

MAMA NANFUKA

Uganda

**ENTE EKATEEKA
Y'OKULONGOSSA
AMAKA**

Omweezi Ogusooka | 2024



Okulaba Ennyumba Eno ey'Abaana

Ensibuko n'Obutumibwa

Maama Nanfuka mulabirizi eyeewaddeyo okuweereza n'okulabirira abaana. Y'omu ku nteekateeka y'okulabirira abaana mu ngalo 92 era akkiririza nnyo nti guno gwe mulanga gwe Katonda gwe yamuwa era yeewaddeyo okugukola obulamu bwe bwonna. Mu kiseera kino alina abaana 6 mu maka gano ng'omwana omuto wa myaka 3 ate omukulu wa myaka 12.

Omulimu gw'emikono 92 kwe kuyamba bamaama abakuza okutuukiriza ebyetaago by'omubiri, eby'omutwe, eby'enneewulira, n'eby'omwoyo ebya buli mwana nga bamuwa okwagala, okulabirira, okulungamizibwa, n'okusomesebwa basobole okukula n'okufuuka ettaala z'enkyukakyuka. Balaba amaka agalimu okwagala abaana mwe balina eddembe ly'okwogera n'eddembe okutegeerwa n'okwagalibwa kyenkanyi, bwe batyo ne bakuza abantu ssekinnoomu ab'obuvunaanyizibwa abajja okuvunaanyizibwa ku bikolwa byabwe mu biseera eby'omu maaso. Okugatta ku ekyo, banoonya okuyambako okuwa amaka agataliimu ndwadde ezitawona n'okugema mu bujuvu okulwanyisa endwadde ne yinfekisoni okusobola okukuuma obulamu obulungi eri abaana bonna. 92 hands etunuulira omulembe ogumanyi okusoma n'okuwandiika ng'abaana bonna bawandiisiddwa mu masomero, bafuna obuyigirize obw'omutindo, era nga balina ebikozesebwa ebirungi mu masomero. Balwooza nti buli mwana alina eddembe okusomesebwa ku mutindo.

Nga bayita mu nteekateeka zino, 92 hands esubira okukuza omulembe ogw'obuvunaanyizibwa ogumanyi eddembe lyabwe, okuyimirirawo ku lw'abatalina ddooboozi mu bitundu byabwe, n'okutumbula empisa ezisomesebwa ku myaka emito. Mu maaso, basubira okulaba ng'abaana bano bakyusa ensi, nga bayamba okukyusa ebyobufuzi eby'omu maaso mu Uganda n'okufuga eggwanga wansi w'emisingi gya Katonda.

Ebintu Ebituukiddwaako Gye buvuddeko

- Maama Nanfuka yatandika bizinensi ye ey'okugula emmere ng'atunda emmere, enva endiirwa, n'amanda mu kitundu kye, ekimusobozesezza okuliisa amaka ge n'okufuna ssente mu kiseera kye kimu.

