

# Ugandan Refugee Projects

Helping refugee families  
grow brighter futures

**ROTARY**  
CLUBS



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[sendacow.org/rotary](https://sendacow.org/rotary)

**SEND  
A COW**

Reg charity no 299717 (England and  
Wales) and SC049792 (Scotland)



## Welcome from **David Bragg**

**Send a Cow founding  
farmer, OBE**

Rotary have played a vital role in supporting Send a Cow since our founding farmers sent the first cows to Uganda in 1988. Since then, Send a Cow has helped over two million people in rural Africa to gain the skills and confidence to grow their own food, build thriving businesses and go after their dreams.

Send a Cow continues to work in six countries, including Uganda, which sits at the heart of the continent. Our Ugandan team support communities to make the most of their land and livestock, to produce nutritious food and build sustainable businesses for reliable incomes. Thank you to all our supporters.

Our recent project in the Palabek Settlement of northern Uganda has successfully helped 500 families to grow brighter futures.

**We're challenging Rotary Clubs to raise £20,000 to help support 769 families in three refugee settlements across Uganda. Send a Cow's Rotary partners will receive special updates about some of the families we work with.**

**We hope your Rotary Club will stand with us, to help more families grow a place to call home.**

## How your Rotary Club can take action

- **Give a one-off donation** See pages 3 & 5 for more information
- **Request a speaker\*** We can deliver an inspiring talk at your next virtual or physical meeting. Visit [sendacow.org/book-a-speaker](https://sendacow.org/book-a-speaker)
- **Choose us as your Charity of the Year!** We'll support you with exciting resources and connect your club virtually with our work in Uganda!

We've got lots more interesting stories to share with you about how your support helps. Don't miss out and sign up for our Rotary E-news today!  
**[sendacow.org/rotary](https://sendacow.org/rotary)**



# Meet Christine

How we're helping refugee families grow brighter futures



Christine, 32

**Uganda's refugee policy is one of the world's most progressive, standing out by welcoming refugees and sharing its land and resources.**

In the Palabek Settlement, South Sudanese refugees live side by side with the local Ugandan community. With you behind us, we'll work with both refugees and the local community here, as they grow a brighter future from the land.

When families like Christine's start working with Send a Cow, one of the first things they learn is how to create kitchen gardens. Volunteer 'Peer Farmers' provide training and seeds for neighbouring families like Christine's meaning they can grow nutritious vegetables, quickly.

Once families are growing enough to feed their children, they can start to think about selling the surplus in their

new community, and setting up small businesses.

The income they earn can buy essentials like soap and clothes, and they can invest in their farms. Families will also learn to make home improvements such as building an energy saving stove from local materials, a clean latrine and a tip tap.

**With your Club behind us, we'll work with both refugees and the local community as they grow a brighter future from the land.**

A tip tap is a simple, homemade structure used for handwashing where there is no running water. This will improve hygiene around the home and is a vital part of Send a Cow's holistic approach to fighting poverty.



How your club can create lasting



## Life-saving home improvements

**£104**

could support **four families** as they make home improvements such as building an energy-saving stove from local materials, which direct smoke away from the cooking area, makes cooking safer and uses less fuel to keep trees standing. A clean latrine, tip tap and drying rack will improve hygiene around the home and keep the family healthy.

## Good neighbours

**£242**

could train **two farmers** to become Peer Farmer Trainers. Some of our most successful farmers go on to become volunteers, training others in how to build thriving farms. Your donation could help ensure that Peer Farmers have all the training they need to help their neighbours grow nutritious vegetables and get the most from their land, all year round.

## Securing the future

**£570**

could provide training for **five families** so they can start a successful business.

Once families are eating well and earning enough to send their children to school, we encourage them to think bigger.

Families will learn to add value to their produce to sell in the local community.

**Visit [sendacow.org/gifts](https://sendacow.org/gifts)**  
to see how else your donations could help families across the six programmes we work.



# Meet Clementina and Charles



**Clementina (55) and Charles (67) live in Uganda's Palabek Refugee Settlement.** The couple have lived alongside refugees in the community for many years. They have shared their land, giving from what little they have, even when they were struggling to feed their own family.

Before working with Send a Cow, Clementina and Charles struggled to put enough food on the table and earn an income. Since joining a Send a Cow project two years ago, the couple have learned many new skills that have helped them to grow vegetables and make a living from their land.

They can now provide enough food for their family to eat a healthy, balanced diet. Clementina sells the surplus vegetables to buy

essentials, such as clothes for her children and salt.



**Home is a place where love prevails, food is available, and people are healthy.”  
- Clementina**

Clementina is now a leader in her community and treasurer of the group's savings scheme. Through their training with Send a Cow, Clementina and Charles's family is now food secure and thriving.

**Thank you to our supporters for making this possible. Your Rotary Club can take action to help us support more families to grow a place to call home.**



# How we'll support you

We'll support your club every step of the way with your fundraising

## Resources



Visit [sendacow.org/rotary](https://sendacow.org/rotary) to download our information leaflet to share with your club.

Visit [sendacow.org/book-a-speaker](https://sendacow.org/book-a-speaker) to request an inspiring speaker talk at your next virtual or physical meeting.

We'd love to send you additional resources including balloons, t-shirts, Gift Aid envelopes or collection tins. Please email your request to [rotary@sendacow.org](mailto:rotary@sendacow.org)

## Paying in



**Online:** you can pay funds directly to us through your online banking. Call our team on [01225 874 222](tel:01225874222) or email [info@sendacow.org](mailto:info@sendacow.org) for more details. please reference your payment: 'Rotary refugee project'.

**By Phone:** call our Supporter Care team on [01225 874 222](tel:01225874222) to donate over the phone.

**By Post:** cheques can be made payable to 'Send a Cow'. Please send all cheques to: [Send a Cow, The Old Estate Yard, Newton St Loe, Bath, BA2 9BR](#). Don't forget to include any used Gift Aid Envelopes.

Alternatively, set up a Just Giving page to make it super simple for your members to donate.  
Visit: [justgiving.com/sendacow](https://justgiving.com/sendacow)

**Keep in touch!**

We'd love to hear about your club's fundraising plans! Please email us any details or photographs to [rotary@sendacow.org](mailto:rotary@sendacow.org)