

# One Step at a Time

## Costs for support or equipment in Northern Uganda

	Item	Cost	Description	Comments
<b>Health &amp; Hygiene</b>				
1	Buy nail clippers	£1.50	Improve safety and hygiene	Razor blades are used for nail cutting and disposed of in the bush.
2	Buy medication for pain and temperature reduction	£3	Paracetamol/Ibuprofen for those with no funds for medicine	These are used for malaria, typhoid, infections etc.
3	Purchase multi vitamin and mineral tablets	£5	Improve long term health	The rural Ugandan diet is poor and these provide nutrients lacking in the daily diet
4	Buy pants/knickers	£5	Purchase 5 pairs of pants or knickers for a child.	If families have no money for clothing, undergarments are not purchased. Particularly important for teenage girls.
5	Buy a mosquito net	£5	Protect someone from mosquitos and malaria	Most people in Uganda suffer from malaria. It is the most common illness and kills many children and old people.
6	Buy medication for vomiting sicknesses	£5	Support those who suffer without funds for medicine	This illness results from cross infection and poor hygiene through limited access to clean water and soap.
7	Buy smearing oil	£8	24 pots of moisturising cream	The African skin becomes very dry and can crack and become infected. The children use this daily.
8	Buy a box of 12 bars of soap	£10	Bars of soap are used for clothes, bodies and household cleaning.	Soap is a luxury but necessary for every day hygiene.
9	Buy water guard for purifying water	£10	Purify water for 1 year for a family	Typhoid, cholera and other diseases are commonly caught from drinking water.
10	Buy a course of medication to address malaria	£12	Pays for the test required to confirm diagnosis and treatment	Malaria is common and can kill elderly or young people. Many children just have to ride the illness which is terrible to watch.
<b>Education</b>				
11	Buy a school bag	£5	A bag to carry school books and equipment	Children can walk miles to school and sometimes in heavy downpours
12	Provide 6 Counter books	£6	Larger hard back books for taking class notes	Required by senior students but come outside their sponsorship budget
13	Buy some books	£10	For pleasure, reading and learning	Books are rare in schools. These will enable children to improve their knowledge and reading skills whilst widening their outlook.
14	Buy scholastic materials for education	£15	Provides books, pens, maths set, pencils and school bag for the year	No materials are provided by the school.
15	Buy a school uniform for a child	£20	Provides shirt, jumper, trousers or skirt, shoes, socks and pants	Each child requires 2 uniforms for the year.
16	Sponsor an older child to access vocational training (choose this option if you can commit for 1 or 2 years)	£265 per year	Provide training in mechanics, tailoring, bricklaying, catering etc	Many children have been away from education for many years making it impossible to catch up. Vocational training can ensure a financially secure future.
17	Sponsor a child to attend school Cost is for 1 year (Choose this option if you would like to commit for several years)	£265 per year	Provision of counseling, family tracing, uniform, food, scholastic materials, medical bills, school fees and requirements.	Many of the children are street children, child soldiers, orphans or have parents who are unable to care for them due to illness or poverty.


