

Maama Ruth

Uganda

A photograph of a woman, Maama Ruth, sitting on a colorful patterned mat. She is wearing a blue headwrap with white polka dots and a grey sleeveless top. She is holding a young child in a red and orange striped shirt. The child is smiling. In the foreground, the backs of three other people are visible: a woman in a green and orange patterned dress, a child in a blue shirt, and another woman in a blue and white patterned dress. They are all sitting on the mat in front of a wall made of reddish-brown mud or clay. The scene is outdoors, with a wooden door visible in the background.

**ENTE EKATEEKA
Y'OKULONGOOSA
AMAKA**

Ogw'okuna | 2024



Okulaba Ennyumba Eno ey'Abaana

Ensibuko n'Obutumibwa

Maama Ruth ye mulabirira omupya mu mutimbagano gwa 92hands, eyeewaddeyo okuweereza n'okulabirira abaana. Yeegatta ku nteekateeka y'okulabirira abaana mu mikono gya 92hands oluvannyuma lw'okukimanya nti obwetaavu obw'amangu obw'okulabirira abaana, ekikwatagana n'obwagazi bwe. Awaka ono gawa abaana emmere, engoye, okulabirira n'okusula, bangi ku bo baali bamaze ebbanga ddene nga tebalina maka. Amaka gano gaatandikibwawo emyezi mukaaga egiyise oluvannyuma lwa ttiimu ya 92hands okuyingiza abaana bataano okuva mu mbeera ez'enjawulo ezisomooza. Ekirooto kya Maama Ruth kwe kukuza abaana bano mu makubo ga Mukama ng'akola ku byetaago byabwe eby'omubiri, mu nneewulira, n'eby'omwoyo, awamu n'obuwagizi obwetaagisa. Mu kiseera kino, mu maka gano mulimu abaana mukaaga, ng'omuto wa myaka 3 ate omukulu wa myaka 10.

Omulumu gwa 92hands kwe kuyamba bamaama abakuza okutuukiriza ebyetaago bya buli mwana mu mubiri, mu birowoozo, mu nneewulira, n'eby'omwoyo nga babawa omukwano, 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 bujjuvu okulwanyisa endwadde ne yinfekisoni okusobola okukuuma obulamu obulungi eri abaana bonna. 92hands etunuulira omulembe ogumanyi okusoma n'okuwandiiika ng'abaana bonna bawandiisiddwa mu masomero, bafuna obuyigirize obw'omutindo, era nga balina ebikozesebwa ebirungi mu masomero. Balowooza nti buli mwana alina eddembe okusomesebwa ku mutindo.

