



Issue 57

Newsletter

Spring 2025

Standing together for amputees in rural Uganda

Many people in Uganda live with limb loss due to accidents and disease. Apart from the physical challenge, amputees also often face severe mental health challenges which are exacerbated by isolation, stigma and hardship.

FOAG has a long history supporting amputees in rural areas, and this winter we have set a challenge to raise even more funds to provide prosthetic limbs and rehabilitation for children and young adults in need. With your help we can empower them to regain their independence and improve their quality of life.

A prosthetic limb is lifechanging. Children can feel comfortable with their friends and head back to school. A new world of opportunity opens up to school leavers. Farmers can work their fields and provide for their families.

Donate today and help amputees stand strong again.



Pictured are some of the 30 amputees FOAG has supported in 2024. Many more need our help.

Help us? A prosthetic limb can cost between £200 and £300 depending on whether it is below or above the knee. 100% of your donations will go straight to the project. See back page 'how to donate'. *Please add reference: Amputees*

Join the FOAG family

FOAG is nothing without its loyal supporters. We would like more people to join the FOAG family for an annual contribution of £20, or whatever you can afford, to help our work in Uganda. We keep members up to date with the projects they are supporting, and the impact their generosity has on the lives of Ugandans. If you are already a member, please spread the word. If you are not yet a member, why not join today! Send an email to info@foag.org to get the ball rolling. You can also become involved in the charity: Volunteers are welcome!

Saving food and building farmer resilience

In 2024, FOAG helped 45 farming families switch from their traditional grain stores – made with dried mud and grass – to hermetically sealed metal silos.

Unlike traditional storage, which can result in significant crop losses to rodents, insects and mould, the metal silos reduce food losses to zero.

We estimate this simple intervention will have prevented 10 tons of crop loss for these farmers in 2024 alone. That is transformative. It provides them with true food security and a source of income to pay for essential needs such as healthcare and education. It helps move farmers from poverty to prosperity.

We now have a queue of smallholder family farmers asking for a silo, please support this great project.



Above: Smallholder farmer Opio John Erukana from the Bugiri District takes his new silo home. He is a maize farmer living with his family of 9, farming 7 acres of land.

Below: Group photo taken before the distribution of the silos to smallholder farmers in Eastern Uganda.



A smallholder receives her silo in Bugiri District. Silos reduce losses during storage significantly, compared to traditional storage, leading to improved incomes for farmers to pay for essential needs.



Help us send more silos! £133 will buy a 1,250-litre silo for the next farmer. See back page 'how to donate'. Please add reference: More Silos

Recent graduates show value of school sponsors

In rural Uganda, many children miss out on a chance to go to secondary school, college or university. Often this is simply because families cannot afford school fees, or it could be because their children have a disability.

FOAG and its supporters work diligently to give these children an opportunity, and many are now flying high.

Andrew Sakaya was the first young man to be sponsored through education in 2008 and he is now a qualified teacher. In fact, FOAG has supported more than 50 young Ugandans like Andrew through education. You have helped to change their lives and given them hope.

Here are three students who recently graduated:

Arnold Kongo

Arnold graduated as a nurse this October.

He said:

“I want to thank you for being there for me from the very beginning of my education journey to this far, there are no words that can really appreciate your efforts and sacrifices you made for me to get to where I have reached.”

Here is Arnold at his graduation with his mother and Sister Sylvia Aketch.



Evaline Muyekho



Evaline graduated as a general nurse this year.

She said:

"...how are you doing and how is everyone there, I am doing well and I got my original licence and certificate so I am looking forward to getting a government job. Meanwhile right now I am working in some clinics and also doing some work at Holy Family Centre."

Evaline is pictured here in her new uniform.

Jacinta Nabutyeka

Jacinta recently qualified as a midwife, and is now working in a medical centre in Kasangati.

