

Kaloko News



HELPING RURAL ZAMBIAN COMMUNITIES TO HELP THEMSELVES

Summer 2011

KAMABAYA MEETS THE CHALLENGE

Kamabaya community is the latest to take the initiative, driving forward plans to expand school facilities in response to rising enrolment.



Two-classroom block under construction

In 2008, Kamabaya's 125 pupils and sole volunteer teacher occupied a small health outpost building. With help from the local MP and Kaloko Trust, however, the school now has three permanent classrooms to house its nine classes of 547 pupils, while a further two-classroom block is being built by Kaloko with the practical support of the local community.

Two new staff houses are also planned for completion next year. In the interim, parents have built temporary teacher housing in mud-brick, while Headteacher Mr Sinkala lives in the old outpost building. With six teachers now at the school, two of whom are paid by government, Mr Sinkala is particularly keen to push the project forward and hopes that the teachers' houses will be completed ahead of schedule so that his family can move into purpose-built accommodation.

Pulling Together

Mwaitwa residents have been hard at work clearing the site, collecting sand and stone and digging the foundations in preparation for the construction of their new Health Outpost.

Building work, which started in July, should be complete by September this year. The simple, multi-function building will be used by staff from the Rural Health Centre 6km away to hold regular outreach clinics aimed at women and the under-fives. When not in use by the RHC team, the outpost will serve as a classroom for the nearby community school.



Preparing stone for new Health Outpost

Young take the lead

Hundreds of young people in Luansobe now have a better chance of avoiding the risks of sexually-transmitted disease and premature sex, following the launch of a peer-led education scheme which aims primarily to reduce HIV/AIDS infection among the young.

Under a grant provided by the Three Oaks Trust, 12 high school graduates from Luansobe Upper Basic School were trained earlier this year to deliver information on HIV/AIDS prevention to their peers in four local schools. The five most successful trainees were then appointed Peer Educators for the year and, by the end of June, had delivered 12 interactive information sessions to over 250 pupils over the age of 14. Topics included love and relationships, sex and sexuality, sexually transmitted infections as well as substance abuse and life skills.

Peer educators also act as role models, and have proved to be a very effective force for behavioural change, particularly among the young who are often strongly influenced by their own age group.



Peer Educators Alice Kumwenda & Richard Bwengo

What does your sponsorship mean to the 1,039 children at the Luansobe Upper Basic School?

The answer is...a lot!

For a start, your contributions over the past year have meant that 120 high-performing pupils in grades 8 to 12 received assistance for 75% of their fees. The laboratory block and Headteacher's office were electrified, 11 teachers' houses were re-roofed and electrified and 135 new double-desks were bought along with benches, shelves and equipment for the

laboratory. The school also renovated the boys' dormitory bathroom block, built a new girls' toilet block and wired their dormitory, built a new teachers' toilet, bought three computers to help staff set exams, paid the salaries of five hostel staff and provided food, books and other materials to support the pupils.

The list is long, and it has all been achieved because of your help. We hope that you enjoy the letters you get from the pupils.

A big thank you to all sponsors from the children at LUBS



Renovation work on boys' washroom



New double desks in use at LUBS

PUTTING THE LID ON

Kandulwe's Parent Teachers Association, which has worked tirelessly for two and a half years to meet the needs of an ever-growing number of pupils, has turned to Kaloko for help.

Since the school's first classroom block and teacher housing were completed, parents continued to raise funds and contributed money, materials and labour to build more classrooms. Funding, however, is scarce and the association has asked, if it is able to build the block to ceiling height, whether Kaloko could help to complete the construction by putting on the roof and painting the building.

With seven classes, space for the school's 289 children is tight. The two existing classrooms and the nearby health outpost are in full use, and many classes are held outside with frequent disruptions in the wet season. Kandulwe, with only two government-paid teachers and five volunteers, is a small, remote school with limited

resources. Yet, despite the problems, its academic record of a 100 per cent Grade 7 pass-rate for the past two years is impressive.



**PLEASE HELP KANDULWE
- IT JUST NEEDS THE ROOF**



THREE SWEET TONNES

With continuing interest in beekeeping at Luansobe, Kaloko plans to train and equip 25 new beekeepers in the coming months. The Luansobe Beekeepers' Co-operative (LBKS), which buys honey from local producers and sells it in nearby towns, is hoping to procure up to three tonnes of honey this year. As members are almost invariably farmers as well as beekeepers, the co-operative has also decided to extend its activities to selling seed and fertiliser.

KANTOLO REVISITED

Kantolo Dam was the centre of attention in June this year when Paul Kane and Giles Wilkinson of the Three Oaks Trust revisited Luansobe.

Five years ago, Dr Kane and Mr Wilkinson carried out a land survey and design for the dam, which was then built by Kaloko Trust and the local residents under the supervision of Kaloko's Natural Resource Management Project Officer, Martin Jere. Pleased with the result of their efforts, Mr Wilkinson said, 'It's good to see a well-constructed dam, and that the local people are beginning to use the water to develop vegetable gardens along the sides of the lake.' The kilometre-long dam, completed in late 2009, is built on a permanent stream and has fresh water flowing into it. Providing clean drinking water, as well as the means to irrigate vegetable plots alongside its edge, the dam offers much potential for local residents. Proposals are underway to set up a fish hatchery at Kantolo which will be used to stock other lakes in the area.

