

# Annual Review

2023-2024



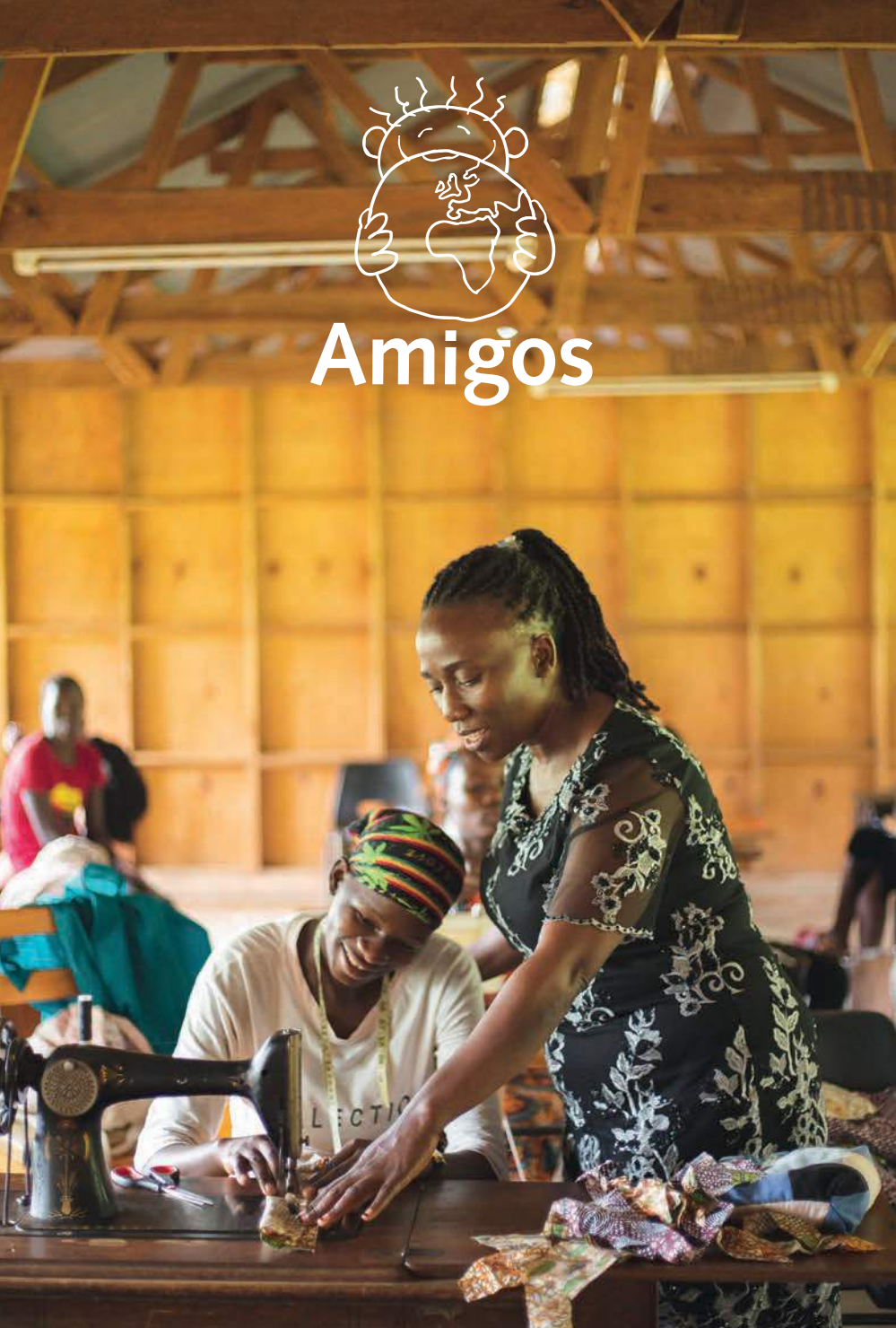
**Amigos**

TRAIN – WORK – THRIVE





# Amigos



## Our vision:

For people and communities across Uganda and beyond to be whole and thriving.

## Our mission:

Together with our local partner, we create lasting solutions to poverty and hunger, helping people move from dependency and despair to dignity and destiny.

