



END OF MARCH CBHC MONTHLY REPORT 2016.

During the month of March we managed to do the following home visits and activities.

Total number of home visited = 14

Total number of activities done =09

On 02/03/2016, George, Antra and Hellen made a home visit to Isingoma Joseph of Katumba after Joseph's mother came at YAWE offices expressing deep concerns about how life seems to be so challenging at home. She has to go and work at the same time take Joseph to school come back to pick him in the afternoon again reports back to work leaving Joseph alone at home. She cannot afford to get a house maid since she earns very little from her monthly salary an equivalent of 60,000/=UGX which is even not enough to meet her family needs. Antra through her friends back home promised to find away on how Joseph can be taken to special class school so that the mother can feel better in one way or the other.

On 08/03/2016, it was caregivers day, it was success and here is a full report on what transpired throughout that day.

CAREGIVERS DAY REPORT HELD ON 8th MARCH 2016.

Introduction.

Caregivers day is a day when parents and guardians of children living with disabilities come together and share experiences concerning their life successes and challenges through discussions and topics conducted about taking good care of their children.

YAWE CBHC decided every after three months(quarterly) to have a caretakers day and in this year of 2016, we managed to have our first one on 8th of March which was again a national women's day in Uganda.

Objectives.

- To find out basic skills in helping caregivers interact with their children in different skills of life.
- To learn how caregivers can make their children be physically comfortable, clean, safe and well fed through health education and providing some nutritional support.
- To improve caring for the disabled children get much easier and more enjoyable to those who are directly involved in their care.
- To do everything possible on improving their mobility.
- To assess possible interventions for better health among special needs clients.



Methods used.

- Discussions
- Asking questions and answers.
- Testimonies

A total of 9 caregivers all females turned up for the occasion. Michael and Gilbert gave welcoming remarks and congratulated the women upon reaching their Women's Day Anniversary. Among the other guests who attended were Antra a German volunteer nurse, Nadine an Austrian social worker student, Isolde a volunteer nurse from Austrian, Danielle from US, Vera an Austrian Ipsum trainer.



It was followed by a simple communication from Vera about Ipsum project intentions to train caregivers in picture dialogue. Vera encouraged caregivers to use that opportunity in telling real stories about their lives.

At exactly midday caregivers were welcomed to have a brief talk by sharing their life experiences. Abwooli Jennifer on behalf of other caregivers extended her deep appreciation to YAWE for the support rendered to their children. They also expressed greater concerns about how challenging it is to look after these children because sometimes they need much attention hence making them stay home failing to work and earn a living for the family. It was clearly pointed out how fathers of children living with disabilities have neglected their roles and duties of taking good care of their children. In addition couples have separated, families rejected and children mainly left with their mothers or grandmothers alone.



Michael a project manager of Toci organization introduced a topic discussion about gender roles in supporting children in special needs project. Women in the disabled care program had expressed greater concerns about men neglecting their responsibilities of taking good care of their children. This was evidenced by one caregiver who shared about the separation which occurred between her and her husband and there was complete cut off of support from the man's family. This created enmity between the two families and has caused serious challenges to the mother in looking after the child. The mother narrates how she can not leave home to go and work since her child needs special attention and a close eye as sometimes he moves away from home and go missing a number of times.

Another mother also pointed it out clearly that his husband no longer cares about the life of his child and the mother has to go through a lot of hurdles to meet the basic needs for the family. However one mother gave a story about how she separated from his husband and got married to another man who is so supportive. Every time her child gets sick his newly married man tries his level best to provide care in form of support. She is happily enjoying her marriage.

We went in for a lunch break where all caregivers and YAWE staffs were served one equal meal. It was fun that at some point the men had to serve some women food since it was their day. The meal was escorted with a bottle of soda and everyone atleast ate to his or her satisfaction.





Michael summarized the gender roles topic and encouraged the mothers to always harmonize conflicts that break up among their relationships by inviting dialogues.

Again Michael introduced another topic about income generating activities among the mothers and caregivers of the children living with disabilities. He emphasized the caregivers to get some income generating activities to do in their homes and utilize the skills training programs given at YAWE in tailoring, hair dressing and knitting. He also encouraged the caregivers to start up savings and credit schemes that they can easily borrow and save money without paying high interests for economic empowerment purposes. One caregiver shared on how she makes crafts to sustain her family, another one sells fresh vegetables and fruits, the chairperson caregivers association makes clothes and sells them to the local and foreign markets.



