

Building bold health systems for women health and social needs

Inspired by our new strategic plan to contribute to Sustainable Development Goal (SDG) 4 aimed at ending Gender Based Violence (GBV) and promote social inclusion, Mildmay Uganda set out deliberate effort towards this with bold strategies have seen women empowered to make decisions about their health and finances. We know that when women have the opportunity to participate in decisions over their health and household finances, they make decisions that benefit the health of their children and contribute to the welfare of their families- **sustainable impact**. Mildmay Uganda is helping women take their responsibility in the communities they live through skilling them and protecting them from disease and pre-mature death. We are cognisant of inherent barriers to their access to skills, health and social participation with gender inequality underpinning their progress. Mildmay continues to address gender norms and other structural barriers that hinder women from accessing quality health care and making decisions for their health and that of children they care for. To achieve this; women community-based health workers, nurses, midwives, doctors and others have been skilled and massively sensitised and equipped to contribute to building systems that are responsive to gender based violence prevention and post gender based violence care. **-We believe that a health system without women creates no bold impact-**

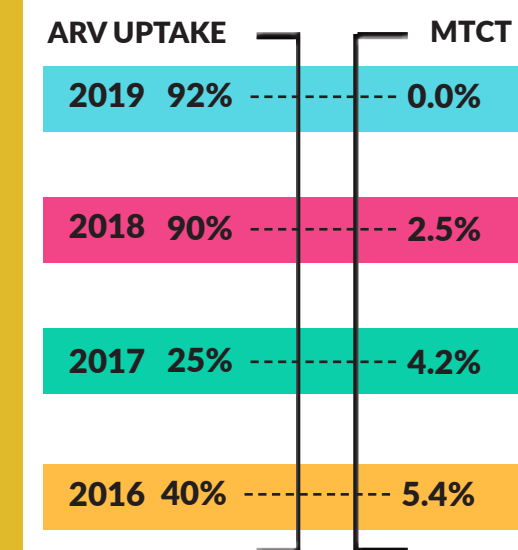
Gertrude, (not real name) a community health worker was trained as a Trainer Of Trainers (TOT) for Start Awareness Support Action (SASA) strategy by Mildmay Uganda under the gender mainstreaming initiative supported by PEPFAR through CDC to

mentor fellow women in her community about women rights, community initiatives participation and financial inclusion. Gertrude has helped many women to access social services including health. "Women in my community call me their "Musawo" -loosely translated as health worker". Tens of young women at a risk of GBV have been mobilised and recruited in safe spaces, received a GBV package and trained as peer mobilisers for uptake of post GBV care at the health facilities and to GBV action centres. "I feel happy that all this has happened in our community and has empowered us to handle all GBV related cases".

Josephine 19 year old resident of Sekanyonyi sub-county a former GBV victim recalls her experience when she disclosed to her husband that she was HIV positive following her first Antenatal Care (ANC) visit. "My husband beat me up and asked me to leave his house and go to the man who infected me with HIV. I had nowhere to go since my father had told me never to go back home, I had dropped out of school due to lack of school fees and couldn't go back since I was pregnant". Through a GBV male champion, Josephine's husband has since been mentored and sensitised on GBV and HIV and accepted his wife back. They both access their Antiretroviral Drugs (ARVs) drugs and are living healthy with their baby John.

With Mildmay Uganda's men involvement models like male action groups (MAG), Men for family (MFF), men have been sensitised and educated on how to support their partners to access health services and involve them in decisions that affect their families.

Small investments bold impact



implementing the ABC project in Bukuya, Makokoto and Kitumbi Sub Counties. The project strategy; Community worker to Mother -like all other efforts we implement hinged on building community systems to support all pregnant mothers to deliver at the health facility. All pregnant mothers in the sub county are mapped to VHTs who are equipped with extra skills in tracking mothers until their babies are 2 years. The initiative has reduced MTCT rate in the sub-counties from 5.4% to 0% - **bold impact**.

Grace lost her first child to HIV/AIDS. She remained worried of losing another child if she became pregnant. Today grace has a son who is HIV negative because of ABC interventions. "I was extremely excited when my son tested HIV negative at 18 months, I'm grateful to the ABC VHT who educated me about the eMTCT program and walked with me on the journey to having an HIV free baby" a beaming grace narrates.

The VHTs under the ABC Project in Bukuya Parish continue to strengthen community awareness, mobilization, referrals and follow up of pregnant mothers to increase uptake of eMTCT clients. Over 300 mothers have benefited from the program in the 03 sub-counties of Bukuya, Makokoto and Kitumbi.