## What we do:

Amigos supports disadvantaged and marginalised people to work their way out of poverty with dignity by providing them with the tools that they need to thrive. This integrated approach spans across communities; by providing access to education, vocational training, life-skills, clean water and power, these communities can achieve remarkable, sustainable change.

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# Greetings Amigos!

“We take delight in seeing the participants achieving profound change in their lives”



Welcome to this year’s Annual Review. It is our joy to offer an insight into our work as Amigos, including some outstanding 2023 stories of transformation. We take delight in seeing the participants achieving profound change in their lives, as through determination and tenacity they put the training into effect to move towards securing a life-filled future.

The first half of the year was affected by the tragic death of the new Amigos Uganda Country Director, Herbert Galusha. Herbert had only been in post for 5 weeks when he died unexpectedly as he was returning to the family home on Good Friday. Nothing can prepare you for these events and our hearts went out to his family, especially to his

four children. At the same time, we were heartened by the resilience of the Ugandan team in their insistence to carry on the work and implement the changes that Herbert had identified.

We were thrilled that Robina Kyoshabire stepped into the role of Country Director. As a lawyer and with her heart for Amigos, Robina is well qualified to lead the work and has been a breath of fresh air as she has looked at the challenges and opportunities in new light. In fact, through her wise leadership, 2023 became a year of growth for Amigos, and ensured that 33,649 people were reached.

We commissioned an external evaluation of our work and you will find its main findings in this review. Overall, the evaluator concluded, “Amigos demonstrates excellent integrity and value for money in delivering its relevant, up-to-date and transformative programmes.” One of his main recommendations was to roll out the tree planting programme to all our districts. Given that Uganda lost 33% of its forests in the ten years to 2015, this is vital and we are beginning the roll-out in 2024.

As ever, we strive to improve and adapt, and 2023 saw beekeeping become a vocational track for Kira Farm trainees, improved business training for community farming groups, and a review of our family sponsorship programme to fit better with communities.



We are immensely appreciative of your ongoing generosity standing with us. We are so thankful for the many encouragements we have received, the kind gifts and the amazing Christmas Appeal of over £40,000, and the loving support you give in so many ways. It is making a huge difference. Thank you!

A handwritten signature in black ink that reads "Tim".

Tim Monger, CEO

# Hello from Uganda!

“None of this would have been possible without the support of our UK office and the generous support of our donors and partners”



## Dear Supporters

As we reflect on the past year, it is true that as an organisation we faced some unprecedented challenges. A slow-moving economy, change of directors, to the death of a newly appointed director. But despite these challenges the staff here at Amigos rallied and continued to serve in the various communities. Through the dedication of both our UK and Uganda teams, the support of our donors and the sheer resilience of the communities in which we serve, we can say that holistic change was achieved.

This year, through our community development programme, farmers were trained in conservation farming. Through the bees and trees programme, 320 community members received beekeeping training and 839,016 trees were planted. 503 children benefitted from the family sponsorship programme through provision of school supplies, uniforms and school lunches. 50 young people from our six districts of operation were trained in various vocational skills at our training centre. We provided clean water through the drilling of 10 boreholes in 5 districts through the WASH programmes.

None of this would have been possible without the support of our UK office and the generous support of our donors and partners, whose support enables us to continue this life-transforming work.

As we look ahead, my hope is that we shall grow programmes that are in line with the sustainable goals of the globe, such as the question of food security, climate change and economic empowerment for all, especially the most vulnerable in our communities.

We are excited about 2024 and beyond to continue nurturing the existing partnerships. We are also looking forward to building new networks for better and further reach in our work through the church-led community development initiative.

We couldn't have done this without you.

*Robina*

Robina Kyoshabire,  
Uganda Country Director

In 2023, together we have reached  
**33,649** precious people!



**For those we have equipped, they have the skills and self-belief to transform their lives.**

# Amigos 2023 In Numbers

Amigos' holistic approach sees positive impact throughout entire communities. We are continually evolving to meet local needs and best serve participants. This year:



**23,723 people**

have gained access to clean water.



**50 trainees**

graduated and have returned home to their communities, where they are helping their families and communities to thrive.



**1,050 farmers**

have been taught conservation farming, business and life skills.