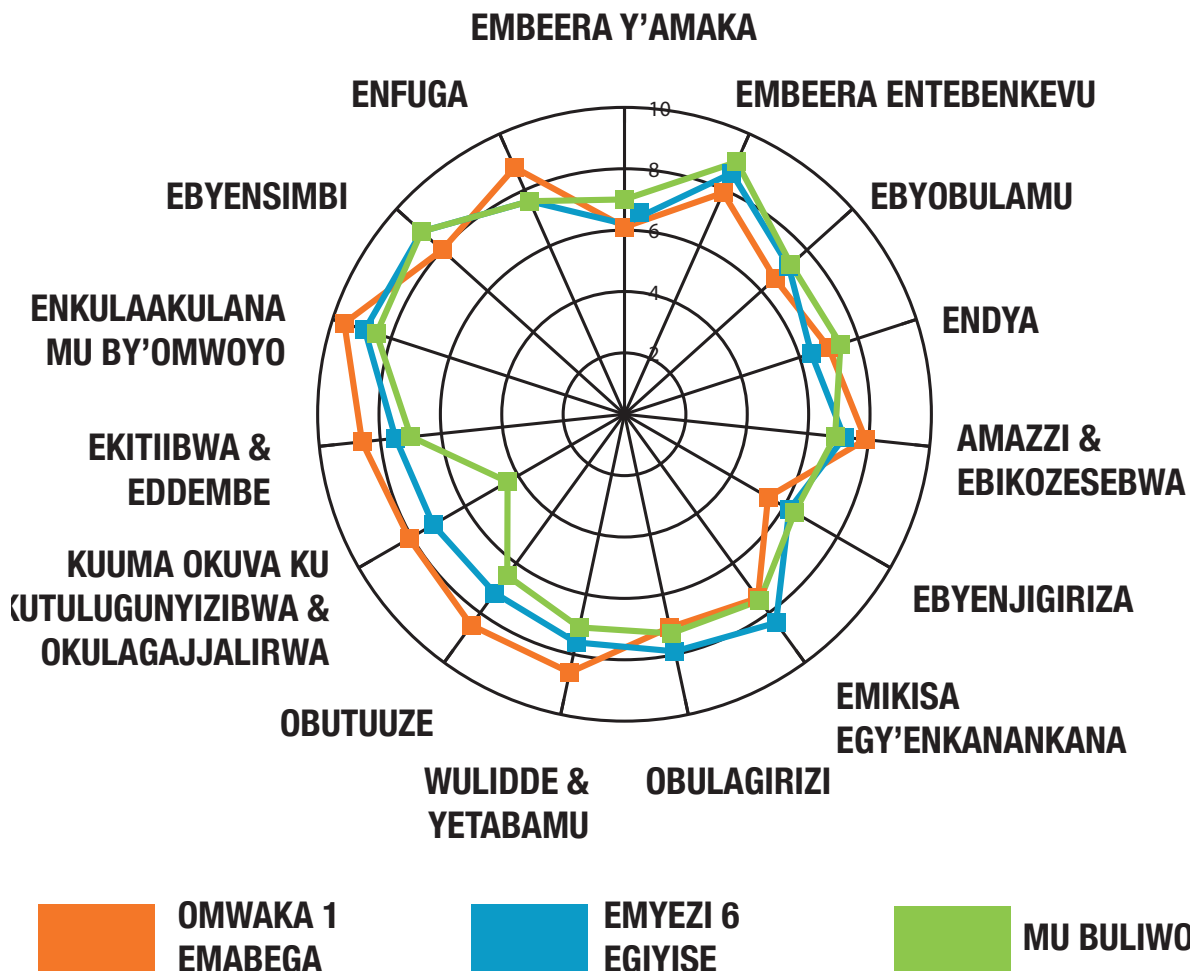


Okukebera Thrive

Okukebera Thrive kye ki?

Mu 1959, ekibiina ky'amawanga amagatte (UN) kyayisa ekiwandiiko ekiraga eddembe ly'omwana, ekirambika eddembe ly'abaana ery'okukuumibwa, okusomesebwa, okulabirira ebyobulamu, okusula, endya n'ebirala. Tufulumizza Eddembe lyonna 13, wamu n'omutindo gw'ebyensimbi n'omutindo gw'enfuga n'abakozi, ekivaamu omugatte gw'omutindo 15. Emitendera gino gikakasa nti abaana bafuna obujjanjabi obubayamba mu butuufu okukulaakulana, kati ne mu biseera eby'omu maaso. Okukebera Thrive kujja kukolebwa buli luvannyuma lwa myezi 6 nga buli munne awaka okulaga enkulaakulana ya buli mutindo. Ttiimu yaffe ekolagana n'abalabirira okulambika emitendera egiddako which and compiled into an Improvement Roadmap.

