense of purpose and belonging. School is an opportunity to interact and develop friendships with other children in a safe and stable environment.

The child sponsorship programme at *Uganda Hands for Hope* provides more than an education. Once part of the programme, the child receives a school uniform, two meals a day, and school supplies including textbooks. The child may also join the Saturday Reading Club, or the Holiday Programme. *Uganda Hands for Hope* provides access to an emergency medical fund – a safety net for families that cannot afford treatment – and regular medical check-ups by our trained physician, as well as financial and emotional help to the family through the more difficult times.

**There are now nearly 200 children from the community in nursery school or primary school sponsored through *Uganda Hands for Hope*.**

### Afternoon Youth Programme

Our Afternoon Youth Programme is held three afternoons each week. It is centered on children aged 5 – 8 that are on our sponsorship waiting list and are not attending school. In the programme, the children learn basic reading and writing skills, as well as adjusting to classroom behaviour, and gaining access to the arts. In being a part of this programme, the children are placed in a positive and safe learning environment, freeing up time for their parents to work or take care of the household.

Starting school is a major life transition for any child and family. The child often feels anxious about what school might be like. There are many new relationships for the child to navigate and the environment at school is often quite different from that which they are used to. The Nursery Programme and the Afternoon Youth Programme at *Uganda Hands for Hope* help children and their parents prepare for this important change in their lives.

#### Saturday Reading Club

Reading and writing can be a difficult part of school for all children, but more so for those children who do not have a chance to read at home. Many of the children we work with have illiterate parents, and need extra encouragement and support. Giving them a strong reading foundation provides strength and stability for the child's success in school and in life.

The Saturday Reading Club has become an integral part of the services we offer for our sponsored children. Because the majority of the children have never previously been to school, they face more challenges than other children of the same age. The children are placed in groups of 15, allowing them to receive more focused attention from our staff in hopes that the extra help with reading and writing will elevate them to the same academic level as their peers at school. The club also allows time for the arts, puzzles, and games.

#### Holiday Programme

Play is a basic need, vital to develop the potential of all children. It helps children develop physically, mentally, emotionally and socially – letting them learn how to live. However, many children live in inadequate environments for play, with constant exposure to war, violence, exploitation and destruction.

The Holiday Programme is aimed at providing children with a fun and safe environment in which to play when school is not in session. The children involved take part in a variety of activities including singing, dancing, arts and crafts, drama, sports, and field trips.

#### Nursery School Programme

*Uganda Hands for Hope* hosts two nursery schools attended by more than 50 children on weekdays. The nurseries provide a safe place for the children to learn and play during the day, adding to their development and freeing up time for their parents to work or take care of the household. The children receive two meals a day and a good learning base from which to begin primary school. Our goal is to have all of our nursery children continue on to primary school with the help of their sponsors.

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feels anxious about what school might be like. There are many new relationships for the child to navigate and the environment at school is often quite different from that which they are used to. The Nursery Programme and the Afternoon Youth Programme at *Uganda Hands for Hope* help children and their parents prepare for this important change in their lives.

### Library

The *Uganda Hands for Hope* Library, thanks to a generous donor, was created in October 2008, in connection with the Literacy Programme. The library serves as a resource for the Saturday Reading Club and allows children to sign out a book for their own enjoyment. It contains a variety of donated reading material for children and adults. As it continues to grow, we would like to encourage the use of this resource, which provides access to books and promotes literacy in the community.

### Literacy Programme

Less than 60% of Ugandans are literate, but this number decreases dramatically when looking at informal urban settlements in Kampala. This not only greatly affects one's chances of maintaining a steady livelihood, but also has dire consequences for a family and community. Children of illiterate parents are more likely to be illiterate themselves. When not confronted, illiteracy increases over time in a community.

Our Literacy Programme has been an ongoing project since the fall of 2009. Classes are held at *Uganda Hands for Hope* twice a week, where women may come to learn basic reading and writing skills from an experienced teacher. The skills they acquire in the classroom benefit many areas of their lives, but in particular, it will help them earn a living and support their families.