**7,350 people**

have improved food security – and have full tummies, thanks to conservation farming training.



**503 children**

have been able to attend school, thanks to our sponsorship programmes.



**65% of farming**

group families grow at least 5-6 crop varieties in years 2 and 3 giving them a more balanced diet.



**77% to 7% drop**

in domestic violence seen after a year working in our farming groups.



**839,016 trees**

were planted by participant community groups.

# Kira Farm Development Centre: Dignity for All



Kira Farm is a place of transformation from the inside out. Whatever skills they learn, trainees come to appreciate their immense value and gain a sense of their own dignity. With their new-found self-worth, they consider how they can help other disadvantaged people experience dignity too.

With this in mind, since 2020 trainees on Kira Farm have learnt about the importance of good Menstrual Hygiene Management (MHM) so that girls and their families can enjoy a future full of opportunity and respect instead of one of poverty and shame. A report in 2020 by the Ugandan Government indicated that 65% of women and girls were unable to adequately meet their MHM needs. Trainees thus learn about menstrual product options and how to make and promote reusable sanitary pads, manage pain and increase awareness.

“In our society, there is a common notion that men should be kept uninformed about menstruation. Our MHM initiative seeks to raise awareness among both male and female trainees highlighting that menstruation is not limited to girls but is a shared experience involving men as well.”

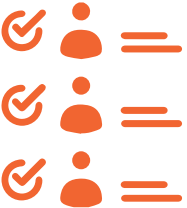
*Isaiah Lubwana, MHM Trainer*



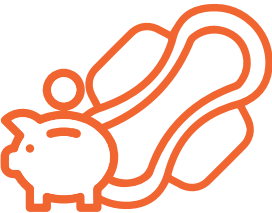
In 2023, 2,251 packs, totalling 6,753 pads were produced! The pads were distributed to Kira Farm trainees in the Gulu district and to girls in areas where the family sponsorship programme is active.



Like so much of our training, the young trainees take what they learn on Kira Farm back to their communities, which leads to...



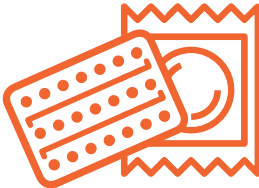
**1. Improvement in school attendance of girls**



**2. Families saving money on period products through reusable pads**



**3. Reduced stigma through education to dispel misunderstandings on menstruation**



**4. Education on birth control methods to enable informed decisions to be made**



Each year 50 young men and women from rural communities are welcomed to Kira Farm and trained in conservation farming, beekeeping, carpentry, bricklaying, tailoring, hairdressing and basic IT skills as well as conflict resolution and business.

# A Hive of Activity

During 2023, Kira Farm trainees had the option of joining a new beekeeping programme. 11 trainees spent time learning about hives, honey and all things bee!

Amigos' vision is to train young people in beekeeping and inspire them to go back to their home communities and build successful honey businesses. Ultimately, we hope that these amazing young people will be able to provide employment for others and contribute to the transformation of their rural communities.

Budding apiarists, Joel and Julian were happy to be among the first cohort of beekeeping trainees. They learnt theory in the classroom and had hands on experience at Kira Farm's three training apiaries.

**"I want to engage in the production of honey through the keeping of bees and also teach other people about beekeeping. I hope my skills will help cover that gap in the community and also allow me to train other people especially the youth in the village so as to improve their lives,"** explains Joel.

Julian adds, **"After Kira Farm, I have a vision of opening up my own beekeeping project and my goal is to produce honey and sell all over the country."**



Joel and Julian



# Tree Planting is No Laughing Matter

Rehema Kibale from Kitalikikyo lacked the skills and knowledge to capitalise on the land she shares with her family. Passing by land farmed by those who had undergone training by Amigos, Rehema was inspired to find out more. Rehema shares how agroforestry (tree planting combined with crop growing on the same piece of land), has impacted her family:



Agroforestry tree (Calliandra)

“Last year, I visited a neighbouring village and while passing through I came across a family actively participating in the Amigos tree planting project. I was captivated by the sight of their land, adorned with a green fence and flourishing with numerous trees and plants. I wished that I could live in such an environment. Excitedly, I shared my experience with my family, expressing my admiration for what I had witnessed.



