



*The Healthy Vine Trust (UGANDA)  
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## **THE HEALTHY VINE TRUST (UGANDA) I-AMP+ PROGRAMME OVERVIEW**

In the following pages we give a year end 2010 overview  
as to The Healthy Vine Trusts I-AMP+ programme.

The main aims for the year were to improve the effectiveness of training and start the community on a concrete path for the programme management and ownership. It was also the year that saw the birth and progression of income generation projects and tangible support from Luweero Diocese, Luweero District and Luweero Health Department. These developments and other important aspects of the programme are in this report

## **Achievements in 2010 at a glance**

- Malaria and other sickness continue to show a downward trend.
- 7 boreholes completed since September 2009
- Ongoing family visits and updates established in 7 villages.
- 7 village water committees trained
- Construction phase on 2 pig breeding projects complete.
- One colonial coffee project nursery 1<sup>st</sup> phase complete
- 7 successful community meetings held to discuss programme.
- One fruit growing project started
- Two roomed block constructed at Sekamuli Secondary School
- Sekamuli Secondary science block completed.
- The Healthy Vine Trust (Uganda) approved by the NGO Board.
- 194 more model homes completed.
- 562 more LLT mosquito nets distributed
- Luweero District commenced construction of a maternity wing at Sekamuli Health centre for construction during the 1<sup>st</sup> qtr of 2011.
- The community formed a Steering Committee with sub committees monitoring the programme.
- The villages of Sekamuli, Kasiribiti and Kakoola joined the programme
- Parish wide hand washing project started following "World Handwashing Day" and to reinforce part of the sanitation aspect of I-AMP+
- Revised modular (re) training scheme established.
- Refurbish Sekamuli office and accommodation.

## **Plans for future**

- Develop a clear plan with the community Steering Committee enabling the I-AMP+ programme to be fully owned and controlled by community with Healthy Vine playing a supporting role.
- Selection and training of CHWs in Sekamuli, Kakoola and Kasiribiti.

- Equip maternity wing and laboratory at Sekamuli Health Centre
- Re-habilitate Mputte borehole.
- Rainwater harvesting for outlying homes\*.
- Sink additional boreholes in villages joining programme after receiving proposals and funding.
- Construct new classrooms for primary school Mputte\*
- Casting bases for some latrines\*
- Identifying constructive measures to help disabled children (e.g. deaf and blind)

\* Dependant on family or community involvement and commitment.

## Boreholes

4 more boreholes were added completing the current phase of drilling in the parish. In total 11 boreholes have been placed in the community 4 of these being hand dug of which 2 are now out of commission. 7 are drilled with 4 of the 7 being deep boreholes.



Although hand dug boreholes have advantages in terms of community involvement in the area they have proven to be of insufficient depth to be reliable.

All operational boreholes are providing clean water and are much appreciated within the community.



## Sekamuli Secondary School

The science block is now complete and has led to the school being granted examination status by the Ugandan Government, these will result in far more pupils sitting O level exams and going on to higher education. Before this status was granted pupils wishing to sit their O level would have to attend boarding school in another area which was



usually results in the student stopping school.



The secondary school has had its building capacity tripled by The Healthy Vine who in turn has been supported by The Cork Friends of Luweero and The Church of St John and St Philip. There are further development plans by the school which includes staff quarters, a boarding section, improved kitchen facilities and rainwater harvesting.

## **Sekamuli Health Centre**

The Sekamuli Health Centre is currently HC2 level offering treatment for common illnesses and minor injury with a limited ante-natal facility. Since the Healthy Vine equipped the clinic with solar power for lighting (making 24 hour service possible), a solar fridge (enabling regular vaccination sessions) and equipment. The health dept responded by improving quantity and calibre of staff. This net result is a substantial increase in clinic confidence and attendance.

Following discussions with the Luweero District Health Dept and Luweero District Council a maternity wing is being built and a room made available for a laboratory. These will be equipped by the Healthy Vine and the clinic will be upgraded to HC3 level which will be of significance for the patients in more accurate diagnosis but also for obtaining accurate data of the community's illnesses



## **Income generation**

The Healthy Vine programme already addresses many of the contributing factors to poverty but it will remain a major hurdle until members of the community recognise that the escape is largely in their hands. As can be seen from this and previous reports factors such as hygiene, water, education, health are significant. However we feel to help the community to maintain a sustainable programme they have to develop income generation schemes. A co-operation with VEDCO, an agricultural NGO has been established to ensure the expertise for agricultural projects

Our objective is twofold;

- a) To help establish income generation schemes by assisting the community to develop improved quantity and quality of produce.
- b) Only support groups thereby encouraging collective and co-operative farming which is nonexistent in the community.

There are currently 4 such schemes being set up each requires a financial contribution of at least 20% by the participants.

