



## **GENDER EQUALITY AND WOMEN EMPOWERMENT FOR DEVELOPMENT**



### **Rain Water Harvesting and Kitchen Gardening for improved Health of rural disadvantaged Women and Children**

**Final Project Report Submitted to**

**KTCT CHAIRMAN GRANTS COMMITTEE**

**By**

**LYDIA KOMUHANGI**

**EXECUTIVE DIRECTOR, GWEFODE**

**Plot 31 Mutambuka Road**

**P.O Box 399, Kabale – Uganda**

**Phone: +256 788 715 008**

**E-mail: [gwefode@ymail.com](mailto:gwefode@ymail.com), [gwefodeuganda@gmail.com](mailto:gwefodeuganda@gmail.com)**

**Date: 9th May 2018**

**Rain Water Harvesting and Kitchen Gardening for improved Health of rural disadvantaged Women and Children**

## **Project Background**

In Kabale District, many community residents suffer from water shortage due to lack of access to underground water. Currently, the only source of water is nearby swamps which they share with domestic and wild animals. In most rural areas, the poor access to water, sanitation and hygiene (WASH) is a major factor in exposing women and children to Sexual and Gender Based Violence (SGBV). SGBV, against women and often very young girls is common across Uganda. 41% of women have been subjected to sexual violence and 21% of girls and 13% of boys between ages of 8 and 18 have been forced to have sex. Much of this abuse, especially against women and sometimes very young girls, takes place when they are collecting water.

Fetching water is usually done by women and children; and in most cases, women have to leave home before sunrise or late in the evenings which exposes them to many risks on the way such as rape and other forms of Physical and Sexual Violence and life threatening attacks during their search for the much needed water, in order to feed their families. In addition, rural Women spend most of their valuable time that would have been used for other productive and economic activities walking long distances looking for water. Water shortage problem has also reduced children study times and hygiene levels especially girls who do not attend school regularly, because they also have to participate in this task, cannot get bathed or have a decent breakfast before leaving for school.

The Water scarcity in Kabale district has led to deteriorating sanitation and hygiene situation with diseases of public health importance resulting from poor sanitation and hygiene practices such as Diarrhea, Cholera, Dysentery, Typhoid fever and intestinal worms being reported in villages and schools. Women's dignity and rights is thus being affected, because they are reduced to dependence on other people to obtain the least drop of water. This is irrespective of the United Nations Committee on Economic, Social and Cultural Rights recognition that the Human Right to water is essential in order to live decently and that this right is the preliminary condition to the enjoyment of other Human Rights.

Findings in participating communities demonstrate feelings of helplessness and fear leading to a resigned acceptance of abuse. The identities of abusers, including rapists of young children are often known but unreported because women believe the authorities will not do anything. A woman at one community meeting said her two daughters aged seven and eight had been raped on the same occasion. She knew had done it but felt absolutely unable to do anything. After she spoke about this, several other women reported similar experiences. Some women are also subject to domestic violence on their return home, accused of having taken too long. The establishment of WASH services with reference to gender relations can lead to long-term attitudinal and relationship changes that lead to reduced vulnerability to SGBV.

The time taken by women collecting water reduces their ability to take up livelihoods opportunities such as vegetable growing. Less money coming into the household especially if that money is controlled by women damages family wellbeing, affecting the health of children and their access to education. The Poor access to clean water leads to poor sanitation and hygiene and increased risk of diseases including Cholera, Dysentery, Typhoid. Women's dignity and rights is thus being affected, because they are reduced to dependence on other people to obtain the least drop of water. This is irrespective of the United Nations Committee on Economic, Social and Cultural Rights recognition that the Human Right to water is essential in order to live decently and that this right is the preliminary condition to the enjoyment of other Human Rights.

It is against this background that GWEFODE submitted a grant application on 3 January 2017 to Kitchen Table Charities Trust (KTCT) for funds to improve access to clean water and food security through provision of Rain Water Harvesting Tanks, establishing backyard Vegetable Gardens and

training in Water Sanitation and Hygiene in order to promote food and water security and improve community health in rural communities of Kashongati and Kihira in Kabale District of Uganda.

