



be the

# ChangeALife





**ChangeALife Uganda is dedicated to improving the lives of orphaned and disadvantaged children and their families in Migyera and Nabbingo, Uganda through quality education, healthcare and income-generating programs.**



**"Education is the greatest gift you can give an African child."**  
Father Lawrence Kizito Kimbowa,  
Director, pictured above.



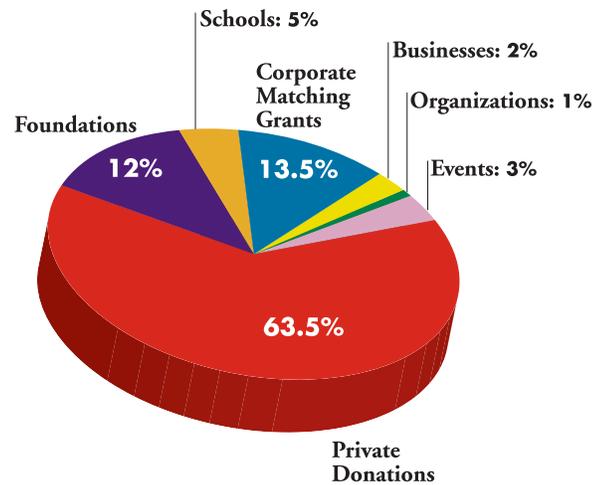
Celebration at the opening of the St. Francis Health Clinic in Migyera

## Financial Highlights 2012

### Income: Donor Base

Private Donations	\$ 208,150
Corporate Matching Grants	44,104
Foundations	39,073
Schools	14,740
Events	10,909
Businesses	7,564
Organizations	3,385

**Total Revenue** **\$ 327,925**



### Expenses: Where the Money Goes

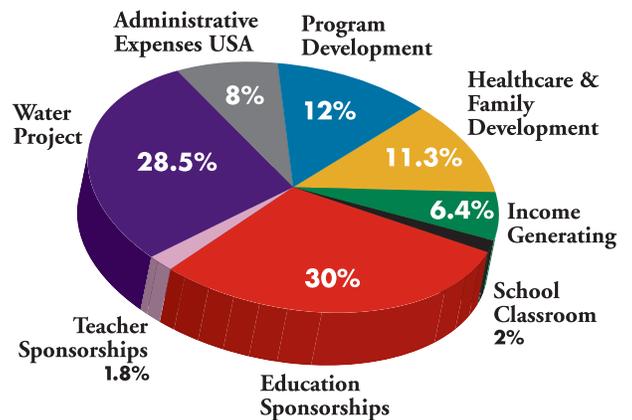
#### Uganda Programs and Activities

Education Sponsorships	\$ 122,165
Water Improvement Project	116,300
Program Development	49,566
Healthcare and Family Development	46,200
Income Generating Projects	26,000
School Classroom	8,000
Teacher Sponsors	7,239

#### Administrative Expenses USA

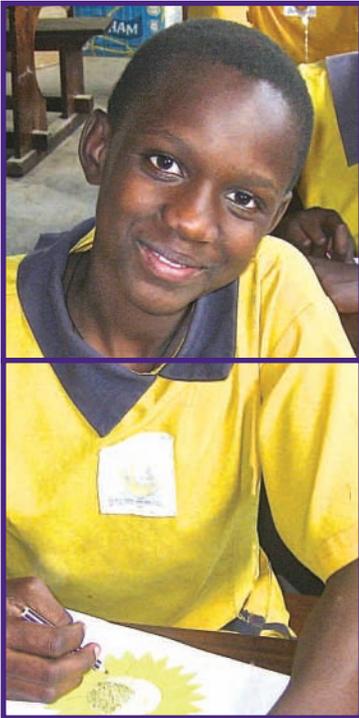
Fundraising, Management and General Expenses	\$ 33,480
--	-----------

**Total Expenses** **\$ 408,950**



Net Assets Beginning of 2012	\$ 176,445
Net Assets End of Year	\$ 95,420

## Letter from the President



The scientific theory called the “Butterfly Effect” says the mere flutter of a butterfly’s wings can lead to conditions that cause a hurricane on the other side of the globe. In other words, cause even the smallest happening and you can change the course of the world. Change even the smallest of life’s details, and you can completely alter its outcome.

