

# Yearly report 2022 - "Hope for Uganda"

Teen MOPS Uganda [www.teenmopsuganda.com](http://www.teenmopsuganda.com)  
Empowering young moms to break out of poverty



## Highlights: Education despite Crisis – Development of the Training Center – Christmas Sweater Contest including a Prize– The Power of a Coloring Page

### **Hello dear child-sponsors and supporters of "Suubi Teen MOPS Uganda"!**

It's time again for an update from Uganda. And if you are a new sponsor: Welcome! Together with you, 40 kids and their families are supported with food, education, health, and hope. Thanks for that!

And now for some news (presented by Nicole Heymann):

### ***First, the challenges:***

#### **Poverty in the Area**

Through sponsorships, our children have enough to eat. The same cannot be said for those around them. In summer for example, a child starved to death in the village. It is difficult to witness such hardship, but it also complicates the success of our women: Those who barely survive do not buy clothes or soap... and our women can hardly earn their living. Our people are still doing comparatively well, but the challenges remain.

#### **Missing Sponsors**

We are very grateful for all our sponsors so far. But since school fees doubled during Corona, we want to split the costs for a child between two sponsors per child (35USD per month each) instead of letting each sponsor pay 70USD. To do this, we still have a ways to go: We currently have 59 children who need sponsorships. Of these, 41 are covered by at least one sponsor, 11 of which have two sponsors. In order to fully support all children, we would need a total of 48 more people to cover half sponsorships. So if you know someone who "would support your child together with you, feel free to ask them, also as groups (e.g. two people/school class, etc. ). Together, we can get closer to our goal!

#### **Ebola: (not) a Threat?**

Ebola is a highly contagious disease and fatal in 30-50% of cases. In the capital Kampala (where some of our families live), there are some confirmed cases, but luckily not in the area of the training center - yet. But thankfully, the disease isn't spreading out of control: in Kampala, all Ebola-patients are in strict quarantine, and other affected districts are in a lockdown. Schools will be closed from next week on for the next 4 weeks before the holidays until the situation eases. However, trade, transport and travel are still possible.

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## But there is also much good news:

### Education despite Crises

Thanks to our sponsors, more than 40 children receive an education. This week, the final exams for elementary and middle school took place, and we could pay the exam fees. This makes a huge difference for kids like Ashraf: He is a good student, but his family would not have been able to pay the fee without sponsorship, and he would not have been able to take the exam. In addition, he had been sick this quarter and needed medical care. In such cases, many families have to decide between medical expenses or school, or go for days without food, etc. Thanks to our sponsors, Ashraf won't have to drop out of school because of a lack of money for the doctor or an exam fee!



### Development of the Training Center

We have grown about 12000m<sup>2</sup> of ginger (3 acres) to sell locally and internationally. This should contribute to financial independence of the project in the long run. We have many raised beds full of vegetables, as well as chickens that lay eggs, provide fertilizer, and eat bugs. In the dining room of our kitchen building (so far the only larger building) part of the lessons for the women are currently taking place, and soon the kitchen will be completed. In addition, we are investing a lot in water: We have installed a second 10000l tank for collecting rainwater (the first has been on site for almost a year), a pond stores up to 120000 liters, and we are planning to add a well (total cost about 12000 USD, of which 8000 USD are already covered. If you want to support this, please put donation note "well").

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## Upcoming Trip in December

In December, I (Nicole) and my dad (Jürgen) will hopefully fly to Uganda to help complete the kitchen. We also want to show the women how to create **mandala gardens** (symmetrically arranged raised beds) to make cultivation even easier and more productive and also do this as an example for the local community. If there is time, I will paint a **mural** with the women and children by the toilets, and maybe we will also celebrate a **Christmas party**. You can



contribute something and even win an African quilt! Details below.

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## Esther

**A few new mothers joined the training center.** One of them is **Esther**. She is 15 years old and is expecting her first child soon. She has a similar story to our other women: extreme poverty, no education, abuse, and left alone as an expectant mother. Esther was brought to us by the village elders, because on top of all of this, she was homeless. Our group welcomed her, gave her a mattress and a mosquito net, and let her live with them. She was speechless (see picture)! Esther also received urgent medical care this week: 4 of her teeth needed root canals and fillings. Her teeth were probably weakened because her mother was malnourished during pregnancy. One of many symptoms of the cycle of poverty... Now Esther will not suffer dangerous inflammation or malnutrition during her



pregnancy. In this way, her child will be born healthier and possibly have better chances for a lifetime. Esther will be included in the education program, her child will probably go to school one day, and hopefully the cycle of poverty will be broken in her family. Just like with the other women and their children.

## What a coloring page can trigger

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Every week the mothers meet for a **Christian mother-child group ("Mothers of Preschoolers": MOPS)**. The women learn here that they are valuable, that God loves them and that He has a perspective for them and their children. These messages are conveyed on many levels, including such "simple" things as **coloring a picture**. And this is effective: no one has sat down with these women before to do such things with them. This also means that they have hardly trained their fine motor skills, attention to detail or attention span. Now they love to color. And they will be able to engage more with their children because they have experienced more love themselves.



## ***And finally: Christmas Announcements!***

### **Season's Greetings**

The Suubi staff are getting the children to write a **Christmas greeting** to their sponsors. This may take some time, but hopefully my dad and I can receive the letters and forward photos to you. If you want to write a Christmas greeting, send a photo or video for your child to [mail@hoffnung-fuer-uganda.de](mailto:mail@hoffnung-fuer-uganda.de) (**IMPORTANT:** add the number of your sponsor child so that we know who to give which message!).

### **Help buy the Christmas Gifts in our Ugly Sweater Contest!**

And finally, an invitation on how you can support your sponsored child for Christmas:

We have had an "**ugly sweater contest**" for 3 years now, always before Christmas. The money that comes together will finance the **Christmas presents of the kids and parents**. But there's also something you can **win**: a quilt made of African fabric!

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**How to participate:** send a photo of you or your pet wearing a Christmas sweater or other Christmas costumes to [mail@hoffnung-fuer-uganda.de](mailto:mail@hoffnung-fuer-uganda.de) (add whether we can publish the photo on our website and Facebook page), and transfer 25 USD to the Suubi Teen MOPS account (see payment details on website, subject "ugly sweater"). The winner will be chosen by the

women at the training center, during the Christmas party. Since my father and I want to be there, the **closing date for entries** is **December 10th**.



**That's it for today. We wish you greetings and God's blessing for the coming Advent season!**

**Nicole**

(on behalf of Hope for Uganda)

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