On 25 October 2017, we received good news about £10,500 grant approval by KTCT's Grants Committee from Mr Brian Donaldson, Chairman Grants Committee Kitchen Table Charities Trust. On 2<sup>nd</sup> November 2017, we received an amount of UGX 49,068,700 (Fourty Nine Million Sixty Eight Thousand Seven Hundred Uganda Shillings) on our Bank Account. Implementation started immediately after receiving the grant and the project was completed by 31st April 2018.

## ACTIVITIES AND ACCOMPLISHMENTS

### 1. Building Rainwater Storage Tanks in 10 Women led Households

GWEFODE constructed 10 Rainwater storage tanks each with a capacity of 1,500 Litres in 10 women led households. As of now, all the 10 water storage tanks have been completed and have already started harvesting water. This water is shared with other households in the neighbourhood thus benefiting approximately 350 people. Each tank is benefiting between 25 - 35 people from 3-5 households clusters, mainly focusing on vulnerabale households with widows, orphans, people with disabilities and the elderly in areas where women and children walk more than 5 kms to fetch dirty water from streams and ponds in the valleys.



*Kerren Banga, Son and her Daughter in law on their Household where the Tank was Built*

### WATER TANK 2018/24

This Water tank was constructed in Kihira Village in the household of Kerren Banga (50 Years), Widow to the late Fabiano Banga who died on the 21<sup>st</sup> March 2018. Kerren Banga is taking care of 8 children, 5 Boys, 3 girls and 3 grand children. This tank is benefiting 32 people from 4 households including 12 Adults and 20 Children.





*Some of the Beneficiaries pose on the Tank constructed in Kihira Village*

#### **WATER TANK 2018/25**

This Water tank was constructed in Kihira village in the household of Tumuhereze Justine (27 years). Tumuhereze Justine is married with 6 children, 4 boys and 2 girls. She has a 10 year old with disabilities on both legs. Water from this tank is shared by 35 people from 5 Households.



*Ayebare Stidia looks on as Water flows into the Jerrycan*

#### **WATER TANK 2018/26**

The 3rd tank was constructed in the household of Ayebare Stidia, a breast feeding mother who is raising 3 children alone because the husband abandoned her and migrated to other areas for work. This tank is benefiting 30 people ; 24 children and 6 adults from 4 Households including Kyomuhendo Annet who has been suffering from Diabetes disease for 10 years.





*Tumwejunise Berina with her Children pose on the Water tank constructed in their Household*

#### **WATER TANK 2018/27**

The 4th tank was constructed in the household of Tumwejunise Berinah (30 years) and Kehoda Rosette (33 years) all single mothers living in the same household. Berinah separated from her brutal husband in 2013 after suffering from domestic violence and returned to her paternal home. She has 3 children and is taking care of her old parents, Athanazio Baruhire and Tindibahika Vereria aged 85 and 70 years respectively. Water from this tank is benefiting 25 people including 12 Adults and 13 children from 3 Households.



*Tumwekwase Magdalena fetching Water from the tank constructed in the Household of Resta*

#### **WATER TANK 2018/28**

The 5th tank was constructed in the household of Tushabomwe Resta (35 years) living with 5 children in the household after the husband abandoned the home.

Resta is also using the water to look after her aged father and mother in law ; Bihunyira Sarapio (88 years) and Bamwebeihire Margret (82 years) respectively. This tank is benefiting 33 people from 5 households.





*Ainomugisha Phionah ready with her Jerrycan to fetch water from the Tank*

#### **WATER TANK 2018/29**

The 6th tank was constructed in Kashongati village in the household of Ainomugisha Phionah (24 years) who is looking after her Deaf and Dumb husband Ngabirano Onesmus (28 years) and their 3 children. Water from this tank is benefiting 25 people from 3 households.



*Cheerful Ninsiima Phionah and Husband on the tank constructed in their Household*



### WATER TANK 2018/30

The 7<sup>th</sup> tank was constructed in the household of Ninsiima Phionah (27 years) who is married to Tumwijukye Edward (39 years) with 6 Children. Water from this tank is shared by 35 people from 5 households.