That’s been the philosophy of ChangeALife Uganda (CALU) and how we go about achieving our mission. We’re not a large, international organization – but we don’t have to be big to make a difference in this impoverished part of the world.

For six years, we’ve been working from our modest base in New Jersey – targeting specific projects that would have a powerful impact, and raising the funds to achieve sustainable change. We identified education, healthcare, clean water and income generation as our areas of focus. In Uganda, as in many of the poorest developing countries, these are four pervasive needs that prevent a more promising future.

Our efforts have expanded and with all of our donors big and small, we are making a dramatic difference to lives in the communities of Nabbingo and Migyera. Thanks to your generosity, we’ve been like a butterfly, fluttering our wings. **And look at the effect we had in an African village 7,070 miles away:**

### Healthcare

- In July, we opened the St. Francis Health Center in Migyera – the first healthcare facility in Migyera – that provides safe, reliable inpatient, outpatient, adult and pediatric primary care services, as well as health education. In partnership with the District Health Officer, the health center now offers desperately needed malaria and tuberculosis programs. Another partner, Mildmay, a UK-based international HIV charity, is providing HIV testing and treatment for the Migyera community.

At the advice of our advisor Father Lawrence Kimbowa, the inspiration behind CALU and the Director of ChangeALife Foundation in Uganda, we started small in 2007, by sponsoring 10 children. Some of them attended the St. Lawrence School in Migyera, Uganda and some of them attended better schools in Nabbingo. The joy and success of those children – who would otherwise have had little or no education and few if any future employment options—compelled us to do more.

- CALU has funded a School Nurse to provide sanitation, health education and medical care to St. Lawrence students.

- Our water supply project that we started in 2009, is now in its final stage. With the aquifer identified and the well drilled in 2011, we constructed the pump house and the 50,000L water tower, major steps forward. We are now raising funds to connect the well to the tower and to bring clean water to the clinic and our school.

### Education

- A new classroom with single desks will help to accommodate the St. Lawrence Primary School student population which has grown from 90 students in 2007 to 512 in 2012 of which 165 are sponsored. In Nabbingo, 69 sponsored students attend quality primary schools – students who would not have received a first-rate education without our support. We now have 70 students in secondary schools (high school) and 19 in post-secondary institutions (university and other institutions of higher education).

- Ten of our sponsored students completed their studies and graduated! All are employed and contributing financially, professionally and socially to their communities. Their futures are full of fresh possibilities. Father Lawrence was right – everything begins with education.

### Microfinance

- Our microfinance initiative provided micro-loans in 2012 to six groups in Migyera and Nabbingo, to foster home-based businesses and generate sustainable income – freeing them from multi-generational poverty. All recipients have savings accounts, and give some of their earnings to help support community improvement initiatives. Our unique children’s micro-finance program enables children to save for their future education and help with personal needs.

CALU is changing one particular spot on the map – a feat that might seem small on the global scale, but has enormous local impact. After all, every change we make could alter the course of the world.

**Our mission continues as we work toward one goal at a time. In 2013 and beyond, we aim to:**

- Upgrade the national education rating of the St. Lawrence School through improved performance on the Primary Leaving Exams, graduate our next group of students, sponsor an additional 25 students and identify cosponsors for students attending secondary schools and universities.
- Complete the extension of the water pipeline from its source well to the health center and the school, a project that will require about \$82,000. Looking further ahead, we are planning

