



Office of the Prime Minister



LET'S HELP INTERNATIONAL-LHI

ANNUAL REPORT 2021

EDUCATION



MHPSS



LIVELIHOOD



WOMEN'S EMPOWERMENT



Submitted on December 30, 2021.

Tel: +256 779686582 E-mail: info@letshelpinternational.org Website: www.letshelpinternational.org

Stand up for the needy.

Table of Contents

ACKNOWLEDGEMENTS	II
ABBREVIATIONS/ACRONYMS	III
I. EDUCATION PROGRAM	1
1.1. SPECIAL EDUCATION FOR MOST VULNERABLE REFUGEE CHILDREN - SEMVRC	1
1.1.1. <i>PROJECT SUMMARY</i>	1
1.2. ADVOCACY	2
II. MENTAL HEALTH PSYCHOSOCIAL SUPPORT (MHPSS) PROGRAM	3
III. LIVELIHOOD PROGRAM	4
3.1. BEHAVIOUR CHANGE COMMUNICATION –BCC	4
3.1.1. <i>BCC Home to Home sensitization campaigns</i>	4
3.1.2. <i>OFFICE COUNSELING</i>	5
3.2. FIGHTING MALNUTRITION	5
3.2.1. <i>FEEDING ACTIVITIES</i>	5
3.2.2. <i>GUINEA PIGS FARMING PROJECT</i>	6
3.3. FAMILY CARE:	7
IV. WOMEN’S EMPOWERMENT PROGRAM	8
V. COVID-19 RESPONSE	9
VI. COLLABORATION	10
6.1. PARTICIPATION IN OPENING OF RESDA’S OFFICE.	10
6.2. PARTICIPATION IN CELEBRATION OF INTERNATIONAL YOUTH DAY TOGETHER WITH MANY PARTNERING ORGANIZATIONS.	10
6.3. PARTNERSHIP	11
6.3.1. <i>APPLICATION FOR MOTHER OPM PARTNERSHIP</i>	11
VII. STAFF EMPOWERMENT	12
7.1. TRAININGS	12
7.1.1. <i>SBS TRAINING</i>	12
7.1.2. <i>PROJECT PROPOSAL WRITING TRAINING (10 PARTICIPANTS)</i>	12
7.1.3. <i>TRAINING OF GRIFFIN WORX IN PARTNERSHIP WITH ALIGHT</i>	13
VIII. CHALLENGES	14
IX. WAY FORWARD	14
X. RECOMMENDATIONS	15
XI. CONCLUSION	16
XII. LHI PROFILE	17
12.1. CONTACT INFORMATION	17
12.2. ORGANIZATION PROFILE	17
12.2.1. <i>MISSION</i>	18
12.2.2. <i>VISION</i>	18
12.2.3. <i>OBJECTIVES</i>	18
12.2.4. <i>MOTO</i>	18
12.2.5. <i>VALUES</i>	18
12.2.5. <i>CREATION PHILOSOPHY OF LHI</i>	19

ACKNOWLEDGEMENTS

We would love to appreciate the inputs of the different stakeholders whose involvement, support and cooperation contributed to the production of this report.

In the same spirit, we express our deepest gratitude to friends of LHI whose financial contribution and kindness has resulted in people's lives being impacted positively, the lost hope is being awakened while at the same time people are experiencing their life dreams.

Finally, we thank OPM, the Local Government authorities, Local organizations, international NGOs, LHI Team including volunteers, all supporters and other development partners whose commitment and determination has contributed to the successful implementation of our projects.

ABBREVIATIONS/ACRONYMS

LHI	Let's Help International
BCC	Behavior Change Communication
FCA	Finn Church Aid
IT	Information and Technology
MHPSS	Mental Health and Psychosocial Support
NGOs	Non Governmental Organizations
OPM	Office of the Prime Minister
RLOs	Refugee - led Organizations
SBS	Street Business School
SEMVRC	Special Education For Most Vulnerable Refugee Children
UNHCR	United Nations High Commission for Refugees

I. EDUCATION PROGRAM

1.1. SPECIAL EDUCATION FOR MOST VULNERABLE REFUGEE CHILDREN - SEMVRC

1.1.1. PROJECT SUMMARY

Education is vital for helping children develop healthily to become productive members of society. However, refugee children are 5 times less likely to attend school than their counterparts. Furthermore, they are likely to have experienced trauma and require further psycho-social support. Without intervention refugee children, such as those at the Kyaka II refugee settlement, are set to continue living a life of poverty, with a potential future of drugs, criminal activity, and prostitution.