*Tumuhimbise Penlope fetching Water from the Tank constructed in her Household*

### WATER TANK 2018/31

The 8<sup>th</sup> tank was constructed in the household of Tumuhimbise Penlope (39 years) who is staying with her husband Ndyemeire Leo (65 Years), a couple having 9 children together including 18 year old child who is diabled on the limbs. Water from this tank is shared by 29 people from 4 Households including Twakire Kate (37 Years) who is living with disabilities on the leg.



*Beneficiaries pose on the Water tank constructed for their use*

### WATER TANK 2018/32

The 9<sup>th</sup> tank was constructed in the household of Musiimenta Fortunate (29 years). Water from this tank is shared by 28 people from 3 households.



*A cheerful 86 Years Widow, Buderiya Ngahisyoha together with fellow Women on the tank constructed in the home of Katushabe Vianey (Right)*

## **WATER TANK 2018/33**

The 10<sup>th</sup> tank was constructed in the household of Katushabe Vianey (43 years). Katushabe Vianey is living with 6 children including a 10 year old deaf/ blind child. Water from this tank is benefiting 27 people from 3 Households.

The 10 Rain Water Harvesting Tanks have been constructed in hilly Kashongati and Kihira villages of greater Kabale district, one of the rain fed districts of Uganda which receives appreciable amount of un evenly distributed precipitation throughout the year with peak rainfall between the months of March and May and September to December. However, because of the hilly topography, water no longer remains after rainfall. Acute shortage of drinking water has been a prominent problem being faced by the people in these areas especially women and children who are faced with a major task of walking long distances to fetch water and the risks associated with it. In the hills, women have to go a long distance to fetch dirty water from swamps in the valleys. The water is contaminated with human and animal faeces putting the users at a risk of contracting water borne diseases of public health concern resulting from poor sanitation and hygiene practices such as Diarrhoea, Cholera, Dysentery, Typhoid fever and intestinal worms. Being a hilly area, underground water exploration as well as exploitation does not seem feasible and rooftop rain water harvesting is found to be the appropriate system to be adopted to reduce shortage of water to the people.

## **2. Community Meetings on Water Sanitation and Hygiene**

GWEFODE was able to hold 2 Community Meetings on Water Sanitation, Hygiene in Kashongati and Kihira villages, each attended by 50 people. The first meeting was held on 6th November 2017 and the second on 10 November 2017. The Meetings involved members of the beneficiary communities such as Women, Men, local leaders and community elders aimed at strengthening capacity building in Water and Sanitation.

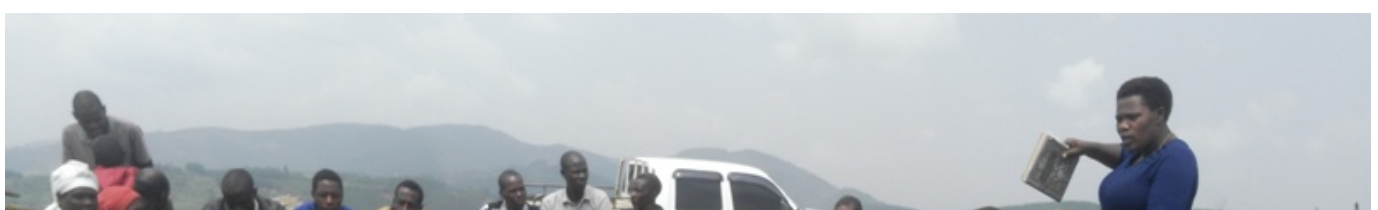




*Mr Wenceslas Owayezu, a Local leader addressing Women during Community meeting on WASH in Kashongati Village*

The meetings involved sensitization about best practices of Water, Sanitation and Hygiene (WASH) ; focusing on good governance and sustainable management of Water resources, better operation and maintenance of Rain Water Harvesting Tanks, Rain Water Quality and Health and the role of leadership in promoting and sustaining the project. The beneficiaries were particularly educated on proper use of rain Water Harvesting Tanks, the importance of hand washing and exposed with knowledge on the right to water, the right to land and natural resources.

