



Kuzamura Ubuzima | Growing Health

News letter 2023



Theme: Where there is charity and love there is happiness and hope.

IT'S NOT HOW MUCH WE GIVE, BUT HOW MUCH LOVE WE PUT INTO GIVING

(Mother Teresa)

SPECIAL THANKS

We would like to take this precious time and thank everyone who worked hard with so much love and dedication and who have sacrificed a lot to support this amazing work. All of you have been our huge pillar and light through out the year. Special thanks to Growing health Germany, Growing health U.S, all our special and precious donors and supporters, University Teaching Hospital of Butare (CHUB) and Kabutare District Hospital, all Kuzamura Ubuzima team who worked hard every single day to make a huge impact in our beneficiaries lives. I would also like to sincerely thank Communaute des Etudiants Musilmane (in the university of Rwanda, Huye campus) who have helped a lot at Kabutare District Hospital by providing breakfast every Sunday. On behalf of everyone who have benefited to your amazing and generous support, we would like to tell you that your generous heart and actions didn't go unnoticed, it has been like a tattoo to our hearts, We have been and will always be amazed by your unconditional love and support toward these poor people. we would also like to thank everyone who participated in this so that everything will go smoothly and safely, without your support and precious advises no one could make it to today.

INTRODUCTION

Welcome to Our news letter. This news letter will include all activities that have been done, our yearly achievements and all challenges that we have faced during this year 2023. We will share with you in numbers and figures the numbers of patients we feed, we will also show you how the meals they got from the Program contributed a lot in their fast recovery and helped a lot their families. This news letter will also include what we wish to achieve in this coming year 2024.

WE ARE SO
THANKFULL

OUR NEW STEPS ARE
MORE BIGGER NOW
ALL THANKS TO YOU



Farming organically



Hunger is one of the painful death. Let's feed them together.



A grateful heart is a happy soul.

WHY THIS PROGRAM

Kuzamura Ubuzima(KU) is a charitable non-profit organization based in Rwanda with the aim of fighting malnutrition among Rwandans especially these who are hospitalised by providing nutritious organic meals in hospitals as most hospitals in Rwanda don't provide food for their patients which can lead to a long hospitalisation stay, malnutrition and an extreme poverty. During this time we also try to upgrade the knowledge of their families through education sessions that we give to the caregivers (Who are most of the time family members of the patient) on nutrition and family planning, sustainable agriculture and wellness(Breathing exercises and meditation) during the hospitalisation period and in the communities to break the cycle of malnutrition and diseases related to it and to help them mentally by reducing stress and anxiety.



Life is about helping each other.

OUR IMPACT IN 2023

Since 2019 due to Covid 19, things have been tough and rough. the climate change and the increasing of prices at the market made everything worse, and this made the implimentation very hard. Most of our donors who were facing their own challenges could not donate anymore. It was so scary, we thought we will never make it, we were so worried about how these people we were helping will survive, but we kept fighting for the seek of our beneficiaries. All thanks to these who never gave up on us and their generous support we made it till today. 2023 taught us that as long as you don't give up, and keep fighting for what you want, no matter how many challenges you will face, the nature will find it's own way to solve it.



Be the reason someone smiles

1. PATIENT FEEDING PROGRAM

Within the patient feeding program, at the University teaching hospital (CHUB) and Kabutare district hospital in Southern Province where we operate by feeding 125 patients daily, 73747 nutritious and healthy meals were provided to 5778 patients this year. These are 2503 patients more than last year and 2784 more in the last two years.



Sharing is caring

This is a huge proof to show how people have recovered in a short time of period and this has reduced their hospitalization stay and allowed more patients who were on our waiting list to be in the program. This has also allowed them to go home and work for their families and allow their caregivers to work for theirs too to decrease and prevent the extreme poverty in their families. The number shows that the days spent while in our program have decreased from 1 day to more than 2 years in the last two years to 1 day to 287 days currently. This is something we are grateful for. We could have never reached this goal without your help.



Appreciate whatever we have in life.

Due to Covid 19 there are some activities that stopped and financial crisis became a huge issue to many and we were not an exception. Due to the financial crisis we tried to keep as many beneficiaries as we could and tried to keep the meals we give as nutritious as possible, but we were obliged to remove eggs and avocados that was making the meal we give more nutritious due to our financial problem. To keep the proteins on our meals we kept small fishes and beans to keep them healthy, this has decreased the recovery process of burned kids and many patients in critical condition. All thanks to Growing Health Germany from 7th of October 2023 we were able to add an egg on each selected child with burns and 439 eggs were provided to speed up their recovery. We are so grateful for this even though the need is still high.