## ii. HEALTH

Due to the poor conditions in which they live, our beneficiaries are more susceptible than most to disease and health problems. HIV/AIDS, dysentery, cholera, malaria and tuberculosis are prevalent. However, the area suffers from a lack of quality health care and clinics.

All children sponsored through *Uganda Hands for Hope* receive regular medical check-ups by our on-site trained physician and we host a small clinic, (*target opening date: April 2010*) which provides better, subsidised medical care for our beneficiaries and their families. We also provide the community with information on health and sanitary issues.

### Goal 4: Reduce Child Mortality

*Uganda Hands for Hope* is working towards achieving *Millennium Development Goals 4: Reduce Child Mortality* and *Goal 6: Combat HIV/AIDS, malaria and other diseases* through our clinic and medical evaluations for sponsored children. Our trained physician gives check-ups to children in primary school and the nurseries, and ensures that the children are immunised against disease such as measles. We aim to raise the proportion of the population who get tested and who have comprehensive knowledge of HIV/AIDS through our Health Awareness Programme and our clinic. We also distribute insecticide-treated bed nets, particularly for children under 5 years of age, helping to combat malaria.

### Clinic

Many of the communities in which we work suffer from a lack of affordable health care facilities, forcing many residents to seek under-qualified doctors or traditional healers. Often, clinics are too expensive to attain preventative care, so they only seek medical help for treatment of serious problems.

*Uganda Hands for Hope* aims to have our on-site clinic up and running in March 2010. The clinic will provide subsidised medical for beneficiaries and their families, including parents of sponsored children.

### HIV/AIDS Awareness and Testing

In partnership with the *Touch Namuwongo Project* at the International Hospital, Kampala, we hosted HIV/AIDS Awareness Day in August 2009. The event began with a march through the Namuwongo settlement with the staff, volunteers and beneficiaries. The march received a lot of attention, and ended at a local community centre. There, musicians and dancers helped to spread HIV/AIDS awareness and to encourage local residents to take an HIV/AIDS test.

That day, over 400 men, women and children participated by taking the test hosted by *Uganda Hands for Hope* and the *Touch Namuwongo Project*. Those who tested positive, continue to receive counseling and medicine from The *Touch Namuwongo Project*. Because it was such a success, we are planning to make the march an annual event.

#### Medical Surveillance

As part of our other projects, *Uganda Hand for Hope* provides medical check-ups for all of our sponsored children in primary school and in the nurseries. Our trained physician visits the children regularly to ensure that they are, and remain, in good health and that they have received any vaccinations needed. When a child needs special care, our staff works to find the required equipment and medical professionals, who often generously perform the necessary procedure pro-bono.

### **iii. LIVELIHOODS**

Sustainable livelihoods in informal urban settlements are compromised by a number of factors, including global warming, conflict, and lack of education. Most of the residents come from other countries or rural areas, and their previous sources of income, such as farming, are not available in the city. *Uganda Hands for Hope* provides the resources to ensure that its beneficiaries' are involved in designing their own poverty intervention. This is something that would have been very difficult or impossible for them to achieve on their own, under their current circumstances.

The majority of female-headed households in the informal settlements of Kampala live well below the absolute poverty line. At *Uganda Hands for Hope*, we strive to improve the living conditions for a family as a whole. However, we place special focus on working alongside women and they are the target group of our livelihood projects. Not only are women more likely to spend their income on meeting the basic needs of their family, but women also have the power to help whole families and communities escape poverty when equipped with the proper resources. Our projects benefit families and improve women's status within their families and community.

Because our Tailoring Programme, Occupational Support Programme, and Adult Literacy Programme target women, *Uganda Hands for Hope* is helping to achieve *Millennium Development Goal 3: Promote Gender Equality and Empower Women*, by increasing the share of women in wage employment. Most of our sponsored children are girls, raising the ratio of girls to boys in primary and secondary school.