### Pig breeding

The pigs will be bred in healthy and humane conditions and isolated from other pigs.



A dedicated compound to house the pig is built. The one shown here is at Wabiyinja which is nearing its completion. It is expected that each sow will produce two litters of 8 piglets per year. 4 will be sold, 2 retained to increase the herd and 2 given to the Healthy Vine to contribute to a new project. These projects focus on widows and the elderly

### Coffee project

This is a project involving members from the whole parish. The objective is to enable coffee farmers to grow high quality colonial coffee. The first stage is to establish a nursery which will grow seedlings from cuttings. From the nursery the seedlings will be transferred to mother gardens.



Membership of this project enables farmers to buy seedlings at cost price and obtain first class expertise to enable the growing of top class colonial coffee which will be sold collectively.

The aim is that the parish can uplift the quality and quantity of its coffee production. It is also hoped that the coffee

can be produced for the export market.

### Fruit growing

Another parish wide project is for the growing of good quality fruits. The first crops to be grown are hass avocado, passion fruit and mango. At this stage the quality crops will be grown on experimental plots of between 0.25 and 0.5 acre located throughout the parish. The members will benefit from obtaining first class advice on soil preparation, seedling selection, growing and cropping methods as well as disease prevention and collective sales.

### **Model dwellings – LLI mosquito net distribution**

One of the most important aspects of the programme is family care including health and sanitation. We are happy to report that families in the community continue to bring

their homes up to model dwelling standard. There are now very few families that have not adopted at least some of the features of a model dwelling. During June and July homes, which had reached model dwelling standard, were visited.



After verifying sleeping places, instruction is given in hanging and caring. Over 500 nets have been given to families. Whilst it is the Healthy Vine's policy to protect pregnant women and children under 5 from contracting malaria, experience shows that mosquito nets for the whole family is more effective in combating malaria.

### **Creating awareness**

The I-AMP+ programme is essentially a malaria prevention programme without resorting to preventive medicines. It utilises a number of simple measures that discourage the mosquito and protect the individual from the mosquito.

Before commencing the programme and at regular intervals we ask the community for their opinions, concerns and needs. It became apparent to us that just addressing one area of concern, however serious, was not the right approach especially since many of the challenges were interrelated when it came to finding solutions. The measures we encourage are also influential in reducing several other common illnesses and incidences of childhood accidents. So although malaria prevention in children under 5 and pregnant mothers is still our core concern the programme has evolved into a community development programme with its roots stretching into water, education, family and community health, agricultural projects, income generation and special needs especially for children.

Creating awareness in the community we are serving is an ongoing activity this is undertaken by the two Directors, Field Workers and Community Health Workers. It is not always apparent to members of the community what the connections are between their needs and the solutions being proposed. It is frequently necessary with the community to analyse their expressed need and break it down into contributing factors. By addressing the contributing factors we are able with the community to develop pathways to solutions.

### Training and timing

The Healthy Vine therefore has to make donors and potential donors aware that, whilst a request for timelines is reasonable for the donor, it may lead deceptive results or too much of the donation being wasted because the project or part of the programme is

### **Challenges and Solutions**

going faster than the community can cope with. Consequently we adopt a measured approach which takes more time, but we expect this to be more effective in its overall result in the longer term. Especially bearing in mind that the community population exceeds 10,000.

The usual training method adopted and approved requires teaching and learning by rote. Bearing in mind a large percentage of a rural community is semi-literate or illiterate; this leads to a very limited uptake of the overall message and lack of understanding of the connection between the problem and solution. In other words without this understanding much confusion and distortion of the message frequently occurs.

The revised training method uses a step by step approach. First the community workers are trained, then they go into the community and focus on that step for up to three months. During that time monitoring takes place and after about three months the next step is covered provided the community understands the reasons behind the message. The total training will be in 6 to 8 sessions, with three month spacing and over a period of 18 months to 2 years. The method is called the Three Stone Approach\* which is a technique developed by Missionary Ventures (East Africa).

Essential to sustainability of the programme is the full comprehensive ownership and responsibility for the programme by the community. This has to be a progressive approach and during this progression The Healthy Vine expects to retreat to a supportive rather than a front line role lending assistance on request.

*\* In many rural communities the traditional way of cooking is over an open fire with the cooking pot supported by three stones. All aspects of family health are in the cooking pot. Take one stone away and the pot falls over. The three stones each represent part of the training in family health. If one is taken away family health fails*



**The Healthy Vine Trust is legally registered as an NGO in The Netherlands and Uganda. If you would like to know more about us or the I-AMP+ programme please see our website [www.healthy-vine.org](http://www.healthy-vine.org) or contact us via [info@healthy-vine.org](mailto:info@healthy-vine.org)**