During the Meetings, Ms Lydia Komuhangi, GWEFODE Executive Director told beneficiaries that there are two main issues when looking at the quality and health aspects of Rain Water Harvesting. Firstly, is bacteriological water quality where by Rainwater can become contaminated by faeces of human beings, animals or birds entering the tank from the catchment area. She advised beneficiaries to always keep the catchment area (Roof) clean. Rainwater tanks should be designed to protect the water from contamination by leaves, dust, insects and other industrial or agricultural pollutants. Tanks should be sited away from trees, with good-fitting lids and kept in good condition. Incoming water should be filtered or screened, or allowed to settle to take out foreign matter. She told participants that Water which is relatively clean on entry to the tank will usually improve in quality if allowed to stay for some time inside the tank. Bacteria entering the tank will die off rapidly if the water is clean. Algae will grow inside a tank if sufficient sunlight is available for photosynthesis. Keeping a tank dark and sited in a shady spot will prevent algae growth and also keep the water cool. The area surrounding the tank should be kept in good sanitary condition, fenced off to prevent animals fouling the area or children playing around the tank. Any pools of water gathering around the tank should be drained.



*Ms Lydia Komuhangi, GWEFODE Executive Director addressing beneficiaries during the meeting*

Secondly, Beneficiaries were told about the need to prevent insect vectors. In from breeding inside the tank areas where malaria is present, mosquito breeding in the storage tank can cause a major problem. All tanks should be sealed to prevent insects from entering. Mosquito proof screens should be fitted to all openings. She advised beneficiaries on several simple methods of treatment for water before drinking such as Boiling water to kill any harmful bacteria which may be present. Other treatment methods include adding chlorine in the right quantity (35ml of sodium hypochlorite per 1000 litres of water) which will disinfect the water and slow sand filtration which will remove any harmful organisms when carried out properly.

### **3. Kitchen Vegetable Gardening Training**

The project supported women to engage in vegetable cultivation and to set up a demonstration garden for learning purposes and knowledge share. The Training in Composing and Designing of Kitchen Gardens was conducted in Kashongati and Kihira villages attended by 40 women.

On 17th November 2017, training in Composting/Designing of Kitchen Gardens was held in Kashongati and Kihira Villages. The women were educated on basic steps to fertility building; using the organic materials which include plants remains, crop residues and livestock waste (manure and bio slurry) as raw materials for making quality natural fertilizer, which when tactfully incorporated to decompose would give nutrients-rich compost to be used in the family gardens.





*Kashongati and Kihira Women Groups in a Demonstration Garden for Hands on Training*



*The Women were trained on best agronomic practices including the application of manure in their Gardens*





### *Hands on Training in Composting and designing of Kitchen Gardens*

On 20th November 2017, women were trained on how to establish and design the Kitchen Gardens containing skillfully mixed and diverse indigenous vegetables and root crops designed to provide balanced diet to the families. A demonstration garden was set up at the household of Tumwejunise Berinah and Kehoda Rosete for all the 40 women households to learn and share knowledge; each woman learning how to establish and maintain a Kitchen garden in their households. Procurement of seedlings and planting materials was one of the core project activities. To ensure successful implementation of the project, we procured indigenous vegetables and root crops seedlings of Cabbages, Spinaches, Beetroot and Bitter Berries, Agro chemicals and Fertilisers which were distributed to a selected 20 women households. Beneficiaries used their own in-kind contribution of farm implements such as hoes, pangas, watering cans which were more beneficial to the farmers in watering their vegetable gardens especially during dry season.

The purchase of indigenous vegetables and root crop seedlings was done in the first season to ensure that the women are given quality seedlings with high growth rates. We procured 2,000 cabbage seedlings, 2,000 spinach seedlings, 1,000 Beetroot seedlings, 1,000 Bitter Berry seedlings. These vegetable seedlings were distributed on 28th November 2017 to the 20 Women Households by Ms Lydia Komuhangi, GWEFODE Executive Director who urged the women to use the seedlings for the Kitchen Vegetable Gardens in their households so as to contribute to nutrition for better health and well being of their families and improved standards of living.





