

Proud of Opening his Mouth!

Tashobya Dennis:

Dennis is now five years. He was born a healthy child. When he was one year old, he developed blisters in the mouth on his lips, as a result of malaria. The blisters were not treated and his lips closed half way.

His father took him to the hospital and he was operated on, but the lips closed again due to poor hygiene. Dennis' parents thought the closing of the lips was related to witchcraft.

When project volunteers and staff visited, they recommended support of 'OURS', a local organization that helps children with disabilities. Though initially hesitant, the family took Dennis for an operation in July.

Dennis is now a very handsome boy. He can open his mouth like any other person. He feels proud to open his mouth when he sees someone he had

met when his lips were half closed.

When anyone came to see Dennis in hospital, he would say "You see, I can now open my mouth!"



Special thanks to community volunteers, Catherine, Lillian and Theresa, for visiting the family, Innocent who visited Dennis in hospital every morning and Mbanza Steven and the OURS community for their support.

Teddy Kyomuhandi, HCU Manager

HCU Highlights 2006

- Sixty-Eight new CORPs (community volunteers) were trained.
- Extended project to 3 new areas: Kirugu, Bushwere and Ruhunga.
- Nine exchange visits occurred between CORPs groups.
- Thousands of health talks and home visits were conducted.
- Thirty-One special needs children were supported.
- Five hundred twelve homes participated in model home competitions.
- Twenty health workers received certificates in integrated child illness management (IMCI).
- Five team members attended a motorcycle maintenance and safety course.
- Twenty-Seven project trainers and faculty learned about appreciative inquiry during a five day workshop.
- Our research team carried out a survey of more than 1200 homes and conducted 18 focus group discussions to better understand the needs of children and families in new project areas.
- Over 20 income-generating projects were initiated by groups of project volunteers.
- Three Ugandan project team members visited Canada, attending conferences, meetings and trainings.

THANKS TO OUR DONORS

Healthy Child Uganda is undertaken with the financial support of the Government of Canada provided through the Canadian International Development Agency (CIDA) and private Canadian donors through the 'Healthy Generations Foundation'



PROJECT PARTNERS



Message from the Ugandan Project Director

As we come to the end of 2006 we should be proud of achievements during the course of the year.

The project has started a process of extending to new areas, while at the same time consolidating what has been achieved in the existing sites.

The volunteer spirit of Community Owned Resource Persons (CORPS) is what keeps the project going and should be encouraged and supported. The exchange visits between CORPS provides an opportunity for sharing and learning.

The project is also grateful to trainers who put in so much of their resources so that CORPS are updated on issues related to child health and development. A survey, which was conducted in the 1120 new homes and focus group discussions in the new project areas will provide basic information that will help in future evaluation of our interventions. The income generating projects initiated by the volunteers is one area that should be encouraged and supported as it is a strong element that points to future sustainability.

The activities of CORPS were recognized at the national level as the Healthy Child Uganda project scooped the second prize in the Makerere University's Vice Chancellor's Innovative Academic Excellence Award for the year 2006. This award goes to all those associated with Healthy Child Uganda Project - Congratulations!

We are to expose the activities of Healthy Child Uganda Project to an international audience in 2007.



Over 1000 children were weighed during the baseline survey

Model home winners in Kinoni



Fact

According to mothers surveyed in 1200 homes in new project areas in April 2006,

- An average trip to collect water and return home takes 30 minutes

Project Wins Vice-Chancellor's Innovative Excellence Award!

Healthy Child has been awarded a National prize for excellence in innovation! The second prize placing in this prestigious Ugandan competition demonstrates recognition by academic and community peers for innovative programming in the community. All NGOs, community groups and institutional groups are eligible throughout the whole country so this is a wonderful achievement.

A cash prize awarded to the community will be used to support community initiatives by CORPs groups.

A special thanks to Mr. James Kayizzi who took the initiative to prepare a summary document.

Most especially, congratulations to all the dedicated staff, trainers and village volunteers who make the project a success.

Congratulations!

WORDS FROM OUR TEAM...

Exchange Visits Among CORPS

Katyazo CORPS paid an exchange visit to Magambo. The two communities are about 100km apart and none of the volunteers had ever visited each other's areas before. It was a day of discovery - volunteers from two different cultures doing the same job. The exchange visit involved local leaders and families. Every pair of CORPS from every village invited their local leader. One of the exchange visit activities was home visits. Katyazo CORPS admired energy saving stoves they saw in Magambo and they went home and rebuilt their own cooking stoves to be like the ones they had seen. Magambo CORPS said they learned cooperation from Katyazo. They said that Katyazo CORPS are like one person, they work as a team and decision-making involves all members.

