

## A note from the **Country Director**

Welcome to the 10th issue of our News letter. In this issue we share highlights of some key activities implemented in the third quarter, April – June 2016.

In this quarter Amref Joined the rest of the Country to support and participant in the kick Fistula out of Buganda by taking part in a Marathon Run on April 08th , 2016. This event was organised by the Buganda government and 16 staff members took part. Join me to congratulate the team for being part of this noble cause.

Amref Health Africa took time to join the rest of the world to celebrate the International Midwifery day on 5th May, 2016 and in the same month we did celebrate the European Day that was held on May 9th, 2016 and the International Fistula Day on 23rd May, 2016. We were able to take part in medical fistula out reach in Arua



referral hospital and show cased our work at the national celebration in Arua District.

This quarter has seen us accomplish development of our Business plan it has been an exciting and fulfilling exercise that built our capacity and also created ownership of the targets we have set for the Country Programs.

We will keep you updated on the Program highlights every quarter to ensure you are part and parcel of this growing and glowing organisation.

I take this opportunity to appreciate our funders who make the work that we do possible.

Enjoy this 10th e-News letter .

**Abenet Lyekun Berhanu**  
**Country Director**

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# Kabaka Birthday Run

Amref Health Africa Staff participate to create awareness and raise funds for fistula repairs.

On Friday April 8, 2016, Amref Health Africa made a contribution to the Kabaka of Buganda's Birthday run of Ugshs 2,000,000 in an effort to raise funds for benefiting women suffering with fistula.

Amref Health Africa has championed the prevention and treatment of fistula in Uganda and Africa over the last 3 decades. Obstetric fistula is a hole connecting the bladder to the birth canal through the urethra caused by prolonged or obstructed labour. In the last one year, over 500 women's lives in the regions of West Nile, Eastern and Northern Uganda have been changed after benefitting from the free fistula treatment including supporting their reintegration into their communities. Amref Health Africa's participation was to demonstrate commitment to improving lives of women and children in Uganda, as well as showing our solidarity with the Buganda Kingdom and other stakeholders in this noble undertaking.

Amref's contribution was presented to the Buganda Kingdom through Owek. Henry Kiberu



**The Katikiro shaking hands with Amref staff**

Sekabembe – Minister of the Youth in Buganda Kingdom by Dr. Martin Ruhweza – Deputy Country Director. The hand over event for the funds contributed towards the Kabaka Run was held at the Amref Uganda Country office where several staff were in attendance.

On Sunday 10th April. At 6:00a.m Kabaka Ronald Muwenda Mutebi II, flagged off the Marathon participants who attended the event in big numbers Running past the kingdom's historic sites like Bulange, Kabaka's lake and the Royal Place.

After the marathon, while inspecting several organisations, and private sector companies that participated in the marathon, the Katikiro of Buganda recognized Amref Health Africa for its continued support and generous contribution to the Fistula fight. The team had a photo opportunity with the Katakiro.

19 participants, 8 ladies and 11 gentlemen represented the Amref Health Africa family during the marathon. "The Fight against Fistula will continue, many people are now enlightened about Fistula and many women are seeking professional medical interventions. No woman should suffer of such abnormalities in this era where medical interventions are available.



**Amref staff and other runners congratulating each other at the finishing line.**

# Water Sanitation and Hygiene project

brings a spring of life to school going children in Lamwo District.

In the month of April 2016 Amref Health Africa visited a project in Lamwo district that was closed in March 2016. The Project that was fully funded by Jersey Overseas Aid Commission (JOAC) in the UK has made a huge difference in the lives of many children and more.

This project sought to improve access to water, sanitation and hygiene facilities in 20 primary schools in Northern Uganda.

The project provided sanitation facilities and bath shelters for girls to change in privacy during their menstruation period. The Girls were also given special guidance in management of menstrual Hygiene and maintaining a clean environment at all times to avoid diseases. The project has also worked towards improving sanitation and hygiene awareness and practices among 10,000 children in 20 primary schools.

It has increased sustainable access to clean water and appropriately designed gender equitable WASH facilities among 10,000 children in 20 schools.

This project has also increased local capacity, skills and knowledge to manage school facilities and create safe and health school environment.