Let's Help International (LHI) has created a program in order to aid such children. This program provides children at the Kyaka II refugee settlement with the financial, material and psycho-social support they need to not only attend school, but to finish at least until the end of the primary level. By receiving an education, these children have a brighter future, with the possibility to fulfill their dreams of becoming educated professionals, such as doctors or teachers, and further benefiting their community.

To ensure the children selected attend school regularly, contracts will be made with their families stating that they will send them to school each day. Attendance will be taken each day by the school teachers, and collected at the end of each week by LHI staff, who will monitor the attendance of each student. If a student is seen to be regularly absent, discussions will be had with the student's family to resolve any issues faced.

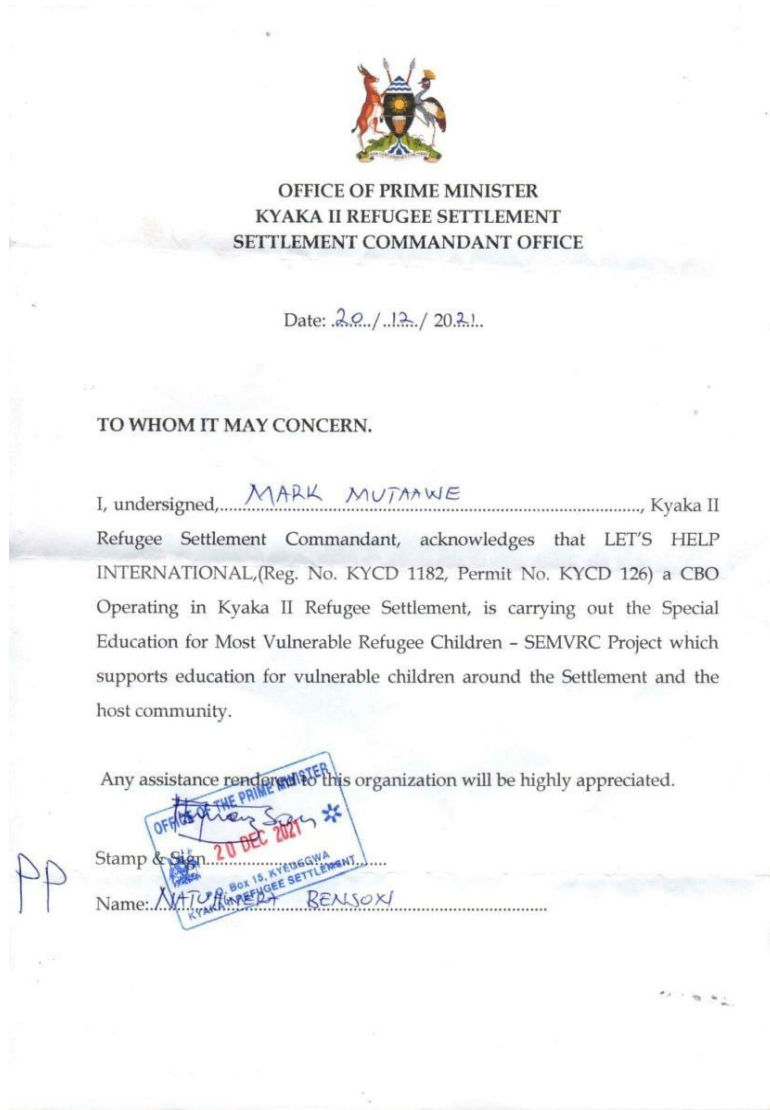
LHI's programme aims to not only enroll refugee children in school, but to supply them with the financial and psycho-social support to stay in school. Empowering children to complete their primary school education, giving them a strong base stone with which to continue their lives.