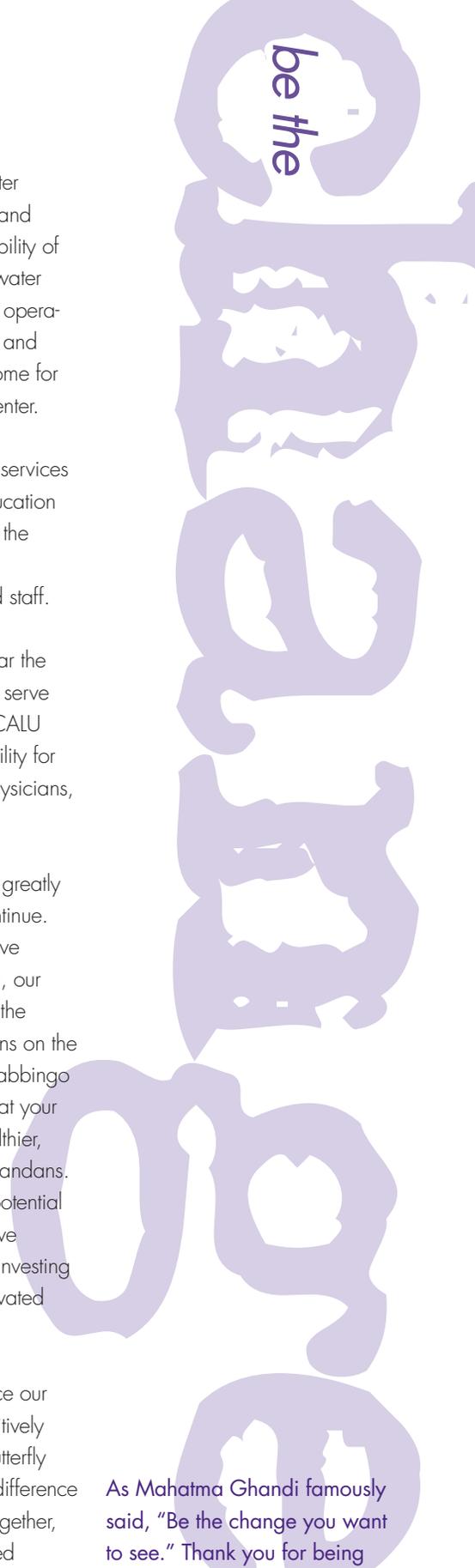
to implement a grey water management program, and are evaluating the possibility of bottling and selling the water which would sustain the operation of the water project and provide a source of income for the school and health center.

- Offer maternal health services and family planning education at the health center with the addition of appropriate equipment, supplies and staff.
- Construct a facility near the health center that would serve multiple purposes as a CALU satellite office and a facility for meetings and visiting physicians, educators and donors.

Your ongoing support is greatly needed if we are to continue. We’re working to improve communication with you, our donors, so you can see the effect of your contributions on the lives of Migyera and Nabbingo families. Please know that your dollars are creating healthier, literate, self-sufficient Ugandans. We’re reaching out to potential donors as well, whom we encourage to join us in investing in the lives of these motivated and grateful people.

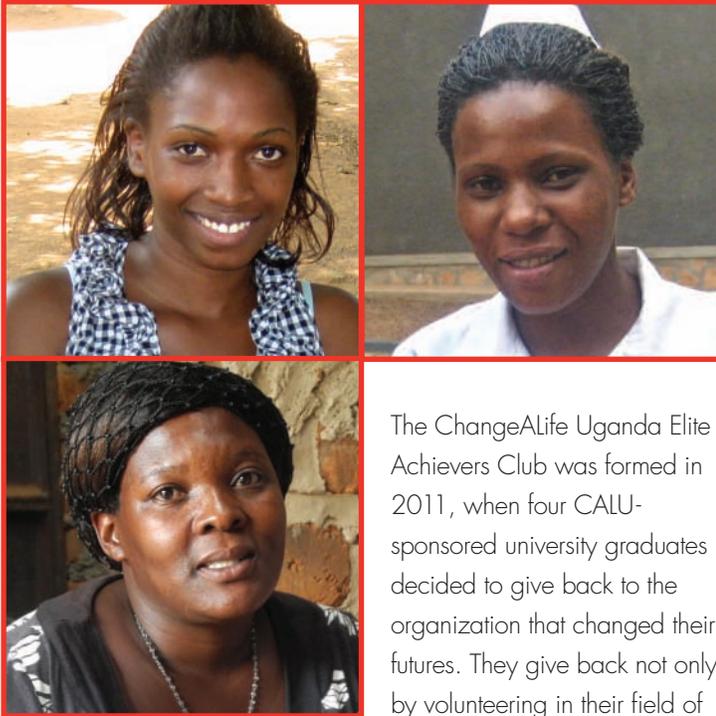
In the six short years since our startup, CALU can definitively demonstrate our own butterfly effect. You can see the difference we’ve already made, together, in these two impoverished communities on the other side of the world, now filled with the promise of a better life. It’s in the faces and stories we’ve shared in our 2012 Annual Report.

