

Mama Nanfuka's Home

Uganda

ENTEEKATEEKA
Y'OKULONGOOSA
AMAKA

Ogwomusanvu | 2023



Okulaba Ennyumba Eno ey'Abaana

Ensibuko n'Obutumibwa

Maama Nanfuka 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 gano ng'omwana omuto wa myaka 3 ate omukulu wa myaka 12.

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, okulgamizibwa, 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, banonya okuyambako okuwa amaka agataliimu ndwadde ezitawona era nga gagemeddwa mu bujuvu okulwanyisa endwadde n'okukwatibwa yinfekisoni okusobola okukuma obulamu obulungi eri abaana bona. 92 hands era etunuulidde omulembe ogumanyi okusoma n'okuwandiika ng'abaana bona bawandiisiddwa mu masomero, nga bafuna obuveereza 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 emit. Mu maaso,

Ebintu Ebituukiddwaako Gye buvuddeko

- 1:1 therapy sessions zikoleddwa abatendekebwa n'abaana mu maka ga Mama Nanfuka era waliwo enkulaakulana ennene mu baana. Asobodde n'okutegeka emisomo gy'okubudaabuda n'abatendekebwa okuva mu yunivasite y'e Makerere.
- Abaana babiri okuva mu maka ga Maama Nanfuka basobodde okwegatta ne bagenda ku ssomero.



