

okugaziya ensalo

**ESSENGEREZA
2022**

Extending Boundaries

**EAST LONDON BBENDO BENDO
BUGANDA UK & IRELAND**



Embalirira ya Buganda

gisange ku muko ogwa 32

Ensaasanyanya (Enkozesa)			2021/2022		2022/2023
No.	Ekisaasanyanyizibaako		Ezaabalirirwa	Ensaasanyanya	Ezibusirwa
20100	Okuddukanya emirimu mu Nkuluzi	Omatk 6.	7,680,000,000	10,953,000,000	8,180,000,000
20200	Okulabirira Twekobe ne woofisi ya Ssaabasajja Kabaka	Omatk 6.	361,854,380	321,654,380	361,854,380
20300	Eby'okulabirira ettaka (Buganda Land Board)	Omatk 6.	6,200,000,000	9,920,000,000	9,500,000,000
20400	Okutekateka Ohabiin b'e Mengo n'Embin eridala	Omatk 6.	400,000,000	967,000,000	4,700,000,000
20500	Okumuliriza Amasim g'e Kasubi	Omatk 6.	900,000,000	1,220,858,897	2,000,000,000
20600	Okuddaabiriza Twekobe (Mengo) phase 11	Omatk 6.	400,000,000	80,608,630	493,065,304
20700	Okuddaabiriza Butikiro Phase II	Omatk 6.	300,000,000	79,000,000	300,000,000
20800	Okuddaabiriza n'okuddukanya eziombi	Omatk 6.	4,681,618,552	1,918,665,766	2,613,061,455
20900	Okwekukaalanya n'okusiga erisimbi	Omatk 7.	24,880,000,000	14,522,500,000	22,065,000,000
21000	Ensaasanyanya ku Satufiketi, Bulwa , Luvulo lwo n'ekyonywa kya Ngale	Omatk 7.	650,000,000	651,918,630	715,000,000
21030	Okuyimirizawo emirimu gya Weeride Insurance services	Omatk 7.	400,000,000	350,000,000	340,000,000
21060	Okuyimirizawo emirimu gya Mwanzi terimba	Omatk 7.	600,000,000	287,000,000	600,000,000
21100	Okutumbula Ebyenjajjira mu Buganda	Omatk 7.	14,335,010,807	13,229,648,244	18,087,977,728
21200	Eby'emizanyo, Abavubuka n'Okwesumuzamu	Omatk 7.	2,293,575,199	1,207,966,120	2,029,075,199
21300	Okuganyagwaza n'okusinula ebyenfuna bi'Abantu bi Buganda (Obwegwaza)	Omatk 8.	17,720,099,018	26,897,565,931	31,781,015,417
21400	Gavumenti ez'Ebitundu	Omatk 9.	6,518,263,996	5,091,277,746	6,413,914,519
21500	Okutekateka eby'okugama ensimbi	Omatk 9.	671,904,656	1,070,766,682	1,001,685,200
21600	Okutumbula Eby'obulamu	Omatk 10.	980,000,000	2,812,413,328	4,275,300,000
21700	Eby'obulami , Ettaka, Bulungwani n'Obutonde bwensi	Omatk 10.	3,954,770,000	5,802,564,600	3,182,804,934
21800	Okulanyagira obakulembeze mu Bika	Omatk 11.	177,392,000	250,395,600	127,796,000
21900	Eby'obuwangwa n'e Nnono, okanoonyereza n'Ebyokweenda	Omatk 11.	1,076,526,700	621,637,400	1,723,558,500
22000	Eby'obulambuzi	Omatk 12.	1,068,000,000	500,065,361	898,000,000
22100	Emikolo g'Obwakabaka , Palotiki n'Amawulire	Omatk 13.	1,012,546,000	1,181,439,420	1,078,150,000
22200	Ehakozeebwa eby'ensimbi	Omatk 14.	947,700,000	1,812,202,380	492,220,000
22300	Okuyagira emirimu mu woofisi ya Nnabagereka	Omatk 14.	78,700,000	89,230,000	62,530,000
22400	Okusasula Amabanja	Omatk 15.	923,000,000	946,755,997	1,685,000,000
22500	Ekiakula kya buntu	Omatk 15.	162,350,000	172,681,000	233,750,000
22600	Ensaasanyanya ku by'emuliziganya n'Amawulire	Omatk 15.	14,789,492,680	15,322,094,759	25,153,365,440
22700	Okukola ku nsonga za Buganda Ebiweru	Omatk 15.	61,866,000	22,600,000	39,900,000
22800	Okukola hwa Buganda Okukulu	Omatk 16.	377,000,000	240,720,000	495,500,000
22900	Abaweereza wamu n'okuddukanya emirimu				
22905	Abaweereza	Omatk 16.	4,060,813,553	3,772,715,267	4,344,442,629
22915	Abakugu abenjigwulo	Omatk 16.	30,000,000	15,450,000	41,400,000
22920	Okuddaabiriza amakakalabizo n'ehakozeebwa mu makakalabizo	Omatk 16.	113,000,000	40,531,500	115,000,000
22925	Okulabirira ebiddala	Omatk 17.	380,996,500	534,812,453	524,146,500
22930	Ebiakwata ku baweereza	Omatk 17.	278,300,000	243,843,900	388,300,000
22935	Eintambala munda ne wabweru n'Egwanga	Omatk 17.	150,000,000	141,450,801	264,800,000
22940	Ehakozeebwa mu Makakalabizo	Omatk 17.	207,945,250	219,448,600	245,745,250
22945	Eharabo n'obuyambi obaweereza	Omatk 17.	35,000,000	80,997,000	45,000,000
22950	Emisoso gya bhanika	Omatk 17.	30,000,000	13,500,000	30,000,000
23100	Okuddukanya Woofisi ya Banamuteka bi Buganda (Law Chambers)	Omatk 18.	202,000,000	581,800,000	575,800,000
23200	Okukola ku Nsonga za Buganda ez'Enkizo	Omatk 18.	60,000,000	46,341,714	70,000,000
23300	Tekinologiya n'Obwirira (ICT & INNOVATION)	Omatk 18.	437,450,000	40,650,000	450,281,000
	Omugatte ogw'Ensaasanyanya ogw'awamu	103%	120,587,175,291	124,276,262,106	157,724,439,455
	Enfiisi / Ezikyetagisa		911,077,994	384,519,674	124,586,859

[Funa embalirira eno ku mutimbagano](https://drive.google.com/file/d/1j-tcXhdDMv-c1SpQRQrVvRXvuxStmOLX/view)

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**Essengereza eddako eja kufuluma mu June 2023.
Tuweereze obubaka, ebiwandiiko, amawulire oba obulango
ku elondon@bugandauk.com**

Obubaka bw'Omubaka wa Ssaabasajja

Abasajja n'abazaana ba Nnyininsi ne mikwano gya Buganda, mwenna mbalamusizza. Twebaza nnyo Katonda abatuusizza olwaleero ng'enkuyege zikyabakubira enduulu. Mukulike nnyo omuggalo. Tusaba n'abo abakyakosebwa lumiimamawuggwe Mukama abasuuse. Nsaasira abafiiriddwa ab'enjanda n'emikwano, Mukama abagumye.

Mbabikira muweereza munnafe, Oweekitiibwa Joseph Ndugwa Ssemakula, eyali Omubaka wa Kabaka e Southern California ng'atula Los Angeles! Gusinze ayi Ssaabasajja!



Oweekitiibwa Ronald Lutaaya

Mwenna mbeebaza Ku lw'olukiiko lw'Omubaka wano mu UK ne Ireland, nti mwebale obuwigizi. Mwawagira ebigango bye twakola okuyigiriza abantu entegeka, n'emirimu gya Kabaka mu Buganda. Mwasonda ensimbi ezaagula obugaali kkumi na bubiri (12). Buno bwatuusibwa dda mu Baami ab'Amagombolola. Omutanda yasiima olw'omutima gwa Buganda gwe mwalaga.

Mwebale okuwagira Buganda Dinner ebeerawo buli mwaka nga gugwako, twafuna obungi bw'abantu nga bwe twali tutegeese. Nneebaza Abakungu abaakola obwannakyewa okulaba ng'abantu ba Maasomoogi bafuna omukisa okwekulisa omwaka wamu n'okujjukira bannaffe abaatugendako mu biseera eby'omuggalo. N'omwaka guno tutegeese Ekyeggulo mu Museenene ng'agwako. Wekwate ekifookyo mu budde.

Njagala okubajjukiza nti Ssaabasajja agenda mu maaso okubateekerawo emikisa egy'okwezimba mu Buganda. Okugeza:

1. Endokwa z'emmwanyi: Minisita wa Kabaka ow'eb'obulimi azigabira abantu ku bwereere, nammwe abali wano mukolagane n'abenjanda e Buganda mufune endokwa musimbe emmwanyi.
2. Sacco z'ensimbi: Zambogo, osobola okuteekamu ensimbi n'ofuuka munnakibiina n'olya amagoba ga mirundi esatu okusinga okuziteeka mu bbanka ya United Kingdom oba Ireland.

3. Kabaka abazimbidde amayumba ge musobola okugula ku nsimbi entono, zitandikira ku bukadde asatu obwa Uganda (30 millions UGX). Kino kitegeeza nti ne credit card esobola okukugulira ennyumba n'osasula mpolampola.

Ebirala bingi bye mujja okumanya nga Katikkiro wa Buganda Oweekitiibwa Charles Peter Mayiga akyadde wano mu UK ne Ireland okubalambula, n'okuwulira ebirowoozo byammwe, okuva nga 23 - 30 August 2022.

Bulijjo tujjukire okukwatira ku Kabaka waffe emirimu emingi egyetaaga okukolebwa. Eky'okulabirako: Kabaka alina ppuloojekiti z'atandise okuyamba abantube ababeera mu migotteko gya Kampala. Nze ndi mujulizi eyatumibwa okukyalira abantu bano nga mperekeddwako Ssenkulu wa Kabaka Foundation - Mukungu Ndagala Kaggwa. Abaana abali mu migotteko tebalinnyangako mu ssomero, sso nga bandyagadde okusoma! Tuve ku bino bye batugamba mbu okusoma kw'abaana e Uganda kwa bwerere!! Omutanda yasiimye okutandika essomero mu mugotteko gw'eKinnawataka. Kyetaagisa okusima bu kabuyonjo - kubanga mu mugotteko tebuliyo, okuddaabiriza we banaasomera, n'okubafunira uniforms, era n'abasomesa. Twafuna abasomesa ababeera mu mugotteko, era awo ekintu we kijja okutandikira. N'olwekyo, tusaba muyambe Ssaabasajja ku nsonga eno. Okumanya ebisingawo ku ssomero lino nsaba muntuukirire.

EkiSEMBAYO mbakubiriza mugule satifiketi za Kabaka. Kino kiyamba Omutanda okutwala enkulakulana y'Obwakabaka mu maaso. Tuukirira Omukungu yenna, oba Omubaka wa Kabaka, akuwe satifiketi. Buli maka, geetaaga okugigula buli mwaka. Awo on'obeera muntu wa Beene agumidde.



Mbaagaliza omwaka ogw'ebibala.

Awangaale Omuteregga

Ronald Frederick Luyinda Lutaaya
Omubaka UK ne Ireland

Okwaniriza

Mbalamusizza nnyo mwenna abantu ba Ssaabasajja wamu n'emikwano gyammwe yonna gyemuli. Twebaza Mukama olw'obukuumi bwatutaddeko mu byonna bye tuyitamu ensangi zino.

Ndi musanyufu okubatuusaako okulamusa okuva eri Akakiiko akaddukanya emirimu gya Beene wano mu East London Bbendobendo.



Mukungu Rachel Nabudde

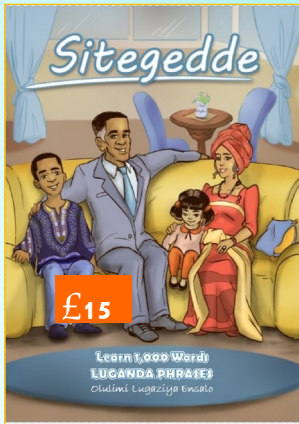
Twebaza bonna abafuddeyo okukunga abantu ba Ssaabasajja okujjumbira enteekateeka zonna ezitulambikibwa Olukiiko Lw'Omubaka wa Ssaabasajja wano mu Ssaza lya UK ne Ireland ate era ne Bakama baffe e Bulange Mmengo. Mw'ekyo tulina essanyu okubategeeza nti okuyita mu buweereza bwaffe obw'okusomesa Olulimi Oluganda twasobola okufissa ensimbi ze twassa ku mulamwa ogw'okugulira Abaami ba Ssaabasajja ab'aMagombolola obugaali.

Ate era Omwaka ogwa 2021 twasomesa abayizi abakulu n'abato abaawera asatu mu batano (35). Ate ng'omwaka guno abayizi amakumi atano (50) be beewandiisa mu kibiina kyaffe ekisomesa Oluganda. Twebaza nnyo mwenna abajjumbidde obuweereza buno. Ate era tukubiriza n'abalala okujjumbira emisomo gino, naddala abavubuka abaagala okumanya olulimi n'ennono zaabwe. Emisomo gino gya bonna so ssi Baganda bokka.

Tusuubira nti mu biseera ebijja eby'eggandaalo, tujja kusobola okubateekerateekera ebibiina ebiroza ku kuyiga Olulimi Oluganda (taster summer school) ate nammwe mutandikire awo okuyigiriza mu maka gammwe. Anti teri ssomero lisinga lya mu maka omwana mwakulira. Kubanga omwo mwetuyigira ebituyamba mu bulamu obwabalijjo era ne ku mirimu gy'eggwanga wamu n'empisa ennungi.

Nsubira nti nammwe mwenyumiriza nga ffe bwe muwulira nga Olulimi Oluganda lugenda lwongera okulinya amadaala ku maapu y'ensi yonna. Anti kati ne Google osobola okugibuuza emboosi ennyimpi n'ekuvvuunuulira mu Luganda. Ekyyo nno kikulu ddala, naye tekimala.

