

TRAIN – WORK – THRIVE

Annual Review

2021
2022



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 Ugandans 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!



Welcome to this year's Annual Review. In this edition, we offer a snapshot of our work as Amigos and some remarkable 2021 stories of transformation. But we're also giving insight into some of the heart of what we do, the less visible, like growth mindset and conflict resolution training, which works its way out into the visible transformation. It's part of what we call 'transformation from the inside out.'

Personally, I am grateful for the welcome and support I have received in my first year with Amigos, making the transition a pleasurable one. In particular, I am thankful that our founder Phil Pugsley continues to

advise and be a part of what we are doing. I am thrilled with what Amigos is, its unique vision and how, beyond its size, it is helping so many people move from dependency and despair to dignity and destiny.



We recognise that as human beings we all have a raft of interconnecting needs that have to be met for us to flourish.”

Covid-19 continued to affect our programmes in 2021 with Uganda being extremely cautious with lockdowns and school closures. But we are extremely grateful for the heart and resourcefulness of our Amigos Uganda team and their thinking outside the box to navigate through the pandemic to ensure the most disadvantaged and marginalised were reached. In their commitment, some of our staff caught Covid, one seriously, but thankfully all made a good recovery. The Kira trainees who began in 2020 finally graduated in 2021 after a mix of onsite and

remote training. Our local extension workers and farming group leaders played a bigger role in our sustainable community development and community sponsorship programmes when travel was difficult. Through it all 32,334 people were reached!

We are also delighted that our new Tree Planting programme began in 2021. Through our partnership with Trees for the Future 330,000 trees were planted, helping to reverse environmental destruction and lead communities to securing a better future. This programme has been entirely overseen by our Ugandan team and is the fruit of their own successful fundraising.

We recognise that as human beings we all have a raft of interconnecting needs that have to be met for us to flourish. As such, we have sought to coordinate our programmes better together so that participant communities experience a greater synergy – our aim being *life in all its fullness*. We were pleased to show something of this through our Zoom events where many of you were able to meet some of the

participants and hear from them directly.

We remain intensively appreciative of your ongoing generous partnership with us. We are so thankful for the many encouragements we have received, the kind gifts and the amazing Christmas appeal of almost £53,000, and the loving support you give in so many ways. It is making a huge difference. Thank you!

Tim Monger, CEO



Hello from Uganda!



“
Without your continued support Amigos would not have been able to bring hope and impact last year to the communities we serve.”

Dear Supporters

2021 was a great year but also a challenging one due to the Covid-19 pandemic which affected many students not attending school, the economy with many businesses closing down and transportation limited to some areas. But Amigos kept reaching out to the many people in the communities through our brave and hardworking staff who have continued to do amazing work.

Amigos has continued successful partnerships with local churches, to facilitate a holistic transformation to meet the spiritual, social, economic, environmental, physical and psychological needs in the six districts of Gulu, Lira, Kitgum, Wakiso, Masindi and Kaliro.

Thanks to your generous support, this year we have continued our sponsorship programme, with 494 children gaining access to education through the provision of educational resources for home learning and much needed food parcels during the nation's lockdown.

In January 2021, Kira Farm welcomed 49 young people back to resume their training that was cut short in 2020 due the lockdown restrictions. Although two were unable to finish, we are thankful the others completed

their training, graduated in October and returned to their communities to share the knowledge and transformation they received.

Through our sustainable community development programme, we installed 10 boreholes, bringing fresh water and hygiene training to whole communities. We were also able to train ten new farming groups, comprising 350 subsistence rural farmers, impacting a total of 2450 precious lives, both young and old. We also continued with the farming groups begun in 2019 and 2020 as they took further steps to break free from poverty.

Through our leadership programme, we trained 22 farming group leaders and 5 pastors from the host communities to equip them further to transform their communities.

Without your continued support Amigos would not have been able to bring hope and impact last year to the communities we serve. Thank you all.