Mu Buliwo Thrive obubonero eri Awaka guno



Enteekateeka z'enteekateeka

ZIMBA OMULYANGO

ENNYONNYOLA YA PULOJEKITI	Mu maka ga Mama Nanfuka, waliwo obwetaavu bw'okuzimba ekikomera okusobola okutondawo embeera ennungi n'obukuumi eri abaana, nga kino kyandibadde kimalawo \$1,500 USD.
ENSIMBI EZIBALIRIRWAMU	5,824,959 UGX \$ 1500 USD

OBUWAGIZI BW'EBYENJIGIRIZA

ENNYONNYOLA YA PULOJEKITI	Mu kiseera kino abaana bonna tebasobola kugenda ku ssomero. Sponsorship z'ebyenjigiriza zeetaagibwa eri abaana babiri, nga zino zandibadde zigula ddoola 35 buli mwana ate ddoola 70 buli mwezi. Okugatta ku ekyo, emisomo egy'enjawulo n'omusomesa yeetaagibwa, nga buli mwezi egula doola 137 oba ddoola 1,650 okumala omwaka mulamba.
ENSIMBI EZIBALIRIRWAMU	765,900 UGX buli mwezi \$ 207 USD buli mwezi

PANGISA OMUKUGU MU BY'ENDYA

ENNYONNYOLA YA PULOJEKITI	Okupangisa omukugu mu by'endya omukugu era omutendeke obulungi kyetaagisa okusobola okuyambako mu kutegeka emmere wamu n'okutendeka omulabirira n'abaana mu nkola zino. Kino kigenda kumalawo doola 200 buli lusoma.
ENSIMBI EZIBALIRIRWAMU	740,000 UGX buli lutuula \$ 200 USD buli lutuula



Eddembe ly'okubeera n'amaka

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Maama Nanfuka maama omujjuvu abeera mu kitundu ky'omugotteko ekiyitibwa Lungujja Kosovo mu disitulikiti y'e Kampala n'abaana be mukaaga. Alabirira abaana abali wakati w'emyaka 3 okutuuka ku 12. Omulabirira agenda atereera mpola mu kutegeera ebiva mu buvune. Nga bayambibwako ttiimu ya 92hands, okuzuula amaka agagenda okwegatta kukolebwako. Waliwo obwetaavu okuleeta obuyambi obw'enjawulo eri Maama Nanfuka n'abaana naddala ku nnaku bonna lwe babeera awaka, gamba ng'ennaku enkulu. Okupangisa omuyambi w'ennyumba omutendeke obulungi kyandibadde kimalawo \$52 USD buli mwezi.

- Pangisa omuyambi w'ennyumba omupya okuyambako Maama Nanfuka - doola 52 buli mwezi.
- Essira lisse nnyo ku kugatta abaana n'amaka gaabwe.



Eddembe ly'okufuna embeera enywevu, ey'okwagala, era ekuza

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Omulabirira y'avunaanyizibwa ku mateeka agakolebwa mu maka era y'alabirira abaana. Abaana bwe bamenya amateeka, baweebwa okukangavvula okusaanidde. Kino kikolebwa okulungamy abaana mu ngeri ey'obuwulize era kiyamba okussa ekitiibwa mu bakadde ne mu bo bennyini. Abaana tebakkirizibwa kutulugunya munne wadde okuyita munne amannya g'ekika. Bulijjo obudde buteekebawo abaana okuzannya n'okukolagana ne bannaabwe nga kino nakyo kireetawo okubeera awamu mu maka. Maama Nanfuka asobola okufuna obudde okuwummulako mu biseera by'abaana we bazannya nabyo. Enkuŋŋaana z'amaka zikakatako eri buli mmemba w'awaka gano era zitera okukolebwa ku wiikendi oba mu nnaku enkulu.

- Teekawo ebiseera ebisingawo ku nkuŋŋaana z'amaka okusobola okuleetawo enkolagana ey'amaanyi wakati w'omulabirira n'abaana.



