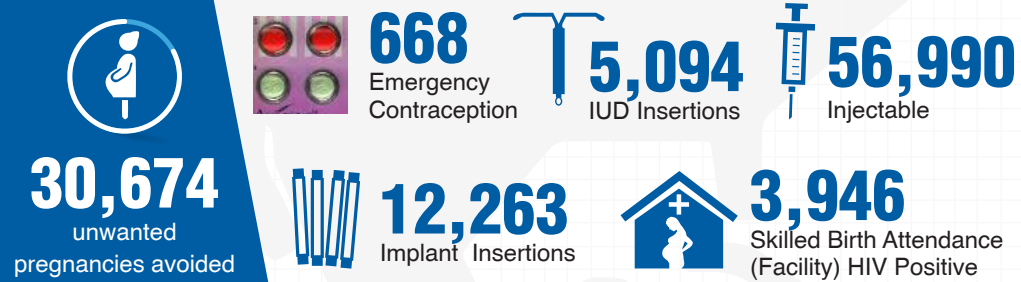


## Family Planning and Reproductive Health

"I feel safe and empowered; I'm now in control of my reproductive choices. I and my husband took a contraceptive choice after we were given adequate information on available options at Mildmay Uganda," Dorris Apena.

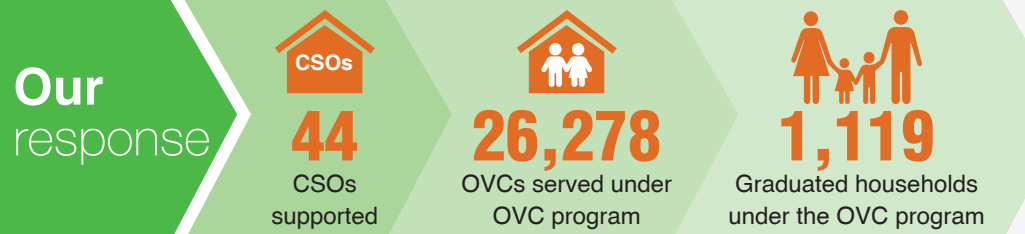
Mildmay Uganda believes strongly in giving women access to quality reproductive health services and care. Contraceptive use eliminates pregnancy related life threatening complications in unwanted pregnancies and also reduces the risk of child death by 25% and maternal death by one third, the risk is higher among HIV positive mothers. The 2013 Guttmacher institute report noted that most pregnancies that end in abortion are unwanted and that nearly all injuries and deaths resulting from unsafe abortion can be avoided by preventing unintended pregnancies.

In 2016, Mildmay Uganda continued to integrate Family Planning and safe motherhood services into HIV programming under the HSS PEPFAR funded project. This addresses most of the challenges of the under-served HIV positive mothers by creating access and information to contraceptives and skilled birth attendance. Under the safe motherhood project funded by PORTICUS, Mildmay Uganda used the low-dose high frequency training model to increase skills of health workers and district staff in provision of safe-motherhood services.



## Changing lives through empowering OVC households

"We have become a village role model group. Every member of the group has had their lives changed," Nagawa said, a resident of Buikwe district. Buikwe district is found in the central region of Uganda. The district is among the central region districts severely hit by the HIV epidemic that has left many homes widowed or child headed and subsequently vulnerable. The Mildmay Uganda OVC program in the district has seen many OVC households enrolled on the project and supported to improve their livelihood. Through working with Community Based Organisations to reach OVCs, Mildmay Uganda rolled out the economic strengthening model to mitigate economic shock for the most vulnerable households that could potentially affect uptake or retention in HIV care. Mildmay Uganda trained champions from CBOs that assessed and recruited households into organized groups. The groups have implemented different projects including VSLAs and farming schemes that have since empowered households economically.



## Self-monitoring livelihood groups changing lives of OVC households in Buikwe district

For Nagawa Josephine 46 widow and mother of 10, life has taken a positive shift since she joined a self-monitoring livelihood group of 12 households. Nagawa who also leads the group has had to adjust with the change this development has brought her way; improved house, more disposable income, friends to offer her business advice and her children going to school (sustainable impact). Nagawa prides in the knowledge she has gained from the trainings supported by Mildmay Uganda in Buikwe District.