With blessings,

A handwritten signature in blue ink that reads "Godwin".

Godwin Ssesazi, Director of Operations



In 2021, together
we have reached
32,334
precious people!

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

New Thinking, New Life!



Two ways of looking at the same situation can yield two dramatically different outcomes. Amigos works to see hearts healed, hands skilled but also heads inspired! Across all our programmes we seek to encourage people who have faced so much adversity to choose the way of life.

When the Lord's Resistance Army (LRA) came to her home, it seemed to Angelina her life was over. "We used to have a big animal farm with 8 cows and 10 goats but we lost them during the insurgency in Northern Uganda to LRA rebels and we were left with nothing. Our home was also destroyed along with all our property and we were

forced to rebuild again from scratch. I started to work on other people's land for money but this was quite challenging at my age.

My grandchild Joan was at home because I couldn't afford to send her to school and I would often take her with me to the garden. In 2018, Joan

Growth Mindset:

- Recognise you were created to be creative
- Have a can-do attitude
- Avoid blaming circumstances or others for your shortcomings
- Allow yourself to fail
- Leave your comfort zone and have a go
- Don't place undue emphasis on results
- Use other people's success to spur you on

was identified for the sponsorship programme and that opened a door for us. As Joan was being supported to be in school, I became a member of the community farming group and learned better farming techniques which have seen my harvest improve.



The community sponsorship programme considers the whole family; the child who needs an education and the caregiver who is struggling to provide it. Once a caregiver has been trained in conservation farming and business skills, **their average annual income increases from £335 to £1,670**, enabling them to take care of their children.

I also learnt how to work with the two hands I was born with and to use the brain that I have. I stopped feeling sorry for myself and blaming the rebels for my plight as this was keeping me in poverty. During one growth mindset training session I realised that I had a dependence syndrome holding me back from which I was then set free.

After the first year of practising the new farming techniques, I had an idea to venture further. I joined a rice growing scheme where I grow rice on ½ acre of land and earn 1,120,000 Shillings per year from sales. With this I can take care of my paralysed husband and Joan can surely stay in school.

I have also started another business with a capital of 200,000 Shillings, selling tomatoes, tinned fish, sachets of salt, washing soap and sugar. I cannot imagine where I would have been today if I had not received this training. Our lives have been transformed!"
What a grandmother!



Kira Farm Development Centre: Transformed to be Transformers

David arrived at Kira Farm from Kaliro, determined to make the most of the training. “I grew up in extreme poverty, and when my father abandoned us I lost hope of ever living a meaningful life.

But the entire year I spent on Kira repaired me. I never saw myself helping any other person in life, but Kira helped me to realise the hidden talents I had. Through the skills I gained, I knew I could help many young people in my community who were living a hopeless life like I did.

As soon as I returned home in October 2021, I joined my local church and together with some other Kira Farm graduates we started sharing our skills in conservational farming and conflict resolution. I am now also passing on the tailoring skills through the youth development centre run by the church as well as running a profitable tailoring business. I am now financially supporting my mum who stood by me throughout my life. She and I are going to do intensive conservation farming this season because for the first time we have enough funds to buy all the seeds we need. I am so excited about life but I am more excited about the lives that are being transformed and inspired through what God is doing in my life.”



Each year around 50 young men and women are trained at Kira Farm in conservation farming, carpentry, bricklaying, tailoring, hairdressing and basic IT skills. Many arrive broken, neglected and having experienced trauma and the year at Kira is a chance to heal, forgive and be equipped to become change-makers in their communities.

Amigos 2021 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:



20,335 people

have gained access to clean water.



47 trainees

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



1,110 farmers

have been taught conservation farming, business and life skills.



7,770 people

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



494 children

have been able to take advantage of home learning in lockdown through educational materials and food parcels.



90% drop

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



87% of farming

group families grow 5-6 crop varieties giving them a more balanced diet, in their second year.



