

# OCT - NOV, 2015 PROGRESS REPORT



**KYAMULIBWA ANTI - AIDS  
PROGRAM**

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## ACTIVITIES AND MONITORING & EVALUATION OF EACH PROJECT

### 1. Girls/Female Empowerment Project

One of the KAP's values is "Fair Treatment & Empowerment" With that, KAP then decided to start a project related to the challenges faced by the girls/female youths in order to reduce their redundancy, obtain one on one free talks, better interactions and above all empower them to live better lives. This is an ongoing project until December, 2015

#### **Activity.1.Providing health talks & HIV/AIDS counseling at Kyamulibwa Health center III.**

Every Monday of the week, KAP staffs go to Kyamulibwa Health Centre III to give health talks and HIV/AIDS counseling services to patients at this health center.

Here we exchange ideas concerning various health issues ranging from good sanitation, personal hygiene, abstinence from sex for the unmarried, use of condoms, Sexually Transmitted Infections (STIs), early pregnancies, rape, defilement, balanced diet, among others.

#### **October, 2015**

In the month of October, the main topic was all about various ways of spreading and how to avoid HIV/AIDS. A change in sexual behavior was very much emphasized.

This has been a talk given to all Out Patients on every Monday.

Then from here we continued giving counseling services to the patients in the HIV/AIDS clinic.

#### **November, 2015**

The topic of November 2015 was, "**PROPER FEEDING OF A PERSON**"

We talked about the types of food that are needed by the body which include;

1. Energy giving food like millet, rice, sweet potatoes, cassava etc.
2. Body building food like G.nuts, beans, milk, chicken, fish, meat, Irish potatoes etc.
3. Protective foods e.g. Greens and fruits.

We informed them that at least in all types of food, pick one and eat it a day.

We also taught them some of the signs of poor feeding especially in young children and these included;

- I. Stunted growth
- II. Glittering of the skin
- III. Brownish hair instead of black

- IV. Swollen legs
- V. Ever sneezing
- VI. A child is ever miserable.

We therefore, emphasized balancing diet especially those who are HIV positive to keep their bodies strong and healthy.

We encouraged them to follow doctors' instructions and also to inform their friends to test for HIV such that they can know their health status to live a positive life.

This month has been a rainy month and realized that most of the patients were reporting late to the hospitals. Here we could wait for quorum of like 8 patients and then start giving them a talk as others come.

### **Activity.2. Monitoring & Evaluation of Female youth Income Projects**

KAP staff were able to do monitoring & evaluating some of the Female Youth Income Generating Activities (IGAs).

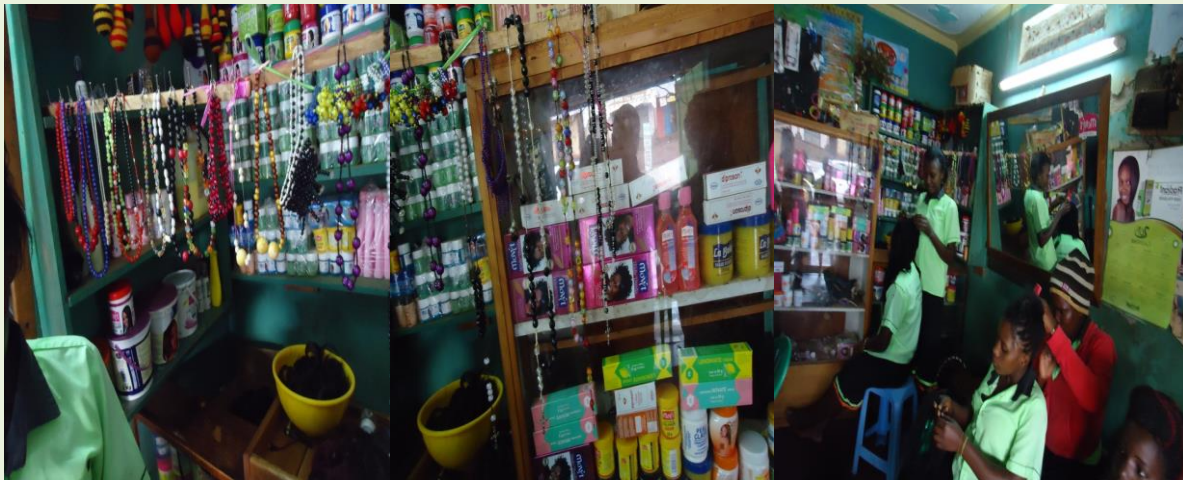
#### **New developments of the youth groups;**

Kabuswaga Youth women group started with one saucepan from the initial capital given to them by KAP and started an event management business where they mainly hire the cooking saucepans. They now own 3saucepans; two of them bought from the savings they have made from the business.



The group hires out these saucepans each at Ugx.15, 000 on every occasion. They have so far managed to collect Ugx. 800,000 in this business within a period of eight months. This group also manages their business through practice of book keeping.

Mama Shamilah beauty salon was dealing in only hairdressing and plaiting lessons. The group has diversified into driving lessons and party events decorations to increase their income base. This group normally gets a six months revolving credit of Ugx 500,000. The group has testified that this has helped them in managing their cashflows especially for the saloon stocking. The group requested that if possible, KAP should give them a longer term facility given the nature of their two other new businesses i.e. driving lessons and decorations to upstamp their capital and be able to deliver more quality services.