*Distribution of Vegetable Seedlings to 20 Disadvantaged Women Households*

### **Project Beneficiaries**

The project benefited marginalised and underprivileged community groups such as women and children including widows, orphans and the elderly through provision of Rain Water Harvesting Tanks improving access to clean and safe water, establishing Kitchen Vegetable Gardens and increased awareness on Water Sanitation and Hygiene best practices in order to promote food and water security and improve community health and nutrition in rural communities.

Approximately, 350 people benefited from the entire project of which 299 people benefited directly including women and children in particular widows, orphans and the elderly from 40 households who are now able to access clean water and vegetables for better health and nutrition. Other community members benefited through learning the basics of vegetable cultivation and best practices of Water Sanitation and Hygiene in communities.

### **Project Results**

- GWEFODE constructed 10 Rain Water Harvesting Tanks in 10 women households and established kitchen gardens in 20 disadvantaged women households catering for the water and nutritional needs of community members. There is improved access to clean water for the people living in the community, reducing the incidence of poor sanitation-related diseases such as diarrhea in the community, and contributing to improved school attendance of their children.
- As a result of increased access to water in the community, there is a significant reduction in WASH related Violence while children are able to attend school in time. The women who were subjected to violence as a result of coming late from their gardens also report no worries as water is now accessible on the door steps of their households. The project has Improved the capacity of women and girls to challenge Sexual and Gender Based Violence in their communities. Kitchen gardening saves time for women as it is practiced at home while Rainwater Harvesting provides 'water without walking as it is collected at homes where it is

used. Women are now able to save time and energy, which is spent on other potentially income earning activities that can contribute significantly to poverty alleviation and reduce the risk of Water Borne diseases, Sexual and Gender Based Violence and other attacks associated with walking long distances to fetch water and practice intensive farming.

- Kitchen Gardening and the use of rain water have significantly saved time for women to undertake domestic chores such as washing and cooking consequently reducing domestic violence from men who accuse women upon returning home of having taken too long to fetch water. Thus the project has empowered women as they have enough time for other productive and economic activities instead of trekking long distances for water which has been the case before.
- Many households which previously had no idea on vegetable growing have practically learnt the skills right from preparation of Kitchen Gardens, Application of Manure, Planting seedlings, application of fertilizers, pest control and harvesting. The target women and the entire community have benefited through improved nutrition for themselves and their children. Before the implementation of the project, most households could not afford vegetables and did not know that certain vegetable varieties could grow given that they are located in hilly areas. With the implementation of the project, many households have come to discover that irrespective of the topography, vegetables can grow well in their backyard gardens coupled with irrigation. Now they have embraced the growing of vegetables in addition to other root crops such as yams. The entire community has benefited from improved food security in their households and communities.
- Some women have saved the money which they used to spend on buying sauce thus increasing their household incomes enabling them to meet their basic needs of life such as buying scholastic materials to educate their children, medical care and clothing. One Woman, Kehoda Rosette has constructed a sty and bought a pig and she uses Manure from pigs in her Kitchen Garden to improve fertility. Ayebare Phionah has acquired UGX 30,000 from the sale of surplus vegetables. In addition to UGX 50,000 contribution from her husband, she has bought a goat at a total cost of UGX 80,000 which she is rearing on her small piece of land. Other Women have used the little income saved as a result vegetable cultivation in various ways to improve their standards of living. The benefits of the project have opened the eyes of some women who are now encouraged and committed to continue with vegetable cultivation even as the project ends. Some of the women in Kashongati and Kihira groups have started planting vegetable seedlings for the June/July Harvest.

## TESTIMONIALS ABOUT PROJECT RESULTS AND ACCOMPLISHMENTS

Women have reported reduced vulnerability to Gender Based Violence resulting from increased access to clean water and Kitchen gardening in their households as testified below:

### **Rosete Kehoda, Member GWEFODE Kashongati Women Group**

*".....We are very happy to receive this water tank which has now reduced the time spent fetching water from long distances. I remember one evening when I missed preparing a meal because we did not have a single drop of water in the house. My Children were not available to trek such a long distance to fetch the water. Consequently, I suffered violence and abuse from my husband who wanted the food which was not available at the time....."*