She said:

"I once again appreciate FOAG for supporting me financially in pursuing my studies. I completed my midwifery course from Saint Francis Hospital, Nsambya Training School in June and results came back in October. I take this opportunity to thank you for your prayers that I passed my examinations."



Help us?

Get in touch if you want to sponsor a child. See back page 'how to donate'. Please add reference: Education

Developing life skills for special needs children

FOAG continues to support the Pearls of Africa Special Needs Centres (PASNEC) Foundation which has two sites – Kanyana and Seguku – near the capital city Kampala.

The centres help around 40 children with mental or physical disabilities to develop skills for a fulfilled life.



In 2024, the Seguku Centre opened a kiosk (pictures above) to sell the products made by the children in vocational lessons like soap, jewellery, wooden spoons, as well as tea and chapatis. The project helps the children with social skills to interact with the customers and for those who can manage, they get more used to dealing with money. It is also a way of sensitising the public about disability.

A brighter future with PASNEC

Ritah (right) was being brought up by her grandparents who couldn't cope with her disabilities. She was very withdrawn when she arrived at PASNEC but after a few years her confidence has grown hugely.

Suubi (left) lost his mother as a boy and his father struggled to provide for his special needs. Now at PASNEC his dad is very happy with him and even Suubi himself says – "I'm OK now!"



Help us? School fees are £45 a month. See back page 'how to donate'. Please add reference: PASNEC

Creating a buzz with a new bee project

Working in rural areas, FOAG likes to support livelihood projects. In 2024 we were given the opportunity to partner with an organisation called Give a Hand Orphans Project (GAHOP) to initiate a beekeeping project.

The primary objectives of the project are to:

- Establish a sustainable beekeeping operation.
- Educate community members about the importance of bees.
- Generate income through honey and other bee products.
- Foster environmental stewardship.

By the end of the project's first year, GAHOP is making good progress. It has established 10 hives, trained individuals in beekeeping practices and increased local biodiversity by planting flowering plants, such as sunflowers, to support bee populations.



The Director of GAHOP points to one of the 10 new hives



One of GAHOP's newly trained beekeepers

The project has also empowered community members to engage in sustainable practices while providing them with new income opportunities.

As we reflect on the accomplishments, we recognise the potential for even greater growth and community benefit in 2025.

Grow more food sustainably

FOAG is committed to working with partners in Uganda to help farming families to grow more food sustainably. Notably we support two Grow More Food projects.

- Grow More Food project 1:

Four years ago, FOAG teamed up with a local Ugandan NGO called EADEN in eastern Uganda to commence a Grow More Food project to promote the adoption of sustainable agricultural practices, sometimes called regenerative, conservation or evergreen agriculture.

Today there are 23 farmers involved in the program, demonstrating good agricultural practices to the wider community.



Training in integrated pest management

Over the past 12 months the farmers have received practical training on integrated pest management, agroforestry, and the importance of green cover for soil health.



Digging trenches to retain water and avoid erosion

Drought conditions made it a tough year, but while the demo farmers saw their yields drop, their crop held up better than their neighbours' conventional farms, and they stored and saved their crop in FOAG's smart silos.

- *Grow More Food project 2:*

Farming is the main source of income for most people in the Lango sub-region of north-central Uganda, but farmers struggle with poor quality and low yielding seeds. This has led to food insecurity for generations and a continuous poverty cycle.

In 2024, FOAG launched an initiative, in partnership with specialist seed supplier Agro Supply and local community center YOUFRA Lira, to provide improved seeds to farmers that had been trained as part of our Conservation Agriculture project.

The farmers pay for half of the seed order up front, and the remaining balance is paid off in instalments after their harvest. This aids farmer cash flow, allowing them to invest in their business where previously it would be impossible.

Alongside the seed, three demonstration farms have been established with regular training to help the farmers to plant and grow their seed sustainably.

This simple and timely intervention makes a big difference.



