



Empowering Healthy Communities

2023 Progress Report

ABOUT NURTURE AFRICA

FOUNDED BY A GROUP OF COMMITTED UGANDANS AND IRISH VOLUNTEERS, NURTURE AFRICA IS BUILDING THE RESILIENCE OF AFRICAN FAMILIES IN UGANDA BECOME MORE SELF RELIANT

Nurture Africa is a grassroots organisation matching community expertise with international experience ensuring cost effective holistic care positively impacts the lives of vulnerable families and young people in Uganda



OUR VISION

Empowered African families that are more self- reliant



OUR MISSION

To be the most caring organisation passionately working to ensure every family in Uganda has access to the tools and resources necessary to be healthy, educated and lead productive lives. This is achieved through teamwork, innovation, nurturing, and community-based participation.

STRATEGIC AREAS OF FOCUS



CHILD
PROTECTION



HEALTH



SUSTAINABLE
LIVELIHOODS



EDUCATION

Message from the CEO and Co-founder



As normality returns to Uganda following the recent Ebola outbreak and two years of lockdown we are mindful of the inflation caused by the Ukraine war. Households across the country are still struggling to make ends meet. Poverty levels increased by 3% since 2020 which equates to nearly 1.5 million people. Against these challenges Nuture Africa (NA) has witnessed firsthand the families and communities we support's resilience to these shocks and being able to adapt to these challenging circumstances. We continue to support these families through our holistic family centred model.

On a positive note, our volunteer programme fully resumed this summer. We have so far hosted over 150 volunteers this year. 2023 marks NA's 20 years anniversary in Uganda. We are delighted to have achieved this milestone. Along with that we officially launched our 5-year strategic plan in collaboration with the families we support, the local community, local government, and our collaborating partners. The goal of this strategic plan is to consolidate the great work we have done over the past two decades and to “think bigger”. We have developed five “big picture” strategies to enable us to build on the terrific foundation we have consolidated over the years with local expertise combined with international experience

I am delighted to present this summary which is focusing on the achievements of some of our programmes in 2023.

Brian Iredale
CEO & Co- Founder

KEY ACHIEVEMENTS IN 2023 INCLUDE:-

- ☆ **Opened an operating theatre and training room. Caesarean sections and other obstetrics operations can now take at the NA health centre.** This reduces the bottle neck in the national maternity referral hospital where there is a high neonatal and maternal mortality rate due to low human resources and consumables to carry out the required number of Caesarean sections. **Nurture Africa plans to carry out thousands of Caesarean sections over the next 5 years to reduce neonatal and maternal mortality rates in the central region of Uganda**
- ☆ **Opened a biowaste recycling facility and developed a recycling programme benefiting guardians of school children and students in our vocational centre.** This programme enables guardians in our partner schools to bring recycled materials to school which Nurture Africa pays for. This contribution goes towards that child's school fees. **This collected biowaste is brought to our facility where students in our vocational centre makes recycled products such as paper, paper bags, mats and ropes.**
- ☆ **Developed and rolled out the Nurture Africa strategic plan 2023- 2028.** This is an ambitious strategy that will enable Nurture Africa to impact the lives of millions of Ugandans across the country through its big picture strategies. This will be achieved through direct service provision, training, research, and advocacy. **Another part of this strategy is “localisation” where Nurture Africa's local board will take more governance responsibility over the next 5 years with support from the Irish board.**
- ☆ Initiated the first Paediatric Assessment and Illness Recognition Stabilisation (PAIRS) Train the Trainers (TTT) programme in Uganda. **Training took place in our new training room. 22 out of 34 trainers are now qualified to train Ugandan health staff in advanced life support.** We plan to roll this advanced life support training out to thousands of health workers across Uganda over the next 5 years to reduce the high neonatal mortality rates. **These trained health workers will impact the lives of hundreds of thousands of critically ill neonates and children per annum.**
- ☆ Resumed the overseas volunteer programme. **Nurture Africa hosted over 150 volunteers so far in 2023.** These volunteers ranged from doctors, nurses, nutritionists, physiotherapists, teachers, accountants. **These volunteers worked in our health centres, libraries, partner schools, partner health centres, in the community,** with partner vocational centres impacting the lives of thousands of children across Nansana.
- ☆ **Opened a satellite clinic in the centre of Nansana Municipality.** This enables our health programme to reach Most at Risk Populations (MARPS) ensuring they have closer access to HIV testing, and family planning (FP) along with the range of other essential services including ante natal care, immunisations, and primary health care. This clinic will serve tens of thousands of MARPS over the next 5 years.
- ☆ **Successfully trained 100% of the local government health workers, community health workers** (also known as Village Health Teams (VHTs) and data officers in 7 local government health facilities resulting in a 0% maternal and 0% neonatal mortality rate in the last 9 months.