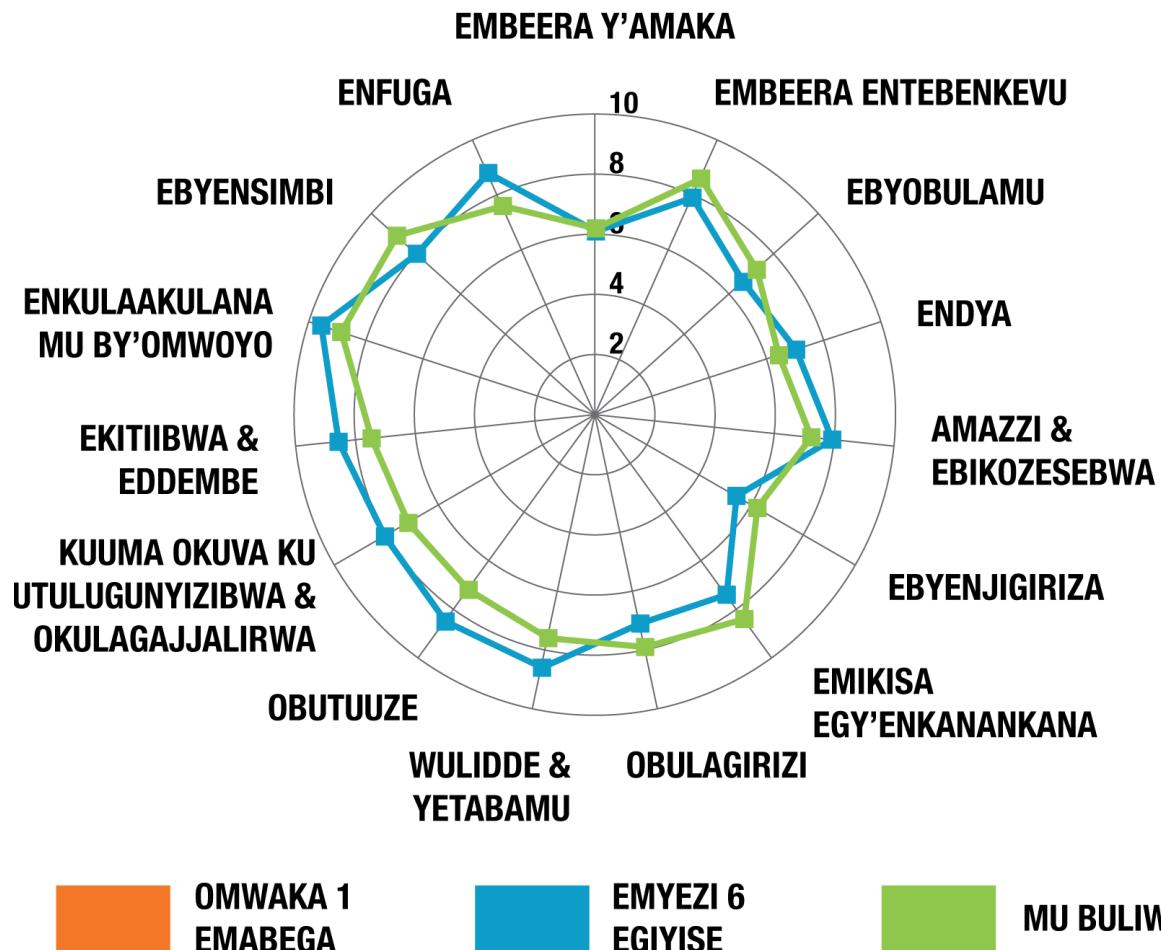
Okukebera Thrive

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

OKUDDAABIRIZA AMAKA

ENNYONNYOLA YA PULOJEKITI	Mu maka ga Mama Nanfuka, waliwo obwetaavu bw'okuzimba ekikomera, okutondawo embeera ey'obukuumi n'obukuumi eri abaana, nga kino kyandibadde kimalawo doola 1,500. Ekirala, okugula ebitanda ebiwanvu n'ebitanda by'abaana abawera mu maka gano kyetaagisa era kyandibadde kya doola 350. Okuddamu okusiiga langi mu kifo kino doola 500. Okukyusa kaabuyonjo z'ebinnya ne ziteekebwamu kaabuyonjo za flash ez'omunda doola 1,000.
ENSIMBI EZIBALIRIRWAMU	\$12,950,000 UGX \$3,500 USD

OBUWAGIZI BW'EBYENJIGIRIZA

ENNYONNYOLA YA PULOJEKITI	Emisomo egy'enjawulo n'omusomesa. Doola 137 buli mwezi, ddoola 1,650 okumala omwaka. Okwetaaga okuwa yintaneeti n'okugula kompyuta mu maka gano. Doola 400 ku kompyuta, yintaneeti buli mwezi yandibadde egula doola 67. Child sponsorship ku baana babiri @35 dollars buli omu.
ENSIMBI EZIBALIRIRWAMU	\$1,036,000 UGX \$USD 280 buli mwezi okusoma, omusomesa. \$1,480,000 UGX \$400 USD Omulundi gumu

EDDUUKA LY'EMMERE

ENNYONNYOLA YA PULOJEKITI	Maama Nanfuka alina ekirooto ky'okutandikawo edduuka ly'emmere okumpi n'ekitundu ky'awaka mu kisenge ekiweereddwa. Kino kyandiyambye okuwa abantu emmere empya n'enva endiirwa, okufuna ssente z'awaka era kino kyandimalawo doola nga 2,000.
ENSIMBI EZIBALIRIRWAMU	\$UGX 7,400,000 \$USD 2,000 Omulundi gumu



Eddembe ly'okubeera n'amaka

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Maama Nanfuka ye maama omujjuvu era omulabirira alabirira abaana 6, ab'emyaka 3-12, mu maka gano. Abaana tebannaba kusisinkana baganda baabwe kubanga n'okutuusa kati tewali n'omu azuuliddwa. Wabula okuzuula amaka g'abaana bano kugenda mu maaso. 92 hands erina omukozi w'ensonga z'abantu ku ttiimu y'abakozi mu kiseera kino ng'essira aliteeka ku

- Teekawo entuula ezisingawo ne Anabelle ku kutendekebwu okumanyiddwa ku buvune.
- Tuukirira ogezeeko okulondoola ab'enganda z'abaana okusobola okusobozesa okukyalira