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Personal				
18	Buy a wind up torch	£5	Provides light during night hours which can be as early as 6pm	Children work in the evening particularly in boarding school where access to electricity is limited or non-existent
19	Buy a radio and batteries	£15	A radio can provide company and entertainment for the whole family	Ugandan radio provides gospel music, current affairs and talk shows. All public announcements are also made on the local radio.
20	Buy an outfit for a child	£15	Provides a T shirt, shorts or skirt, pants, socks and shoes for a child	Many children we work with come to us in rags and a new outfit increases confidence/self-esteem.
21	Buy 10 Bibles/Koran	£30	Supports the spiritual development of our children	The majority of Ugandans in this area are committed Christians and there are also many Muslims in our area.
22	Pay the costs to return a child to their family village	£40	Covers the staff and petrol costs and basic resettlement requirements	Many children are separated from families who live deep in the bush and require assistance to reach home. Enable them to return home with adequate food, clothing and basic family supplies.
23	Buy a bicycle	£75	Many families live miles from the nearest water. A bicycle enables them to carry several jerry-cans of water, saving hours. Children often walk 5 miles to and from school and you would be surprised how many children you can fit on one bicycle!	People walk many miles in a day to carry out daily tasks. Much time and energy can be saved, allowing more time for tending gardens and caring for children.
Home				
24	Buy a pair of bed sheets	£8	Many people sleep with no cover	The nights can get cold and with no cover it is difficult to sleep.
25	Purchase grass to repair a hut roof	£10	Grass will need replacing on the roof to prevent leaks or due to insect infestation	Provide warmth and healthy living conditions
26	Buy a mattress	£18	Most of our families sleep on a thin mat, if anything.	A better night's sleep would enhance the daily life
27	Fund the repair of a hut	£30	Provides materials and labour to repair mud and grass thatch hut.	These fragile structures need regular maintenance. Water/ wind finds even the smallest gap.
28	Purchase bedding for a child	£35	Buys a mattress, sheet, blanket and mosquito net	Children from the street they require some comfort to sleep which they can take with them when they are resettled.
29	Buy a family home pack	£35	Provides equipment for everyday living - Saucepans, bowls, gericans, cups for a family	Many families are coping with old and inadequate equipment that they brought from the displacement camps.
30	Build a home	£80	Covers the cost of materials for a large mud hut with a grass roof and labour for a family home	Many families live and sleep in one small hut and others are homeless.
31	Purchase a jerri-can		Water has to be collected for home use	Many people walk miles to collect water. It is important they have a strong container to carry on their head.
Food & Livelihood				
32	Buy a hoe	£4	Enable someone to dig their own land or dig a neighbours garden to earn money	Allows a family to be independent and self sufficient.

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33	Buy a mango tree	£4	Provide fruit for the children	The diet is very short on fruit and veg. These fruit trees will provide food in a family's garden.
34	Buy a local chicken	£5	More commonly for breeding and selling eggs and meat	Most protein is taken from beans, to have meat or eggs is a welcome treat. Breeding and egg sales can generate income and families may slaughter a chicken on special occasions eg Christmas.
35	Sponsor meals for children	£6	Provide 2 meals a day for a child for 1 week	Most people eat only once a day. Beans and posho in the evening means that they do not go to sleep hungry.
36	Buy seeds for families in poverty	£8	Provide beans, peas, nuts or maize for planting to feed the family	Allows individuals or families to support themselves and move out of the poverty trap.
37	Buy a goat or pig	£26	Provides a local animal for breeding as an income generating initiative	This will go to a vulnerable person to assist with generating some income.
<b>Osaat Support</b>				
38	Set up a monthly standing order to the organisation	Free choice	To ensure that  thrives and supports even more families. Just a few pounds can make a difference to a difficult life	Please be assured that no one in this organisation takes expenses in UK. Every penny is used for the work in Uganda.
39	Buy a motor bicycle	£1300	Improve access for staff to families deep in the bush	The terrain is so bad that a strong motor bicycle can ensure good monitoring of the families.

If you buy an item as a present please advise us and you can receive a voucher by e-mail FREE OF CHARGE. If you would like it inside a simple gift or Christmas card it can be posted to you for an additional £3.50 cost. In many instances we may be able to provide, by e-mail, a photograph of your gift being handed to a family.

### **None of the money you give for these items will be used in expenses in UK.**

The money will be spent in Uganda in accordance with the exchange rate of the day.

Osaat is currently researching the possibility of enabling the purchase of these gifts on line. We will advise you when that is

For further details:

Keighly Murphy      Tel 07818260073

Office Administrator      Tel 07847 585797

[Osaat.charity@gmail.com](mailto:Osaat.charity@gmail.com)

[www.one-step-at-a-time.org.uk](http://www.one-step-at-a-time.org.uk)

To buy please use order form and send with full payment

# One Step at a Time

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### One Step at a Time Gift List



I would like to purchase the following items from the One Step at a Time Gift List

Item No	Item Description	Number Required	Total Cost

**Total**

Please return to :- One Step at A Time  
110 Addington Road  
Irthlingborough Northants  
NN9 5UP

I would like to receive a voucher for my purchase please by e mail

I have bought this as a gift and would like a voucher in a simple greeting card. I add an additional £3.50 to cover this cost

I enclose cheque for £\_\_\_\_\_made payable to:- One Step at a Time

I have made a bank transfer

Bank transfer Acct One Step at a Time Sort code 40 39 15 Acct No 61471546

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Tel No: \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_

Please add me to your e-mailing distribution list YES / NO (Delete as appropriate)