90% of families

now have their own pit latrines.

Harmony Launches a Community into New Hope



Conflict resolution is foundational in all our programmes whereby participants are invited to:

- Reflect on their painful past
- Work towards healing what has been broken
- Forgive those who have hurt them
- Reintegrate where there has been division
- Strengthen themselves to prevent further harm



“

Social conflict has been the order of the day especially when the low crop yield is associated with witchcraft and theft. These misconceptions about the low crop yield leave a big gap between one family and another and one person and another in our community.”

Where there is social breakdown or conflict no one can thrive. We see conflict resolution as a vital foundation for all our programmes. The aim is to help participants focus on dealing with their painful past and current troubles through conflict resolution leading to a new identity, self-worth and a love for their communities so that they too can be whole and harmonious.

Beatrice Adong, a member of Aeronero conservation farming group in Kinene village, Gulu District, tells her story.

“Before taking up the conservation farming skills, we used to cultivate crops in a traditional way where seeds were sown randomly, no manure



used, with a single crop cultivated on the same piece of land season after season. We knew nothing about conservation agriculture.”

It is this lack of knowledge and understanding which leads to a poor crop yield, which results in less food, less work and ultimately a very exhausted and frustrated community. Within a stressed community conflict may arise, which was the case with Beatrice’s community as she articulates, “Social conflict has been the order of the day especially when the low crop yield is associated with witchcraft and theft. These misconceptions about the low crop yield leave a big gap between one family and another and one person

and another in our community.” Without the support of others and harmony among neighbours, farming and living become extremely difficult.

Through the conservation farming group, not only has the quantity of food increased for the group, but as Beatrice explains, “There is noticeable evidence of peace and harmony among the farming group members since we pray together and give total support to each other in times of hardship.” Bringing the community back together by equipping them with the knowledge of conservation farming has restored friendships and sparked hope for the farmers of Kinene. This is a sure foundation.

Buzzing Like Bees

As this saying shows, bees play a vital role in preserving the local environment and thus people's livelihoods. Whether it's giving communities an extra reason to protect their forests, pollinate their crops, provide nutritious honey or increase income generation, the little buzzing bee can do it.

*"No trees no bees,
no bees no honey,
no honey
no money!"*

In 2017 Amigos successfully trained 20 groups of women and men in beekeeping. Today all these groups are still operating, harvesting and selling delicious honey and building a better life.

More communities are approaching us to request support to begin their own much-needed beekeeping projects. So with our new partner, Bees Abroad, we are donning our beesuits and gloves once again to see more communities buzzing through beekeeping.



Bee fact:

One bee has to fly about 90,000 miles – three times around the globe – to make ½ kg of honey.



Almost 90% of wild plants and 75% of leading global crops depend on pollinators." (WWF)



Someone Has Turned the Light on!

“Before my mother bought the solar pack, the kerosene lamp was our main source of light. It would produce little light and too much smoke. Being exposed to all that smoke greatly affected our health and it was very challenging for us to read and do our homework. My siblings and I would crowd together and struggle to see our books in the little light.”



Rebecca’s mother, Monika, leader of Te Olam Community Farming Group in Gulu, purchased the solar pack through Amigos’ loan scheme. These solar packs contain a large lamp, a torch and a radio as well as allowing phones to be charged.

“Now, I’m delighted to say that everyone at home is full of happiness as we enjoy the solar light. The light is enough and can light every corner of the house. We can now read and do our homework with ease. No more suffering from sight irritation, coughs or flu. Life is so much nicer, thank you.”



Now, I’m delighted to say that everyone at home is full of happiness as we enjoy the solar light.”



An Inspiring Future: Transforming the Desert Transforms Lives



Why plant trees?