After the discussion the caregivers had got some gifts to give to the two good friends Antra Abwooli and Nadine Atwooki who had supported their children with goats for life and some other social needs. They brought their gifts and happily requested Antra and Nadine to receive them which they did with a lot excitement and smiling faces.



Mr. Akora George William came in next to make closing remarks but also supplemented on the income generating activities by encouraging the mothers to unite and form savings and credit schemes as there is much hope to be given revolving fund to boost their income and they become economically empowered. He extended his sincere deep appreciation to the caregivers who managed to respond to the call and shouted their presence.



RECOMMENDATIONS.

- Keeping time whenever called upon for such occasions.
- Taking efforts to attend in big numbers.
- Appreciating the little given and done so far.
- Keeping a positive mind in taking good care of their children.



- All members attend meetings for the support group.



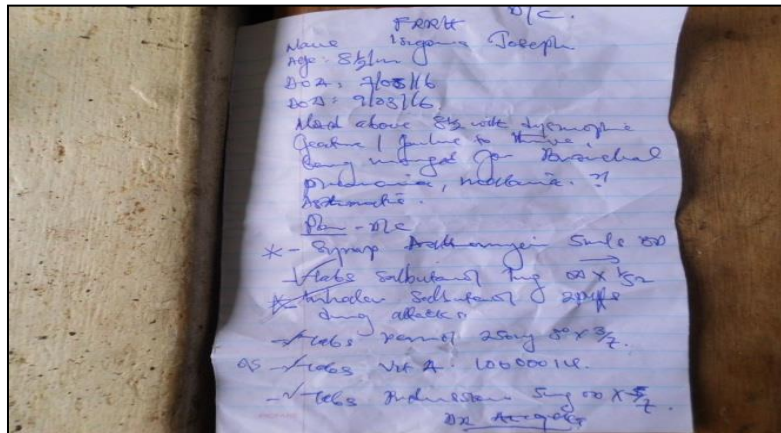
On 09/03/2016, Gilbert and David a Physiotherapist from KCDC made our first physiotherapy interventions to Musinguzi Dennis of Katugunda Village. Dennis has a high tone type of cerebral palsy but it is mild and not severe because you can get a full range of muscle relaxation. David did numerous stretching exercises for the starters like elbow-knee four point kneeling, bridging, reaching, hand use functioning and encouraged the mother to practice with Dennis as many times as possible for better improvement. David suggested how good it could be if Dennis' mother could always bring him to KCDC for more physiotherapy activities. The mother promised to bring Dennis like twice a month on agreed appointment days.





On 10/03/2016, Gilbert paid a hospital visit to Isingoma Joseph and Ssanyu Mary who had been admitted in Fort Portal Regional Referral hospital(FRRH) in the same week. Isingoma had fallen sick of pneumonia and malaria that made him be unconscious putting his life in danger. On that day, I found Isingoma had been discharged and mother reported a great improvement compared to how Isingoma was before admission





On the same day I checked on Ssanyu Mary who was also admitted in the same children’s ward with Isingoma Joseph. I never got a chance to talk to the mother of Ssanyu Mary since she had moved out of the hospital a bit and left someone else to be looking after Mary as she get’s back but was not in position to explain well about Mary’s reason for admission.



On 11/03/2016, Gilbert, Antra and Nadine made a follow up home visit to Ssanyu Mary after realizing that she has been discharged from FRRH. We found her home lying outside on a clean and smart bed. Mother reported that Mary became terribly ill of cough and high fever. She had been discharged with some bottles of drugs to inject through the canular. Antra a German volunteer nurse on trying to inject her the afternoon dose, the canular released blood a sign that the injection needle had moved out of the vein and needed immediate removal and replacement of a fresh one since the drug was just spreading to the skin causing pain and damage instead of moving through the vein. We suggested that the mother should visit our YAWE clinic for a fresh canular which she did and Antra, Prillar with Michael the clinical officer managed to put a new canular and successfully injected the drug through the vein. However despite of Ssanyu Mary’s discharge from the hospital, the mother reported no serious improvement. In addition through Antra’s close observation, Mary had very slow breathe heart beats that took long minutes something that looked scaring and putting Mary’s mother in fear.





On the same day Gilbert and Nadine attended the Ipsum workshop where we were asked find an installation where we would like our photos to be.