Bwetutyo twongera okubasaba okutukwasizaaako ku mulimu guno, tulyoke tugutwale mu maaso. Mw'ekyyo, twongera okubajjukiza okugula ebitabo bye tuwandiika ebiyigiriza okwogera, okusoma era n'okuwandiika Oluganda. Weefunire Ebitabo bino wammanga:



Abayizi baffe bajjumbize era banyumirwa okuyiga olulimi lwaffe. Twaniriza nnyo abo bona abayinza okuwaayo ebiseera okulolera awamu naffe, anti **ono alya n'oli alya, y'emmere egenda**. Obuweereza bwaffe buno tubukorera wansi wa Sitegedde Foundation, Luganda Virtual Academy. Mujje tuyige ffenna. Mujje tugaziye ensalo z'abalibaawo mu biseera eby'omu maaso.

Neera tusiima nnyo obuwigizi bwammwe, okusingira ddala abo abatuweereza ebiwandiiko n'obulango ebikoze Essengereza 2022. Temujjanga okwo. Bannaffe, tubaagaliza birungi byereere.

Ssaabasajja Kabaka Awangaale

Omukungu Rachel Nabudde

Omumyuka w'Omubaka, East London Bbendobendo

Tuwandiikire - elondon@bugandauk.com M +44 (0) 7961 019 177

Akakiiko ka East London Bbendobendo



L-r T Mukiibi, J Nnakayenga Sserwadda, C Nnakaweesa, B Mpiima,
B Nsibambi, P Ssekasamba, R Nabudde. elondon@bugandauk.com

Abakakiiko:

Mukungu Pascaal Ssekasamba - Mumyuka, Mumyuka w'Omubaka
wa Ssaabasajja Uk ne Ireland (East London Bbendobendo)

Mukyala Connie Nakaweesa - Muwandiisi

Rev Fr Ben Nsibambi Lutaaya - Muwanika

Mukyala Justine Nakayenga Sserwadda - Welfare

Mwami Bob Fred Mpiima - Kalondoozi

Mwami Tony Mukiibi - Enkulaakulana

Mukyala Maxine Nambi - Abaana

Twetaaga - Akulira abakyala

Twetaaga - Akulira abaami

Twetaaga - Akulira abavubuka

Ebigendererwa

Ekigendererwa ekikulu ekya East London Bbendobendo kwe kukunga abaami n'abazaana ba Ssaabasajja wamu n'emikwano gyabwe abawangaalira mu Buvanjuba bwa London, olw'okukulakulanya eby'obuwangwa, obuzaaliranwa n'ennono zaffe.

Okubeera Omuganda kitegeeza okukkiririza mu mpagi ettaano ezikuuma Obuganda:

1. **Kabaka ye mukulembeze wa Buganda**
2. **Kabaka ye Ssaabataka wa Buganda**
3. **Abaganda basibuka mu Bika bya Buganda**
4. **Ofaayo okukozesa olulimi Oluganda**
5. **Ossa ekitiibwa me buwangwa, n'obulombolombo, wamu n'ennono za Baganda era nga obissa mu nkola.**

Ezo z'empagi Obuganda kwe butambulira, era buli Muganda ateeddwa okulwana okuzinyweza okukuuma Obuganda.

N'olwekyo Omuganda ye muntu alina Ekika ekikulemberwa Omutaka ow'Akasolya ng'ayambibwako abaana n'abazzukulu omuli ab'Amasiga, ab'Emituba, ab'Ennyiriri, ab'Empya n'ab'Enju.

Abaganda abasinga basangibwa mu ggwanga lyaffe Buganda. Kyokka eriyo Abaganda abalala ebweru wa Buganda, gamba nga mu bitundu bya Uganda ebirala n'ebweru wa Uganda nga omwo mw'otwalidde naffe abali mu Bbendobendo lya East London: **Newham, Barking & Dagenham, Havering, Essex, Hackney, Waltham Forest, Tower Hamlets.**

2020 - 2021

Mu mwaka guno twayongera okussa essira ku kuyigiriza Olulimi Oluganda nga tuyita ku mitimbagano. Era bwe tutyo twasomesa abayizi 35, nga muno mwemuli abaana n’abavubuka. Emisomo gino gibeerawo ku Sunday ne Thursday buli wiiki.

Akakiiko kaateesa okukola bino wammanga:

- 1) Okuggulawo Virtual Luganda Academy - **Kyakolebwa**
- 2) Okuwandiika Essengereza - **Kyakolebwa**
- 3) Okutekawo akakiiko akawi k’amagezi - **Kiri mu kkubo**
- 4) Okutegeka ebigango eby’obulamu - **Tekyakolebwa**
- 5) Okukola omweso oguyigiriza oBuganda - **Kiri mu kkubo**
- 6) Okulonda Abatongole abakulembera emiruka egiri mu **Bbendobendo - Tekyakolebwa**
- 7) Okussa puloogulaamu ku BBS Terefayina ne CBS - **Kiri mu Kkubo**
- 8) Ekigango kya Virtual Luganda Academy - **Tekyakolebwa**
- 9) Okugulira abamagombolola obugaali - **Kyakolebwa**
- 10) Okusisinkana abataka be East London - **Tekyakolebwa**
- 11) Okuwagira emisinde gy’amazaalibwa ga Kabaka - **Kyakolebwa**

KEY -

	BYAKOLEBWA
	BIKOLEBWA
	TEBINAKOLEBWA

2021 - 2022

Enkizo

1. Okumanyisa bye tukola nga tuyita mu Essengereza era n'okufuna abavujjirizi b'akatabo kano. ekyatusobozesa okukakubisa mu kyapa.
2. Ensimbi eziva mu Luganda Virtual Academy.
3. Okusomesa Oluganda.

Okusoomoozebwa

1. Ebbula lw'ensawo enteeketeke eddukanya emirimu.
2. Covid restriction - obutasobola kukunjaana mu buntu.
3. Obutasobola kuddukanya ELONDA TV.

Okweyongerayo

1. Okunoonya ensimbi eziddukanya emirimu.
2. Okussa essira mu Virtual Academy Franchising.
3. Okutema empenda ezisaasanya ebitabo, *Sitegedde n' Omusajja Omuganda*.
4. Okuwandiika ebitabo 11 ebya buli mwezi okuva mu *Sitegedde*.
5. Okwongera amaanyi mu kukunjaanya n'okussa obubaka ku ELONDA TV.
6. Okutuukiriza ebyasigalira nga tebikoleddwa.

Akasikwasikwa ak'embidde;

bwe bakula kafuuka omwenge

Bya Mukungu Rachel Nabudde

Endokwa y'ekitooke ky'embidde ewaguza mu kizikiza ky'ettaka nga ewamantira ekitangaala eky'enjuba waggulu w'ettaka. Mu kuwaguza kwayo, endokwa esooka kusimba mirandira mw'eneeyita okunyunyunta omusulo gw'ensi wansi w'ettaka. Olwo ate n'evuganya n'omuddo mu kufuna ekiriisa eky'omusana wamu n'ekiriisa eky'omuttaka eryoke emulise ate oluvanyuma eyengeze ekibala kyayo mu budde bwakyo. Okuwamanta, okunyunyunta n'okuvuganya ge gamu ku makubo embidde ge yeeyambisa okutuuka ku lyengedde.



Ng'embidde bwesibuka mu ndokwa entono ennyo; n'ekirowoozo ekizimba obwakabaka n'ebitongole eby'amaanyi bwe kitandika mu mutwe gw'omuntu omuwanguzi. Nga tekinaba kubala bibala ebirabwakwo, ekirowoozo ekiramu kiteekwa okuwaguza ebiziyiza byonna: okusooka mu kyama, nga kivuganya n'ebirowoozo ebirala mu mutwe gwa nnyinikyo; ate oluvanyuma ne mu lwatu nga kivuganya n'ebirowoozo ebirala okuva mu mitwe gy'abalabi. Mu kuwaguza, okunyunyunta n'okuvuganya oluusi mubaamu obwetoowaze obw'okugumira okuyiirwa ettaka ng'endokwa y'embidde. Olulala kuba kugumira bizibu ng'okukubwa enkuba n'okukulukutibwako mukoka.

Tulabye abakulembeze bangi abaatikirivu abaayita mu mbeera nnyingi ez'obwetoowaze eyo mu maka gye baakulira, amasomero gye baagunjulibwa, wamu n'emirimu egitandikirwako naye era n'ebaguma nga bagenderera okutuuka ku lyengedde. Okutya embeera ey'obwetoowaze n'okwanjanga ebiziyiza kuba kutya kuzimba bwakabaka oba ebitongole eby'amanyi.

Kirowoozeeko, Africa okufuuka amatwale, Abakolone ekirowoozo kyabwe bakiwandiika mabega wa bbaasa enjilifu! Kyokka okuva olwo, eby'obugagga bya Africa, nga mwe muli abantu n'ebintu bikozesebbwa okugasa abaana n'abazzukulu b'abo abaalina abakulembeze ba Mulengerawala (visionary) abaaloota ebirooto ebyalabika nga ebitasoboka mu kiseera ekyo.

Mu kuzimba ebirowoozo, ekisookerwako kwe kulowooza okusukkuluma obusobozi n'embeera gy'olimu. Olwo n'olyoka onoonya ebikozesebwa nga mwe muli abantu n'ebintu abayinza okussa ettoffaali ku kirowoozokyo. Teweeyibaala nti ttolifuna kusoomoozebwa, naye ng'endokwa y'embidde, wagaanya okuyita mu misanvu gyonna egiriwo.

Abasomi ba Bbayibuli bamanyi nti Yesu Kritso yatandikira mu kiraalo kya nte wakati mu bisolo era mu bantu abanyomebwa. Yayigganyizibwa mu kibaya, n'akemebwa mu ddungu nga talinaamu yadde 'ekuba enkofu' ng'era muyala naye teyava ku mulamwa gw'ekyo kye yagenderera okukola ku nsi era nga kye kyamuviiramu etutumu na buli kati lye twenyumiririzaamu.

Omumwa gw'akasikwasikwa ak'embidde guba mugonvu nnyo era nga munafu, ekyewunyisa kiri nti mu bumalirivu bwako, kayasa ettaka ne kafuna ekitangaala eky'enjuba. Obumalirivu bwossa mu kirowoozokyo bwe busobola okuwaliriza abantu, abalina ebintu ebijja okkusobozesa okutwala ekirowoozokyo mu maaso, okukweyuna.

Oluusi ekirowoozo bwe kikula ne kigaziwa abantu batera obutajjukira ntandikwa yaakyo. Naye oyo omusizi waakyo tayinza kwerabira wa gye kivudde na wa gye yalengera gye kirina okulaga. Eno y'emu ku nsonga lwaki nti embidde bwekula n'etemebwa, nga tesiguddwa, endokwa endala zimeruka, okuva mu mirandira gyayo egiri mu nzikiza y'ettaka. Kulwekyo, **weewalanga okufeebya ba Mulengerawala abali mu mbugayo; kagabe maka, bitongole oba ggwanga.** Kubanga ebitongole bingi bigwa lwa kufeebya ba Mulengerawala baabyo. Amagezi n'obuwanguzi birabikira mu ngeri gy'oyisaamu abo abavaamu ebirowoozo ebigaziya ensalozo. Ng'obaagazisa oba obasendasenda okukusigala ku lusegere. **Kirowoozeeko, endokwa singa evumirira ettaka ng'efunye ekitangaala eky'enjuba, eyinza kunyunyunta wa amazzi agagiwanirira okuvvunuka ebbugumu ery'omusana?**

Ebintu abimu kati bye tutwala ng'eddembe ely'obwebange, okugeza abakazi okwenyigira mu kulonda abakulembeze mu nkola eya 'democracy' kyava mu ba Mulengerawala abazira ennyo era abaayitibwa ba Nnalukalala mu mirembe gye bawangaaliramu. Okugeza Nelson Mandela, Mahat Magand n'abalinga bbo, ebirowoozo byabwe byanyigrizibwa abo ba Mulabakunnyindo. Olwaleero, ebibumbe byabwe obisanga biyimiridde mu nkuubo ne mu bisaawe eby'okujjukirwanga ng'abazira abaawaguzi ne bawangula. Ekyatuumya Ssekabaka Muteesa II erinnya lya Luwangula kyali ki? Ssi kuwangula wabula okwanjanga ebyalabika nga ebitasoboka, mu mbeera ey'obuwanganguse gye yalimu.

Akasikwasikwa ak'embidde; bwe kakula kafuuka omwenge Bya Mukungu Rachel Nabudde

Endokwa n'ekitooke ky'embidde by'ebirungo ebikulu mu kukola omwenge. Singa biragajjalirwa, endeku tezirisundwa. Naye ate, nabyo byetaaga ebikozesebwa ebirala olwo biryoke bigguke. Muno nga mwe muli ettaka, ensimbi, abasogozzi n'obumanyirivu. Naawe bulijjo kwana emikwano ate otte emikago egikuggusa ku lyengedde.

Kirowoozeeko, oba nga endokwa eterina maaso, efuna ennyonta y'ekitangaala n'ekinoonya n'ekifuna era n'ewamanta omusulo wansi w'ettaka mu nzikiza, n'egunyunyunta, ate ggwe alina okumanya n'amagezi oyinza kukola kyenkana wa singa ossa essira n'obumaririvu mu kirowoozokyo?

Ne bw'oba nga tolina ntandikwa yonna gye weetaaga okuzimba ekirowoozokyo, okutema evvunike erisooka kijja kkusindiikiriza mpolampola okukuyunga ku bantu n'ebintu bye weetaaga. Engeri yokka mw'oyinza okutuuka ku buwanguzi kwe kussa ettooffaali ku kirowoozokyo buli lunaku.

Kyokka, jjukira nti newankubadde omusana gw'enjuba gwa mugaso eri endokwa, ennimi zaagwo bwezikomba ku mirandira gy'endokwa, ewotoka, efa. Mu ngeri y'emu endokwa ennamu zeetaaga okutangirwa omuddo, kayovu n'ensirinnyanyi.

