



Who we are



Uganda Hands for Hope is a registered non-governmental organisation based in Namuwongo, Kampala. We aim to alleviate poverty and facilitate lasting change in the lives of the most vulnerable children and families living in urban slums in Uganda. This is achieved through our education, health and livelihood programmes as well as support for children with disabilities. *Uganda Hands for Hope* was founded in 2008 by Joe Cummiskey. In 2019, we now support over 350 children and their families through our different programmes.

Namuwongo slum is the second largest in Kampala with estimates putting the population at up to 30,000 residents; all of whom live on a floodplain, at the bottom of a hill, with no sanitation. Approximately 90% of the population live below the absolute poverty line, earning less than one US dollar per day. Over 50% of the population are children. The slum itself is an extremely dangerous place for children: alcoholism is rife, sexual exploitation and prostitution is common and hygiene levels are extremely poor.

What we do

Uganda Hands for Hope supports the most vulnerable children and their families via different programmes in education, disabilities, livelihoods and health.

Education

Each year, Uganda Hands for Hope identifies 25-30 of the most vulnerable children (aged 3-5) and place them in our **nursery school**. This programme is funded by individual sponsors who pay a monthly donation of £20 per child. Once in our education system, each child is provided with the opportunity to go to school, two meals a day, access to safe, clean drinking water and basic free medical care. The children attend Uganda Hands for Hope's school from baby nursery class all the way to Primary 7, the last year of primary school in Uganda. After the children reach P7, they graduate into the local secondary school for 4 more years of education up to Senior 4. From the first day that the child joins our program, Uganda Hands for Hope is very much involved in the child's welfare, health, and education; providing a **holiday programme** during each term break and social workers' services on a daily basis.





Meet John: John is now 9 years old and the second of three children. His father abandoned the family and his mother was HIV positive and died in 2014. John went to live with his grandparents and capital was provided for the family to start a small vegetable stall but it was demolished by the railway company. John was sent to a village in Western Uganda but his relatives there couldn't afford school fees so he began tending cows in the community. UHfH followed his case, paid for him to return to Kampala and enrolled him at a boarding school with his older brother who was already there. John is very happy to be back in school!

Some children do not have the option to stay at home any longer due to domestic violence, lack of funds, parents passing away, diseases and other social reasons. These extremely vulnerable children are supported through the **boarding programme**. Only £45 per month pays for a child's boarding and school fees.

Furthermore we deliver three **holiday programmes** per year so children can have fun during the school holidays and stay away from the dangers of the slum. For children who are too old to join the sponsorship programme (generally between the ages of 7 and 16) we also offer skills training and an informal education in the **afternoon youth programme**. Each weekday afternoon, around 25 children come to Uganda Hands for Hope's school and are taught basic reading, writing, and maths. They also participate in special skills trainings such as acrobatics and printing/design training for t-shirts and other items. Some of the children are sponsored to **vocational training** where they learn a specific skill and are prepared for work in a specific trade or occupation. We also run a **community library** which is open on a daily basis.

One of our sponsored students who is now completing his vocational training as a car mechanic and hopes one day to teach his skills to other young people from Namuwongo.



Children with special needs



Children with special needs are particularly vulnerable in the Namuwongo community facing social exclusion and marginalisation on a daily basis. Most of them have nobody to attend to their special needs and too often they are regarded as 'a burden' to the entire family.

Therefore, UHfH also runs a **children with special needs programme**. Around 20 children who have been identified and medically assessed come to the special needs class every day where they learn basic skills and receive two meals a day. We provide the children with medical care and also provide physiotherapy on a monthly basis to those that require it.

Meet Peter: Peter is a seven year old boy who was selected to join the UHfH Disability Class in August 2014. He was being raised by a single mother in a one-room basement house in Namuwongo slum. For the last two years he has been in a class where he has been attending four therapy sessions per day. He has successfully started using hand and finger splints and knee braces; now Peter can feed and dress himself, use a pencil to write his name correctly, speak three letter words, count and write mathematical statements. Peter is very determined and really enjoys being with other children in the school!



Livelihoods

Furthermore we extend our reach into the community by running livelihood programmes for mothers of the children we support. In the **Solar Light Programme**, UHfH provides solar lights for mothers to buy, usually by paying a small amount each week until the cost of the light is paid off. Our Solar Lights Project has been a great success. We currently have around 50 lights which have been given out to parents and other community members.



Meet Mama Rehema: With a husband and 7 children, she was initially able to reconstruct her mud house so that she even had an extra room to rent out for additional income. After a year in the programme, Mama Rehema had paid back her loan and saved enough money to build her family a new, two-room, concrete house – an incredible achievement!

Through the **Small Loans Programme**, UHfH promotes economic development for women and entire households in the community. We provide support, advice and encouragement to help women either start up a small business or improve an existing one. Once the participants generate a steady income, they are able to support others to spur entrepreneurship in the community through the same programme.

Meet Mama Gilbert: Through the Small Loans Programme, she expanded her business from selling fruit, to owning a small shop with fruit, vegetables, soft drinks and sweets.



Health and medical

UHfH partners with a nearby medical clinic called *Kairos*, to provide high quality and affordable **basic health care** to UHfH sponsored children. As a result, all UHfH sponsored children receive free medical consultations and medicines. For the more severe medical cases, like Cissy, we look for specific funding.



Meet Cissy: Cissy was suffering from a tumor in her head. Thanks to generous donations and the children's hospital CURE Uganda, Cissy had a successful operation and has recovered from it very well. Her dream is to become a doctor one day!

We also run a number of **health outreach events** for the whole community in areas such as sanitation, malaria education, family planning and sexual health. Last year, we expanded our health awareness event to include information and testing on an increased number of health issues. The community received free HIV and TB testing as well as general health checks during the event.

We also run the Namuwongo community health club which was initiated by the community itself. Its mission is to educate fellow community members on various health and sanitation issues by using drama, poetry and music.

Other activities

Twice a week, Brass for Africa comes to UHfH to provide brass music education to 25 of our primary school children. We also have a traditional dance group and a beatboxing group on a weekly basis. Every December we also host the annual UHfH Christmas party for all children, parents/guardians and other supporters of UHfH.



How can you help?

Sponsor a child

You can sponsor a child for just £20 per month. Your regular donation will not only fund a child's education, food and healthcare, it will also benefit their entire family and the wider community. You will receive a profile of your sponsored child and regular updates on their progress.

Fundraise

You can fundraise for Uganda UHfH by organizing an event or taking part in a sponsored challenge.

Donate

You can donate on our website or through our UK bank account. You can also donate items such as blankets, school supplies, boarding school requirements, mosquito nets - everything counts! Something that might seem small to you can make a big difference to a child.

Volunteer

We welcome volunteers from around the world. Come and use your skills and have a chance to work with an active grassroots organisation on the front line of development.

Meet the team!



The Uganda Hands for Hope team consists of three teams:

The Social Outreach team: Going into the community every day, listening to those in need and identifying especially vulnerable families.

The Teaching team: Managing over 300 children each day and instilling the foundations of education, confidence, and a sense of right and wrong.

The Admin & Support Staff: Managing daily operational and finance tasks, cooking meals for over 300 people every day, making sure the rooms are clean and ensuring the security of UHfH.

Contact us

Email: info@onlinehope.org

Visit our website: www.ugandahandsforhope.org

Like us on Facebook: www.facebook.com/handsforhope

Follow us on Twitter: [@HandsforHopeUG](https://twitter.com/HandsforHopeUG)

