

Project SKILLS4LIFE

NANSANA children's centre



Omwana Uganda Foundation

SKILLS4LIFE

Nansana Children's Centre & Omwana Uganda Foundation

Nansana (Uganda) / Zuidwolde (Netherlands)

1 oktober 2014

COLOPHON

Nansana Children's Centre

Nansana Jesu Amala

Zone 7/8

Hoima Road

Nabweru Sub country

Wakiso District

Board members:

Katongole Issa Kats: executive director

Jjemba David: general secretary

Waidhula Davis: treasurer

Namyalo Edith: I.T officer

Namanda precious: field officer

Luwagga Allan: legal officer

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NCC is registered as a CBO under WCBO/1238/11

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Hans Berghuis: Treasurer

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1. INTRODUCTION

Uganda, the pearl of Africa, is a land locked country in East Africa. In Uganda there are many people living below the poverty line, and high percentages of HIV/AIDS infections contribute to the impoverishment of the nation. Nansana children's centre (NCC) and Omwana Uganda Foundation both care for children in Uganda, because we both believe that they are the future of the country. All children have the right to education. Even though the Ugandan government has made a good attempt in achieving EFA (Education For All), through the implementation of Universal primary Education (USE) and Universal secondary Education (USE), there are still a lot of children who do not have the opportunity to go to school.

In addition, every child has the right to proper healthcare and to grow up in a safe environment. However, in Uganda there are many street children and orphans, these children have no access to these rights, and no hope for a good future. Even so, there are many single mothers who have no money to raise their children which results in a great risk that these children leave their homes to live on the streets.

Together Omwana Uganda Foundation and NCC came up with the idea to start organizing skill training and workshops for single mothers. This Skill centre will be located in the current building NCC is residing. A place which is also used as a pre-school, set up by NCC with the help of local and international volunteers. Future plans include a new location, where the pre-school can be further developed alongside the skill centre, so that both children and mothers will be cared for.

This project plan is drafted by Katongole Kats Issa from NCC and Nienke Voppen from Omwana Uganda Foundation. The project will be executed by NCC, with assistance from Omwana Uganda Foundation. This plan will focus on the execution of Skills4Life, a project that focuses on teaching women sewing skills that can be used to create better lives for their children and themselves.

2. PARTNERS IN THIS PROJECT

The two parties that are working together in this project are:

Nansana Children's Centre

The mission of NCC is to contribute to the promotion of children's and human rights in Nansana. They do this by providing health service, education and other activities. Nansana is a town in Central Uganda. It is located in Wakiso District and is one of the 5 municipalities in the district. It is one of the larger suburbs of Kampala.



We, NCC, want to improve the lives of the most vulnerable people in society. Through different activities within the community NCC creates awareness on e.g. HIV/Aids, hygiene and necessary life skills. Activities NCC runs are Dance and Drama programs, Volunteer programs, Home visits, Information/ Education/ Communication programs, materials distribution, HIV/Aids programs, Providing scholastic materials for the children and providing counselling. With this new project Skills4life NCC helps the single mothers in the community aiming to create better lives for their children and for themselves.

The Director of NCC, Katongole Issa Kats, grew up with a single mother; in a family of six children he saw the hard moments his mother had raising her children. He faced a lot of challenges during his Education, such as lack of scholastic materials, school fees, health care and other basic needs. Due to that situation he started helping people who are in similar situations. From that moment he was passionate about OVCs (orphans and vulnerable children) and Single mothers. In 2011 he shared his dream with other community members, together they established NCC.

In recent years NCC has already worked with women. NCC started a project of teaching women how to make craft sandals, it was led by one of the members called Nakato Monica. It was not successful because financial support was lacking and the women were not in position to finance it. With Skills4life NCC creates a new chance of teaching skills to women. The reasons for choosing sewing, and not craft sandals, as a skill in this project are the following:

1. It does not require much space to carry out. Someone can do it using the limited space, and since we are operating in an urban setting where people have small pieces of land, sewing is quite practical.
2. Availability of Market. Being an urban setting the area is highly populated which gives a fertile ground for the people with this skill to have customers such as schools, factories and individuals.

3. Flexibility. It is flexible in such a way that someone can do the domestic work in times when there are not a lot of customers. It can be easily combined with other businesses such as selling and washing clothes.

