



Chilli Children's work is going on everywhere, all the time; at the Project office and Rehabilitation Centre - life skills and physiotherapy clinics, club foot clinics and counselling; in hospitals countrywide - CORSU Hospital, Kisizi Hospital, Rugarama Hospital Rukungiri, Bethel SurgiCo Clinic Kabale and CURE Mbale; at educational institutions - Kitazigurukwa Special Needs Unit and Hornby Junior and High School; and in the field - outreach clinics, the Project Hostel, chilli growing programme and home visits.

This newsletter, we want to focus in on some of this work and what's been happening in those areas over the past few months.

Work... at the Project Office

Club foot treatment continues

We are thankful to Orthopedic Officer Kenneth, ably assisted by Physiotherapist Flavia, who have together successfully taken over the reins of the Club Foot Clinic following Jones' retirement at the beginning of the year.

Here is just one example of the many successful treatments throughout the year so far.

We think the photos speak for themselves! Here is Kelvin before, during and after treatment. He has been given braces to maintain the feet in the correction phase. We hope that his Mum will adhere well to this final, and very important, stage of treatment, as he is supposed to wear the braces 24/7 for the next three months in order to maintain the correction. Well done Kenneth and Flavia!



Focus on Physiotherapy Clinics by Project Physiotherapist Nakalanzi Flavia

Since the year began, the physiotherapy and life skills clinics have seen 73 new children and 65 repeat, regular clients attending.

Jayden

"Jayden is a 1 year and 4 months old baby with a history of seizures and has delayed milestones. He was abandoned at his grandmother's home by his mother when he was just 3 weeks old. Jayden and his grandmother visited our office in May when the child couldn't sit, stand or play with his hands. He also had low attention and concentration span.

He was initiated on physiotherapy at the weekly clinics and also given home programme exercises that were aimed at achieving the missed milestones. Now he is able to sit and play with objects around. His attention and concentration span has greatly improved.

Cheers to his grandmother who has done a great job for her grandson. She is a very serious and committed lady"

- Flavia, June '24

Shalom

We first met Shalom, an 8 year-old girl with cerebral palsy, during a field survey in April. Her movements were restricted to tummy crawling, plus some involuntary movements which made playing and eating difficult, and sitting, standing and walking impossible.

But Shalom had a dream. She wanted to walk more than anything. So she came to us to do physiotherapy and rehabilitation for two months.

Since then, she can now sit independently, feed herself with ease, and transfer herself from high sitting to standing with minimal support. Best of all, in August 2024, Shalom took her first steps with the help of KAFOs and a walking frame.

Right top, Shalom with her Mum and cousin; right middle, doing some exercises with Flavia; right bottom, Shalom excited to be walking with a frame for the first time EVER!



Work... in hospitals countrywide

Peter's story



Sometimes we find children during our field surveys who have already started some kind of treatment. In Peter's case, his father was struggling with the funds needed to finish his treatment for neglected clubfoot.

That's where we stepped in – bringing hope, healing and opportunity to their situation. Thanks to CORSU Hospital for their great work.

Work...in education

Aggrey continues to progress in education

Aggrey may be a familiar face by now. He has been supported by the Project for many, many years. We are so proud of him and all he has accomplished. We are proud of him for getting the A Level grades needed to attend Great Lakes Regional University to study for a National Certificate in Business Administration, which commenced in August. Good luck with this next stage in your life, Aggrey!



Maintenance and repair works at Kitazigurukwa Special Needs Unit

Thanks to a grant from Kitchen Table Charities Trust, we have been able to begin undertaking some much needed repairs and renovations at Kitazigurukwa Special Needs Unit.

These include repairing and renovation of water tanks, renovation of the school dining room and other general but necessary maintenance works. We are happy with the work of local tradesmen and contractors who are making it happen successfully. Here, one is repairing some broken windows.



Work... in the field

Our Project Hostel

Did you know that your support helps us to run a Project Hostel in Rukungiri town? Some children, like Shalom, live far from the Project office and can't travel in everyday for intensive rehabilitation/physiotherapy. Therefore, the hostel gives children and their caregivers a chance to stay for longer periods so that they can regularly attend the Rehab Centre for better results. Additionally, when children have to travel early to, or arrive late from, various hospitals around Uganda, they can stay at the Project Hostel for a night or two before onward travel.