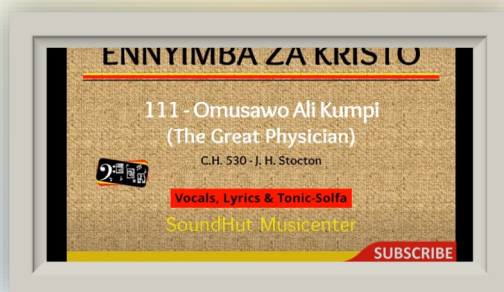
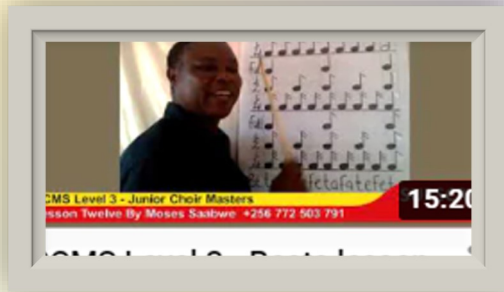
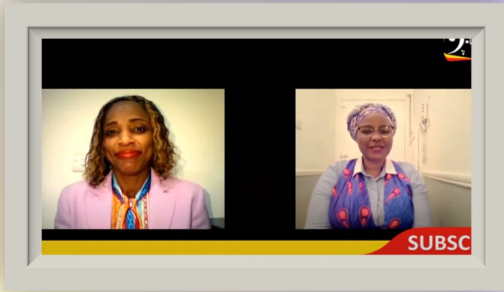
Ng'emirandira gy'endokwa bwegirina okusigala nga mibikke mu ttaka, nga omumwa gwayo guwaguza, naawe bw'otyo kuuma ekirowoozo kyo eri ababbi n'abatemu b'ebirooto. **Manya kino nti ssi buli matu amaggule agasaanye okuyingiza ekirowoozo kyo mu mutwe gwa nnyinigo. Emitwe egimu mifu - tegigguka!** Kulwekyo towa kirowoozo kyo kyonna abo b'onoonyamu obuyambi. Bayinza obutayagaliza ekyo ky'ozimba. Weeyambise amateeka okukuuma ekirowoozokyo bw'oba osobola.

Bulijjo, mu kuzimba ekirowoozokyo essira lisse ku abo abalibaawo mu biseera ebijja; nga osukkuluma obusobozibwo, mw'ekyo, tosuula ako akatono koolina leero. Kubanga ako koolina leero ky'ekisumuluzo, ensigo era omusingi abalala kwe balizimbira okutuukiriza ky'olengedde mu maaso. N'olwekyo, tewenyoomanga lwa 'Gyenvuddewo' kubanga:

Miti gy'amayuuni : basimba bayegeekereza; bwe gikula ne gyesimba. Ate era Akasikwasikwa k'embidde; kafuuka omwenge.

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Eyasoma n'Omuyivu

bya Mwami Bob Fred Mpiima

Nga 14 Mukutulansanja, twakeera nnyo, nze ne Mukulu wange Kagugube, ne twessa mu ddene okugenda mu Kkooti, okuwulira ensala y'omusango gw'okugobwa kwa mutabani waffe Simon, omutabani omukulu owa Kagugube.

Simon, yagobwa ku mulimu mu kitongole ekiwabuzi ku mirimu gya gavumenti, nga avunaanibwa okukozesa obubi ekifookye ate n'okukozesa olulimi olujolonga omu ku bakozi banne! Mbu Simon alina mukozi munne gwe yalangira, mbu ennyindo ye yabyaabyaatala nga akamotoka ka kikere!

Zaagenda okuwera essaawa ssatu, nga twatudde dda mu Kkooti era waayita eddakiika ntono, nga Kkalaani wa Kkooti akonkona emmeeza, okutubagulizaako nti Oweekitiibwa Omulamuzi ayingira. Twayimirira, Omulamuzi bweyatuula, naffe ne batulagira okutuula.

Kkalaani, ku ffayiro yaffe kwe yasookera, n'alyoka ayita mu ddooboozi ery'omwanguka nti: **'Uganda nga evunaana Simon Kagugube'**.

Simon yeesogga akaguli, awulirize ensala y'Omulamuzi eyali asaakaatidde amalevu, ng'amyuse amaaso, nga bw'aluma emba ate nga yenna bw'ayita kuli ng'omufu awunya.

Omulamuzi yatandika okusoma ensalaye mu Lungereza oluzibuzibu wabula ng'omutaputa bw'atuyamba okuvvuunula. Yawumbawumba ensalaye n'alyoka akatyemula nti Simon, omusango aguwangudde!

Mukulu wange Kagugube, yalaya enduulu, Kkooti yonna n'egwamu akasambattuko. Ffenna twekanga, Omulamuzi n'aggwa ne "kavva" wansi w'emmeeza!

Aba Poliisi, bayingira mangu mu Kkooti nga bwe baleega emmundu zaabwe, olwo ffenna ne batulagira okudda mu bifo byaffe, olwo Omulamuzi n'ayavula mpola mpola okuva wansi w'emmeeza gye yali yeekwese!

Mu ddoobozi ery'omwanguka, ate Omulamuzi yalagira Poliisi etwale Kagugube mu kaguli. Baali tebanamu-tuukako, Kagugube yeetwala yekka nga ayavulabwavuzi okutuuka mu kaguli, ekyasesa Omulamuzi era n'alyoka aboggola ng'amugamba nti 'nkusonyiye!'

Omulamuzi yategeeza Kkooti nti oludda oluwabi lwabulwa obujjulizi obulumiriza Simon nti emisango yagizza era n'alagira Gavumenti ezze Simon ku mulimu mangu ddala era emuwe ensimbi za bukadde 21 ng'engassi, olwo emusasule ensimbi zonna ez'omusaalagwe ogw'emyezi omusanvu gye yamala nga awumuziddwa ku mulimu.

Twaddayo eka ne tulya ne tunya nga Simon bwe yeewana nti yasoma nga eno kitaawe Kagugube bw'ajubisa nti ekkalaamu terimba.

Ab'oku kyalo abaaliwo abatonotono nabo baasaakanyanga, nga eby'okunya biba nga ebikendeera nga ebaayo awaana Simon amagezi okumwesera, abalala mbu gamulabikira ku maaso!

Waayitawo wiiki emu Simon n'addayo ku mulimu. Kyamubukako nga woofiisi ye baagisaamu oli gweyavuma ennyindo embyaabyaatavu era ne bamulaga akatebe n'akameeza wagira ng'atuula nga bwalinda Bboosi waabwe okumulaga eky'okukola.

Simon yeecangacanga, nga teri amunyega mpozzi munne ow'ennyindo ye yamuddamu nti 'Bboosi okyakaabya kajanja ojja kugonda!'

Bboosi bwe yatuuka, yalagira Simon akwate akameeza n'akatebeke abizze mu kakuubo akadda mu ffumbiro nga bwalinda ebinaddirira. Bboosi yamugamba akomewo nga wayise ennaku bbiri batereeze buli ekyetaagisa. Teyakayana okujjako okugamba omu ku banne abamuwuliramu nti 'Ayi donti mayindi, ayi wenti tu sukuulu.' Nti tatidde, yasoma! Nadda eka.



Mwami Bob Fred Mpiima

Eyasoma n'Omuyivu

bya Bob Fred Mpiima

Ebigambo by'omusajja ow'ennyindo bye yamuddamu byakomawo mu birowoozo bya Simon omutima ne gumwennyika naye era ne yegumya nti yasoma tebjja kumuwona.

Yaddayo nga bwe yalagirwa ng'ennaku bbiri ziweddeko. Yalamusa be yasangawo, abamu baamuddamu abamu tebaatawaana, baamutunuulira butunuulizi! Yabalaga nti tekimulumye, yagenda butereevu ku kameezake n'akatebeke nga bwalinda ekiddako. Yatandika okulongoosa amasa agaali ku kameeza naye bwe yaggulawo akakabada akasembayo wansi, ensi n'ekyuka!

Yasangamu ebitereke bibiri mu biveera: ekisooka mwalimu obubira n'obutiiti, amannyo abiri n'enviiri z'omuntu nga za kaweke! Yeekanga n'asooka abissa wabbali. Yasumulula ekitereke ekirala, n'asangamu omugunwa gw'ekikere ekyakazibwa nga mulimu n'empeke z'emmwanyi enkazi n'ensajja ttano, eggirita emmenyemu n'empeke z'obulo mwenda.

Simon yatunulira ebyokoola, n'asirikirira, amaziga ne gatandika okufukumuka mu maaso! Yeekwanyakwanya, ne yeesiimuula mu maaso n'agenda mu kinaabiro, n'anaabako mu maaso, banne nga bamwegese amaaso. Yagogolamu ku ddoobozi n'ayogera ebigambo bye ebitaateranga kumuva ku mumwa, "AYI WENTI TU SUKUULU, AYI DONTI KEYA" nti "nasoma, sirina kye ntidde," n'afulumu, ebyokoola yabirekawo awo ku mmeeza.

Bwe yatuuka eka, yabitema bakaddebe abaazikubamu ne zaaka, Baamugamba kimu nti yeesonyiwe omulimu ogwo, anoonye omulala. Yawalaza empaka nga bwatasobola kuleka mulimu gwe yasomerera. Baamuwa amagezi asooke akakkane, mpozzi ng'anoonyayo ssanduuko ya kumuziikamu.

Simon, yakakkana, n'atuula awaka wiiki namba ng'ali mu kukuba masimu wano na wali ng'anonya emirimu. Eriyo gye bamuyitanga ate abalala tebaamudiranga. Yeewubanga n'ekibaasa omwalinga Ddiguli ne Dipulooma bye yasomerera naye nga buteerere! Yatandika okwewuuba okulaba nga bamusasula ensimbize Kkooti ze yalagira gavumenti emuliyirire nga nazo buteerere. Simon amaanyi gaamugwamu, n'akiriza okunoonya ku mirimu emirala okuleka ogwo gwe yasomerera.

Simon essuubi ly'omulimu lyamuggwamu, awo n'atandiikiriza mpola okunywa omwenge, ng'anywa bbiya yekka. Ekyavaamu yafuuka **Lubuto kyoto tekiboola nku**. Nga ky'afuna ky'anywa. Olumu ng'agutabula ne gumugoya ate nga bambi oluusi aba talidde ku mmere. Oluusi ng'atabula walagi ne caayi ow'amajaani abuzeebuze enfaaye. Yatandika okufuma!

Olumu mulirwana waabwe Mukulu Erisa, yatunuulira Simon ennaku ne mukwata. Erisa yakubira mutabaniwe Jeff ng'amusaba awe Simon omulimu era naye nakkiriza. Mwami Erisa yategeeza Taata wa Simon nga mutabaniwe Jeff bwakkirizza okuwa Simon omulimu, naassanyuka nnyo era n'ategeeza Simon.

Simon yabuuza kitaawe oba ategeeza Jeff musomogwalema mutabani wa Nneyibba? Omanyi Jeff teyafuna Ddiguli, yasomera mu Tteeko. Ye bambi teyasoma mirimu gya Ddiguli, ye yayigirizibwa gya mikono n'afunamu bbaluwa. Simon yakamutema nti ye takola mirimu gy'abataasoma!

Olumu Jeff yagenda ewa Simon, naamunnonnyola omulimu gw'ayagala amukolere era nga gwa kulunganyama bakozibe ku buvunanyizibwa bwe balina mu makoleroge omukaaga: Erikuba bbulooka, Ery'ebibajje, Eritunga yunifoomu z'amasomero, Ggalagi eddaabiriza mmotoka, Ery'abazimbi, ne Ffaamu y'ebisolo n'enkoko.

Simon yayasaamirira!

Jeff yamutegeeza nti gyonna emirimu yagiyigira mu Tteeko nga tebabakiriza kuyiga mulimu gumu. Yamutegeeza nti agenda kumuwa omusaala gwa bukadde busatu buli mwezi n'emmotoka en'emutambuzaanga okutalaaga emirimu gyonna! Simon yafukamira ne yeebaza Jeff.

Enkeera yatandikirawo omulimu. Mu myezi esatu gyokka Simon yali yeeyubudde ng'akamirwa bina!

Awo weyategerera enjawulo Y'OKUSOMA N'OKUYIGIRIZIBWA.

Eyasoma amanya katono ng'ate Omuyigirize ayiga bingi eby'enjawulo.

Nga nkulabira EYASOMA N'OMUYIVU!

The Only Move That Matters

is your next one

By Mukungu Geoffrey Lutaaya

The effects of the Covid-19 pandemic have been a tough, real-life stress test. This has highlighted gaps and vulnerabilities within our communities – lives have been lost, lifestyles and employment altered making the future uncertain for many. Navigating our way from these challenges may require a more nuanced approach to life. By changing one's mindset, reassessing your skillset and appropriately channelling your effort, you can make the best of the hand you have been dealt. In this article, I have been inspired by Ecclesiastes 7:10; *Do not say, why were the old days better than these? For it is not wise to ask such questions.* Here are some nuggets that I consider helpful in securing gainful employment / income generation in the current environment.



Mukungu Geoffrey Lutaaya

1. The Ability to Pivot - desist from being too rigid. To survive in these uncertain times, you have to be able to pivot at a moment's notice. In practice, you want to build upon your assets: strengths, interests and networks to launch a new career with meaning and adventure. While at it, you may also want to assess how marketable your current skills are; perhaps it is time to gain new skills. Being self aware allows one to identify gaps in their skillset, and / or where one might need additional support. It also has the added benefit of helping one identify and express their emotions more effectively - this in turn helps you make better decisions. A sage once noted that "***the only move that matters is your next one.***" What stands between you and your next adventure might be a bit of preparation, strategy, well directed action.

“Taking the inventory of your current work at all levels will automatically produce greater focus, alignment, and sense of priorities.” – David Allen

2. Reframing - examine your biases by seeking for, and using new information to better appreciate the situation you find yourself in. However, do not become self-absorbed to the point where you live in condemnation. Put another way, shift the focus from what you do not have, to what you're able to do about it. And act appropriately; you may find that a change in mindset comes in handy!