4. It is a skill for life. Once a person has gained this skill it is a life time skill, you stay with it for the rest of your life.

Target groups of NCC:

1. Children; mostly orphans and vulnerable children. NCC gives them educational support, health care and all other basic necessities in life.

2. Single mothers; through giving them support by various trainings NCC helps them to get various skills, such as crafts and candle making. By doing this NCC wants to enable these women to take care of their families.

3. Youth; NCC gives guidance and counselling on how to live a healthy life and how to prevent HIV infections.

4. Community as a whole; Through various campaigns NCC makes sure that the community members are involved in the programs. It aims at making the community a better place for everyone.

Successes of NCC:

NCC's successes over the last years include the following:

1. A successful campaign called 'Give with one Heart'. In this campaign NCC fundraised items like clothes, shoes and scholastic materials, bed sheets and other things. These items have been distributed to those in need.

2. School outreach campaign. NCC has reached over a thousand students in 2013 with reproductive health messages in 5 schools in the area. Good Shepherd High school, Kabumbi High school, Nansana education Centre, St. Joseph Secondary School and Nansana community primary school.

3. NCC has signed a Memorandum of Understanding with another local organisation called Kiyita Family alliance for development, in order to ensure productive HIV/AIDS counselling and testing. This has been going on for the past two years.

List of NCC board members:

1. **Katongole Issa Kats**, Executive Director. Currently working on a part time job with Digital Opportunity Trust as field Facilitator in Uganda (Dot) on STARTUP Program, which aiming at training young entrepreneur in their start up Business within the community of Nansana. He has seven years of experience in working with communities in the areas of Reproductive Health, Organization Capacity building, Community and schools outreaches, youth and Children friendly services. He means a lot for the community due to the fact that these projects are done within the community and benefiting community people, therefore a vital player in the Skills4life project.

2. **Jjemba David**, General Secretary. Currently working with Rock of Ages Pentecostal Church as Administrative Assistant, He also has five years' experience working in the area of reproductive Health. He means a lot to the community due to the fact that he works with a church now where many people gather from different communities, also his experience is vital to our project.

3. **Waidhulo Davis**, Finance. Currently he is working with a SACCO called JODA Community Development Savings Initiative in Nansana and is one of the board members of this SACCO. He means a lot to the community because they give people small loans for their businesses. These skills can be used to further develop the micro-finance part of this project.

4. **Namyalo Edith**, I.T Officer. Currently she is working with a certain secretarial bureau where they do typing, printing photocopy log design etc. She also means a lot to the community because they are serving the community, she uses her skills to improve the project.

5. **Namanda precious**, Field officer. She is doing her final year in high school.

6. **Luwagga Allan**, Legal officer. He is doing a Bachelor's Degree in law at the Uganda Christian University in Mukono.

The above Board members meet every Sunday to discuss all matters that have come up in the past week. The board also discusses implementation of new projects and discusses the financial situation.

Omwana Uganda Foundation

Omwana Uganda Foundation is a Dutch Foundation, founded in March 2012. Omwana Uganda Foundation aims at improving the lives of the most vulnerable people in society mainly through education. Omwana Uganda Foundation empowers local initiatives and aims at creating projects which will eventually be self-reliant. At the moment Omwana Uganda Foundation sends children to school, paying for their education with the help of European sponsors. Besides the educational project, Omwana Uganda Foundation works with single mothers, empowering them and giving them the opportunity to earn some money. Through the project Skills4life, we can reach more single mothers and help them to get a better future for themselves and their children. In 2013 a partnership between NCC and Omwana Uganda foundation has been established. Resulting in the project proposal of Skills4life.

List of Omwana Uganda board members:

1. **Nienke Voppen**, Chair and founder of the foundation. She is a third year student of Leiden University, International Studies, specialization Sub-Saharan Africa. She has lived in Nansana and worked with street children and single mothers.

2. **Heleen Langen**, Secretary and co-founder of the foundation. She has worked for many years in the public health sector as project manager and consultant, specialization health promotion, health education and policy making in the public health. Also worked with the Healthy City/community approach. She has worked with refugees and asylum seekers. She is now working as a project manager and consultant in the social domain.