On 14/03/2016, we had a staff meeting and later Gilbert and Antra home visited Komukyeya Mary of Futi Butangwa for practicing in standing by putting her in a standing frame, stretching and hand use function. On that day we came to realize that Mary likes music as we tried to do some bit of dancing with her. Mary can appropriately stand in a frame and tries to get hold of materials mainly using her left hand. Her grandmother is doing another great work in practicing with her some of the recommended exercises especially standing in a frame. The KCDC team also visit Mary to help on the same things.



On 15/03/2016, Gilbert, Isolde and Antra made an afternoon home visit to Kebirungi Rebecca of Geme on taking the iron sheets for the completion of the pit latrine which Isolde had raised money to build it. These were three(3) new iron sheets and a half a kilogram of the nails to do the roofing of the pit latrine. Rebecca's mother happily extended her sincere great thanks to Isolde for being such a wonderful person to build for them a pit latrine and thanked all YAWE and friends for the unconditional support towards her family.



On 16/03/2016, Gilbert made a school visit to Murungi Raphael for stretching, body balance exercises and hand writing skills. Raphael is smart on physiotherapy exercises but his challenge still lies in hand writing skills. He has a few friends and sometimes does not like socializing with others so much. We managed to go through all the practices. In addition, Dr. Phiona a physiotherapist from KCDC recommended that Raphael is now strong in his legs to put on shoes without splints. Raphael now put on shoes with no splints only that they grew old and lost their good skin but her grandmother managed to buy him new ones which became a little bit big to fit him properly. We are now planning to get for him other new shoes of his right size.



On 17/03/2016, It was Abwooli Antra's and Atwooki Nadine's farewell after they had spent with us a period of around three(3) months. On the same day it was Antra's birthday. It was hard and difficult to see them leave. We became good and close friends ever since they arrived, they were so friendly, hardworking, supportive,



open minded, generous, kind, outspoken, interesting caring and so many others. We now feel their absence because they were like another family to us. It was our pleasure meeting and knowing them for three months long and the good times shared together will remain outstanding in our lives. Every day we continue to miss them and my heart silently weeps and cries inside.





On 18/03/2016, we had an Ipsum workshop training and also meet my supervisor at school.



On 19/03/2016, I worked with Raphael at the Unit and later he picked interest in joining the YAWE brass band team as he also got actively involved. He happily tried to roll the stick. Dr. Phiona from KCDC recommended that it very beneficial to let Raphael socialize with others as this will help in getting more friends and attaining a full body balance hence not walking on tip toes.





On the same day I attended to the adolescents psychosocial support meeting where we had Mr. Mukuru Michael the clinical officer sharing a health topic about Tuberculosis. Mr George also came shortly to introduce a new friend of Erik and Vera who had shortly visited him in office.



On the same day I and Micheal the clinical officer attended to Komukyeya's grandmother who had come for another refill of cabarmazaphine drugs after realizing that the previous given dose was soon getting finished. We asked the grandmother to show us how she can break each pill into two equal parts as prescribed to take half, she failed. I helped to break a few and promised to visit her on Monday and break the remaining ones



On 21/03/2016, we had a staff meeting and later we received a student in child nurse from Sheffield England by the names of Ellie Fisher who had shown interest in working with the community care special needs project. We did some orientation and later home visted Komukyeya Mary to break the remaining pills and have Mary stand in a frame and do a bit of physiotherapy in stretching.



On 22/03/2016, Gilbert and Ellie attended two important meetings, one was at Kalya Courts about Most At Risk Populations(MARPs) in HIV Programming and it's main objectives was about to re-echo the ongoing challenge of HIV, to re-emphasize and remind the stakeholders of their responsibility to fight HIV, to share Ministry of Health direction as a health sector



On the same day in the afternoon, Gilbert, Ellie and George attended another meeting at Kyaninga Child Development Center(KCDC). In this meeting there were other organizations invited to attend such Rwenzori Special Needs, TOCI, SOS. It was about giving an overview of each organization, discussion of children with special needs, ideas for going forward-training opportunities, working together and having regular meetings in the community work we do together.



On 23/03/2016, Gilbert and Ellie visited Raphael at school for physical education exercises. This is newly started to help Raphael get introduced to socializing with other children so that he gets to like the school more by making friends to play with, encourage more of verbal speaking, and finding school life more of fun and interesting as recommended by our senior physiotherapist Dr. Phiona in the recent meeting we had together. Later we were joined by David a physiotherapist from KCDC.