As Mahatma Ghandi famously said, “Be the change you want to see.” Thank you for being the change. We hope you are touched and inspired by what you see on these pages.



# Education

## *CALU Elite Achievers Club Welcomes New Members*



The ChangeALife Uganda Elite Achievers Club was formed in 2011, when four CALU-sponsored university graduates decided to give back to the organization that changed their futures. They give back not only by volunteering in their field of expertise, but by contributing financially to the Club's general fund to benefit CALU. Each year, new graduates join, the size of the club grows, and their contributions help perpetuate our education focus. Congratulations to our graduates:

- **Ssuuna Aloysius** is an architect with MK Constructors.
- **Grace Assime** earned her Diploma in Nursing.
- **Sandra Kobugabe** earned a Certificate in Tours & Travel Operations from the Career Institute.
- **George Madra** is currently working with the Steel Industry Roofings Uganda Ltd.
- **Lillian Nabajala** graduated from Makerere University with a degree in Secreterial Studies and is a social worker for sponsored CALU-children.

• **Josephine Najjemba**, BA Education, is employed as a Senior Training Officer with the Government Microfinance.

• **Leticia Nakabazzi** (top left) graduated from Kyambogo University with a Bachelor's degree in Guidance & Counseling and is currently a social worker for CALU sponsored children.

• **Rolleta Nakawuba** (top right) graduated with a Diploma in Nursing and is employed by Rubaga Hospital.

• **Rita Namwanga** graduated with a Printing Press Certificate and is employed at a stationery & printing firm.

• **Ruth Ndagire**, BA Social Sciences, is working as an Office Manager at Zion Estates.

## *Big Achievements Come from Small Change*

At 32, Harriet Kigundu (bottom left) was a hard-working but uneducated Nabbingo wife, caring for her 55-year-old husband, their two daughters and four sons. Devoted to her family, she felt "unhappy and alone," mainly due to her poor English language skills.

"I felt embarrassed when my children could speak English," she said, "because I did not understand them. I could not express myself near educated people. I was afraid they would speak English and I could not answer them."

"I feared going to the bank to pay my children's school fees because I could not fill out the bank slips," she said.

"Trying to withdraw money was even more embarrassing. I was unable to sign for my own money." She had to arrange for a thermo print to complete her transactions.

Then Harriet took advantage of CALU's educational opportunities. She enrolled in the language studies program and was an enthusiastic student who quickly mastered her lessons.

"I am so happy now," she said. "I can write and read names, alphabet letters and greetings, introduce myself and read stories with simple English words."

"Now I go to the bank and just sign my name once and receive my money. This is an achievement in my life."

Other courses also improved Harriet's life. She has studied Nutrition, Literacy, Agriculture and Home Sanitation Practices. She now provides a balanced diet for her family, manages her garden more successfully, and practices general cleanliness at home for disease prevention. Specialized courses in gender equality and HIV/AIDS have also improved her marriage.

At last, Harriet can set her sights on longer term, bigger goals. "My life has really changed," she said. "Now I want to be an entrepreneur and start a farming business. I am grateful to the teachers, social workers and CALU for these programs."



be the

A



# Education

## *Given a Chance, Two Students Advance!*

One of four children in his family, **David Sekyewa** (bottom right) was among the first students to be sponsored by ChangeALife Uganda when it started in 2007. Even though David's mother earned a living with her small shop, it was not enough to cover his schooling.

Thanks to CALU, his sponsors Bob and Barbara Purcell of Jackson, NJ, and his own hard work and determination, David finished his primary and secondary education and is now in his first semester at Makerere University. He is pursuing a bachelor's degree in science, with his sights on a career in chemical engineering. He is also studying multi-media to be a cartoonist.

With help from CALU, David lives in a hostel near the university, and visits with his mother during the holidays. He continues to receive counseling from the CALU team and corresponds regularly with his sponsors who send him encouraging letters. David hopes to work for CALU through college, helping with social work and office duties during holiday breaks.

