

Mama Brenda

Uganda

ENTEEKATEEKA
Y'OKULONGOOSA
AMAKA

Muwakanya | 2023



Okulaba Ennyumba Eno ey'Abaana

Ensibuko n'Obutumibwa

Maama Brenda mulabirizi eyewaddeyo 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 ge e Lunguja Kosovo, ng'omuto wa myaka 4 ate omukulu wa myaka 10.

Omulimu gw'emikono 92 kwe kuyamba bamaama abakuza okutuukiriza ebyetaago bya buli mwana mu mubiri, mu birowoozo, mu nneewulira, n'ebi'omwoyo nga babawa omukwano, okulabirira, okulungamizibwa, n'okusomesebwa basobole okukula n'okufuuka ettaala z'enkyukakyuka. Balaba amaka ag'omukwano abaana mwe balina eddembe ly'okwogera n'eddembe okutegeerwa n'okwagalibwa kyenkanyi, bwe batyo ne bakuza omulembe ogw'obuvunaanyizibwa ogujja okuvunaanyizibwa ku bikolwa byabwe mu biseera eby'omu maaso. Okugatta ku ekkyo, banoonya okuyambako okuwa amaka agatalii mu ndwadde ezitawona era nga gagemeddwa mu bujuvu okulwanyisa endwadde n'okukwatibwa yinfekisoni okusobola okukuma obulamu obulungi eri abaana bonna. 92 hands era etunuulidde omulembe ogumanyi okusoma n'okuwandiika ng'abaana bonna bawandiisiddwa mu masomero, nga bafuna obuweereza bw'ebyenjigiriza obw'omutindo, era nga balina ebikozesebwa ebirungi eby'okusoma. Balowooza nti buli mwana alina eddembe okusomesebwa ku mutindo.

Nga bayita mu nteekateeka zino, 92 hands esuubira okukuza omulembe ogw'obuvunaanyizibwa ogumanyi eddembe lyabwe, okuyimirirawo ku lw'abatalina ddoboozi mu bitundu byabwe, n'okutumbula empisa eziomesebwa ku myaka emitio. Mu maaso, basuubira okulaba ng'abaana bano bakyusa ensi, nga bayamba okukyusa ebyobufuzi eby'omu maaso mu Uganda n'okufuga eggwanga wansi w'emisingi egy'Obwakatonda.