All this work is made possible by the determination of our communities, commitment of our staff, values of our partners, purpose of our stakeholders and unity of our supporters.

Health Programme Updates

There has been a significant increase in the number of vulnerable community members Nurture Africa and its partner health centres have been able to provide treatment to **over the last 12 months. In our health programme alone we have increased our treatment numbers by 30%.** The next section is a snap shot of our current health programme.



CONSTRUCTION OF OUR MATERNITY THEATRE

“Nurture Africa has been offering comprehensive maternal and child health for the past 6 years”.

Exterior of the newly constructed maternity theatre

Having a maternity theatre aligns with several *Sustainable Development Goals (SDGs)*, particularly good health and well-being, quality education, gender equality, reduced inequalities. *Good health and well-being (SDG 3)*: The maternity theatre contributes to this goal by providing a controlled and sterile environment for complicated childbirth procedures, reducing maternal and neonatal mortality, and improving overall maternal health. *Quality education (SDG 4)*: We ensure that our health workers receive continuous capacity building/training, this enhances their ability to manage complicated deliveries and emergency situations effectively. *Gender equality (SDG 5)*: Access to safe and comprehensive maternity care is a critical aspect of gender equality. Women will have equal access to a safe space for childbirth. *Reduced inequalities (SDG 10)*: **The theatre helps reduce inequalities by ensuring that women from disadvantaged backgrounds (a population that NA serves) have access to the same quality of maternal care as those from more privileged backgrounds, thereby narrowing the healthcare gap. By providing a safe environment for childbirth procedures, the maternity theatre is contributing to achieving global sustainable development targets and improving the lives of mothers and new-borns.**

One of NA's strategic objectives is to reduce maternal and neonatal mortality in the central region of Uganda. Current trends are unacceptably high with Wakiso District maternal mortality rate higher than the national average of 336 per 100,000 live births. Neonatal mortality rates have not reduced at all over the past decade and remain at 19.2 deaths per 1,000 live births.

NA has been offering comprehensive maternal and child health for the past 6 years. Whenever there was a delivery complication we had to refer the woman to the National Referral Hospital Kawempe. **Thanks to a donation from the Deerfield Foundation and the Netri Foundation NA has been able to construct a theatre to handle complicated deliveries. NA is now able to act as a referral centre for complicated deliveries from the surrounding health centres and ease the burden of Kawempe Hospital which is being overwhelmed by emergency cases.** Construction works began in April. Nurture Africa carried out its first caesarean section on November 1st 2023. This is a major achievement and has enabled Nurture Africa to achieve health centre IV status due to our ability to handle more complicated health cases.



Interior of the maternity theatre

NANSANA MUNICIPALITY HEALTH SYSTEMS

STRENGTHENING LOCAL GOVERNMENT HEALTH CENTRES

SDG 3.8.1 Targets the provision of essential health services that include reproductive, maternal, newborn & child health, among the general and the most disadvantaged population

To reduce maternal neonatal mortality in Nansana Municipality, Wakiso District, Nurture Africa is partnering with 7 local government health centres and is currently training/ capacity building:

- Midwives and nurses in post-partum haemorrhage (PPH), Ante-partum haemorrhage (APH), pre-eclampsia, Eclampsia and neonatal resuscitation.
- Village Health Teams (VHTs) on the identification of pregnant mothers in the community, early referral to health facilities, follow up on mothers after discharge and on the danger signs in pregnancy.
- Data officers in the management of Health information Systems (HMIS) and Data Analysis using the District Health Information System (DHIS2). 7 desktops were distributed, and monthly internet bundles are given to enable data entry into the DHIS2.

This has resulted in the following achievements in 2023:-

38

Midwives and nurses in 7 government health centres Competency levels increased by **33% from the baseline of 64% to 96% following the training.**

25

VHTs referred **614 community members.**

There is currently a **0% maternal and 0% neonatal mortality rate in the 7 government health centres and the NA health centre in 2023.** This is a significant achievement compared to the national average

“PAEDIATRIC ASSESSMENT ILLNESS RECOGNITION (AND) STABILISATION” (PAIRS) TRAINING PROGRAM: STRENGTHENING NEONATAL AND EMERGENCY PAEDIATRIC HEALTHCARE IN UGANDA

Emergency neonatal and paediatric healthcare plays undeniable key roles in attaining SDG 3 and their targets, *good health and wellbeing*. In partnership with Children's Health Ireland (CHI) NA launched the PAIRS training program at Nurture Africa in 2018. Unfortunately, due to covid- 19 and travel restrictions the programme was postponed for three years. It resumed in November 2022 with Kawempe National Maternity Hospital, Mulago Paediatric Department and other government health facilities participating. 160 healthcare professionals received training.