Eddembe ly'Obujjanjabi

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Abaana mu maka gano balina okwekebejjebwa buli mwaka era wayinza okubaawo obwetaavu bw'okukeberegwa okusukka mu gumu mu mwaka. Ttiimu ya 92hands ekola nnyo okulaba ng'abaana bonna bafuna ebiwandiiiko ebituufu ku kugema kwabwe okwa mutindo. Wabaddewo eddwaaliro erizuuliddwa mu kitundu kino eriyambako singa wabaawo embeera yonna ey'amangu. Mu kiseera kino mulimu omuvubuka omu mu maka, era omulabirira amuwa obuwigizi bwonna obwetaagisa ku nsonga z'okugenda mu nsonga n'obuyonjo. Bwe kituuka ku kukebera okulaba n'okukebera amannyo buli mwaka, okukeberegwa kukolebwa singa wabaawo embeera yonna ey'amangu. Waliwo obwetaavu okuddamu okuteeka oba okukyusa ekitaboo ky'obujjanjabi obusookerwako olw'obukuumi bw'abaana awaka, nga kino kijja kumalawo \$80 USD.

- Gula ekintu ekipya eky'obujjanjabi obusookerwako - \$80 USD.
- Okuwa abaana okwekebejjebwa kw'abasawo okusingawo okukakasa nti balamu bulungi.
- Funa ebiwandiiiko ebituufu eri abaana bonna.



Eddembe ly'okulya obulungi

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Kalori z'olya n'okutuusa kati tezipimibwa mu maka gano. Wabula olw'okuba Maama Nanfuka yatandikawo bizinensi y'okugula emmere, mu kiseera kino asobodde okufunira abaana ebibala n'enva endiirwa ebisingawo ebibisi. Kati balina enva endiirwa n'ebibala 1 mu lunaku, kye kiva kivaako okweyongera kw'ebibala n'endya ennungi mu maka gano. Maama Nanfuka naye atekateeka emmere mu maka gano, wadde nga yeetaaga obuyambi n'okutendekebwa okusingawo. Balina obwetaavu bw'omukugu mu by'endya omutendeke obulungi, omukugu okuyambako mu kutegeka emmere wamu n'okutendeka omulabirira n'abaana. Obulwadde bwa puloteyina bukyaali butono mu maka gano olw'ebbeeyi ya puloteyina ennene.

- Funa ebirungo ebizimba omubiri ebisingawo abaana basobole okulya emmere ennungi.
- Funa omukugu mu by'endya - \$130 USD buli mwezi.
- Okuwa omulabirira okutendekebwa okusingawo mu kutegeka emmere.



Eddembe ly'okufuna Amazzi & Ebikozesebwa Ebituufu era Ebimala

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

gano tegaliiko ttaapu za sinki, wabula abaana banaaza amasowaani mu biyungu ebinene ne mu baketi n'emikono gyabwe. Bwe wabaawo embeera yonna ey'amangu ey'amasannyalaze, abaana bulijjo bakozesa emimuli oba amataala nga balabirirwa Maama Nanfuka. Ttiimu ya 92hands ekola nnyo okuteekawo enteekateeka ey'amangu ku musango gwonna mu biseera eby'omu maaso. Awaka gano galina ekyuma ekisengejja amazzi amayonjo ag'okunywa nga temuli ddagala okulaba ng'abaana banywa amazzi mayonjo era mayonjo. Mu kiseera kino mu maka gano temuli alamu za mukka, wabula abaana abato bulijjo bakuumbwa wala okuva ku muliro oba ebifo byonna eby'obulabe. Waliwo obwetaavu bw'okussaawo emikutu gy'amasannyalaze emirala era n'amataala amalala geetaaga okuteekebwa mu bitundu ebimu mu nnyumba okwongerera obukuumi.

- Gula amataala amalala ag'obukuumi n'okussa amasannyalaze - \$260 USD.
- Tonda enteekateeka ey'amangu singa wabaawo omuliro.



