



CONCEPT NOTE FOR THE CONSTRUCTION OF A NEW RURAL BASKETBALL COURT AT GAMBA VILLAGE, NAKANJA HILL, BUIKWE DISTRICT IN UGANDA.

Introduction:

The **GrassRoots Ministry (GRM)** is a Ugandan-registered rural non-profit driving socio-economic transformation through tech training, empowerment, climate-smart agriculture, research, and knowledge sharing. Founded in 2020, GRM envisions a prosperous, self-sufficient rural Uganda where youth are equipped with skills and resources to lead change. What began as one social entrepreneur's dream has grown into a dynamic team of five, delivering tech training, rural empowerment programs, research, and advocacy. GRM's team—primarily young innovators—challenges traditional rural development narratives, leveraging technology as a transformative tool to shift mindsets, influence policies, and empower communities through creativity and action.

Construction of a Basketball court at Gamba Village in Buikwe District:

Promoting Physical and Mental Health Among Rural Youth Through Sports.

1. Introduction

Sports play a vital role in fostering physical health, mental well-being, and social cohesion, especially among youth in rural communities. In Buikwe District, Uganda, many young people lack access to proper sports facilities, leading to increased idleness, substance abuse, and poor mental health. The construction of a basketball court will provide a safe space for youth to engage in physical activity, develop teamwork skills, and nurture a love for the game while improving their overall well-being.

2. Problem Statement

Rural youth in Buikwe District at Gamba village face numerous challenges, including:

- **Limited recreational facilities** – Many villages lack proper sports infrastructure, leaving youth with few constructive activities.
- **Rising health concerns** – Physical inactivity contributes to obesity, poor fitness, and non-communicable diseases.
- **Mental health struggles** – Unemployment and idleness lead to stress, depression, and substance abuse.
- **Lost potential** – Many talented youth miss opportunities to develop their basketball skills due to lack of facilities.

A basketball court will address these issues by promoting an active lifestyle, fostering talent, and creating a positive community hub.

3. Objectives

- a) To construct a standard basketball court in Buikwe District to encourage physical activity among youth.
- b) To promote mental well-being by reducing idleness and fostering social interaction.
- c) To nurture basketball talent and provide opportunities for local competitions.
- d) To create a safe and inclusive space for community engagement.

4. Expected Outcomes

- a) Increased participation of youth in basketball and physical fitness activities.
- b) Improved mental health through sports-based stress relief and teamwork.
- c) Enhanced community bonding through sports events and tournaments.
- d) Discovery and development of local basketball talent.

5. Target Beneficiaries

- **Rural Youth (Ages 10-25)** – Primary beneficiaries who will use the court for training and recreation.
- **Schools & Local Teams** – Teachers and coaches will utilize the facility for training.
- **Community Members** – Spectators and families will engage in sports events.

6. Budget Estimate

Item	Quantity	Unit Cost (UGX)	Total Cost (UGX)
Land leveling & excavation	1 site	6,000,000	6,000,000
Concrete flooring (30m x 18m)	540 sq.m	14,500,000	14,500,000
Basketball hoops (2)	2	2,000,000	4,000,000
Fencing (chain-link)	100m	40,000	4,000,000
Painting & markings	1 court	1,200,000	1,200,000
Labor costs	10 workers	500,000	5,000,000
Miscellaneous (nets, benches, etc.)		1,000,000	1,000,000
Total			35,700,000

(Approx. \$9,900 USD at current exchange rates)

7. Sustainability Plan

- **Community Ownership:** A local sports committee will oversee maintenance.
- **Fundraising Events:** Basketball tournaments and local contributions will support upkeep.
- **Partnerships:** Collaboration with schools, NGOs, and sports bodies for long-term support.

8. Conclusion

The construction of a basketball court in Buikwe District will significantly improve the physical and mental health of rural youth while fostering community spirit and talent development. We seek support from donors, local leaders, and well-wishers to make this project a reality.

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