Scholastic materials distribution to the vulnerable children in Itambabiniga-Kyaka II Refugee Settlement, Uganda.

1.2 ADVOCACY

LHI contacted different governmental institutions, local and International Non-governmental organizations, arousing the issue of poor education and analphabet cases among the Kyaka II refugee and host community children. Private and public institutions talked to, include: Kyegegwa district personnel in charge of Education, OPM Kyaka II R/S, Finn Church Aid (FCA) Kyaka II office, UNHCR Kyaka II office, ALIGHT. Etc



Recommendation letter from Settlement Commandant's Office-OPM.

II. MENTAL HEALTH PSYCHOSOCIAL SUPPORT (MHPSS) PROGRAM

LHI is much concerned about MHPSS.

(MHPSS) refers to any type of local or outside support that aims to protect or promote psychosocial well-being or prevent or treat mental disorders.

MHPSS interventions can be implemented in programs for health & nutrition, protection (community-based protection, child protection and SGBV) or education. The term 'MHPSS problems' may cover a wide range of issues including social problems, emotional distress, common mental disorders (such as depression and post-traumatic stress disorder), severe mental disorders (such as psychosis), alcohol and substance abuse, and intellectual or developmental disabilities.

To tackle Mental Health Problems, LHI implemented a program of support by creating the Entertainment Activities for children, youth and adults, Child Friendly Spaces, Playgrounds and Psychosocial support activities (Identification, support {counseling}, reference and follow up) for concerned people.



LHI's founder & C/P Festo NDUWAYEZU addressing people during a Community Mental Health and Psychosocial Support session in Kyaka II Refugee Settlement, Uganda.

III. LIVELIHOOD PROGRAM

This program aims at promoting the People's Welfare through different activities.

3.1. BEHAVIOUR CHANGE COMMUNICATION –BCC

BCC is an interactive process with communities (as integrated with an overall program) to develop tailored messages and approaches using a variety of communication channels to develop positive behaviors; promote and sustain individual, community and societal behavior change; and maintain appropriate behaviors.

LHI Supports in BCC key fields such as: Family Planning, STD-Sexually Transmitted Diseases (HIV/AIDS, Gonorrhoea, Syphilis etc.), Drug Abuse, Sanitation & Hygiene, SGBV-Sexual and Gender- Based Violence, Malaria and COVID-19

3.1.1. BCC Home to Home sensitization campaigns

LHI staff organizes and carry out activities like Home to Home sensitization week campaigns where the important BCC messages are delivered.



LHI staff in Home to Home community sensitization activities in Itambabiniga zone, Kyaka II R/S.

3.1.2. OFFICE COUNSELING

Apart from Home to Home Campaigns, LHI office is always open in working days to support everyone who need different support including information about BCC fields.



Women receiving family planning information at LHI field office.

3.2. FIGHTING MALNUTRITION

Malnutrition is one of the major problems in the refugee camps.

Malnutrition refers to the Lack of sufficient nutrients in the body. Malnutrition occurs when the body doesn't get enough nutrients. Causes include a poor diet, digestive conditions or another disease. Untreated malnutrition can cause physical or mental disability.

Undernourished children have weaker immune systems and are thus more susceptible to infections and illnesses. Long-term insufficient nutrient intake and frequent infections can cause stunting, whose effects in terms of delayed motor and cognitive development are largely irreversible.

Treatment must address any underlying conditions and replace missing nutrients.

3.2.1. FEEDING ACTIVITIES

LHI, through its Livelihood Program, is fighting Malnutrition and this program really fits the **SDG #3: Good Health and well being**. The activities include feeding marginalized children with nutritious food: Mixed Flour Porridge, Fruits, etc.

LHI's aim is to extend the number of children to be fed and feeding them at least once a week, where also that program is combined with psychosocial support to the vulnerable children, as well as follow up.