3. Mindset change - in our context, this invites exploration and a bias to action. Begin by visualising the future you want. If you focus on what needs to be done to forge an appropriate future, the right feelings and actions are more likely to follow. Do what you can as long as it is legal / moral until you find what works for this stage of your life. Perhaps you are aware that the mind is a powerful force; It can enslave or empower you. It can plunge one into the depths of misery or ecstasy! You get to decide what / who will control your mind. Therefore, at this stage of your life, use your mind appropriately. I once read an insightful quote: ***“sometimes you have to put aside your qualifications and hustle so as to put food on the table.”*** If you do not, all your highest hopes may come to a screeching halt!

“The best place to succeed is where you are with what you have.” – Charles Schwarb.

4. Engage in radical collaboration - it helps to remember that you're not alone. Ask for help if you must. Make use of community networks; many of the best ideas will come from other people. The people around you are a pool of support waiting to be tapped. Therefore, strengthen those connections. Meet someone you haven't seen in a while. Better still: speak to people in different fields or with different backgrounds – this collision of different backgrounds / ideas will often generate unique solutions for your situation. Remember to listen carefully to the meaning behind words people use then consult God in prayer before using any insights.

The Only Move That Matters

is your next one

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5. Network - The beauty of using networks is that no matter what industry you're in, or would want to be in, knowing the right people is the key to success. By regularly attending business and social events, people will begin to recognise you. And by offering helpful information to others, you can help build your reputation as a knowledgeable, reliable and supportive contact - a potential professional partner / employee.

6. Be open to change - life is about growth and change. It is not static nor about some destination. While we can not always choose what happens to us, we can often choose our response to what happens! Therefore, take action geared at improving your situation. If you must, start something new. Abandon the belief that you couldn't stop doing what you have always done. However, be prudent in all your endeavours; it forestalls common mistakes.

"Nobody can go back and start a new beginning but anyone can start today and make a new ending." - Maria Robinson.

7. Never give up - it is your life; you owe it to yourself to have a say in how your life story ends! That you've come this far is proof that what you're going through will end. However, it will take discipline. As Colin Powell put it: "...there are no secrets to success. It is the result of preparation, hard work and learning from failure." Therefore, review what you are working on to determine if it is the most important priority. Then schedule your priorities and stay focussed until you succeed. Take lessons and repeat the process. The Baganda say that: "People who achieve good results do not mind repeating the mundane tasks that play an essential role in producing those results - ***Atega akwasa, teyeekanya kulambula.***"



The effects of the Covid-19 pandemic have shaken the hitherto sturdy careers and businesses of many in our communities. For others, a perfect job has not stopped the urge to do things differently. To wade through these uncertainties, the seven ideas in this article may be useful in bridging the gap between where you are and where you want to be.

There will be many bumps in the road on the path to success. However, stay focused on winning; forget what is behind you and around you. Yes - you cannot control everything that happens, but by embracing some of the ideas in this article, you can get better at developing your readiness for change, and resilience to attain your goals whichever way you choose to turn.

Sitedgedde Foundation

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Sitegedde Foundation

Sitegedde Foundation, a brainchild of EAST LONDON Bbendobendo, was established as an add-on project to the *Sitegedde Luganda/English Phrase* book that was put together by East London Bbendobendo Kakiiko. The mission and objectives of the Foundation are as set out below:

Mission:



To inspire and empower Africans and their friends by extending their boundaries through good behaviour and entrepreneurship.

Objectives:

- 1) To promote the spirit of togetherness and mutual co-operation in order to help its members and their communities in need.
- 2) To raise awareness about personal development and investment opportunities.
- 3) To build the capacity of youth through empowerment and exchange programmes towards their holistic development.
- 4) To harness the potential of women through sharing and empowerment activities
- 5) To offer training, advice and counselling and rehabilitation in relation to family life, marriage, parenting, substance abuse, imprisonment and bereavement issues.
- 6) ***To inspire wellbeing lifestyles in particular through cultural education and work-life balance.***
- 7) To sponsor community development projects in line with the above objectives through a grants programme.

Virtual Luganda Academy

It is through the Sitegedde Foundation objective six (6) that the Virtual Luganda Academy project was set up. It is through this project that we teach the Luganda language, culture and traditions of the Ganda tribe. We treat Luganda as a major language of instruction among Ugandans and their friends in, and outside Uganda. So our approach in teaching it goes beyond the words but also their meaning within social, political and economic context.

These classes are not aimed at Baganda only but to all who wish to learn regardless of where they are based. As such, our learners come from USA, Canada, EU and Australia.

In the first year, 2021, we recruited thirty five (35) Luganda learners. These included both children and young adults. This year, 2022, we received more than fifty (50) applications from parents and young adults seeking to learn Luganda.

Our programmes, after going through two full sessions, is now set to always run from April - September each year.

We are now taking expressions of interest for the classes that will run in 2023.

You are therefore invited to write to us letting us know which of the below classes you can join.

- ⇒ **Sunday 6-7:30PM (7-15 years)**
- ⇒ **Saturday 6-7:30 PM (7-15 years)**
- ⇒ **Tuesday 7-9 PM (16 years+)**
- ⇒ **Thursday 8-10 PM (16 years +)**

BOOK YOUR LUGANDA CLASS NOW TO:

elondon@bugandauk.com

Declutter - The Key To Success

By Miss Liz Florence Nakkozi

Success occurs when opportunity meets preparation. Zig Ziglar

Opportunity comes in different forms and shapes. It could be an offer in one of the Russel Group universities, winning an award, being elected as a youth leader in your community, promotion at work, meeting influential people, launching a start-up, becoming a manager and much more. Preparation is key and it can be done in various ways. Sometimes you need to hire a coach, teacher or an expert to help you prepare for the opportunities ahead.

I am an Image consultant and a professional organiser. I empower ladies to dress for success every day and as a result they create great first impressions and opportunities for any engagement.

When you dress well, you will feel good about yourself. With a raised self-esteem, you stand a chance to stand out in a crowd and have gravitas in any room you walk in.

Your image is not only important when you step outside your door but also at home. As a professional organiser, I help people to create a clutter free lifestyle. An organised lifestyle will set you up for success. It can also save you time and money.



Back in January, I had an opportunity to be interviewed by Mukungu Rachel Nabbude about what I do. In the interview, broadcast on Enyimba za Kristo Youtube channel, I talked about how someone can break the culture of holding onto things and how they can begin to declutter their home.

During the interview I recommended three main points:

1. Having a mindset of keeping a clutter free environment sets the ball rolling in your home, work environment and personal life.
2. You need to understand the reasons for the need to declutter your environment and train your family to do the same.
3. Create permanent 'homes' for every item in your home and work environment.

I also emphasised how important it is to dress for success every day. When you do, you will be perceived confident, wealthy and competent. In return, this will create opportunities for recognition as a suitable candidate for your dream job or introduction to influential people.

Click on the below link to listen to the interview

<https://www.youtube.com/watch?v=ynT1C-SE99I>

Get rid of clutter and you may just find it was blocking the door you have been looking for. Katrina Mayer

For the young people, it is crucial to create an organised lifestyle from the outset. This will help you to visualise a clear picture of your career goals and dreams. It has been said that we become what we think. Our thoughts are usually formed by the words we speak and the images we see. It is easier to progress in your career with a clutter free mind and a clear blueprint of what you are trying to accomplish.

Some of the steps to declutter your mind could be:

1. Writing down your career goals and dreams.
2. Having an action plan of achieving your goals.
3. Surrounding yourself with like-minded people. You need people who are going in the same direction as you, and have confidence in your vision.
4. Listening to inspiring and motivational messages.
5. Declutter your social media platforms and follow only positive impactful friends and influential people that can add to what you are trying to achieve. After all today's employability could be based on what you post or who you follow on social media.
6. You can also invest in a mentor/coach who can support you on this journey.

Decluttering your mind and environment is fundamental for your career development. Why don't you start to organise your life today?

Florence Liz Nakkozi is the owner of Classic Professional organising and Image & Personal Styling.

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Graduate Profile: Msc Investment & Finance

By Mr Nicholas M Jjemba

Why did you choose finance?

Finance is a subject that teaches skills which are versatile and widely applicable to many industries. As an individual who was uncertain about the career I wanted to pursue long-term, choosing to study economics/finance was a perfect method in ensuring I had many pathways available to me after college. As a result, I felt less time-constrained, and gained a larger opportunity set to explore.



Mr Nicholas M Jjemba

How did you find it?

My undergraduate studies felt tedious as the learning material was very theoretical. However, I appreciated that it was fundamental knowledge which had to be understood for more practical means to be reached. As I progressed further into my studies (particularly at the postgraduate level), I developed more skills that were applicable through resources and techniques which are used by professionals in the finance industry. So, the end goal in my case was certainly worth the committed hours.

How about balancing cost, lifestyle, peer pressure and academics?

University life primarily taught me about independence and budgeting. As the years went on, I learned how to limit my expenditure on essentials (clothes, food, books, appliances) to stretch my money further and allow a greater capacity to save. For example I remember spending £240 a month on food in year one. This soon decreased by 66 percent to a mere £80 during my final year!

What did you find most helpful in cutting cost?

The key cost driver for me was [surrounding myself with like minded students with the same interest and values](#). This significantly reduced the peer pressure for overzealous spending on social events and consequently contributed to my financial discipline.

How about covid?

The Coronavirus pandemic ended up causing drastic changes as its effect became material at the end of my final year of undergraduate studies. Social life was extremely limited and exam structures were changed by our department so there was a lot to adapt to during this period. Thankfully, at the time and still, to this day, I had a dedicated support network of family and friends to help mutually navigate through these unprecedented times. Additionally, it also ended up stressing the importance of continued development through either skills or new hobbies to prevent regressing while indoors. [I ended up beginning a small student investment fund online with friends to test our new knowledge and remain proactive during these unique times](#).

What advise would you give to your 18-year old self?

To focus more on getting real-life professional experience as early as possible. Looking back, I performed well in an academic sense, but I did not [explore enough opportunities via Insight Days/Internships to gain a better grasp of soft and hard skills which are mandatory for a workplace environment](#). I believe this would have given me better grounding and opened up a wider network to pursue jobs at larger establishments much earlier in my career.

At present, I am an Operations Analyst for an Investment Management company and will move onto a Banking role later on this year. From the combination of these experiences, I hope to transition into Corporate or Investment Banking for my long-term career.

An Eye Opening Privilege

By Miss Virginia V Nawanje

Single parent mothers are seen as a frightening statistic rather than being acknowledged as key heads of their households. Many are often pushed aside for their efforts and sometimes disregarded by most because of their primary responsibility, mother, instead of understanding that they go above and beyond their role for those around them.

Before I start I want to make a statement: **Single parent mothers are the strongest people in the world.** This is something I have learnt to believe and always will because when you see it first hand, alongside the fact that a woman carries her child for 9 months inside her womb, it's impossible for me not to believe. Don't get me wrong, I have a father who has supported me, and is always there when I need him, but I can't ignore the natural distance that exists between single mothers' children and their fathers.



My mother Justine came to the UK from Uganda in 1991 with her husband and their one-year old son with not much to her name except the fact that she wanted better opportunities for her family. During the 90s she bore two daughters and moved her family to Plaistow in East London where she started to plant her roots. Justine worked very hard to keep her family happy. She juggled between work, study and being a full-time mother to her three children and those of her husband.

However, fate had other plans for her. She became very ill, split with her husband, lost her child and was left with four children to raise on her own. I don't know about you but if I was in that situation I don't know if I would have been able to carry on. Justine did. I wanted to give more context to the single parent Mum that raised me because **she managed to do so much with so little and I couldn't be more proud to say "I was raised by a single parent mum."**

What is it like being raised by a single parent mum, you ask? First, I was grateful for everything that we had. I never wanted anything because somehow my mum made sure I had everything I needed no matter the cost.

Don't get me wrong, I was well aware of our family's financial circumstances so I didn't want very much but when I did, I got it. This made me grateful for everything I received and I never needed more than I had. Secondly, I saw there was no 'lack of opportunity'. My mum has a saying "you can never say 'can't' because there is nothing you cannot do". So from that she did the following: graduated from university with a bachelor's degree, sent two of her children to private boarding schools on scholarships, all three children went to prestigious universities, completed their education and are now working in their chosen professions. She allowed us to travel to as many countries as we could afford and made sure there was always food on the table, clean beds and a roof over our head. As a result, from a young age, I learnt that I could do whatever I want as long as I work hard for it.

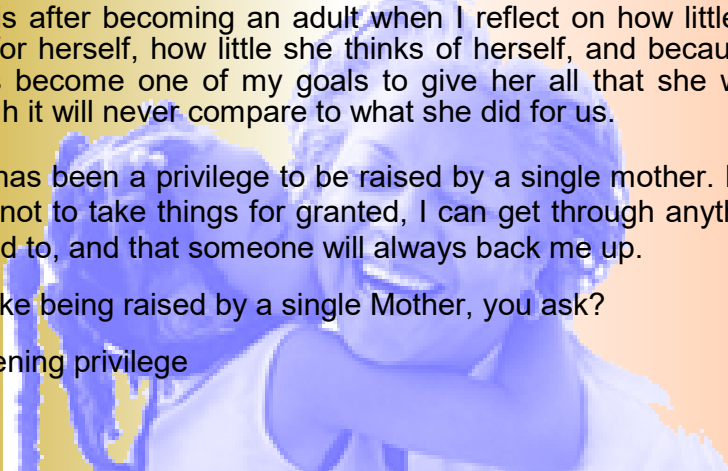
Next is resilience - All those things I just mentioned, which don't even touch the surface of what she has done for us. At one point mum had dialysis every two days, both at home and at the hospital, where she was drained for hours on end. Somehow she still managed to drive three hours to drop me to school every few weeks, cook every day, make sure the house was clean, have all my things prepared for school and more. It didn't matter how much pain she was in, she followed through on what she needed to do for her children. Seeing that, made me push through my hard times and became stronger against adversity. I am resilient.

Finally, is sacrifice - I don't need to delve into this one because all the above stems from 'sacrifice'. My mum sacrificed her well-being, her dreams and what she wanted to do for the sake of her children. I realised this after becoming an adult when I reflect on how little she has done for herself, how little she thinks of herself, and because of that, it has become one of my goals to give her all that she wants even though it will never compare to what she did for us.

For me, it has been a privilege to be raised by a single mother. It has taught me not to take things for granted, I can get through anything I put my mind to, and that someone will always back me up.

