



REACH OUT MBUYA COMMUNITY HEALTH INITIATIVE

Quarter 01 **NEWSLETTER** January- March 2021



► Skills training for youth employment

In line with the Sustainable Development goal eight ROM works to reduce the proportion of youth not in employment, education or training through its apprenticeship program that skills adolescent girls and young mothers.

The program consists of a 6 months training in the fields of hairdressing, tailoring and catering services. As the organization celebrates 20 years of service it held its 6th graduation ceremony for the Kasaala Luweero lot of 52 students.

Father James Kibuuka the youth chaplain called upon the graduates to put the skills acquired to good use. *"I hope these new skills have a meaningful impact to your lives and the lives of others," he said.*

Namukose Aisha 18, one of the apprentices loves making people look nice. "I dropped out of school in 2017 when I was in senior 2 due to lack of tuition. Since then, I have been home. With the training I have received, and the start-up equipment given to me, I will set-up my own salon and train others in my community."

ROM hopes to enroll at least **60** apprentices in the next intake that kicks off in June.

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Always looking forward to be of impactful service to all as ever.

For more information:

please call **0414222630**

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Some of the graduates with the startup equipment given to them by ROM.



The Community Support Manager and Father James Kibuuka as they visit the exhibition stalls.



ROM judges as they assess the work of the Adolescent Girls and Young Mothers and the grandmothers during the exhibition exercise.

Meeting the housing and care needs for the elderly

By Ibrahim Kibalama.
Community Supervisor

Grandmothers are known for making lasting impact in their communities. Many have taken on the responsibility of taking care of their grandchildren even with in the critical conditions they live in.

Critically vulnerable grannies need continuous support towards their health, social and economic wellbeing.

On Tuesday, 9 February 2021, Reach Out Mbuya Community Health Initiative donated foodstuff to the grandmothers of Kasaala Luweero. ROM also handed over houses to 2 grandmothers who needed better shelter for their families

The 1061 grannies of whom 15 are men under ROM's care are unceasingly supported with health care, nutrition, food support, and economic empowerment activities to provide a sense of belonging and improve their health.



ROM 's Executive Director, Community Support Department staff, and Fr. Jumba James launch the house of one of the grandmothers



ROM's Doctor, Jonathan Kiwanuka hands over foodstuff to one of the grandmothers during the visit.

Applying a survivor centered approach in fighting Gender Based Violence

By Venus Okello
Front Desk Assistant

In a bid to ensure that survivors of Gender Based Violence (GBV) receive quality services ROM in March 2021 held a Case Conference between different child protection actors. The purpose was to share information concerning GBV issues children face within a given community.



The team consisting of ROM staff, the Probation Officer from KCCA and Uganda Police Child Protection Unit staff formulated an agreed, plan for management and interventions that address a presented case and consideration of what legal actions are necessary to protect children in their families and communities including the services to be provided on the basis of the assessed needs.

Moving forward the team will focus on creating a supportive environment in which survivors 's rights are respected and are treated with dignity and respect.



Integration of Non-Communicable Diseases (NCDs) with HIV Management

As HIV continues to be a global health priority NCDs are also a growing source of morbidity and mortality in low-income countries. In the years to come, NCDs prevalence is expected to increase therefore integrating NCDs with HIV management is vital to improve the quality and efficiency of care and treatment to ROM clients.



As of January 2021, **426** of the ROM clients had suffered from an NCD. With the majority, **322** suffering from hypertension, **180** diabetes, **2** suffering from cervical cancer and **2** breast cancer. These are continuously monitored by our medical team to ensure they receive the appropriate treatment. ROM has continued to create awareness, screened and treated clients. ROM has reached out to the general public with awareness messages on NCDs on radio targeting all ages.



A doctor screening a patient for blood pressure.



A lab assistant screening a patient for sugar diabetes.

On 17th to 18th of March 2021, Reach Out Mbuya (ROM) held the Village Saving and Loans Association (VSLA) field agents training.

