

THE INTERNATIONAL HUG FOUNDATION

ANNUAL REPORT FOR 2010





Our Vision

To see that all children in Uganda are free from poverty and able to live happy, safe, and productive lives.

Our Mission

To empower children in Uganda to break the cycle of poverty.

Our Objectives

- ▶ Raise sponsorships for needy children so they can go to school
- ▶ Establish a school of highest quality
- ▶ Institute a training program for teachers and volunteers
- ▶ Increase access to medical treatment
- ▶ Form income-generating projects that contribute to the sustainability of the program

Our Values

- ▶ i.HUG is a child-centered organization; we consider the needs of the children we serve as the driving force of all our activities.
- ▶ i.HUG is dedicated to providing children with the opportunity to receive a quality education in a safe environment. A quality education is one that:
 - enables children to reach their potential;
 - teaches children self-respect, dignity, and independence;
 - provides children an opportunity to determine their own futures;
 - imbues children with respect for their community's values;
 - provides children with tools to resolve conflict; and aids children in the development of skills that enable them to effectively function and provide value in a work environment as adults.

- ▶ Education is only effective once children are provided basic sustenance and healthcare, protected from exploitation and abuse, and safeguarded from neglect.
- ▶ Children have the best opportunity to succeed when they are supported by a trusting and vibrant community of people who support these values: parents or caregivers, educators, advisors, and partner organizations.
- ▶ i.HUG believes that we should identify, partner with, and support such communities by:
 - providing financial and other support to efforts that are consistent with these values
 - volunteering time, resources, and expertise to the community
 - establishing trust and respecting the community's values
 - supporting initiatives that are likely to let the community sustain its own development
- ▶ i.HUG should strive to maintain integrity, quality, and transparency in everything we do. We hold ourselves accountable to:
 - the children we serve
 - the broader community partnership
 - our employees, volunteers, donors, and members



Letter from the President

To our supporters and friends,

i.HUG was founded to give needy children living in Uganda the opportunity for an education—and the hope for a better future. Our non-profit school, the Kabalagala Community Academy, was established in 2007 not only to educate, but also to nurture and inspire children living in Kabalagala so that they may overcome the poverty-related challenges they face.

In Uganda, children face challenges both inside and outside the classroom. Within KCA, we fight poverty by investing in the whole child—through quality education, nutrition and healthcare support, and programs that foster children’s emotional development and self-esteem.

Outside the classroom, as our newly articulated mission states, we have been working toward a broader goal—to empower children to break the cycle of poverty. This past year, we have been investing further to strengthen the health and knowledge and family stability of the community at large. It is only through this holistic approach to child and family development that the children of Kabalagala can live happy, safe, and productive lives.

Over the past year, with the support of our donors, staff, and volunteers, i.HUG has accomplished so much including:

- ▶ Providing education, health, and hope to nearly 100 children who are among the most in need. Research conducted shows that i.HUG’s programs are having impact and that i.HUG’s children are healthier, better fed, and more knowledgeable than other children.
- ▶ Adding another grade to our primary school, the Kabalagala Community Academy, which continues to provide education as well as social-and emotional-development programs to children in need (and now serves grades Primary 1 to Primary 5).
- ▶ Completing the transition to full local leadership of the project in Uganda, which includes a staff of 16 people.
- ▶ Gaining income from our newly established volunteer house as well as a parents craft-making group, both of which create a foundation from which to build these sustainability initiatives.
- ▶ Further building our capacity by bringing in and training additional teachers and staff in Uganda and contracting with our part-time director in the United States, who will focus on administration and fund finding.

At the same time all this good work is happening, we are in desperate need of funds. Donations decreased more than 30 percent from our previous year, and funding is needed to ensure children can continue to receive the basic necessities and education they deserve.

We are so thankful to all of our supporters, whose contributions help so much.

Joanna Breitstein
President and Co-Founder
The i.HUG Foundation

Letter from the Director



In the many years that I have been working and traveling across Africa, I have seen violence, hunger, poverty, the devastation caused by war and diseases of all kinds. Yet despite these horrors, I continue to be amazed by the generosity of the people and their resilience in the midst of the bleakest of circumstances. I joined the work of i.HUG to lend my hand to the very important efforts they have undertaken in Kabalagala, Uganda.

