



***Namutamba Rehabilitation Centre
For
Handicapped Children***



Annual Review 2003

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1. INTRODUCTION

The year 2003 was a period of challenges and changes. We are very thankful for all the achievements the Lord has enabled us to reach. We have experienced growth of the project. More children have been recorded in our programmes for various needs. The communities have benefited from our services.

In this report, there is more illustration than words of some activities. This entails that less details are given than actually exist in the project.

You will find all main activities, successes and constraints, lined up, to mark the strengths and the weaknesses of our programmes.

Future plans are also elaborated in this report. We are now inviting you, to share our yearlong sweat together by reading this whole report with more attention.

2. AIMS AND OBJECTIVES OF NAMUTAMBA RCHC

- To provide medical rehabilitation to CWD (between 0 - 25 years), primarily within Mityana Diocese(Mubende and Kiboga district)
- To reach CWD with the word of God, both practically and theoretically showing that they are worthwhile in His view
- To teach the parents how to improve their children`s situation and involve them in the process of rehabilitation
- To make communities aware of their responsibilities for the welfare of CWD

3. STRUCTURE OF NAMUTAMBA RCHC

The constant growth of the work makes it necessary to have a good organisation and structure within the Centre. We have 6 departments and the departmental leaders have been given various responsibility.

Medical Department (Physiotherapy, Nursing, Occupational Therapy)

Within the medical department is offering services to the Admitted Clients, Outpatients and those, we meet at our regular Out-Reach-Clinics in 4 different communities of Mubende District.

Fieldwork and Follow up

To ensure an appropriate Follow Up of discharged clients, in order to make the Rehabilitation for long time successful. It also includes the training and supervision of Voluntary Mediators and regular Outreach- programmes.



Some children have got goats , to archieve further independancy.

Education

Since the average of the admission period is between 3-6 month, children are attending classes for primary level in the morning. In the afternoons they are taught in handcraft for their future sustainability.



Kulaisy is taught in handcraft

Administration

The RC-Management meets weekly to discuss issues concerning the daily activities, aims of the work, to solve problems and plan weekly duties.

The RC-Leadership is sharing the responsibilities of the administrative tasks.

Catering Department

The Centre provides food for the admitted children and their attendants.

Workshops (Joinery and Leather workshop)

Provision of following appliances from the workshop:

- Crutches, walking frames,
- CP-Chairs,
- Callipers and Clogs

The services of the workshop are also for benefits within the community in terms of furniture.

Agriculture Department

This department includes the growing of food, where also children and attendants are involved in activities and care for domestic animals (cows, goats, pigs and chickens).

4. ACHIEVEMENTS

Medical Department, Fieldwork and Follow Up

The activities to achieve the above objectives and aims are as follows:

- Admitting children with Amputation, Cleftlip / –palate, Clubfoot (CTEV), Cerebral Palsy, Congenital Abnormalities, Delayed Milestones, Epilepsy, Fractures, Hemi-/Para-/Quadriplegia, Hydro- / Microcephalus / Spina bifida, Multiple Handicaps, Muscular Dystrophy, Osteomyelitis, Poliomyelitis, Post Burn Contracture, Post Injection Neuropathy / Dropfoot, Post Septic Hip/Joints, Skeletal Deformities / TB-Spine, and others to the Centre for rehabilitation
- Visiting specialists and hospitals and arranging operations if necessary
- Referring blind and deaf children for specialised care/special schools
- Recommending and providing the right appliances
- Post operation care and physiotherapy
- Training parents in the continuation of care and exercises
- Ensuring re- integration into their families and communities and teaching skills to enable them to be more self-reliant
- Regular teaching sessions in the Medical Department

During the year 2003 a big number of patients has been treated within the Centre (average of Inpatients: **25**) and in the Outreach Clinics (ORC).

	Inpatients	Outpatients (OPD)	Outreach-Clinics (ORC)
Monthly Average	45	71	108
Annual Number	540	848	1296

Type of disability	Number of children assessed
CP(Cerebral Palsy)	60
Epilepsy	198
Osteomyelitis	15
Cleft lip –palate	20
Clubfoot	27
Others	190
Total	510

Epilepsy Programme

- Adjusting the dosage and distributing treatment for children with epilepsy

Clients on regular Epilepsy medicine:

Namutamba	Outreach- clinics
229	315

- Regular Epilepsy-Clinics are held at the Centre.
- Mubende District is supporting the Outreach clinics with a Psychiatric Nurse. The Voluntary Mediators are doing a wonderful work in organising and assisting in the Outreach clinics.
- We thank the MOH and Mubende District for providing PHC-funds , which enabled the Centre to cover partly the expenditures for the Epilepsy programme.

Fieldwork and Follow up

Activities to supplement our Community Based Rehabilitation Programme are:

- Outreach clinics - 12 sub counties have been visited for
 - assessment of new children
 - follow up of discharged children
 - provision of epilepsy treatment
- Home visits and Community Awareness
- Counselling
- Re-Integration of CWD
- Training and supervision of Voluntary Mediators (VM)

The Sub Counties are:

Maanyi	Sekanyonyi	Kasanda
Malangala	Busimbi	Myanzi
Butayunja	Kiganda	Kikandwa
Kakindu	Bukuya	Muwanga

By the end of 2003 30 Voluntary Mediators (VM) .

CP follow up

The Centre has tried CBR approach on CP clients. Home visits were intensively carried out as a planning model in Maanyi subcounty, but failed. Until the Epilepsy ORC in Kasanda was combined with a CP clinic, the outcome was more effective. Here the Occupational Therapist has started to join the Fieldwork programme.

