



Well here we are, mid-way through 2016 already and so much has happened here in Fort Portal. Volunteers have come and gone, the rainy season has passed again and KCDC continues to grow and develop.

Kyanninga Lodge hosted another very successful triathlon in April, with over 120 competitors taking part in the individual and team events. This was the 5th event held at Kyanninga Lodge but the first time that Kyanninga Child Development Centre was the beneficiary charity and an incredible 15 million shillings (£3,030) was raised, which will be used to continue running the centre and outreach programmes over the next few months. We hope to host the next triathlon later in the year, as well as the inaugural Running the Rift Marathon on November 5th. If you are interested in competing, then now is the time to start training - well that's what I keep telling myself anyway, and you can find out more information and sign up on the website <http://www.runningtheriftmarathon.com> <https://web.facebook.com/RunningTheRiftMarathon>

Best wishes to you all

KCDC team x

Volunteers

We were very sorry to say goodbye to Jo last month, the British speech therapist that had been volunteering with us for 4 months. Jo had worked hard with Rehema and the rest of the team, assessing speech and language and establishing a variety of communication methods for many of the non-verbal children. She also worked with Rachel to establish a feeding assessment programme, particularly focusing on children with malnourishment and difficulties with feeding and swallowing due to their disability. We also welcomed Karim for 5 weeks, from the UK, who came to volunteer as an accountant and assess our financial procedures and train us in better reporting practices. He came through the Accountancy for International Development (AfID) programme, and it was an extremely positive experience, we learnt a lot from him and he has left us with a much more organized financial recording system!!



Unreasonable East Africa

In April 2016 we found out that KCDC had been selected from over 200 start-up companies in East Africa to be one of 10 to attend the 3rd Unreasonable East Africa Institute www.unreasonableeastfrica.org This is a 5-week residential course designed to accelerate the growth of early stage companies through workshops, mentoring, networking and exposure to investors. In their words:

Our vision.

To create an East Africa in which no one is limited by their circumstances.

Our mission.

We get early stage companies, working on solving tough social and environmental challenges in East Africa, what they need to grow.

How we do this.

To overcome the barriers to growth for these companies, we match carefully selected high-potential companies with the knowledge, mentor-ship, connections, and financing they need to grow and enhance their impact. We do this at a 5-week boot camp in Kampala, Uganda.

But it does not end there. We and the entire Unreasonable network of 120+ entrepreneurs, 300+ mentors, 550+ funders continue to support our entrepreneurs for the life of their company and beyond.

Our goal:

Help each of these companies grow faster and scale to eventually meet the needs of over 1 million people each.

The Institute is in July and August this year, only 2 weeks away and we are really excited to attend. We went to a 5-day workshop that Unreasonable ran in April and we found it extremely useful, with great contacts for mentors, working through financial and strategic plans, and really helping to focus on where we are going as an organisation and how we will get there, with passionate guidance from experienced and successful entrepreneurs. Look out for the next newsletter to find out how the team gets on.

Case report by Mumbere David, Physiotherapist

Ssebowa Farouk is a 3-year-old boy who was referred to KCDC in April 2016. He was found to be developmentally delayed, with poor sitting balance and unable to crawl, stand or walk due to complications during labour and delivery. Farouk lives with his grandmother far from KCDC and she is unable to attend the clinic regularly.

I taught the grandmother the positions and activities she should work on at home to develop his sitting balance and other skills, and we included him in our community home visit programme. The grandmother has been very positive and taken in all the advice we have given her in the initial assessment and the 3 subsequent home visits. She said that "she couldn't believe how quickly he improved and wished that we had been around sooner"



I am happy to report that they are making good progress at home, and appreciate the good work done by the KCDC team because Farouk has already gained good sitting balance, has started crawling and can pull himself to standing while holding onto support like a table or a jerry can and can take a few steps with support as well.

Because of this great progress we have built him parallel bars at home so that he can practice standing and walking from which he will progress to using a walking frame. We are also working with Rehema to develop his communication as he can only say a few words at the moment.

Parent Support Group Report by Ariho Patrick, Occupational Therapist

The aim of establishing parent support groups is to increase the knowledge and skills among parents and communities to improve the wellbeing of children with disabilities. The best way to achieve this is through training and seminars, using the 'Getting to Know Cerebral Palsy' programme, specifically written for low and middle income countries.

Our first group consists of 10 parents, of 14 children with disabilities, and all are motivated to participate and set their own objectives and outcomes from the programme, which included understanding what cerebral palsy and other disabilities are, how to help their child learn to walk, as well as sharing experiences with each other, both positive and negative.

At the beginning of the first session we asked the parents what their understanding of cerebral palsy was. The replies were that they believed their Childs' disability was related to witchcraft, malnutrition, lack of a spinal cord or they had no idea what the causes were. They did not think that it was contagious, although many said that their neighbours and communities believed this.

After the morning group of discussion and practical skills on the topic of 'Introduction to Cerebral Palsy and the associated challenges', led by myself and Rachel, the feedback we received was extremely positive, with a clearer understanding of disability and a desire to learn more. We will continue to provide further sessions on seizures/epilepsy, feeding, communication, play, therapy over the next few months and also look to start income generating activities for the group to participate in together. We will also be starting more groups in different sub-counties.

Facts and Figures

Now that we have completed the first 6 months of the year, we thought it would be a good opportunity to share some of our latest figures and stats so that you have a better idea of the extent of need for our services.

Since the beginning of the year we have:

Received **116** new referrals

Carried out **1066** therapy sessions

49% of clients have cerebral palsy

25% have epilepsy

15% are severely malnourished

Only **26%** of school age children are actually attending school

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. You can even come and join the team and work alongside us, share your knowledge and skills. As the demand for our services increases, we are looking for volunteers and additional funding for a long term speech therapist, a special needs trained teacher and to enable Golden to join our team full time.

If you are planning a fundraising event then please consider KCDC as a beneficiary. We are a registered charity on Just Giving. Many thanks and well done to Shona who raised money for us by running the Brighton Marathon in April. www.justgiving.com/kyanninga-cdc 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

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

Don't forget you can shop online and raise even more money for KCDC by registering with Give as you Live. There is no additional cost to you.



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