*It has also saved us fetching dirty water in swamps which is contaminated by human and animal faeces, and the risks associated with this..... I am now using this time to perform other productive and economic activities to earn money to educate my children..... "*



**Says Rosete Kehoda, one of the beneficiaries of the project Supported by Kitchen Table Charities Trust in Kashongati Village**



*Rosete Kehoda in her Garden. She has a pig sty and uses manure from the pigs to accompany green manure as organic fertilizer to contribute to soil fertility*

**Ayebare Phionah, Member GWEFODE Kihira Women Group**

*".....After construction of this water tank,iam able to use some of the water to irrigate my small garden of vegetables during dry spell..... I can now access water on my door steps, wash clothes and prepare meals for my husband and Children very fast. ....No more quarrels from my husband because of delayed meals..... The tanks have reduced queues on the well which we have been using as women have quick access to the water. However, we still need more water tanks as the tank is still overwhelmed by the large number of people. Thanks to GWEFODE and Partners for helping us....."*

**Says Ayebare Phionah, one of the beneficiaries of the project Supported by Kitchen Table Charities Trust in Kihira Village**

Chance Edina, a breast feeding mother who was abandoned by the husband and is raising 3 children alone says that kitchen gardening is a good venture as it requires utilization of little piece of land behind the house. She now grows cabbages, Spinach, beatroots on her small piece of land behind the Kitchen and depends on the traditional vegetables as sauce to accompany potatoes, bananas and millet.

*".....Since I started practicing kitchen gardening, I have noted some improvement in the health situation of my malnourished child....."* says Chance Edina,

**Ngerika Nyirakahinda, Widow, 79 Years**



The project has improved Women's dignity, rights and the quality of life through increased food security in households. GWEFODE's Kitchen Gardening has also impacted on the health and life of Ngerika Nyirakahinda; 79 years, a widow and resident of Kashongati village. There is now improved school attendance of children who often failed to go to school due to lack of food. Also as a result of Kitchen gardening, the money used to buy food and sauce for family members is saved to buy scholastic materials for her grand children.



*Ngerika Nyirakahinda; 79 years old widow in her Kitchen Garden. She is able to feed her grand Children whom she is living together in the House*

Although affected by drought, Nyirakahinda harvests enough vegetables to accompany her sauce. In the past, Kerren was spending more than 5,000 shillings everyday to buy food and sauce for her family but after establishing a kitchen garden on her small land, she is spending less because she is sure of sauce. She is able save some money to buy scholastic materials and pay school fees for her children.

*".....Since i started Kitchen gardening on my small land, iam spending less because iam sure of sauce. Iam now saving money to buy scholastic materials and send my grand children to school..... "*

**says Ngerika Nyirakahinda**

GWEFODE has seen an improvement in Water Resource management in the households and communities where Rain Water Tanks have been constructed using Roof catchment to collect rainwater and store it in the tank. The water is then used for purposes such as cooking, drinking, washing. Some of the beneficiaries in Villages where GWEFODE has implemented rain water harvesting activities such as Rurembo, Kashongati, Kankiro, Kihira and others have witnessed reduced soil erosion in their gardens and reduced flooding in valleys because rain water which would cause erosion and floods is harvested into tanks and discharged at a controlled rate for domestic use.



Thus the project amidst obstacles and difficulties achieved its goal of contributing to improved access to clean water, sanitation and hygiene as well as nutrition for better health and well being of underprivileged women and children in communities.

## **CHALLENGES FACED WITH PROJECT IMPLEMENTATION**

At the beginning of this project, many other women were interested to join but due to financial constraints, we couldn't support them all. For instance, of the targeted 20 women households for the Kitchen Gardens, 40 women expressed interest in kitchen gardening. This made those left out to feel neglected and it was indeed a difficult decision to exclude them from the project. However, we allowed every interested person in the community to visit the demonstration garden at will so as to learn the basics of vegetable cultivation including composting and designing of Kitchen gardens.

