

September 2016, No. 6

We hope you are well and we thank you for your continued support of KCDC. There is much to celebrate in this edition of our newsletter, and we wanted to share that with you.

Best wishes,
KCDC team x

We would like to start by congratulating physiotherapist David and his wife Grace on the safe arrival of their first son, Dylan, the youngest member of the KCDC family. Both mother and baby are doing well and David is coping with the lack of sleep too!!

Volunteers

This weekend we have 2 new volunteers arriving from London, Nicole and Danny, who are coming for 4 weeks. They will be working in our community outreach programme, setting up sports programmes and helping to run a school holiday camp for 24 of our children. We have also had 2 physiotherapy students from Salford University during August, through the Knowledge for Change programme, this was a really great experience for both the students and the KCDC team.

We are looking for more volunteers to come and join the team on short and medium placements to help develop our knowledge and skills, in particular Speech Therapists and Special Education Teachers. If this is something you would be interested in, please get in touch with Fiona and ask her all the questions you have and Yes, 2 weeks can make a difference here if that is all that you can spare.



Unreasonable East Africa

In our last newsletter we told you that KCDC had been selected from over 200 start-up companies in East Africa to be one of 8 to attend the 3rd Unreasonable East Africa Institute www.unreasonableeastfrica.org. Steve and Fiona attended the 5-week residential course in Kampala in July, with Asha attending the first week as well.

This was a fantastic experience, very hard work but, as Fiona put it - 'amazing to have dedicated time to work specifically on the big dreams of KCDC and more importantly, how we are going to get there.' These dreams include expanding and opening more centres across the country, and creating the strategic plans and business/financial models to make it happen, with the support of the Unreasonable East Africa team, and a wide array of more than 40 mentors from many different organisations, businesses and backgrounds across the world!!! It was a huge learning curve for everyone involved and we are really excited for the future of KCDC, especially as some of these great mentors that we met are committed to helping us grow as much as we are.



One of the highlights was presenting KCDC, TED talk style, to 400+ social entrepreneurs in an evening Launchpad event, that also generated a lot of meetings and conversations. It was certainly nerve-racking, being up on stage in front of that many people, but as we were the first to go on stage, there was less time to get nervous, and our talk was very well received

Community Awareness Days

In July, in partnership with Rwenzori Special Needs Foundation and OURS - Mbarara, KCDC conducted a 2 day disability awareness and assessment programme in 2 nearby rural communities, Kiko and Kitarasa. The objectives of the 2 days were:

- To sensitize the community about disability and services available to children with disabilities
- To provide assessment and initial rehabilitation services closer to people in rural communities
- To create stronger partnerships with communities - local leaders, parents, and other service providers
- To identify clients in need of services for referral, management and future follow up
- To promote inclusive development of children with disabilities and their families



In total over 250 children were assessed over the 2 days, and although many of these have medical problems that needed reviewing by the clinic, over 55 had cerebral palsy, 30 had a significant development delay and many other problems that will need review by the KCDC team in the coming months. Golden has already been busy casting 5 children born with club feet that were identified, and the team will be back to the communities for follow up appointments that can't reach the centre this month.

Community Outreach Report by Ariho Patrick, Occupational Therapist

This report by Patrick shows how important our community outreach programme is:

Lucky Joseph is an 11-year-old boy with Athetoid cerebral palsy and malnutrition from Rwengaju village. He was born normally but got severe malaria during early childhood which left him with some difficult challenges, including limited hand function, uncontrolled movements of his body, an inability to sit independently, crawl, stand or walk.

Lucky was brought to KCDC on the recommendation of a family friend in September 2015 at the age of 10, and was assessed and treated over a number of sessions up to December 2015. His mother was also shown a range of exercises and activities to work on at home between therapy sessions. In January 2016 we lost contact with the family, and were unable to make any further follow ups.

Six months later, one of the KCDC staff found Lucky, while out working in the community with another child. He was living in a new village with his mother. We were surprised and thrilled to discover that Lucky had gained weight and was now able to sit independently. His mother told us 'I continued to practice everything you taught me, and now I see what he can do'.

Occupational therapist Patrick tells us that in January his plan was to arrange for a special chair for Lucky to use at home, but now, with all his mother's hard work, we can start thinking about increasing hand function and standing practice, working to give Lucky more independence.

Upcoming events

November and December this year will be a really great time to visit Fort Portal, there is so much going on, with 3 fundraising events for KCDC on the calendar. First up, on November 5th, is the inaugural Running the Rift Marathon. This race is attracting international runners, excited to take on the challenging trail route from the Kings Palace in Fort Portal to Kyanninga Lodge, where the rift valley meets the Rwenzori mountains and the

scenery is stunning. If 42km is too much for you then there are 21km and 10km options available as well. There is still time to sign up and get training www.runningtheriftmarathon.com

A couple of weeks later, on November 26th, (just enough time for your running legs to recover), will be another first, the So Kyanninga Can Dance ballroom dancing competition. What started off as a light-hearted conversation between one of our Unreasonable Institute mentors and Steve, has turned into a full scale event at Kyanninga Lodge, with the dance floor being constructed overlooking the lake, with dance classes planned for the morning, a novice and intermediate competition in the afternoon and a dinner and dance in the evening. Tickets are on sale now www.facebook.com/sokyanningacandance/

And if that isn't enough, then we have the 6th Kyanninga Triathlon on December 10th. This has become an extremely popular event, and has a loyal following of competitors. The last triathlon in April had over 160 competitors and raised 15 million shillings (\$4500) for KCDC. You can also start training and get registered for this now too www.facebook.com/kyanningatriathlon



Facts and Figures

Since the beginning of the year we have:

Received **177** new referrals

Carried out **1472** 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

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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.