Some of the stock (cosmetics and jewelry for ladies' salon) in the salon. The group members on the hairdressing and plaiting lessons.



The two business lines of Mama Shamilah beauty salon.

## 2. Restoration of sustainable environment protection and health enhancement using our natural resources Project



### **Current progress of the project;**

#### **Activities in October & November, 2015**

1. Mulching.
2. Pruning the tree plants in the mother garden making them ready for the nursery bed seedlings.
3. More weeding on the project site
4. Harvesting and marketing the passion fruits from the farm
5. Hosting visitors from Germany and United Kingdom.
6. Carrying out practical trainings to the community and KAP members



**Mulching system**

**Coffee tree in the mother garden**



**Orange tree**



**Avocado tree**



**Mango tree**



**Passion fruits**



*Harvested passion fruits*



*- Some of the KAP fellowship project i.e. tomatoes and cabbage planted under the passion fruits demonstrating how favorable passion fruits are to creating shades and good favorable soil for other plants. The same trees being friendly with other plants like matooke the staple food for the central Uganda.*



*1. Angela a KAP friend from Germany interacting with one of the technical staff*

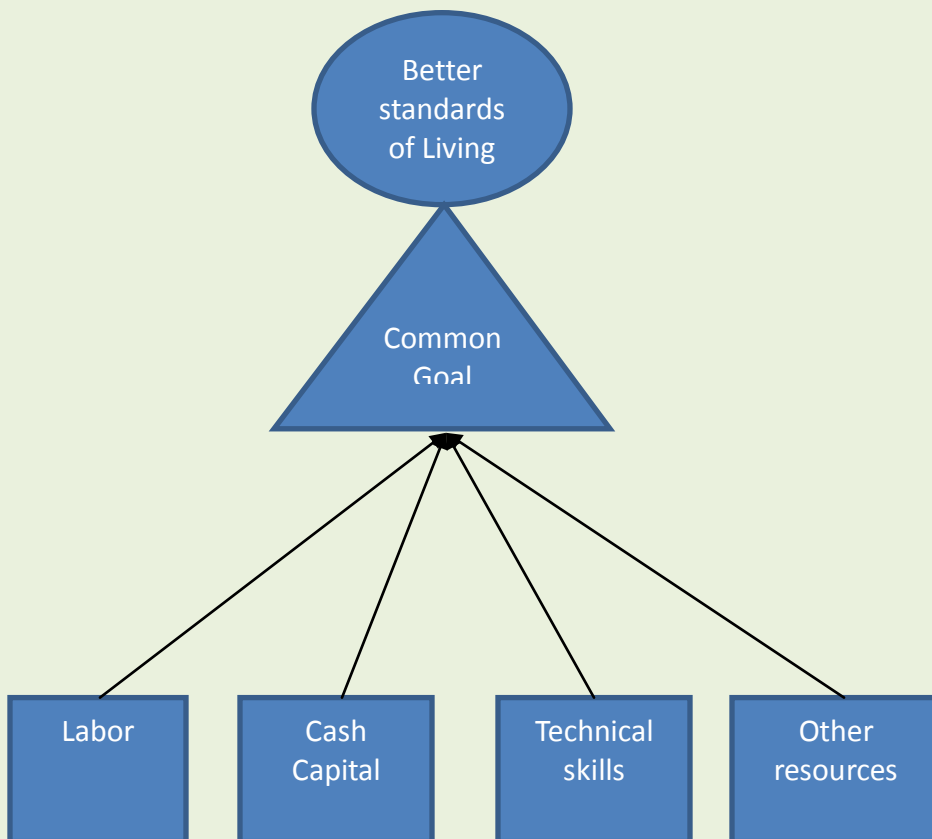
*2. KAP members actively participating in the construction of the green house for nursery bed shade*





*Visitors from the United Kingdom who got interested in the project objective*

4. **Fellowship project.** Here people with different resources with a common interest come together and make a project together.



**KAP fellowship model farm;**

As a way of generating income for KAP, we also engage the members in fellowship activities. Here the members grow some vegetables, bananas, tomatoes, cabbages, green paper, cereals like peas, maize & ground nuts. This also acts as a fellowship model farm. As members get involved in this KAP fellowship farm, they are further encouraged and motivated do the same in their communities. Below are the current crops in the KAP fellowship farm;



*One of the visitors from UK in the tomatoe garden*

*Some of the harvested tomatoes*

*We expect to get Ugx 300,000 proceeds from the tomatoes in the garden. This money is saved on the fellowship account for further investments and financing non income generating activities.*





*Cabbage growing*

*Some of the harvested cabbage*



*Some of the harvested green paper*

### **Other activities**

- KAP was visited by Quality Assurance Mechanism Organization (QUAM)
- QuAM aims at promoting the adherence by civil society organizations to generally acceptable ethical standards and operational norms. It also sets principles and standards of behavior for responsible practice, to protect the credibility and integrity of the certified NGOs in Uganda...

- They were seven QuAM officials who visited KAP. They evaluated the projects and they were amused by the work done by KAP given that it is still a young organization.
- KAP is now a registered member of QuAM

We are to continue monitoring the ongoing projects, market the products from the fellowship project and finalize the Female project.

*END*