In relation to the above, we faced a challenge of limited resources amidst many other challenges especially the overwhelming number of people who need clean water in their households. As we implemented the project, we observed a growing need for rain water storage tanks among many deserving women led households but due to financial constraints, we could not support them all. Many people especially women and girls living in water stressed areas on top of hills continue to express the need for water storage tanks to be constructed in their communities in order to access clean water. For instance, of the targeted 10 women led households for the water storage tanks, over 150 households have expressed the need for clean water by the end of the project ; including households of the elderly, people living with HIV/AIDS, Orphans and Widows from the surrounding communities. This is observed through the number of requests during community meetings, follow-up visits and also the increased number of applications we receive at the office.

However, we advised them to seek support from government as we explore avenues of fundraising to help with the construction of more water tanks. Given continued collaboration and funding by Kitchen Table Charities Trust, we would wish to continue to construct more water tanks in vulnerable households so that more people have access to clean water. The community people are willing to provide matching inkind contributions towards the project. Therefore, we request Kitchen Table Charities Trust and other donors for continued funding to realize these objectives and have more Water facilities constructed in communities for better health.

Another problem we encountered was drought which intermittently led to water shortage thus affecting the project especially between January and February. Water from the tanks was not sufficient for use in household chores such as cooking, drinking, washing and also practice irrigation. Consequently, Some vegetable Gardens dried up with an exception of spinaches which are quite resilient to drought.

Like in the previous project, high levels of Community's dependency attitudes has continued in the project areas where some people expect money after attending meetings yet such meetings are intended to address some of the challenges affecting them thus the need for more sensitization. This attitude is not only affecting rural illiterate people but also stakeholders in government such as local government leaders at the district who ask for allowances to attend our activities which is not catered for by the project thus missing attendance of these high profile leaders. The project implementation areas are some of those where large international organizations had worked in other poverty reduction programs and the attitudes towards any sensitization meeting is that people invited for meetings would get allowances which we found strange as GWEFODE because we can't manage paying community members to be mobilized for the problems facing them.

However, we took measures to explain the motive of the project and how we cannot afford allowances. Because some community members are used to getting allowances by attending workshops/ meetings organized by organizations running projects with big budgets, they expect that we would give them allowances at the end of the meeting. But because we took measures to explain to them the motive of the project and how we cannot afford allowances, they understood our position and were happy with the project because of access to clean and safe water.

GWEFODE activities are implemented in “Hard to Reach areas” and the means of communication and transport was a challenge as the road network to access the community is nonexistent in some areas and in others where it exists, is in a poor state. Worsened by the rainy season, GWEFODE’s vehicle is very old and staff had to move on foot for long distances to meet the beneficiaries. Therefore, the organisation would wish to fundraise for more resources to purchase a Four Wheel Drive Vehicle strong enough to enable staff access “Hard to reach areas” in time to meet beneficiaries.

The project target group of people are living in a state of deprivation, poor living conditions and problems including poverty, lack of access to and control over resources, lack of access to clean water, diseases and hunger among others. They are very much needy in terms of better sanitation and hygiene services, food, accommodation and finances to meet their basic needs. GWEFODE does not have adequate resources to respond, hence rendering us many challenges in the communities we serve.

## **LESSONS LEARNT FOR FUTURE PROJECTS**

### **Sustainability**

-We have learnt that our future goal should not be to simply provide rain water harvesting facilities, but to ensure the long-term use of water storage systems and sanitation services. Sustainability requires the selection of technology that can be managed and maintained by local communities well into the future. There is need to work with local partners to train communities in maintaining technologies, catalyze local businesses to provide technical services and secure support from local authorities.

-We have also learnt that Water and sanitation issues cannot be left to government alone. Often times, resources from government are scarce for such projects and do not cover capacity-building which is an integral part of any project. There is need for other stakeholders to come on board and this includes civil society and in the case of schools, parents. Our project involved in-kind contributions from benefiting community members, however small they were. In return, a sense of ownership from the community developed and this ensures that monitoring and maintenance is done by this community.

