

Welcome

Welcome to the first newsletter from Kyanninga Child Development Centre (KCDC). Thank you for the support you have given us to this point and I hope it continues in the future. The exciting news is that KCDC has received its NGO certificate, meaning that we are now an officially registered organisation in Uganda. This will open up a lot of opportunities for us but right now it's business as usual. Since opening the doors to the centre in October 2014 we now have over 100 children registered with us. We have children attending daily at the centre for therapy assessment and treatment, as well as providing home-based visits and outreaches to the local special needs schools. We have also run a couple of community outreach days that have increased awareness of disability and rehabilitation within communities and reached 50 families so far for medical assessment and follow up.

I hope that you enjoy reading about some of the activities of KCDC over the past few months.

Best wishes, Fiona x

Camp Kuseka

In January 2015 KCDC partnered with the US Peace Corps and other local organisations to run a 5 day non-residential camp for 30 children with disabilities. The aim of the camp was to educate and empower the children and their families to be advocates for their future and to have a lot of fun through arts and craft, sports and education.

Kuseka means 'to smile or laugh' in the local Rutooro language and having seen the beaming smiles and heard constant laughter all week it certainly seemed an appropriate name.

We welcomed many partners through the week to help make it a success, including 25 US Peace Corps volunteers, 10 Ugandan volunteer teachers and counsellors, Uganda Special Olympics, UCTF, Rwenzori Special Needs Foundation, TOCI, YAWE and other local organisations.

Highlights of the week included seeing young deaf children learning to sign for the first time and opening a new world for themselves, doing yoga and karate with our physically disabled group, children discovering a joy of



reading books through the kind donations from the local library and our dance parties and talent show that exhibited a lot of talent.

We also ran a 2 day parent programme, with seminars on the science of disability, supporting your child physically and emotionally and setting up parent support groups which we will continue to support going forward.

Disability in Uganda

Did you know that approximately 1 in 10 children in Uganda are born with a disability, and that many

more develop disabilities early in life through illness or injury? Many communities in Uganda regard disability as a curse, a bad omen, a punishment from God or a result of witchcraft, leaving families feeling very alone and isolated.



Our Physiotherapist Fiona at work

There are also very few resources and services for children with disabilities in the western region, where the majority of people are living on less than £1.30/\$2 a day so families must often bear the additional burden and expense of travelling long distances to access specialist medical care, or families don't seek help at all.

Because of this many children with disabilities remain unseen by their community or by local health workers due to the fear, feelings of shame or isolation and their disability becomes worse.

Our outreach programmes into schools, health centres and the communities aims to change the attitudes towards disability and to educate families and communities by demystifying disability and showing that **disability is not inability**

Introducing David

I am Mumbere David, a PT at KCDC. I was recruited at the beginning of April and so far I have spent 1 month at the centre.

My 1st month has been good, a comfortable working environment, good team work and learning from senior therapists Fiona and Rachel and the good cooperation with other organisations like SOS children's village, TOCI, Rwenzori Special Needs Foundation among others.

I am enjoying both the community outreach programmes and the drop in visits to the centre—it's really good work, working in the community—sensitizing them about disability, where I have found that people have different views about it.

Through co-operation with other community based organisations, we always get new clients. For example: SOS Children's Village asked us to assess to children that they are working with to improve family life.

When we visited 3 year old Kiiza, we found her to be unable to crawl, stand or walk, she's blind and frequently distressed following contracting Malaria at 18 months old. She had been developing normally up to this point. At our visit we taught her family exercises and activities to help her.

2 weeks later when I went back to follow up there was good news from the caretakers that Kiiza can now try to push herself to reach out for objects, and stand with support for a good length of time and has gained interest in the exercises. The caretakers have also improvised a standing frame made with local wood which is enabling her to get used to standing again. This shows that when the therapist and



caretaker work together, the child will have an improved quality of life.

We also made an assessment of Julius. He is 13 years old and has severe cerebral Palsy. He is unable to sit, crawl, stand or talk, but he does have some understanding. All his limbs are very tight. He spends all day lying on a mattress on the floor as he has no special seat to support him. We taught his mother different exercises and stretches to do. For her she was so happy that someone was caring and interested in her child.

2 weeks later when I went back for a follow up visit, the caretaker is happy that he is getting used to the stretching exercises and we hope we shall also improve his quality of life if we can cooperate with his caretakers. .

WE SHALL ALWAYS WORK TO HELP CHILDREN REACH THEIR FULL POTENTIAL

PhysioNet Donation



This month we were fortunate to receive a donation of therapy equipment from PhysioNet, a UK based charity that collects used therapy equipment and donates it to charities in developing countries. We joined with 3 other Uganda based charities to cover the costs of shipping the container and now have a large supply of mobility aids, standing frames and seating systems that will make a big difference to the lives of many children and adults living with disability. If you have equipment that you are no longer using and think someone else could benefit please contact them to make a donation www.physionet.org.uk

Accomplish Children's Trust

Accomplish Children's Trust is a UK charity that was set up to support 2 organisations working with children with disabilities in Kasese District, Western Uganda. We are very grateful that they have decided to expand their support in Uganda and include KCDC, which involves sponsoring our 2 Ugandan therapists, one of which is David and we are currently recruiting for an Occupational therapist to join the team.

We were really pleased to meet one of their trustees, Chris, when he was visiting last month and we were able to show him some of the work we are doing in the community.

If you would like to know more about the work of Accomplish you can see their website www.accomplishtrust.org.uk

Funding opportunities

We have further sponsorship opportunities available; we are looking for assistance with funding for a speech therapist to join our team as well as sponsorship for continuing therapy treatment and equipment for our children and expanding our programmes.

You can make a donation via PayPal on our website www.kyanningacdc.org or contact us directly to discuss these opportunities info@kyanningacdc.org

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