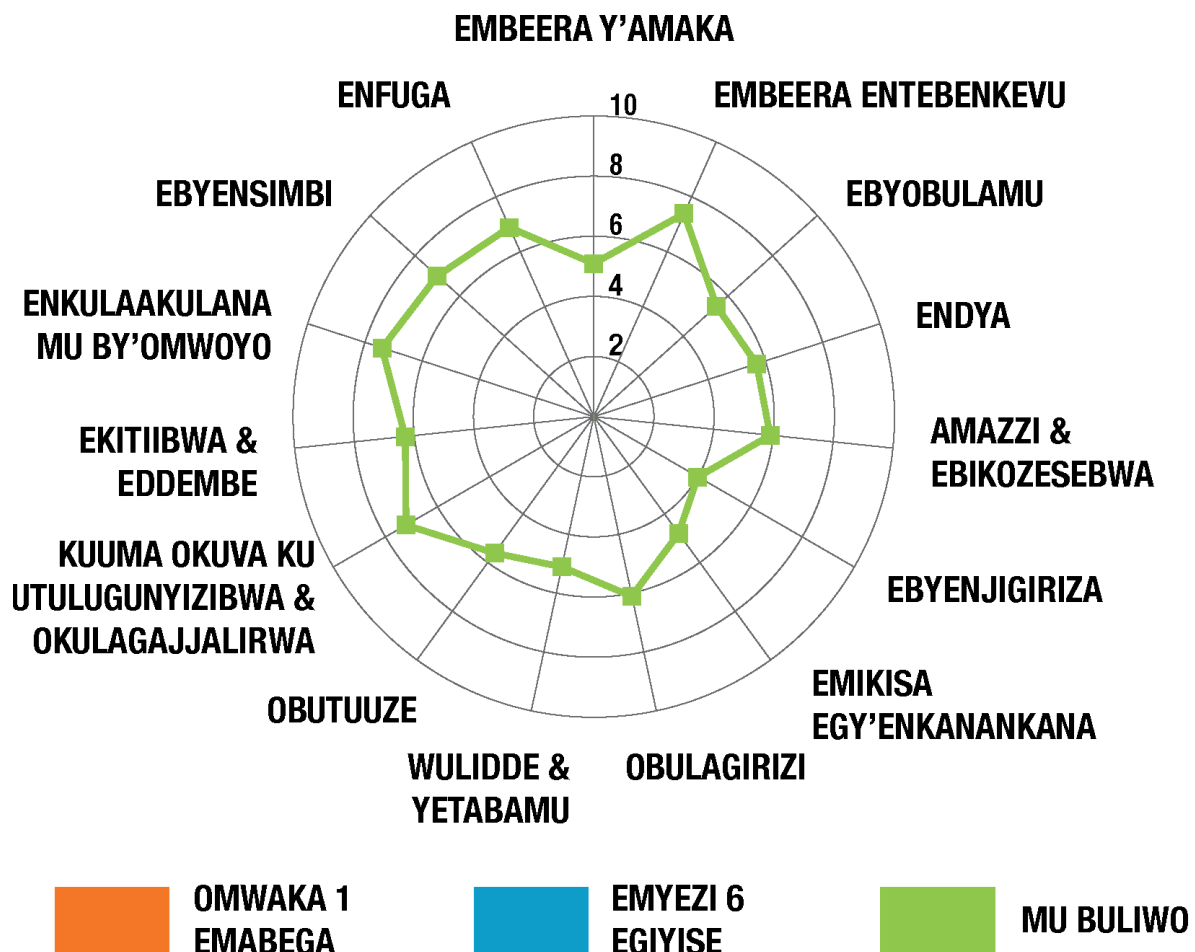


Okukebera Thrive

Okukebera Thrive kye ki?

Mu 1989, ekibiina ky'amawanga amagatte (UN) kyayisa ekiwandiiiko 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

OKUWAGIRA EBYENJIGIRIZA

ENNYONNYOLA YA PULOJEKITI	Abaana bana mu maka ga Maama Ruth mu kiseera kino tebalina kusoma. Okuzisindika ku ssomero ddoola 36 buli mwezi ku buli mwana ate ddoola 108 buli mwezi eri abaana basatu.
ENSIMBI EZIBALIRIRWAMU	399,600 UGX buli mwezi \$108 USD buli mwezi

OKUZIMBA & OKUGAZIYA EBISENGE

ENNYONNYOLA YA PULOJEKITI	Okugonjoola ekizibu ky'ebifo ebitono, kyetaagisa okuzimba ebisenge n'okugaziya. Kino kyetaagisa okuteekateeka n'obwegendereza, okuteekawo embalirira, n'okutuukiriza okulaba nti ekifo ekihya oba ekigaziyiziddwa kituukiriza ebisaanyizo byonna ebyetaagisa era nga kikola, tekirina bulabe era nga kinyuma.
ENSIMBI EZIBALIRIRWAMU	5,000,000 UGX \$1,328 USD

OKULONGOOSA ENDYA

ENNYONNYOLA YA PULOJEKITI	Waliwo obwetaavu bw'okutumbula omutindo gw'ebiriisa mu mmere mu maka. Ekigendererwa kwe kufuna ebirungo ebizimba omubiri, ebibala n'enva endiirwa okusobola okutondawo emmere ennungi era ennungi eri abaana. Okugatta ku ekyo, waliwo enteekateeka y'okukozesa omukugu mu by'endya asobola okusomesa omuntu alabirira n'abaana ku by'endya ebisookerwako.
ENSIMBI EZIBALIRIRWAMU	5,625,000 UGX \$1,500 USD



Eddembe ly'okubeera n'amaka

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Waliwo obwetaavu bw'okutumbula omutindo gw'ebiriisa mu mmere mu maka. Ekigendererwa kwe kufuna ebirungo ebizimba omubiri, ebibala n'enva endiirwa okusobola okutondawo emmere ennungi era ennungi eri abaana. Okugatta ku ekyo, waliwo enteekateeka y'okukozesa omukugu mu by'endya asobola okusomesa omuntu alabirira n'abaana ku by'endya ebisookerwako.