Ebintu Ebituukiddwaako Gye buvuddeko

- Abaana abalala beegasse ku ssomero



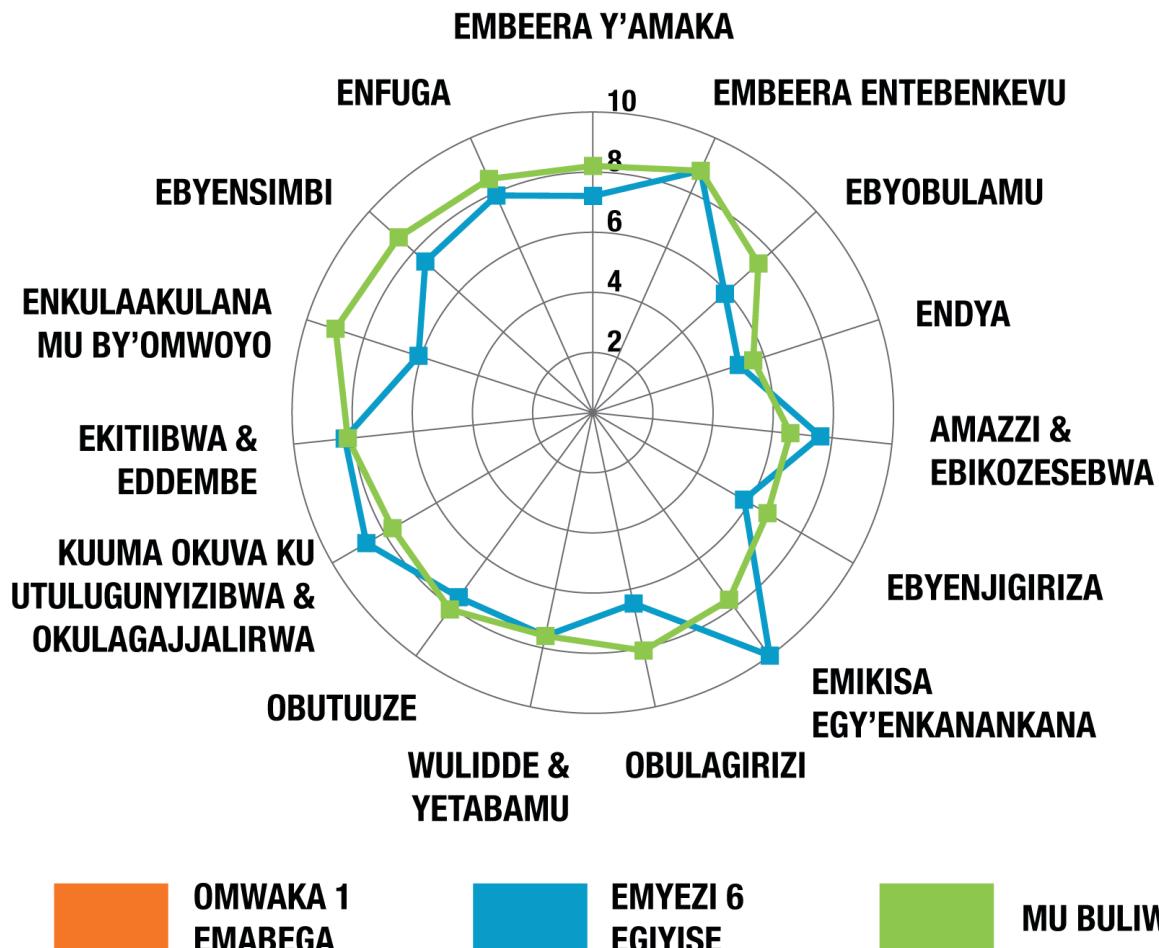
Okukebera Thrive

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'ebiensimbi 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.

Current Thrive Scale eri Awaka guno



Enteekateeka z'enteekateeka

EDDUUKA LY'OKUFUMBA EMIGAATI ENTANDIKWA

ENNYONNYOLA YA PULOJEKITI	Mama Brenda afumba pastry mu maka ge era yandiyagadde nnyo okugaziya obukugu bwe mu bizinensi asobole okufuna ssente ng'agula oven n'ebyuma ebirala, nga bino bigenda kumalawo \$1,700 USD.
ENSIMBI EZIBALIRIRWAMU	6,290,000 UGX \$1,700 USD

ZIMBA EKISENGE KY'EKISENGE

ENNYONNYOLA YA PULOJEKITI	Waliwo obwetaavu bw'okuzimba ekisenge eky'enjawulo nga mulimu ebitanda n'ebitanda abaana basobole okuba n'ekifo ekimala okukuma ebintu byabwe eby'obuntu n'okukuma eby'ekyama.
ENSIMBI EZIBALIRIRWAMU	5,550,000 UGX \$1,500 USD

OKUWA OBUJJANJABI

ENNYONNYOLA YA PULOJEKITI	Waliwo obwetaavu bw'okujjanjabibwa n'okukeberebwba buli mwaka, nga kuno kugenda kuzingiramu n'okufuna endagamuntu z'eggwanga n'ebiwandiiko ebigema. Buli mwana okukeberebwba omusawo agula ddoola 150 ate okukola ku biwandiiko bigula ddoola 50.
ENSIMBI EZIBALIRIRWAMU	74,000 UGX buli mwana \$200 USD buli mwana



Eddembe ly'okubeera n'amaka

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Maama Brenda ye mulabirira yekka mu maka ge gy'alabirira abaana 6, emisana n'ekiro. Mu maka gano, abaana 2 ku bano bafuna okulaba kitaabwe buli mwezi. Hence visitation days zikwata ku baana 2 bokka, ate abasigadde tebalina contact na family zaabwe. Wadde Brenda yeewaddeyo okulabirira abaana bano, tewali ndagaano yonna eraga nti ekifo kye eky'okulabirira abaana bakoma. Abakozi bano abalina emikono 92 bakola okunoonyereza ku maka g'omwana ono. Ng'omulabirira mu maka gano, Brenda amanyiddwa nga maama era yafuna okutendekebwa bwe yeegatta ku pulogulaamu eno. Akyagenda mu maaso n'okutendekebwa ku mpisa n'empisa z'amaka n'ebisuubirwa okuva mu 92hands.

- Zuula n'okutondawo engeri ezitali za bulabe abaana gye bayinza okukyalira n'ab'omu maka, singa zizuulibwa
- Noonyereza era otuuke ku b'enganda z'abaana okusobozesa okukyalira abaana n'okusobozesa abaana okumanya embeera y'amaka gaabwe.



