



# **SOWING SEEDS OF TUMAINI**

**“Changing Communities one mind set at a time”**

**ANNUAL  
REPORT  
2018**

# TABLE OF CONTENTS

<b>ABBREVIATIONS</b>	<b>2</b>
<b>FOREWORD BY THE BOARD CHAIRPERSON</b>	<b>3</b>
<b>BRIEF FROM SECRETARIAT</b>	<b>4</b>
<b>FROM THE FOUNDER</b>	<b>5</b>
<b>INTRODUCTION</b>	<b>6</b>
<b>1. CORE THEMATIC AREAS</b>	<b>7</b>
<b>2. HIGHLIGHTS OF THE PAST YEAR</b>	<b>7</b>
<b>3. TRAINING ON MENSTRATION HYGIENE AND DISTRIBUTION</b>	<b>9</b>
<b>4. FARM EXCHANGE VISIT TO NSANJA DEMONSTRATION FARM</b>	<b>10</b>
<b>5. ON THE FARM TRAINING WITH SAM KABUYE ON PUMPKIN</b>	<b>11</b>
<b>6. FARM VISIT TO A MATOOKE FARM WITH DDEMBE APOLLO</b>	<b>12</b>
<b>7. TRAINING ON PUMPKIN GROWING AND MARKETS</b>	<b>13</b>
<b>8. FOCUSED GROUP DISCUSSION WITH THE COMMUNITY</b>	<b>14</b>
<b>9. TRAINING ON LEADERSHIP AND ACCOUNTABILITY</b>	<b>15</b>
<b>10. THE FOOTBALL MATCH AMONG THE YOUTHS</b>	<b>16</b>
<b>11. VISIT FROM OUR WELL-WISHERS FROM SWITZERLAND</b>	<b>17</b>
<b>12. TRAINING ON COMMUNICATION SKILLS</b>	<b>18</b>
<b>13. NETWORKING AND PARTNERSHIP BUILDING</b>	<b>19</b>
<b>14. CHALLENGES</b>	<b>20</b>
<b>15. ACKNOWLEDGMENT OF OUR WELL-WISHERS AND VOLUNTEERS</b>	<b>21</b>
<b>16. FUTURE PROSPECTS</b>	<b>21</b>
<b>17. MEMBERS OF THE BOARD</b>	<b>22</b>
<b>18. STAFF MEMBERS</b>	<b>22</b>

## ABBREVIATIONS

<b>CBO</b>	<b>Community Based Organization</b>
<b>SACCO</b>	<b>Savings and Credit Co-operatives</b>
<b>SST</b>	<b>Sowing Seeds of Tumaini</b>
<b>NAADS</b>	<b>National Advisory Agriculture Services</b>
<b>NGO</b>	<b>Non- Governmental Organization</b>
<b>SDG</b>	<b>Sustainable Development Goals</b>

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## FOREWORD BY CHAIRPERSON



The first year of operation has been phenomenal, we have taken major strides amidst challenges and were able to accomplish positive impact in the lives and communities that we serve. Without a doubt, we are on track and in line with the missional objectives that we set out to achieve.

At the heart of our mission lies the commitment to transform lives of the least served people at the grassroots. The quickest way to transform a community is by empowering women to take a lead in planning and implementing developmental programs. We have established strong connections with women in the communities where we work. This without saying compasses girls who are the most affected by poverty and the school dropout syndrome. We have empowered women and girls to take charge of their lives by equipping them with livelihood skills geared towards enabling them become financially independent. We believe that an empowered woman is the back bone of an empowered community.

Agriculture is at the heart of the Ugandan culture and fertile soils is one of the biggest resource that we have as a country. One of our strategies is to leverage the resources available for sustainable development. We have therefore embarked on different initiatives to enhance agribusiness at the grassroots. The availability of fertile soils and favorable weather is a key ingredient for sustainable agriculture. We have not only equipped the communities we serve with soft skills; we have also facilitated practical trainings geared at enabling them adopt better farming methods thus increasing production.

Community development can only happen when we have full engagement and ownership by all stakeholders. We have therefore widened our partners and collaborations to leverage new territories and to access new opportunities. This is both at the community and national level. We have a growing network of partners and stakeholders who are involved in the program design and implementation at different levels.