A follow up study was done in January 2023 which revealed the following outcomes:-

- **100%** of participants agreed that the training was beneficial.
- **75%** of participants used the training practically in the past month.
- **20%** of participants used the training 3 times and 10% used it 4 times or more within a month.
- **90%** said that they would practice independently if they had access to mannequins to practice cardiopulmonary resuscitation (CPR) training.

NA carried out its first Train the Trainers (TTT) programme in Uganda this October. Training happened in our new training room. This is an intense four day training exercise with a series of tests to ensure the participants achieve the right standard of training. The PAIRS training curriculum is endorsed by the Royal College of Physicians in Ireland. 22 out of 34 trainers are now qualified to train Ugandan health staff in advanced life support.

We plan to roll out this advanced life support training to thousands of health workers across Uganda over the next 5 years to reduce the high neonatal mortality rates. Every trained health workers will impact the lives of hundreds of critically ill neonates and children per annum. At the same time we are working with the Ugandan Ministry of Health to ensure this training is formalised adding value to the current Emergency Triage and Treatment (ETAT) programme being rolled out.

NA is currently planning to scale up the program and establish a local faculty which will involve engaging and training local trainers and develop a “best practice” skills lab at our health facility. NA intends to carry out an implementation research study on the effects of PAIRS training on government health centres in May 2024.

THE IMPORTANCE OF PAIRS TRAINING

The PAIRS training program focuses on enhancing health workers' readiness in paediatric assessment, illness readiness, and stabilisation. With PAIRS training, health workers are better prepared to tackle paediatric healthcare challenges and contribute to strengthening the overall healthcare system. This training builds on the current internationally recognised training approved by the Ugandan Ministry of Health, including Helping Babies Breathe (HBB) and Emergency Triage and Treatment (ETAT). These trainings are 3-5 days duration. PAIRS is an intense 1-day course. Having a one day course is more applicable to resource constrained settings.



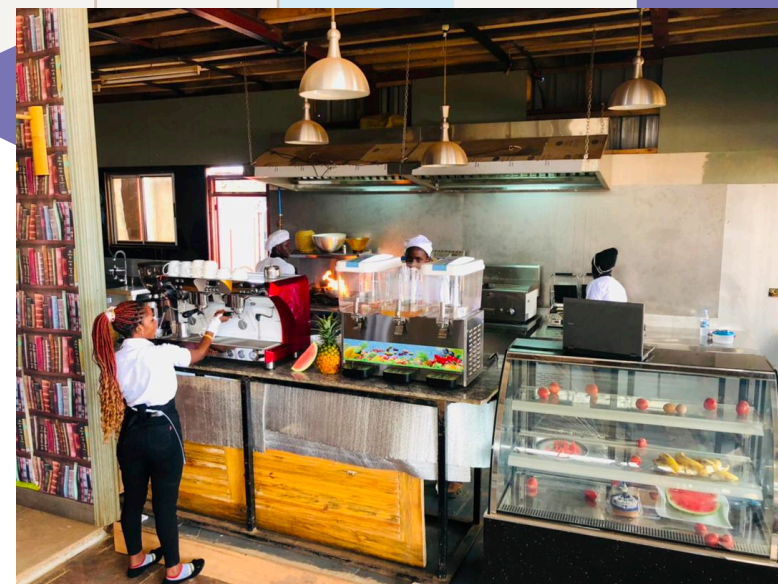
Ugandan Health workers attending PAIRS training

Youth Empowerment Program update

NA's Youth Empowerment Programme is unique. It is a free programme for at-risk young persons who have been rejected by society. Our model is a hybrid between philanthropy/ social enterprise which combines providing practical vocational training to these young people who go on to gain practical experience and earn an income in our social enterprises.

SDG 4.4

By 2030, substantially increase the number of youth and adults who have relevant skills, including technical and vocational skills, for employment, decent jobs, and entrepreneurship



PROJECT GOAL

The goal is to build the resilience of Most at Risk Youth (MARYS) through vocational and business development so that they can be self-reliant and not resort to transactional sex &/or theft to survive.