Eddembe ly'okubeera n'embeera ennywevu

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Amateeka g'ennyumba gatuukana n'emyaka era gannyonnyolwa bulungi amaka gonna. Abaana bulijo boogerwako n'okuyitibwa amannya ge baagala so si mannya ga kitiiwbwa. Emirimu egisinga mu maka gano gikolebwaa wamu ng'emirimu gy'amaka egy'awamu ng'okulya, okuzannya, okukwatagana n'ebirala bingi. Abalabirira mu nteekateeka y'emikono 92 tebatera kasisinkana, naye omulundi gumu basisinkana omukugu okukubaganya ebirowoozo ku ndowooza ez'enjawulo okusiiga empisa mu maka. Awaka wa Maama Brenda bulijo galina ebikujjuko buli mwezi era kyandibadde kyetaagisa okutondawo ebirowoozo ebirala ebisanyusa buli wiiki ng'amaka.

- Enkiiko za wiiki abaana okukwatagana n'ababuulirizi baabwe (92 hands team) okubalungamya n'okubazzaamu amaanyi.
- Essira okusingawo ku mateeka n'ebiragiyo by'ennyumba awaka nakyo kijja kukosa nnyo enkula yaabwe.
- Yeetaaga okutondawo ebiseera ebisingawo n'ennaku ez'okusanyusa amaka gonna okukwatagana.



Eddembe ly'okulabirira ebyobulamu

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Abaana abamu bakeberebwa abasawo omulundi gumu mu mwaka era wadde nga kino kiyamba nnyo, there's a need o to have more than one checkup a year. Abaana bona tebalina biwandiiko bituufu ebikwata ku kugema okwa mutindo, naye ebiwandiiko ebibulamu bikolebwako abakozi b'emikono 92. Oburonjo bukolebwa nnyo mu maka gano ng'okusensa amannya kubaawo buli lunaku n'okunaaba mu ngalo ne ssabbuuni ng'omaze okukozesa ekinabiro ate nga tonnalya kikolebwa buli kiseera. Waliwo abasawo abazuuliddwa okuva mu ddwaaliro eririraanyewo singa wabaawo embeera ey'amangu. \Mu kiseera kino, waliwo omuvubuka omu asomesebwa ku buyonjo bw'omuntu, n'aweebwa ebintu ebyetaagisa, n'okulagirwa engeri gye bikozesebwamu.

- Funa ssente z'okwongera okwekebejjebwa abaana bona waakiri emirundi ebiri mu mwaka. \$150 buli mwana akyaliddeko.
- Kola ku kuzza obuggyga ebiwandiiko by'obujjanabi, okugema n'ebiwandiiko ku doola 50 buli mwana.



Eddembe ly'endya

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Mu kiseera kino abaana tebafuna kulya kalori zimala buli lunaku. Emmere eyonjebwa nga tennaba kugiteekateeka era nayo bagitegekera mu ffumbiro eriyanjo. Wabula effumba lyetaaga okuddaabirizibwako ng'okuyingiza empewo n'ebuma ebirala nabyo bikolebwako. Ebirungo ebizimba omubiri n'ebibala biweebwa awaka, naye tebiweebwa buli lunaku. Maama Brenda yasobola okufuna okutendekebwa mu kufumba ku ntandikwa y'endagaano ye, era n'okutuusa kati agoberera emitendera n'ebiragiro bye bimu. Wabula waliwo obwetaavu obw'okwongera okutendekebwa n'omukugu mu by'endya okuyambako okumusomesa n'okuteekateeka emmere ey'omu maaso. Maama Brenda naye atendekeddwa bulungi mu kufumba pastry nga muffins, cakes n'ebirala. N'ekyavaamu, alina essuubi ly'okutandikawo akaduuka akatono akafumba emigaati awaka okutunda mu kitundu nga kw'otadde n'amaduuka ne mu supamaketi ez'enjawulo. Maama Brenda alowooza nti enteekateeka eno egenda kuleeta ssente nnyingi mu maka.

- Ddabiriza ekifo ky'effumbiro n'okugula ebyuma ebirala.
- Pangisa omukugu mu by'endya omutendeke obulungi okulungamya omulabirira n'okumuwa emmere ennungi.
- Tandikawo edduuka ly'okufumba emigaati okusobola okufuna ssente mu maka n'okumuwa emmere ennungi.