3. Hans Berghuis, Treasurer. He works for a large insurance company and is advisor risk-management.

4. Josette van der Houven, Member. She works as a psychologist and has experience with traumatized clients.

3. PROBLEM ANALYSIS

In Uganda the general life expectancy is only 54 years, this low number is caused by the high HIV infection rate in the country. Nearly 14% of the adult population is infected with this virus. Uganda is a country in which a substantial amount of the population lives below the poverty line mainly, because HIV/Aids is a big problem in many communities in Uganda. HIV and AIDS can lead to break-ups of families, and orphaned children.

Nansana Town Council is found in Wakiso District located along Hoima Road. In Nansana there live about 15,000 people, out that around 8,000 are women (an estimate).

The Area has recorded many problems like child headed family, family separation, child abuse, death cases. Problems where NCC also is faced with are un-employment, child labor, domestic violence, high crime rate due to idleness, but also you can find disease like malnourished children, malaria, Sexually Transmitted Diseases (STD's) and other diseases.

In our community there are a lot of single mothers, abandoned by their husbands, taking care of often many children. These women do often not have a substantial income, which results in no educational chances for their children. Some people are surviving on less than 1 dollar a day.

In all cases children are the most affected group. The place continuously has been facing a problem of increasing population. HIV/AIDS levels have increased and causes many problems in families, which results in a large number of people living below the poverty line.

Most single mothers do not have a possibility to earn enough money to pay school fees for their children, which means there is a substantial number of children who do not have the opportunity to go to school.



4. SITUATION NOW

At the moment NCC is located in a small building which is rented. A group of volunteers, both national and international, started the preschool. There is only money for a few kids, but there are many more children in Nansana who need education. The development of this school might come at a later stage, and is not the focus point of this project plan.

Right now many of the single mothers in the area are taking care of many children. Through hard work they are able to send some of their children to school, though not all of them. These women often work on a market selling some fruit, or wash clothes. The idea of the NCC board is to help the single mothers by giving them a chance to learn some skills and get work so they can earn more money in the future. By giving the mothers a chance, they give their children a chance to go to school.

5. OBJECTIVES

The main objective of the project is to improve the lives of the most vulnerable people in the Ugandan society, in Nansana.

In this project the goals are:

- a) Organize the training and workshops for 20 to 30 single mothers. First with a pilot group of ten, after evaluation we will continue with the next group of women and possibly increase the number of women in the program, depending on the evaluation.
- b) Teaching and training single mothers skills to enable them to start their own businesses.
 - Sewing workshops for making for example school uniforms, slippers, crafts etc.
 - Education in reading and writing
 - Social skills; how to work together and start a business

How we want to achieve these goals:

Ad a by obtaining sufficient equipment which can be used for the training and workshops

- Sewing equipment
- Educational equipment
- Social equipment

We shall need sewing machines, and other equipment to produce uniforms, crafts, slippers, clothes, bags and other products.

For the educational goal we also need pens, paper, books and other material to increase literacy among these women in a practical way, always related to the skill training and other useful skills in life.

The social aspect of the training is combined in both of the other aspects, since this contains monitoring and coaching of the women within the project.

The rooms that are now rented by NCC will be used as workshop locations. These rooms are not optimal, though sufficient. The trainings will be given mostly by community members, the trainers will generate a small income by providing the trainings, in this way we make optimal use of knowledge within the community. The trained women can in the future help new women in their training process. If necessary, external sources will be used to train the mothers, however, only if the locally available trainers are not sufficient.

Ad b Depending on the capacity of the trainees (women), the project will run twice a year, with a group of ten (possibly 20) women each round, which means 20 (to possibly 30) women trained in one year. The group will together develop a training schedule, according to everyone's needs and wishes. In accordance with availability of the trainers, a schedule will be created and communicated to all parties involved.

The main focus will be on the practical skills, however, a combination of all of the three mentioned aspects will be offered. Educational skills, for example, increasing literacy among the women, will be included in the practical skill trainings. Also the social skills will be taught practically, in combination with the sewing trainings. This will include counselling, setting up personal plans for the future and other social skills that seem necessary during the pilot will be implemented. NCC has a social worker in their board who can take up this role.

