



Autumn 2012

Welcome to the latest addition of our periodical newsletter, giving you all an update on the work of the charity, and an insight into how the money you donate is being spent. So far this year three teams have travelled out to Uganda, one in February, another at the beginning of June with the last one just arriving back at the end of September.

There are currently two trips already planned for 2013 although the dates have yet to be finalised. We are always keen to take supporters out to Uganda and especially those who have never been. If you are interested in a trip please let us know, it is a wonderful experience and you will make life long friends.

September Trip



The September team with the Okadi family.....

The latest team consisted of three Capstone directors, Derek, Duncan and Brian, along with three new visitors to Uganda, Lynne Thomas, Ally Calder and her mother Jamesina Calder. All of the first timers had an amazing experience and are now looking at ways in which they can help support the charity.

As always the team were well looked after during their trip by the wonderful Okadi family and they took time to visit all the projects during their stay. Jamesina and Ally have written a few words on their trip, which are included at the end of this newsletter.

Coffee Growing Project



The planting begins....

This project is progressing well with the majority of the land now cleared and the planting of the coffee beans now starting. As well as the coffee, a crop of banana plants will be established to offer shelter to the young coffee plants from the heat of the sun, and to provide some revenue whilst the coffee plants mature. It will take a few years for the coffee crop to establish itself and provide an income, but it is hoped this will provide an excellent source of much needed funds for the charity. This project is possible thanks to a donation from the Rozelle Trust.



A young coffee plant.....



Women's Small Business Project



The ladies model some colourful African dresses...

This is proving to be a very successful venture with over 166 loans having now been issued, many of them now in their second or third term. The small loans are used for a number of different purposes, and a recent generous donation by the Rotary Club of North East Fife has allowed us to expand the project.

The women in the September team had the pleasure of spending time with some of these hard working women of Lugazi, and they found it fascinating to see the range of businesses operating within this community. From tailoring to selling second hand clothes, raising chickens to growing mushrooms, they found the diversity inspiring. The local women reported that they found it 'encouraging and supportive' to have other women visit their businesses as well as delivering some training on Customer Service. The local women particularly engaged in the Vision Board exercise, which explored goal setting and how they saw their businesses developing.

However the teaching and skill development wasn't all one way, as some of the team members received lessons in how to milk a cow properly! And there were even some knitting lessons by torchlight!

The Child Development Centre



Lynne entertains the children.....

Spending time with the children at the Child Development Centre is normally the highlight of any trip to Uganda and it proved no different for the latest team. Due to the children being in school most of the time during this visit, the team were restricted to the weekend. However they made up for the lack of time very quickly and the kids were soon knee deep in paints, balloons, footballs and even glitter! It was very refreshing to see just how these little gifts can bring such a huge smile to children's faces. Where kids here seem to demand the latest X Box game, these kids could be entertained for hours by an empty egg box! Ally Calder introduced the children to the Scottish version of 'Flat Stanley' and their drawings will now go on a tour of Scotland so the kids can see photographs of their own drawings visiting different parts of the country.

The centre currently has 48 children residing there on a permanent basis with over 20 having been able to make a return to family or into foster care. This is the one project that will never be self-sustaining and we are continually looking for ways to raise funds to care for these kids.



Living Water Medical Centre



Trying out the new glasses....

The latest team travelled out on a special British Airways flight that allowed an increased baggage allowance for charities this year, so they made full use of the extra space! Boxes of medical supplies were taken to the Medical Centre to replenish their dwindling stocks and allow them to continue to offer such an excellent service to the local community.

There had also been a plea for a supply of spectacles to be brought out so thanks to a collection organised by Ally and Jamesina Calder, and a very generous donation from Morna Scott of Specsavers in Bathgate, over 600 pairs were presented to staff there. These will be used both at the clinic and also during the outreach program, which visits a number of outlying and remote villages with no medical facilities, treating on average over 4000 patients a year.