Eddembe ly'okufuna Amazzi Amalungi & Amamala & Ebikozesebwa

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Waliwo ekyuma ekirongoosa amazzi amayonjo nga kyetegefu abaana okufuna amazzi ag'okunywa essaawa yonna. Wabula amaka geetaaga ensibuko y'amazzi singa wabaawo embeera ez'amangu ng'ekirwadde ekibaluseewo, era n'enteekateeka ey'amangu ekolebwako. Ebifo eby'ebweru tebirina bulabe bwonna eri abaana okusinga naddala abaana abawere, naye wansi w'obulagirizi n'okulabirirwa kw'oyo alabirira tebirina bulabe mala. Ekifo kino nakyo tekirina bulabe nga kirimu amasannyalaze. Mu kiseera kino, emimuli gikozesebwa ng'ensibuko y'amasannyalaze endala, naye olw'obukuumi amaanyi g'enjuba geetaagibwa mu maka gano.

- Teeka ensibuko y'amasannyalaze endala ng'amasannyalaze g'enjuba.
- Tondawo ensawo ey'amangu ey'awaka singa wabaawo embeera yonna ey'amangu.
- Teeka ensibuko y'amazzi awaka mu mbeera ez'amangu. Ensimbi zibeera nga doola 500 okuteekawo ttaapu y'amazzi.



Eddembe ly'okusomesa ku mutindo

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Abaana 4 ku 6 abali mu maka ga Maama Brenda bayambibwa mu bujuvu era nga beewandiisizza mu masomero. Abaana abawere babiri bokka abatannatandika kusoma. Abaana bona basobola okuzuula ennukuta ezisinga obungi mu nnyiriri, ekikolebwa awaka eri abo abatagenda ku ssomero. Omu ku baana awaka si mulungi nnyo mu kuwandiika, naye waliwo enteekateeka etegekeddwa okuzuula omusomesa asobola okuyamba ku misomo/ebibiina eby'enjawulo eri abaana abakola obubi mu masomo. Mu kiseera kino tewali yintaneeti awaka eweereddwa abaana, era singa wabaawo, okutendekebwa okumu kwandibadde kwetaagisa. Abamu ku bakozi b'emikono 92 bakola ng'ababuulirizi eri abaana okuva mu maka gano era basisinkana buli wiiki n'abo be babuulirirwa okukubaganya ebirowoozo ku nkyukakyuka mu bulamu, ku ssomero n'ebirala bye bayitamu ku bwabwe. Ensisinkano zino zizimba obwesige n'okuleetawo omukago, ekintu ekiyamba ennyo abaana okufuna obudde okuggulawo eri ababuulirizi baabwe.

- Pangisa omusomesa omukugu okuyamba abaana mu masomo agakola obubi n'okusukkuluma. Ebisale: Doola 137 buli mwezi.
- Gula kompyuta ne yintaneeti abaana basobole okwegezaamu. Ebisale: ddoola 400 ku kompyuta, ddoola 67 ku yintaneeti buli mwezi.
- Funa enkola z'okusponsa okusobola okutuukiriza ebyetaago by'okusoma eri buli mwana ku doola 35 buli mwezi.

Eddembe ly'okufuna emikisa egy'enkanankana

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Ekifo kigabanyizibwamu abaana mu kisenge kimu mu kiseera kino. Balina okuzimba ekisenge eky'enjawulo okwawula abalenzi n'abawala, okugula ebitanda ebipy, n'okufunira abaana kkeesi oba obuyumba obutonotono okutereka ebantu byabwe eby'obuntu. Abaana bona bafuna emikisa gye gimu. Buli mwana aija kuba n'enteekateeka y'enkyukakyuka ey'omuntu kinnoomu etereezebwa buli mwaka. Ababuulirizi okuva mu mikono 92 bakola ng'ekyokulabirako eri abaana bano era bakola emisomo gy'okubudaabuda okuyamba okukubiriza n'okuwagira abaana okuva lwe bayingira awaka. Ebikozesebwa mu kusoma bibaawo okuyamba abaana abalina obuzibu mu kuyiga, era yeetaagibwa omusomesa okulongoosa mu bitundu ebizibu.

- Gaziya era owe ekisenge ekirala ekifo eky'okwongerako eri abalenzi n'abawala. Ebisale: Doola 1,000 okuzimba ekisenge.
- Kubiriza abaana ku nsonga z'okubeera awamu n'okubeera obumu.
- Tegeka era otereeze enteekateeka y'enkyukakyuka ey'omuntu kinnoomu ku buli mwana.