- Okuwa omulabirira emisomo gy'okutendekebwa ku buvune.
- Tonda enkola y'okulondoola amaka n'okuddamu okugayingira n'omukozi w'ensonga z'abantu omutendeke obulungi.
- Tondawo embeera ey'obukuumi eri abaana.



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

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Mama Ruth, wamu n'abakozi abawagira 92hands, bakolagana ne bateekawo amateeka n'ebiragiyo by'awaka. Maama Ruth assa mu nkola ebibonerezo ebitegeerekeka era ebitereevu ku kumenya amateeka gonna, okukakasa nti abaana bonna bategeera ebivaamu. Mu maka ge, okussa ekitiibwa mu buli omu n'okwagalana bye bisinga obukulu, era okukozesa amannya g'ekika aganyooma kimalamu nnyo amaanyi okusobola okutumbula obwesige bw'abaana. Ne mu biseera by'okuyimirira, Maama Ruth awa embeera ey'obukuumi okussa essira ku bulamu bw'abaana, munda n'ebweru w'awaka. Mu kiseera kino, talina nnaku z'awummula, kuba kino kiseera kikulu nnyo okubeera n'abaana era kyetaagisa okufaayo kwe n'okwenyigira mu bujjuvu nga bwe bamanyiira amaka gaabwe amapya.

- Ggumiza obudde obusingawo obw'okukwatagana wakati w'abaana n'omulabirira.
- Tondawo ekifo ekitali kya bulabe abaana we bayinza okukolagana ne bannaabwe.
- Pangisa omukugu okutendeka omulabirira mu bukodyo obw'enjawulo obw'enneeyisa okuyamba ku baana.



Eddembe ly'Obujjanjabi

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Mu kiseera kino, amaka gano tegaliiko nsawo ya bujjanjabi mu bwangu olw'obuzibu bw'ensimbi. Awaka temulina baana balema oba abalina obwetaavu obw'enjawulo. Abaana bano basenya amannyo omulundi gumu olunaku nga balabirirwa omulabirira. Abakozi ba 92hands support staff bategese okukola emisomo ne Mama Ruth okusobola okuyamba abawala abato okutegeera obulamu bw'ensonga n'enzirukanya y'emirimu. Abaana tebafuna kukeberegwa mannyo oba okulaba buli mwaka, okuggyako mu mbeera ez'amangu. Mu kiseera kino tebalina kiwandiiko kya bujjanjabi busookerwako, wabula ttiimu ya 92hands ekola n'obunyiikivu okuwaayo emu. Okugatta ku ekyo, tewali musawo wa baana eyeewaddeyo okukola awaka, wabula abaana batwalibwa ew'omusawo nga beetaaga okujjanjabibwa.

- Okuwa abaana bonna okwekebejjebwa kw'ebyobulamu buli mwaka.
- Laba omusawo w'abaana okujjanjabibwa n'embeera yonna ey'amangu.
- Gula ekitabo ky'obujjanjabi obusookerwako eri awaka.



Eddembe ly'okulya obulungi

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Abaana mu maka gano tebafuna kalori emala, ekiraga obwetaavu bw'okugula ebintu ebiyamba omubiri okukola emmere. Maama Ruth akola kaweeefube ow'amaanyi okukuuma ekifo ekiyonjo era ekitaliimu biwuka okutereka emmere okulaba nga tekirina bulabe era nga tekituuka ku baana. Wabula ne Maama Ruth yeetaaga okutendekebwa mu kutegeka emmere n'obukuumi okuva eri omukugu mu by'endya. Ekirala, effumba lyetaaga okuddaabirizibwa okukakasa nti teriimu butwa era nga lirina emmere eterekeddwa obulungi. Wadde nga waliwo okusoomoozebwa kuno, Maama Ruth ateeekateeka emmere ewooma eri buli muntu mu maka.

- Gula ebintu ebisingawo ku puloteyina okufuna emmere entuufu.
- Pangisa omukugu mu by'endya okutendeka Maama Ruth.
- Ddabiriza n'okuddaabiriza ekifo ky'effumbiro.