On the same day Gilbert, Ellie and George home visted Kezaabu Cissy of Mukimbugu village. She was going to harvest rain water as it was starting to rain a sign that she is progressing well. She looked much better compared



to how she was in the past. She felt happy to see us and reported her life is tremendously changing to the good side. George checked in her clinic book when she last visited the ART clinic for review but could not find the page where the doctor wrote however Cissy said, she saw the doctor who refilled for her drugs and some she was told to buy. Cissy can now talk in a clear and confident voice. Her children were still at school and George suggested on how he plans to take Cissy to see a physician on the inflamed joints. Although Cissy reports less pain now days in her joints as she is able to get hold of some materials and tries to move her arm up and down while folding and unfolding her fingers. Finally George gave Cissy a 25kilogramme sack of posho and 3 kilogrammes of rice for her ä home consumption.



On the same day, we visited Kugonza Mackilne at Modern Infant School together with his father in Kagote village. Mackline has been in Kilembe hospital for the last two months after she got another her already disabled leg when her friends pushed her while running. In Kilembe hospital they did a new operation and made



another internal fixation. She is to be reviewed after 6 months. Mackline is a bright intelligent girl who has is now in primary five . She uses crutches to walk to school as her artificial limb is still being repaired. YAWE has also considered to put Mackline on the sponsorship scheme.



On 24/03/2016, Gilbert, George, Isolde, Anthony, Michael, Marjorie Ellie and six UK students in adult, children and mid wife nursing training had an outreach in Kiiko tea estate and among the services offered were Cervical Cancer Screening, HIV Counselling and Testing, Condom promotion, Blood Sugar Test and Family Planning. 30 mothers were screened for Cervical Cancer and 3 turned positive and were referred to start treatment very soon. 60 people tested for HIV and 3 turned positive and were also referred to go for early treatment in their neighbouring health centers. 31 tested for blood sugar and 2 were found to be having high blood sugar and 3 with low blood sugar.





On 25/03/2016, it was Good Friday and Isolde's farewell after her completion of around 8 weeks working with YAWE. It was a wonderful day where almost everyone was given a chance to give a brief speech about Isolde. The director greatly thanked Isolde as being a lady who was so hardworking in medical and tailoring works. He encouraged all of us to always learn good skills from such people and take time to learn something new everyday. Isolde carefully listened and appreciated everyone for being such a good friend to her. She promised to keep a friend to YAWE and promised to come back at any given chance. We were also privileged to have the landlord whose presence graced the occasion and also thanked Isolde for thinking about coming to visit YAWE and appealed to have such a spirit and remain united as one team. We had lunch together, gave out our small gift and Isolde sliced the big cake for everyone present and absent to be kept when they report back.



On 28/03/2016, It was Easter Monday, Gilbert volunteered in feeding the chicken since I was near during Easter holidays.





On 29/03/2016, we reported back to work and I did some documentational work in updating some CBHC forms.

On 30/03/2016, I made a follow up visit to the orthopedic technician at Fort Portal Regional referral hospital on the being repaired moving equipments of Amanyire joram, Kugonza Mackline's artificial limb and Musinguzi Dennis's CP sitting chair. He had finished fixing for Amanyire Joram and Kugonza Mackline's but promised to put the head guards on Musinguzi Dennis's CP chair the coming week.



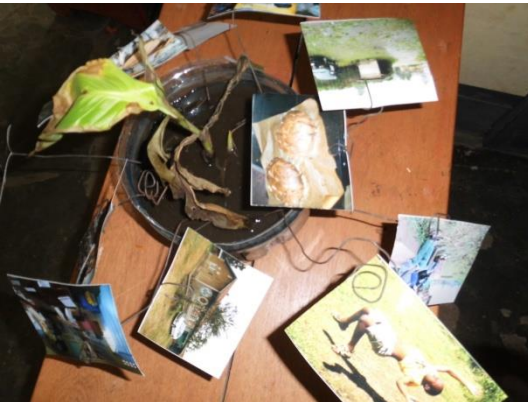
On the same day, I paid a school visit to Kugonza Mackline who studies at Modern Infant school. I took her scholastic materials which she received in the presence of his father. Mackline has been hospitalised in Kilembe hospital for like 10 weeks and was discharged when school had already started like a month ago and that is how she came to miss picking them during the go back to school day at YAWE.



On 31/03/2016, It was an Ipsum exhibition day as it fully marked the end of our first training in picture dialogue. Every body who participated was given a chance to display his or her pictures in away he or she likes. Several pictures were put on different installations that made the day look wonderful. George congratulated the



participants and urged them to willing participate in the next coming trainer of trainer workshop. We had lunch as a family and there was slicing of the cake and dancing.





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YAWE CBHW 2016

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