The children in i.HUG's program and in the Kabalagala Community Academy have hope on their smiling faces and a hunger for knowledge that I have never seen in any school in the United States. This shouldn't be surprising—the statistics show these children have overcome incredible odds to take their place in a classroom and discover the joy of learning. An estimated 45 million African children do not attend school at all and in Uganda, almost half of the children who enter primary school will not complete it.

Your support of i.HUG is more than an opportunity for one child—though the children in i.HUG's program will experience opportunities for building knowledge, increasing self-esteem, and thriving into adulthood that many of their peers will never have. Your support is the promise and the future of a nation. The inquisitive, healthy faces of the children who benefit through your support of i.HUG may be the leaders who successfully overcome the challenges that face Africa—and that will be a remarkable achievement for all of us.

Sarah Beth Lardie
Director
The i.HUG Foundation

Letter from the Project Manager



In 2010, we have seen the children grow academically, emotionally, and also physically. It's so amazing to see the speed with which they grow—by the end of the year, their uniforms are so tight on them!

KCA is a place of joy and love. Even when I am stressed with work, I can always turn there, and with all the smiles, hugs, and jokes from the kids I will be healed. We have also seen a breakthrough in the community, with parents and guardians coming to make crafts at the school or to learn about computers. The teachers and staff are another miracle—they are working hard to see the vision come to pass.

We are so thankful to our partners around the world. You mean a lot to this work, and you are part of what is happening here. We are especially thankful to the Board in the USA for working day and night to make i.HUG and KCA all that they are today. Greetings from all the kids—they love you.

Pastor Paddy Luzige



Head Teacher's Desk

To educate a child is to educate a nation.

As teachers, we try to improve the standards of our nation through educating the resource-poor children of Kabalagala. Over time, we believe their successes will positively impact the community—and the country at large.

Since the establishment of the Kabalagala Community Academy, we have realized many changes in the lives of these children, emotionally, physically, socially, and academically. The school started small but is blossoming each and every year. Since last year, we have realized many great achievements like an increase in the number of sponsored children, an increase in the number of staff, and also an increased capacity through the construction of additional classrooms, which will allow us to extend our reach until children reach Primary 7.

Last but not least is the addition of a computer suite, with computers donated by Swanlea School and an Internet connection donated by Warid Telecom, so learners can acquire computer knowledge and skills that will enable them to explore and adapt to today's technological capabilities. KCA is one of the few schools in Uganda that has been given the chance to fully access the new technology, which is a very commendable achievement in an economically developing country like Uganda. This instrument of knowledge has helped the teachers to explore new educational ideas that have boosted the teaching and learning processes in the school. Most importantly, this knowledge and these skills will enable our children to be the future leaders of tomorrow. The computer program has gained momentum and has been extended to the parents, many of whom are now attending classes at KCA twice a week. There has been great development and successes realized, though we still have a long way to go. But we believe that through hard work, determination, and your help, we shall reach our destiny.

Racheal Mwima
Head Teacher, KCA

Focus On: Education

If children are to live healthy, happy, and productive lives, they need to gain an education. That's why, since 2007, i.HUG has been working to help children in Uganda go to and stay in school. Our primary school, the Kabalagala Community Academy (KCA), serves as a community-based model for educating, nurturing, caring, and healing. We give orphans and vulnerable children the tools needed to break the cycle of poverty.

KCA has grown one class per year and currently serves five classes. In the next stage, we will expand KCA to include grades six and seven, thus establishing our capacity for a complete primary school.