Fruit tree (Jack fruit)

Despite my family's curiosity about how such a transformation was achieved, I lacked the knowledge and information to explain. My excitement soared when I discovered that the same tree planting project had reached our village. I became the first person to register for it, and within the year, I began to witness the realisation of my dream on my own land.



Timber tree (Mvule)

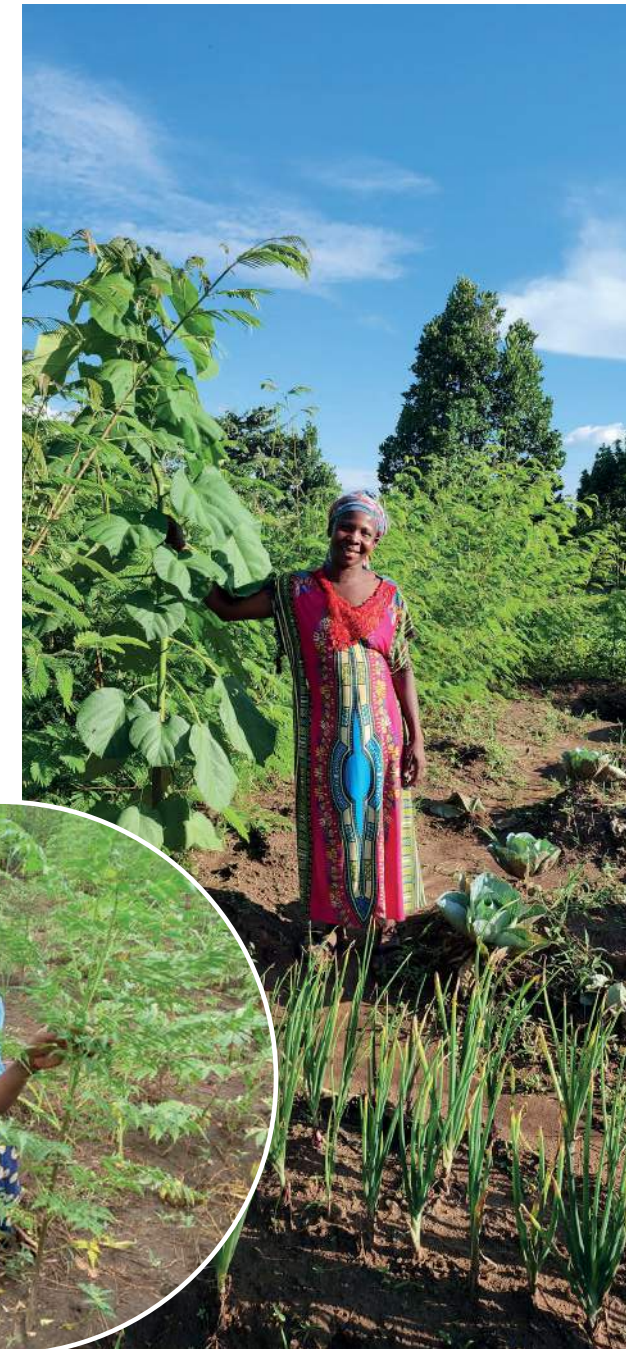
I am immensely grateful for agroforestry because it has made my land more fertile providing numerous benefits to my family. A green fence now protects my garden, and I am delighted to have enough fodder for my animals from the harvest produced by the green fence. Previously, we didn't spend much time in the garden, but now my children and I enjoy spending more time there.

Initially, my neighbours laughed at me for growing trees as if they were a source of food. However, witnessing the positive transformation of my land has changed their perspective. Now, they seek knowledge from me to replicate the success on their own land. Planting trees has not only enhanced the beauty of our land but has also earned me a great deal of respect from my husband.”

In all, Rehema has so far planted 3,512 trees, bringing transformation to her whole family. She was one of 300 participants in 2023 who planted 839,016 agroforestry, timber and fruit trees on 172 acres.



Rehema tree planting



# Connecting the Dots for a Far-reaching Transformation

The injustice that disadvantaged rural communities face damages many aspects of life, leaving them struggling on several fronts: lack of access to clean water, poor health, food insecurity, relational disharmony and a mindset that things won't change. In its integrated approach to community development, Amigos supports communities to see the big picture and connect the dots, so that as people work on one aspect they experience benefits in another. Clean water, better health, better farming, unity and growth mindset all work together and reinforce each other to achieve a bigger change.