Eddembe ly'okufuna Amazzi & Ebikozesebwa Ebituufu era Ebimala

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Mu kiseera kino amaka gano tegaliiko alamu za mukka ne ttaapu za sinki. Wabula abaana bakozesa enkola z'ekinnansi ng'okunaaba mu bibya n'okutwala amazzi okuva mu luzzi okutuuka ku jerrycans. Tewali nteekateeka ya mangu etegekeddwa ku mbeera ng'omuliro oba amataba. Maama Ruth akakasa nti abaana banywa amazzi amayonjo ng'afumba n'obunyiikivu okuggyamu eddagala n'obuwuka. Singa amasannyalaze gavaako, emimuli gikozesebwa okukoleeza. Ekitundu eky'ebweru mu maka gano tekisaanira baana bato, kibateeka mu bulabe obw'amaanyi n'okubateeka mu bulabe obw'enjawulo mu kitundu ekibeetoolodde. Okugatta ku ekyo, ebifo ebiberako mu maka gano omuli kaabuyonjo n'ebinabiro byetaaga okuddaabirizibwa okusobola okutuukana n'omutindo gwa gavumenti okusobola okufuna amaka amatuufu.

- Okuddaabiriza kaabuyonjo n'ebinabiro.
- Teekawo enteekateeka ey'amangu singa wabaawo omuliro gwonna.
- Funa eby'okugonjoola ebitaala ebirala.



Eddembe ly'okufuna Obuyigirize obuli ku mutindo

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Mu maka ga Maama Ruth, omwana omu yekka y'agenda ku ssomero, ate abana abasigadde tebannaba kwegatta olw'obutaba na nsimbi ezisobola okusasulwa ssente z'essomero. Ebisale by'okusoma bigula doola 36 buli mwana, nga byonna awamu bigula doola 144 buli mwezi eri abaana abana. Mu kiseera kino abaana bano tebalina yintaneeti na kompyuta. Okugatta ku ekyo, abaana bonna abali mu maka si basobola okusoma n'okuwandiika, ekiraga obwetaavu bw'okubeera n'ebipande n'ebitabo ebibayamba okutuuka ku nsonga z'enkulaakulana. Ttiimu ya 92hands ekola enteekateeka z'okutumbula amayumba n'okufuna ensimbi ezikolebwa ku byetaago bino. Omusomesa era yeetaagibwa okuyamba abaana abatannaba kusoma.

- Funa enteekateeka y'okusonsa eri abaana bonna abali mu maka eyinza okukugula doola 144 buli mwezi.
- Gulira abaana ebikozesebwa mu kusoma.
- Okuwaayo kompyuta ne yintaneeti mu maka nga kino kigula doola 550.



Eddembe ly'okufuna emikisa egy'enkanankana

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Mu kiseera kino amaka ga Maama Ruth tegaliiko bikozezebwa kuzuza baana balema n'olwekyo, tewali abeera mu maka gano. Ebifo bitono mu bifo mwe babeera, ekiremesa abaana okuba n'ebifo eby'obuntu we bateeka ebintu byabwe. Wabula mu kiseera kino ebintu byonna biterekebwa wamu. Ebisenge bigabana n'abatuuze bonna, naye bonna bawala. Ttiimu ya 92hands ekola enteekateeka y'okukyusa buli mwana.

- Zimba ebisenge eby'enjawulo eri abaana okusobola okutumbula eby'ekyama.
- Okuwa abaana ababuulirira n'ekyokulabirako.
- Tonda amaka agakola ku byetaago by'abaana abaliko obulemu singa wabaawo obulemu obuzuuliddwa.



Eddembe ly'Okulunnamizibwa

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Waliwo ennyonyola y'omulimu ewandiikiddwa obulungi eri omulabirira eraga emirimu gye n'obuvunaanyizibwa bwe mu maka. Amateeka n'ebiragiro biwandiikiddwa bulungi ku bbugwe buli omu asobole okubiraba era nga binnyonyolwa abaana okukakasa nti bategeeragana. Waliwo enteekateeka z'okuteesa n'abaana bonna ku kusomesa akaboozi, obuvubuka, n'obuvubuka, n'okubayingiza mu misomo gy'okujjanjaba egyakolebwa abakugu mu by'empisa abatendeke okuva ku yunivasite y'e Makerere. Olw'embeera z'abaana bano ez'enjawulo, booleka enneeyisa ez'enjawulo ezisomooza. Wabula Mama Ruth n'abakozi abawagira 92hands bakola n'obunyiikivu okubalungama n'okubalongoosa obulungi.