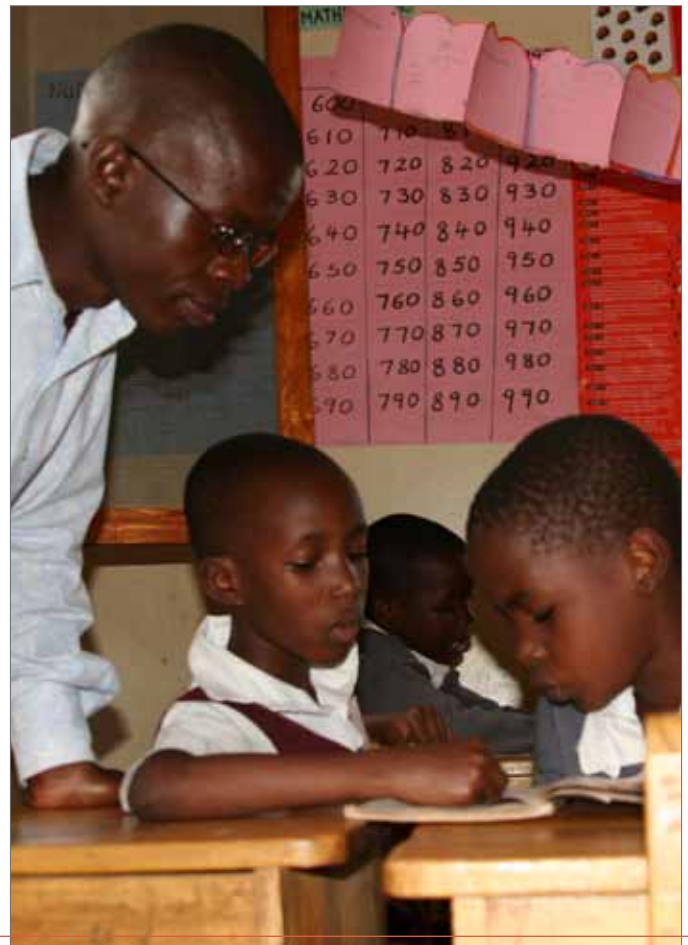
At KCA, the healthy growth and development of children is further boosted by a nutritious school lunch and snack. For many children, this is the only meal of the day. Desperately needed healthcare services are provided. This includes treatment for such illnesses as malaria and fungal infections as well as psychosocial support. Children who learn coping mechanisms and receive support through difficult issues are better able reach the best of their potential.

Family and community members are active participants in both the students' success and the development of KCA. This includes contributing to the daily running of the school through Parent Work Days and the parents' association. KCA also offers educational opportunities to the wider community so that they can better support the healthy growth and development of their families and community. This includes the Health Days, where information is shared on topics such as HIV/AIDS, hygiene, and other relevant workshops and training.

The growth of our program:

- Added in 2004 ▶ 1
- Added in 2005 ▶ 6
- Added in 2006 ▶ 21
- Added in 2007 ▶ 35
- Added in 2008 ▶ 23
- Added in 2009, to date ▶ 10

Total children sponsored to date ▶ 96

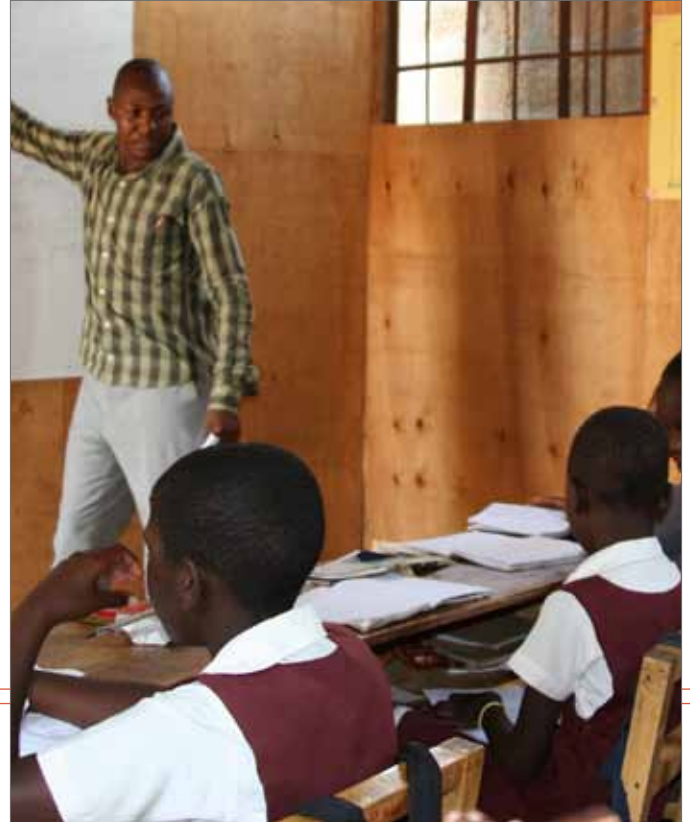


We give orphans and vulnerable children the tools needed to break the cycle of poverty.

