



Team Visit – March 2013

The latest team visit saw three of the director's, Derek, Alec and Joyce, travel out to Uganda to meet old friends and check on the progress of the projects. They were able to spend time at all of the projects and report good progress on each, particularly the coffee growing and micro finance projects.

Over 20 acres of land have now been cleared at the coffee growing site, mostly by hand, and 6000 coffee seedlings planted. It will take some time until there is a yield from the coffee plants but the banana plants are growing at an incredible rate, and will produce a crop this year.



A young crop at the coffee growing project....

The micro finance project celebrated its third anniversary this year and has been a fantastic success. From an initial donation of £5000, topped up later by a further gift of £1000, over 200 loans have been given out and numerous small businesses have been created as a result. The repayment rate is also excellent, and the small amount of interest charged allows for more money to be loaned to either new businesses or existing customers.



The children put on a show for their visitors.....

The team also spent time with the kids at the Children's Development Centre and were particularly touched by the story of one young girl. She told them that before coming to the centre her father had died, and she and her sister had been abandoned by their mother who was struggling to cope. They had no money to attend school and were forced to rake in rubbish bins for scraps of food. They managed to survive like this for some time before the authorities became involved and they were brought to the centre. Although clearly emotional at recounting her story, the young girl wanted to pass on her thanks for the care she and her sister had received.

Drew's Residency

One of our directors, Drew Greer, is a Doctor and has been a major influence in the success of the medical centre in Lugazi. He has visited the project many times but always felt a longer stay would allow him to develop the service further. In March this year he travelled out for what will be a four and a half month stay in Lugazi, living and working in the community every day.

He will look to start basic dental services at the clinic, with the hope of employing a part time dentist when he leaves. Drew will also be looking to expand the pharmacy facility, dispensing drugs not just to patients but also to other local clinics.

Drew's diary and full details of his plans during his stay can be read on the website.



Fundraising

5x4=20

Lynne Thomas and Ally Calder returned from their first trip to Uganda last September full of enthusiasm and a desire to help the children they met. They devised a challenge of walking, running or cycling 5k a day for months, with the initial aim of raising £2000. They roped in a few friends and family and managed to stick to the challenge right through the cold, dark winter months, and even managed to get out on Christmas Day in fancy dress. Their hard work did not go unnoticed though and the generosity of their supporters saw them raise just under £6000! A fantastic achievement, and the money will go a long way to improving the lives of the children that touched the girls' hearts whilst they were in Uganda. An update on how the funds were used will be included in the next newsletter.

Michelle Perry has taken on the challenge of running the Baker Hughes 10k in May this year. Despite her reservations and lack of running experience, she has challenged herself to complete the run and raise funds for Capstone in the process.

Carol Ferrie will be taking on the West Highland Way from the 1st to the 7th of July this year. She will walk the 56 miles to raise money for the Children's Development Centre.

Both Carol and Michelle have a link on the Capstone webpage where you can donate through the Big Give.

Mount Kilimanjaro

Paddy O'Neill and a group of his friends will travel out to Africa in June this year, with the aim of climbing Mount Kilimanjaro. They are all friends of Drew Greer and have taken on this significant challenge to raise funds for Capstone. They intend to climb the mountain via the Umbwe route, the steepest and most difficult ascent, completely self supported. They will not use a guide or porters to carry the equipment they need for the climb to the summit at just less than 20,000 feet. Climbing Kilimanjaro is a difficult task and the team will need to content with altitude sickness, hypothermia and rock slides. The national park figures show that only 41% of attempts reach the summit. Details of the team's progress will be published on the web page along with a sponsorship link.



Ceilidh

On 17th May Joyce Matthew held a ceilidh at the Chamber Building, Panmure Street, Dundee. The night was a great success and the event raised £1015 for the charity.

Future Trips

There is a trip planned for July this year that will see a team from Kirriemuir travel out to Uganda, most of them for the first time. As always, if you are interested in joining one of our visits to Uganda, then please get in touch.

Once again, thank you for your continued support of Capstone Projects. You are at the root of all the work we do and on behalf of the children on Uganda, Thank you for making a difference, Thank you for changing and saving lives.