



Theresa is a grandma who has twelve grandchildren. She doesn't just see them in the school holidays though - she looks after them all of the time! One of Theresa's daughters died of AIDS, leaving her to look after the children with her other daughter. Twelve children is a lot for a 68 year old to manage, because each child needs food, shelter, clothes and school fees. For many years this was simply too hard for Theresa and her husband, Kobwemi, to provide. The children would often have to go to school without any breakfast or lunch and no shoes.

In 2001, Theresa was chosen to receive a cow from Send a Cow. The family was overjoyed and loved the cow, naming it 'Rose'. Rose provided two calves: one to pass on to someone else who is needy and one bull calf, which they sold to buy a new roof. Rose doesn't just provide calves though. She also gives the family much needed milk, as much as 10-15 litres a day. Another thing Rose gives are cowpats! These add up to make a manure fertiliser, which is great for the soil. By using manure, the family has doubled, or trebled the amount of vegetables they have grown on their land.

They now grow plants like: onions, carrots, tomatoes, potatoes, pumpkins, coffee and peppers. Growing so many different things and drinking milk means the family has a very varied diet, making them much healthier. Now they are digging new plots to grow even more vegetables for the family. Soon they will be able to make money by selling some of the produce in the local town of Danda in southern Uganda. Theresa is overjoyed!

'I love the cow,' says Theresa, 'she is a precious member of the family and will help pay for school expenses, medicine, clothing and shoes for the grandchildren.'

# Their cow has helped the whole family.



*Theresa and Kobwemi can now look after and feed all of the children.*