- Trees improve soil fertility by adding nitrogen and drawing nutrients from the subsoil to the surface
- Trees control soil erosion, by providing protection from the sun, wind and rain
- Trees are part of the local water cycle
- Trees provide shade and purify the air
- Trees contribute to a good climate by absorbing carbon dioxide
- Trees provide mulch for the soil, keeping the soil moist
- Trees provide firewood, a source of renewable energy
- Trees provide materials for construction, furniture and paper
- The leaves and bark of certain tree species can be used for medicine

Susan's family land was almost becoming a desert. "My family was growing sugar cane as our main source of income. We had cleared most of the trees to plant sugarcane and we even cut down trees we could have later sold for firewood.

The children dropped out of school since we could not afford the school fees and when feeding became difficult the whole family had to start working on other people's plantations."

But all this changed when Amigos partnered with Trees for the Future in 2021 to assist Kaliro communities begin a regenerating agroforestry project. 260

farmers have been trained and planted 330,000 trees. Calliandra, Grevilia, Sesbania, Leucaena, Mvule, Neem, fruit and many more tree species now cover 130 acres of previously bare land.

Susan continues, "My family has planted 3,000 agroforestry trees along the perimeter of our garden, and 30 timber and 20 fruit trees within the garden.

As a result, we have been able to restore the fertility of our land. These agroforestry trees have enabled us to grow other food crops on the land. We also have enough firewood for cooking and rearing animals has become easier since we have enough fodder."



Before



After



Water as the Spring for Fresh Steps



Abonyo Alice, aged 35, Adipa Wigweng village, Lira district

“We are very glad to receive the borehole which has now reduced the time spent fetching water from long distances. It has also saved us from taking dirty water in swamps contaminated by human and animal faeces and all the risks associated with it. The rate of disease infection has greatly reduced therefore people no longer spend so much money on medication.

Now, I have enough time for my business and I earn much more money than before which makes such a difference to the family. And now we can take showers whenever we want to.”

Water is essential to every community and access to a safe and clean supply is a basic human right. We are delighted therefore to have constructed 10 boreholes during 2021 in Gulu, Kaliro, Kitgum, Lira and Masindi districts, providing access to clean water for 20,335 people, thanks to the amazing generosity of Amigos' supporters.

A Few of Our Fundraisers

We are blessed with so many kind supporters and fundraisers who help us in all manner of ways. Last year a few did some amazing feats and we highlight them as representative of all.



In **May**, Chris Potter took on the Devon Coast Challenge, running three marathons in three days



Suzanne and Ruben Smit conquered the 3 Peaks Challenge in **June**



Phil Morris ran the London Marathon in 3 hours 23 minutes in **October**



Anoushka Lynd designed and sold stunning Christmas cards through her business, Orange Fig, during **November** and **December**

Plans for 2022 and beyond

As always, we have big plans to create sustainable change over the next year...

Equip the Local Churches –

In the next 2 to 3 years we will give special emphasis to equipping the local churches in transformative mission so they lead the projects reaching at least 35,000 poor and marginalised people annually.

Coordinate Child Sponsorship, Kira Farm and Conservation Farming Groups together –

In 2022 we will continue to improve the coordination of our three main projects, Child Sponsorship, Kira Farm and Conservation Farming, reinforcing connections to ensure a cohesive whole.

Conservation Farming Groups –

Every year, we take on and train an additional ten conservation farming groups. This year we will, once again, lead 30 farming groups, training 1,050 people in conservation farming, impacting the lives of 7,350 people.

Youth Inclusion Programme –

Our Youth Inclusion Community-Led Pilot Programme in Kaliro has proved very successful. The programme was locally designed to include and train poor and disaffected youth and

promote civic harmony by bridging the gap between the older and younger generations. Communities in other districts are now looking to begin their own such programmes.

Child Sponsorship –

Last year, we supported 108 new children and their families, bringing the total number of sponsored children to 494. In 2022, we would love to add another 100 families to our child sponsorship programme; if you think you know someone who might like to sponsor 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.

Water and WASH training –

We aim to install ten more boreholes in 2022 and provide the local communities with training in health and hygiene so that they may thrive.