I therefore take this opportunity to thank all our partners, friends, supporters and stakeholders for walking this journey with us in this first year of operation. You are indeed the wind beneath our wings. We appreciate you and celebrate you. We look forward to walking with you as we take our next milestones.

Thank you  
Noeline Kirabo



# BRIEF FROM SECRETARIAT



**W**e are forever indebted to all the partners who have helped us with donations in terms of money and clothes and other materials for which the communities have benefitted from. I am grateful to all the full time volunteers who are very passionate about the goals of the organization and work tirelessly to ensure that we are on track with what we hope to achieve.

Admiral William .H. Mc. Raven, Commander, United States Operations Commander in his Goal cast speech Stated, “One person can change the world by giving people hope.....”

At Sowing Seeds of Tumaini, we have reached out to a lot of women, men and the youths in the areas of Buikwe and Kasawo. The women have been trained in best farming practices in “matooke” and pumpkin farming. We have also trained both the men and women in leadership and accountability as well as communication skills. The girls have been educated on how to maintain their hygiene during menstruation and we distributed re-usable pads in Kasawo where the girls from primary five to primary seven benefitted together with herbal medication for those who showed signs of Urinary Tract infections.

At the organization level, SST is entering into partnerships with other organizations within Buikwe and Kasawo as well as joining different platforms and networks where she can benefit from other organizations’ experiences and also collaborate with other organizations to ensure that she achieves her objectives and goals.

As a young organization, we are passionate about changing communities’ one mind set at a time and ensuring poverty eradication through economic empowerment, child education and mentorship programs.

We are partnering with organizations that will build for the community structures like secondary schools and a resource center to encourage adult literacy programs. SST will guide and help strengthen the formation of SACCOS in these rural areas as requested by the members in the community to encourage a savings culture and promote investment projects like fish farming which is now on a large scale in Buikwe by attaining credit from micro finance institutions or banks.



## FROM THE FOUNDER

As the Executive Director, my mission is to improve the economic and social environment of rural communities in Uganda. I will direct my efforts to fundraising and ensuring that the programs are well facilitated so that our objective as an organization are realized. As a member of these communities my goal is to ensure that they develop economically and socially, that there will be income generating activities for the members that children will go to school without any difficulty, that there will be structures built for early childhood learning and secondary school education. I pledge my efforts towards ensuring total transformation in these rural communities. We started by changing their mindset from a negative one to a positive one so now the hard work begins. I pledge to bring on board the district officials so that they can help the communities realize the money that is allocated to them and the different programs that they can benefit from. We shall collaborate with the representatives of the people to ensure that poverty is eradicated from these communities.

I sincerely thank all those who have been with us from the start and worked tirelessly to make sure we are where we are today. The struggle continues and with your help we shall empower and develop rural communities. Stay blessed.

**MRS. ANITA KIDDU MUHANGUZI**  
**FOUNDER AND EXECUTIVE DIRECTOR**





# INTRODUCTION

**Sowing Seeds of Tumaini** is a local non-governmental organization that was incorporated in 2017, first as a community based organization then later on registered as a company limited by Guarantee Reg. No. 80020000348431. We are in the process of registering with the Non- governmental Organization board and we hope that by 2019 we shall be fully registered as an NGO regulated under the NGO Act of 2016.

SST is an organization that was formed to bring hope within rural communities. As an “NGO” we are focused on rural communities especially farmers. We support rural communities through capacity building trainings to advocate for their economic, sexual reproductive health and rights, promote education and lifelong learning. We also advocate for the rights of the older persons and the youths in the community. All our programs are feeding into the following Sustainable Developmental Goals

- SDG 1 End poverty in all its forms everywhere
- SDG 2 End hunger, achieve food security and improved nutrition and promote sustainable agriculture
- SDG 3 Ensure healthy lives and promote wellbeing for all at all ages
- SDG 4 Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
- SDG 5 Achieve gender equality and empower all women and girls.

## **Our vision**

Is a world in which rural communities realize their full social, economic and civic potential

## **Our mission**

Is to empower rural communities to initiate and manage their socio economic development processes through strengthening community participation, advocacy and service delivery,

## **Our values**

Integrity, professionalism, team work and Respect for all individuals. SST currently operates in Buikwe and Mukono districts.