Eddembe ly'okulungamizibwa

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Ng'omulabirira omukulu, Maama Brenda aweebwa ennyonyola y'omulimu mu bujuvu ku ntandikwa ya buli ndagaano. Kino akifuna okulungamizibwa era era ayita mu nteekateeka y'okutendekebwa okw'amaanyi okubeera omulabirira n'omubuulirizi ow'omutindo. Abakozi b'emikono 92 n'abajjanjabi nabo bavunaanyizibwa okuyamba okusomesa abaana mu ngeri ezimu eziweebwa, wamu n'amateeka g'awaka. Enneeyisa y'abaana mu by'okwegatta eteesebwako n'abaana abasukka emyaka 10 era omwana omu asomesebwa mu kiseera kino.

- Tegeka emisomo emirala egy"okubuulirira n"okulungamya n"abalabirira n"abaana okuva mu ttiimu y'emikono 92.
- Tandika emisomo emirala egy'enneeyisa y'okwegatta eri abatiini.



Eddembe ly'okuwulirwa n'okwetaba mu kusalawo

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Abaana bulijo ba ddembe okwetaba n'okwenyigira mu mirimu egy'enjawulo mu biseera eby'eddeme. Era beenyigira mu nteekateeka ya menu. Engoye z'oyambala buli lunaku bulijo zizuulibwa omulabirira n'abaana. Mama Brenda alina enkola awaka ey'okulonda omukulembeze okutwala buli mulimu, ekisomooza abaana mu ngeri ennungi ate nga nakyo kibayamba mu nkulaakulana.

- Abaana bayingize nnyo mu kusalawo nga bayita mu kulambika n"okulabirira.
- Tonda emizanno emirala egisikiriza ennyo abaana n'okutumbula omukwano.



Eddembe ly'okwetegekera Obutuuze

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

abasinga tebalina buyinza kufuna bbaluwa za mazaalibwa gaabwe. Nga bayambibwako Maama Brenda, abaana awaka batendekebwu mu ngeri y'okuyiga n'okukola obuvunaanyizibwa. Ennaku enkuu zonna zikuzibwa era ne zikuzibwa bammemba b'awaka. Ebintu ebisanyusa ebweru ng'emizanno n'emizanno bibaawo, era nga kino nakyo kibayamba okuva mu nkolagana yaabwe. Mu maka ga Maama Brenda, abaana bona bali mu kkanisa y'abaana ebayingiza mu kukola emirimu gy'ekitundu.

- Essira lisso emisingi n'empisa z'awaka n'eggwanga okutwaliza awamu.
- Tegeka emisomo emirala n'ababuulirizi baabwe okubawa amaanyi okufuuka bannansi abalungi.



Eddembe ly'okubeera n'obukuumi okuva mu kutulugunyizibwa & okulagajjalirwa

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Wadde ng'awaka gali kumpi n'ekitundu ky'omugotteko era nga tegaliiko bulabe bwonna, omulabirira ayamba okulaba nga galina bulabe nga bwe kisoboka eri abaana. Maama Brenda essira aliteeka ku kubakuma obutatulugunyizibwa, obumenyi bw'amateeka obw'amaanyi n'okulagajjalirwa mu bitundu ebiriraanyewo. Awaka galina enteekateeka y'okukuma abaana eraga nti tewali ngeri yonna ya kutulugunya baana. Tewali mwana akkirizibwa kukolera musala oba okuwanyisiganya, kubanga kino kimenya amateeka era kiteeka obulamu bw'omwana mu matigga. Awaka galina essaawa z'okukyalira abantu emisana. Waliwo ekinabiro kimu n'ekisenge mwe bagabana era abalenzi n'abawala bakozesa ekinabiro mu biseera eby'enjawulo. Bulijo omulundi gumu ku omu gugabana wakati w"ababuulirizi n"abaana okukubaganya ebirowoozo ku bye bayitamu eby"enjawulo.