**Melanie Coyne from Amref UK with Programme Manager WASH - Hajra Mukasa interviewing one of the pupils from a school that has benefited from the JOAC Project in Lamwo District**

UK technical support staff Melanie took part in the project team visit and gave her insight on the project's contribution. She highlighted the need to sustaining the facilities that has been handed over and also hoped that the team will keep the environment clean even when no one is watching.

Later in the day the newly constructed toilets were handed over to the Head teacher. The school Health club entertained the guests with their poems and songs.



**Pupils wash their hands after using the newly constructed sanitation facility constructed by Amref and funded by JOAC**

The children were excited to show case what they been achieved so far since the project started.

To date Construction of sanitation facilities; Provision of hand washing facilities; clean and safe drinking water, Construction of rainwater-harvesting tanks; and distribution of garbage collection containers in schools has been completed and it is now up to the school members and management to sustain the place hygienically.

# Sanyu Lya muzadde project

Setting the Advocacy Agenda  
 Funded by **COMIC RELIEF UK.**



**DHO Nakaseke sharing about the partnership between Amref and the district during a support supervision by the district.**

Service Providers, Village Health Team members, community representatives and Amref Health Africa project staff worked to identify the MNCH gaps in the districts, the gaps were broken down into manageable and definable chunks to enable a clearer prioritisation of factors and helps focus objectives.

During the meeting it was clear that some of the problems are interconnected others even have contradictory causes. This was the first step in finding win-win situations.

The participants were able to identify the districts' issues and arguments, which helped establish who and what the political actors and processes are at each stage.

**Sanyu lya'muzadde...Project** A name derived from the Project goal that seeks

to Improve Maternal, New-born & Child Health Services in Kyankwanzi & Nakaseke

The Four Year Comic Relief (UK) funded-MNCH project seeks to improve maternal and child health outcomes in the Districts of Nakaseke and Kyankwanzi by supporting Districts and Communities to identify and implement lasting health changes to uplift the welfare of women and children in the project districts.

This project is implemented through existing district interventions in line with leveraging services for women and children in the project communities and also explore new and Conventional approaches and efforts to promote the welfare of mothers and children.



**A participatory workshop as district members set the advocacy agenda**

They were able to establish whether further information, evidence or resources are needed to make a strong case or build a convincing solution for the issues raised. They also identified present issues with out dwelling on future or past issues. This process of analysis with the stakeholders built a shared sense of understanding , purpose and action.

The **'Sanyu lya'muzadde' project** is a unique project, which uses evidence based and research driven approaches to improve the quality of Maternal, Neonatal and Child Health services in the Project Districts.

In the month of April 2016 the project rolled out activities that will drive the advocacy agenda. Meetings were held consecutively in the two districts of Nakaseke and Kyankwanzi respectively. During the meetings District Leaders, Health



# Amref Health Africa celebrated the **midwifery day** in Style.

Amref Health Africa took time to join the rest of the world to celebrate the International Midwifery day on 5th May, 2016. Sharing a success story with the world.

"I graduated with a Certificate in Midwifery back in 2009, and started work immediately," Namugumbya, who hails from Masaka, says. At the certificate level, the soft spoken midwife argues, she did not have quite the grasp she has now. "I knew I wanted to go back to school, but I did not have money, and did not even know where to start from to find the money," she says in a whisper. Little did she know that a radio advert, barely four years later would solve her dilemma, and quench her thirst for knowledge!

It was 2013 when Namugumbya had of news of a chance at a sponsorship, by Amref Health Africa. With the encouragement of the Principal Nursing Officer Namugumbya applied. she got the sponsorship that was fully funded by a grant received from Grand Challenge Canada through an ongoing project that sought to save lives at birth. The joy in her voice is that of a person whose fate bore hope.

The E-learning project gives an opportunity to midwives to study, but continue working at their given stations. Which to Namugumbya was actually the most exciting. Many of the midwives give up upgrading with a fear of being away from work for two years and thus face the challenge of having no income.

This program gives students an opportunity to study for six weeks per semester and then report back to their stations and continue studying through a hands on mentorship program with the Sister in charge of the maternity unit.

Amref's goal here is improvement of service delivery, and contributing

to factors that should improve service delivery. The program goes beyond beneficiaries like Namugumbya. Nurses and midwifery institutions have been equipped with ICT infrastructure and tutors have been oriented about the eLearning program.

Amref Health Africa believes that these strides should immediately contribute to improving the medical capacity through Human Resource upgrading, thus saving the lives of mothers and babies.