KCA School Mission

At Kabalagala Community Academy, we live out our belief that all children are entitled to develop to their fullest potential—academically, socially, emotionally, and physically. We provide a caring and stimulating environment that maximizes academic potential and self-esteem and promotes emotional intelligence and a lifelong love of learning.

Students, staff, parents, and the wider community work hand in hand toward common goals. Through ongoing reflection, documentation, and assessment, we strive to continually enhance our efforts at providing the best learning experience and environment for our pupils.



KCA is Different

The biggest challenge we face is that most of our students' parents did not go to school and don't understand our interactive teaching methods and focus on child development. However, over time, we are educating parents and guardians about our approach, and they are seeing the results. Here are some of the ways KCA is different.

- ▶ We develop the whole child: Our school focuses on developing the whole child by offering various activities that develop a child's emotional, social, and psychological well-being like art, music, and free play. We see how these programs can build self-esteem and help children develop a lifelong love of learning.
- ▶ We protect the children: Many children in Uganda are often beaten by teachers and other staff in schools. At KCA, we adhere to a strict Child Protection Policy, which states that there is no toleration of physical or other violence of any kind.
- ▶ We teach beyond the syllabus: at KCA, teachers focus on developing higher-order thinking skills. Instead of following rote teaching methods, the school's curriculum is based on the constructivist theory and uses the world the children live in to inspire them to become active and engaged learners.
- ▶ We strive for learning and understanding: A typical Ugandan education overuses exams, forcing teachers to dictate—and students to cram. However, KCA combines continuous assessment with examinations. Last year, the government also initiated this system for the lower levels of primary schools, but many schools have not yet changed their approach.
- ▶ We allow children to be children: Our school day starts at 8:00 a.m. and ends at 3:30 p.m. Other schools extend beyond those hours and assign children written homework daily and during holiday time. We believe these children, who also are responsible for a large amount of housework and sibling care, should have some time to rest and play.

Children who were initially very closed off have started opening up, and there is a sense of confidence in most of the kids, unlike in the past. Previously there was a lot of fear and mistrust in our students, but they are learning to trust their teachers because of the way we're listening to and dealing with their emotions.

—Irene Ssuubi, KCA teacher



Health

The children in i.HUG's program live in the poorest conditions, where disease can easily develop and spread. Lack of health knowledge and healthy behaviors further complicates this situation, leaving the children of Kabalagala exposed and prone to illness.

To help children reach their potential, i.HUG has invested broadly in our children's health. The Kabalagala Community Academy contains a basic clinic, where a trained nurse attends to children both in school and at home. Access to healthcare services means that the children in our program have witnessed dramatic improvements in health. We are also helping to build our children's social and emotional health—and that of their parents and guardians—through a range of programs that allow them to heal and develop to their potential.

A recent study conducted by Dr. Yen Ken-Huang from New York University found that our approach is working. In particular, the study found that, when compared with other children:

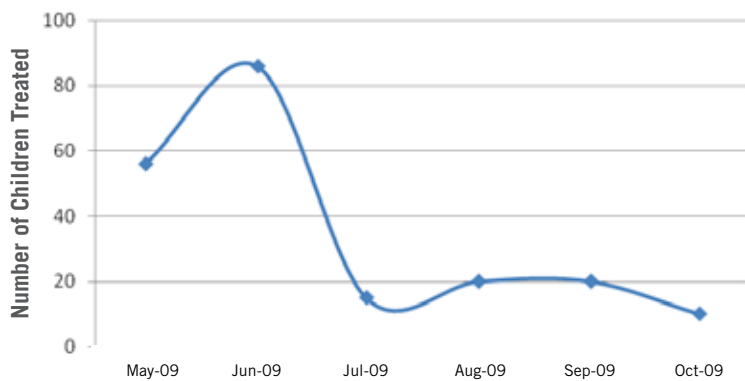
- ▶ Children who attended the Kabalagala Community Academy were healthier. They had lower rates of malnutrition, malaria, fungal infections, worms, flu, and vitamin-deficiency problems.

- ▶ Our students also had better socioemotional functioning. They suffered from lower rates of depression and higher child-competence scores when compared with other students.
- ▶ In addition, the study found that parents and guardians of KCA student were better informed and had better child-health knowledge.

