

# The Mityana Charity

Dedicated to helping the people of Mityana, Uganda

Registered Charity no.: 1064825



October 2023

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## Kalangaalo Primary School Classroom Refurbishment

This classroom block had been hit by lightning close to ten years ago and was unsafe for the pupils. Thanks to a generous donation from Andrew and Sarah Dodd, PaCT was able to refurbish the building. The job included installing pillars to reinforce the building's walls, installing a new roof, installing shutters, flooring, painting, and supplying student desks. The renovated building provides a secure and conducive learning environment for over 168 students, reduces the desk-to-student ratio from 1:8 to 1:4, and relieves classroom congestion, encouraging students to attend school, thereby improving student performance as well as safety. The building was ready for the start of the new school year in February.



## WASH Projects.

St Kizito Mirembe Primary School Latrines - Supported by St Sebastian's Church Wokingham



A water tank at the same school was constructed with the help of John and Sue Edwards



**Mwererwe Primary School Latrines and Water Tank.  
Funded by a grant from the Hilden Charitable Fund.**



Before.....

and after.....

Another generous donation from Dorothea Pease has allowed us to commence provision of another water tank at Serunyonyi Primary School. A preparation meeting has already been held with the school management committee.



## Kabule Health Centre III Maternity Ward.

This facility serves 22 villages, with a population of 12,936 people, with 12 health workers including the 03 required Midwives. The nearest referral hospital is 28kms away in Mityana town, on difficult roads, with no effective Ambulance services. Provision of a maternity ward here will allow the community to access quality medical care services especially maternal and child health and will reduce cases of maternal mortality.



The existing building that is used to offer service to the patients at the Kabule health facility.

The current delivery room at Kabule.

Thanks to a generous donation from Claire Choudhury, work has commenced on construction of a new maternity ward at Kabule. - See artist's Impression below.  
Ground breaking will be held on 5<sup>th</sup> October 2023.



## Menstrual Hygiene Management (MHM) Project

With the essential support of Orange House at Wellington College, we have been able to begin implementing our Menstrual Hygiene Management (MHM) Project across three of our partner schools: Nabukenya Primary School, Kalangaalo Primary School, and St Mugagga Secondary School.

Menstrual and sexual reproductive health are crucial issues that continue to inhibit the education and development of adolescents in Uganda. Menstruation is often an unspoken subject, considered as taboo through societal and cultural restrictions, which results in young women and girls remaining ignorant about the importance of hygienic practices. The perpetuation of feelings of shame surrounding girls' 'time of the month' discourages them to seek guidance even when there is a potential danger to their health. Furthermore, the stigmatisation of conversations surrounding sexual health contributes to a climate of misinformation that leads young people to teenage pregnancies, sexually transmitted infections, and consequent abandonment of studies. Breaking through these stigmas is critical in fostering an environment that promotes safety and empowerment. Involving both girls and boys in conversations about periods and sexual relations is the first step to ensure adolescents are able to understand their bodies and normalise their natural processes.

Grateful thanks goes to the girls supporting this vital project to enable girls to remain in school during their periods by providing funds to train both girls and boys in the making of reuseable sanitary towels and providing sewing machines



Nabukenya Primary School update:

Many of you will know that Ann Potts (RIP) along with funders from Orange House and Blucher House at Wellington College had this school built. There was no school around the area.

We are delighted to say that the school is thriving once again and many of our primary children are attending there.



The school received 2 sewing machines as part of another project where the children are taught how to make re-useable sanitary towels.



## Training on Reusable Pads Production

Empowerment is at the heart of this project. Students are trained in the production of reusable sanitary pads, equipping them with a valuable skill that they can use and potentially share with others. 87 students including 70 girls and 17 boys were trained in August and these students are expected to transfer the skills by training their fellow students.

By openly discussing the challenges associated with menstruation and including boys in the making of the sanitary pads, the project aims to create an environment in which girls feel supported, informed, and empowered to attend school regularly, without any hindrances related to their menstrual cycle.



## New PaCT Board Members

New PaCT board members joined the remaining members were appointed at their AGM. They received training on governance and leadership with an aim of providing them with knowledge, skills and understanding so as to make informed decisions, govern PaCT and contribute to the attainment of our vision.



## Adolescent Counselling

As it's a holiday we used the opportunity to have adolescents counselling with our children aimed at supporting them in their physical, emotional and social development. They were equipped with knowledge and life skills to support them in different situations and risk factors.



## Tertiary Training

Here is Edrine training to be a nurse on his placement and thoroughly enjoying it!



## Can you support Yasmin Jenkin's amazing fund raising?

Yasmin is raising £100,000 between three charities, one being Mityana Charity. She is riding 2,000 miles with her friends on the back of a tandem bike between Maidenhead and Tunisia, travelling through 9 countries over four weeks. She started on Saturday 16<sup>th</sup> Sept and crossed the Channel on the 18<sup>th</sup>.