Our targeted young people do not have the financial ability to support themselves during further education. This leads to a high level of dropouts or resorting to transactional sex. Our model ensures that throughout the programme they are in a safe environment, they gain an income, are provided with transport, meals, have access to family planning, free medical care, and counselling. This income and supplementary services enable these young people to sustain themselves and not to have to resort to prostitution, transactional sex, early marriage, or theft. They also get life skills training, English, maths, and financial literacy training enabling them to either go on to establish their own business after 2 years or find employment in an established business.

These young people's lives are transformed into positive influences on Ugandan society. The direct benefit to their immediate family is immense. On average these young people assist in supporting at least 3 other vulnerable family members. At the extreme end without this programme these young people are likely to contract HIV, get raped, be forced into transactional sex, have unwanted pregnancies, get forced into marriage, start using illicit drugs or end up committing crimes. Our programme is a haven for these young people.

At the beginning of 2023, NA added Bio-waste Recycling as an additional course in our vocational centre. Other courses include hairdressing, catering, tailoring, and carpentry. This was in response to the need to mainstream climate change throughout our programmes. 30 young people were enrolled and taught how to make sellable items from recyclable materials such as paper, paper bags and calendars.

This is also a community project whose aim is to educate the community of Nansana on the benefits of recycling. This involves providing seven primary schools with biowaste recycling bins where school children can collect biowaste from their homes, bring it to school and get a payment towards their school's fees depending on the weight. This is then collected weekly by the students in the Youth Empowerment Programme where they use the biowaste to make the recycled products including paper, paper bags and calendars.

So far Nurture Africa has provided 7 schools with collection bins, weighing scales and collection bags for organic waste material. Those schools are;

- St Stephen Church of Uganda
- Kisimbiri Primary School
- Alliance Secondary School
- Kasengejje Primary School
- Jesse Infant Primary School
- Namusera Umea Primary School
- Kazo mixed primary school

In 2023, a total of 10,075 kgs of banana stems and 405 kgs of paper waste have been collected. This has resulted in 1,345 school children receiving a contribution to their school fees.



Students undergoing Bio-waste training

PROJECT Milestones

INVESTMENT & MENTORSHIP



100% MARYs equipped with business management skills such as forming groups for savings and loans using the Village Savings and Loans Association approach This equips them with the resources needed for investment and asset acquisition.



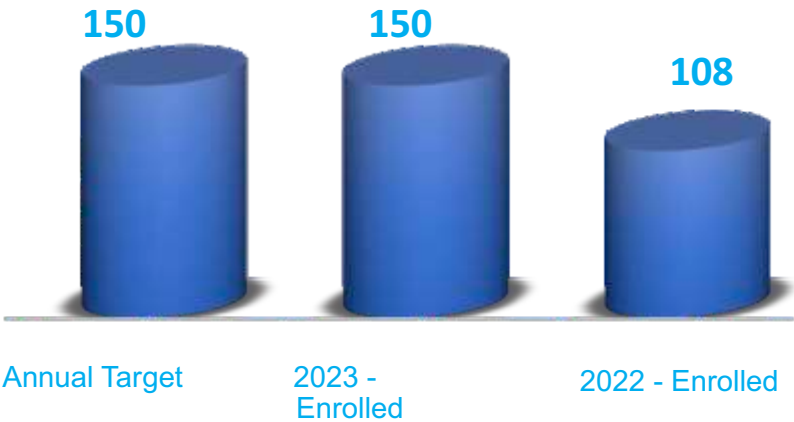
10 mentors sourced to support MARYs to save and undertake investment ventures.



MARYS ENROLLED INTO VOCATIONAL CENTRE

2023 (YR 1) AND 2022 (YR 2)

MARYs enrolled



MARYs enrolled



165
female



93
male

	started Jan 2023	started Jan 2022
Enrolled	150	108
Still studying	119	64
Employed/ own business	11	9
Back studying in formal education	4	6
Married/ not working/ lost to follow up	16	29



100% MARYs provided with:

- Life skill sessions through peer-to-peer discussions
- Sexual and Reproductive Health information sessions
- Free HIV counseling and testing
- Free family planning services and products
- Free primary health care