## 1. CORE THEMATIC AREAS

### AREA 1 Economic and Social Strengthening

- Sustainable Agriculture farming
- Agribusiness and Enterprise Development
- Women Financial Inclusion through formation of SACCOS

HIV and Sexual Reproductive Health •  
Mensuration Hygiene •

### AREA 2 Sustainable Health in Communities

### AREA 3 Education and Lifelong Learning

- Education of the girl child
- Improved Children's learning environment like reading and chess clubs in schools
- Mentorship programs
- Construction of secondary school and resource centers
- Life improvement or vocational skills

## 2. HIGHLIGHTS OF THE PAST YEAR

### • WORLD PULSE TRAINING

On the 1st of July 2017, The Executive Director Anita Kiddu Muhanguzi met with the women of Lukonda Village to discuss the challenges that face as women and how they can air out their voices on the world pulse platform. She met with 36 women from the ages of 18 to 75 years and they had various challenges including, lack of school fees, accommodation, the old women don't have anyone to look after them. They are subjected to domestic violence and sexual assault. Most of the women claim that their children walk long distances to go to school and most times are harassed by men on the way. They also claim that there is no nearby nursery school and secondary school for their children which is a big challenge for them because they have to wait for the younger kids to grow up to the age of 5 years to be able to walk to school and by that time they should be finalizing top class.



The women also claimed that since their community has been a fishing community for many years, fishing is all that they have known and would like to learn to grow some crops to supplement their fish since they have been asked to leave the lake due to poor fishing practices.

This was the first of such ever meetings and the Executive Director was able to come up with some ideas of intervention for this community. She also met with the members of Bivamuntuyo Sacco where she educated them on how to attach securities for people who fail to pay back their loans and interest.

The members of the SACCO claimed that they had lost a lot of money in loans and didn't have any security for some of the members since many of them were very poor and once they realize that they cannot pay their loans they run away to the nearby village and only return when they feel it is safe. Anita promised to bring a trainer in savings and record keeping to train all the members of the SACCO so that they are able to recover their money. She applauded them for the great effort of saving and encouraged them to come up with projects that can bring them income as a SACCO so that they are able to develop their community.





**• TRAINING ON MENSTRUATION HYGIENE AND DISTRIBUTION OF REUSABLE PADS AT SEETA RC PRIMARY SCHOOL IN NAMANOGA, MUKONO DISTRICT**



Together with Friends of Sam, a local “NGO” based in Gayaza, SST was able to facilitate a training on menstruation hygiene with the primary students of Seeta RC Primary School. This school is located 30 kilometers off Kayunga road in Mukono District. The headmistress of the school Madam Mirembe Betty reached out to Anita Kiddu Muhanguzi and she narrated the challenges that they face as a school. Among these challenges were the lack of teachers, dilapidated buildings, and lack of lunch fees for the children by their parents, girls missing school when they are in their menstruation periods, lack of properly constructed latrines, and lack of a resource center for the children. Through this discussion they were able to come up with interventions like training the children on their rights and training the girls on menstruation hygiene as well reaching to the officials of the municipality to see if there are funds for the renovation of the dilapidated buildings.

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SST together with Friends of Sam conducted a training on children’s rights and the girls were educated on how to be clean during their menstruation, and those who had started their menstruation periods were given reusable pads which were supplied by ECO PADS.



# VISITS



## FARM EXCHANGE VISIT TO NSANJA DEMONSTRATION FARM IN NANSANA

As part of our farming project we took some of the farmers to visit the Nsanja Demonstration farm where they were taught how to grow among other crops, red pepper, tomatoes, matooke and also how to make local green houses as well as water harvesting. This was a learning experience for them because they learnt how to grow variety of crops on a small piece of land.





## ON THE FARM TRAINING WITH SAM KABUYE ON PUMPKIN GROWING



SST facilitated three members of the organization to attend this practical on the farm training with Sam Kabuye of Friends of Sam. Sam Kabuye is a re-known agronomist who is very passionate about farming. He speaks about farming practices on TV and radio stations and carries out on site trainings on his farm in Buikwe where he teaches the farmers the practical bits of farming. On this particular day he held a demonstration of the different stages of growing faming and what organic pesticides should be used. He also encouraged them to do a lot of intercropping with jack beans because these add nitrogen into the soil and they grow well with pumpkins. He also told them about the different markets in Gayaza, Lugazi and Kalerewe. He also encouraged them to grow the pumpkins in phases so that there is a constant supply in the market.