#### **Tailoring Programme**

*Uganda Hands for Hope* initiated the Tailoring Programme in May 2009. The workshop focuses on women in need and aims to give them a transferable skill, which they can then use to generate an income.

In the programme, which runs for three hours, five days a week, a trained professional teaches the women how to tailor clothing and make various items. *Hands for Hope* then helps them to find a market for their products, either locally or in western countries. A childcare service is offered at the facility for those who bring their children, and sewing machines are available for purchase by the women through our Occupational Support Programme.

#### **Occupational Support Programme**

Through our Occupational Support Programme, *Uganda Hands for Hope* promotes economic development for households in the community. We provide support, along with advice and encouragement, to women to allow them to either start up a small

business or improve an existing one. Those involved in the programme demonstrate motivation, ambition and business management sense. They have clear objectives pertaining to their small business, but lack collateral, steady employment and credit history, so they do not qualify to gain access to banking nor traditional loans.

Once the participants generate a steady income, they are able to support others to spur entrepreneurship in the community through the same programme. This enables those involved to better provide for their families with their increased income.

Many involved with the *Hands for Hope* Occupational Support Programme state that they are now able to afford healthcare, better nutrition, school fees for their children and, in some cases, better housing.

#### **iv. DISTRIBUTIONS**

*Uganda Hands for Hope* often receives in-kind donations from our generous supporters all over the world. These goods, such as clothing, mosquito nets, food and hygienic supplies, are distributed to the most vulnerable families involved in our programmes, meeting their basic immediate needs and freeing up some of their income so that they may invest in their future.

## **v. SUPPORTED PROJECTS**

*Uganda Hands for Hope* supports many projects hosted by other organisations, schools and individuals. These projects link our beneficiaries with those in similar situations in Kampala and around the world.

If you or your organisation would like to work together on a project with *Uganda Hands for Hope*, please contact us.

### Friendship Flag Project

In February 2009, children at *Uganda Hands for Hope* participated in a global art project designed by Creative Adventures Camp in Maryland, USA. The Friendship Flags project connected children aged 5 to 12 years old around the world. Children from many countries including El Salvador, Brazil, India, Ukraine, Senegal, France, Honduras, Argentina, Bolivia, Guatemala, and Nicaragua decorated flags with designs or pictures that illustrated their idea of “friendship”. Their messages were then sent on to share them with children in other countries.

### Refugee Heritage Photo Project

In February 2010 Hands for Hope hosted and supported the Refugee Heritage Photo Project, a dual workshop teaching photography to refugee children in Kampala and London. Linking with schools in London, which will run the same workshops later this year, children learn how to operate small cameras and how to create a photo-story. Five children were selected through Hands for Hope and St Barnabas School and handed small digital cameras to take home and record stories about their families.

### International Hospital of Kampala

The International Hospital of Kampala (IHK) has generously offered their assistance to local individuals and families in need of medical care, through their charitable wing, the International Medical Foundation (IMF). They provide testing and treatment of HIV, Tuberculosis and STDs, and have a free ward aimed specifically at helping underprivileged Namuwongo residents.

Through a partnership with the *Uganda Hands for Hope* clinic, patients may be referred to the IMF emergency department for specialised attention at a lower cost. *Uganda Hands for Hope* and IMF are also working together on a Peer Educator training programme through IHK’s Touch Namuwongo project.

We are looking forward to strengthening our relationship with IHK in the future, as we work with them to provide affordable quality medical care to the residents of the Namuwongo urban settlement.

### **III. WHERE WE WORK**

*Vulnerable*, meaning “susceptible to harm”, is a term we give to those who are living in poor conditions and extreme poverty due to circumstances beyond their control. They are vulnerable because they are liable to become victims of malnourishment, disease, homelessness, and/or violence, with little or no chance of improving their conditions without assistance.

Many of our beneficiaries are living in informal urban settlements after fleeing from war, oppression, and/or starvation in search of a better life in Kampala. At *Uganda Hands for Hope*, we select our participants for each programme by looking at their vulnerability and their determination to escape poverty.

