Community Managed Integrated Grandmothers Livelihood Development Project (CMIGLD) in Mulagi Sub-county, Kyankwanzi District, Uganda.

A SIX MONTH PROGRESS REPORT
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Compiled and Prepared by:
Agnes Mirembe
Sylvia Nalubega
Timothy Gasana
Peace Rwankiko
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This report is the second phase of the implementation of the “Community Managed Integrated Grandmothers Livelihood Development Project (CMIGLD) in Mulagi Sub-county, Kyankwanzi District, Uganda”. The project was benefiting 100 grandmothers, 700 OVC living with them and 350 OVC in St Joseph school, Vumba to improve their livelihood.

The project objectives include:
1. To increase agricultural production for 100 grandmothers in maize, beans, bananas and livestock and income generation by 35% by the end of 2012.
2. Improved health among 100 grandmothers and their 1050 OVC and provide psycho-socio support to 1050 OVC in 1 year.
3. To build and strengthen human resource skills to attain excellent performance and improve service delivery in the community.

Establish small livestock and poultry income generating projects at household level

In order to improve the livelihood of the grandmother households, ARUWE enhanced increased agricultural production for 100 grandmothers in maize, beans, bananas and livestock and income generation by 35% by the end of 2012, ARUWE supported grandmothers with pigs and goats. 8 female goats were given to 8 grandmothers and 2 male goats were given 2 grandmothers. In addition 8 female pigs were given to 8 grandmothers and 2 other grandmothers received 2 male pigs. The animals were beneficial not only for income generation but also provided manure for fertilizing the gardens.
As the pigs and goats multiply, they will be distributed to other grandmothers to also engage in livestock rearing for income generation hence creating sustainability.

**Training of the grand mothers and their care takers in sustainable Agriculture methods and practices**

ARUWE conducted further on farm trainings of grandmothers in banana growing. Grandmothers adopted practises such as constructing ditches in their gardens, mulching for water conservation, pest management and control and expanding a banana garden. Grandmothers planted hot pepper and chilli for pest control among bananas. Banana growing was done on a revolving basis where by Grandmothers who received banana suckers first gave other grandmothers banana suckers after producing. Banana growing is a sustainable way of ensuring food security and income generation.

Some community members especially those neighbouring grandmothers copied the better agricultural practices adopted by the grandmothers.
To register improved health among 100 grandmothers and their 1050 OVC and provide psycho-socio support to 1050 OVC in 1 year, ARUWE supported 20 grandmother household with water jars to increase access to clean and safe water through rain water harvesting.
Grandmothers said that they then had safe drinking water even during dry season as compared to before, which reduced the rate of water related diseases among their household members and also reduced the workload at home. Water jars helped OVC spend less time fetching water which enabled them to reach at school in time and concentrate on their studies.

Jjaja Rose collects water from her newly constructed water jar
Training grandmothers and their grandchildren on malaria control, Sanitation and hygiene and food Nutrition

Nutrition education and vegetable growing were promoted among grandmother households to promote proper nutrition for improved health. Grandmothers also were educated about the importance of a fruit filled diet. Grandmothers and OVC reported to suffer less from poor nutrition related sickness such as constipation, diarrhoea, ulcers, headaches, skin rushes, etc as they kept on including vegetables in their meals.

From the hygiene trainings and demonstrations carried out with the VHTs, all beneficiary grandmothers adopted practices such as constructing tippy taps for hand washing, dish racks, latrine covers, smoking latrines and clearing compounds. Maintaining proper hygiene in household was a behavioural change process. In all grandmothers’ homes, these hygiene practices are evident. Some of the people neighbouring the grandmothers have adopted the use of the type of dish racks promoted by ARUWE. Other neighbours have adopted the use of tippy taps for hand washing at critical moments.

The community health educators / village health teams are evaluating households in the community based on some of the hygiene and sanitation measures promoted by this project as they are cost effective and easy to maintain.

Young Kawala reaches to get a clean dish from the dish rack
Together with the youth life club, ARUWE carried out psycho-social drama and music performances in schools and communities to create HIV/AIDS awareness. From the school awareness activities, it was evident that the school children needed more education in HIV/AIDS, sex education and other reproductive health issues as there were not covered by the syllabus.