**Sandra Kobugabe**, (top right) the fifth of six children, joined the CALU program in 2008 when the Brick High School Honor Society, in Brick, NJ offered to sponsor her education. At the time, Sandra was living with her sister and her family, and there was little financial support for her school fees.

The CALU sponsorship changed her life. She received schooling, counseling and guidance, and developed her singing talent in the school choir. Since then, she has completed her studies and earned a Certificate in Tours and Travel Operations from the Career Institute.

Sandra hopes for a career with a tour company or airline, and plans to continue her education. She will become a member of ChangeALife Uganda Elite Achievers Club, an association of CALU graduates who support the organization.





## Healthcare

### Health Center Opening Brings a Hopeful Outlook

#### St. Francis Health Center July 2012 – April 2013

Out Patient Visits	<b>6,991</b>
Prenatal Visits	<b>187</b>
Deliveries	<b>110</b>
Malaria Cases	<b>1,708</b>
HIV Patients Tested	<b>2,072</b>
HIV-Positive Patients	<b>166</b>
Patients Receiving ARV's	<b>165</b>
Newborns Receiving ARV's	<b>2</b>
In Patient Visits	<b>707</b>
TB Immunizations	<b>15</b>
Polio Immunizations	<b>46</b>
DPT3 Immunizations	<b>29</b>
Measles Immunizations	<b>11</b>

On July 4, 2012 – the same day that Americans celebrate their national independence – the community of Migyera, Uganda had its own reason to celebrate: the grand opening of the St. Francis Health Center, the community's first health center. It was a tremendous achievement for CALU donors who have spent three years planning and raising money to bring the clinic into existence. The opening was heralded by a village celebration attended by government, church and community officials.

Migyera's residents had good reason to rejoice. Public health services in Uganda are scarce, and too expensive for most, resulting in high mortality from treatable illnesses including malaria, TB, typhoid, respiratory diseases, and HIV. Receiving affordable, quality care is considered a luxury. At least here in Migyera, it is now within reach.

With CALU funding, the facility is staffed by 10 practitioners: a clinical officer, a charge nurse, two staff nurses, a midwife, a nursing assistant, a lab assistant, a cashier and a security guard. The clinic has two inpatient units with eight beds (four for women; four for men); and is equipped with exam, treatment and dental rooms, a pharmacy, a small laboratory, and maternity rooms. In partnership with the following organizations, the Health Center quickly began reducing morbidity and saving lives.

Mildmay, a United Kingdom-based charity, provides HIV management including anti-retroviral drugs, CD4 testing, and anti TB drugs. The Nakasongola District complements these services with TB management. PACE, an organization focusing on HIV/AIDS, malaria, and child and reproductive health, provides Care Kits for HIV patients. Our U.S. partner, Jersey Shore University Medical Center, has supplied equipment, wheel chairs, bed sheets and linens.

The Health Center treated about 300 patients the first day of the clinic's operations and the facility has been busy since. Of the 1,983 patients tested for HIV, 166 were found to be HIV positive (8.4%) and are now receiving HIV care. There have been 110 babies delivered here; hundreds of children inoculated; and thousands of adults treated and counseled. And there is no telling how many lives have been – and will be – saved.

CALU aims to support staff salaries until the clinic can operate self-sufficiently. Looking ahead, CALU plans to equip our maternity unit, expand our lab and help establish village health teams.

Said one CALU staff, "Last year, 12 year-old Christopher Bakwana, a sponsored student, died of complications from malaria because he could not access health care. With St. Francis Health Center now open, a child like Christopher will no longer die from malaria because the nearest health center is too far away to receive medicine that would have saved his life."

Clean water is a primary health intervention. It was with great excitement that the community watched the construction in 2012 of the new water tower and pump house. Students, teachers, the health center staff, patients and community all dream of the day when the 512' well will bring clean water to their health center and school. In 2013, we hope to raise the funds to make their dreams a reality.



be the



# Income-Generators

## *Small Loans Make a Big Difference*

Katerega Betty (left) is one of the Nabbingo women who received individual loans because of their capacity, determination and hard work. In addition to caring for her family, Betty makes and sells handbags as part of CALU's craft project, keeps a local commercial chicken business, and also collects and sells firewood – a commodity in this part of the world. The loan she received from CALU has helped her to expand these avenues and increase her income.