Eddembe ly'okufuna Obuyigirize obuli ku mutindo

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Mu maka gano, abaana babiri bokka be bagenda ku ssomero nga balina ebisale by'okusoma mu bujuvu ate abalala babiri bali ku kitundu kya sponsorship era ebyetaago ng'ebitabo by'amasomero, reams, toilet paper, pencils n'ebirala, biweebwa omulabirira ne ttiimu ya 92hands. Buli mwana mu maka gano asobola okusoma n'okuwandiiika, ng'alagirwa omulabirira oba abaana banne. Beegezaamu buli lunaku awaka nga basoma n'okuwandiiika ebitabo ebikola dduyiro. Awaka gano tegalina kompyuta oba yintaneeti nteekateeka ya baana, wabula okusinga abaana bayambibwako omulabirira era balondoolebwa bulungi mu kibiina. Era ayamba mu kwekenneenya ebitabo byabwe eby'okukola awaka ne ku ssomero ng'ali wamu n'omusomesa w'ekibiina.

- Funa ensimbi z'okusasula ssente z'essomero n'ebikozesebwa eri abaana abalala abali mu maka gano.
- Funa kompyuta ne yintaneeti abaana basobole okuyiga ku yintaneeti.
- Funa omusomesa ow'obwannannyini eri abaana.

Eddembe ly'okufuna emikisa egy'enkanankana

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Ebisenge bigabana n'abaana mu maka gano agatalina kifo kimala kuteeka bintu bya muntu ku bubwe. Mu kiseera kino mu maka gano temuli baana ba bulemu, naye singa omwana alina embeera y'obulemu ajja mu maka ago, basobola okusuzibwa. Abamu ku bammemba okuva mu ttiimu ya 92hands babuulirira abaana era nabo bakola ng'ekyokulabirako. Ababuulirizi bano babakyalira omulundi gumu oba ebiri mu wiiki, ekyanguyira abaana okukolagana n'abantu ab'enjawulo, kye bava basumululwa ne babeera baggule. Abaana bonna abali mu maka gano balina eddembe okusomesebwa, nga kino kye bamanyi bulungi. Kino era kikolebwako abakozi abawagira okulaba nga buli mwana agenda ku ssomero ng'asasulwa ebisale by'essomero mu bujjuvu n'ebikozesebwa mu masomero.

- Okulaba ng'abaana bonna bagenda ku ssomero nga mubawa ebisale by'essomero.
- Funa ssente okuddamu okutegeka ebisenge okusobola okuteekawo ekifo ekimala ebintu byabwe eby'obuntu.
- Funa obudde obusingawo okubuulirira abaana era okole omukwano ogw'amaanyi.



Eddembe ly'Okulunnamizibwa

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Amateeka n'ebiragiro bitegezebwa bulungi era ne bikubibwa mu maka gano abaana bonna basobole okubiraba, okubisoma, okubitegeera n'okubigondera obulungi. Omulabirira mu maka gano ateesa oba ayogera ku kusomesa ku by'okwegatta n'abavubuka ky'ava abalambika nga kino nakyo kibategekera mu birowoozo ebiseera eby'omu maaso n'enkyukakyuka yonna mu mubiri. Ababuulirizi nabo beegatta ku mbooji zino ekiyamba ate nga nakyo kiwa ekifo ekiggule abaana mwe bayinza okweyogerako mu ddembe. Enteekateeka y'enkyukakyuka ekolebwa abakozi abawagira buli mwana mu maka gano okulaba nga bonna basobola okubeera obulungi ne bwe baba bamaze ekifo kya bamulekwa. Mu kiseera kino tewali nteekateeka ya bulijjo ewandiikiddwa ku bukugu mu bulamu era kino kisaana okukolebwako abakozi abawagira.

- Tegeka okusomesebwa okusingawo ku by'okwegatta n'okwogera n'abaana abatiini mu maka.
- Tonda obudde obw'enjawulo eri ababuulirizi okuwuliziganya n'okuba n'obudde obw'okunyumya n'abaana.
- Kola mu bujjuvu ku nteekateeka y'enkyukakyuka eri buli mwana.