# FARM VISIT TO A MATOOKE FARM WITH DDEMBE APOLLO



As part of our commitment to economic empowerment of the rural communities, we follow up with the farmers to ensure that they are actually practicing best farming practices. We managed to visit Mr. Wandera's small farm of matooke. Wandera grew up in a family of fishermen and fishing had always been their means of survival. Due to the increased bad practices of the fishermen at the lake, Government chased away all the fishermen from the lake and this has left many of them without an income which means that many families cannot sustain themselves.

Wandera a father of 7 children took keen interest in our trainings and decided to even buy some suckers from Ddembe Apollo and plant on the boundaries of his small piece of land. When Ddembe Apollo came to train the community members on how to grow pumpkins he asked if Apollo could visit his matooke plantation and provide some more advice. We were impressed that his matooke were looking really good and Apollo was encouraged as a trainer to train any farmers



## • TRAINING ON PUMPKIN GROWING AND MARKETS AVAILABLE

Sowing Seeds of Tumaini has partnered with agronomists who will be carrying out trainings for the people in the community. Apollo Ddembe trained the members of Lukonda village on pumpkin training. He educated on the benefits of growing pumpkin and the markets available. He however encouraged them to grow pumpkins in phases so that they have a constant supply in the market. He taught the best practices of growing pumpkins and advised that they should be able to grow in groups so that the output is massive and they can gain a lot from the market.

**Achievement** As a result of this training we had about 50 farmers who engaged in pumpkin farming and we connected them to markets in Lugazi town where they are still supplying including some restaurants in Lugazi and Ajija.





## • FOCUSED GROUP DISCUSSION WITH THE COMMUNITY MEMBERS



The Executive Director Mrs. Anita Kiddu Muhanguzi together with the co-founder and Secretary to the Board Mrs. Rita Namakiika Nangono and Mrs. Fiona Awava Mulangira held a focus group discussion with the members of the community, both women, men and the youth. Rita and Fiona gave their experiences as women in business and encouraged the members to always have open discussions about the developments that they plan to have in their communities so that they can reach out to people who can bring development in their communities.

They applauded the leadership of the area who reached out to Mrs. Anita Kiddu Muhanguzi about the challenges that they are facing in their community and promised to seek more interventions that will be beneficial to the community.





## • TRAINING ON LEADERSHIP AND ACCOUNTABILITY



In November 2017 Sowing Seeds of Tumaini partnered with Safe Alternatives for the Youth (SAFY) Uganda to carry out this training on leadership and accountability. Mr. Tomusange facilitated this very informative training which was very interactive with the members of the community. He educated them on the qualities of a leader and how leaders should be accountable to their electorate. The Local Council Chairman together with the Woman Councilor were present for this training and they gave accounts of their experiences as representatives of the people.

As a result of this open interaction with the people the LC1 Chairman was re-elected to office.



# THE FOOTBALL MATCH AMONG THE YOUTHS



The biggest challenge in this remote village is the lack of secondary education for the youths. There are two primary schools that serve five villages and even then many of the parents are so poor to afford the Universal Primary Education fees. While they struggle to ensure that their children go to school after Primary 7, there is no secondary nearby for their children to continue with their education. So most of the youth in this village resort to drugs and prostitution. Since it is a fishing community there is a high prevalence of prostitution, drugs and alcohol.

We are also partnering with Safe Alternatives for The Youth (SAFY) and KYUSA to ensure that these youth are enrolled in programs which can benefit them such as video making and sports, liquid soap making and jam making. These programs are very educative and will create for them income activities. As a result we want to reduce the number of the youth that are engaged in crime.

As Sowing Seeds of Tumaini, we are reaching out to the youths in this area through sports and education. We had a football match between the youths in different villages and we realized that these children are very talented in sports. We gave them medals and this was a boost in their confidence. We gave the winning team a ball as a prize. The boys are practicing for the next match which will be before Christmas and this time we are planning to have more teams participating so we can identify talented players who we can sponsor to play with the teams in Kampala.