## Clean water nearby opens up new possibilities:

“The incidence of waterborne diseases, such as diarrhoea which affected us for decades, has drastically decreased. This has resulted in better health outcomes, especially among children, pregnant women, and the elderly. The improved access to water has to a greater extent positively affected school attendance among children. With less time spent fetching water, children can attend school regularly, which is crucial for their education and prospects.” *(Scovia Okwir, Lira)*

“Ever since the borehole was installed in our community, there has been an outstanding reduction in the incidence of domestic violence, rape cases, snakebites, and disease outbreaks. This vital development has brought safety and wellbeing in our village. With reliable access to clean water, women now find themselves with considerably more time to dedicate to their gardens and small businesses, resulting in an empowering shift in their economic opportunities and family growth.” *(Stella Lakareber, Kitgum)*

## Agriculture, Business and Growth Mindset:

“This training has not only enhanced my business skills but also transformed my mindset. I've learned to overcome limiting beliefs and embrace failure as part of the learning process. With a newfound resilience, I am prepared to take risks and face challenges head-on, knowing that each obstacle is an opportunity for growth.” *(Susan Waca, Lira)*





“...the family no longer experience the pains of hunger.”

### Agriculture, Diversification, Togetherness:

“Since my wife Naomi and I joined the community farming group, our family has consistently enjoyed nutritious meals, thanks to the conservation farming techniques that have constantly resulted in bountiful harvests ensuring that the family no longer experience the pains of hunger.

Besides conservation farming, we ventured into diversifying our agricultural activities, which has further enriched our lives. My wife and I wisely invested some of our surplus earnings from crop sales into acquiring three goats. To our delight, these goats multiplied, and we now have a flourishing herd of 12 goats. Additionally, we embarked on a piggery project with a small but promising start. Beginning with just three pigs as parent stock, we are actively working towards expanding our piggery project to over 10 pigs. This expansion represents not only a financial investment but also an indication to our commitment to diversified farming.

Thanks to our magnificent financial stability, we can now meet essential family needs such as paying school fees for our children. This was once a frightening challenge, but it is no longer a source of worry. Our family's future is looking brighter than ever, and we are determined to provide our children with better education. In addition to our agricultural successes, our family has grown stronger through the power of togetherness. We pray together as a family, fostering a deep bond between my wife, Naomi, and me and all our children. This unity has been instrumental in overcoming challenges and celebrating our achievements as a family.”

*(William Muwabya, Kaliro)*



### Agriculture, Forward Thinking, Mechanisation:

Bukigiki Community Farming Group decided to reinvest their harvest earnings. These visionary farmers recognised the need for a transformative shift from subsistent farming practices to more efficient and sustainable methods. With great foresight, they seized the opportunity to enhance their agricultural productivity by investing in a vital resource – a team of oxen. The acquisition of these oxen was not a mere transaction; it symbolised a profound commitment to the future of agriculture in rural communities. The oxen, costing 1,200,000 Uganda Shillings, represent a tangible step towards agricultural innovation and progress. The dedication of this group to securing this asset exemplifies their determination to overcome challenges and embrace a brighter future for scaling up farming. In 2024, Amigos will help the group utilise the oxen within a conservation farming system.

The group's dedication has ignited a sense of hope and their forward-thinking approach serves as an inspiration to others, encouraging a ripple effect of positive change in agricultural practices. This investment in oxen will not only lead to economic prosperity for the group but also serve as a catalyst for broader agricultural development.

*(Bukigiki Community Farming Group, Kaliro)*

# Working with the Most Vulnerable

Amigos' sponsorship programme walks alongside a whole family for three years. While the money given pays for a child's schooling, the caregiver is also supported through training in conservation farming and business. After three years, the whole family is equipped for a sustainable and hope-filled future.

We would love to see even more vulnerable families supported through the programme, so please contact us to find out how to become a sponsor and bring long lasting change to the lives of families and communities in rural Uganda.

For grandmother, Night Onencan, support of her granddaughter, Prisca Mich-Parwot, has been transformative to their family.

