

POSHU Newsletter

JUNE 2024

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PROJECTS OF SELF-HELP UGANDA (POSHU)



Welcome to the 25th edition of the POSHU Newsletter. The aim of this newsletter is to

raise greater awareness of the work POSHU is doing, to keep regular supporters informed and to outline how supporters (new and old) can help.

In 2009, Australian woman, Susan Howe founded POSHU. The organisation is a registered fundraiser based in Victoria, Australia, and is recognised as a community-based organisation in rural Uganda. POSHU works with groups of women impacted by violence and poverty, affected by HIV/AIDS, and internally displaced persons (IDP).

Currently POSHU operates women's education classes in 16 villages in Kumi, Bukedea, Palisa, Katakwi, Moroto and Njeru.

Funds raised go towards health care, school fees for children, vegetable seed, sports and more. In addition, funded projects involve teaching women literacy in English and local language, mathematics, sewing, crafts, and agriculture.

Over time, many groups have transitioned from training programs to independent Friends of POSHU Sewing Co-operatives. These transitions bring liberating and autonomous skills to individuals who can earn an income from sewing. In 2024 POSHU continues to successfully provide support to many projects, enabling women to find their own way out of poverty.

"POSHU Class is our happiness" said one of our teachers last week.



What can my donation do?

We at POSHU are committed to ensuring your donation goes to the project or item of your choice. Tax receipts available on request.

\$50	\$20/month to pay an English or Sewing teacher.
	\$40 buys a female goat to help support a disabled child. Pays a child's school fees. Buys a group saving box.
\$100	Buy a new blackboard and chalk. Establishes a new English class. Hires a minibus to Mbale Cure Hospital.
\$200	Buy seeds for 7 villages.
	\$150 buys a new treadle sewing machine.

FEATURED IN THIS ISSUE

2024 Progress

What POSHU is achieving in the first months of 2024.



Beads and cloth bags are available for sale at Livefast Café, Halls Gap. All proceeds go towards funding POSHU projects.

2024 Progress

The first half of 2024 continues to be productive for POSHU



POSHU Vegetable Seed Distribution: Women are picking casava and sweet potato, including the leaves which they cook and eat as greens. It's very nutritious for their children, but there's not much else ready for harvesting in their gardens. The first planting of seeds was damaged in April by heavy rain in some villages, so they replanted in May. In other villages women are weeding eggplant and the gardens look good. We bought tins of eggplant, okra amaranth, tomatoes and squimawich greens in the town, for 10 remote villages in our POSHU Project. Each woman in our project received vegetable seed to plant in her home garden. We've also sent sacks of casava cuttings and sweet-potato cuttings north to Moroto. POSHU groups also have community gardens for women to pick vegetables when they are in need.

POSHU Disability Support: In 2021 we distributed goats to mothers caring for a child with disability, and their goats multiplied. Many mothers bred from their goat and then sold their goats to buy a cow which provides milk for their families.

POSHU Trip to Cure Children's Hospital: In June we again hired the min -bus to take 9 children and their mothers to the Children's Hospital in town. It's an all-day trip, so we provide breakfast and lunch. Children do exercises with the physiotherapist, and mothers learn the importance of nutrition for their child. It's so good to have this specialised treatment available for children with hydrocephalus, spina bifida and cerebral palsy. In June we also bought another wheelchair for a child, and support shoes for a boy to help him walk. Some have received life-changing surgery. Others are given tablets to control their condition.

What your donations mean for Disability Support

- \$30 buys one month of nutritional food for a child having surgery.
- \$40 buys a female goat to help support a disabled child.
- \$50 buys support shoes or walking frame for a child.
- \$100 hires a minibus to take 6 children and mothers to Mbale Cure Hospital.
- \$200 buys a specialised wheelchair for a child with spina bifida.

Mothers attend their village POSHU disability centres to continue the exercises for strengthening their child's back, abdomen and legs. They are seeing positive change in their child as they learn to sit and stand for the first time.

School Support continues: In May we paid Term 2 school fees for 20 children. POSHU supports school fees for needy children who would not be able to afford to access an education. We also school lunches, exercise books, pens, sports balls, and school uniforms. Pictured are some of the Orapada students who benefit from the educational support provided by POSHU. Teachers lend out our mathematics and English books.



POSHU Sewing Classes: Every POSHU sewing teacher has welcomed school leavers into their class, this is their only opportunity to continue their education. POSHU supports sewing teachers in 10 villages.



POSHU Savings Groups: POSHU have guided each POSHU class to set up their own Savings Group. Many of the women use the savings to set up small businesses in the local markets. They are happy with the small income they earn.



FOR MORE INFORMATION

Contact Susan Howe, POSHU Director.

Email : howesusan287@gmail.com
Phone: +61 448 086 991

Donation Details:

POSHU Australia Inc

BSB number 083-764

Account number 20-141-2490

Pay Pal: Donate to POSHU via Pay Pal using the email address howesusan287@gmail.com

[Tax receipts available on request]

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