



- Medical care & operations
- Education
- Child sponsorship
- Vocational training
- Parent support networks
- Addressing poverty

Support our 2013 Christmas Campaign



Accomplish Children's Trust is pleased to launch our annual Christmas Campaign - this year our focus is on "Feeding a Child at School".

Accomplish is raising money to support the Integrated Child Education Centre, a primary school for deaf or blind students in Kasese, a small town in South West Uganda, near the foothills of the Rwenzori mountains.

Given the school's wide catchment area and the difficulty of travelling around the surrounding rural districts, all the pupils are borders and thus food is one of the largest ongoing expenses that the school needs to meet. It costs just £8 to feed one child for a month and this Christmas we would like to ask our supporters and friends whether they might consider making a regular donation to Accomplish of £8 a month, or increasing their current donations by £8 a month. Food costs equate to £32 for each of the three school terms

or £96 per child each year.

The school is expanding gradually as it works towards its capacity of 120 pupils across seven primary school year groups. Academic years in Uganda run January to December. This year, 67 students attended the school and another 13 will join in January taking the 2014 headcount up to 80. Then in 2015 the school envisages growing to 95 pupils. It plans to hire an additional teacher in January, bringing the staff up to seven special needs teachers as well as a cook, matron, administrator and night watchman.

The Integrated Child Education Centre was established in 2010 by RAPCD, one of the Ugandan charities Accomplish supports via regular grants. Last year, our Christmas Campaign raised money to buy instruments for the blind students and also to build beds for the school's dormitories.

Accomplish funds the school's

running costs including salaries, food and other materials such as Braille slates, text books and mosquito nets. Parents are also asked to contribute but thanks to Accomplish's support, school fees have been brought down to a very affordable level, similar to local primary schools. This means that parents are investing in their child's education and feel involved, but will be paying approximately the same fees for all their children including those not attending a special needs school. Accomplish also provided grants to build two classrooms, a large dormitory, a safe water supply, a rain collection facility and a toilet block.

Over the long-term, the school intends to become more self-sufficient in food provision. Accomplish is in the process of providing a grant to enable the school to buy 10 acres of land on which to grow crops. It will take several years for the land to be sufficiently cultivated so in the short-term, costs for food will continue to rise.

To set up a regular £8 monthly direct debit and feed a child at the school, please contact Treasurer Sue Baldock to make arrangements at

accomplishtrust@gmail.com.

One-off donations can also be made through our BT My Donate page: <https://mydonate.bt.com/charities/accomplishchildrenstrust> or send a cheque to:

**Accomplish Children's Trust
St. Edward's Vicarage
Tadcaster Road
York
YO24 1QG.**

As ever, thank you for your generosity. We wish you all the best for Christmas and the New Year.

Contact us

St. Edward's Vicarage
Tadcaster Road
York
YO24 1QG

E-mail:
accomplishtrust@gmail.com

Web site:
www.accomplishtrust.org.uk



"I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil - this is the gift of God."

Ecclesiastes 3:12-13

Accomplish - Reflecting on 5 Years

Accomplish Children's Trust founder, Rebecca Cornish, reflects on a truly amazing five years...

"On my return from Uganda in November 2008, and on the promise of the required £5,000 income a year from generous givers, I was excited to be able to gain Charity status for Accomplish Children's Trust. Five years on, it is really amazing to look back and reflect on how many of the Trust's visions have been established already.

I recently found a document given to me by RAPCD at the very beginning. It states that their achievements to date were: a piggery project of three pigs, setting up a revolving fund of parents to save and support a child's needs, carrying out several home visitations and setting up a bank account. At the time these were huge achievements, and certainly enough for me to put my trust and faith in the group. However, five years on, RAPCD is now almost unrecognisable having achieved so much with your support. It has established an Integrated Child Education Centre (ICEC) teaching 60 children with hearing or visual impairments, and RAPCD is being recognised as a key player in the forward momentum felt by families of children with disabilities in the local area.

