

SPOTLIGHT NEWS



May 2021
www.hsoa.org.uk

SAVE THE DATE

We are finally able to invite you to some fundraising events! We really hope you will be able to join us.

The first event is a **Garden Tea Party** on Sunday 25th July.

Come and enjoy a traditional English cream tea blended with a touch of Uganda.



And the second is a **Garden Games Afternoon** on Sunday 22nd August.

Have a go at croquet, table tennis, boules and Ugandan activities.

Both 'Garden Get Togethers' will take place from 2pm-6pm at 1 Orchard Avenue, Harpenden, AL5 2DW.



Please contact

wendyhowson@hsoa.org.uk

to confirm your attendance, or for more information.

Spotlight is run entirely by volunteers, so over 95p of every £1 you donate goes directly to our projects. With Gift Aid, this increases to over £1.21!

We are always looking for new volunteers
If you would like to get involved please email enquiries@hsoa.org.uk

Keep up to date
Please LIKE us on Facebook and FOLLOW us on Twitter to keep up to date on all our news

PLANTING TREES AND SHRUBS

Pupils at Musoto Christian School have been learning about the importance of the natural world by planting new trees and shrubs around the school site. Trees and plants are vital contributors to the environment. They absorb carbon dioxide in the air; release oxygen via photosynthesis; filter pollutants in the air; and provide important habitats for wildlife.

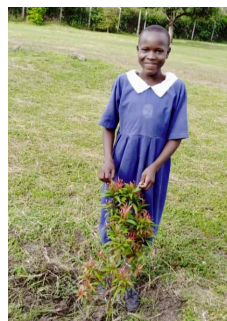
But in areas like Bukasakya subcounty where we work, there are additional benefits. **They help prevent flooding during the rainy season by absorbing stormwater; provide shade in the extreme heats; bear fruit - a valuable source of food for families who often go hungry; and have medicinal properties.**



Fruit from the Anona tree is used locally to treat cancer. Conventional medicine is often unaffordable in these communities.



Roots of the Bathedavia trees repel mole rats that burrow in the school compound and cause damage to other plants.



The Alginia plant is also used medicinally for the treatment of skin diseases.



The Podocarpus tree is great for shade and also a powerful windbreaker. They have been placed strategically to protect the school from strong winds.

FORGING LINKS - TRANSFORMING COMMUNITIES

PLANTING TREES AND SHRUBS

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The Flamboyant tree bears red flowers that attract birds and wildlife.



Mangoes are high in fibre and a good source of vitamin A and C.



These are just some of the many trees and shrubs that have been planted thanks to your continuous support of our work.

UGANDA-UK HEALTH ALLIANCE NEWSLETTER

Dr Bethan Rees, Chair of Spotlight on Africa, was recently invited to write an article for the 2021 Uganda-UK Health Alliance Newsletter. She describes how the COVID-19 pandemic highlighted the importance of our healthcare work in Uganda. **Outreach work through our Community Health Promoters is critical in engaging with communities that have become more isolated as a consequence of lockdown measures** and the HSoA Ambulance Service is essential in bringing patients in need to the Health Centre.

In his foreword, Professor Ged Byrne (Co-Chair of the Uganda-UK Health Alliance) brings our attention to the challenges of a global vaccination rollout. He says "We are a long way short of overcoming the havoc and sadness that COVID19 has brought over the last year and a half but the emergence and rollout of at least 7 effective vaccines is providing hope of an end to a bleak time in our collective histories. At the time of writing more than 30 Million people have received at least one dose of a vaccine, which, whilst demonstrating how quickly such a programme can be delivered when the infrastructure is in place to do so, also highlights the disparity and health inequalities between Western and African Countries"

Spotlight on Africa, supported by UK Aid Direct, is committed to improving the lives of the most vulnerable and marginalised by increasing their access to better healthcare through our Community Health Programme.



Read the full UUKHA newsletter here:

<https://uukha.org/wp-content/uploads/2021/05/UUKHA-NEWSLETTER-2021.pdf>

Lands End to John O'Groats!

In a few weeks time, one of our dedicated Trustees Will Treasure, will be cycling 1250 miles from Lands End to John o'Groats to raise money for the maternity centre we hope to build.

He will be undertaking this epic cycle ride with friends and his son Johnny, and **they expect it to take them 21 days - which includes a detour to the Outer Hebrides!**

You can find out more about their planned adventure on their fundraising page. And if you would like to make a donation whilst you are there they would be most grateful! All money raised will go directly towards the maternity centre as they have covered the cost of the trip themselves.

<https://uk.virginmoneygiving.com/WillTreasure>



AmazonSmile

You can now activate AmazonSmile on your mobile phone. Raise money for Harpenden Spotlight On Africa whilst you shop, at no extra cost to you, by downloading the Amazon app and selecting Harpenden Spotlight On Africa as your chosen charity. Amazon will then donate a portion of your eligible mobile app purchases to us!

Simply follow the instructions below to set it up:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programmes & Features
3. Select Harpenden Spotlight On Africa as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app

Happy shopping!