#### **About the Kampala Settlements**

Many Ugandans are a part of a worldwide wave of migration to cities, known as the “urbanization of poverty”. People may come to a city, such as Kampala, looking for new chances to improve their life and escape rural poverty. Many others flee from the violence and oppression in their own district or country. However, the cost of living in the city increases along with the population. In Kampala, there is a rapidly increasing demand for food, housing, social services and infrastructure - and food especially is becoming more and more expensive due to the transport costs of it being brought from rural areas. Since 2008, the cost of food for a household of six increased by about 13.9%, despite most household incomes remaining the same.

Because of these challenges, those migrating to the cities often find themselves living in informal settlements, or slums. A slum is “*a group of individuals living under the same roof that lacks one or more of the following conditions: access to safe water, access to sanitation, secure tenure, durability of housing, and sufficient living area*”. People living there are subject to high unemployment levels, lack of public services, low development and the decline of traditional social values. Crimes are common, and the areas become very dangerous after nightfall.

Uganda has one of the worst slum populations in Sub-Saharan Africa, which accounts for over half of the people living in Kampala. Most of these areas are prone to flooding during the rainy seasons. This, along with the lack of public services (i.e. garbage removal, drainage systems and clean water) culminates in outbreaks of disease such as cholera, dysentery, malaria, malnutrition and tuberculosis.

As a result of the environment in which they live, residents of these communities often do not hold basic human rights, such as security, privacy, education, healthcare, and dignity.

Sources:

UN-Habitat, 2001, 2003

### **Namuwongo**

Namuwongo is an area of Kampala located south of the city centre. Here, there is an informal urban settlement that is home to between seven and ten thousand people. Many of these people are internally displaced persons (IDPs) from zones of violence in Uganda or are refugees who fled from neighbouring countries such as DR Congo and Sudan.

In Namuwongo, 90% of households live below the absolute poverty line, based on food and non-food items – the highest percentage of the slums in Kampala. Out of this 90%, the average household is below the food poverty line by 39.1%, meaning that the average household of six in Namuwongo spends less than 100,000 UGX (£31.70) on food per month.

Generally, people have to pay for waste management, rent, water and toilet services. Families rely on cheap food staffs (such as Matooke, cassava, beans and maize) while meat, fish, eggs and fruit are “food for the rich”. Even then, families may skip some meals to be able to pay their rent. The rent is usually overpriced, considering the state of the shelter, and most households consist of six family members sharing a one-room home.

Female-headed households tend to have less income than their male counterparts, as many jobs in the community are not open to women, for physical or traditional reasons. In Namuwongo, every female-headed household surveyed in 2009 by JPIIIPC was below the absolute poverty line of 399,291 UGX (£127) per month.

Education is a means to better standards of living and is a fundamental human right. However, over 60% of the population in Namuwongo did not complete primary school, making employment opportunities extremely rare. Their level of poverty makes it extremely difficult to develop any savings. School fees may cost 40,000 UGX (£12) per term, while the minimum monthly food expenditure per capita in Namuwongo is as low as 11,800 UGX (£3.75). This is to say that in the worst case, school fees for one term can cost more than two months of food allowance. Because Namuwongo has no government schools and no primary school – government or private – families sending a child to school must also pay for transport costs or the child must walk long, and often unsafe, distances.

Furthermore, although water is generally available and accessible in Namuwongo, its safety and cleanliness is questionable. On average, there is one toilet for every 25 households (150 individuals). Poor sanitation, garbage management and drainage systems account for outbreaks of cholera and dysentery, to add to the high prevalence of HIV/AIDS, other STDs, Malaria, malnutrition and Tuberculosis.

Because health care is expensive and often inadequate, residents often seek medical help only for treatment of serious problems, rather than prevention. Although the local population does have access to private clinics or traditional healers, there are no hospitals in Namuwongo.

All of this create serious problems, namely high unemployment, low quality shelter, high crime rates, drug abuse, poor and insufficient infrastructures and low literacy levels.