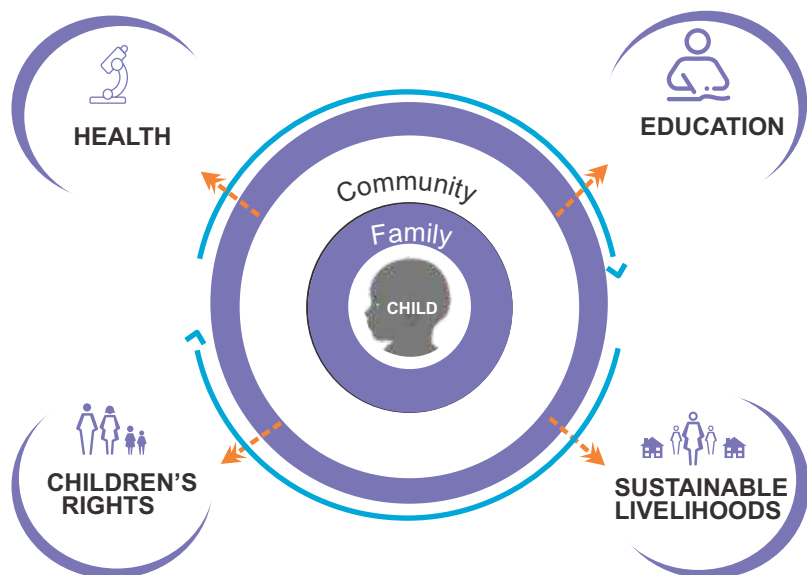
Nutrition

A key component of the NA's Holistic Family Centred Model.

NA employs a Holistic Family Centred Model (HFCM) that is strategically central in its programming. **Through the HFCM, NA provides various interventions to one family resulting in livelihood transformation. Providing multiple interventions 'under one roof' has more impact on a family enabling them to become more self-reliant.**



THE NA HOLISTIC FAMILY CENTERED MODEL (HFCM)



Over the years, the HFCM has been tested and proved to be efficient, effective, and sustainable. Because of its grounded impact on the lives of poverty-stricken families, as researched and demonstrated by several organizations that include USAID, UNICEF, AVSI, The U.S. President's Emergency Plan for AIDS Relief (PEPFAR), The CDC, this model is relevant and appropriate for the population and communities that NA serves. Compounded by the grassroots model that involves wide stakeholder involvement ranging from communities to government, the model remains adaptable and applicable.

NA's HFCM package ensures poverty-stricken families receive a minimum of three services (listed below) enabling them to build resilience and be uplifted out of poverty. These services include:



Access to a backyard garden through training and the provision of seedlings. Food aid is provided to the critically vulnerable.



Access to free or subsidized health care: PHC, ANC, family planning (FP), immunisation, HIV care. Free health services are provided to the critically vulnerable through the cross-subsidy scheme



Financial literacy training and support to develop or improve a business.



Access to a Village Saving and Loans Association (VSLA) package through training and resources such as registration fees, booklets, and savings boxes



Child protection training, including responsible parenting skills.



Support to write a will. This will eliminate illegal land and property grabbing if a spouse dies.

NUTRITION MILESTONES

For nutritional training the following outcomes were achieved in 2023.

701 suspected children were assessed for malnourishment.
381 were identified as malnourished (46%).

2,448 guardians have been identified and have been trained in nutrition and how to develop a backyard garden. 2,016 female and **432** males were identified.

Currently 68% have grown and maintained a backyard garden resulting in improved nutrition to 9,987 family members.

They are three types of backyard gardens that is food water, polythene paper gardening and sack gardening as indicated in the photos



STRATEGIC PLANNING ROLLED OUT IN 2023

The strategic plan is titled “health is the building block towards empowerment and self- reliance”. Fundamental to NA's vision is our founding values of caring and passion. We want every mother to have a safe birth, every child to be healthy, every young person to have access to Sexual and Reproductive Health (SRH) information and resources and every family member to have the resources (nutrition, education, livelihoods support to be more self-reliant and be positive influences on their community. We will fulfil our mission to tackle inequality through consolidating and scaling up our holistic family centred approach. This begins with health. Without this building block, a child cannot be educated and cannot grow up to be self-reliant. We also believe that we cannot ignore climate change and the devastation it is causing to our environment, especially amongst the poor populations who are affected most. This strategic plan is making the conscious decision to mainstream environmental protection throughout our programmes. In order to achieve our strategic plan we have developed 4 BIG PICTURE strategies to build on our current model.

These strategies will rely on Nurture Africa working with 3-4 core partners to enable us to achieve our objectives. The budget for this strategy is €16.5 million. Nurture Africa will need to secure an extra €7-800,000 per annum on top of our current €1.7 million running costs to achieve this.



NGO Ref: MIA/NB/2012/12/1520



P O Box 33180
East 2 Cell, Hoima Road
Nansana Municipal Council
Wakiso District



ugandaoffice@nurtureafrica.ug
www.nurtureafrica.ie

+ Join
us by:



donating



advocating
#nurtureafrica



volunteering



partnering