What is it like being raised by a single Mother, you ask?

An eye-opening privilege



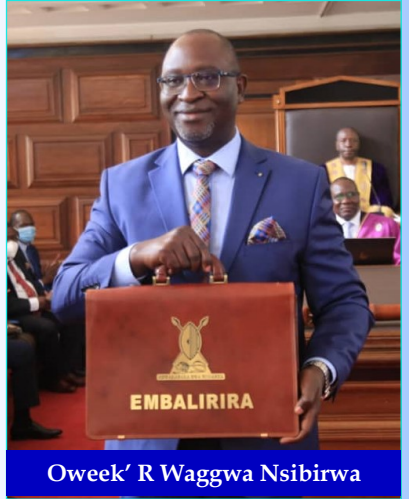
Embalirira Ya Buganda

2022-2023 Buganda Kingdom

Omumyuka wa Katikkiro era Omuwanika wa Buganda Oweekitiibwa Robert Waggwa Nsibirwa, yayanjulira Obuganda embalirira y'Obwakabaka 2022-23 era n'awa alipoota y'eby'ensimbi n'emirimu egyakolebwa mu mwaka gw'eby'ensimbi 2021-22, nga 27 Ssebaaseka 2022.

Embalirira eno ye kyasanze okuba ey'omuwendo omunene ku mulembe Omutebi era nga ya **Buwumbi 157.8/= (£34.79M)**.

Embalirira eno ejja kutambulira ku mulamwa ogugamba nti "**Tunnyikize Obuweereza eri Abantu nga Tuli Bumu**".



Oweek' R Waggwa Nsibirwa

Mu 2022-23, Obwakabaka busuubira okuyingiza 157,849,026,314/= nga zino zissukkkuluma ebitundu 27, ku mbalirira eya 2021-22. Zino zisuubirwa okuva mu busuulu, ekanzu n'envujo, obuwagizi bwa bannamikago, SACCO, ebye'mizannyo, eby'enjigiriza, n'ebyempuliziganya.

Ate Obwakabaka busuubira okusaasaanya 31,781,061,417/= ku mirimu egy'okutumbula embeera z'abantu abaabulijjo; ppoolojekiti ezaatandikibwawo edda okulaba nga zigenda mu maaso.

Ensaasaanya y'embalirira eno ejja kuba bweti:

- Obwakabaka buteeseese okuzimba n'okussa ebikozesebwa mu malwaliro; Okusiga ensimbi mu by'enjigiriza; okutumbula eby'enfuna y'abantu abaabulijjo, Okunnyikiza enkola y'emirimu mu Bwakabaka.
- Okussa essira ku ppoolojekiti eya Linnyisa Omutindo.
- okutandikawo ekkunganyirizo ly'obukugu ery'Obwakabaka.

[Funa embalirira eno ku mutimbaganu](https://drive.google.com/file/d/1j-tcXhdDMv-c1SpQRQrVvRXvuxStmOLX/view)

<https://drive.google.com/file/d/1j-tcXhdDMv-c1SpQRQrVvRXvuxStmOLX/view>

- okukunga abavubuka okwenyigira mu bulimi nga tukolagana n'ekibiina kya Younger Farmers' Association
- Muvubuka Tolera Ngalo – Bbooda Fix eno etunuulidde nnyo abavubuka naddala abawala nga tukolagana ne Master Card Foundation, NFT Consult, BRIBET ne DIT, okulaba nga batendekebwa mu kukanika pikipiki ezikola bbooda bbooda n'oluvannyuma baweebwe ssatifikeeti
- Oluvannyuma Obwakabaka bujja kubayambako okutandikawo ebifo we banaakanikira bafune ejjamba

Enteekateeka ez'eby'obulamu - 4,275,300,000/=

- Okussa ebikozesebwa mu malwaliro agaggwa edda okuzimba okuli; Kalasa mu Bulemeezi; ate n'e Nsangi mu Busiro.
- Okulwanyisa endwadde ya Mukenenya; naddala nga bukwaganya abavuzi ba bbooda bbooda mu nteekateeka eya "Abaami Tubeere Basaale mu Kulwanyisa Mukenenya Tutaase Omwana Omuwala"
- Okutumbula enkola y'ebiyoto ne Yinsuwa y'eby'obulamu

Eby'obulimi - 2,200,330,864/=

- okutumbula eby'obulimi n'obulunzi naddala kaweebube wa Mmwany Terimba; ate nga ne kkampuni eya Mmwany Terimba Limited etandise okugula emmwanyi ku balimi.
- Okugulira abalimisa mu masaza entambula
- Okussaawo ennimiro eziyigirwako 18

Eby'obuwangwa n'ennono - 3,122,220,000/=

- Okumaliriza Muzibu-Azzaala- Mpanga mu masiro e Kasubi;
- Amasiro g'e Wamala
- Olusaka lwa Nnamasole

Eby'okusiga ensimbi - 22,065,000,000/=.

- Okuzimba ebizimbe eby'obusuubuzi ku mbuga zino; Mukungwe mu Buddu, Nyenga mu Kyaggwe, Busimbi mu Ssingo, Kira mu Kyaddondo, Busaabala mu Busiro n'e Maddu mu Gomba
- Okumaliriza Ndiwulira e Makindye
- Ennyumba endala zigenda kuzimbibwa e Kigo n'e Ssentema;
- okusikiriza abantu okuyingira SACCO
- eby'ettunzi by'Obwakabaka bigenda kwongerwamu amaanyi;
- okutandikawo ekkadiyizo ly'Obwakabaka
- okugaziya kkampuni y'Obwakabaka ey'empuliziganya nga tuyita mu Ddigi Ssente Ekittavvu kyo

Embalirira Ya Buganda

2022-2023 Buganda Kingdom

Obwegassi - 31,781,015,417/=,

- okuyambako okutumbula SACCO eziriwo nga PEWOSA ate n'okutandikawo Buganda Cooperative Development Agency, Credit Reference Bureau

Bulungibwansi - 3,182,804,934/=

- Okusobola okuggusa enteekateeka zaabwe omwaka guno.

Emirimu gy'abavubuka n'emizannyo - 2,029,075,199/=

Okunnyikiza obukulembeze - 7,344,442,629/=

- gavumenti ez'ebitundu,
- okutumbula Tekinologiiya mu byempuliziganya n'enkungaana ez'enjawulo awamu n'ekitongole kya Buganda Statistics Unit (BSU),

Ku mirimu egyakolebwa mu mwaka 2021-22, Omuwanika yategeeza Olukiiko nti abantu mu Buganda boongedde okulima emwanyi, ebitooke n'ebirime ebirala ate n'okweyunira ebibiina by'obwegassi. Abantu era bongedde okwenyigira mu nteekateeka z'Obwakabaka ez'ebyobulamu; okwegemesa Lumiimamawuggwe; okugaba omusaayi; okwekebeza kkansa w'abaami awamu n'okwettanira emisinde gy'amazaalibwa ga Kabaka egitegekebwa ku mulamwa ogw'okutumbula eby'obulamu.

Emikago, obusuubuzi n'obuwagizi bw'abantu ba Kabaka bye biwaniridde obwakabaka okutuuka webuli.

Omuwanika yagamba nti eby'enfuna by'ensi yonna byali bya kugwa okuva ku 5.7% (2021) bituuke ku 2.9% (2022), okusenziira ku alipoota ya Bank y'ensi yonna so nga ku lukalu lwa Africa eby'enfuna bya kukka okuva ku 5.1% (2021) okutuuka ku 4.1% mu 2022, okusenziira ku alipoota ya African Development Bank 2022. Kino nga kiva ku lutalo wakati wa Ukraine ne Russia ne ssenyiga Lumiimamawuggwe.

Omuwanika era yaategeeza Olukiiko nti mu 2021-22, Obwakabaka bwayingiza 124,660,781,780/= nga kuliko ensuusuba ya 3,000,000,000/=. Ennyingiza eno yawagirwa ensimbi okuva mu busuulu, envujo, ekkanzu ya Kabaka ku ttaka, gavumenti eya wakati nayo yasaula ku nsimbi Obwakabaka bwezigibaanja, awamu ne SAACO, ate n'ekitongole kya Buganda eky'amateeka kikendeezeza nnyo ku nsaasaanya y'Obwakabaka ku misango. Eby'ensaasaanya nabyo byeyongeddeko.

Ku mirimu egyakolebwa mu 2021-22, okusereka ennyumba Muziba-Azaala-Mpanga kuwedde. Olubiri lwa Ssaabasajja Kabaka olw'e Nkoni. Entambula y'abakulembeze ku mitendera egy'enjawulo, ate nga n'ebitebe by'amasaza ga Buganda byonna byafunirwa abaweereza abasasulwa obutereevu eggwanika lya Buganda betuyita bannampala, okuyamba okukwanaganya emirimu mu masaza gyebakolera.

Oluwalo lulinye okuva ku bukadde 201 mu 2017 ne lutuuka ku 654 mu 2021.

Omuwanika agambye nti n'obulimba obubadde bubungeesebwa ku ttaka lya mayiro ng'erisibye obwavu ku Bannayuganda bwasaabulurwa alipoota y'ekitongole ky'ebibalo kya UBOS eyagambye nti enkulaakulana mu ggwanga esinze kweyolekera mu bitundu ebikozesa enkola ya mayiro. Abantu ba Ssaabasajja Kabaka abali ku ttaka lye bongedde okufuna ebyapa.

Obwakabaka bukozesa abakozi abasoba mu 11,400 mu bitongole byabwo eby'enjawulo. Ekitongole kya Kabaka Education Fund kiwagidde abayizi abasoba mu 4,000 okufuna eby'enjigiriza.

Emizaanyo naddala omupiira gw'amasaza guyambye nnyo okukuumakuma abantu ba Buganda naddala abavubuka era nga gutuyambye okuzuula talanta y'abantu mu mupiira, era abazannyi nga ebitundu 60% abali mu ttiimu y'eggwanga abaava mu masaza.

Buganda ebadde nsaale mu kulwanyisa mukenenya naddala ng'eyita mu kutambuza obubaka pbukwata ku bulwadde obwo awamu n'emisinde gy'Amazaalibwa ga Kabaka.

Mu kaweeefube w'okutumbula eby'obulimi, kkampuni ya Mmwanyi Terimba yaggulwawo, oluvannyuma lw'omuwendo gw'emmwanyi ezirimibwa okweyongerera. Kaweeefube ono atumbudde nnyo eby'enfuna by'abantu mu Buganda.

Obwakabaka bwenyigidde mu kaweeefube ow'okukuuma obutondebwensi nga busimba emiti ku mikolo gyonna egy'ennono n'egitali gya nnono egikolebwa mu Bwakabaka.

Tukolagana n'ekitongole kya Habitat for Humanity awamu ne wells of life okuzimbira abeetavu amaka ate n'okubatuusaako amazzi amalungi. Enzizi ezisoba mu 473 zisimiddwa ate 155 zirongooseddwa

Obwakabaka era busikirizza nnyo abantu okukola ennyo bafisse, batereke, ate basige nga bayita mu nkola ey'okutondawo n'okunyweza enkola ey'obwegassi. Ebika 41 bitadde ebibumbe byabyo ku luguudo Kabakaanjagala. Abavubuka bakoledwa enteekateeka ez'enjawulo okubaako bye beenyigiramu obutereevu ebibayamba okwekulaakulanya. Bannabyabufuzi n'abakulembeze bangi mu Uganda bakulidde, babanguddwa era bavudde mu bibiina by'abavubuka mu Buganda.

Bannamikago ab'ebyobusuubuzi n'enkulaakulana awamu n'abo abavudde emitala w'amayanja beeyongedde nnyo mu Bwakabaka. Muno mulimu Airtel, Diagio, UNAIDS, UN-WOMEN, Habitat for Humanity, Plascon, Kasai, NFT Consult, Wells of Life, Henan Guoji, Centenary Bank, DFCU Bank, Statewide Insurance, Uganda Aids Commission, Uganda Bureau of Statistics n'abalala. Okumanya ebisingawo ku budget tuukirira Omukungu wa Ssaabasajja yenna. Ssaabasajja Kabaka awangaale.

[Funa embalirira eno ku mutimbaganu](https://drive.google.com/file/d/1j-tcXhdDMv-c1SpQRQrVvRXvuxStmOLX/view)

<https://drive.google.com/file/d/1j-tcXhdDMv-c1SpQRQrVvRXvuxStmOLX/view>

Teaching in UAE - Your Next Move?

By Mr Henry Mutumba

I spent 5 years in Dubai, a city that dares visitors and residents to dream up the impossible. Brimming with imposing skyscrapers, shopping malls, sailboats, and enthusiastic students, Dubai and Abu Dhabi are paradise for the cosmopolitan teacher. A crossroads of cultures, cuisines, and characters from around the world, the sparkle of downtown UAE is more than just a pretty facade. It is a land of beeches, dune buggies and skyscrapers. But don't start packing just yet! Here's everything you need to know before teaching in Dubai - your next great (paid) adventure.



Mr Henry Mutumba

What is the average salary teaching in Dubai?

Are you are wondering “How much do teachers get paid in Dubai?”, Teaching is one of the top paying jobs in the UAE. Salaries for UK trained teachers in Dubai usually range from £2,800 to £6,500, per month depending on experience, and the type of school. Some schools also offer teachers competitive benefits' packages, including health insurance, roundtrip airfare for an annual visit home, and a local apartment rental. Be sure to look for these things in your contract and get anything promised to you down in writing before you arrive.

The good news: Teachers' salaries in Dubai are tax-free! So, what you earn stays in your pocket (until you spend it on all the epic things there are to do in Dubai, of course). #cha-ching

The less good news: The cost of living in Dubai is up there with other notoriously expensive international cities. Rent and groceries are particularly expensive, not to mention nightlife and other recreation options. Salaries should be enough to cover expenses, but there's not likely to be much left over in the way of savings unless you're a careful budgeter.

What are the requirements for teaching in UAE?

There is a wide range of schools in the UAE with differing requirements for their teaching staff. To get their foot in the door at Dubai's best schools – where salaries and benefits packages are the most impressive – teachers will need: a Master's degree in a relevant field, a teaching certification, and at least three years of experience. Other midrange schools accept teachers with Bachelor's degrees, experience requirements vary by position.