LHI Team Feeding about 300 children in Kyaka II Refugee Settlement, Uganda

3.2.2. GUINEA PIGS FARMING PROJECT

LHI through its Livelihood Program under Fighting Malnutrition sub program is running GUINEA PIGS FARM PROJECT where beneficiaries will be malnutrition vulnerable families within Kyaka II Refugee Settlement and host community.

LHI breeds and gives 2 guinea pigs (1 male+ 1 female) to the identified family under risk of malnutrition for breeding and as a result, they use them as nutritious food and source of income as well as soil fertilizer.



Guinea Pigs are docile, which makes them much easier to farm than larger animals.

LHI plans to extend and empower the project by adding more 100 guinea pigs for faster production which will enable the project to support many beneficiaries within a short period of time, and the extension cost is 5,400,000ugx (\$1,529.88). Each family out of 600 beneficiary families will start receiving 2 guinea pigs (1male+1female) after 1 year of production.

Guinea Pigs in LHI Farm in Itambabiniga, Kyaka II R/S, Uganda



LHI Guinea Pigs farming Project Awarded by Griffin Worx in partnership with ALIGHT in September 2021.

3.3. FAMILY CARE:

This Program aims at helping neediest families by providing basic needs such as, Food, Clothes, and Shelter. Etc.

- **Nyiramatama Joseline.**

Joseline is a Congolese Refugee, widow, Mother of 4 children including a 2 months baby, staying in Kyaka II Refugee Settlement, Uganda. Therefore, LHI is planning to help her get a better shelter.



LHI Visit to Joseline home in October 2021.

Stand up for the needy.

- **Materials distribution**



Shoes and Clothes distribution to LHI Beneficiaries in Itambabiniga zone, Kayak II Refugee Settlement - April 202

IV. WOMEN'S EMPOWERMENT PROGRAM

When women and girls are supported, they gain opportunities to speak up for their rights, and also to advocate for their communities. They are also able to rise in social standing, and they can feed this into future generations.

We believe that healthy, educated and empowered women and girls are real agents of change.

When women and girls are supported, they gain opportunities to speak up for their rights, and also to advocate for their communities. They are also able to rise in social standing, and they can feed this into future generations.

LHI supports women and girls by:

- **Sponsorship program:** When you sponsor a girl, you not only help give a girl opportunities she may have been denied – but our community-focused approach means that her whole community benefits, too.
- **Helping girls and women learn advocacy skills** at all stages of life so that they can use their voices effectively for their own rights
- **Partnering with communities**, faith leaders and governments to challenge and correct harmful social norms that keep women and girls from their potential
- **Raising awareness** around the causes of poor health and wellbeing that are related to gender
- **Empowering women and girls** through water, sanitation and hygiene; health and nutrition; livelihoods training; and education programs to increase their opportunities and ability to reach their full potential
- **Campaigns and sensitizations about Family Planning** : Family planning provides many benefits to mothers:
 - Enables her to regain her health after delivery.
 - Gives enough time and opportunity to love and provide attention to her husband and children.
 - Gives more time for her family and own personal advancement.
 - When suffering from an illness, give enough time for treatment and recovery.

Stand up for the needy.



Distribution of materials for Young mothers (-18 years old) in Itambabiniga zone, in partnership with DAFI Students Association.

V. COVID-19 RESPONSE

LHI has conducted numerous community sensitization activities awaking the people about the vicious effects of COVID 19 to the affected person individually, family, and community in general. Community outreach activities consisted of teachings about how and why to keep social distance while queuing and/or talking with people in public places. Proper mask wearing, sanitizing, and regular hand washing were among top topics on our agenda.

LHI also raised awareness in a video, requesting the audience to support families affected by lockdown. Link for the video. <https://www.youtube.com/watch?v=F-Asql2YF7k>

VI. COLLABORATION

6.1. PARTICIPATION IN OPENING OF RESDA'S OFFICE.

RESDA is a community youth led association operating in the sectors of livestock breeding, saving, and so forth, operating in Kyaka II Refugee Settlement.