Part of the power of this approach comes from the fact that Kabalagala Community Academy is one of the few Ugandan schools to offer a comprehensive emotional-development program. This includes alternatives to violence and child-development workshops for staff, parents, and children. KCA also provides counselling and a caring ear to students through "talk time" activities. Talk time provides a safe space for children to talk about issues affecting their daily lives. This has helped us tailor workshops for guardians on topics including domestic violence, child protection, and self-esteem aimed at strengthening family stability. We also provide each child and his or her family with regular home visits that aim to empower the families to make positive changes and provide closer links with the school.



Treatment of KCA Children for Fungal Infections



i.HUG has had a positive impact on our students' health. In 2008, by providing mosquito nets and education, there was a 90 percent reduction in the cases of malaria. In 2009, with the provision of resources, we improved our approach to treating fungal diseases, which witnessed similar reductions.

Health education days took place every term and were attended by as many as 100 adults and 250 children. These events offer knowledge on a comprehensive set of relevant health issues. Professional health workers shared knowledge on HIV/AIDS, malaria, STDs, and cervical cancer. Education was also provided on child rights, child abuse, safety, and protection. "It has been important to educate these women, most of whom are illiterate. They must be advocates for their children, and this program allows them to gain knowledge and to be advocates."

—Rashid, a physician speaker at i.HUG's Health Day

▶ The Buddy Group, introduced by Board Member Mary Dicker, is composed of a group of mature, trustworthy, and responsible students who help take care of other students in need. KCA's Buddies wear a red badge and take advantage of a special bench under a mango tree where one Buddy sits to talk to children facing problems while other Buddies mingle.

Thanks to Mary Dicker, Nurse Jacky Tumusiime, Dr. Sowedi Muyingo from Medical Access Uganda Limited, Dr. Richard Ricci and Dr. Andrea Cambria, and Anne Devereux for their provision of knowledge and medical supplies for our children.

Community

i.HUG's philosophy is that multiple determinants lead to poverty. The elimination of poverty depends upon a holistic approach that focuses on education and physical and mental health in children, their families, and their community. The services that i.HUG provides and our interactions with the community are guided by this philosophy.

Parents and guardians are the bridge between i.HUG and the community. It is by bringing together and investing in parents as caregivers and individuals that i.HUG can foster strong, safe, and vibrant families that are important for children's success. i.HUG also relies on guardians to contribute the time and skills necessary to foster local ownership and sustainability of the project.

The role of the Parents Group is integral to KCA's future. Within this group, parents are taking a more active role in supporting the school through the development of resources and enterprise activities. In this way, parents are contributing what they can to the education of their children and also gaining skills and knowledge that can improve the lives of their families. This group is already mobilizing other guardians in the community to attend the training sessions and other events i.HUG offers.

Parents are expected to be involved in the following:

- ▶ Parents' meetings and Contact Day
- ▶ Health days
- ▶ Work days
- ▶ The pickup and drop off of children
- ▶ Resource-making club
- ▶ Craft group
- ▶ Savings group, where parents contribute funds which can then be later used for loans
- ▶ Other trainings and school activities, such as computer classes

We have seen that these programs have touched the community, fostered local ownership of the project, and in some cases, strengthened relationships between caregivers and children. A research study has been planned to take place



i.HUG would like to give thanks to all the people working together to improve children's lives. We would like to especially recognize the families, staff, volunteers, sponsors and other supporters that are coming together to improve children's lives.



PARENTS GIVE BACK: FIRST TERM WORK DAY

More than 115 parents, children, and staff attended the Term 1 Parents' Work Day, held on March 20, 2010. Parents were involved in many activities including varnishing the children's desks and chairs, scrubbing the school compound, and recycling and preparing paper for the parents' craft group.

Sustainability

Over the last year, we achieved progress in moving toward sustainability by establishing income-generating projects and establishing i.HUG as a local non-government organization.

In terms of our projects, i.HUG has been moving forward with two important initiatives that have already begun to sustain a small portion of the community project.

Rubbish into returns

Parents' craft-making group

In September 2009, a group of caregivers came together to form the KCA Parents' Cooperative. The aim of the group was to sell crafts to generate income both for the



school and the group. The equipment and materials were donated. Keeping with the tradition of recycling and making art out of reusable materials, the group started by creating holiday cards and has since branched out to make jewelry out of paper beads.