An important part is enabling private enterprises. This will be achieved by revolving funds, which helps women to save up enough money to buy the sewing machine for private use. They will only pay half of the machine, through microfinance. The other half will be donated by NCC and Omwana Uganda Foundation. Microfinance means that for each individual a payment plan will be established, in order to pay back half of the costs of the machine. In case a former trainee wants to sell the equipment, NCC will always be the first buyer, as is agreed on in the contract signed by NCC and the trainee.

6. THE SKILLS4LIFE TRAINING

NCC and the women discussed together about the length and content of the training. They decided the training will last for 20 weeks with during the week about 8 hours of training a week. In total 160 hours of training per group.

The exact structure of the lessons will be determined after the meeting with the involved women. This because we need to get a time favouring them, since the women do have their daily activities to earn a living.

The lessons will take place in the afternoon and in the weekend, since mornings are not possible due to the location also being school premises.

The training consists of lessons about learning to use the sewing machine, fabric cutting, stitching using the sewing machine, language and mathematics, cooperation with each other in the context of a small business, setting up a business and social skills that the women together believe are important.

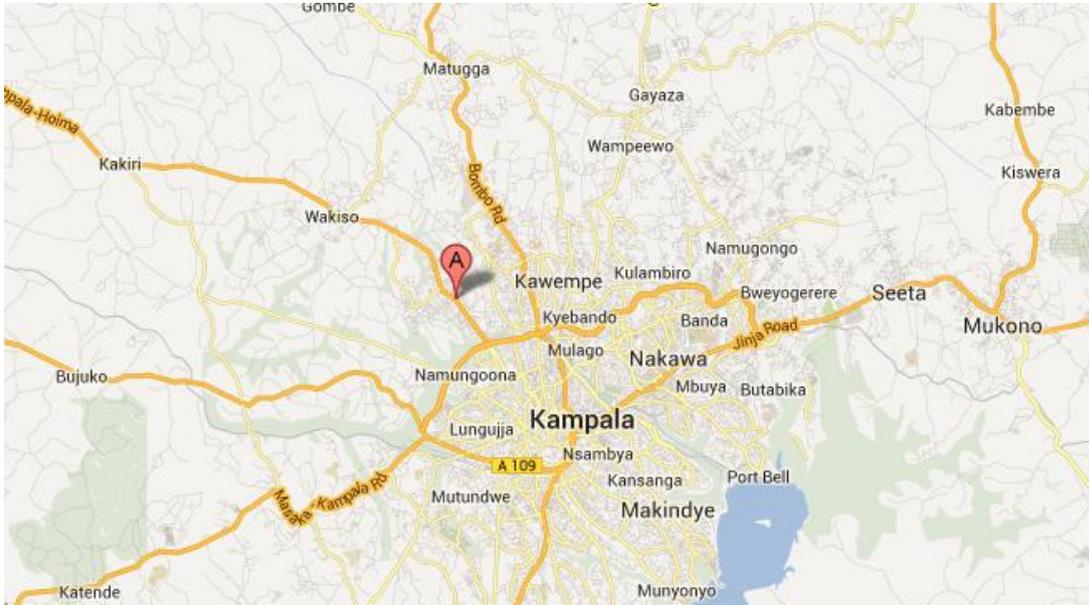
During the training period NCC and the women also discuss about the content of the training. Because the training is based on the needs and capabilities of the women, the content of the trainings can be different in various groups.

The training is given by members of the board and the community. These trainers are qualified at all levels i.e. Certificate, Diploma and Degree level. These are for example the trainings about micro-finance, business skills but also the practical sewing skills. There is a Network which brings all NGOs, CBOs and FBOs in our community together. From this pool we can select members who are capable of providing training.

The social worker will be responsible for the smooth running of the training, is responsible that all the necessary materials for that day's training are available. The social worker will be the mediator between the trainee and the trainers, with the help from the project management team.

7. LOCATION

The Skill centre will be located in Nansana, one of the suburbs of Kampala. As for now, the plan is to organize the trainings in the same (rented) building as the school. However, in the future we hope to have a separate fully equipped location for this project.