- Essira lisse nnyo ku mateeka n'ebiragiro by'awaka n'abaana.
- Okuwa emisomo ku bukugu obusookerwako mu bulamu n'enneeyisa ezisaanidde.
- Essira lisse nnyo okusomesa abaana mu by'okwegatta.



Eddembe ly'okuwulirwa n'okwetaba mu kusalawo okubakwatako

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Abaana bakubirizibwa okulaga ebyetaago byabwe eri abalabirira, naye mu kiseera kino, ebyetaago byabwe bitera obutatuukibwako. Abaana n'abalabirira balina emikisa mingi okuyiga n'okukubaganya ebirowoozo ku nsonga z'ebyobulamu. Okugatta ku ekyo, enteekateeka enzijuvu ez'enkulaakulana y'omuntu kinnoomu ziteekeddawo ku buli mwana era buli kiseera zitereezebwa nga enkulaakulana egenda mu maaso. Obukulembeze butwalibwa nga bwa muwendo nnyo mu maka ga Maama Ruth, abaana bangi gye booleka engeri eno era nga buli lunaku bafuba okulongoosa.

- Kkiriza obulungi ebyetaago by'abaana.
- Abaana bayingize mu mirimu gy'okusalawo n'emirimu gy'obukulembeze.
- Kola ku nteekateeka z'enkulaakulana ya buli mwana ssekinnoomu.



Eddembe ly'Okutegekebwa okuba Omutuuze Eyeenyigiramu ate nga wa Buvunaanyizibwa

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Si buli mwana nti alina ebbaluwa y'amazaalibwa oba ebiwandiiko ebirala ebitongole. Ng'omulabirira, Maama Ruth afuna okutendekebwa ku kulungamya abaana mu kuyiga obuvunaanyizibwa bwabwe. Emirimu gy'awaka giweebwa okusenziira ku myaka, ng'abaana abato tebakkirizibwa kwoza bikozezebwa okutuusa nga bakuze. Maama Ruth asiga obuwangwa bw'okukuza n'okukuza ennaku enkulu zonna ez'eggwanga ng'amaka. Abaana beetaba mu mizannyo n'emizannyo awaka ne beenyigira mu kuweereza abantu, gamba ng'okuyonja n'okusenya ebifo eby'awamu. Okugatta ku ekyo, ab'omu maka ago beegatta ku bammemba b'ekkanisa mu kubuulira enjiri buli nnyumba. Omulabirira ng'ali wamu n'abakozi abawagira, bakola ku kunoonya ababuulirizi abasaanira buli mwana.

- Funa satifikeeti z'amazaalibwa n'ebiwandiiko bya buli mwana mu maka gano.
- Tendeka abaana ku kuwa ekitiibwa n'okukolera ku buvunaanyizibwa.
- Buli mwana muwe ababuulirizi okukola nabo ng'ekyokulabirako kye.



Eddembe ly'okukuumibwa okuva ku kutulugunyizibwa n'okulagajjalirwa

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Obukuumi bw'awaka bwetaaga okulongoosebwamu olw'emize gy'okukozesa ebiragalalagala egy'amaanyi mu kitundu. Abawala bonna bagabana ekinabiro kimu, ng'enkozesa ekyukakyuka okumala ekiseera. Mu kiseera kino, waliwo obwetaavu bw'okwongera ekifo kuba ekisenge kimu kikola ng'ekisenge ekigatta abawala bonna. Enkola eriwo okukuuma abaana obutatulugunyizibwa n'okukozesebwa, nga waliwo ebibonerezo ebikwatagana nabyo eri abamenya amateeka. Ekirala, omusomesa alina ebisaanyizo aweebwa omulabirira okulabirira abawala mu kiseera kyonna eky'okufulumu ebweru w'essomero.

- Okulongoosa ebifo eby'okunaabiramu.
- Gaziya ebifo abaana mwe babeera okusobola okutumbula eby'ekyama.
- Okulongoosa obukuumi bw'awaka ng'ozimba olukomera lw'okusulamu.



Eddembe ly'Ekitiibwa n'Eddembe

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Mu maka ga Maama Ruth abaana bagabana ebitanda. Okugatta ku ekyo, waliwo obutaba na ngoye n'engoye z'omunda ezimala ekyetaagisa omulabirira okwoza buli lunaku okulaba ng'abaana balina engoye ennyonjo ze bayambala. Abaana banaaba emirundi ebiri olunaku. Okwogera mu ngeri etali ya kisa, amannya g'ekika aganyooma, n'obutassa kitiibwa mu balala bikugirwa nnyo. Wadde ng'ekifo we bazannyira ebweru tekirina bulabe bwonna naddala eri abaana abawere, abaana basobola okuzannya nga balabirirwa omulabirira.