**"I'm very happy for my granddaughter, who has been a source of joy in my family. Amigos helped me a great deal to achieve all that I have now through the vigorous trainings in better farming techniques, growth mindset and business, which have been beneficial to us. I received a bride price of one cow after my daughter got married, and this was to be slaughtered to feed the clan members. As a woman who had**

**been empowered about my rights through Amigos, I protested about the clan's decision to slaughter our only cow and I saved it. Today, as a family we have two cows, and every clan member is happy. From conservation farming I have been making savings from the selling of maize and sesame seeds, which is how I managed to raise and build a two roomed brick house with a tin roof. I'm also a member with the village savings group and every week I'm able to save Ugx 5,000. As a side income, I bake doughnuts where every week I make a profit of Ugx 10,000. Life is good."**





Prisca Mich-Parwot says:

“This support has made it possible for my family to move from a grass thatched hut to a tin roofed house. Our grass thatched hut is now used for cooking and for keeping our goats. Even if it rains, we have no worries like we used to have. We have food in plenty – two meals a day, and I will be able to stay in school.”



New member of the Amigos Uganda team, Benjamin Mwine, shares why he decided to sponsor a child and their caregiver.

“My commitment to supporting this programme stems from a deep-seated belief in the transformative power of education and the potential each child possesses when given the right opportunities.

This programme is particularly close to my heart due to its holistic approach to child development. It not only ensures access to education but also addresses crucial aspects of health, nutrition, and overall wellbeing. I firmly believe that this comprehensive approach will not only empower the family I sponsor but also uplift their entire community, creating a ripple effect of positive change.

I am honoured to play a role in shaping a better future for a child and their family, and I am excited about the journey ahead, knowing that my support will make a meaningful impact.”

# An Outside View Shows Amigos Delivers Effectively

## External Evaluation Purpose:

The objectives were to determine whether Amigos achieves its outcomes, gives value for money and follows sound processes.

Specifically, the evaluation looked at the Relevance, Efficiency, Effectiveness, Impact and Sustainability of the work across the last three years.

## Overall, what was found?

**“Amigos demonstrates excellent integrity and value for money in delivering its relevant, up-to-date and transformative programmes.”**

(Christopher Sebatta, Makerere University – External Evaluator)

“Amigos targets the right districts with high levels of child mortality, low levels of parent education, low youth employment rates and lowest school attendance rates for primary pupils.

Amigos’ work shows all indications of sustainability from design to implementation in youth empowerment, conservation farming and social cohesion.”



### Sustainable Community Development (105 participants sampled):

- Clean Water: 91% of households have access to an improved water facility compared to the 45% national average for rural households.
- Food Security: About 90% of households were generally food secure, able to have 2-3 meals a day.
- Changed Mindsets: Results indicated that trainings were effective in terms of change of mindsets translating into farmers adopting the practices.



### Family Sponsorship (105 households sampled):

- Education Performance: Supported children performing among the top 10 students in a class rose from 37% to 52%.
- Valuable Support: 95% of children considered the educational supplies given to be useful or very useful.
- Better Nutrition: 97% of children receive school lunches compared to 33% nationally.

Over 90% of graduates  
have started their  
own income  
generating  
activities



### Kira Farm

*(66 graduates sampled):*

- “Highly Significant”: With 78% of Uganda’s population under 30 and 64% of youth unemployed, this programme was highlighted as vital.
- Business Startups: Over 90% of graduates have started their own income generating activities.
- Saving Enabled: 95% of graduates now save regularly.



### Improvement:

- Roll out tree planting to all districts where Amigos is working
- Give financial literacy training
- Build capacity to link increased productivity to markets
- Improve energy efficient stove training
- Increase the focus on supporting people with disabilities



## Local Vision, Local Resources, Local Training Centre

Alyet Seed is a vocational training centre started in 2023 and run by Yahwe Pentecostal Church in Lira. Amigos has been partnering with the church for community development. The church was training community members in conservation agriculture practices so that they would be able to sustainably provide their families with enough food. The community had also been provided with a clean water supply.