If you're looking for your first teaching job, Dubai may be a tough sell, but there are private families looking for tutors and non-profit schools looking for teaching interns and volunteers. These may not be your dream jobs, but are all great ways to get your teaching career off the ground while enjoying the Dubai lifestyle.

Note: Teaching in Dubai falls into two camps: the top schools usually follow American or British curriculum, and these schools want teachers with training from the source. In other words, the best American schools in Dubai prefer to hire North American native speakers with teaching certifications from a reputable American or Canadian institution. Likewise, schools that follow British curriculum restrict hires to teachers with certifications from the UK Universities and institutions. But they take certification from South African, Australian and New Zealand. Those holding Ugandan Certification need to exploit the opportunities available but the route is not straight forward.

What are the types of education job opportunities in Dubai?

Teaching opportunities in Dubai are as diverse as they are plentiful. Popular teaching opportunities in Dubai include ESL jobs, private tutoring, and international exam preparation. For those that want to stay on campus, just not in front of the blackboard, there are also plenty of other education jobs in Dubai to consider. Since most students (young and old) living in Dubai have advanced English. There are also opportunities to teach other subjects in English, including Mathematics, Science, Art, and ICT

Private Schools

There are many private schools in Dubai catering to the city's large affluent class. The language of instruction at most private schools is English, so there are always a plethora of opportunities for foreign teachers, whether in ESL programs or subject classes. .

Teaching in UAE - Your Next Move?

By Mr Henry Mutumba

Language School

As a global city, language schools in Dubai offer everything from German to Chinese. The most popular language schools teach English to adult expatriates, who need it for daily business communication. Some of the best ESL jobs in Dubai are at language Institutes, so if you're all brushed up on your past participles and subordinate conjunctions, this may be the educational environment for you.

Public School

Like everything else in Dubai, the public education program has grown rapidly over the last few decades. UAE is adopting the British curriculum, therefore they are offering similar subjects to private schools. Public schools are now open to all Dubai residents; however, Emirati students can enrol for free, while non-nationals pay annual fees. Public schools may be nominally less lucrative than comparable private schools, but foreign teachers will gain unique insight into the UAE's ambitious education reforms.

Private Families

Yes, it really is possible to teach young princes and princesses in Dubai! If this is your dream, look out for the surnames Al Nahyan, Al Maktoum, Al Qasimi, Al Nuaimi, Al Mualla, and Al Sharqi; the six royal houses that rule over the UAE's seven emirates. Most of these positions are contracted through recruiting agencies, so check out the organisations below for relevant opportunities.

Regardless of where and what you teach in Dubai, expect to encounter students who are eager to learn. Teachers will also notice that both public and private education in the United Arab Emirates make liberal use of information technology in the classroom. Be prepared to hit the keyboard and engage students both on and offline.

Where can I find teaching jobs in UAE?

Go Abroad, Seek teaching Agencies and TES newspaper have an entire lists of vetted teaching programs in UAE; this is the best place to start your search for jobs in UAE. These are some of the most common teaching positions in UAE, and native speakers will find abundant opportunities to share their native language with Dubai and Abu Dhabi's international population.

Wherever you go to find teaching opportunities in Dubai, make sure the recruiters and schools you contact are ADEC certified. If you want a shortlist of the most reputable companies for teaching in Dubai, read on (use only official Websites) to see some of the best jobs and programs.

Is it safe to teach in the Middle East?

Yes! While this Persian Gulf country may feel like unfamiliar territory, it's one of the Middle East's safest places for visiting expats. Don't be misled by neighbouring countries' features on the nightly news. The cosmopolitan glitz of Dubai and Abu Dhabi feels as far from these events as London or Tokyo. Dubai's crime rate is lower than most global cities of its size, and public transportation is clean and carefully monitored. Even petty crime is rare in Dubai, but, as anywhere, teachers should keep their wits about them and keep their valuables secure. Ensure you're respectful of local laws. Emirati police are generally very professional and considerate of guests, but there is little tolerance for rule breakers.



Do I need to know Arabic before teaching in UAE?

No. Dubai is a global business hub, so you can expect street signs, place names, and advertising to be in English and Arabic. For English teachers, some schools even prefer candidates with no Arabic background, to prevent anything other than English from being spoken in the classroom. Other schools look favourably on Arabic language experience or time spent in other Arabic-speaking countries, as this is seen as valuable cultural background.

Outside of the classroom, speaking the local language is undeniably a major bonus. Teachers in Dubai that speak Arabic will earn respect and brownie points with Emiratis and other Arabic-speaking expats, of which you will find many in Dubai. The flowering greeting "Salam wa 'alaykum" (literally "peace be upon you") is a great place to start.

When Siblings Step into Parents' Shoes

by Ms Justine Nnakayenga Sserwadda (Bsc Hons)

When parents pass away, fall ill, divorce, separate or become overwhelmed, older, or sometimes their young children may adjust and fill the role of the guardian. The surrogate parent as they are normally known, sometimes just teenagers themselves, must manage household logistics and make difficult decisions for siblings, all while dealing with their own grief and anxiety.

Usually, they must take care of themselves, for example, by preparing their own meals, clothing themselves, and keeping themselves entertained while caring for their parent as well.



Ms Justine Nnakayenga Sserwadda

At school, most of them become withdrawn. This dynamic between a care giving sibling and younger brothers and sisters impacts them in later years. Researchers are increasingly finding that in addition to toppling a child's development, this role reversal can leave deep emotional scars well into adulthood. Many, experience severe anxiety, depression, and psychological distress. Others report succumbing to eating disorders and substance abuse. Most of them are dirty and unkempt. **Unpredictable childhood trauma has long-lasting effects on the brain.** Studies have shown that people with adverse childhood experiences are more likely to suffer from mental and physical-health disorders, leading people to experience a chronic state of high stress reactivity.

On the other hand, there are a few mums and dads who have more than one child, knowing that their oldest will step in as a parent-sibling. They see their oldest child as extra hands around the house. This is commonly practiced within most African families and it is usually a cultural norm. I can completely resonate to this experience. When my father passed on, as the last born of the family, I was raised by my older siblings only visiting my single mother for a few weeks during school holidays. Growing up in this kind of setting, I feel I for one, it gave me a sense of responsibility which has enabled me to raise my own children as a semi single parent as I decided to use that term in my situation. I co-parent with my children's father but in most cases, I take on the main parental role because the children have lived with me full time or even before one left home.

Whilst in my older sibling's custody, during my early years, I took on the role of looking after my nieces and nephews of which some of them when they reached their adulthood, decided to call me mummy instead of auntie. The age gap was not very wide which meant that doing homework, playing childhood games, and getting into mischief was always fun and well balanced. Looking back, I am very certain that I was not affected in any way. However, this is not the case in most modern families of today.

Despite negative outcomes associated with parentification, researchers say that going through such experience also presents some positive outcomes that can help people later in life as I can reminisce in my experience. I believe that people who have been parentified as children pose a greater capacity for resiliency and self-efficacy.

A common thread found in people with these shared childhood experiences is a heightened sense of empathy and an ability to more closely connect to others. I completely feel this way. This is not to say that the negative impact is diminished, but many children are able to forge meaning out of their suffering. People begin to see that their path to well-being must take into account the way in which trauma changed their story, and once they're able to do that, they can also see how resiliency is also important in their story.

Entunnunsi - Blood Pressure

bya Rev Father Ben Lutaaya Nsibambi
Senior Registered Nurse [Barts Health NHS Trust]

Obulwadde bw'entunnunsi buva ku mitima egisunda omusaayi mu mibiri gyaffe. Omusaayi guno gusaasaanya omukka (oxygen) ne tusobola okussa obulungi. Amaanyi gano agasunda omusaayi tugayita "blood pressure" era gapimibwa mu buzito bwa mmaaccule (Mercury).

Blood pressure – ge maanyi agapikibwa omusaayi okuva mu mutima nga gapimibwa mu butikitiki bya mmaaccule – mmhg.

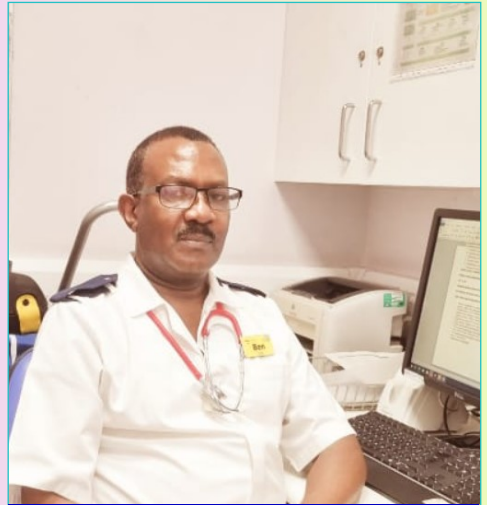
Ekipimo ekirungi kyadibadde wakati wa 90/60 ne 120/80 mmhg. Ekipimo kya BP 160/92 kiba kiri waggulu nnyo. Kino kiba kitegeeza nti amaanyi agasunda omusaayi mangi nnyo gasobola okwabya omutima oba emisuwa egitambuza omusaayi.

Kifaanana nga bw'onopika omukka mu mupiira gw'eggaali nga opikisa ebbomba ey'amaanyi agasukkuluma ku busobozi bw'omupiira. Omupiira gutuuka ne gulemererwa era ne gwabika.

Entunnunsi nga ziri waggulu - hypertension

Entunnunsi zibalibwa mu bipimo bibiri:

1) Systolic (eya waggulu) nga kino ky'ekipimo ky'amaanyi omutima kwe gupikira omusaayi okwetoolola omubiri. [Peak pressure]



Fr Rev Ben Lutaaya

2) Diastolic (eya wansi) nga kino kye kipimo omusaayi kwe gusikattirira oba okuziyizibwa okuyita mu misuwa.

Ebipimo bino byombi bisomebwa mu millimetres za mmaaccule (mmHg).

Entunnunsi eza waggulu – High Blood pressure, ezikubira ku 140/90mmHg + oba 150/90mmHg + ku muntu ow'emwaka 80 n'omusoby

Entunnunsi ennungi zisoma 90/60mmHg oba 120/80mmHg Entunnunsi bweziba waggulu zinyigiriza nnyo emisuwa [Blood vessels], omutima [Heart], Obwongo [Brain], Ensigo [Kidney] n'amaaso [Eyes]. Kino kiyinza okuvaako endwadde zino wammanga ze mpandiise mu Lungereza:

- Heart disease
- Heart attacks
- Strokes
- Heart Failure
- Kidney disease
- Vascular dementia

Buli muntu naddala nga atuuse mu myaka 40 yeekebeze Entunnunsi waakiri omulundi gumu buli myezi mukaaga naddala ng'alina ebimusumbuwa mu bulamubwe okugeza mu maka, oba ku mulimu n'ebirala. Bw'aba alina obusobozi yandiguze akuuma ak'awaka ne yeekebera buli mwezi oba bw'aba teyeewulira bulungi. Obuuma bunu bwangu okufuna wonna we batunda eby'obujjanjabi. Okubeera n'obulwadde bunu nga tomira ddagala, ng'ate teweekebeza kya bulabe bungu nnyo eri obulamubwo. Oyinza okufuna obulwadde bw'omutima obw'ekibwatukira (Heart attack or stroke).

Abantu abamu bazaalibwa n'endwadde eno ng'etambulira mu lulyo lwabwe. Kikukakatako okutuukirira abasawo b'emutima (Cardiologists) bw'oba nga omu ku bazaddebo alina obulwadde bunu oba nga teweeewulira bulungi, naddala nga olumizibwa omutwe buli kiseera.

Entunnunsi - Blood Pressure

bya Rev Father Ben Lutaaya Nsibambi

Obubonero

- Omutwe okukuluma ennyo
- Obukoowu n'akalogojjo
- Obutalaba bulungi
- Okulumibwa mu kifuba
- Obutassa bulungi
- Enkyukakyuka y'okupika kw'omutima
- Omusaayi mu musulo

Ky'olina okukola okumanya ebipimo by'entunnunsi

Weekebeze bw'oba nga teweewulira bulungi.

- Genda ew'Omusawowo
- Ku maduuka agatunda eddagala
- Beera n'akuuma akapima entunnunsi awaka

Ebintu ebisinga okuvaako entunnunsi

- Okugejja okusukkiridde [overweight BMI >24]
- Omunnyo omungi ennyo mu by'okulya
- Obutakola dduyiro
- Okunywa ennyo omwenge ne kaawa
- Okufuuwa ssegereeti oba taaba
- Obutafuna tulo tumala
- Bw'oba n'emyaka egisukka mu 65
- Buyinza okuba nga bwa munju/musaayi
- Nga ova mu lusse lw'abaddugavu abava ku lukalu lwa Africa oba lwa Caribbean
- Oba ng'obeeru mu bifo ebiri mu mbeeru embi naddala mu
- By'ensimbi
- Okweraliikirira okusukkiridde mu mbeeru zaffe ez'obulamu

Okujjanjaba Entunnunsi:

Bw'oba nga okizudde nti olina entunnunsi, Omusawowo ajja kukuwandiikira eddagala. Tonywa ddagala nga siriryo. Togula ddagala lya Ntunnunsi ku kawunta [Over the counter]. Eddagala lino liriina kukuweebwa musaawowo oba omusawo omutendeke. Leka kumira ku lya mukwanogwo kuba naye akugambye nti alina obulwadde bw'entunnunsi. **Obulwadde si njala nti ogabana eddagala lyabwo!**

Erimu ku ddagala eritera okukozesebwa abalwadde b'entunnunsi lye lino:

- ACE inhibitors – nga enalapril, lisinopril, perindopril ne ramipril
- Angiotensin-2 receptor blockers (ARBs) – nga candesartan, irbesartan, losartan, valsartan ne olmesartan
- Calcium channel blockers – nga amlodipine, felodipine ne nifedipine oba diltiazem ne verapamil
- Diuretics – nga indapamide ne bendroflumethiazide
- Beta blockers – nga atenolol ne bisoprolol
- Alpha blockers – nga doxazosin

Omusawowo okkuwandiikira eddagala ajja kusenziira ku ntunnunsi [BP], emyakagyo [AGE] n'obuzaale bwo [Ethnicity] Olina okumira eddagalalyo nga bweriwandiikiddwa



Ebimu waggulu bivudde mu kitabo kyange:

Omusajja omuganda. Kifune wano

<https://www.lulu.com/en/gb/shop/rev-fr-ben-lutaya-nsibambi-aj/omusajja-omuganda/paperback/product-1n7veqn4.htm>

Essengereza eddako essira nja kulissa ku waddanga [obutamiiivu]

Okujjukira Mwami Ignatius Iga

8 Kafumuulampawu 1932 - 1 Mugulansigo 2022



Late Mwami Ignatius Iga

Mwami Ignatius Wakisonko Iga, yafa nga wabulayo omwezi gumu aweze emyaka 90 egy'obukulu. Mwami Iga yazaalibwa nga 8 Kafumuulampawu 1932 e Kiboga, Uganda. Yali mwana wa musanvu ku baana ekkumi abazaalibwa Mwami Yoeri Lubega ne Mukyalawe Esita Nakimu. Kitaawe, Yoeri Lubega, yali Mukulu wa ssomero ate nga nnyina Esita Nakimu, yali maama mu maka. Mwami Iga yawasa Mukyalawe Edith Mbawadde mu 1975 era ne bazaala abaana baabwe bana: Paul, Andrew, John ne Sarah.