- Tonda enkola y'abagenyi ku ngeri y'okweysaamu okwetoloola abaana.
- Pangisa omuyambi w'omulabirira okusobola okuleeta obudde obw'omutindo n'abaana naddala mu biseera by'ennaku enkulur, nga buli mwezi ogula doola 200.
- Zimba ekinabiro eky'enjawulo nga kigula doola 200



Eddembe ly'Ekitiibwa n'Eddembe

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Abaana abawere bona abali mu maka ga Maama Brenda bafukibwa buli lunaku omulabirira. Okussa ekitiibwa, ekisa, n'okwagalana bye bimu ku mpisa enku mu maka gano ezissibwako essira ennyo. Abaana bayigirizibwa omulabirira okussa ekitiibwa mu bannaabwe n'obutajooga oba obutaba ba kisa. Abaana abamu bagabana ebitanda era waliwo obwetaavu bw'okuwaayo ebitanda ebisingawo buli omu abeere n'ekitanda kye wamu n'okwongera eddembe n'okwekuuma. Buli wiiki ebitanda bikyusibwa. Awaka era geetaaga okussaamu ebintu ebikuuma. Waliwo ekifo ekimala abaana bona we bazannyira nga balabirirwa Mama Brenda.

- Ebintu ebikuuma obutebenkevu birina okuteebewamu okubikuuma obutakwatibwa nsisi n'omuliro naddala abaana abato.
- Gula ebitanda ebirala eby'oku ntikko.
- Zimba ekisenge ekipya okusobola okufuna eby'ekyama n'eddembe wakati w'abawala n'abalenzi.



Eddembe ly'okukulaakulana mu by'omwoyo

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Ewa Maama Brenda abaana bona basomera ku ssomero lya sande mu kkanisa y'omu kitundu gye basobola okukwatagana ne bannaabwe abalala, okuyiga ebintu ebipyia n'okukwata ennyiriri mu mutwe. There's some allocated time for communal prayer eri buli muntu awaka mu ssaawa zombi ez'oku makya n'olweggulo. Ennaku enkulu ezisinga zikuzibwa wamu ng'amaka mwe bayiga, okusoma emboozi za baibuli, okugabana ekigambo kya Katonda n'okuzannya emizannya.

- Tonda obudde obusingawo obw'okwewaayo n'okusaba awaka.
- Kubiriza abaana okwenyigira mu mirimu eg'yawamu ku kkanisa ne mu ssomero lya sande.
- Gula ebitabo ebisingawo ebikwata ku kusinza, ebitabo by'ebafaayo by'Elikristaaayo, ne Baibuli z'abaana.



Omutindo gw'Ebyensimbi

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

92 hands ewaddeyo omubalirizi w'ebitabo omukugu ayambako mu kuwandiika n'okulondoola ssente eziyingira n'ez'awaka. Kino era kiyamba Maama Brenda okuddukanya obulungi amaka wamu n'okuvunaanyizibwa buli mwezi. Embalirira y'omwaka era ekolebwa okuyamba okulungamya amaka okusobola okwanguyirwa okutabagana ne akawunti za bbanka. Omubalirizi w'ebitabo ow'ebweru abeerawo emirundi ebiri mu mwaka okwekenneenya eby'ensimbi, naye waliwo obwetaavu okuba n'omubalirizi w'ebitabo okuyingira ebisingawo buli luvannyuma lwa myezi esatu.

- Pangisa omubalirizi w'ebitabo ow'ebweru buli luvannyuma lwa myezi esatu okwekenneenya eby'ensimbi by'awaka. Doola 1,000 emirundi ena omwaka.
- Maama Brenda ayongere okwenyigira mu kugula emmere okukubiriza obuvunaanyizibwa.



Enfuga n'omutindo gw'abakozi

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Ebifo bya Maama Brenda by'abeera bikuumibwa bulungi okuva ku nsonga ng'amagoba g'omuntu oba okutundibwa. Enkiiko era zituula okukola ku nsonga ezimu n'omulabirira n'abakozi b'emikono 92. Ekiwandiiko ekiwandiikkidwa nga kigattibwako ebiragiro by'omulimu n'ennyonyola y'omulimu bulijo kiweebwa omulabirira ku ntandikwa y'ekiseera ky'omulimu era kikuumibwa mu kifo ekikuumiddwa obulungi. Abalabirira nga Mama Brenda nabo bafuna okutendekebwa ku kwegatta n'okukula kw'omwana.

- Tuba enkiiko endala ez'awamu ne Mama Brenda n'abakozi b'emikono 92.
- Kuba okutendekebwa okusingawo okwa bulijo kw"abalabirira ku nkula y"omwana n"okwegatta ku mwana.



Abakolagana n'okulongoosa mu kiseera kino



92 Hands

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 www.ACHF.org/Projects




92hands.org
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