

## Child and family development

### All children should attend school

FH provides school books, pens and uniforms to allow the children of the community to attend school. At the school in Nashisa where the children from Kibiniko attend, a vegetable garden and a canteen have been installed so that the children can get a meal at midday. The number of children attending has improved and the number dropping out has decreased.

### Improving hygiene habits

FH pays for the medical care of the children. Workshops are organised with families to promote daily hygiene habits (regular hand washing, boiling water before drinking, etc.) as well as trying to improve the infrastructure in homes (building latrines, installing washbasins, sources of clean water, etc.)

### Small loans with a big impact

FH supported the creation of savings and loan groups in the Kibiniko region. To date, 150 people are members of such a group; of whom, 90 are women. Each member can put aside between CHF 3,50 and 7,00 a month. Loans provided can have a big impact as they can help families to start a small rearing business (of chickens or goats) which can help them improve their homes or save for a future expense.

Meeting of a savings and loan group.



Happy beneficiary of a milk cow.

## Milk cows help improve daily life

As part of this programme, milk cows are given to trained groups of several families. They take turns in looking after them. **A part of the milk is sold to increase revenue. Manure produced is also very useful. Spread on the fields, it helps to improve the crops.** Finally, every two years a cow will give birth to a calf. It is given to another family so that, eventually, everyone has their own cow.

**Thank you from the bottom of our hearts for your support of the children and families of Kibiniko!**

- With CHF 50.-** You can, for example, support a family for one month for schooling, health and agricultural training.
- With CHF 350.-** You can, for example, allow a family to join a group that will receive a milk cow.

FH Switzerland is committed to the fight against poverty locally through personal and community development throughout the world. FH Switzerland is part of the international network of Food for the Hungry (FH).



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# "I am proud because I am going to finish primary school."

Testimony of Rachel, a young student in Uganda.





Moses Mwalye visiting a family.

**"People realise that they have the potential to change their situation."**

**Moses Mwalye has been running the child development programme in Kibiniko for the last 4 years. Here are some of his observations about the community:**

"I find that the mentality of the people has changed. Many used to have a fatalistic outlook on their situation thinking that, because they were poor, they couldn't change anything. With the training courses and support that we provide, little by little, I see that people are beginning to realise that they have the potential to change their situation. The standard of living of families has changed too, since women are taking part in savings and loan groups. They make weekly savings and borrow amounts that are invested in small businesses. This has reduced violence in many households, since this is often due to financial problems."

**Something worth knowing:**

- Even though school fees no longer exist in Uganda, many parents cannot afford to pay for uniforms, school books or other needs.
- In Uganda, only one girl out of four attends secondary school.

Source: Unesco



**"Here, going to school is a luxury."**

**Rachel Wekhanya is 13 years old. She has an older sister, Ziporah, who is 16 and a younger brother, Jeremy, who is 3. Before FH intervened, it was unthinkable for a girl to finish primary and secondary school.**

"For many people around here, going to school is considered a luxury. Every day I have to walk 6 km to and from school, but the FH team has encouraged me to carry on by paying for my school equipment, and I am very grateful. **Today I am proud! I will finish primary school and will be able to attend secondary or professional school.**"

In poor rural areas of Uganda like Kibiniko, **children's education is not a given, and that of girls even less.** Early marriages are common; parents don't necessarily see the benefits of sending their girls to school. A dowry, a cow or other goods can be paid for by a potential future husband. This can represent a considerable financial gain for the family. Education is very important for the future well-being of children. **In collaboration with local authorities and family associations, FH holds meetings to raise the awareness of the parents about this issue.**

Like the majority of families in the area, Rachel's parents live from agriculture. They have joined a group that was given a milk cow. The families take turns in looking after it. The income generated by the sale of milk is divided up between everyone, as well as the milk itself. Rachel goes on: "Thanks to the sale of milk my parents have a regular income. They soon joined a savings and loan group and have been putting a little money aside each week."

**By putting their savings together the group has been able to buy a rice shelling machine that the whole group can benefit from.**

Rachel is thankful and expectant: **"As for me, I would like to become a nurse. I'd like to look after the sick and fragile people in our community."**