"We are the talk of the village, we have changed lives, we have eliminated HIV in new born children" Hamisa one of the over 210 Village Health Teams (VHTs) in Bukuya, Makokoto and Kitumbi Sub counties excitedly alludes. With support from the Rotary UK to contribute to the efforts to eliminate Mother to child transmissions, since 2017, Mildmay Uganda is

Building a generation of women free of HIV

Poverty remains a key driver of HIV in Uganda. This coupled with other structural divers like gender-based violence and social cultural norms significantly predispose women to HIV. The situation is visibly worse among adolescent girls and young women aged 10 to 24 who are about 3 times more at risk than their counterparts' males of the same age.

Mildmay Uganda with support from PEPFAR through centre for diseases control and prevention is implementing DREAMS- Determined, Resilient, Empowered, AIDS free, Mentored and Safe, an HIV initiative that aims at reducing new HIV infections among Adolescent Girls and Young Women (AGYWs) aged between 10 to 24 years. The initiative implemented 3 years now, has registered significant impact with only 9 girls among 61,000 enrolled girls seroconverting.

For Grace (not real name) 16 years old girl from Mityana district, her DREAMS experience has been transformational. Started transactional sex work at just 13 years after dropping out of school due to lack of school fees and key school requirements under the influence of a peer.

"My father is a drunkard and my mother and siblings could not support my school requirements. We are seven at home my mother would not adequately feed us and I had to get the basic needs by myself. One day, my friend told me to meet her so that she tells me what to do. She told me that I have to use my body to get money because I needed the money and the fact that my mother was not giving enough I told her that I will do it as long as my mother doesn't find out".

Every night I would get 5,000shs with most times customers refusing to pay. I did this for two years until I was 15 years old. One day the DREAMS social workers were looking for girls that are in transaction sex and I enrolled in DREAMS I tested for HIV and was surprised to get negative results.

Grace has since received behavioural change trainings like Stepping stones and Sinovuyo plus Vocational skills including; tailoring, baking and financial literacy. To this, grace narrates how her life has taken a turn

"I started going to the safe space every day for sessions like stepping stones and SINOVUYO. It was not easy for me to leave transactional sex because I had started getting used to it. It took me 6 months to drop the behaviour. I quit because I realized that if you're in transactional sex, you are at risk of getting HIV and that the 5,000 shillings I was getting was not worth it."

With support from the DREAMS initiatives, I decided to concentrate on liquid soap, paper bags, sanitary pads and sweaters. Out of these activities, I got money for up keep and got money to take myself back to school now am enrolled in Naama High and Vocational school.

Grace has been engaged by BRAC on a local project as a girl mentor to support young girls with life skills, financial literacy and livelihood skills for out of school young people. Through this engagement, grace is able to pay her vocational school fees and save in her group VSLA where she has share value of 310,500 shillings.

Grace's story is one like for over 32,000 young girls who we supported on the program under the Transactional sex category- bold impact.



Message from the Executive Director

The story of Grace's life shared in this report, represents many lives that have been impacted in 2019 through various Mildmay Uganda initiatives. In this year alone over 1.7M lives were saved through our 'Accelerating HIV Epidemic Control projects and we are conscious that our partners like PEPFAR/CDC, Elma Philanthropies and many individuals and organisations both here and abroad have remained committed to Mildmay Uganda's mission. This result belongs to you all.

We have been trusted by our stakeholders to offer quality education programs through the Mildmay Institute of Health Sciences. By the close of 2019, over 1000 students were enrolled on our programs. This is a blessing we thank GOD for.

Working with our partners, Mildmay Uganda Centre for Research and Strategic Information has continued to contribute to national and international policy for health. The growth of the Research Centre is a testament of the hard work of great teams.

In 2020, 'a luta continua'. Our resolve to expand the work is buttressed on our vision of empowering communities for sustainable health. Our staff, volunteers and locums, are recognized for their tireless commitment to create impact. The Board of Directors have been the campus and the encourager of the foot soldiers. Thank you. We are confident that our Partners will remain assured of the value of staying with us as we work together towards a better world. Our esteemed clients and students and your families, you are the reason Mildmay Uganda exists. You are the pearls in the crown. Thank you for allowing us to learn so much from you and share the wonderful stories of your lives.

Happy New Year!

Barbara Mukasa

Dr. Barbara Mukasa
Executive Director
Mildmay Uganda.

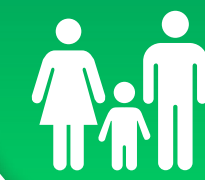
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OUR PARTNERS



Annual Report 2019





Message from the Chairman Board of Directors

Greetings from Mildmay Uganda!

