



Recently, we had the real privilege of visiting Uganda with the amazing charity Edukid. Between us, we bring over 50 years of experience working in mental health and with children. We travelled with hopes and expectations for what the visit might hold, yet it is safe to say that our experience exceeded anything we could have imagined. It was, without doubt, a truly inspirational and life-changing trip for us both.

Edukid's work in Uganda is grounded in a deep belief that education is a long-term, sustainable route out of poverty. Their mission goes far beyond short-term support; instead, they work alongside communities to remove barriers to education and empower children and young people to build meaningful, independent futures. This ethical, community-led approach was evident in every school, project, and conversation we encountered.

As we visited schools and community settings, we were struck by the reality that material resources were often in short supply. However, this scarcity stood in stark contrast to the extraordinary richness of human connection we experienced. Everywhere we went, we were met with warmth, generosity, and joy. The welcome we received from children, families, teachers, and professionals was deeply humbling and left a lasting impression on us both.

One of the most powerful examples of Edukid's values in action was the Bonga Girls Programme, which supports out-of-school girls and young women who have missed education due to early marriage, teenage pregnancy, poverty, or lack of family support. Meeting young women connected to this programme brought its impact vividly to life. Their confidence, pride, and hope demonstrated what becomes possible when girls are offered opportunity, dignity, and belief rather than limitation.

A particular privilege for us was the opportunity to meet directly with young people and their teachers to begin exploring the subject of mental health — an area that is still a relatively new concept in Uganda. These conversations were approached with openness, curiosity, and courage. Being able to gently open dialogue around emotional wellbeing, while listening and learning alongside students and educators, felt profoundly meaningful and deeply moving.



Through these experiences, Edukid’s systemic way of thinking became especially clear:

“Give us a hook, not a fish.”

This philosophy was reflected throughout their work. Rather than creating dependency, Edukid focuses on equipping individuals and communities with the skills, confidence, and foundations needed to sustain change long into the future. Education becomes the “hook” — empowering young people not only to survive, but to thrive.

On a personal level, this visit had a profound impact on us both. It challenged assumptions, reshaped perspectives, and reaffirmed why this work matters so deeply. The joy, resilience, and hope shown by the children, families, and professionals we met will stay with us for a lifetime. Despite significant challenges, there was an overwhelming sense of possibility and belief in the future.

Importantly, this visit strengthened our commitment through EPIC Solutions to continue building this relationship with Edukid. EPIC is committed to developing opportunities for future collaboration, shared learning, and further visits, ensuring this connection continues to grow in thoughtful, ethical, and meaningful ways.

Witnessing Edukid’s mission and values in action was both professionally and personally transformative. We return from Uganda deeply grateful, inspired, and committed to continuing to support this remarkable work.

Tracy Cole and Vicky Hill



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