Am sure there are many people here who would like to help sponsor her

<https://wonderful.org/fundraisers/590#https://wonderful.org/fundraisers/590>

<https://getontheback.com/>

She is also looking for sponsors. If you would like to sponsor her

<https://wonderful.org/fundraisers/590#https://wonderful.org/fundraisers/590>

<https://getontheback.com/>



www.mywokingham.co.uk      september 2023      MyWokingham      CHARITY 11

# Yasmin's tandem challenge to Africa aims to raise £100,000

**A** chance gift from her nan 10 years ago has led a Wokingham woman to take on her latest challenge. Yasmin Jenkins is about to cycle from the UK to Africa – on a tandem.

As a gift, Yasmin's nan sponsored a boy's education on her behalf through the Mityana Charity Uganda. "I wasn't too impressed at the time," said Yasmin, "but I became good friends with him and eventually met him. And it was this experience that made me want to take on a new challenge."

Yasmin, aged 34, who is an NHS physiotherapist with Berkshire Healthcare admits to being a fair-weather cyclist, and said the idea of the challenge just spiralled to the point where it almost became overwhelming.

As a member of Maidenhead Hockey Club and Crowthorne Ladies RFC, she has roped in some friends to be part of her crew and while she cycles the full 39 days, they will swap in and out on the back of the tandem.

Her target is to raise £100,000. "I don't think I've written all the zeros down before. It's a terrifying aim. All of the money raised will be going to three carefully selected charities. These are the Mityana Charity, (the original inspiration for the challenge), Phyllis Tuckwell Hospice, and The World Land Trust.

The route will take in France, Belgium, Luxembourg, Germany, Austrian, Italy and through Sicily before catching a boat to Tunisia.

Yasmin admitted her training has been sporadic, finding it difficult to get motivated over the winter months. But she is now a member of the Bia Cycling Hub based in Twyford and is receiving a lot of motivation and support from her fellow cycling enthusiasts.

And while her parents were a bit panicked at the thought of what she was taking on, they are 100 per cent behind her, helping to plan fundraising events and even driving the support vehicle.

Yasmin added: "Life feels better with a bit of purpose. I've got a fun job, play some great sports and have lovely friends and family, but life feels a bit monotonous sometimes. I previously ran the London Marathon and raised £6k along the way for Mityana Uganda Charity. I can't lie, it was horrendous. A truly poor personal sporting performance and traumatic day out but I didn't have time to feel bored – I ran events, held parties and trained to run and it kept me busy and fulfilled.... so the goal now is to scale it up!

I have a couple of charities that I really care about, and if I can raise some money for them along the way then why not!"

She is holding a mini fundraising festival at Siren Brewery in Finchampstead on September 2nd with DJ sets and live music as well as a cheese and beer pairing, beer yoga and a silent disco. "The Brewery has been very supportive and are putting on extra brewery tours to help raise money."

She would also like to thank her friends and partner Hannah who she says, have had to put up with a lot as she prepares for this adventure.

She is due to set off in the middle of September, so if you would like to follow her progress or to make a donation, visit [www.getontheback.com](http://www.getontheback.com)

18.44 mi    1:30:50    12.2 mph  
DISTANCE    TIME    SPEED

## Ugandan Heritage

You might like to read a bit about The Baganda people, who are in central Uganda where Mityana is.

The following is a breakdown of the country's ethnic demographics:

- 17% Baganda
- 10% Nkole
- 9% Basoga
- 7% Bakiga
- 7% Iteso
- 6% Langi
- 5% Bagisu



- 4% Acholi
- 3% Lugbara
- 32% other

Alongside the ethnic diversity of the country, there is also linguistic diversity. However, English is the most widely spoken language thanks to the history of Uganda.

The Baganda people make up 17% of the country for a total of 8 million. They are a Bantu ethnic group related to other Bantu peoples in the southern half of Africa. Socially, the Baganda are divided between 52 recognized clans. Family is very important in Bagandan culture; the father is revered as the king of the household. The Baganda people follow different religions, including Christianity, Islam, and the indigenous religion of Uganda. Alongside English, they speak the language of Luganda, which is part of the broader Bantu language group. Outside of the Baganda areas of Uganda, Swahili is the most widely spoken language.

The name of the country, Uganda, is provided by the Baganda people and their kingdom, the Kingdom of Buganda. During the colonial era, the King of Buganda was recognized by the British as a powerful local leader. However, upon independence, his position was abolished, as the new government wished to remove old tribal structures and create a new sense of national unity. However, the Kingdom of Buganda was reestablished in 1993; the King of Buganda, Ronald Edward Frederick Kimera Muwenda Mutebi II, holds a ceremonial role though does have economic and cultural power.



## Please Help Me Change My Life,

When you educate a child in Africa, everything changes. They'll be three times less likely to get HIV/AIDS, earn 25 percent more income, and have a smaller, healthier family.



If you are interested in sponsoring a child for just £25 a month (primary) or £35 a month (secondary), please email

[enquiry@mityanacharity.org](mailto:enquiry@mityanacharity.org)

Online sponsorship form [https://mityanacharity.org/sponsorship\\_form\\_auto.htm](https://mityanacharity.org/sponsorship_form_auto.htm)

## Can you help a grandma in Uganda?

By sponsoring a grandma, you will help her provide for her dependents. Depending on her circumstances the money is given for food, medicine or starting a small self-generating business.



If you are interested in sponsoring a grandma for just £15 a month, please email [enquiry@mityanacharity.org](mailto:enquiry@mityanacharity.org)

### CONTACT US

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