2019 has again seen Mildmay Uganda take strides across the business units. The Mildmay Institute of Health Sciences (MIHF) continued to expand through increased number of students, the Hospital continued to see more lives saved, while MUCREST created impact in the Research Agenda. Our work in the communities witnessed a great impact by ensuring that more deaths are averted by increasing the number of HIV positive living people enrolled into Antiretroviral Treatment.

The tremendous growth has been pegged to the five-year strategic plan guided by the vision of creating sustainable health in the communities. Our Mission to achieve transformation at the household level has been an anchor to the many innovations across the Mildmay Uganda Group.

I take this opportunity to thank our teams that continue to create impact. Great appreciation to your families for the tremendous and unwavering support that has enabled you achieve great impact in 2019. On behalf of the Board of Directors, I congratulate you upon a successful and impactful year 2019!

To our partners, thank you for believing and trusting in our innovations demonstrated through our vision. Together, we have saved lives, increased the human resources for health, created impact through research and ensured that we attain sustainable health in Uganda.

I wish you a Happy 2020.

Prof. Sam Luboga
Board Chairman
Mildmay Uganda Group.



Who we are

Since 1998, Mildmay Uganda has modelled bold strategies to strengthen health systems that support thousands of vulnerable Ugandan to live longer and healthy. Our efforts aim to build on local capacity of communities we serve to take charge of their own life purpose and health. Through training human resources for health, creating evidence for decision-making and strengthening health systems, *we create bold impact.*



Our commitment

Creating bold impact demands us to stay highly accountable to the people we serve and our partners who support the work we do. We do this by ensuring delivery of quality effective services and maximising the impact of each dollar invested in our work. Over the years, we have established internal systems and values that we believe will spur us to even greater level of accountability. *We commit to our values. We commit to saving lives.*

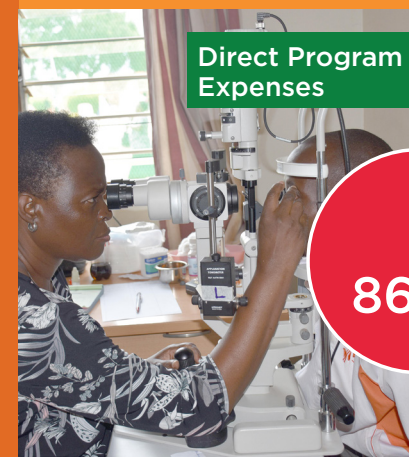


How we work

We believe in helping and supporting communities to use what they already have to trigger their capacity to change and build health systems that work for them using a family centred approach.

We believe that to ensure sustainability for our impact, every intervention we undertake, we have listened to all our stakeholders from government ministries, private sector, civil actors and beneficiary communities.

We believe that when women and children are free from disease, they have enough time to attend to their life work and aspirations thereby achieving resilience and protection from shocks of life.



Direct Program Expenses

Cost of Our Response

Administration expenses

86%

For only \$ 15 invested in our low cost high impact innovations, one disability adjusted life year is averted

Our Impact reach

1,704,413

Individuals received one or more services by Mildmay Uganda during the year

32 Partners supported by Mildmay Uganda to create sustainable impact

Our proven interventions averted;

1,101,417

Estimated DALYs (Disability adjusted life years) averted



11,020

Estimated new infections of HIV averted

61,708
Young girls 10 to 24 years enrolled on the DREAMS program



24934
Young girls 10 to 24 years who have received vocational skills



797
Number of young girls aged 10 to 24 graduated from the DREAMS program after attaining financial resilience



We are focused to helping Uganda improve the quality of life of Ugandans in alignment with the first five Sustainable Development Goal (SDGs)

1 NO POVERTY



48,277

Individuals served on the economic strengthening program



2 ZERO HUNGER



797 Individuals served on the food security Program

553 Individuals received agribusiness skills, linked to agri-value chain

3 GOOD HEALTH AND WELL-BEING



755,017 Individuals tested for HIV and received their results

112,057

Individuals supported on life saving drugs (ARVS)

139,914

Pregnant mothers supported on the eMTCT program

55,908

Males aged 10-35 received Voluntary Medical Male Circumcision (VMMC) for HIV prevention



26,644
Individuals tested HIV positive and enrolled on ART

1,872
Individuals received TB treatment

19,476
Key population (KPs) received a standard HIV prevention package

4 QUALITY EDUCATION



1015
Health Care workers trained and graduated with certificates, diplomas and degrees

205
Health workers supported on the placement and short course program

5 GENDER EQUALITY



23,002
Individuals received Gender mainstreaming training including Start Awareness Support Action (SASA)

7,866
Individuals received gender based violence prevention

6325
Individuals received post gender violence care