Eddembe ly'okubeera n'embeera ennywevu

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Maama Nanfuka y'avunaanyizibwa ku kuteekawo amateeka g'ennyumba, wamu n'obuyambi obumu okuva mu bakozi ba 92hands. Amateeka gano gannyonnyolwa bulungi buli mwana ng'ebivaamu bitegeerekese singa aba ajeemu. Abaana era bagambibwa okussa ekitiibwa mu bannaabwe era tebakkirizibwa kutulugunyagana oba okukozesa amannya ag'ekika ekinyooma

- Zimba olukomera n'ekikomera okwongera obukuumi bw'awaka. Ebisale bya \$1,500 USD.
- Weetabe mu nkiko ezisingawo buli mwezi ne bamaama/abalabirira abalala okunyweza



Eddembe ly'okulabirira ebyobulamu

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Abaana bona mu maka gano bafuna okukeberebwu omulundi gumu buli mwaka, naye waliwo obwetaavu okukeberebwu emirundi ebiri omwaka. Buli mwana kino kyandibadde Kimala doola 400 omwaka okukuma obulamu bwe nga buli mu mbeera nnungi. Abaana bona tebalina biwandiiko bituufu ebikwata ku kugema kwabwe, naye waliwo eddwaaliro

- Lambula omusawo okwekebejjebwa emirundi ebiri omwaka. Buli mwana yandibadde
- Mubeere n'enteekateeka y'abavubuka.
- Okugoberera okugema kw'abaana okusobola okuba n'ebiwandiiko ebituufu.



Eddembe ly'endya

[OKUWANGAALA](#)
[OKUYIMIRIZAAWO](#)
[OKUKULAAKULANA](#)

Kalori z'olya tepiimibwako mu maka gano. Mu kiseera kino abaana bayamba omulabirira mu kutegeka emmere era Maama Nanfuka ababuulirira ku ky'okukola. Ebirungo ebizimba omubiri tebiriwo buli lunaku era abaana beetaaga ebisingawo okukula obulungi. Okugatta ku ekyo, ebibala n'enva endiirwa tebitera kuweebwa. Wabula Maama Nanfuka ayagala okutandikawo

- Okwongera ku kalori z'olya okusobola okutumbula obusimu bw'omubiri bw'abaana.
- Zimba effumba ettuufu era nga lirimu empewo ennungi okusobola okwewala obulabe
- Teekawo enteekateeka ya bizinensi y'edduuka ly'emmere okumpi n'awaka okuyambako



Eddembe ly'okufuna Amazzi Amalungi & Amamala & Ebikozesebwa

[OKUWANGAALA](#)
[OKUYIMIRIZAAWO](#)
[OKUKULAAKULANA](#)

Awaka mulimu amazzi amayonjo ag'okunywa agataliimu ddagala oba biwuka. Mu kiseera kino tewali nteekateeka ya mangu eriwo ku maka gano singa wabaawo omuliro oba amataba. Amaka gano tegalina ttaapu za sinki, wabula mu kifo ky'ekyo gakozesa engeri y'okuyonja oba okunaaba mu kibya ng'otambuza amazzi mu kibbo. Mu kiseera kino, ekifo eky'ebweru si kya

- Kikyuseemu kaabuyonjo z'ebinnya ez'ebweru osseemu kaabuyonjo ez'omunda
- Teeka amaanyi g'enjuba. Ebisale: \$300 USD
- Teekawo enteekateeka ennungi ey'embeera ez'amangu nga kw'otadde n'okuggulawo



Eddembe ly'okusomesa ku mutindo

[OKUWANGAALA](#)
[OKUYIMIRIZAAWO](#)
[OKUKULAAKULANA](#)

Maama Nanfuka musanyufu nti abaana be 2 basobodde okugenda ku ssomero nga basasuddwa mu bujuvu ate abaana abalala 2 kati basomera ku kitundu kya sponsorship. Wabula amaka agasigaddewo tegali mu mbeera ya kugendayo kuba buli mwezi ogula doola 35, buli mwana. Buli mwana awaka asobola okusoma n'okuwandiika era ezo ezitannaba

- Okwetaaga okuwa yintaneeti n'okugula kompyuta. \$400 USD ku kompyuta, \$67 USD ku
- Yeetaaga okupangisa omusomesa w'abaana abalina amasomo agakola obulungi. \$137
- Okuwa abaana abalala sponsorship y'ebjenjigiriza mu bujuvu.