## VISIT FROM OUR WELL-WISHERS FROM SWITZERLAND



On the 3rd of January 2018 we received guests from Switzerland who had seen our Facebook posts and wanted to meet the members of the community and hear from them about the programs that SST is running.

Denise Siegenthaler was born to a Ugandan mother and a Swiss father. She was born in Uganda but at the age of two the family relocated back to Switzerland. She has always wanted to move back to Uganda and give back to her country and she is still trying to realize what she can do when she finally re-settles in Uganda.

Together with her longtime friend Luka, we took them to Lukonda village despite a few hiccups on the way with the transportation we were able to arrive safely and interacted with the community members. We took them to one of the local fish ponds that were dug by one of the community members Godfrey Ojalayi. His fish at the time of the visit were 6 months and he was supposed to harvest in a period of 2 months. We also took them round the fish cages of the lake a project that is run by one of the members in the community who partnered with some Israelites. Denise and Luka were able to hear from the community members who narrated that they have benefitted a lot from the trainings that SST has run so far and are looking forward to many more capacity building trainings and projects that can up lift their community.



# TRAINING ON COMMUNICATION SKILLS



On the 30th day of September 2018 in partnership with Safe Alternatives for the Youth (SAFY), SST was able to hold a training on communication skills for the members of the community on the 30th day of September. The women had always requested for this training so that they can effectively communicate with their leaders and the outside world. Mr. Tomusange from SAFY facilitated this workshop and it very interactive and very interesting as we were able to have full participation from the members who attended. The community members thanked SST for bringing them very good facilitators and they look forward to many more trainings that are beneficial to them.

The members also asked SST to kindly put more emphasis on the issue of sports for the women.

The women want to play netball and football. They are also eager and anxious about the early childhood learning centers. They want SST to look seriously for partners and donors who can build a structure for the younger children since the primary school is very far for the younger kids and there is no facility at the primary school to cater for younger children.





## NETWORKING AND PARTNERSHIP BUILDING

The organization has networked and partnered with organizations like KYUSA Uganda, Safe Alternatives for the Youth Uganda (SAFY), Friends of Sam and recently our Executive Director met with Susan Linda Stasi of Rose Academies. The meeting with Susan Linda Stasi was quite interesting and we look forward to many more collaborations with Rose Academies

### 1 ACHIEVEMENTS

#### • Capacity Building Trainings

Over the past year SST has facilitated 10 trainings within the rural communities of Lukonda and Kasawo. These trainings were on best farming practices, leadership and accountability, communication skills, menstruation hygiene and child rights. As a result of these powerful trainings we have had over 50 farmers engage in pumpkin farming, 2 engage in matooke growing and the LC1 chairman was re-elected back to office because of the accountability he gave the electorate after the leadership and accountability training.

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#### • Rights Awareness

Through our capacity building training we have educated these rural farmers on their rights as farmers and as regards the markets. They are now forming groups so that they have collective bargaining power and we have also helped them to find markets

#### • Creation of a website and social media pages

During the past year we have mobilized funds and created a website for the organization as well as social media pages like Facebook, twitter, instagram and LinkedIn where we sharing the work that we are doing.



- **Reached out to various friends who donated items to the organization**

SST reached out to various friends within Kampala to provide clothings and whatever items they did not need at home. After sorting most of the donations, we were able to give out clothes to new mothers, the youth, and the older persons benefitted from the blankets and walking sticks to aid their movements.

- **Held a football match between the youths in two villages**

The organization held a football match between the youth from two villages and this was a success because it helped us identify the potential of sports within this rural community and it also made these young men more confident. We are told by the local leaders that they seriously training for the next football match.

- **Funded an older person for treatment at Mulago referral hospital**

SST was able to fund one older person in Lukonda village for further treatment to Mulago referral hospital. Mr. Kabega had always complained about his sight and that he lived alone. His sons and grandson had all left to look for greener pastures and he was unable to farm in his garden due to his lack of sight. After his treatment he has since returned to his small garden where he is growing cassava, maize and small beans for his survival.