RESDA members celebrating office inauguration

6.2. PARTICIPATION IN CELEBRATION OF INTERNATIONAL YOUTH DAY TOGETHER WITH MANY PARTNERING ORGANIZATIONS.

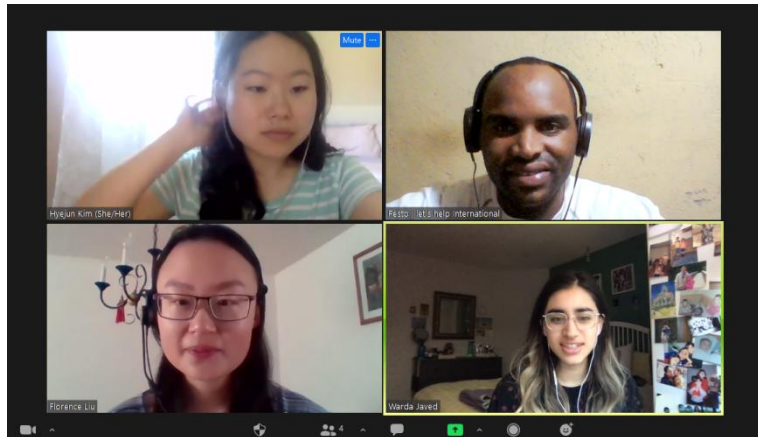


A sign post displaying the Uganda national Youth Day 2021 theme

Stand up for the needy.

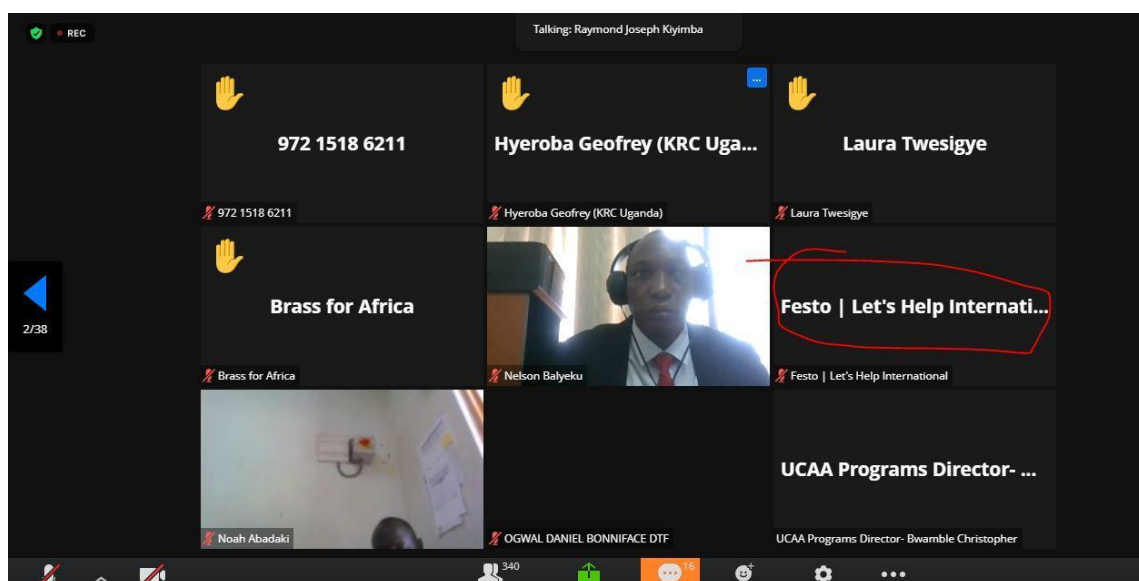
6.3. PARTNERSHIP

This program aims at bringing about new ideas, adding new leadership, improving range of services, save on administrative costs, increase brand exposure, and Strengthen advocacy voice through e-mail and hard letter delivery, virtual and face to face meetings.



6.3.1. APPLICATION FOR MOTHER OPM PARTNERSHIP

From August 17th 2021, LHI started to apply for an MoU document from the top office of the Ugandan Prime Minister. This document is very crucial for it certifies LHI as a legally recognised non-governmental organization carrying out humanitarian aid activities in the soil of Uganda. Application comprises very many Q&A in OPM system, e-mails, and outdoor activities. Although LHI hasn't found the document yet (the time of writing) the process and all inquiries that mother OPM wanted to make with us have all come to an end. we hopefully wait for their final statement which we certainly think to be good.