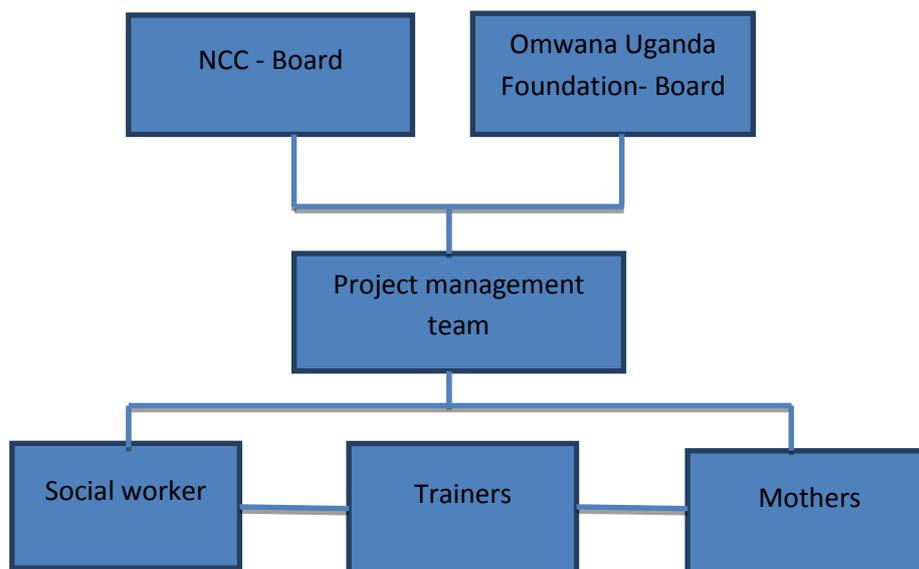


8. PROJECT IMPLEMENTATION AND MANAGEMENT PLAN

8.1 Time plan

When?	What?
July 2014 – December 2014	Final research and preparation in Uganda; all parties are involved. Which includes buying equipment and setting up the program.
January 2015 – June 2015	Starting project with a pilot group of 10 women.
June 2015	Evaluation pilot group, preparation second round.
July 2015 - December 2015	Second round of the project, with a group of potentially 15 women, depending on the evaluation.
January 2016	Evaluation first year of Skills4life project.

8.2 Project Organization Chart



The project management team will consist of NCC board members that are appointed to work on the Skills4life project. The team will consist of three to four board members. Also, the Ugandan representative of Omwana Uganda Foundation will take place in the project management team. As part of the project NCC and Omwana Uganda Foundation will sign a cooperation agreement.

8.3 Responsibility different parties

In order to ensure success, we need to decide on a clear governance structure with active involvement of both Omwana and NCC with the project progress.

In general, the tasks of each of the parties involved are:

NCC

Will be in charge of the daily running of the project and project activities, they are located within the community and know best how to run a project like this in Uganda, as they have the knowledge about the local market, culture etc. NCC will also be involved in continuously looking for new funding and partnership to ensure the continuity of the project.

Omwana Uganda Foundation

Will be focussing on support NCC in the overall management of the project and on bringing in the funds from The Netherlands.

9. PROJECT MONITORING AND EXPECTED PROJECT RESULTS

9.1 Project Monitoring

The monitoring of the project will be done by both Omwana Uganda foundation and NCC. Through monthly board meetings by both Omwana Uganda Foundation and NCC, the development of the project (process and finances) will be monitored. Through monthly reports from the project management team, problems will be communicated to the boards, in order to run the project as smoothly as possible. The trainers, social worker and women will have biweekly meetings with the project management team, to discuss the developments of the project.

9.2 Expected project results

Expected project results in 2016

- Sewing machines available in the skill centre.
- Operating skill training project
- Social worker and trainers available from within the community
- 25 women have followed the training
- A revolving fund has started
- Self-reliance, a future - plan for each single mother
- Sales of products produced during skill-trainings. Both nationally and international sales.