Senior women especially in secondary school play a major role in the social lives of students. It was/is therefore important to involve them fully in the campaigns as they monitor behaviours of students. It is no wonder that most students especially girls open up to them more than their parents about issues affecting them. They offer advice, guidance and practical help to girl children. Most caretakers are either too shy or too negligent to talk about issues of sex, HIV/AIDS, menstruation and adolescent hygiene, self-image and among other issues affect teenagers. That is why the role of senior is pivotal to better behavioural change among adolescents in school.
Counselling services to grandmothers and OVC

Due to the many physical, social and economic problems faced by grandmothers and OVC, counselling was carried out to give them psycho-socio support to deal with day-to-day issues they face. Counselling was conducted both on individual and group basis. Counselling helped grandmothers to share their experiences and receive help. Relationships were restored in some households and group cohesion was fostered.

From these sessions, it was discovered that at least 21 OVC out of 100 grandmother households were found pregnant or have given birth to children. The youngest of these OVC is 12 years. This is quite alarming bearing in mind that these are adolescents who are of school going age. Issues affecting adolescent OVC such as teenage pregnancy, adolescent hygiene and menstrual management need to be tackled both on household and school levels.
The success of the project is shown by the improved welfare of grandmother households both in food security, income generation, increased access to clean water and health.

There has been significant income increase among 67% of grandmother households through the sale of surplus vegetables, maize, beans and cassava (from the last project phase). Jjaja Carolyn was able to sale her 400 Kgs of maize and 200 Kgs of beans at 700 Ugx per kilo making a total of 280,000 Ugx and 1,000 Kgs making a total of 200,000 Ugx respectively. Jjaja Rose sold her bags of cassava at 400,000 Ugx. This enabled grandmothers to repair their houses which improved their living standards and the OVC they look after.

There is increased access to safe water among grandmother households. At least 140 people in grandmother households are able to get clean water through the rain harvesting water jars. This has led to improved health through reduction of water related diseases, improved hygiene practices and reduced workload. Grandmothers adopted a motto “Clean Home, safe grandmothers”

There is nutrition improvement through kitchen gardening among grandmother house. Grandmothers have influenced their immediate neighbours to adopt vegetable gardening. Elibanje’s neighbour adopted cabbage and carrot planting.

The HIV/AIDS awareness school and community outreaches have been a great success. There has been a high response to the awareness campaigns as the community realised the need for Voluntary Counselling and Testing services. ARUWE sees the need to organize quarterly mobile clinics with likeminded organizations to bring the VCT services nearer to the community.

Our work has been recognized both by Kiboga and Kyankwanzi districts. ARUWE has been invited in many leadership fora to discuss development issues for the districts since we are development partners. Issues tackled include increasing access to water, NGO Policy, health issues and among others. The local leadership put in various requests for ARUWE to extend her operations in other sub counties.
Challenges faced

61% of grandmothers lack proper farming tools such as hoes, pangas, wheel barrows which causes them to spend a lot of time and effort on farm work that they would have spent on other equally important activities.

Many grandmothers faced a challenge of providing scholastic materials to their OVC due to the many household demands. This caused OVC to miss school at times which affected their school performance.

Mosquito nets given out were only catering for grandmothers and not their OVC. This left out the OVC exposing them to malaria. There is need to cater for the OVC too in this area to effectively register reduced malaria occurrences.

Due general inflation rate (over 20%) the costs for the planned activities went high leading to failure to implement some activities like construct granaries for grandmother households and ARUWE staff visiting any SLF funded project in Uganda.

AIDs Awareness Campaign

This project has gone beyond working with 100 grandmothers and 1050 OVC to improve household food security, income generation, improved water, hygiene and health, to also reach out to over 200 community people in Mulagi through HIV/AIDS awareness campaigns.

ARUWE in partnership with the Infectious Disease Institute Kiboga (IDI) and the Nnalinyya Ndagire Health Centre 111 and a group of Village Health Team members organized a community outreach for to carry out Voluntary Counseling and Testing (VCT) among the community members of Mulagi Sub County. This was in response to the HIV/AIDS community awareness programs carried out with the support of SLF, where community members saw the need to have VCT to ascertain their sero status.