Amref Health Africa developed a mobile phone application that enables these midwives to access books, papers, recent research, discoveries this has contributes to reduction of costs in buying text books, passing of exams and also real time guidance when faced with a challenge while conducting child delivery.

On a daily basis, these tutors become teachers and as they go about their day to day work, they also monitor and teach the students, what looks like a long distance programme is actually a day to day class, only this time the practical are more.

Namugumbya Assumpta was among the best students, she graduated with a diploma in Midwifery and she continues to practice in Kabale referral

Hospital. "I can deliver complicated pregnancies, in fact, I can tell that a mother is going to have a complicated pregnancy!" she boasts. "Where necessary, I will Google the problem, understand it in a few minutes and save a mother's life." She is proud of herself, but mostly grateful for the opportunity given to her by Amref health

Africa! The was worth celebrating in commemoration of the Midwifery Day –May 5th .



# European Day

## Amref Health Africa Joined the European Union Community to celebrate their day on May 9, 2016.

This year Amref Health Africa chose to celebrating the European Day by appreciating European Union's funding to the Water and Sanitation Projects in Kawempe and Northern Uganda.

During the week starting 1st to 7th May, 2016 we shared our gratitude on the National television and also attended the European Day Reception that was hosted by the European Delegation H.E. Ambassador Kristian Schmidt.

To date Amref Health Africa has Constructed 22 appropriate sanitation facilities at schools, market places and public places which are gender sensitive, provided 44 hand washing facilities in schools and public places. Construct rain water harvesting tanks in 20 schools and 891m of storm drainages and soak-pits.

Amref health Africa did procure and distributed 13 garbage collection containers, Provided 02 demonstration sites for garbage management at community level, Facilitated extension of water grid to 04 underserved areas and institutions and Piloted small-scale motor bike (UGAvacs) equipped cesspool emptier.

In this project we have created awareness and trained communities on economic reuse of waste. Procured and provided 20 sets of PHASE kits to School Health Clubs and Supported pupil and teachers in 20 schools to implement sanitation initiatives. Amref Health Africa has also Facilitate training of the girl child in appropriate personal hygiene practices. Supported 20 schools to participate on key events during relevant days such as world water day, sanitation week

Trained 75 Community owned resource Persons

in sanitation promotion and conduct orientation training for 20 Health Inspectors / Health Assistants on urban sanitation improvement. Amref has also Conducted training of women groups on IGAs – reuse of waste. Currently Our Project team is conducting an operation research on urban sanitation. Amref Health Africa continues to Create awareness, training pupils, teachers and the community on proper garbage disposal, which had been done to sustain



**Pupils of Pece Primary School in Gulu District posing for a photo in front of the EU constructed Water-Borne toilet**

the sanitation standards in schools supported by the European Union (EU)

We have also been able to document EU WASH activities in celebration of the EU Day a short clip was shared on electronic media during the EU week. We have witnessed great improvement in water and sanitation in the communities we work in and shared Success stories and human interest articles derived from the work we do.

It is on this basis that we dedicated this day to appreciating our Funders European Union and Amref Health Africa in Netherlands. With out their support and that of our stakeholders none of these could have been accomplished.

# Touching Lives of Women and Girls suffering from Fistula by offering free surgery

The International Obstetric Fistula day was commemorated On 24th May, 2016 at Arua Boma Grounds in Arua district with calls to improve and increase awareness about the condition.

The event characterised activities including exhibitions by partners taking part in the 'End Fistula in Uganda' campaign among them Amref Health Africa among others.

Minister of State Dr. Sarah Opendi graced the occasion as the chief guests at the celebrations. She was accompanied by Commissioner in charge of clinical services Dr. Jacinto Amandua, Dr. Edison Muhizi of United Nations Fund for Population among other dignitaries.

Uganda currently ranks third in the countries with the greatest obstetric fistula cases in the world as per the World Health Organisation (WHO) rankings. There are over 200,000 cases of women living with fistula in the country with close to 2000 cases registered annually.

Charlotte Ayiorwoth a teenage mother who was rescued from the villages in Arua through Amref Health Africa's mobilization for surgeries for women and girls with that condition was given an opportunity to share and express

herself while giving an account of her fistula experience.