Each CORP from Katyazo made a friend from Magambo and exchanged gifts. This involved local leaders who were invited by CORPS from both parishes.

To date, Healthy Child Uganda has supported nine exchange visits between communities to promote exchange of ideas, innovation, motivation and friendship between participating communities.

Innocent Safaari ,Trainer, Bwizibwera



Katyazo CORPs visit Magambo!

More facts from our survey:

- Mothers report that within the past two weeks, 40% of children suffered from malaria, 40% experienced diarrhea and 10% passed worms in their stool or vomit.
- 90% of mothers know malaria is caused by mosquitoes, 10% of homes have bed nets to protect from mosquitoes but only 2% of children under age 2 years sleep under nets each night.

About a Child...

A healthy child is one who can play, learn and be free from disease.

Children...

- **Have busy minds – they have a lot of things to think about.**
- **Are active and eager to learn.**
- **Are inquisitive and enjoy making new discoveries.**
- **Are trustworthy and tell the truth due to the innocence in them especially those below five years.**
- **Feel more carefree than adults.**

A Child Needs ...

- **Love and care, especially from parents. When a baby is born, its panicked cry signifies that it deserves love and care.**
- **To play and have enough rest.**
- **Recognition and encouragement when they do something good.**
- **To know their culture and customs and why things are done the way they are done.**
- **To know their relations and the people surrounding them.**

When Talking with Children...

- **Use proper words with the right meaning. Use non-threatening but teaching words. Be observant and check for reaction to words when talking to them.**
- **Use plays, stories, songs and interactive ways to communicate.**
- **Be open; do not hide the truth.**
- **Be direct.**

Stages of Child Development...

0-1y: Children depend on parents and caretakers

1-3y: Children try to gain their identity

3-5y: There is an increased sense of responsibility. The child knows what belongs to them and what belongs to others

5y: Children have a desire to relate to others

Tumushabe Evalyst, Trainer, Kinoni HCIV

Every Moment is a Learning Moment: Appreciative Inquiry Approach

I happened to be one of the trainees of the appreciative inquiry training organized by Healthy Child Uganda in July this year. I have worked as a nurse and counsellor for quite a long time. In my work experience, I always tend to look at things I have failed to do or those that were poorly done. I always wait for others to appreciate me.

Appreciative Inquiry is a program evaluation process which emphasizes strengths of an organization or individual and builds on past positive experiences. During appreciative inquiry training, stages in this process were explored. The course helped me to realize that in every person and organization there is always something done well. Such experiences can be a learning lesson for others.

We used a reflection exercise in the field to teach mothers and fathers to appreciate their contributions in caring for their children. This opened everyone's eyes to see that quite often, people do not appreciate themselves.

After learning and sharing with others in class and in the community, I have learned to be positive to myself, my workmates, people I live with at home and those I interact with.

Thanks to Heather MacIntosh and the Healthy Child Project for facilitating this training.

Jocelyn Tindiweegi, Nurse/counsellor, MUST, Department of Community Health

(Heather MacIntosh is a Canadian specialist in development studies who volunteered time while in Uganda to conduct this training)



Appreciative inquiry workshop participants

What a Day! Motorcycle Riders Training!

Healthy Child Uganda received five new 125XL Honda motorcycles, but the riders were not experienced riders and did not have motorcycle maintenance skills. I was appointed the project chief mechanic and one of the gaps I identified was inefficient skill in motorcycle maintenance and road use. I forwarded my recommendation to the project and it was honoured. The project decided to organise a motorcycle driving and maintenance course, which was conducted by ON COURSE Ltd. from Kampala. The training was held in July 2006 at the Mbarara University football field. It



began early in the morning with basic maintenance. After lunch, instructor Peter took us driving and demonstrated driving techniques. These skills were very helpful, but somehow difficult and some of us fell off the motorcycles. Facilitator Angella Tumuhimbise and I made everyone laugh. Meanwhile, the camera was ready to take the picture you see here. Since our instructor was a professional, he encouraged us and continued teaching us new techniques. Thanks to ON COURSE for training us. We are now very comfortable and confident on the road.

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