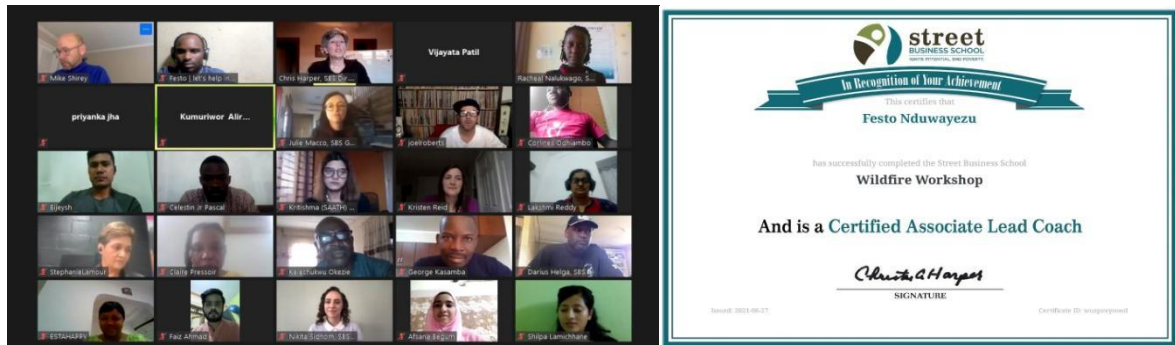
Stand up for the needy.

VII. STAFF EMPOWERMENT

7.1. TRAININGS

7.1.1. SBS TRAINING

Today, **Street Business School** is a leader in global training. They're on a mission to end extreme poverty by empowering women as entrepreneurs, and they teach other organizations how to implement the proven and effective business training. Their world-class and world-changing model will help 1 million people lift themselves from poverty by 2027.



Two LHI staff members are Certified Trainers of Street Business School after 6 months' training.

7.1.2. PROJECT PROPOSAL WRITING TRAINING (10 PARTICIPANTS)

Contributing to the training of people, especially youth, through programs that promote educational and professional development for the generation of new jobs and their maintenance; is one of the LHI Objectives.

The primary goal of this training is to reinforce existing and new skills and competencies so that attendants become more productive.



28/8/2021- Virtual Training of ten individuals about Project proposal writing Led by Ms. Chelsey Knott and Ms. Vanessa Ishimwe.

Stand up for the needy.



One of the LHI Grant Writing Training participants award.

7.1.3. TRAINING OF GRIFFIN WORX IN PARTNERSHIP WITH ALIGHT

Two of LHI Staff were awarded in **Top 25 Startup Cup Challenge** in training on how to successfully start and run businesses.



Stand up for the needy.

VIII. CHALLENGES

- ❖ Limited means to use either financial or material.
- ❖ People resistant to mindset change
- ❖ Covid 19 effects that included numerous lockdowns and travel difficulties.
- ❖ Lack of means of transportation when it comes to the field work.
- ❖ climate challenges which were mostly characterized by very intense sun waves and heavy rain.
- ❖ Denial of the Local and International organizations or companies to respond, to cooperate and or partnering to help solving the problem.

IX. WAY FORWARD

- ★ In order to boost LHI revenues there have been opened a mini-stationary office in the capital center of the Kyaka II R/S. This stationary which is registered as **Any Profile** offers basic IT, photocopy, scanning and printing services. We also offer services like Web design, Web hosting and Live stream and so forth in order to gain additional income to support LHI activities.
- ★ LHI has been granted the opportunity of working with different stakeholders starting from communities to National level in order to sensitize and advocating for children's rights especially Rights to Education which are often violated by out -to- date tribal myths and inadequate social and or societal gender hypothesis as well as minor mentality of not acknowledging the importance of education to the Children. Thus, the LHI work is to mainly advocate for Gender equality and Gender equity in the field of education and importance of education to the children.
- ★ LHI has unquestionably dealt with the national rules and regulations in accordance with COVID 19 prevention means which included: working at home, proper mask wearing, distancing, sanitizing, and hand washing activities. It was a very challenging moment but LHI managed the situation and continued supporting its beneficiaries.
- ★ According to very remote places where LHI staff could not easily reach due to bad roads where only compatible vehicles reach, they are used to walking very long in order to reach the people and deliver the message. This kind of working has left some of the staff members very tired - mostly ladies.