Mwami Iga yali yeesigika mu kutangaaza okwawula ekituufu n'ekikyamu mu buli mbeera. Mu bulamubwe bwonna yajjumbira nnyo n'okwewaayo kwonna mu bukurisitaayo, mu bwa Ssemaka era nga yali kyakulabirako kirungi eky'amazima, obugumikiriza, okwekakasa, n'empisa ennungi. Kyokka ate nga yali kazanyirizi era nga anyumirwa nnyo okusaaga n'okuseka, mu bwetoowaze obw'obuntu.

Mwami Iga yasomera Nakwaya Primary School, Mmengo Secondary school ne Mulago Medical Hospital gyeyatendekerwa mu misomo gya bwa Laboratory Technicians. Ng'amalirizza emisomo gye, yatandika omulimu gwe ogwasooka mu ddwaliro e Moroto erisaangibwa mu bukiikaddyo mu mambuka ga Uganda. Ng'atandika olugendo lwe okugenda e Moroto, yasanga mwannyina Eunice amulinze ku Kampala Railway Station. Eunice yali atambuzza bigere, mu matulutulu, okuva e Makeerere Univeristy okugenda okuwuubira mwannyina ng'alinnya eggaali y'omukka eyali emutwala e Moroto.

Mu 1962, Mwami Iga yagenda eBungereza okwongera okutendekebwa. Eno yakolera Laboratory z'omusaayi nnyingi mu Kibuga London omwali ne St. Thomas Hospital. Mwami Iga yali abeera mu London Ssekabaka Muteesa II weyatwalibwa mu buwanganguse mu 1966. Bwatyo, Mwami Iga yali muwulize eri Obwakabaka bwa Buganda era yakiikanga Embuga, eBermondsey okuweereza Ssekabaka Muteesa II. Ssekabaka bwe yakisa omukono, mu mwaka gwa 1969, Mwami Iga yasigala mu London era yali omu ku basaale abaateesa ne President Idi Amin okuzza Enjole ya Ssekabaka Muteesa e Buganda mu mwaka gwa 1971.

Oluvannyuma, Mwami Iga yaddayo e Uganda era n'akola nga Laboratory Technician e Makerere University, mu kitongole kya Veterinary okutuusa lwe yava e Uganda mu 1983.

Mwami Iga yayagalanga nnyo okuyimba era yeegatta ku Namirembe Cathedral Choir nga mwana muto, ate era bweyadda e Uganda mu 1971, yakola ng'omuyimbisa okutuusizza ddala mu 1983. Nga ali e Uganda, yaygazisa abaanabe okuyimba era mutabani we omukulu Paul naye yayingira Choir ye Namirembe.

Mukyalawe n'abaana nga bamazze okumwegattako mu Bungereza, Mwami Iga yafuba nnyo okulaba ng'abaanabe tebakulira mu Kibuga London era bw'atyo n'abasengula okubazza e Sutton, Surrey era eno muwalawe Sarah gyezazaalibwa. Eno nno yafuba okutegeeragana n'ebitongole by'enjigiriza okusobozesa abaanabe okusomera mu masomero agaali ku mutindo ogubasobozesa okufuna enkizo mu bye baalonda okusoma.

Ekkansa n'okwesiga Katonda byali bikulu nnyo mu bulamubwe. Mwami Iga bw'atyo yawangayo obudde mu kusaba n'okuyiga Bayibuli buli lunaku. Okwagala Ekkansa tekwakoma Uganda naye ne mu Bungereza yali mujjumbize ng'asabira ku St. Nicholas, e Sutton, eno nga yali muyimbi mu choir yaayo, wamu ne batabanibe babiri Paul ne John. Mwami Iga yali omu ku batandisi ba St John's Waterloo Okusinza mu Luganda era nga yali omu ku bayimbi mu Choir yaayo. Okusinza Mu Luganda kukoze omulimu munene nnyo mu kukunga abantu abava e Uganda, okusisinkana bannaabwe, okusaba mu Lulimi Oluganda ate n'okuyambagana mu ngeri ez'enjawulo.

Okujjukira Mwami Ignatus Iga

Mwami. Iga, yasannyukanga okusisinkana abantu bonna era nga taliimu bukuusa; nga bweyabeeranga mu bantu bweyabeeranga n'awaka. Yali wa mwoyo gumu, ogutakyukakyuka – mu kwogera ng'agatta okusaaga, obuntu, ne mu butali bumativu. Yali muntu alunŋamyabala ng'akozesa ebigambobye, ebikolwabye, n'obuvumubwe; bw'atyo yazzangamu abantu essuubi mu biseera byabwe eby'akazigizigi ng'akozesa ebigambo eby'obukakkamu, okuwa amagezi okubakkirizisa nti byonna bijja kuba bulungi baleme kutelebuka.

Mwami Iga yaleka Mukyala we Edith n'abaana baabwe bana. Era yaleka ne mukuluwe, Margaret Ndibalekera ne mutoowe Lewelyn Sseeguya. Bano nga baakoma okulabaganako ku mutimbaganano gwa WhatsApp nga 19 Mukutulansanja 2022, bwebaali bakuza amazaalibwa ga Mukyala Margaret Ndbalekera ag'emyaka 92. Bonna baali balinze era nga beesunga amazaalibwa ga Mrwami Iga ag'emyaka 90 nga 8 Kafuumuulampawu 2022.

Mu myaka emitono egiyise, Mwami Iga abadde mugonvu era bw'atyo n'awummula ku ssaawa 8.10 ez'okumakya ga 1 Mugulansigo 2022 oluvannyuma lw'obulwadde okunyinyiitira mu nnaku entono.

**Twebaza Mukama olw'obulamu bwa Mwami Iga.
Mukama amuwe ekiwummulo eky'emirembe.**

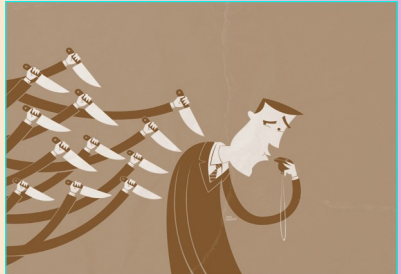


Okudduukirira enduulu

bivudde mu Sitegedde - Mutunda (ennyingo eye kkumi)

Omuntumulamu bw'agwa mu buzibu akuba enduulu. Enduulu ly'eddoboozi erireekaana mu kaloboozi akatono. Enduulu bw'evuga, abantu ab'oku kyalo kw'evugidde basitukiramu mangu okudduukirira oyo aba agikubye. Bwe baba tebasobodde, katugambe nga obudde bwa kiro, nabo batandika okukuba enduulu wonna we baba bali okubaguliza ku baliranwa baabwe oba okubalabula. Waliwo enduulu ez'essanyu ate n'enduulu ezirabula nga ziranga akacwano.

Ku mulembe Omutebi waliwo ebika by'enduulu bingi. Waliwo ezikubwa n'omumwa, ezikubwa ne ffirmibi, amalebe ne ku mikutu egy'empulziganya nga sosommiidiya. Enduulu ez'omulembe Omutebi zivugira nnyo ku masimu. Enduulu zino zibaamu okusaba obuyambi obw'engeri ezitali zimu. Okugeza okudduukirira abali mu bwetaavu oba abafiiriddwa.



Envuga y'enduulu ya njawulo n'okutema omulanga. Omulanga guvuga "woowe" guba gubika kufa kwa muntu. Sso nga ate enduulu evuga "wololo" oba "walala" eba etegeeza nti waliwo obulabe obw'obulumbaganyi. Ate omulanga gwa "wuuwi" gutegeeza nti waliwo obulumi ku mubiri oba ku mutima.

Omuntumulamu bwawulira enduulu ey'ekika kyonna asitukiramu nawaayo kyonna kyalina nga takakiddwa ne bwe kiba kitono nnyo. Obwo bwe buntubulamu obwanamaddala. Omuntu awulira enduulu n'asirika aba mutiitiizi oba aba kintuntu, yeeloozaako yekka era nga simulungi kuliraana. Omuntu atawa mabugo oba ataziika ssi muntumulamu.

Ssi kirungi omuntu atali mu buzibu kukuba nduulu kuba lw'afuna obuzibu abadduukirize bayinza okulooza nti asaaga.

Abaana Ndabirwamu Zaffe

bya Mukungu Lawrence Muyimba

Gyebuva ne gyebudda buli muzadde yandyagadde ezzadde lye limufaanane mu ngeri emu oba endala. Era kino kisoboka, weewaawo nga okufaanana okumu kuba kulina kukolererwa bazadde. Ng'oggyeko endabika ey'obutonde n'amannya agaweebwa abaana, omwana okufaanana bazaddebe mu bikolwa, mu ndowooza n'okutegeera okwabulijjo, okwo gattako okwogera olulimi lwabwe oluzaalilanwa, abazaddebe balina okumubeera okumpi okulaba nga omwana ono abayigirako ebyo bye bandyagedde abeere.



Muk Lawrence Muyimba

Mu by'obutonde, buli mwana azaalibwa n'amagezi agamusobozesa okulaba ebigenda mu maaso n'okuyiga ebyo ebimusomesebwa. Naye olw'okuba omwana ono abeera muto ng'akyazimbibwa ayinza okugeraageranyizibwa n'olupapula olweru, anti ky'oluwandiikako kiba kirabika. Kale abazadde balina okufuba okulaba nti omwana ono bamufissizaawo obudde bwe baba baagala abafaanane mu ngeri yonna eyogeddwako waggulu.

Kino bwe kitakolebwa obuvunaanyizibwa abazadde ne babukwasa abantu abalala, omwana oyo abeera ndabirwamu y'abo be yaweebwa era mwakulidde. N'olwekyo abazadde abatalera baana baabwe tebalina kwewuunya singa omwana alabika nga akola ebintu ebitabasanyusa. Kubanga kino kiba kitegeeza nti akola bya bali gy'abadde alekebwa era abeera ndabirwamu yaabo ababadde bamulinako obuvunaanyizibwa ng'akula.

Abazadde okufaananako ebisolo n'ebinyonyi ebyomu nsiko, balina okutendeka abaana baabwe kye baagala babeere. Eky'okulabirako, y'empugu, bw'ezaala abaana mu kiyumba kyayo waggulu mu muti, esooka kubagabirira buli lw'ebaako eky'okulya ky'ereese. Naye akaseera katuuka empungu n'eba nga bw'ereeta emmere esuulawo busuuzi, abaana baayo nga balina okulaba engeri gye bagiteemaateemamu okugirya. Era bwe wayitawo akabanga, empungu etandika okujjawo ebintu kwe yabiikira amagi.

Abaana b'empungu mu kaseera kano batandika okuwulira nga batudde ku maggwa, kino kireetera abaana b'empungu bano obuteebaka basobole okwekuuma ebibayigganya okubalya.

Nga wayise akaseera, empungu etandika okuzimbulula ekiyumba kyonna, ekiraga abaana bano nti y'essawa buli omu okubaako gy'alaga okutandika obulamu obuggya. Okukola bino byonna empungu ebeera esomesa baana baayo kugifaanaana.

Mu ngeri ye emu osanga empologoma n'engo ento nga zizannya mizannyo gya kutaagula. Wabula ng'ate Empeewo n'Engabi ziba zizannya mizannyo gya kubuukabuuka, kwewoma na kufubutuka misinde. Kino era kitegeeza nti ensolo zino bazadde baazo baziteekateeka okusobola okwanjanga obulamu obuzirindiridde mu maaso.

Kati ggwe omuzadde asoma bino nkusaba okube akafananyi omwana wo olumuzaala, n'omukwasa omukozi, bwava ku mukozi n'omutwala mu nursery ku myaka ebiri, bw'aweza emyaka etaano n'omuteeka mu ssomero ery'ekisulo era bw'atyo omwana n'atuuka okumalako emisomo ng'awaka akyalawo bukyazi. Webuuze, omwana oyo asobola atya okubeera endabirwamu yo era lwaki wandyewuunyizza omwanawo akuziddwa abantu abalala okweyisa mu ngeri gy'otategeera? Kikwasa ennaku okulaba nti omwana azaalibwa n'atasobola kwogera lulimi lwa bazadde be, okugeza Oluganda, naye ng'ate abazadde ekyo bakiraba nga ekitalina buzibu n'akatono. Kyokka nga mu butuufu olulimi lw'omuzadde kye kimu ku ebyo omwana byalina okumanya era omuzadde mwalina okuyitira okumutendeka mu ebyo by'alina okwanjanga ng'akuze.

N'olwekyo abazadde kibakakatako mu buli ngeri yonna okufunira omwana wammwe akadde okumuyigiriza ekyo kye mwandyagadde abeere olwo nno asobole okufuuka endabirwamu gye mwerabamu ng'akuze. Endabirwamu etandika okukufaanana nga otaddeyo omwoyo okumanya omwanawo bye yettanira, olwo n'otandika okulaba bw'omuyamba okufuuka ekyo kyeyandyagadde okubeera. Abazadde mulina okulaba nga mweraba mu bulamu bw'abaana bammwe mu ngeri ez'enjawulo.