The beads are made from recycled posters and magazines, rolled carefully into shape and then varnished with an eco-friendly sealant. The crafts are being sold through a link school in the United Kingdom and the jewelry is proving popular. The group is building slowly in response to sales, and as a result more parents have joined the group and production is increasing. In particular, "Mama

Angel," the mother of a KCA student, who is already skilled in jewelry-making, has joined the group and is helping train the others in making different styles.

As sales progress, the KCA Parents' Cooperative is receiving a fair price for their hard work and is empowered to help support the development of KCA. All profits are invested in the school, and the group gets to choose how this investment is made.

Many thanks to Mandy Hickling and her business studies group at Folkestone School for Girls for their efforts in selling the crafts and for providing much-needed feedback on sales and marketing.

Volunteer House

The Volunteer House, initiated in February 2010, comprises two twin guest rooms furnished with bedding, two shower rooms, and a kitchen. All volunteers for i.HUG (and other guests or volunteers of other projects) are welcome. The guest rooms are located very close to the i.HUG project and close to the many small shops and eateries of Kabalagala.

The guest rooms are a timely addition, as many volunteers are expected throughout the year. To date, the revenue from volunteers has exceeded the cost of fully furnishing the two rooms, and the charity has begun to profit. One of our board members, Anne Devereux, on her recent visit in July 2001, termed the project a great idea and innovation.

With more volunteers and friends of i.HUG still to come, the future is looking bright. The financial benefits will help contribute to the sustainability of our project and the expansion of our programs to the wider community while ensuring that our friends and volunteers have a safe, affordable, and hospitable place to stay.

If you are interested in visiting Uganda to volunteer your time or skills, please contact us at ihug@ihugfoundation.org.



Global Support

On April 23, 2010, the i.HUG Foundation hosted its third annual Benefit Gala at the National Arts Club in New York City. This year's event raised more than \$35,000—the most ever—to fund urgently needed basic necessities, education, and other services to help children living in extreme poverty in Uganda.



1. i.HUG Co-Founder Paddy Luzige addresses a crowd of supporters. 2. Two decorative banners painted by students at the High School for Math, Science and Engineering in New York City [top banner], and by students of the Viola School in Suffern, NY ages 5-11 [bottom banner]. The banners are now on KCA's campus in Kabalagala for all students and staff to enjoy. 3. Supporters enjoy the event. 4. Rhoda Kalema of TWOPA [twopa.com] gets the guests involved during the entertainment portion of the evening.

Financials:

Donors responded to i.HUG's mission, and the organization—founded in 2006—was able to scale its care and resources on the ground in Uganda. Funded by a small group of committed individuals and our sponsors, we worked together to respond to the desperate need of children living in poverty.

The recent financial crisis impacted our organization, and in 2009, our funding decreased by more than 30 percent. Some of this was due to a number of one-time gifts received in 2008. However, we took steps such as hiring a director in the United States to focus on fund finding and redoubled our efforts to gain more funding through grants as well as build income-generating programs in Uganda. At the time of this report, iHUG has witnessed some early funding opportunities, and donations have stabilized. However, funding continues to be a critical need to the operation of i.HUG programs.

In 2009, i.HUG delivered its services efficiently, supporting nearly 100 children and their families, and employing 16 people, for less than \$150,000. Of this cost, 75 percent of funds were spent on our programs in Uganda. Administration costs included necessary infrastructure including technology to maintain the charity in the United States.



Because we work within the community, your funds go further in delivering the basic necessities all children need, such as school and healthcare. Please support our organization and the effective work we are doing by making your donation today by visiting www.ihugfoundation.org.

	AMOUNT RAISED	AMOUNT SPENT	NET INCOME
2006	\$55,117	\$15,135	\$39,982
2007	\$80,195	\$71,419	\$8,776
2008	\$182,615	\$111,239	\$71,376
2009	\$115,562	\$147,512	-\$31,950



Please support i.HUG by:

- ▶ Sponsoring a child
- ▶ Donating to i.HUG's project in Uganda
- ▶ Volunteering your time and skills.

For more information, please visit www.ihugfoundation.org



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