X. RECOMMENDATIONS

- Identify, engage, support and build the capacity of refugee-led organizations in refugee response from registration exercises to direct service delivery.
- Donors and international and local NGOs should partner with RLOs as frontline providers for refugee response
- When necessary, donors should support intermediary organizations that mentor, strengthen and build the capacity of RLOs.
- All actors should recognize that refugees know best what they need, the solutions for fulfilling these needs, and are best placed to work toward those solutions. Refugee-led organizations are the natural conduit for this to happen.
- The humanitarian architecture, including working groups and clusters, should engage RLOs within their structures and mechanisms. Their voices, concerns and ideas need to be part of planning and coordination processes.
- Finn Church Aid (FCA) as a top core partner of United Nations High Commissioner for Refugees (UNHCR) in Education, should initiate a full free of charge education to all children in their schools including payment recovery for all whatsoever charges their schools have been demanding of refugees and vulnerable host community's parents to cover, as well as making follow up to he.
- Finn Church Aid (FCA) as a top core partner of United Nations High Commissioner for Refugees (UNHCR) in Education, has to make an intensive verification throughout the Kyaka II Refugee Settlement in order to identify the exact numbers of children don't attend school and dropouts due to different social life conditions. What's more, they should be prepared to follow up those who attend school and monitor their out of school lives day to day in order to prevent reasons for dropping out and poor performance even before they are exposed.

XI. CONCLUSION

LHI would like to take this opportunity to thank public and private stakeholders for their invaluable support and assistance whatsoever they contributed to make all what LHI envisioned in 2021 realized.

We won't forget how ALIGHT Uganda challenged and thereafter reshaped for us our [Guinea Pigs Farming](#) project in a way that fits for business venture to offer supplemental income to the organization and aid to nourish children and families under risks of malnutrition.

We also acknowledge OPM, Kampala and Kyaka II offices for directing and receiving LHI staff in their offices; United Nations High Commissioner for Refugees (UNHCR), Finn Church Aid (FCA), Danish Refugee Committee (DRC), MTI Uganda, etc who have all been the reason we are still working for the poor this far. Again, let much appreciation go to the Kyaka II refugees who worked with us day by day and their RWCs (community leaders) who unquestionably allowed and supported us to reach and meet people of whose areas we couldn't have reached alone.

Finally, we have a strong need to remind and emphasize that education is a basic Human Right of each and every child including refugee and vulnerable children. Education is extremely important for employment. It certainly is a great opportunity to make a decent living. This is due to the skills of a high paying job that Education provides. Uneducated people are probably at a huge disadvantage when it comes to jobs. It seems like many poor people improve their lives with the help of Education. This is the reason why LHI is calling out for all governmental and non-governmental institutions concerning Education to design appropriate programs to educate children even though COVID 19 pandemic would last longer.

Prepared by:

Mr. Enock Mapendano

LHI Program Manager

Ms. Chelsey Knott

LHI Grant Writer

Approved by:

Mr. Festo Nduwayezu, MAIR

LHI Chairperson

XII. LHI PROFILE

12.1. CONTACT INFORMATION

Name of the Organization:	LET'S HELP INTERNATIONAL - LHI
Country of Registration:	UGANDA
Address:	Tel: +256 779686582 Email: info@letshelpinternational.org Website: www.letshelpinternational.org
Registration details:	Year of Incorporation: 2020 Registration Number : KYCD1182
Authorized Contact Person details:	Mr. Festo Nduwayezu, MAIR Founder & Chairperson Tel: +256 779686582 Email: info@letshelpinternational.org Website: www.letshelpinternational.org

12.2. ORGANIZATION PROFILE

Let's Help International (LHI) is a non-profit organization that advocates for the physical, cognitive and social development of vulnerable children, youth and families as well as orphans, refugees and other people in need mostly.