### **Community participation**

-GWEFODE has learnt that there is need for community involvement in the project and that the ultimate owners of our water and sanitation projects are the community members, who must feel a sense of responsibility and ownership in order to ensure long-term use of the facilities. Giving the beneficiary community an opportunity to contribute, whether in cash or in-kind, ensures sustainability for the project as it promotes a sense of ownership. Further, there is need to build and strengthen the capacity of beneficiaries through training to assume full commitment to the project, including sustainability of the project. There is need to involve more women as women know best and are affected mostly by the water and nutritional challenges in their households and can be not only water collectors but also efficient water managers.

### **Nutrition and Hygiene Education**



-We have learnt that nutrition and hygiene education program is an essential aspect of every project. There may be attitudes and traditional practices of water collection and food consumption that expose communities to health risks. These must be addressed and may take time to change. The entire community must be involved so that all members benefit from an improved quality of life. Women are often the focus because of their interest in their family's health, and we have found that children are excellent nutrition and hygiene ambassadors, eager to implement changes in their families.

### **Transformation of Lives**

-We have also learnt that helping the poorest communities to set up sustainable water and sanitation facilities has a transformative effect that extends beyond the obvious improvements to health and hygiene. The active involvement of local people in our projects results in an empowered community that feels a sense of pride and accomplishment in addressing its most urgent needs.

## **CONCLUSION AND APPRECIATION**

Once again, we are very much thankful to Kitchen Table Charities Trust for the financial support towards GWEFODE that has enabled us to implement the project. We are requesting continued collaboration and funding in order to extend the project to other areas to help other disadvantaged people to access clean and safe water based on the lessons learnt, the experience gained with project implementation as well as the needs of other communities. As a result of KTCT supported project, GWEFODE has been overwhelmed with requests from other underprivileged women to have the project extended to their own communities. The community people are willing to provide matching contributions such as unskilled labour and supply of locally available materials towards the project. Therefore, we request Kitchen Table Charities Trust to continue supporting our work financially, technically or otherwise including connecting GWEFODE to other UK based grant making bodies in order to raise the financial envelope and offer adequate responses to the enormous challenges faced with project implementation. I take this opportunity to welcome to our community any of KTCT Trustees who may have the chance to come to Uganda so that you see for yourself the impact on the ground.

## **FINANCIAL REPORT**

<b>Total KTCT Grant</b>	UGX 49,068,705 (Fourty Nine Million Sixty Eight Thousand Seven Hundred Five Uganda Shillings)
<b>Expenditure</b>	GWEFODE used KTCT Funds to: I. Construct 10 Rain Water Harvesting Tanks at a total cost of UGX 43,068,700. A contract was signed with BATUR Engineering Services to construct the Tanks and payment was made in 4 Installments as stipulated in the agreement attached. II. Procure Agro inputs such as vegetable seeds, fertilisers and insecticides for establishment of Kitchen Gardens in 20 Women Households at a cost of UGX 4,000,000

	<p>III. Train women from Kashongati and Kihira villages in composting and designing of Kitchen Gardens at a cost of UGX 2,000,000. Expenses were incurred on facilitation of trainers, transport, airtime for communication, supplies and stationeries.</p> <p>Attached are relevant Receipts and Documentation.</p>
<b>Own Contribution</b>	<p>-Beneficiaries contributed through Supply of unskilled labour and locally available materials such as sand, gravel, rocks and timbers for construction of Water Tanks. This inkind contribution is equivalent to UGX 6,000,000. Beneficiaries also contributed farm implements such as Hoes for the Kitchen Gardening activities. This active community participation through supply of unskilled labour and locally available Materials by the beneficiaries facilitated project sustainability and sense of ownership.</p> <p>-GWEFODE covered expenses on facilitation of trainer, Vehicle transporting organisers, supplies and stationeries for the 2 Community Awareness Meetings on Water Sanitation and Hygiene best practices at a cost of UGX 1,000,000.</p> <p>-GWEFODE covered expenses on Fuel for the vehicle transporting staff to monitor and followup on the progress of construction of Water Storage Tanks at a cost of UGX 1,512,000.</p> <p>- GWEFODE covered expenses on Mobilisation and coordination of the project at a cost of UGX 1,200,000.</p>
<b>Total Project Cost</b>	UGX 58,780,700 (Fifty Eight Million Seven Hundred Eighty Thousand Seven Hundred Uganda Shillings)