Eddembe ly'okufuna emikisa egy'enkanankana

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Ebisenge bigabana mu baana bona era tewali kifo kinene kye bayinza kukuuma bintu byabwe eby'obuntu nga byawuddwamu. Enteekateeka y'enkyukakyuka eri mu nteekateeka ya buli mwana okuyamba okuteekateeka ebiseera bye eby'omu maaso. Abakozi ba 92hands bakola nga mentors/guardians eri abaana bano era babakyalira emirundi 2-4 mu week. Mu

- Tonda abaana obudde obusingawo okusisinkana ababuulirizi baabwe.
- Yeetaaga okugaziya n'ekisenge eky'ekifo eky'enjawulo okutereka ebantu by'omuntu.



Eddembe ly'okulungamizibwa

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Waliwo ennyonnyola y'omulimu mu Lungereza n'Oluganda eri omulabirira ng'eraga emirimu n'obuvunaanyizibwa n'ebyetaagisa mu maka. Amateeka, ebiragiro n'ebiragiro bitegeezeddwa bulungi era ne bikubibwa ku bbugwe buli muntu asbole okulaba mu maka gano. Ebiseera ebisinga omulabirira n"ababuulirira bateesa ku miramwa gy"okusomesa ku by"okwegatta

- Tonda obudde obusingawo ku 1:1 therapy sessions.
- Tonda enteekateeka y"obukugu mu bulamu ewandiikkidwa eri abaana.



Eddembe ly'okuwulirwa n'okwetaba mu kusalawo

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Abaana ba ddembe okusalawo n'okulaga ebyetaago byabwe/ebyo bye baagala eri omulabirira n'eby'okwambala, menu y'olunaku n'ebirala bingi. Abaana n"abalabirira baweebwa omukisa okumanya n"okubuuza ebibuuzo nga tebannaba ku nkola y"ebyobulamu. Abamu ku baana balina enteekateeka z'enkulaakulana ssekinnoomu eziwandiikkidwa

- Okukola enteekateeka z'enkulaakulana ssekinnoomu eri abaana bona nga balina
- Kiriza abaana okwetaba mu mirimu egy'enjawulo awaka.



Eddembe ly'okwetegekera Obutuuze

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Si buli mwana nti alina satifikeeti y'amazaalibwa oba ebiwandiiko, naye bali mu nteekateeka ya kufuna. Omulabirira aweebwa okutendekebwa ku ngeri y'okuyambamu abaana okuyiga obuvunaanyizibwa buli luvannyuma lwa myezi esatu. Emirimu giweebwa okusinziira ku myaka ng'abato tebakkirizibwa kunaaba bikozesebwa. Ennaku enkulu z'eggwanga zikuzibwa era

- Funa ebbaluwa z'amazaalibwa eri buli mwana mu maka. Ttiimu ya 92hands ekolagana
- Abaana bayingize mu mirimu gy"ekitundu nga balambikiddwa omulabirira.



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

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Omutindo gw'obukuumi mu maka gano tegumala olw'omuwendo gw'abanywa ebiragalalagala omungi mu kitundu. Abaana bona bakozesa ekinabiro kye kimu, naye mu biseera eby'enjawulo. Mu kiseera kino, ekisenge kimu kikozesebwa ng'ekisenge ky'abawala n'abalenzi. Waliwo obwetaavu bw'okubeera n'ekifo ekiwera okwawula abalenzi n'abawala ate

- Zimba ekikomera okwongera obukuumi n'obukuumi bw'awaka
- Buli mwana muwe ebitanda eby'enjawulo. Ebitanda ebirala bibiri ebiwanvu bija
- Okulongoosa enkola y'omugenyi eriwo.