Amid all this, Pastor Patrick received training on how the church could inspire locally led development. He saw the potential of the church, “I have learned that the reality of poverty requires the church to develop the community. The church has a lot of work to do to transform the community, to help people to do work by themselves without thinking there is someone who could do it for them.” The training inspired him to think about the vulnerable youths in the community. “What could we do for those who dropped out of school, the young mothers and other vulnerable young people, just floating with nothing to do?”

Patrick discussed the possibility of beginning a vocational youth training centre with the wider community and the local council leader. What resources did they have to make this happen? Five young people, who had just returned from Kira Farm, became excited with the vision, and instead of focusing on building their own businesses offered to serve the centre as trainers in building, carpentry and joinery, tailoring and conservation agriculture. They even donated their own tools and sewing machines so that the new students could learn. Someone even offered their house as the place for the centre.

After much planning and organisation, Alyet Seed Vocational Training Centre was born. The first 16 of 60 identified students, young men and women, aimless, disadvantaged, unskilled. But all this was about to change in a transformation from the inside out. A few months later, the new students were proudly wearing their new Hope For Me T shirts. Tailoring trainer Loyce shares, “My prayer is that when they

graduate, they will use these skills to earn a living and it will change their lives.”

Church members are keen to convey that the centre is part of a bigger vision. “The existence of the centre is not only to pass on the skills to the fellow youths but also to contribute to the development of the community,” Benard, the carpentry

trainer, says confidently. The centre’s director Anna adds, **“This is so exciting to us because we are reaching the community and the vision is to transform the lives of these young ones and the community at large.”**





# A Few of Our Supporters

We are incredibly grateful to all of our fundraisers and supporters, who truly make the work of Amigos in Uganda possible.

Jess Cole supporting us in running the London Marathon



We're so grateful to Pilton Bluecoat School for fundraising for Amigos



## Ambassadors programme

2023 saw us launch our Ambassadors programme. It's been great to welcome so many people who love Amigos to volunteer in this role and commit to spreading the word and raising funds. If you would like to find out about becoming an Ambassador, please get in touch, we would love to hear from you! Please contact us at [info@amigos.org.uk](mailto:info@amigos.org.uk)



# Plans for 2024 and beyond

## A New 4-Year Programme:

This year will see the start of a new approach to community development. Extending the programme to 4 years, this first year will focus on building relationships with new communities, journeying with them to help them identify key needs and opportunities and then providing training in community development. This will enable local communities to lead their own inclusive development whether through conservation farming, business start-ups, youth empowerment or other ventures and lead on to greater local aspirations. In this way, we will be better able to serve the 35,000 disadvantaged and marginalised people with whom we partner annually.

## Conservation Farming Groups:

20 second and third year community farming groups will gain enhanced training in conservation farming and business skills, leading them to consolidate their farming skills and take advantage of securing access to markets. This will impact the lives of 4,900 people and many more whom they train.

## Family Sponsorship:

Last year, we supported 57 new children and their families, bringing the total number of sponsored children to 503. In 2024, we would love to add another 100 families to our family sponsorship programme; if you think you know someone who might like to support a child and their family, please tell them about us!

## Kira Farm Development Centre:

Every year, we have more and more precious young people pursuing the opportunity to come to Kira Farm. This year, we have 50 trainees. We look forward to seeing them blossom over the coming months, ready to train others back in their communities.

## Beekeeping:

We are launching new community beekeeping groups in Gulu and Masindi through the leadership of Kira graduates. A new cohort of Kira beekeeping trainees will learn beekeeping this year with the aim that through their leadership further new beekeeping groups will be started in 2025 and access to honey markets secured.

## Reforestation Programme:

We will roll out our sustainable reforestation programme to Gulu and Masindi districts, including the planting of indigenous trees that are essential for the environment, alongside fast-growing, sacrificial species for burning, building or charcoal production. This will help communities secure their long-term viable future.

## South Sudan:

Building on the exploratory visits in 2022 and 2023, we will begin establishing a basis for facilitating locally led development through new South Sudanese staff in 2024.



## Donating is easy

You can make a one-off gift or support us regularly, just visit [amigos.org.uk](https://amigos.org.uk) to find out more.

You can also make a donation direct to our bank account, but please email us so we can thank you.