Abaana Ndabirwamu Zaffe

bya Mukungu Lawrence Muyimba

Abaana baffe olumu babuuzza ebibuuzo ebikakali sinakindi ebimu nga bikwasa n'ensonyi okubiddamu. Naye ng'abazadde be kikwatako, muba mulina kufuba okulaba nti temuva mu mbeera, wabula mulina kusala gonna okulaba nti omwana mumutegeeza nti ekibuuzokye kija kuddibwamu wabula kyetaagamu okulowooza. Ate era mulina okufuba okulaba nga mufuna eky'okuddamu omwana mu ngeri egya mu myaka gyalina. Mugende mwerowooze, mwebuuzze ku bantu abalala omwana addibwemu okusenziira ku kye yabuuzza. Singa kino tekikorebwa omwana akyayinza okusala amagezi okukyezuulira mu ngeri eyinza okubawemula. Era ne bwe kiba nga kibuuze kibi omwana mumutegeeze akabi akayinza okuva mu kitu ky'aba abuziizza.

Ate era ng'abazadde mufube okulaba nga mugoberera ensonga omwana gy'aba abuzuizzaako naddala singa eba nga yeeralikiriza. Omuganda agamba nti ky'osiga ky'okungula. Omwana bulijjo gezaako okumuyamba okusiiga ekifaananyi ky'oyagala omulabemu. Omwana emirundi egisinga akoppa mmwe abazadde bye mukola. Bwe mutyo omwana afuuka ndabirwamu yammwe olwokuba mmwe mubeera okumpi by'akola byonna aba abijja ku mmwe.

Abaana balina embeera nnyingi ezisoomooza ze bayitamu ate nga zonna zireeta enkyukakyuka nnyingi mu bulamu bwabwe. Okugeza, abaana basanga obuzibu bwe bava awaka ne batandika okugenda ku ssoomero, okuva mu bibiina ebisookerwamu okugenda mu bibiina ebya waggulu, waliwo emyaka abaana we bafuukira abantu abakulu (kavubuka), abaana bamaliriza emisomo ne bayingirira obulamu obw'okukola emirimu okwo gattako okuyingirira ensonga z'obufumbo. Zino zonna zibeera nkyukakyuka mu bulamu bw'omwana era aba yetaaga abazadde okumulambika n'okumugumya okulaba nti tatendewalirwa olw'enkyukakyuka z'obulamu zino.

Naye ate era kya mugaso okumanya nti buli mwana abeera wa njawulo, n'olwekyo kirungi okumanya emyaka gy'omwana n'ennyisaaye kubanga bino biyamba abazadde okumanya engeri y'okumukwatamu. Abaana okusobola okufuuka endabirwamu, abazadde balina okulaba nga awaka bateekawo enkola egobererwa era emanyiddwa buli omu. Kino tekitegeeza nti abaana baba banyigirizibwa, wabula kiyamba abazadde okuba abasanyufu ng'ate n'abaana basanyufu era nga beetegefu okuyiga bazadde baabwe bye babayigiriza.

Tekyandibadde kibi abaana okuweebwa omukisa okubeerako mu mbeera ez'enjawulo oba kiyite okubeerako n'abantu abalala okusobola okugaziya ku ndwooza zaabwe. Naye kyandibadde kirungi okulaba nti abaana baffe basooka kuzimbirwa misingi migumu egibasobozesa okwawula ekirungi ku kibi nga tebannava ku bazadde baabwe. Newankubadde kino kiyinza obutasoboka ku buli muntu, abazadde bandifubye okulaba nti abaana baabwe gye bagenze okugaziyiza endwooza zaabwe eriyo enkola egatta ku misingi gye bamaze okusimira ezzadde lyabwe.

Okugeza wano mu Bunegereza tulina ebibiina eby'enjawulo gamba nga Okusinza mu Luganda, Uganda Martyrs Catholic Community, Uganda Muslim Council, SDA North and South London Luganda Churches, Twegatte n'ebirala bingi. Ebibiina bino birina bingi bye bisobola okugatta ku ndwooza z'abaana baffe ate nga nabyo bwe bitendeka abaana baffe kiba kyongerayo emirimu gyabyo mu maaso. Awatali kukola bwe tutyo, ebibiina bino byonna byandikoma ku mulembe gwaffe aboogera Oluganda kati. Ate nga kino kisoboka kubanga tukyalemeddwa okwagazisa abaana baffe ebyo bye tutwala ng'ebikulu mu buwangwa bwaffe era emirundi mingi bwe tuba tugenda mu bibiina nga bino abaana baffe tubaleka waka. Awo tubasuubira tutya okutuddira mu bigere?



KISOBOKA

Bya Mwami Kevin Kisaakye Ssentongo



Mwami Kevin K Ssentongo

Ezimu ku ndwadde ezisinga okubonyabonya abantu naddala abagwira ababeera mu nsi ez'abeeru, kwe kwewunika oba okwekyawa, kiyite 'stress' oba depression.' Endwadde ezo zibonyabonya nnyo abantu, naddala abaddugavu, mu ngeri nnyingi ne batuuka

n'okufa!

Kale nno, banaUganda olw'okubanga be bamu ku bantu abaddugavu, ennyimbe ezo be zisinga okutawanya, baali tebafaayo nga buli omu yekolera bibye, ky'oyinza ogamba nti 'zirindaba olwange...'

Naye olunaku olumu lwakya, bannaUganda abo nga balina webakunjaanira ewa Richmond, baakizuula nga bannaabwe bangi baali tebakyalabikako mu bifo mwe baali basisinkana ate nga olumu bawulira buwulizi nti gundi ali ku ndiri ate oluusi ne babikirwa bubikirwa nti munnaabwe gundi baamusanze afiiridde mu buliri!. Kale no baatandika ekirowozo eky'okunoonyanga bannaabwe ababa tebakyalabikako. Kwe kutandikawo enjombi egamba nti, **ffe ffekka tusobola okwenunula mu buzibu buno nga tetukubidde nduulu bantu b'amawanga malala** gamba nga bannansi ba Bungereza.

Olwo ekibiina KISOBOKA ne kitandika mu ngeri ya kisaazisaazi. Baatandika okunoonya bannaabwe abaali tebakyalabika. Be baasanga balina ebizibu, bababudabudanga mu by'ensimbi, obujanjabi, eby'emirimu n'embooji ezibudabuda.

Embeera yagenda ekyuka mu bantu n'okutwalira awamu bannaUganda ababeera mu London era kati abasinga bali bumu. Kajjampuni yabalagala mu bbwa, ekirwadde ki Lumiimam-awuggwe" Covid 19", bwe kyalumba ensi. Wano KISOBOKA weyalagira obusobozi 'n'obuntubulamu obuli mu bannaUganda.

Okwaniriza Omwaka, mu East London 29 Gattonya 2022



KISOBOKA

Bya Mwami Kevin Kisaakye Sentongo

Baafaayo nnyo mu kujjanjaba bannaabwe n'okubalambula awamu n'okubabudaabuda. Kitalo nnyo nti bannaUganda bangi baafiirwa obulamu bwabwe bambi wewaawo ssi bonna nti baafa Lumiimamawuggwe wabula mwalimu endwadde endala ezaabatondola. Abantu bano baafuba nnyo okusonda ssente ez'okuzaayo emibiri gya bannaabwe ku butaka eUganda, ataali omu oba babiri naye baali bawerako sso nga ate abamu baali baalaama kubaziika ku ttaka lya Bungereza era nazo baazisonda okulaba nga bannaabwe bawummula bulungi mu mirembe. Ensonga yakolebwako bulungi nnyo MunnaKISOBOKA, Mukyala Pauline Najjuma.

BannaUganda bano aba KISOBOKA tebatunuulira bya nnaku byokka wabula n'eb'y'essanyu, bakusonderako n'otuukiriza ky'otegeka. Ekyewunyisa tebalina nsawo eryawo nti yansibo, wabula basondera awo ensonga wegidde, kwegamba bayite, WEKIGWIRAWO, WEKIGWERA!

Balina omukutu ogwa WhatsApp, y'empuliziganya yaabwe, bateseza okwo ebizimba obulamu, okwewa amagezi awamu n'okusaagasaaga okwegyako ekyobeera ate olumu bakunjaana ne beewaamu eby'okulya n'eb'y'okunywa n'okubaganya ebirowozo.

KISOBOKA ebiseera ebisinga eddukanyizibwa abantu basatu:

- 1 . Mwami Kevin Kisaakye Ssentongo - Ssentebbe +44 7454 899949
- 2 . Mwami Hassan Kabanda - Amyuka Ssentebbe +44 7402 304399
- 3 . Ssalongo Jowansky Muwonge - Muwanika.

KISOBOKA, byonna by'etuuseeko, ebisobodde naye era kati erina okusoomozebwa.

1. Okwewandiisa mu butongole ng'ekibiina ekya Nnakyewa. Kino kibe nga kikisobozesa okusakira ba Mmemba baakyo wamu nakyo okweyimirizaawo.
2. Okufuna woofiisi entongole we basobolera okukolera ku nsonga za ba Mmemba era n'okutereka ebiwandiko n'eb'yafaayo by'ekibiina.
3. Beetaaga okukola omutimbagano (Website) okusobola okumanyika mu nsi yonna.

Kale twebaza nnyo abasobodde okubeezaawo

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FK_EVENTS works with other events' managers and the Ugandan UK community groups to promote entertainment and well-being. FK_EVENTS extends its invitation about Ugandan events to other country based communities in the Diaspora.

Among other events we have an annual All White Boat Party cruise on the London Thames River. This year's event will take place on Saturday 27th August 2022.



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Lwamukaaga 09/07/2022 | 9.00am - 3.00pm (UK) | 11.00 am - 5.00pm (UG)



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**Ekikaakyo bwe kiba tekinnafuna Mubaka tuukirira
Omukubiriza Ssaalongo Geoffrey Kibuuka
ku ssimu eno: 07946 739 670.**

Ekisaakaate kya Nnaabagereka (UK)

3-4 June 2022

In 2019, Nnaabagereka Sylvia Nnaginda relaunched Ekisaakaate kya Nnaabagereka UK (previously launched in 2015). The 2019 programmes took place in South London and in Manchester. The plan was to hold Ekisaakaate on an annual basis but then the world was hit with Covid-19 pandemic, like so many aspects of our lives, the programme was put on hold.

Due to uncertainties that surrounded the return to 'normality', the organising committee decided that we hold a two-day virtual Kisaakaate for 2022.

We would like to thank all the those who took part (Abasaakaate) in this year's Kisaakaate (UK) programme and all the volunteers (Abagunjuzi) for giving up their time to give talks and to run the following sessions.

Preparing Kiganda Food (Okutegeka Emmere Enjanda) – In this session, Nnaalongo Justine Nalubwama & Mrs Hope Nakaweesa Kabugo taught participants how to prepare kiganda dishes from taking them through all the processes of kuwaata emmere, okugisiba, okugifumba n'okugijjula wamu n'okutegeka oluwombo.

Art & Craft (Eby'Emikono) - Richard Ntege taught about preservation of the environment, making music and music instruments (Okukuuma obutonde bw'ensi, eby'ennyimba n'okukola ebivuga).

Career Development (Okwetegekera Okukola) - Edith Namugga Kaggwa taught about how personal development starts in the home school before it is sharpened in external educational institutions. We learnt that education received at home is that which helps a child to compete with the best and thrive in life.

Financial Intelligence (Eby'ensimbi) - Ssaalongo Geoffrey Kibuuka taught participants as young as 5 years of age how to manage their finances - a subject that is not commonly taught in schools. Some of the learning outcomes were an insight even to the parents such as helping a child to build a financial track record by paying some of the household bills and many more.

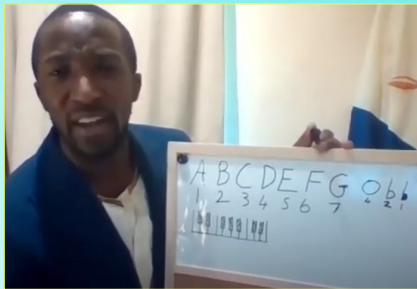
Knife Crime (Ettemu ly'obuso) - Richard Ntege emphasised that knife crime mostly affects the black African communities in the UK. Participants were reminded the importance of communication and having healthy relationships within the families, creating an atmosphere where children can share challenges faced outside of the home.

The Impact of Covid-19 on Mental Health (Engeri Ssenyiga Lumiimamawuggwe gy’akosezaamu abantu baffe) - Baker Kiyingi and Mr William Nkata highlighted how the crisis of the lockdowns has impacted young lives both in positive and negative ways. Much emphasis was put on mental health and wellbeing and how families should pay more attention to dialogue and creating spaces for communication through ‘Muzzanjanda’.

Personal Hygiene (Okweyonja) – Mrs Elizabeth Ntege taught participants on how to look after themselves from head to toe; the hair, the eyes, the teeth, the armpit, body hair and nails. The bed and small clothes, the skin and beauty.

In his closing remarks, Dr. Jeff Sebuyira Mukasa - Chairman of Nnabagereka Foundation commended the efforts the participant, parents and the organising committee put in for organising Ekisaataake (UK) 2022. He remarked that it gave him great pleasure to see that Richard Ntege – an Alumni (Naliyo) is now a key person in organising Ekisaakaate.

Dr Sebuyira Mukasa delivered greetings from Her Royal Highness Nabagereka Nnaginda and a message to say the HRH Nnaabagereka was very happy that the fire that was lit in 2015 Ekisaakaate kya Nnabagereka (UK) is still burning and hoped that we will have many more camps to benefit Ugandans living in the UK.





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Tukusaba owagire omulimu guno nga ossaamu ebirango, amawulire era n'ensimbi okutusobozesa okukubisa *Essengereza* mu kyapa.

Akatabo kano kafuluma buli mwaka. Tweyanza nnyo obuwigizi bwammwe.

Kozesa Account ya Sitegedde Foundation.



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