



CHRISTMAS NEWSLETTER 2014

First of all a very Happy Christmas to all our supporters and friends! We hope it will be an especially good one and that 2015 will be a great year for all of you!

Here now is the latest news from Uganda, starting with two new projects

Home made water tanks.

In Kibaale, collecting the water for the family is largely a job for the women and children. Carrying heavy jerry cans on your head impacts the spine and causes damage to the pelvis with resulting problems in childbirth as well as in old age! We have started a project to help families build homemade tanks to harvest water



from their roofs. At least in the rainy seasons the problem of water will be solved. Each tank costs around 75 euros to build. People organise themselves into groups of neighbours. Each family in the group has to find the equivalent of 25 euros or 12 euros and do some work on the Adelante Africa farm. When the group is ready Adelante Africa hires a lorry to drop off the raw materials at the homesteads. Someone who knows how to construct the tank makes the first one with the whole group helping and learning. Then the families make the other tanks one by one.

We have been extraordinarily lucky in that a friend of an Adelante Africa sponsor, David Garnett, is helping us. David was a university lecturer and is an expert on housing. Since he retired he has set up a small independent publishing house, Leaping Frog Publications with his wife. The money raised by their first book, Prime Ministers: Their lives and Misdemeanours, will be shared between Habitat for Humanity and Adelante Africa. We will use this money to build as many homemade water tanks as we can!

There is no cover price for this book – instead, you are invited to make a donation to charity (recommended minimum of £6 per copy).

All money raised will go to **The Garnett Foundation** - a new charity that supports projects designed to increase literacy and improve living conditions around the world. The Foundation is currently supporting Habitat for Humanity and Adelante Africa, helping people in this country and overseas.

- **Habitat for Humanity:** seeks to provide decent, affordable housing around the world (www.habitat.org).
- **Adelante Africa:** a network of volunteers who work alongside local people in a remote rural area in Uganda to support vulnerable children (www.adelanteafrica.org).

To order your copies, email:
julie.garnett@btinternet.com



Published by Leaping Frog Publications.

The green vegetables project

This aims to promote the growing and eating of more green vegetables in the community. Groups can apply to Adelante Africa for free vegetable seeds. They make communal nursery beds from which each member of the group can take seedlings to grow at their homesteads. When their projects are successful and they have plenty of green vegetables, they are requested to donate some of these to the children of the Omwaana Tugende Children's Home.

Here are examples of the leek, cauliflower and swiss chard growing in the Omwaana Tugende model kitchen garden. The children like the cauliflower so much they call it meat!



And here are two groups benefitting from the project, a F.A.L. (Functional Adult Literacy) group and a group of single mothers (and grandmothers!).



The Sunflower oil press project

This project is giving us a lot of headaches, though we now have the land and the machines to begin! We have decided on a new motto for Adelante Africa ... *When a person has a strong determination to do something even the biggest hills tremble to come in the way as obstacles!* Well we have a few hills (including how to get the necessary electricity supply!) but the project is worth the trouble and in the end should prove of great benefit to local farmers, giving them an alternative cash crop to maize, to the community, giving them an alternative cooking oil to palm oil and hopefully making the Omwaana Tugende Children's Home more sustainable too. So we will soldier on and let you know more, hopefully, positive news in the Spring newsletter.

The Omwaana Tugende Children's Home

There are now 58 children in the home and a lot of new faces and new friends! The resettlement programme is in full swing thanks to the warden and the social worker with 28 children going out at the weekends to stay with local families and the majority of children going to family members or their adoptive local families for the long Christmas holidays.

Visitors are impressed by the cleanliness of the houses and gardens and how much all the children, even the smallest ones, help around the Home. There is also a lot of laughter and fun as you can see from these photos.



Educational projects

All the Adelante Africa educational projects are growing! There are 55 children in the Adelante Africa nursery school, 475 children at St Joseph's and 106 children in the secondary and tertiary education sponsor programme. Alison Blair and Fr Paul Kato (two Adelante Africa members responsible for the sponsorship programme) had a meeting with the children and parents in December and spent two weeks visiting the children in their homes.

There is even a plan to build a secondary school for higher achievers in the village. The idea is provide the opportunity for able children in this very poor rural area to be able to compete with children in towns and cities.

Here are some recent photos of our educational projects:

Adelante Africa nursery school



St. Joseph's primary school



Secondary school sponsorship programme



The Community loan scheme

The community loan scheme is very popular! Most of the people with the original loans have already paid them back and 41 new loans were given in November. The recipients are organised into groups, each with a group leader.

This is Lad, one of the original loan recipients and now an Adelante Africa volunteer. He is with the president and vice president of Adelante Africa Spain who visited his hairdressing saloon in August. The other photo is of the Secretary of Adelante Africa Spain talking to some of the new recipients of loans in November.



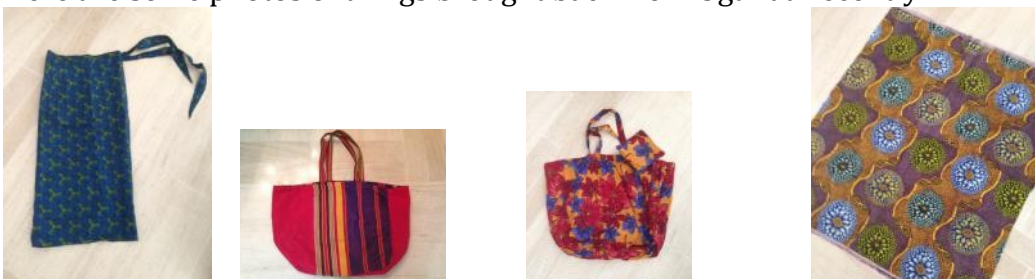
The cake-making seminar

Thanks to the generosity of an Adelante Africa Spain member, 20 women from the F.A.L. learned over 5 days how to make cakes. This should prove of significant economic benefit to them, as they will be able to make cakes for the weddings and other celebrations in their villages.



The Igayaza Women's Sewing Group

The list of products made by this group is expanding! And the quality improving! Here are some photos of things brought back from Uganda recently.



The Vitamin A campaign

This took place in November for the 3rd time running. We were helped by World Vision and the local health authorities who stepped in to supply the necessary Vitamin A as our supplier here in Spain, the NGO Healing Wings, had unforeseen problems with the Spanish laboratory.

It was once again an example of the heartening willingness of World Vision and the government agencies on the ground to work in cooperation with us.



We gave Vitamin A to 5,545 and deworming tablets to 9025 children. Thanks go also to the VHTs (Village Health Teams) who carried out the campaign (some of these in the last photo above) and to the Adelante Africa volunteers who monitored and took extra Vitamin A and Albendazole to the outstations over the two days.

We would like to share with you our Christmas present from the Spanish Home Office. We have been declared “de utilidad publica” which basically means we are recognised as a transparent and stable NGO by the Spanish government.

It is, however, the monthly contributions, and the one off donations, we receive from you, coupled with the Adelante Africa Uganda team's generous gifts of time and energy, that enable us to support this poor rural community in their determination to move forward. Thank you. And please may this continue in 2015!

Jane Cadwallader (secretary Adelante Africa Spain)
and
Fr. Joachim Kisakyamaria (secretary Adelante Africa Uganda)