"We started by saving money and collecting our harvest together, when prices went up, we sold our harvest and then acquired small loans to invest in our agriculture projects and small retail shops. Ours is not just a Village Saving and Loans Association (VSLA), but a self-monitoring project where we all visit each member as a group and provide support and advise to ensure members are benefitting according to our plans," explained Nagawa.

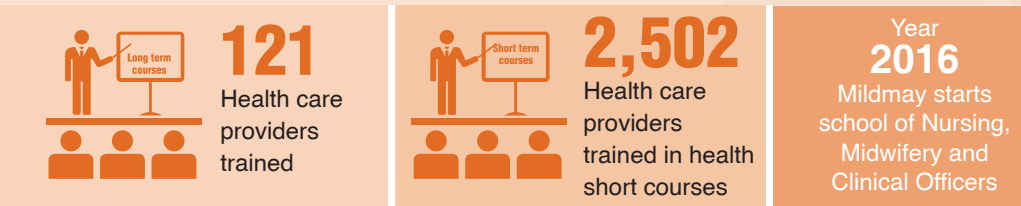
Babirye Gladys 50 years and widowed, has had her life equally changed by the group. She has borrowed money to capitalize her shop and also pay for labor at her farm. Her three children

had dropped out of school but have since gone back. Our group has been so helpful and supportive; I have been able to expand on my farm that now gives me income to pay school fees. I have been able to construct rental houses out of the money from my cows that I bought using borrowed money from the VSLA.

Babirye and Nagawas' story is like that of most OVC households in the village that have since joined over 200 Mildmay supported VSLAs and have had their livelihood change drastically.

## Saving lives through increasing human resources for health

Providing quality health care cannot be possible without skilled human resources that form an integral part of the health care system. Mildmay Uganda is accredited by the National council for higher education to provide innovative training to health care providers in different health areas including laboratory, Nutrition, Nursing and Midwifery, Clinical Medicine, Pediatric Palliative care, HIV Management among others.



## Innovating to meet health care needs

Mildmay Uganda programming is enshrined in creative thinking to meet the emerging needs of delivering quality health care to the vulnerable Ugandans. Innovation enables us to generate new knowledge for modeling low-cost high impact interventions that save lives. We make innovation meet reality through implementation science and research.

Through collaboration with the Rand Cooperation, Mildmay Uganda is using Memschap chip on drug bottle tops to monitor adherence of youths to ART treatment. This has improved ART adherence monitoring among HIV positive youth.

GIS mapping of all facilities and client density was done during the financial year that enabled the programs team to appreciate client ART access in the region.

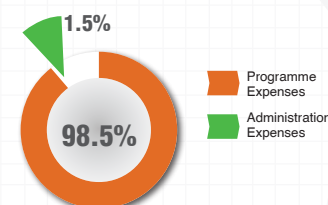
## Cost of our response

For every dollar donated to us, over 90% is invested directly into changing lives of the vulnerable Ugandans using low cost innovations.

For every \$22 Mildmay Uganda invests in her interventions, a mother and her child get one added life year free of disease and disability.

To add a healthy life year to a mother and her child kindly visit our website.

## Valuable Costs



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Our comprehensive report can be accessed on [www.mildmay.or.ug](http://www.mildmay.or.ug)



## A Message from the Executive Director

Dear Friends,

It is my pleasure to present to you our 2015/16 Mildmay Uganda Annual Report. This is another opportunity to share our experiences towards equipping communities to effectively respond to HIV and other priority health issues with you.

Mildmay Uganda is dedicated to contributing to build strong health systems that visibly improve health of some the most vulnerable populations. In this report we demonstrate lives saved by slowing the rate of new HIV infections; expanding access to ART; strengthening health systems to deliver integrated, quality health care, empowering young women and girls and their families to make the right sexual and reproductive health choices and enhancing male participation as strategy to improve the health of communities. Our programmes have focused on building strong community networks for enhanced access and retention in care for Orphans and Vulnerable Children and their families; emphasizing household economic strengthening as a pillar to success.

The growth of the academic programmes offered at Mildmay Uganda is a commitment to our efforts to contribute to the attainment of a critical mass of health care professionals in the country and the region. Our prioritization of evidence in practice and translation to policy is seen in the nurturing of various collaborations for research.

We are very grateful to our diverse funding partners and the organisations/ individuals with whom we work to make this come together. Specific appreciation goes to the Ministry of Health, PEPFAR/CDC, District and Community Leaders, Health Service Providers, Community Mobilisers, but more so to our beneficiaries. Together, we remain vigilant in standing up to the health challenges of our time, with a hope that our contribution will certainly count tomorrow.