- **Partnerships**

SST has partnered and worked with KYUSA a youth driven “NGO” and Safe Alternatives for the Youth (SAFY). The partnerships enhanced the sharing of experiences, best practices and strategies to push forward the agenda of economic and social empowerment of rural communities.

- **Confidence among the community members**

We have realized that the community members have now opened to us and are friendlier than before. They believe and trust in the various programs that we are currently running for the development of the community and are very anxious and eager to always learn more from the facilitators that we bring. We now have people from the other villages who have contacted the Woman Councilor that they would like to be included in our programs.

## **2 CHALLENGES**

### **a) Internal Challenges**

- **Lack of Permanent Premises**

The lack of permanent premises for the organization is a challenge that affects the permanency of location of the organization. The office premises within Kampala have become very expensive as the rent is always being increased due to the demand of being in the city.

- **Understaffing**

Due to lack of proper funding for the various programs we have not been able to employ permanent staff and work with volunteers who we engage when we are going to the field.

- **Communication Dilemmas**

Communication with the mobilisers on the daily developments with the community is very hard due to network issues in the area and lack of power. We are however aware that the district has supplied the electricity poles, though the power lines have not yet been connected. This is a big challenge because one has to walk about 5 kilometers to have their phone charged since many people around the village with solar have weak batteries which destroy the phones.



#### • Transport Constraints

Due to budgetary constraints, the organization is unable to go the rural communities every month since we have to mobilize funds for the trips that we make and also facilitate the volunteers as well as the facilitators.

#### b) Holding Dialogues with Government Officials

We have tried to meet with the district officials so that we are enlightened more about the programs in place for the rural communities. However this has been in vain as they are always out of office. We want to meet with them to find out how these communities can tap into the Government resources that are sent to the district to empower these communities economically.

#### c) Sensitizing the Community on the rights of the Older persons

We are planning to carry out a training on sensitizing the rural communities on the rights of the older persons, however the communities are already biased about the older persons within the community claiming that they are a burden to the members with in the community. Many of the community members and relatives of these older persons are just waiting for them to die so that they can take over their little possessions within their households and their kibanja land.

We have talked with the Local Council Authorities who want to educate on these rights first so that when we reach out to the wider community we have the backing of the authorities. However this is all dependent on funding.

### 3 ACKNOWLEDGMENT OF OUR WELL-WISHERS AND VOLUNTEERS

We would like to specially thank those who have donated various materials and clothes to the rural communities. Their contributions have made it easy for these communities to believe in our objectives and goals and also to work closely with us for the development of their community.

We would like to specially thank all the volunteers who have stood with us from the start and who believe in us and what we do. Your selflessness is priceless and we are forever indebted to your big hearts, may the good lord continue to reward you and bless you mightily.

We would also like to extend our sincere gratitude to the leadership in these rural communities that have always mobilized for us the members at very short notice and have always participated freely in our trainings and on farm visits. They are passionate about building their community economically and have always believed in us. It is because of them that we have various achievements and hope to achieve much more in the near future.

### 4 FUTURE PROSPECTS

- SST will continue to mobilize funds to run its programs diligently and will continue to sensitize the communities on their rights in regards to farming, women rights, children rights and older person's rights.
- We shall continue to engage with the district officials to follow up on the budget allocations to these villages and the programs that Government has put in place to benefit the people in these communities.





## MEMBERS OF THE BOARD

Ms. Noeline Kirabo  
Mrs. Brenda Magoba  
Mr. Brian Muhanguzi  
Mr. Edward Nangono

Chairperson of the Board of Directors  
Treasurer to the Board  
Technical Adviser  
Board Member

## STAFF MEMBERS

Mrs. Anita Kiddu Muhunguzi  
Mrs. Rita Namakiika Nangono  
Mr. Yiga Joseph  
Mr. Edison Kakuru  
Mr. Ojalayi Godfrey  
Mr. Sadiq Mwesige

Founder and Executive Director  
Co-Founder and Head of Operations  
Volunteer Accountant  
Volunteer Programs Co-coordinator  
Volunteer Community Mobiliser - Lukonda  
Volunteer Community Mobiliser - Kasawo

## COMMUNITY LEADERS

Ms. Nansamba Jessica  
Mr. Godfrey Sseryange

Women Councilor - Lukonda Village  
LC 1 Chairman - Lukonda Village





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