Charlotte is among the many beneficiaries of Amref Health Africa with support from MCAuthor foundation that have gone through surgery and integrated back in their communities with dignity. To date Amref Health Africa has been able to undertake 356 surgeries against the project target of 466 repairs in the districts of Gulu, Kitgum and the rest of Lango Region our Methodology is two faced we hotel specialist Out reaches and we also orient District people and we carry out community sensitization which highlights the health problem and with the information we provide women are able to seek free fistula repair services in gazette health facilities.

Dr. Odor Emmanuel the Senior surgeon at Arua referral Hospital informed Amref team that unless women make an effort to deliver babies under skilled medical professional this problem of Obstetric fistula will continue to prevail. His message is in tandem with Amref Health Africa's vision of every woman gives birth under the watch of a skilled and professionally trained midwife.

## International Fistula Day Celebrations in Pictures ....



**Amref Joins the World to celebrate the National Fistula Day**

## International Fistula Day Celebrations in Pictures ....



**Fistula Day- Acting Amref Communications Manager welcoming the Minister of State to the Event as part of the Welcoming Team**



**Fistula Survivor giving a testimony during the International Fistula Day**



**The State Minister for Primary Health Care hands over Uganda Public Health Protocols to the district leadership in Arua**



**A patient and nurse smile after a successful fistula repair during the AMREF supported camp.**



**The Project Manager in charge of the Fistula Management in AMREF visits patients at the Arua Health Referral Hospital during the Fistula Medical Camp**

# Supporting each other .....

.....under one Amref Health Africa Vision

Through technical Support supervision, Monitoring and Evaluation by some of the Directors and Technical leads from Amref Health Africa Headquarters we are able to align our work to Amref Health Africa global strategy.

Towards the end of May 2016 ,Amref Health Africa in Uganda to hosted the Chief Program Officer and Director Business Development Unit Dr. Festus Ilako spent time with the Senior Management team sharing insights on the future plans of Amref Health Africa as well as holding discussions with the team giving an insight on Amref Health Africa's future plans and the direction the organisation is taking.

Informing the team that our plans and work should align with the global Amref health Africa selected SDGs 3 Good health and well being, 5Gender Equality ,6 Clean water and Sanitation and 17 Partnerships for the goals.

Together discussions were held on Business development, status of the Country office and later he was given a tour of the Uganda Country office.

In the month of June Amref Health Africa in Uganda also hosted the Head of Monitoring and Evaluation Mr. Nzomo Mwita and The Programme Manager Reproductive Health and Family Planning Dr. Shiphrah Kuria who provided technical support and guidance to the Project teams implementing the RHITES project in South western Uganda.



**AMREF Health Africa in Uganda senior management team in discussion with the chief programme officer Dr. Festus Ilako during a recent visit to Uganda**



**The Technical Team of Amref meets with a nurse at a health Centre in South Western Uganda where they were providing technical support.**



**The Country Director EGPAF in discussions with AMREF Health Africa Technical team during the support supervision visit to the Rights Project in South Western Uganda.**

# International Conferences - Update from the **Women Deliver Conference** held from 16th to 19th May 2016

Amref Health Africa has a strong Presence at the Women Deliver Conference in Copenhagen , Denmark.



**Representatives of the Amref Health Africa at the Women Deliver Conference in Denmark**



**On the right is Dr. Githinji Gitahi, the the Group CEO of Amref Health Africa at the Women Deliver Conference**

Amref Health Africa in Uganda was also represented by Dr. Patrick Tumusiime Kagurusi our Acting Deputy Country Director who is also the Technical Lead for Maternal and Child Health at Amref Health Africa.

The Conference discussions were oriented to the fact that “when we invest in women and girls every body wins”.

Over 5,7000 delegates from about 169 different countries gathered to discuss , engage in and push the agenda forward on how to make the sustainable development goals matter for girls and women.

This is because sustainable development is possible only when girls and women are healthy and thriving.

At the conference much was said but most importantly it was clearly stated that women deliver so much more than babies . they deliver for themselves, their families , their communities and their societies.

Amref Health Africa believes that when we invest in the well being of women, girls and children there is a ripple effect and every body wins.

Amref Health Africa had held a strong presence at the Women Deliver conference and the World Health organisation summit. We tell this story using photographs.

*Shared by Dr. Patrick Tumusiime Kagurusi Technical Advisor Maternal and Child Health- Amref Health Africa*