With warm regards,

Signature

*Barbara Mukasa*

Dr. Mukasa Barbara  
 Executive Director  
 Mildmay Uganda

## Annual Report 2016

## A Message from the Chairman

Dear Friends,

As we approach the end of 2016 it gives me great pleasure to invite you to read and enjoy yet another annual report of Mildmay Uganda. There in you will find succinct accounts of determined efforts and achievements by our dedicated staff under the guidance of board members. To them I extend sincere gratitude.

Heartfelt gratitude also go to our partners. Your generous support is highly appreciated, without it our concern and commitment to those we serve would have stopped at being wishful thinking. To those who come to us hurting seeking solace we have this to say. Thank you for entrusting your precious lives into our caring hands. We assure you that our love for you and commitment to provide you with the best possible care is steadfast and will endure. You are the reason we exist and you are the cause for which we wake up early and stay up late.

At the Mildmay Hospital at Lweza and throughout the Mildmay outreach centres in Wakiso, Mukono, Mityana, Mubende, Buikwe, Luwero, Nakaseke, Kalangala, Kalungu and Masaka Districts we will continue to impact your lives by putting at your disposal a comprehensive package of services that include HIV prevention, care and treatment, strengthening health systems to deliver quality health care, empowering young girls to make healthy choices through the DREAMS project, and providing quality and affordable family planning and reproductive health services to avoid unwanted pregnancies, to mention but a few.

We have also embarked on a robust training program offering a growing numbers of courses that include a bachelor's degree in Nutrition and clinical dietetics diploma in Medical Laboratory technology in addition to numerous short courses. More demand driven courses are on the way.

Permit me to take this opportunity to wish you all a Merry Christmas and a Prosperous new year 2017.

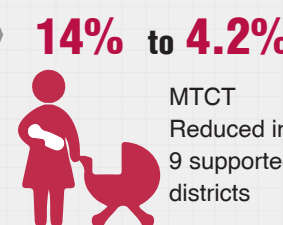
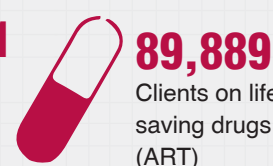
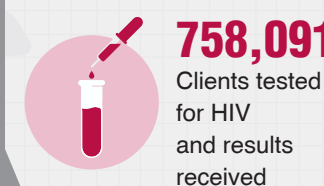
Rev. Prof. Sam Luboga  
Chairman of the Board of Directors/Trustees

## Our National Reach



## Our impact at a glance

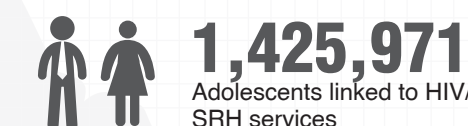
HSS  
Health Systems Strengthening Project



### DREAMS PROJECT



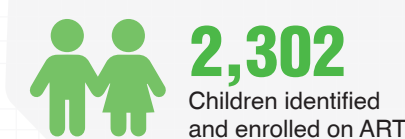
### LINK UP PROJECT



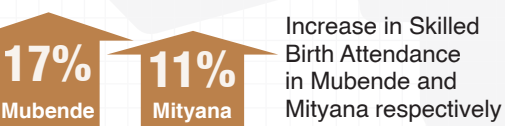
### TRAINING PROGRAMME



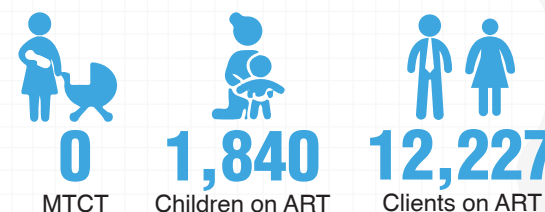
### UNFINISHED BUSINESS PROJECT



### SAFE MOTHERHOOD PROJECT



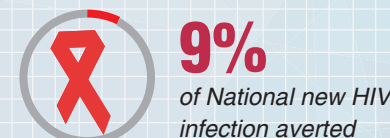
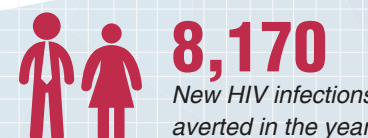
### CENTER OF EXCELLENCE



There is an estimated 83,000 new infections of HIV in Uganda every year<sup>1</sup>. In spite of extensive effort to curb the epidemic and past gains registered, the rate of new infections remains high and must be curbed down if Uganda is to attain the epidemic control by 2020. A situation where new infections are expected to be less than HIV/AIDS related deaths.