The trainees were equipped with entrepreneur skills, HIV and Gender Based Violence (GBV) prevention knowledge to help them support cases of GBV within the VSLAs.

Application of the Village Agents model will increase outreaches and sustainability of the VSLAs as they receive knowledge on HIV and GBV.

Linking VSLA groups to other services through Village Agents



FIGHTING TB: ROM promotes awareness

By Hajjarah Nanteza
Project Officer



Every 24, March ROM joins the rest of the world to commemorate World Tuberculosis Day.

Awareness campaigns on the devastating health, social and economic consequences of TB, and the need to step up efforts to end the global TB epidemic in both adults and children are underway.

This is done through the community out reaches and talk-shows where the community members call- in to have their questions answered.

“More community sensitization is needed as many people still lack the knowledge about TB basic facts and infection control. Other than the talk shows our team still carries out follow up through contact tracing and education of families,” says Hajjarah Nanteza Defeat TB – Project Officer.

In Uganda, TB is the leading cause of death in people living with HIV. TB usually affects the lungs, though symptoms can develop in other parts of the body. This is more common in people with weakened immune systems.



Improving welfare outcomes among youth through psychosocial support.

By: Sarah Nassolo;
Social Worker

ROM's psychosocial interventions are geared towards achieving positive change in the lives of the youth within the three core areas of; skills and knowledge, emotional and social wellbeing. Under skills and knowledge, we focus on supporting them acquire new skills in communication, hands on skills like crafts making and life skills for independent living.

With emotional wellbeing the youth are able to feel safe, trust one another and able to have relationships with their peers and a sense of belonging in the community. Sometimes the intertwined psychological and social needs of youth are referred to as emotional needs.

Through psychosocial support, our youth have been able to overcome major challenges in their lives such as; HIV disclosure. They have adopted good adherence to their medication, life skills and relationship management.



Youth during the work out session at the youth camp organized by ROM.



Sandal making by youth

One way to recover from any adverse events in one's life is by talking about them. Discussing about HIV, experience sharing and testimonies have greatly helped the youth cope with their situation. Youth who often lack access to psychosocial support, suffer devastating long-term effects. It is therefore important that this support often in terms of books and other recreational and educational material is provided. This kind of assistance is very important if physical and practical needs have to be met.

As a social worker, my job is to accept the youth as they are. Be reliable, empathetic and sensitive to their needs. This is in line with the government Standard Operating Procedures of handling children of different needs. By doing so we have greatly deepened the type of care we give to our youth at ROM and will continue to do so as we strive for improved welfare outcomes.



Teopista Nabukwasi works as a Mother-to Mother Supporter attached to Nakawa Community. She joined Reach Out Mbuya Community Health Initiative in 2004 as a client.

This is what she has to say about ROM:

"I have had a suppressed viral load since 2004 and gave birth to a girl who is now 14 years old through the PMTCT program that is why am happy to serve the HIV positive mothers and help them give birth to negative babies and eliminate Mother to Child Transmission of HIV (M2M). I am very grateful to ROM for the job, skills I have attained (documentation, Computers, CDDP app) I also received a certificate of merit for serving for over 10years. Thank you, ROM, may God continue to provide funds through people of good will to sustain the organization".

"I have been with ROM for the past 16 years.

I joined ROM two years after my mother joined in 2004. Those days a lot was missing. Space was a major challenge but today, ROM has grown and changed for the better. With the huge space today client's privacy has been ensured fostering good adherence. Also, ROM has reached everyone in their locations. Now we have the night clinics' every Wednesday which was not the case in the past. ROM has also given opportunities to many youths like me through trainings offered. In the years to come I know ROM will continue to strive to serve the most vulnerable in the community."

Vivian Namara.

"I wish to extend my appreciation to ROM for the opportunity to work since 2001 to date.

Many of my friends with whom we started work have gone either through termination or resignation but ROM has still kept us up to today.

ROM gave me a chance to live and see my grandchildren a thing I never dreamt of. I now have 4 grandchildren. Who am I? Thank you, ROM," **Atimango Margret.** she serves as a community supporter Nakawa community.

