

Betty's Story



This lady has HIV and is a trained counsellor. Because of her work and contacts with parents, she is now looking after 23 orphans who had no-one else to turn to when eventually their parents died of AIDS.

Betty lives with them in a couple of rooms, the children often go without food. The children are unable to go to school and Betty is becoming increasingly more weak as time goes on.



Through our partners a building has been erected that the children will be able to use as a school and Betty is given support through the group that she belongs to.

About Uganda Reflex



"SPAU has brought single parents into support groups to offer each other mutual support ..."

Rupert Turpin is the Chairman of Uganda Reflex which is a UK based charity (number 1114929) that he set up in 2004 to help raise money to send to our partners in Uganda for the vital projects described in this leaflet.

Uganda Reflex has no employees as all our trustees are volunteers meaning that all donations can be sent directly to Uganda to benefit the people that need it the most.

We also have no advertising budget and most of our supporters donate via monthly giving enabling us to plan ahead for our partners stability.

The trustees of Uganda Reflex are:

- Rupert Turpin - Chairman
- Elizabeth Turpin - Treasurer
- Hannah Turpin - Trustee
- Robert Berry - Trustee

Uganda Reflex is a charity registered in the United Kingdom (1114929).

ugandareflex.org

Uganda Reflex

Founded in 2004 to combat poverty and deprivation in Uganda



"Forming community groups to support people through AIDS, malaria and poverty"



"Giving single parent families and orphans a hope for the future"



"Creating sustainable incomes through enterprise"

The Issues



Uganda has a large number of single parent families living in poverty with no state welfare. The causes of this are bereavement through aids, malaria and abandonment.

Our partners design programmes for women, men and young people to explore, analyse and practise different ways of preventing and coping with HIV/AIDS.

We believe that by putting families together in groups and giving support they can help each other and draw on their individual and collective strengths to generate sustainable incomes. The aim is to help find long term solutions not short term hand outs.

Objectives

The objectives of Uganda Reflex are to:

- develop support systems among people in their local neighbourhood as community groups;
- help people start up businesses to generate a sustainable income; and
- help finance community projects such as building orphanages and schools.

The Projects



Sewing

Mama Sanyu was given a sewing machine as her old machine had broken down and has now been commissioned by the local school to provide all the children with their school uniforms. Manual sewing machines are more suited in a country with an unreliable electrical power supply. She also teaches tailoring skills to others.

Piggery

Our partners give training and support to the groups in how to successfully rear pigs. Two pigs are given to a single parent in a group and in one year they can afford to pay their child's health bills, pay for their lunch in school and have regular meals at home.

In a year and a half the single parent is in a position to pass on two of the piglets to another member of the group to benefit from the piggery project and to go on to start up another income generating project of her own, say keeping poultry.

The Projects (cont...)



Crafts

Our partners bring different groups together so that they can learn from each other. Many are very good at handicrafts. We are trying to identify a market for these goods. Something that is difficult to concentrate on when struggling with health and childcare issues.

Bricks

Our partners also enable members by hiring land, so that they can make bricks to get extra money to live on and to build their own homes. This is usually done in groups of about 10-20 members on a rotational basis as the work is very demanding and in one month 10,000 bricks can be made and sold at a profit going a long way to improving their lives.

Mushroom Growing

Our partners train people to grow mushrooms. They are not labour intensive and have a high nutritional value and also strengthen the body's immune system. Harvesting can earn an income whilst also keeping them healthy at little cost.