Eddembe ly'okuwulirwa n'okwetaba mu kusalawo okubakwatako

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Obukulembeze buweebwa ekitiibwa kinene mu maka gano abaana bonna mwe balina empisa z'obukulembeze era nga nabo bassa ekitiibwa mu bakulembeze baabwe. Abaana ba ddembe okusalawo ku by'okwambala nga balabirirwa oyo alabirira. Abaana nabo ba ddembe okubuuza ebibuuzo ebikwata ku bulamu okumanya embeera yaabwe. Omulabirira amaka gano oluusi awa abaana omukisa okuteekateeka eby'okulya ng'amuyamba okufumba, ekibakubiriza ennyo n'okuzimba obwesige bwabwe. Ebyetaago byonna abaana bye balaga bikolebwako omulabirira oba omubuulirizi okulaga nti ebyetaago byabwe bikkirizibwa. Obukulembeze mu baana buwabalwa nnyo era bulijjo omulabirira abaana awa abaana emikisa okukulembera wansi w'obulagirizi bwe, ky'agamba nti kimuleetera essanyu n'essuubi.

- Tonda obudde obusingawo obw'okukwatagana eri abaana n'omulabirira ng'oggyeeko emirimu gy'awaka.
- Okugaba emirimu n'emirimu gy'obukulembeze mingi abaana basobole okugenda mu maaso mu bintu ebyo.
- Abaana bayingize nnyo mu kusalawo.



Eddembe ly'Okutegekebwa okuba Omutuuze Eyeenyigiramu ate nga wa Buvunaanyizibwa

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Omulabirira aweebwa okutendekebwa okwetaagisa ku ngeri y'okukuuma n'okuyamba abaana era kino kibaawo buli luvannyuma lwa myezi esatu. Abaana mu maka gano balina okukola emirimu egimu egy'awaka ng'okunaaba ebikozesebwa, nga bayambibwako omulabirira era okusinziira ku myaka gyabwe nga kino nakyo kireeta akakwate wakati w'omulabirira n'abaana. Abaana abasinga tebalina birth certificates oba ebiwandiiiko byonna ebikkirizibwa mu kiseera kino wabula ttiimu ya 92hands ekola ku kuwa buli mwana buli mwana. Ennaku enkulu z'eggwanga zikuzibwa nnyo era zikuzibwa oluusi ate ng'abaana nabo bagenda mu mirimu egitali gya bulijjo ebweru mu kitundu wadde nga gibaawo omulundi gumu.

- Abaana beenyige nnyo mu mirimu gy'ekitundu nga balabirirwa omulabirira.
- Funa satifikeeti z'amazaalibwa ku buli omu ku baana.



Eddembe ly'okukuumibwa okuva ku kutulugunyizibwa n'okulagajjalirwa

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Abaana bonna mu maka gano bakozeza ekinabiro kimu, naye nga bakozeza obudde obw'enjawulo. Abaana era bagabana ekisenge ky'abawala n'abalenzi, ekiraga obwetaavu bw'ebisenge eby'enjawulo okusobola okuleetawo eby'ekyama. Omulabirira amaka gano bulijjo agaba omusomesa omukugu oba omuyambi ku ssomero okulabirira abaana nga bali ku kugenda ku ssomero. Abalabirira bulijjo batendekebwa nnyo nga tebannaba kwegatta ku maka era ne bagenda mu maaso n'okutendekebwa nga buli luvannyuma lwa myezi esatu batuula mu nkiiiko n'okwekenneenya. Bino byonna biyamba okulaba ng'abaana bakuumibwa.

- Funa ssente okuzimba ekinabiro ekirala olwo abalenzi n'abawala baawukanye.
- Okuwa abalabirira abaana okutendekebwa okusingawo okugenda mu maaso ku ndabirira n'okukuuma abaana.



Eddembe ly'Ekitiibwa n'Eddembe

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Obutassa kitiibwa mu maka gano kikugirwa nnyo, nga muno mulimu obutali kisa, okutulugunya, oba ebikolwa byonna ebinyooma abaana, era okukangavvula kuliwo eri abo abatassa kitiibwa. Ekifo we bazannyira ebweru tekisaanira baana mu maka gano olw'ekifo ekyetooloddewo enzigotta. Bwe kityo, omulabirira okulabirira buli kiseera kyetaagisa ng'abaana bazannya wabweru. Abaana abato bulijjo banaazibwa omulabirira, so ng'ate abaana abakulu banaaba nga balabirirwa oyo alabirira. Awaka gano gakubiriza abaana okukozesa olulimi lwabwe oluzaaliranwa, naye nga beetaaga okusoma ebisingawo abaana basobole okumanya n'okutegeera obuwangwa bwabwe.