Source: JPJIPC Survey 2009

### **Nsambya**

Nsambya is located south of Kampala's city centre. There are around 8700 residents living here in informal urban settlements (*2002 census*). More than 60% of these households live below the absolute poverty line. The minimum monthly food expenditure per capita is as low as 19,700 UGX (£6.20). Therefore, one term of school fees can cost, on average, more than 2 months of food allowance.

Residents of Nsambya suffer from a lack of affordable health care, as there are no government clinics or hospitals in the area. Residents often seek medical help only for treatment of serious problems, rather than prevention. Poor sanitation, garbage management and drainage systems account for outbreaks of cholera and dysentery, to add to the high prevalence of HIV/AIDS, other STDs, Malaria, malnutrition and Tuberculosis.

All of this create serious problems, namely high unemployment, low quality shelter, high crime rates, drug abuse, poor and insufficient infrastructures and low literacy levels.

Source: JPJIPC Survey 2009

## **IV. Get Involved with Uganda Hands for Hope**

There are many ways to get involved with the effort. We are always looking for dedicated volunteers to come work at our office in Kampala or to help out from home. We also accept monetary and in-kind donations.

### **Monetary Donations**

All of the programmes implemented by *Uganda Hands for Hope* are made possible by the generous donations of our supporters. Some examples of how your money can help are shown below.

- For just £15 per month, you can [sponsor](#) a child to go to school
- With a donation of £25 or greater, you can provide support for family to start or improve their small business
- For £7 you can purchase a live chicken for a needy family
- £6 will provide a mosquito net to help in the prevention of malaria
- We also accept donations of any amount over £2 to help with support costs, such as office supplies, staff salaries and transportation.

### **In-Kind Donations**

We also accept in-kind donations such as clothing, books, sporting equipment, and supplies for the arts (i.e. musical instruments, drawing supplies) for use in our programmes or for distribution. In particular, we are looking for items on our wish list. If you would like to support *Uganda Hands for Hope* by donating in-kind goods, please contact us.

### **Volunteering**

Without our volunteers, much of our work would not have been possible. They have devoted enormous amounts of time and energy to helping *Uganda Hands for Hope* and the local community. All of our volunteers are dedicated, committed, and have a desire to help improve the lives of others. Though these may be the only things they have in common! We have had volunteers of all ages, backgrounds and professions. From helping in the nursery or social work to administration or finance, there is always plenty to do, and because our projects extend over many areas, we can utilize a broad range of skills. For any volunteer, we can place you where you will make the most impact on the lives of Ugandans using your experience. However, as long as you come with the right attitude – willingness to work and passion to get involved – your time here will be an experience that you, *Hands for Hope*, and the local community will never forget.

If you are interested in volunteering, please contact us and we'll send you an information pack and an application form. If you would like to speak to a volunteer and learn more about their experience, we would be happy to put you in contact with someone.

### **Sponsor A Child**

For a monthly fee of £15, you can sponsor a child to go to school. The fee includes:

- School Fees
- School Uniform
- Sportswear
- 2 meals a day
- Basic medical care
- Participation in our Holiday Programme

Not only does sponsorship provide a child with the opportunity to go to school, but it also gives them a **chance at a better future**, by providing a safe refuge away from the dangers of the informal settlement in which they live, by allowing them to interact with other children from different social and ethnic backgrounds, and by helping them to develop the necessary skills to become productive members of society.

If you would like more information about sponsoring a child, please contact us.

## **V. Contact Information**

You may contact us by phone or email, or you may visit us in Namuwongo\*.

Uganda Hands for Hope  
181B Namuwongo Road, Namuwongo  
PO Box 11319, Kampala  
Uganda, East Africa  
[View Map](#)

Tel: (+256) 7729 13001  
Email: [handsforhopeuganda@gmail.com](mailto:handsforhopeuganda@gmail.com)

*\*Be sure to have all necessary documents before travelling to Uganda. Contact the nearest embassy for details as regulations often change.*