In the last year, with assistance from Accomplish supporters, the ICEC has been extended to accommodate 120 children, and the plan is for RAPCD to gradu-



ally take on more pupils over the next five years. A fantastic achievement in itself, but coupled with a recent comment from a Ugandan government inspector who noted that in his opinion the ICEC "is one of best special needs school in southern Uganda" makes this really stand out.

RAPCD also have regular community outreaches to locate children and educate the community. Plus they remain linked to a rehabilitation unit (located three hours away) through which Accomplish funds one child a month to receive medical treatment. In addition the ICEC has also begun to provide rehabilitation locally for issues in which local expertise is available.

Although Accomplish is still the main supporter of RAPCD, the team are now in a position to attract support from other areas. They have worked hard to build up relationships with other partner organisations in North America and Belgium, and have received several volunteers through these routes, as well as supplies of hearing aids and canes (for impaired vision) through a Canadian charity, CanUgan www.canugan.org. RAPCD have also held a sports day in association with Handicap International and have recently secured a three year contract with Mobilization Africa to rehabilitate children with cerebral palsy and provide wheelchairs. It is fantastic to see RAPCD grow and extend their network in a sus-

tainable way, and now drawing on support from multiple organisations.

Maali Wilson, the founder of RAPCD, has recently been invited to speak at an international conference held in Nigeria, to talk about the work RAPCD are doing. My overriding vision for Accomplish was that the Trust should be a charity that "gave wings" to our partners - I hoped that we would work with small organizations in areas where there wasn't a lot of support, and enable them to flourish and establish themselves. It is great to see this vision become a reality.

Just over five years ago RAPCD were turned down by the organisation Voluntary Services Overseas because it was not yet structured enough to support volunteers. However, with their current project workload the story is now very different! RAPCD has hosted a Belgian volunteer for the last three years and is currently in discussion with Africa Inland Mission (AIM) about the possibility of AIM sending volunteers to work with them in the future. AIM is close to my heart as this is the organisation that originally led me to work as a physiotherapist in Kagando hospital for three years, so it is very exciting to potentially have come around in a full circle and have AIM involved again. It has been a privilege to believe in and support RAPCD in becoming what they are today. Maali recently wrote to Accom-



Accomplish
CHILDREN'S TRUST





Accomplish - 5 Years (cont.)

plish - "Thank you for giving us this beginning and strengthening our organization that now external partners can see us. You have made us what we are."

A similar document from SADICH presented comparable modest beginnings – during my time in Uganda, SADICH were a small, but incredibly focused and passionate, parents support group. From the very start, the main strength of SADICH has been the community work they consistently achieve.

The group have now increased the numbers on their books from a few children to hundreds of children, and the difference in the children's lives after linking with SADICH is huge, as we have seen for ourselves on many outreach projects with the team. Attitudes are slowly but surely changing, both in the community around the SADICH centre and further afield as awareness of the possibilities for children with disabilities spreads.

As for the children themselves, they are smiling and interacting much more at home and in the community.

In addition to the physiotherapy and medical outreach that



SADICH has always facilitated, the epilepsy program established in conjunction with one of our trustees Chris Harris has been so successful that now more than five other hospitals in Uganda have asked for copies of the guidelines produced by Chris' team, and the government have requested – and published – a copy.

Seeing the fantastic work of our Ugandan partners come to fruition and improve the lives of hundreds of children has been a dream come true for me personally, and I know this feeling is also shared by the other Trustees. Accomplish now has an ever growing list of ideas and

suggestions for projects to reach out to more children with disabilities, both in Uganda and further afield across the African continent. I am thrilled to continue my involvement with the Trust as it enters this new and exciting phase, and cannot wait to see where, through the generosity and care of you, our supporters, the Trust will be in another five years' time.

Many thanks indeed for your support to date and your continued interest and input into the work of Accomplish Children's Trust."

Rebecca Cornish, Founder of Accomplish Children's Trust.

Christmas Presents? Easy - visit the Accomplish Online Craft Shop!