Accompanied on their Luansobe trip by Director of Kaloko UK Renato Gordon, Dr Kane and Mr Wilkinson also attended a training session under the Peer Education project which is funded by the Three Oaks Trust.

Paul Kane and Giles Wilkinson with Kaloko Project Officer Martin Jere at the dam



HIGH FLIER ALICE

UK medical student Alice Eldred recently spent five weeks at Luansobe's Rural Health Clinic working with nurse-in-charge Rosemary Kawina. Alice, in her final year at the University of Cambridge, was also carrying out research on non-communicable 'modern' diseases such as hypertension and diabetes in the local community. After her time in Zambia, she took the Tazara railway to Dar-es-Salaam to spend a week with the Tanzania Flying Medical Service before climbing the summit of Kilimanjaro, Africa's highest mountain.



Alice borrows a clinic desk

KANTOLO GARDEN:

One resident keen to take advantage of Kantolo Dam, Hagai Kasabira (25), has started growing vegetables on a large area of land beside the lake.

Watering his crops by hand, he specialises in

winter cabbages which sell for the equivalent of 40p each. Hagai, who carries 40 cabbages on each 40km bicycle journey to the nearest town, Mpongwe, says the new income has been a real help in supporting his young family.



No Chickening Out

Brenda Chewe is a widow with six children; her husband died two years ago. As sole provider and carer, hard-work and initiative are essential assets.

Brenda grows maize, cassava and sweet potatoes on her 70-acre farm which is also home to ten goats, but it was only last year, when she joined Kaloko's training scheme, that she learned about the commercial rearing of poultry. Her first 19 birds were reared successfully and sold locally. Since then, she has reared and sold three further batches, a total of 167 birds.

A canny businesswoman, Brenda offers two weeks' credit to people she knows and, to date, she has only one customer with an outstanding bill. She calculates that it costs the equivalent of £120 to buy and rear 50 chicks. Selling adult birds at £4 each, she is pleased with her profit of £80 a batch. That extra income allowed her last year to buy fertiliser which she says generated a better maize yield than ever before. And a better maize yield will certainly help feed that family of six.

Brenda checks her chicks



Sports Leadership in Schools



Two teachers from Varndean College in Brighton, Hazel O'Donnell and Cathy Davies, visited Luansobe in June to deliver sports leadership training in five schools supported by Kaloko. They raised £600 towards the project's costs through two 37-mile sponsored cycle rides for students, colleagues, friends and family, and funded the remaining trip costs themselves.

Hazel and Cathy took out a range of new equipment for activities such as volleyball, rounders, ultimate frisbee, cricket, badminton and parachute games. They also took sports kits and football boots donated by Varndean College staff and students. In Zambia, they introduced many new activities in schools which have had limited sports equipment until now. In the two weeks, Hazel and Cathy taught 1000 children who greatly enjoyed the new games. They also organised a netball and football festival where all five schools participated. They are planning a UK visit for LUBS staff and hope to return to Luansobe next year, taking sports students from Varndean to help lead activities.

Kaloko Trust UK has published its *Trustees' Annual Report & Accounts* for 2010, setting out its achievements, income and expenditure. The full report is on the publications page of Kaloko's website, and on the Charity Commission website. Please contact us if you would like an emailed or printed copy.

The Kaloko Trust UK works to relieve poverty and raise livelihoods in rural communities in Zambia, southern Africa. Promoting local development of agriculture and self-help projects to generate income, it encourages the sustainable and responsible use of natural resources. The Trust promotes education and healthcare through improved access to schools, clinics and clean water.

Established in 1995 as a registered charity (No. 1047622), The Kaloko Trust UK (KTUK) supports the activities of our partner organisation, Kaloko Trust Zambia (KTZ) by securing funds for KTZ programmes and providing management support and capacity building. It also offers technical assistance, recruits specialist volunteers and publicises KTZ's activities. In 2010, 95% of funds raised were spent on charitable activities with the rest used for governance and generating further funds.



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REHAB FUND RISING

Dr Steve Gillam, Director of Public Health Training at the University of Cambridge, has raised over £1,600 of the £8,729 needed for the rehabilitation of the Rural Health Centre (RHC). Reviewing health provision in Luansobe last year, Dr Gillam undertook to raise funds for the refurbishment project which he reported as urgent. The money will be used to rebuild the main office and dispensary block, and the clinic hopes to add another maternity ward. Continuing his fund-raising efforts, Dr Gillam would appreciate any contribution from other Kaloko supporters!



KALOKO CHRISTMAS CARD AVAILABLE NOW

Kaloko's Christmas card this year was again kindly designed for us by supporter and art teacher Rob Rutterford. Our thanks go to him. Please support us at Christmas and spread the word about what we do.



Cards are available from Kaloko at the address below for £3.75 for a pack of 10 (plus postage).

UK postage costs: £2.00 for 1-2 packs; £2.60 for 3-5 packs; £4.90 for 6-10 packs.

Please send a cheque made payable to the Kaloko Trust, stating your address and the quantity required.

Our printer

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