- Funa ssente z'okuzimba olukomera lw'awaka okusobola okwongera ku bukuumi.
- Gula ebitabo ebisingawo eby'okusoma abaana basobole okutegeera obulungi obuwangwa bwabwe.



Eddembe ly'Okuzimbibwa mu by'Omwoyo

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Ennaku enkulu ez'eddiini nga Ssekukkulu n'endala zisomesebwa abaana awaka, mu kkanisa ne mu masomero. Abaana bafuna ebitabo by'eddiini nga bali mu kkanisa n'awaka. Abaana bagenda mu kkanisa eri okumpi mu kitundu emanyiddwa nga Word of Life Community Church gye basobola okukuŋŋaana n'okukolagana nga baana bato. Okusaba n'okwewaayo bulijjo bibeera mu ddiro nga buli omu akwatagana n'okukuŋŋaana ng'amaka. Emirimu gino giyamba okutondawo ekifo ekibuguma era ekitali kya bulabe eri buli muntu, wamu n'obudde obw'okukwatagana.

- Funa ebitabo by'eddiini ebirala eri buli omu ku baana abali mu maka.



Omutindo mu by'Ensimbi

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Omubalirizi w'ebitabo alina ebisaanyizo akyagenda mu maaso n'okuyamba mu kulondoola enyingiza, ensaasaanya n'ebiwandiiko buli mwezi, ekiyamba okutebenkeza akawunti. Ttiimu ya 92hands ekuŋŋaanya lisiiti z'ebintu ebiguliddwa eri omubalirizi w'ebitabo oba omuntu avunaanyizibwa ku buvunaanyizibwa n'okukuuma ebiwandiiko buli mwezi. Embalirira zikolebwa era ne zitegekebwa ku mikolo ne pulojekiti ezigenda okubaawo. Oluusi embalirira teweebwa ssente mu bujjuvu, naye abakozi ba 92hands bagezaako okutuukiriza ebyetaago ebikulu eby'amaka. Waliwo obwetaavu bw'omubalirizi w'ebitabo okusobola okutebenkeza obulungi n'okubala ebitabo, era nga kino kyandiyambye amaka olw'okuteekateeka obulungi n'okuvunaanyizibwa.

- Funa omubalirizi w'ebitabo ow'ebbeeyi asobola okutebenkeza n'okuddukanya akawunti.
- Funa ssente endala ez'okuddukanya amaka.



Omutindo gw'enfuga n'abakozi

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Bulijjo enkiiko zituula wakati w'omulabirira ne ttiimu ya 92hands okukola ku butategeeragana n'okulongoosa ku nkola ez'enjawulo. Abakozi abawagira, awamu n'omulabirira, bakyagenda mu maaso n'okutegeka okutendekebwa buli mwaka ku nkula y'omwana n'okwegatta, ekiyamba mu maka. Abakozi abawagira bakola ku bwannannyini bw'ebintu n'okutondawo embeera ennungi abaana mwe bayinza okubeera.

- Okuwa emisomo emirala ku nkula y'omwana.
- Teeka enkiiko endala wakati w'omulabirira ne ttiimu ya 92hands.



Abakolagana n'okulongoosa mu kiseera kino



Emikono 92

92hands kibiina kya Uganda ekitali kya magoba ekitunuulidde okuwagira bamaama abali obwannamunigina mu nzigotta mu Kampala okulabirira abaana b'oku nguudo. Bakulembeza okusoma, okuzimba obukugu, n'okuwonya bamaama n'abaana.

Olukalala lwa pulojekiti n'emikisa gy'okukwasaganya ku
nteekateeka genda ku




92hands.org
LIVING TO SERVE


A CHILD'S
HOPE
FOUNDATION