



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 we raise is being spent.

February Trip

In February this year Derek Marshall, Andrew Inglis, Chris Lundie and Joyce Matthew travelled out to Lugazi. Chris and Joyce have been instrumental in setting up the Micro Finance Project and travelled out to offer advice and support to those who have taken part in the scheme. They even managed to take all the kids from the Child development Centre on a day trip to the source of the Nile and Bujagali Falls. A full write up of their trip, including Joyce's first impressions of Uganda, can be found on the Capstone website.

The Child Development Centre

The centre continues to grow and offer support to children who, for one reason or another, have found themselves in a position where they need our help. We currently have 52 children staying with us, from 4 to 16 years old, and we have resettled another 29 children with foster families. The money we raise provides accommodation, food, clothing, medical care, education and a safe environment for these children to grow and learn the skills required to improve their lives. Without this facility, many of these vulnerable children would be forced to sleep on the streets.



Medical Centre



Since starting to deliver services in March 2008, the centre now offers 24 hour medical support, maternity services and a medical lab for carrying out tests. The centre works on the principle that those who can afford to pay do so, although nobody is turned away. Over 14,500 people have been treated at the centre and over 30 babies born! We also offer an outreach program to take medical support to outlying rural villages and have managed to see over 6000 rural patients in 9 different villages. At present the centre is about 50% self supporting with the remainder of the costs covered by us.

Ally's Trip to Everest

In September this year Ally Calder will travel to the Himalayas, and climb to the base camp of Mount Everest to raise money for Capstone. Now 'base camp' may sound like it's at the bottom, but it does in fact lie at almost 18'000 feet above sea level and involves a long and potentially dangerous trek to get there. Ally's fund raising efforts are continuing, and she has successfully hosted a number of different events, including a few fantastic murder mystery nights. Everyone at Capstone is very grateful of Ally's efforts and if you would like to contribute to her fund please visit the website at www.capstoneprojects.org.uk and click on the link.



September Trip

The 11th of September this year will see another group flying out to Uganda. Two of our Directors, Derek Marshall and Andrew Greer, Derek's son Ross, along with two of Andrew's colleagues Patrick O'Neil and Alan Farquhar, will make up the September team. This will be the first visit to Uganda for Patrick and Alan and along with Andrew, they will spend the majority of their time working at the Medical Centre. Derek and Ross will be working on reviewing each of the projects to see where we need to focus our efforts and finances, and also looking at a potential new farm project. The farm is an idea that has been around for a while and we are currently in negotiations with a potential funder that may make this a reality. Having farm land to start a coffee plantation would assist us in sustaining the current projects and give us an opportunity to create a revenue stream for any future work.

Coffee Exchange & Bridges Café's



Since our last newsletter we have also opened a new café called Bridges, situated in Bank Street, Kirriemuir. Months of work was needed to renovate the building, with much of the hard graft being done by local volunteers. The café is a joint project with the Strathmore Christian Fellowship and we even managed to get the Angus Lady Provost to cut the ribbon on the official opening night! Despite having only been open a short time the cafe has already proved very popular. Both cafés sell fair-trade coffee, tea, cakes, soup and sandwiches. So if you are passing please pop in for a coffee, knowing that your money is going to a good cause!

Thank You

We would like to take this opportunity to thank you for all your support and encouragement throughout the year and hope you will share with us in this life changing work throughout 2011.

If you know of someone who may be in a position to help out, perhaps even sponsor a child, then just a small monthly donation can go a long way in Uganda. You can help us not only sustain the essential work we are doing now, but allow us to expand and make a real difference to the lives of these children; children who have nothing without the opportunities our money creates. Please forward this email on to them and please feel free to be ambassadors for Capstone Projects.

Or if you are interested in travelling out to Uganda please get in touch. Over the years we have taken almost a hundred people out to Uganda and are always looking for volunteers to help out with the projects. We usually have at least two trips a year, one around March and the other around September.

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