

I can't believe we are in April already. This year seems to be flying by, it must be that we have had a very busy start to 2016 here in Fort Portal, with more than 50 new clients in the first 3 months, in addition to all those continuing from last year, reaching 40-50 children each week. Luckily we have a few new staff members to help us out. You can meet them all here in this newsletter.

We were thrilled with a recent donation of 3 boxes of toys from the mums at Chilwell Barracks (UK). We have been donating most of these toys to the children we see, many of whom have no toys of their own, and the excitement and joy these gifts brought was amazing to witness. A few therapy sessions had to be abandoned due to their distraction and delight!!!

We are excited about the next few months, with a volunteer from AfID (Accountancy for International Development), Ugandan students from Mbarara and Mountains of the Moon Universities on placement, and physiotherapy students from University of Salford all lined up to come and work with us and we are developing a partnership with Uganda Special Olympics to start a sports programme with our kids, hopefully more of that in the next newsletter.

Thank you for your continuing support
KCDC team x

Jo Latham - Speech and Language Therapist



Having seen an advert for the assistance of a SLT at KCDC I quickly applied having wanted to fulfill a dream of working abroad. On arrival I was pleasantly surprised by the organisation and structure of KCDC. Although I had brought some therapy materials and assessments with me it quickly became apparent I would be 'thinking on my feet' and adapting therapy interventions to the culture around me. There is also a great range of toys and fun things to play with already here!

Having come from working in inner London schools as a mainstream therapist; the contrast was pretty big! Working with mainly non-verbal children with cerebral palsy we have been implementing augmentative alternative communication (low level) devices. Despite being a 'new' idea such as using picture exchange, communication boards and simple sign (Makaton) a lot of our parents (and children) have taken to it and have been working hard to improve their child's ability to express themselves through other means. We also have been working on a lot of 'play' skills and teaching parents how children learn through play and exploration to increase language development.

Since being here I have also been training and working with Rehema who is a fast learner and great with the kids. She is now starting to take on her own caseloads as I slowly hand over children to her. As I write this I am more than half way through my 4 months stay here and I realise how time is flying and how much more work is needed and can be done. Working with KCDC has been a great experience and professionally I have learnt a lot working with a different client group than I am used to. I hope this last part of my trip doesn't go too quickly and that one day soon I will return to check in at some point.

Mutoni Vedastine Rehema - Nurse

Rehema is a Fort Portal native, having been born and raised here, and studied her nursing diploma at the local Mountains of the Moon University, while working in the local hospitals. She has been volunteering with KCDC since they first opened, helping during Camp Kuseka, at the triathlons and other events, so when an opportunity to work full time came up she jumped at the chance. She has started by working with Jo, learning as much as she can about speech and language therapy, so that she can continue to work with these clients once Jo leaves, ensuring sustainability. Her nursing skills are also proving very useful with the large number of children with epilepsy, malnutrition and other medical problems that she can now monitor.



Asha Williams - Community Health Worker

Asha is one of the founders of KCDC, and a parent of a child with special needs so she provides a unique insight for the rest of the team into how difficult life can be for all involved. She is working with us 3 days a week, providing therapy interventions to children in the clinic and in the community as well as support to parents. She is also studying a Community and Social Development Degree at Mountains of the Moon University, is a wife and mother of 3. She's certainly one busy lady but enjoys making the time to work in with us and starting to take on her own caseload.



Golden Chariot - Orthopaedic Officer



Golden recently completed her Diploma in Orthopaedic Medicine from the Uganda Institute of Allied Health and Management Sciences, and is currently volunteering with us 2 days a week. She offers orthopaedic assessment and management, splinting and casting and is also training with us as a therapy assistant, and will be working as a therapy assistant in both the clinic and the community. We hope to be able to increase her hours in the next few months as well.

Fine motor skills in schools

Towards the end of the last school year our OT, Rachel, ran a training session on developing fine motor skills with 6 teachers from the 2 local government special needs schools and a privately run nursery school that has several special needs children attending. All 3 of the schools are supported by KCDC on an at least monthly basis during the school term.

The aim of the workshop was to increase awareness and understanding of why and how fine motor skills are important to writing and to explore how we can develop these skills within the school environment, encouraging that learning to write takes more than writing practice alone. The workshop covered what are the fine motor skills needed for writing (for example hand eye co-ordination, grip strength and precision) and fun activities to develop these skills as well as promoting correct pencil grip and letter construction.

Following on from the training at the start of the new school year, each of the schools involved in the training received a fine motor skills kit. The kit included information about fine motor skills, a range of simple activities to develop these skills (largely locally made from recycling) and laminated sheets on correct letter and number construction.

The training was well received and the teachers were very excited to have the fine motor skill packs to help them put their learning into practice.

Accomplish Children's Trust

Accomplish Children's Trust is a UK charity initially set up to support 2 organisations working with children with disabilities in Kasese District, Western Uganda. After a chance meeting with one of their trustees in May 2014, we are very grateful for their ongoing support of our 2 Ugandan therapists, David and Patrick. We were delighted to welcome their founder, physiotherapist Rebecca Cornish and some of their trustees and supporters on a recent visit to Uganda.



They were able to meet David and Patrick, and the rest of the team and see our work for themselves. Unfortunately it rained all day and so most of the children did not attend the clinic, but we did see some during a community outreach visit, and they could appreciate some of the challenges that our families face, particularly during the heavy rains.

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

Give as you Live



Do you shop online for groceries, clothes, travel, accessories, gifts or anything else? We have signed up to Give as you Live, a website with more than 4000 associated online stores, which will donate a percentage to KCDC each time you shop, at no extra cost to you. You can find more details and sign up via www.giveasyoulive.com

I've started using it already and it is so easy, you can search by product, brand or store and it will link you to the store website and will show you which stores are part of the scheme when you

search through google and other search engines.

Running the Rift Marathon

The 5th Kyanninga Triathlon and 1st Running the Rift Marathon will be held during 2016 and KCDC will be the official benefitting charity of both events and will host a special disability sports events during the marathon weekend, which will be in November. If you are considering a trip to Uganda and are feeling inspired to enter



Kyanninga Child Development Centre

Helping all children reach their full potential

the marathon (there is a $\frac{1}{2}$ marathon and 10k option as well) holiday packages are available. For more information on Running the Rift Marathon you can follow the website link here:

<http://www.runningtheriftmarathon.com>

<https://web.facebook.com/RunningTheRiftMarathon>

Getting Involved

You can get involved by sharing this newsletter with your family, friends and colleagues to let them know about the great work we are doing. If you are planning a fundraising event then please consider KCDC as a beneficiary.

As the demand for our services increases, we are looking for additional funding for a long term speech therapist, a special needs trained teacher and to enable Golden to join our team full time. We are also looking for funding and sponsorship for continuing therapy treatment and equipment for our children and expanding our programmes to reach more in need.

If you are able to help in any way, you can make a donation via PayPal on our website www.kyanningacdc.org or contact us directly to discuss these partnership opportunities at info@kyanningacdc.org We have also registered as an official charity with Just Giving, so if you are doing any fundraising activities, please consider us as a beneficiary www.justgiving.com/kyanninga-cdc

Thank you so much to everyone has donated to KCDC over the past 18 months. You have helped us make such a difference to so many childrens lives.

There is so much more that I could tell you about so keep up with the latest KCDC news by following us at www.facebook.com/kyanningacdc