A team of health officers carrying out HIV testing
I am Byekwaso Teopista of Mugereka Village, I live with four orphans. Through this project I got two bags of cassava cuttings, I was trained with other group members. When I got good harvest of cassava produce, I sold two bags at 340,000 Ugx. I then was able to meet the scholastic needs of my grandchild who is in a candidate class of Primary seven and for other three grandchildren and increased on savings account. I am also happy that my goat I got has produced one kid. I have also good food stocks from the harvest of beans and maize. I no longer walk long distances to collect water because of the water jar.
My name is Nakazibwe Florence, 56 years of age from Mulagi Sub County. I have been supported by ARUWE since 2010. With the support given to me through trainings in sustainable agriculture and seed inputs of maize and beans, I was able to harvest enough for domestic use with my grandchildren and the rest i sold and i was able to save more than 1,000,000 Ugx which i used to set up a better house for me and my three grandchildren. We now enjoy our comfortable living conditions thanks to the support of ARUW and SLF.
From the HIV/AIDS awareness campaigns and the Voluntary Counselling and Testing (VCT) conducted, over 200 people both grandmothers, their OVC and community members of Mulagi got to know about their sero status which promoted healthy living. From the VCT, harmony was restored in a home of Degalidi and Yusuf, a discordant couple in Kalagala village. Prior the couple had separated due to the HIV situation but with the counselling, the couple is able to use condoms, garden together and household chores together.

I am Jajja Nangoye a grandmother of 5 grandchildren. I was able to grow vegetables as part of support from ARUWE and SLF. This has helped me and my grandchildren to improve our nutrition but also for income generation as a result of selling. From the small business training we got as a group, I have been able to put up a stall in Kiyuni village where I sell cabbage and tomatoes and other small household items most of them come from my garden but I do sell for other group members. Out of this I am able to meet my household basic needs and the needs of my grandchildren.
Unexpected outcomes as a result of this project.

- As a result of this project, ARUWE was supported by Trees for the Future to support grandmother groups in agro forestry. Grandmothers were trained and facilitated with trees seeds to grow trees that add nutrients in the soil to boost its fertility leading to increased agricultural yields. The community leaders were so impressed by this move that they were then advocating for tree planting in every home and bare land to deal with the negative climatic effects of deforestation.

- Through this project, Lorena energy saving stoves were promoted as they consumed less firewood and made the kitchen free from smoke. Due to their user friendliness in terms of construction and maintenance, Mulagi community people adopted using them.

- ARUWE and the beneficiary grandmothers established joint nursery beds for bitter berries, hot pepper and eggplant. This will help grandmothers continually have these particular seeds for planting. Group cohesion was also strengthened among grandmothers as through working in groups, mutual support is created. The Grandmothers Project also acted as a support group where grandmothers have learnt that stress was better mitigated when they shared problems with each other.
ARUWE supported grandmothers with drought resistant pumpkin to boost household food security and nutrition. Each household was given 10 seeds that mature in 3 months. Pumpkins were able to multiply therefore grandmothers would replant the seeds and expand their gardens. In addition, some grandmothers purchased water melon seeds to grow water melons which were a supplement to their diet given their health benefits.

Due to the hygiene trainings, grandmother households were supported by ARIEL Company with ARIEL to improve hygiene and sanitation through washing clothes, utensils, cleaning latrines, and among others.

The water jar technology is a particular innovation to increase access to clean and safe water among the weak grandmothers and OVC. The water jar technology is being adopted by other community members in Mulagi. It is cost-effective and easy to maintain in addition to increasing access to clean water.

To achieve a lasting impact, there is need to train community masons in water jar construction.

From the HIV/AIDS awareness campaigns, ARUWE established a working relationship with Kiboga hospital and Nalinya Health Centre 111 to provide testing kits and human resource for HIV testing. This will enable more community members get to know their sero status for better prevention and care and support interventions.
Lessons learnt

- Empowering rural farming communities in sustainable agricultural methods is a better way of improving household security than relief / hand-outs.

- There is still a great need to carry out HIV/AIDS awareness and VCT services in the community due to the increased prevalence rates among adults. With the heightened rates, many children shall be left orphaned and vulnerable which will increase burden on the grandmothers. In addition, ARUWE has been contacted by several secondary schools to organize VCT services for students too as they are vulnerable and had less information about HIV/AIDS from the interactions ARUWE staff had with them.

- The Community Managed Integrated Grandmothers Livelihood Development Project (CMIGLD) has been successfully implemented for 12 months in Mulagi Sub County. ARUWE is designing interventions that will help grandmothers bring resilience among the grandmothers hence creating sustainability. However it should be noted that given their declining strength and increasing OVC burden, grandmothers need support to foster both income generation and food security.

OVC preparing the bean harvest for storage
ARUWE and the beneficiary grandmothers of Mulagi would like to greatly appreciate the Stephen Lewis Foundation for the kind support. Such support has brought a smile to many faces.