This year we have added more necklaces and aprons to the Accomplish web shop to help with your Christmas shopping!

Following the success of our ongoing charity craft sales, both in York and the south west through Shani Mason, we are have included a larger range of necklaces and some aprons and bags to our on-line web shop in time for Christmas 2013.

The shop has been revamped this year to make it a simple and straightforward way to purchase charity crafts. The web shop is hosted through our existing website:

www.accomplishtrust.org.uk

- click on 'craft store' on the left hand menu under donations. You can choose to pay securely using either your paypal account or credit card.

The shop primarily stocks SADICH crafts including bags, baskets, necklaces, bracelets and aprons. We plan to expand the shop with new lines as Accomplish grows and our partner organisations develop in future.

Please do log on to our website or follow the links from our charity facebook page

www.facebook.com/AccomplishTrust and take a look at what's on offer.

With Christmas just around the corner, we would recommend

any of our fantastic SADICH paper bead necklaces - a lovely gift or stocking filler for that special someone.



Happy Shopping, and a Very Happy Christmas!





Medical Report - Epilepsy and Accomplish



Following on from our piece in the last newsletter which covered the current and forthcoming epilepsy support services Accomplish is funding, Trustee Dr. Chris Harris reports on what exactly epilepsy is, and why it is seen as such a debilitating condition in countries like Uganda...

What is Epilepsy?

'Seizures' occur when the brain 'misfires' and goes into over-drive. This misfiring can occur due to damage to the brain at birth, after a head injury or after an infection. There are also genetic syndromes that affect the construction of the brain, which make seizures more likely.

Around 1% of the population will have one seizure in their life time. If a person has multiple seizures we tend to diagnose them with Epilepsy. You are ten times more likely to suffer from epilepsy if you have another disability, particularly cerebral palsy.

Epilepsy in the UK

In the UK and other western countries we are very good at identifying epilepsy, starting treatment and, in most cases, we can stop the seizures completely with medication. In the UK we have over 15 drugs that we use to treat the widest variety of causes so it is thankfully rare that we see children severely 'disabled' by on-going seizures. However, it should be noted that

for those people who are fully treated restrictions regarding driving, swimming and potential careers often remain - it's just that the public consciousness often forgets these as there are also so many alternatives in public transport, recreation and careers here.

Epilepsy in Uganda

For people in Uganda and similar countries, the consequences of Epilepsy can be far more serious. For a start, children in Sub Saharan Africa are 7 times more likely to suffer from Epilepsy. This is due to the high number of severe infections, birthing difficulties and basic lack of medical care across the region for the poorest members of society. Epileptic seizures are made worse by on-going damage caused by the untreated seizures themselves.

The culture and environment in Uganda is very different to that of the UK. Most families have open fires to keep warm at night, most people work the land for a living using all manner of heavy equipment if available. In these settings, Epilepsy can lead to severe burns and disfigurement.

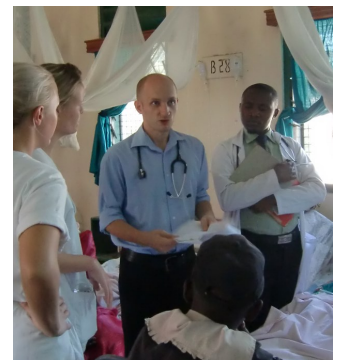
The fear brought about by lack of education around Epilepsy is also a significant concern, with some families still believing seizures to be the work a possessive force or other supernatural

force. Add to this the fear of infection or contagion and these factors combine to make epilepsy truly disabling in Uganda, far more than in the UK.

As a result of the lack of education surrounding Epilepsy, child sufferers are often locked in rooms, starved and in some cases the whole family made outcasts from the community.

What can be done?

In the same way that RAPCD and SADICH are working to change people's views and understanding of physical disability, Accomplish is working with SADICH and Kagando Hospital on an Epilepsy outreach programme to identify, educate and treat Epilepsy in the Kasese region.