Acquiring firewood in this region of Uganda is challenging and requires some capital. Betty transports her supply of wood from a relatively long distance, and needs to hire a truck and purchase fuel. One of Betty's short-term goals was to complete the structure to store her fire wood so it remains dry and secure. The micro-loan Betty received from CALU has helped her create that structure and provide what she needs to grow her business. Thanks to CALU, Betty has the capital to move ahead with her plans, and they are now falling into place.

## *A Young Entrepreneur Gets a Start*

In Migyera, Uganda, rabbits are considered a delicacy. That's why Sengozi Moses, 11, (right) tried his hand at raising and selling them for profit. With a very small "micro" loan from CALU in 2011, Moses was able to purchase three rabbits, which he cared for until – as rabbits do – they reproduced significantly. Moses now has three structures where he houses more than 30 rabbits for sale. Moses is one of the CALU-financed entrepreneurs who have already paid his loan in full and is now saving for his future education.

While Moses attends boarding school, his mother and siblings have taken much of the responsibility for the thriving rabbit business. The rabbits are now generating a profit that can go toward food, school, household supplies and savings. A small loan in the hands of a young boy has made a big difference for this family.



## **Future Program Goals**

- Strengthen the microcredit fund with \$10,000 yearly
- Expand the number of participating parents, teachers and students in the CAL microcredit program
- Establish markets in Uganda for BUMU/CAL Creative Hands crafts
- Standardize craft products for US markets
- Evaluate a new client referral program to Centenary Rural Development Bank for larger microfinance loans

## EDUCATION Programs

### TuitionForTots-To-Teens™

A child sponsorship program that gives the gift of quality education to disadvantaged children who lack the means to attend school. Sponsorship provides educational support, medical care, nutritious food and counseling. A sponsor-child relationship develops through letter-writing and photo exchanges.

### SponsorsForTeaching™

A teacher sponsorship program to attract and maintain highly-qualified teachers to lower the student/teacher ratio of 70 to one by providing higher salaries, housing, medical care and professional development.

### BucksForBeds™

A donations program that provides a dormitory for students who have challenging family situations or live miles from school. Accommodations provide the students (many who are orphans) with a safe place to sleep, three meals a day, clean water and on-going support of their academic achievement.

## HEALTHCARE Programs

### MoneyForMedicine™

A donations program to fund mother, infant, pediatric and adult healthcare, including malaria, TB and HIV treatments, and to remodel, equip and staff health facilities.

### QuartersForWater™

A donations program supported primarily by U.S. school students to provide clean, on-site drinking water for students of St. Lawrence School, the health center and their rural village of Migyera.

## INCOME-GENERATING Programs

### CashForCrafts™

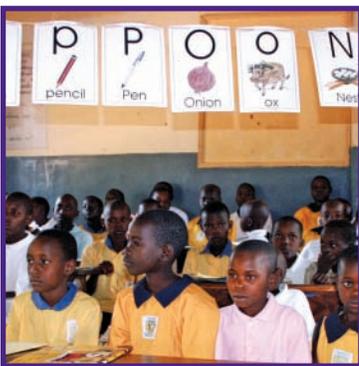
A sales initiative, wherein purchasers of crafts handmade by Migyera and Nabbingo artisans are sold in Uganda and the U.S. Money received from the sale of jewelry, baskets and artwork goes directly back to our women and our school.

### FinancingForFamilies™

A microfinance program to fund small business opportunities for the women and families of our sponsored children, such as sewing clothes, making bricks or owning a small restaurant, grocery, retail or beauty shop.

### FundsForFarming™

A microfinance program which helps families increase crop production and purchase livestock, such as pigs or chickens that are raised for income and food. It also assists farmers to develop opportunities with Ugandan schools, providing healthy produce for students while increasing farmers' profitability.







**Buoyed by so many accomplishments since our founding in 2007, we maintain an unwavering commitment to the children and families in rural Uganda, and a determination to continue the vital work we began.**



[www.changealifeuganda.com](http://www.changealifeuganda.com)