Latrine and Kitchen Project

The building of the new Latrine had started in October 2003. The renovation of the kitchen is planed for the coming year. The centre is very thankful to HfB(Hilfe fuer Brueder) for accepting our proposal and providing the funds. Four 10 000 litre water tanks could be bought, in order to provide the Centre appropriately with water.



Above : before building of the latrines.

Below: the new building of the latrine

Further Achievements:

- We are very thankful to continue the good cooperation with Sticking Liliane Foundation. More children could benefit from assistance .
- 6 children started the training for tailoring, shoemaking and carpentry in Lweza Rehabilitation Centre.
- 2 members of staff joined the Ugandan Clubfoot camp.
- The agriculture department provided the Centre with a variety of food and fruits,
- Repair and maintenance of the existing water tanks
- Stabilising the administrative structures
- Electing the new Chairman for the Board of Governors, since the Chairman had shifted
- Introduction of a new Admission form

5. CHALLENGES

- Ignorance and failure to continue the Epilepsy treatment in attendance and clients
- Changes in staff constitution
- Limited resources to extend the Outreach program to other areas within the Diocese (resources for transport, medicine and staff)
- Ineffective use of available resources- the trained VM's need further training, motivation and supervision,
- Mobility for VM's – there is a need of more bicycles for VM's for appropriate follow up.
- Water supply was not guaranteed throughout the year
- Delayed payment of PHC-funds
- Management of the growing number of clients and follow up
- Inadequate Workshop facilities, which are integrated in the Centre
- No accessible office for PWD(people with Disability)
- More and more children with epilepsy have been retrieved in all areas. This entails the need for an adequate supply of medicines.

6. FUTURE PLANS

- Further steps towards sustainability:
 1. Starting from Jan. 2004 to request parents for a contribution:
 - Outpatients – 1 000 Ush
 - Admission - 2 000 Ush
 2. Involving parents and children in daily activities of the Centre
- To build and establish CBR activities in new places from where we have received requests.
- To intense the cooperation with the MOH (Ministry of Health)
- To ensure the provision of Epilepsy medicine
- To put more effort in motivating and strengthening the trained Voluntary Mediators
- To provide further services in Kiboga district
- To appoint the Leader for the Centre and send him for further training
- To keep up and extend networking with other organisation
- To identify income generating activities at all levels of the project
- To make the existing projects effective
- To renovate the kitchen, in order to provide better working conditions
- To economise the agriculture department
- To build a Workshop in favourable environment
- Further staff development
- To establish staff quarters

7. FINANCES

Namutamba RCHC is a Non Governmental and Non Profit making organisation and relies on donations.

On the next two pages you will find an Overview on our Income and Expenditures as well as the Budget for 2004.

BUDGET FOR 2004		
Expenditures	monthly in Ush	annually in Ush
Costs of living/ food	1,000,000	12,000,000
Transport	900,000	10,800,000
Administration	300,000	3,600,000
Staff Costs	1,200,000	14,400,000
Maintenance	250,000	3,000,000
Medical Costs	900,000	10,800,000
Appliances and Operations (SLF)	600,000	7,200,000
Fieldwork and Follow up	200,000	2,400,000
Workshops	250,000	3,000,000
Agriculture	150,000	1,800,000
Staff development	250,000	3,000,000
Others	200,000	2,400,000
Average of monthly Expenditures:	6,200,000	
Annual Expenditures:		74,400,000
Expected support PHC Mubende District:		9.000.000

We appreciate any contribution in supporting the work of the Centre.

Bank account at Stanbic Bank Ltd:

Account –No: 0121064259901
Branch: Stanbic Bank of Uganda Limited,
Kampala Road, Kampala
Name: Namutamba Rehabilitation Centre

8. NETWORKING WITH OTHER ORGANISATION

We are sincerely grateful to all the individuals and organisations, which supported the work and collaborated in great concern with Namutamba RCHC over the last year. Regrettably space does not permit us to list all, but we would like to mention the following:

- Katalamwa Cheshire Home(CBM = Christoffel Blinden Mission)
- Mengo-Hospital
- Mulago-Hospital
- Ministry of Health
- Health sector of Mubende District
- Liliane Foundation
- Neukirchener Mission,
- Church of Uganda
- COMBRA
- UPMB
- Uganda Clubfoot Project



Thank You very much!!!

9. Conclusion

We are very happy to state here that our project has been running quite smoothly. But still, there are some areas of concern that ought to be attended to for its full success.

We would like to do more, to assist CWD and lead to their recognition as well as the appreciation of their talents and values.

Namutamba Rehabilitation Centre has a major priority in medical rehabilitation, which requires other supplements like counselling, awareness arising, income generating activities, follow up and others. It is my point of view, that in this kind of service it requires a loving, committed and sacrificial attitude in order to achieve rehabilitation targets.

Our clients are really competitive like the rest of the children, but only limited by the environment and people's judgement. The medical rehabilitation approach is very important to bring the child with disability to better abilities of performance through CBR.

Therefore I want to encourage persons concerned to go for Medical Rehabilitation where applicable.

May God bless you!



Bob Wamala
Leader of NRCHC

Dr. G. Sematiko
Board Chairman

cc:

MOH
Local Government Mubende District (CAO, DDHS, LC V)
Local Government Kiboga District (CAO, DDHS, LC V)
Bulera Subcounty (LC III)
Namutamba Community (LC I)
C.O.U. Mityana Diocese
UPMB
Chairman Board
Neukirchener Mission (Namutamba Arbeitskreis)
Namutamba RCHC
SLF
Hilfe Direkt
COMBRA
UPC
Katalemwa Chechire Homes
CBM