One of our Directors, Dr Drew Greer is due to spend six months of next year living in Uganda and working at the Medical Centre. This will allow him to expand the pharmacy facilities and establish a small surgical unit. The expansion of the pharmacy should increase revenue and allow us to supply to other local clinics, saving them the long and expensive trip into the capital, Kampala. There is also clearly a need for a small surgical facility and the staff at the clinic will assess the viability of this over the next few months.

Fundraising

At a time when most people are tightening their belts, there is always a need to think creatively about fundraising. Inspired by their recent trip, combined with the fact that their belts had got just that little bit too tight, Lynne and Ally have created a new challenge to get fit and raise some much needed cash – the 5x4=20 challenge. They have recruited 8 others to take part in this exciting challenge, which involves pledging to walk, run or cycle 5k every day for 4 months with the aim of losing 2 stone each (hence the 20). They are keen to lose pounds to raise £££.....and tighten their own belts! Further information on the challenge, and ways to support this challenge can be found on the website.

Additionally The Big Give launched their first ever virtual on-line 'Big Quiz' in June this year and 2 teams combined their general knowledge skills to raise cash. Lynne hosted a quiz in Dundee and Shiralee Duncan hosted a quiz in Aberdeen with a combined amount of £100 being raised. Not bad for an hours work! There's another one in October, with a team of 10 participating in Dundee so here's hoping they have been brushing up on their general knowledge as the winning team receives £500 over and above the donated entry fee.

Bridges Café's

Remember to drop into Bridges café if you are in the Kirriemuir area, great coffee and home baking with 100% of donations going straight to the charity!

Thank You

The work we are doing in Uganda is helping to provide real change to the lives of people who have very little and we would like to thank you for your continued support. In the current financial climate reaching into your pocket to help others can be difficult, but you can be sure that there are an increasing number of smiling faces who are extremely grateful for the assistance and opportunities you are helping to provide.

Unfortunately this current climate has meant a number of our supporters have had to tighten their belts and it is



proving increasingly difficult to raise the funds we require to maintain our various projects. If you know of anyone who may be in a position to help out, perhaps even sponsor a child, please feel free to pass on this newsletter or ask them to contact us via the website. Even a small monthly donation can go a long way in Uganda.

Unlike many larger charities, 100% of the money we raise goes directly into the different projects. None of us take any money from the charity and cover all our own costs when we travel to Uganda. We may be a small charity, but whoever said small things can't make a difference has never shared a bed with a mosquito!

www.capstoneprojects.org.uk

Jamesina's Trip

"My visit to Capstone Projects in Uganda was such an overwhelming experience, very humbling and emotional. We visited all the projects and it was quite apparent they do a huge amount of worthwhile work. It was an eye opener to see the children's centre, clinic, women's projects and workshops, which are really helping local people in Lugazi. Perhaps the most amazing thing about those supported by Capstone is that although their needs are great, they are so thankful and happy for the little they have. They could certainly teach us a thing or two in that respect. I will never forget the welcome and kindness shown to us wherever we went, especially the graciousness of our hosts, Pastor Sam and his lovely family. We left there in tears and it felt like we were leaving our own family behind. If you get the chance to go to Uganda and support the projects, don't hold back, it is an experience you will never forget. I thank God for the health and opportunity to make this trip and I hope I get the opportunity to go back"



Jasmina makes a new friend.....

Ally's Trip

"Beaming smiles, hearty hugs and a peculiar 'down with the kids, rapper style' handshake that even the elders bestow on you. These are the things that I will take away from Uganda, because for me the people I met made Uganda. Yes there was heart-wrenching poverty, yes there were men in supermarkets with semi automatic weapons, yes there were even lions! But this is a country of extremes, where there resides poverty and violence there is also unbelievable generosity and kindness. These are people who take in their family member's orphaned children, and orphaned children off the street, or in one case a sick child in hospital who was being neglected. You start to understand that in Uganda family is about love, not about blood or biology, and the power of that love is evident in the faces of the children you meet. Cheerful giggling follows you everywhere you go, children want to hold your hand, and will we ever forget the "bye, bye, Mzungu" echoing in our ears. When can I go back!"