10. BUDGET

10.1 Budget for the first pilot group in 2015, 10 women

	Costs:	Specification
Machines	€1720,-	<p>We plan to buy 10 sewing machines for the first group.</p> <p>7 machines type: brother/Singer à 500000 shilling. This is approximately € 167,- each.</p> <p>1 à 2 machines RIKA (more advanced machines) à 500,000 shilling This is approximately € 167,- each.</p> <p>1 machine for 'finishing clothes' à 450000 shilling. This is approximately € 150,-</p> <p>1 machine for hard materials à 700000 shilling. This is approximately €234,-</p>
Materials	€700,-	<p>Sewing start-up kit (fabric, needles etc.) Each kit costs €70.</p> <p>For 10 women.</p>
Educational equipment	€600,-	<p>Books, pens, pencils etc. This includes possible need of glasses or other study improving material.</p>
Trainers/social worker	€1000,-	<p>20 weeks of training, 8 hours a week. In total 160 hours of training per group.</p> <p>For both the social worker and 3 trainers we calculate an hour rate of 5000 UGX. This is approximately € 1,5 euro per hour.</p> <p>Note: planning can differ due to different demands within the group.</p>
Project management	€ 750,-	<p>Includes electricity, paper, internet, transport, etc. This includes basically everything that is necessary to make sure the program runs smoothly.</p> <p>E.g. - in case of evening classes there is need of electricity, since it is dark after 7pm.</p> <ul style="list-style-type: none"> - Books are needed for women to make notes during the classes - Internet and mobile phone is required in order for the project management team to contact all parties involved.
Total:	€ 4770,-	

10.2 Budget for the second group in 2015, 15 women

	Costs:	Specification
Machines	€1720,-	<p>We plan to buy 10 sewing machines for the second group.</p> <p>7 machines type: brother/Singer à 500000 shilling. This is approximately € 167,- each.</p> <p>1 à 2 machines RIKA (more advanced machines) à 500,000 shilling This is approximately € 167,- each.</p> <p>1 machine for 'finishing clothes' à 450000 shilling. This is approximately € 150,-</p> <p>1 machine for hard materials à 700000 shilling. This is approximately €234,-</p>
Materials	€1050,-	Sewing start-up kit (fabric, needles etc.) each kit costs €70. For 15 women
Educational equipment	€900,-	Books, pens, pencils etc. This includes possible need of glasses or other study improving material.
Trainers/social worker	€1000,-	<p>20 weeks of training, 8 hours a week. In total 160 hours of training per group.</p> <p>For both the social worker and 3 trainers we calculate an hour rate of 5000 UGX. This is approximately € 1,5 euro per hour.</p> <p>Note: planning can differ due to different demands within the group.</p>
Project management	€ 750,-	<p>Includes electricity, paper, internet, transport, etc. This includes basically everything that is necessary to make sure the program runs smoothly.</p> <p>E.g. - in case of evening classes there is need of electricity, since it is dark after 7pm.</p> <ul style="list-style-type: none"> - Books are needed for women to make notes during the classes - Internet and mobile phone is required in order for the project management team to contact all parties involved.
Total:	€ 5420,-	

The total budget needed in 2015 for Skills4life is € 10190,-

APPENDIX

Appendix 1 - SEWING MACHINE FINDINGS FROM KIYEMBE MARKET KAMPALA

Shop: Lida Tailors Friend City Complex Building

Brands of sewing machine

- Singer
- Brother

These are the most usable types known for beginners:

Only head it is 350,000/= ¹

table and leg 150,000/=

The full set costs 500,000/=.

Types will be decided on based on availability, all manual.

- Rika

The above type is a little bit more advanced, still a full set costs around 500,000/=.

All of these are multi-purpose machines. Since the Rika is a bit more advanced, it is more difficult to use it in the beginning for new learners, however it is important to have one Rika, so that learners can get the full package of skills.

Finishing machines

This one serves the purpose of finishing clothes at the final stage after the first stage using the Singer or any other type. The clothes have to go through the finishing stage.

The big one (industrial) 1.6 million complete set it is only electronic.

The small one (domestic) 450,000/= complete India type (*preferred*)

For hard materials

Juki type (industrial) this is commonly used in case of hard materials like jeans etc

The full set 1.1million (industrial)

Semi industrial complete set 700,000/= (*preferred*)

All manual machines have a one year warranty.

¹ All prices are in Ugandan Shilling. Average rate is 3000 shilling is € 1,-

Other offers:

Other shops have been consulted as well.