Beekeeping – We plan to launch a new impetus in beekeeping assisting new communities through the leadership of Kira Graduates and securing access to honey markets.

Reforestation Programme –

We will continue to roll out our sustainable reforestation programme, including the planting of indigenous trees that are essential for the environment, alongside fast-growing, sacrificial species for firewood and building materials.

Menstrual Health Management –

2020 saw the launch of Amigos'

Donating is easy

You can make a one-off gift or support us regularly, just visit 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

Menstrual Health Management programme, unfortunately disrupted by COVID-19 and two years of lockdowns. We will continue to execute this programme during 2022, training pupils in schools to make reusable sanitary towel packs, helping to remove stigma around menstruation and improve school attendance.

Please support us: Regular, monthly donations help us to plan for the longer term

£5



will help support a young person to learn skills to lift their family out of poverty

£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

Thank you

Nothing would be possible without the individuals, volunteers, churches, trusts, foundations, corporations and businesses who supported us throughout 2021, including with our Christmas Appeal. Without your help, 32,334 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
- Eleanor Rathbone Charitable Trust
- Freedom Trust
- Peter Stebbings Memorial Charity
- Open Gate Trust
- Q Charitable Trust
- Souter Charitable Trust
- States of Guernsey Overseas Aid and Development Commission
- St James' Place
- The Rhododendron Trust
- The Atwood Trust
- 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
- Philip J Milton & Company Plc
- Southgate Estates
- WorldFirst

Charity partners

- Bees Abroad
- Trees For The Future (funding won by Amigos Uganda)
- Tools for Self Reliance
- Tools with a Mission
- Work Aid

Churches

- Church in the Park (Australia)
- Grosvenor Church, Barnstaple
- Holy Trinity Church, Barnstaple
- Holy Trinity, Brimscombe
- Ilfracombe Baptist Church
- 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

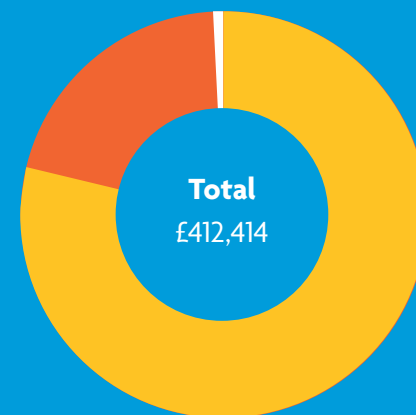
- Bishops Tawton Primary School
- Braunton Academy
- Denmark Road High School
- Hockerill Anglo-European College
- Kingsacre Primary School
- Ludgvan School
- Pilton Bluecoat Academy
- Pilton Community College
- South Molton United C of E Primary School
- The Park Community School

Financial summary

Amigos' work is funded through a range of regular donors, one-off donations, legacies, trusts and grants. 2021 saw our income hold up well amid COVID-19 with a total of £412,414. Our income in 2022 could drop slightly due to the increased difficulty to secure trust funding in the current economic climate.

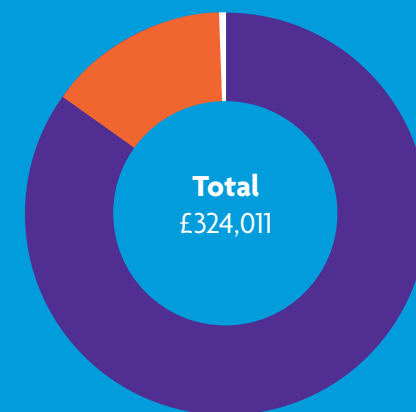
Incoming resources

- Legacies, Individual and organisational donations: £324,966
- Fundraising, trusts and foundations: £83,082
- Other income: £4,366



Resources expended

- Charitable spending on projects: £275,371
- Costs of generating funds: £46,360
- Governance: £2,280





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Find us at Amigos Worldwide



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Amigos