Amigos Worldwide  
Account No: 01070832  
Sort Code: 30-90-49

## Please support us:

Regular, monthly donations help us to plan for the longer term  
A monthly donation of:



£10

- will help train a caregiver in farming so they can feed their children



£18

- will support a disadvantaged child to go to school, and train their caregiver to be financially independent in the future



£42

- will support a young person at Kira to learn skills to lift their family out of poverty



# Thank you

Nothing would be possible without the individuals, volunteers, churches, trusts, foundations, corporations and businesses who supported us throughout 2023, including with our Christmas Appeal. Without your help, 33,649 lives would be worse off; we are eternally grateful to you for your generosity, and for entrusting us to make your money make the biggest difference possible.



## Trusts and Foundations

- Ashworth Charitable Trust
- Bright Future Trust
- Charles Hayward Foundation
- Corton Hill Trust
- Freedom Trust
- Christadelphian Meal-A-Day Trust
- Q Charitable Trust
- Sherborne St John Trust
- St James' Place
- The Ninety Foundation
- The Pickwell Foundation
- W F Southall Trust

## Corporate Partners

- Brewer, Harding & Rowe
- Just Office
- Kings Carpets
- Local Rotary Clubs – Braunton, Barnstaple, Ilfracombe, Tiverton, Clifton (Bristol)
- Philip J Milton & Company Plc
- Southgate Estates

## Charity Partners

- Bees Abroad
- Trees for the Future (funding won by Amigos Uganda)
- Tools for Self Reliance
- Tools with a Mission
- Workaid

## Churches

- Christ Church, Braunton
- Christ Church, Ware
- Church in the Park (Australia)
- Grosvenor Church, Barnstaple
- Haywards Heath Baptist Church
- Holy Trinity Church, Barnstaple
- Holy Trinity, Brimscombe
- Ilfracombe Baptist Church
- One Life Church, Barnstaple
- Pinhoe Road Baptist Church, Exeter
- Primley United Reformed Church
- St Austell Life and Light Church
- St Hieritha Parish Church
- St Mary's Church, Wythall
- St Mark's Church, Cardiff

## Schools

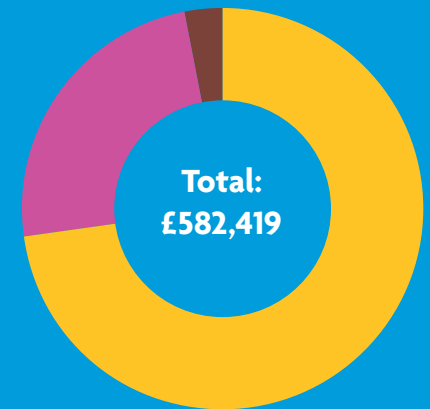
- Bishops Tawton Primary School
- Braunton Academy
- Denmark Road High School
- Hockerill Anglo-European College
- Kingsacre Primary School
- Ludgvan School
- Pilton Bluecoat Academy
- Pilton Community College
- South Molton United C of E Primary School
- The Park Community School

# Financial Summary

Amigos' work is funded through a range of regular donors, one-off donations, legacies, trusts and grants. 2023 saw our income reach a total of £582,419.

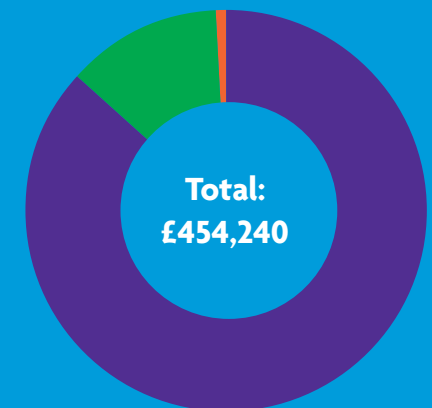
## INCOMING RESOURCES

- Legacies, Individual and organisational donations: £424,621
- Fundraising, trusts and foundations: £140,532
- Other income: £17,266



## RESOURCES EXPENDED

- Charitable spending on projects: £393,950
- Costs of generating funds: £57,516
- Governance: £2,774





# Amigos

TRAIN – WORK – THRIVE

## Amigos

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Find us at Amigos Worldwide



Thanks to Joshua Nsereko, Titus Okello  
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Registered office address: 3 Boutport Street,  
Barnstaple, Devon, EX31 1RH