Using low-cost high impact interventions to change lives - Our response Slowing HIV new infections

## Our contribution



## Saving lives through expanding access to ART

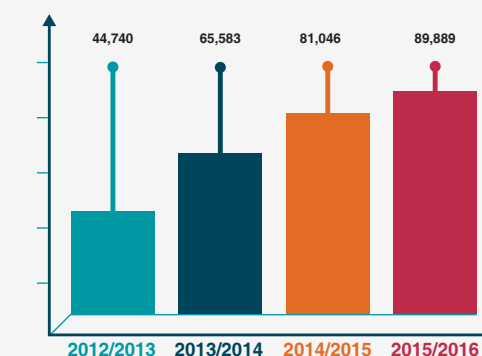
Contributing to the real possibility of reaching the UNAIDS target 90.90.90 has been the ultimate strategic driver for Mildmay Uganda HIV programming.



896,941 Disability adjusted life year's averted



### ART clients over the years



## Saving lives through empowering young girls

Mildmay Uganda is implementing an HIV prevention project DREAMS (Determined, Resilient, Empowered, AIDS Free, Mentored, and Safe) a two year Initiative funded by CDC in Mityana, Mubende, Gomba, Sembabule, and Bukomansimbi Districts. The project aims to reduce the incidence of new HIV cases in girls and young women 15-24 by bringing together evidence-based approaches that address the structural drivers that increase girls' and young women's HIV risk, including poverty, gender inequality, sexual violence and lack of education.



The Adolescent girls and young women have been empowered and influenced to adopt safer sex practices. Jane 18 years a school dropout from Mityana narrates; "I am now empowered to be able to bargain for safer sex with my male partners. Before, my partners could not allow using condoms but now I have acquired skills to bargain for safer sex".

Sheila 17 year old youth engaged in transactional sex shares similar experience "With the skills I acquired in stepping stones training, I bargain with my partners for safe sex but if they refuse, I let them go because now I value my life more than anything else"

Florence 45 years and mother to Peace a 16 year old school dropout from Mubende district confessed "The hair I have plaited was done by my daughter and I'm impressed with her so much, I had lost all hope in my daughter because of what she was doing with old men".

## Making health systems work to save lives



"The health workers attend to us with care, respect, love and we feel valued" says Margret, a clearly pleased pregnant mother attending eMTCT clinic at Kasanda HC IV.

"I really appreciate our midwife and the peer mothers here, I used to fear coming for the services here but now I always look forward to coming for my appointment to interact and receive good care from the health workers" - Margret, adding that she had never received such quality services before at the facility.



Five years ago, Kasanda Health Center would not have received such an endorsement. Strategically situated in a densely populated sub county of Kasanda, the facility serves a huge population of about 40,000. In 2010, the facility was not accredited to offer ART but was doing some HCT and linking positive clients to Mubende hospital which is about 20KMs from the facility. The staff had the willingness to serve but largely limited, the facility lacked most of the essential facilities and equipment; staff had not been trained and equipped with knowledge and skills to make Kasanda HC IV one of the model HIV care and treatment centers in the district.

Today, the story is different at this facility. Through the Health Systems Strengthening project implemented by Mildmay Uganda with funding from PEPFAR/CDC, the facility has made positive changes to the community. The facility is now well equipped to offer comprehensive HIV/AIDS, Tuberculosis (TB), Family Planning (FP), Nutrition services. In four years, the facility has received a facelift on the Out-Patient Department (OPD), maternity wing, a renovated and well equipped HUB, standard placenta pit and a spacious waiting shade and over 20 staff trained in different skills in management of HIV, FP, TB, Nutrition, Gender Based Violence (GBV), and laboratory.

"We have learned so many skills - now we can handle everything ourselves and refer a few cases."

Staff attribute much of their success to the supportive supervision (tailored to provider behavior change model) from Mildmay technical team and the District Health Office. The project has been a catalyst for change in quality of services delivered to the community. Kasanda health center is one the 198 facilities supported by Mildmay Uganda.