Eddembe ly'Ekitiibwa n'Eddembe

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Abaana banaaba emirundi ebiri olunaku. Okwogera mu ngeri etali ya kisa, amannya g'ekika aganyooma, oba obutassa kitibwa kikugirwa nnyo mu maka gano. Abawala abamu bagabana ebitanda n'ebitanda olw'okubeera n'ekisenge kimu kyokka eky'abalenzi n'abawala, ekyetaaga okulongoosebwa. Ekifo we bazannyira ebweru mu kiseera kino tekirina bulabe eri abaana

- Okwongera okulabirira abalabirira naddala eri abaana abawere.
- Buli mwana muwe ebitanda n'ebitanda. \$216 ku bitanda. Doola 100 ku bitanda.



Eddembe ly'okukulaakulana mu by'omwoyo

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Abaana bagenda era bali mu kkanisa y'Abaana ng'abamu ku bo batuukiriza emirimu egy'enjawulo ne basigala nga banyiikivu. Ennaku enkulu ez'eddiini nga Ssekukkulu, olunaku Iw'abajulizi n'endala zikuzibwa nnyo naddala mu kkanisa ne ku masomero. Bafuna ebitabo by'eddiini awaka, naye okusinga naddala mu kkanisa, ekibayamba okutegeera obulungi

- Mukole okusinza n'okusaba okusingawo awaka, ku ssomero ne ku ssomero lya Ssande.
- Gula ebitabo ebirala eby'omwoyo eby'okusinza. \$80 ku bitabo.



Omutindo gw'Ebyensimbi

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Omubalirizi w'ebitabo alina ebisaanyizo ayamba amaka mu kulondoola ssente eziyingira buli mwezi, ensaasaanya, n'okukuma ebiwandiiko. Lisiiti zisoloozebwba okuva mu bintu ebiguliddwa ne ziweebwa omubalirizi w'ebitabo. Oluusi embalirira y'omwaka teweebwa ssente mu bujjuvu, naye abakozi bagezaako okutuukiriza ebyetaago ebikulu eby'amaka gano.

- Tonda embalirira y'omwaka etegekeddwa obulungi ng'ensimbi ziweereddwa.
- Funa omubalirizi w'ebitabo ow'ebbeeyi okuddukanya eby'ensimbi by'awaka. \$542 eri



Enfuga n'omutindo gw'abakozi

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Bulijjo enkiiko zituula n"omulabirira n"abakozi ba 92hands okukola ku butategeeragana bwonna oba okulongoosa enkola. Ennyonnyola y'omulimu bulijjo ebeerawo eri oyo alabirira. Nga bali wamu n'omulabirira, Abakozi ba 92hands bategeka okutendekebwa buli mwaka ku nkula y'omwana n'okwegatta, ekiyamba mu kukula kw'awaka.

- Teeka enkiiko endala wakati w"omulabirira n"abakozi b"emikono 92.
- Okuwa emisomo emirala egy"okutendekebwa ku kwegatta n"enkula y"omwana.



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.



Yunivasiti Makerere

College of Social Sciences and Humanities ku yunivasite y'e Makerere ewaddeyo abayizi 3 abatendekebwa okuyambako mu kuwa obujjanjabi mu maka ag'enjawulo mu mutimbagano gwa 92hands.



Omulembe Gw'ebisigaawo

Omulimu gwa TRG kwe kutuuka, okununula, okuzzaawo & okutumbula abawona okutulugunyizibwa mu by'okwegatta ne bamaama abato okukulaakulana okusinziira ku nteekateeka ya Katonda eri obulamu bwabwe. Annabelle ye mukulembeze wa ttiimu mu TRG era mubuulirizi era omujjanjabi omutendeke obulungi era ng'awa emisomo gy'obujjanjabi n'abalabirira n'abaana mu maka gano.

Olukalala lwa pulojekiti n'emikisa gy'okukwasaganya ku nteekateeka genda ku www.ACHF.org/Projects



92hands.org
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