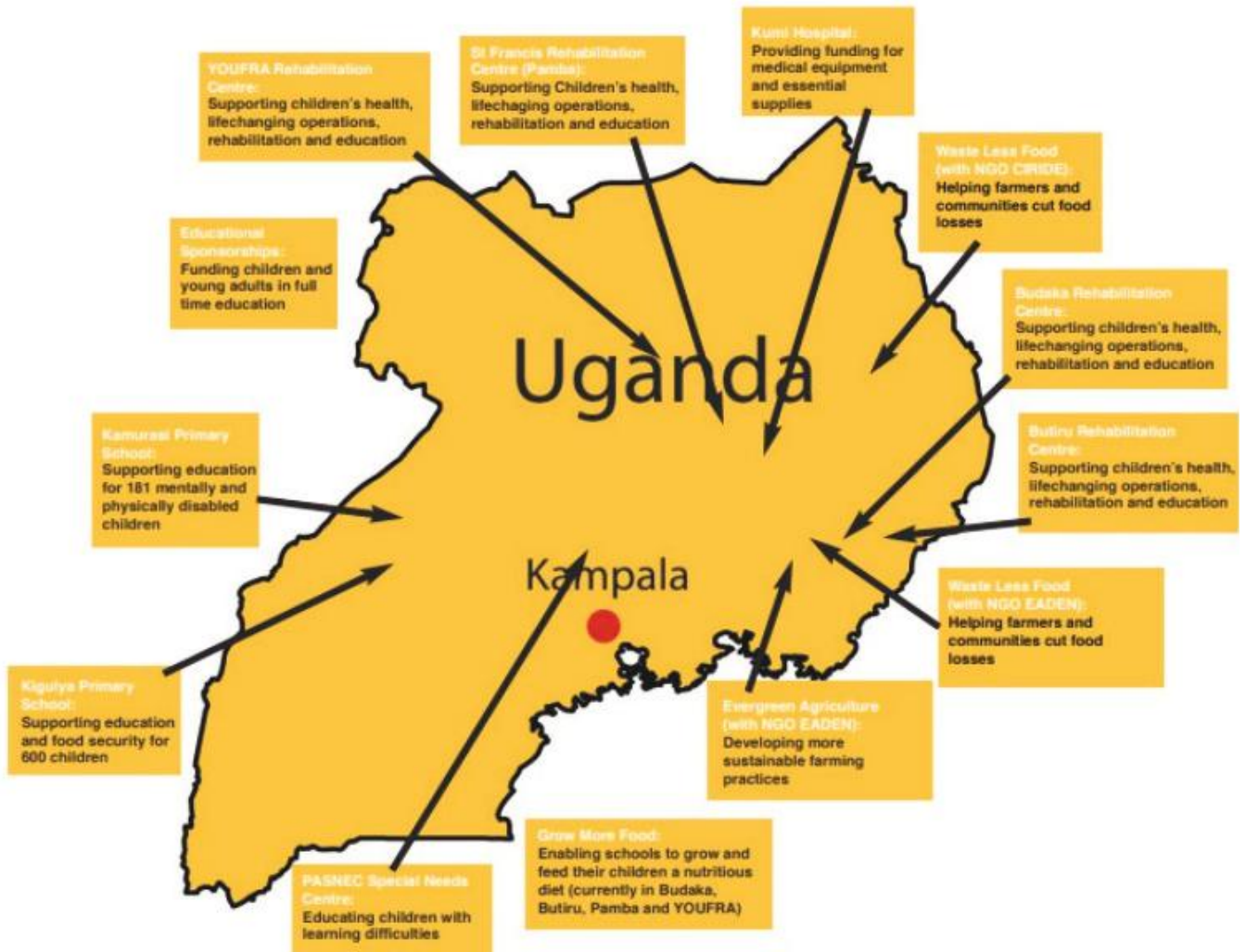
Smallholder farmers in Lira celebrate a big maize yield thanks to improved seeds and sustainable farm techniques.

In the first season 39 farmers enrolled, but as the project has gained success – participating farmers have reported strong yield increases – 120 farmers have now enrolled for improved seeds in the first quarter of 2025.