- Okuwa abaana ebitanda by'omuntu kinnoomu.
- Okuwa abaana engoye endala n'obuwale obw'omunda mu maka.
- Tondawo embeera n'ekifo ekitali kya bulabe eri abaana.



Eddembe ly'Okuzimbibwa mu by'Omwoyo

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Omulabirira akola nnyo okusiga empisa z'Ekikristaayo mu baana, abagenda n'okukolagana mu kkanisa eri okumpi mu kitundu. Mu kkanisa, batera okwetaba mu mirimu nga katemba n'okuyimba. Bayiga ku nnaku enkulu ez'eddiini nga Ssekukkulu n'olunaku lw'Abajulizi, awamu n'amakulu gaazo. Era basoma ebitabo by'eddiini mu kkanisa, nga muno mulimu ebintu eby'enjawulo ebibayamba okutegeera embooji za Baibuli n'okujjukira obulungi ennyiriri. Okubeera n'ebitabo eby'omwoyo ebisingawo awaka kyandibakubirizza okwenyigira ennyo mu mirimu gy'amasomero ga Ssande. Waliwo n'obwetaavu bw'okutondawo ekifo ekitali kya bulabe eky'okussa ekimu, okusaba, n'okufumiitiriza eri bammemba b'awaka gano.

- Gulira abaana ebitabo by'eddiini.
- Essira lisse ku budde bw'okusaba n'okubeera awamu ng'amaka.
- Tonda ekifo ekikuumi, ekisirifu okusaba n'okufumiitiriza.



Omutindo mu by'Ensimbi

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Omubalirizi w'ebitabo alina ebisaanyizo ayamba amaka ng'alondoola enyingiza n'ensaasaanya buli mwezi, wamu n'okukuuma ebiwandiiko, ekyongera ku buvunaanyizibwa. Lisiiti okuva mu bintu ebiguliddwa ziweebwayo eri omubalirizi w'ebitabo. Mu kiseera kino, amaka ga Maama Ruth tegannaba kuteekawo mbalirira ya mwaka kuba ekyali mpya, wabula abakozi abawagira bakola ku kutondawo emu. Abakozi bafuba okutuukiriza ebyetaago ebikulu eby'awaka era bateekateeka embalirira enzijuva nga bukyaali ku mikolo oba pulojekiti zonna ezigenda okubaawo.

- Pangisa omubalirizi w'ebitabo alina ebisaanyizo.
- Teekawo embalirira y'amaka gano buli mwaka.



Omutindo gw'enfuga n'abakozi

OKUWANGAALA

OKUYIMIRIZAAWO

OKUKULAAKULANA

Maama Ruth tagenda mu luwummula wadde okugenda kubanga ye maama omujjuvu nti yeewaddeyo eri abaana abali mu maka gano. Ekyewuunyisa, akulembeza obulungi bw'abaana ne bwe kiba nti ekibiina tekinnamulagira kukikola, era afuna essanyu mu ssanyu lyabwe. Enkiiko zituula bulijjo wakati w'omulabirira n'abakozi ba 92hands okugonjoola obutategeeragana bwonna n'okutumbula enkola. Ennyonnyola y'omulimu entegeerekeka bulijjo eteekebawo eri oyo alabirira. Okugatta ku ekyo, abakozi ba 92hands n'omulabirira bakola emisomo gy'okutendekebwa buli mwaka ku nkula y'omwana n'okwegatta, ekiyamba amaka okukula. Ebiwandiiko byonna ebikwata ku mulabirira bikuumibwa bulungi mu ofiisi za 92hands.

- Abakozi abawera n'okutendeka Enkula y'omwana eri oyo alabirira.
- Enteekateeka y'okuwummulamu n'obudde bw'okuwummula eri oyo alabirira.



Abakolagana n'okulongoosa mu kiseera kino



92hands

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 www.92hands.org.

Olukalala lwa pulojekiti n'emikisa gy'okukwasaganya ku
nteeekateeka genda ku www.achf.org/projects.



**A CHILD'S
+ NOPE**
FOUNDATION