The Project hostel costs 200,000 ugx per month to rent (around £42 a month) - well worth it for the benefit that it provides. Can you consider gifting us some or all of the £504 that it will cost to rent this property in 2025?



Chilli growing programme: Johnson's family

Recently, Victory was able to give out some new chilli plants to one of our beneficiaries Johnson and his grandmother. She collected them after a visit to the Rehab clinic.



Later, Martin followed up with a home visit to check on the progress of her chilli growing project. She's doing a great job!

Thank you for your fundraising efforts

Chilli Runners and Walkers

This year, the Chilli Runners and Walkers have been raising funds for Kitazigurukwa Special Needs Unit. It's not easy to feed 30+ growing children 3 meals a day for around 40 weeks a year! We also have plans in 2025 of teaching the children more practical skills such as baking, handcrafts or sewing, better preparing them for a more independent life where possible.

They ran or walked 120 miles in the month of September – or 4 miles a day for the whole month. What a commitment! It's not too late to donate to their efforts!

www.stewardship.org.uk/pages/chilliwalkersandranners2024

We look forward to hearing more about how they got on in the next newsletter.

Our very own trustee, Liz Joyce (88) has also taken part in Chilli Runners and Walkers 2024. She did 4 sets of 5 lateral pulls per day in her local park, during the month of September, and raised £300. Well done, Liz!



Can you help?

Can you do some fundraising for us? The opportunities are endless and we would be so grateful, to enable all the work above to continue. Please get in touch with us if you'd like some ideas or support in organizing a fundraising event or talk for us.



We need you!



Do you have a little bit of spare time? Or a skill in administration or fundraising? Do you want to invest in the future of the Chilli Children Project?

We are looking for a couple of new trustees to join our small but dedicated volunteer team. We meet online, for a couple of hours, every 6 weeks, and give some time here and there to support the work of the Trust.

Please email **trustees@chillichildren.com** for some more information, or to arrange an informal chat to discuss this more.



Giving to Uganda

As you have seen from this newsletter, the Project and its committed staff are busy with so many different activities. But none of it can be done without your support. We are committed to sending more than £75,000 to the project in Uganda annually. Unfortunately, we have fallen short of our fundraising needs in recent months. This means that our Project staff may need to make hard choices about which activities they are able to continue to fund in the next year. If you can, please consider helping us with a financial donation.

What does my donation mean?

- £8 can send a child to receive a neurological review in Mbarara
- £10 can help a family to receive training and chilli seedlings to begin their income generating activity
- £20 can feed a child at Kitazigurukwa Special Needs Unit for one month
- £50 can pay boarding school fees for a blind student for a term
- £500 can fix genu varum (bow legs) and genu valgum (knock knees)
- The Project employs over ten staff to carry out work at the hospitals, school, clinics and office!

How to give

By cheque

You can post a cheque to us, along with this page of the newsletter to include the Charity Gift Aid Declaration form (over leaf). Please make cheques payable to Chilli Children of Rukungiri Trust, and send to Chilli Children Trust, 37 Forest Road, Bingham, Nottinghamshire, NG13 8RL.

By regular standing order

You can give to us regularly by standing order. You can set this up directly with your bank. If you would like to set up a regular standing order, our bank details are as follows:

Barclays Bank
Account Name: Chilli Children of Rukungiri (Uganda)
Account Number 00848883
Sort Code 20-84-17

If you are eligible for Gift Aid, this really helps too! Please post the Gift Aid Declaration Form (overleaf) to: Chilli Children Trust, 37 Forest Road, Bingham, Nottinghamshire, NG13 8RL.

Through Stewardship

You can give to us regularly, or as a one off gift, through Stewardship, an online giving platform. Go to <https://www.stewardship.org.uk/partners/20095422> and follow the instructions.



Charity Gift Aid Declaration

Charity Gift Aid Declaration

In order to Gift Aid your donation you must tick the box below.

- I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to Chilli Children Trust.
- Or
- I am not eligible for Gift Aid.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Your address is needed to identify you as a current UK taxpayer.

Title

First name or initial(s)

Surname

Full Home address

Postcode _____

Date _____

Signature _____

Please notify the charity if you want to cancel this declaration, change your name or home address, and no longer pay sufficient tax on your income and/or capital gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