With the help of Growing Health Germany in June we were able to buy two beautiful cows and one of them gave us 280 liters where two liters were added into our beneficiaries' Porridge every morning and the rest was given to malnourished kids and hospitalised people who were in critical condition



Feeding Our two beautiful cows.



2. FARMING

The KU farm worked hard as usual despite the climate change challenges, they did all they could to make a difference and by using the simple irrigation system we have, by making more compost to fertilise the soil and by strengthening their farming methods.

All method used helped us to have different types of organic vegetables all the year. This year yield was not as what we wanted but we are still grateful. We harvested 18655kg this include all types of crops in 3 season of the year.

In addition to this, with the help of Humanity Unified, The food forest have been well managed and taken care of and it has produced fruits that we gave to kids in Pediatric to make their meals more nutritious and well balanced.

3. COMMUNITY OUTREACH PROGRAM

This project was designed to decrease malnutrition and promoting sustainable agriculture in Rwanda especially in Gisagara District where there was a huge number of malnutrition. Through demonstration practicies of regenerative agriculture and permagarden and trough nutrition and family planning sessions. Kuzamura Ubuzima in Collaboration with Humanity Unified trained families in different villages in Gisagara district in Two years and over 500 people benefited from This project. It has been a huge success in preventing malnutrition and other diseases related to it among selected people who have got the privilege of learning and putting everything into practice and being accompanied for the whole year through advices and guidance.

In July 2023, the last follow up we did, showed that all people who benefitted from this project have changed their mindset, their way of living and their nutrition. they have undertsood that by joining hands and put their efforts together was the fastest way to the development.



Even the summer can't stop us. Once green always green.



It doesn't take much to change someone's life for the better.



From their they create small saving groups(Ibimina) where they save small amount of money and use them for different development activities in their families at the end of the year. This has not only impacted their lives mentally and financially and improved their nutrition but it has also changed their neighbors lives where some of them joined the groups and others immitated their activities.



We believe that small steps can make someone go far. In our small steps we believe we will make a huge impact both in the hospitals and in the communities and we beleive that slowly we can end malnutrition and other disease related to it both in hospitals and in the community. This will never be possible without your precious support. To be able to make a bigger impact, we will need your full support to maximize the help we give in Hospitals and in the communities. We know the financial crisis is everywhere but together we can strengthern Growing Health and make this dream become a reality.



WE ARE SO GRATEFULL
FOR
YOUR UNCONDITIONAL LOVE.



THEIR VOICES ARE FULL OF GRATITUDE



MUKAGASANA (Caregiver)

What when my Husband got injured, we spent one month at a district hospital in Gisagara. When they told us that we will be transferred at the University teaching hospital(CHUB) I was so devastated. I was thinking about out 5 kids who will be left alone with nothing to eat and no one to feed them and that killed me. I was crying every single day. When we got here at CHUB I was so surprised when we found this amazing Program that feed us since the time we reached till today. May God keep blessing Kuzamura Ubuzima and their amazing people and everyone who help them.



FAMILY MUKASHEMA *Beneficiary of community outreach program*

I have never dreamed of having vegetables in summer. Sometimes I can't even believe my eyes after selling some. I wish I could have something to give to these amazing people who helped me without even knowing me, now our nutrition improved and has changed completely, I no more worry about buying vegetables.





As you have seen it above, even though the challenges were too much, together we succeeded. Without your generous support we could never make it as far as we did in maintaining a healthy life and environment for all our beneficiaries.

With your grateful and indispensable help and donation, we fought together against all the obstacles that had to be faced in this ongoing crisis which were added to the daily challenges we oppose anyway. This is why we would like to sincerely thank YOU for standing by our side as one united family for those that are not so fortunate. In this year we could grant help to all our beneficiaries not only with the supply of two nutritious meals per day but also teaching them about the value of having healthy nutritious meals. In numbers that means you ensured us to feed 70865 meals to 5778 patients which is an increase of 2503 patients compared to last year. We were also capable of doing the follow up in the community to assess the improvement of families who were helped in the community outreach program in the last two years.

You help and support our grateful beneficiaries to break the cycle of poverty and to ensure the opportunity for much needed health that does make a difference and creates a bright future possible for everyone.

Again, this is going out to you, a part of our big unified family, because together we are changing lives for the better, and your support will always be appreciated.

On behalf of all of us on Kuzamura Ubuzima, thank you!

Vanessa Rwambibi Umuhoza

THANK YOU SO MUCH FOR YOUR GENEROUS SUPPORT

WE WILL FOREVER BE GREATFUL