However, these shops only sold second hand sewing machines. Prices varied between 200.000 and 500.000. Even though it might be a cheaper option at first to purchase second hand sewing machines, we decided to purchase new machines. The reason for this is the warranty that comes with new machines. The risk that comes with purchasing second hand machines is that there are unpredictable repair costs, or even replacement costs. This level of insecurity is not beneficial to the smooth running of the project and therefore all parties have agreed to purchase new sewing machines.

Preferred in the project per group

7 machines type: brother/Singer à 500,000 shilling (*approximately each € 167,-*)

1 à 2 machines RIKA (more advanced machines) à 500,000 shilling (*approximately each € 167,-*)

1 machine for 'finishing clothes' à 450,000 shilling (*approximately € 150,-*)

1 machine for hard materials à 700,000 shilling (*approximately € 234,-*)

Nansana, 26th September 2014

Nansana Children's Centre

Katongole Issa Kats, director

Appendix 2 – Copy of Registration Nansana Children’s Centre



The NCC Certificate of Registration is now expired but we are in process of scaling up to a NGO status. According to the law which governs the organisation in Uganda after being a Community Based Organisation (CBO) for two years, the next step is becoming a Non Governmental Organisation (NGO). It takes some time due to so many process you have to go through that's why at this point we are still in the process.

Nansana, 26th September 2014
 Nansana Children’s Centre
 Katongole Issa Kats, director

Appendix 3 - SKILLS4LIFE TAILORING PROJECT LIST OF TRAINEES – First group of women



1. **NAME:** NAMPIIJA JAMILA **AGE:** 25 **VILLAGE:** NANSANA YESU AMALA, **MARITAL STATUS:** SINGLE, **CHILDREN:** 2 BOTH GIRLS, **PHONE:** 0779597329, **JOB:** JOBLESS.



2. **NAME:** NAGAWA SYLVIA **AGE:** 38, **VILLAGE:** NANSANA WEST 1, **MARITAL STATUS:** WIDOW. **CHILDREN:** 8 2BOYS 6GIRLS, **PHONE:** 0787027203, **JOB:** SELLING MAIZE.



3. **NAME:** NAKANDI ESTHER **AGE:** 32, **VILLAGE:** NANSANA WEST 1, **MARITAL STATUS:** WIDOW. **CHILDREN:** 6 3GIRLS, 3BOYS, **PHONE:** 0703082827, **JOB:** WASHING PEOPLE'S CLOTHES.



4. **NAME:** NANKANJA DESI, **AGE:** 20, **VILLAGE:** NANSANA YESU AMALA, **MARITAL STATUS:** SINGLE. **CHILDREN:** 2 BOYS, **PHONE:** 0774571441, **JOB:** JOBLESS.



5. **NAME:** NANKYINGA AGNESS **AGE:** 22, **VILLAGE:** NANSANA YESU AMALA, **CHILDREN:** 3 2GIRLS, 1BOY, NO PHONE, **JOB:** HOUSE WIFE.



6. **NAME:** NANTEZA EFRANSI **AGE:** 31, **VILLAGE:** NANSANA WEST 1, **DIVORCED.** **CHILDREN:** 6 4GIRLS 2BOYS NO PHONE, **JOB:** JOBLESS.

7.  **NAME:** ASIIMWE JOAN, **AGE:** 19, **VILLAGE:** NANSANA MASITOOWA, **CHILDREN:** 1 GIRL, **PHONE:** 0777239089, **JOB:** HOUSE WIFE.
8.  **NAME:** NAMBI MOUREEN, **AGE:** 27, **VILLAGE:** KABUMBI. SEPARATED, **CHILDREN:** 3 2BOYS 1GIRL, **PHONE:** 0774577104, **JOB:** SHOOP KEEPER.
9.  **NAME:** LUBOGO ROSEMARY, **AGE:** 35, **VILLAGE:** KABUMBI. **CHILDREN:** 8 5BOYS, 3GIRLS, **PHONE:** 0772649035, **JOB:** HOUSE WIFE.
10. **NAME:** KISAKYE FAITH, **AGE:** 22, **VILLAGE:** NANSANA, **MARITAL STATUS:** SINGLE. **PHONE:** 0774858858, **JOB:** STAY AT HOME.

Nansana, April 2014
Nansana Children's Centre
Katongole Issa Kats, director