Help us? Our ambition is now to support the farmers to keep growing sustainably and we are in conversation with potential partners in Uganda to keep the momentum going! *See back page for more information on how to donate to support our progress. Please add reference: Growmore*

Where we work

Here is an overview of our current projects.



Come to our concert!

We are once again partnering with the superb Cheltenham Symphony Orchestra to put on a concert on 28th June 2025 at Pershore Abbey where you can listen to fabulous music – this year featuring the music of both Sibelius and Tchaikovsky – while also supporting FOAG!.

What: We start with Sibelius, the Karelia Suite. Followed by Tchaikovsky's Violin Concerto performed by Gloucestershire Young Musician 2023, Isaac Williams. To complete the trio of works for such an epic concert, Sibelius' 5th Symphony is an obvious fit!

When: Saturday 28th June at 7.30pm

Where: Pershore Abbey, Pershore, WR10 1BL

How: Tickets are £20 for adults (£10 for students and free for children under 16), including a free drink.

If you are interested in booking tickets for the 2025 Concert, please email us at info@foag.org, or call 01886 853295, or purchase via Eventbrite [here](#).



The audience in Pershore Abbey applauding another successful Cheltenham Symphony Orchestra / FOAG concert in 2024 (photo credit Andy Dixon)

Thank you Michael Stringer

The FOAG community was sad to learn of the death of Michael Stringer in 2024. Michael served as Chairman of FOAG and was a trustee and dedicated supporter for many years. FOAG founder Malcolm Rankin said:

His chairmanship was a delight and he gave it his all. It was a privilege to serve under his wise and steady leadership. Not many people will have known this but I used to travel every year to Uganda for FOAG. Michael of course hated flying and just before I left he would come to me and say 'I wish I could go but I can't fly...so please take this'. And he would press £500 into my hand and say: 'Use it wherever it is most needed'. As a result countless children in Uganda benefitted from someone's kindness – someone they would never meet, but someone with a huge caring heart – someone called Mike Stringer.

Michael James Peter Stringer



15th May 1944 – 5th July 2024

How to donate

Since 1981, when FOAG began its work in Uganda, your continued generosity has helped us to keep supporting those most in need in Uganda. On behalf of our Ugandan partners – thank you.

There are number of ways you can donate – all of which are listed below!

1- Bank Giro Credit

You can pay make a donation to FOAG through our Nat West account

Account name: Farmers Overseas Action Group

Sort Code: 53-81-33

Account Number: 08376158

Please email us at info@foag.org to say that you have done this so we can acknowledge your donation.

2- Paypal

If you have a PayPal account, use this link: <https://www.paypal.com/uk/fundraiser/charity/3230519>.

Please tick the Share my Name box so that we can acknowledge your donation. PayPal does not charge us for this transaction.

3- Stewardship

Stewardship allows you to donate single or regular amounts.

FOAG's donation page is at <https://www.stewardship.org.uk/partners/20023984>. Simply choose the frequency and amount you would like to donate and tick the box to share your contact details so we can acknowledge your donation. A charge of 3% is taken from the donation.

4- Cheque or CAF Voucher

Please send your cheque or voucher, made payable to FOAG, to Robin Dean, FOAG Administrator, Rectory Cottage, Stanford Bridge, Worcester, WR6 6ST.

5- Leave a Legacy to FOAG

Over the years we have been very grateful to supporters who have left FOAG a legacy in their Will, and have been honoured to set up or support projects in their name. Please contact us if you'd like to leave a legacy.

6- Become a member

For an annual fee of £20 (or more if you can manage it) for an individual or a family, we will send you our newsletter and details of any of our special appeals.

The importance of Gift Aid

Whichever way you choose to donate, recovering Gift Aid is particularly important as it increases the value by 25%. When you donate and if you haven't filled in a declaration our Administrator Robin Dean will forward you a form to complete and return.