There are currently 3 medications available to doctors working in Uganda which the practitioners prescribe as applicable during the outreach clinics. We continue to pray that these drugs will continue to be made freely available to the Ugandans we serve. These drugs must be taken life-long in most cases but the results are often dramatic. Seizures are often stopped, lives can begin again. Our education programmes make it more likely that other families affected will come forward and access this life changing treatment.

Social inclusion, reduction in accidents and better health of these children and young adults are just some of the benefits we are already seeing and will continue to see with your support, so thank you for facilitating this care.





Accomplish Volunteers Meet

This July, an unsuspecting canal-side pub in deepest, darkest Hertfordshire played host to the first ever Accomplish Volunteers' Weekend. Zoe Baldock, Accomplish Volunteers' Coordinator reports...

"After a delicious pub lunch, we were treated to a couple of brilliant and moving presentations by the Trustees. I, for one, was blown away by how much Accomplish had made possible through its partners on the ground in Uganda. It's wonderful beyond words to be involved with a charity that makes such a tangible difference in people's lives. Two things that particularly struck me over the weekend:

(1) Accomplish has so many solutions to the seemingly insurmountable problems that present themselves to children and young people with disabilities (and their families) in rural African communities. A couple of examples to illustrate:

Problem A: Your disability means you cannot contribute financially to your family but drain resources, therefore your family doesn't value you.

Solution: vocational training in craft work and carpentry – this

boosts social standing and the families' overall economic situation. (Also, the carpentry makes supportive seating and structures for those children with disabilities who would otherwise literally be left lying on the floor: the difference in these children pre- and post-support is phenomenal).



Problem B: Your child has epilepsy that's so severe it's classed as a disability – you're shunned by your village and cannot carry your fitting child the two-day walk to the nearest hospital.

Solution: regular, reliable epilepsy outreach clinics with a special arrangement for free medication. These are just two examples. I could have given so many more!

(2) The variety of things the volunteers get up to in support

of Accomplish is crazy! Volunteers sell the crafts mentioned above; bake cakes to raise funds; design Thank You cards and other Accomplish artwork; hand-write the Thank You Letters to those who give regularly; help organising and auditing the accounts; are regular awareness-raisers at coffee mornings; design sustainable and durable wheelchairs – and I'm sure I've missed off many other activities.

A huge thank you goes out to everyone who dedicates their time and support to Accomplish!

If you have a skill you would love to donate to Accomplish – perhaps you're great at websites, giving talks, baking, or just have some spare time on your hands and want ideas of how to use it – we'd love to hear from you!

And it's not just me who loved the weekend! One of our star volunteers, Angela, shared afterwards: *"Just a note to say how much I enjoyed the meeting on Saturday. It was great to see everyone and to hear about the contribution each one is making. A really big thank you"*. Ditto to that."

The Accomplish Trustees would also like to thank Zoe and all our volunteers for their support.

Get Involved!



Accomplish would like to thank you for your generous help, support and donations, which have already made a difference to children with disabilities in Uganda. Thank you very much for your continued support.

Accomplish Children's Trust is a registered charity in England and Wales. Charity number 1127235.

If you know of any group or organisation that would like more information on the work that Accomplish undertakes, the trustees would be glad to help and/or pay a visit. Please send an email to

accomplishtrust@gmail.com, or, if you prefer, call our contact trustee, Sue Baldock, on **01904 706120** and we will do our utmost to help you in any way we can.

Further information is available on our website:

www.accomplishtrust.org.uk and via our facebook page:

www.facebook.com/AccomplishTrust

To support the work of Accomplish Children's Trust please visit our BT MyDonate page:

<https://mydonate.bt.com/charities/accomplishchildrenstrust>

Alternatively, you can send a cheque made payable to Accomplish Trust to:

Accomplish Children's Trust
St. Edward's Vicarage
Tadcaster Road
York
YO24 1QG

If you are a UK taxpayer, you can make your donation go further by completing a gift aid form. When you sign up to gift aid we are able to claim an extra 25p on every pound you donate.

Wishing you a Merry Christmas and Happy New Year.