It was founded on August 2nd, 2020 in Kyegegwa District, Uganda, East Africa.

LHI seeks to break the cycle of poverty by providing access to education for vulnerable children and continuous training to youth and support to families, so that they in turn play a positive role in their communities.

LHI operates with what it raises from sponsors, social events, funds or donations, as well as from volunteers and its sustainable activities.

12.2.1. MISSION

To improve the quality of life of children, youth and families with limited resources or who live in vulnerable sectors through helping them to access education, Training, welfare and behavior change, in turn they are able to change their future positively.

12.2.2. VISION

A world where every person's fundamental needs are catered for so that they are able to craft a successful future for themselves.

12.2.3. OBJECTIVES

§ Promote, support and finance the educational development of low-income boys and girls in order to mitigate and eradicate educational gaps in vulnerable communities

§ Contribute to the training of people in vulnerable sectors through programs that promote educational and professional development for the generation of new jobs and their maintenance.

§ Behavior Change to the community for a better life

§ Promote respect, exercise and defense of human rights, children and adolescents to promotes equity, equality and diversity of people

§ Link the low-income population with sponsors for a positive change of their lives.

12.2.4. MOTO

Stand up for the needy.

12.2.5. VALUES

§ Social responsibility

§ Cooperation

§ Charity

§ Integrity

§ Excellence

12.2.5. CREATION PHILOSOPHY OF LHI



From a very long time ago, Education was as it is still today a daydream to a hundred thousand children from low income families throughout the world but most especially those from the third world as well as a big part of Africa and Asia.

Robert Frost in his poem “The shepherd and his flock” tells about a young shepherd boy whom from the pasture looks the children of his master in their smart school uniforms and bags going to school. Considering the big difference between him and his master’s children life condition sighs in a prayer: “Heavenly God, will I ever go to school?”

“The shepherd of Robert Frost represents a great number of children from vulnerable communities who view education as an impossible and unachievable dream.”

The gap between rich and poor is terrible in this interconnected world to the extent that one may conclude (from a distance) that the globe earth we know is divided in two other earth globes – The one for the needy and the other for the rich.

As that continues to be an ideal of many, the reality clearly proves that we normally don’t have two different earth globes but only one to make one only human world.

Therefore, as it is true that there is only one world, the question asks: “How will those two different people live together in a single, shared world if nothing changes at all?” “Will there ever be found a bridge to remove that woeful gap and connect those groups for equity and equal opportunities?”

The answer is YES and NO. It is YES if the rich accept to open hands and help. It is no if the rich denies opening hands and help.

The Holy Bible says: “For the oppression of the poor, the sighing of the needy, now I will arise, says the Lord”. Psalm 12:5.

In his SONG OF AN AFRICAN WOMAN (*from the Acholi poem, song of Lawino*), Okot P’Bitek says: “I have only one request-I don’t ask for money-Although I have need of it- I do not ask for meat... I have only one request-*All I ask is –that you remove the roadblock-from my path*”.

In addition, Jacqueline Novogratz states “BLUE SWEATER” : “My work in Africa taught me about the extraordinary resilience for people for whom poverty is a reality not because they don’t work hard but *because there are too many obstacles in their way.*”

Stand up for the needy.

Poverty is the major road block and obstacle both Jacqueline and Okot talk about and have to be removed away from the way of vulnerable people in order to achieve their desired dreams by limiting their very chance for survival. .

And financing and supporting education for vulnerable children and Training for the youth is the *capital way* of bridging that social gap between the rich and poor. The same way, Education is the main tool to utilize to eradicate and get rid of poverty from the human world because traditional agriculture and breeding systems will have no place in tomorrow's world of advanced technology.

The world of today needs a helping hand and this is the birth reason of LET'S HELP INTERNATIONAL.

Let's help together, let's give them hope for a brighter future.