

Annual Review 2005
Namutamba Rehabilitation
Centre



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Abbreviations:

CBR- Community Based Rehabilitation

COMBRA- Community Based Rehabilitation Alliance

PWD-People with Disability

RCHC-Rehabilitation Centre for Handicapped Children

VM-Voluntary Mediator

1. Introduction

Namutamba Rehabilitation Centre (RCHC) is providing services for children/people with disabilities up to 25 years in Mityana Diocese (Kiboga, Mityana and Mubende District). It was opened in 1994. The RCHC is now working under the Church of Uganda with support from Neukirchener Mission (Germany).

Mission of the RCHC

- To provide medical rehabilitation while making the Gospel of Jesus Christ as saviour the centre of all services
- The degree of rehabilitation shall be in accordance with the Ministry of Health and standards in Uganda
- Services shall be provided to people of all communities, nationalities, religions and status without discrimination

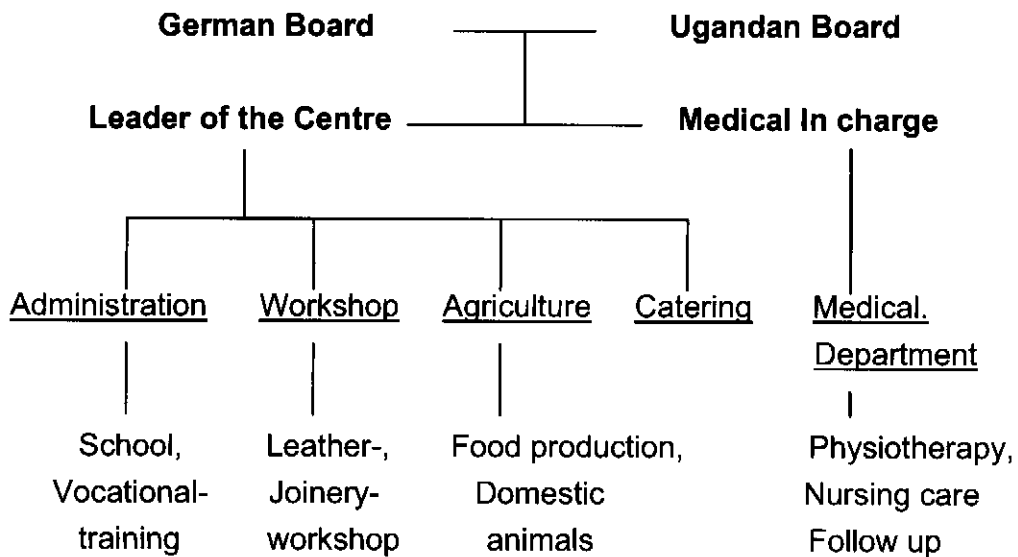
Objectives of the RCHC

- To provide medical rehabilitation and appliances to children with disabilities
- To involve the parents in the rehabilitation process
- To create awareness and responsibility in communities in regard to PWD's

Following Services are offered

- Admission of children with Polio, Cerebral Palsy, Congenital deformities, Osteomyelitis, Cleft lips, Hydrocephalus, Post burn contractures, Drop foot and other disabilities
- Taking children to hospitals and specialists and if needed for operations
- Provision and production of appliances
- Postoperative care and Physiotherapy
- Distribution of Epilepsydrugs
- To send PWD's for vocational training
- Fieldwork: follow up and home visits, community awareness, identifying PWD's, training of VM's, regular Outreach clinics

2. Structure of Namutamba RCHC



3. Report from Departments

3.1 Administration



- 13 employed staff, supported by 2-3 medical staff from Germany

- Staff development:
 - 3 employees completed the 4-months-CBR-Course in COMBRA
 - Employment of Matron
 - PWD's were considered first in recruitment of staff

- training of 14 PWD's in tailoring, carpentry and shoe-making at Kireka and Lweza Rehabilitation Centre
- New office equipment
- Parent contribution for further sustainability
- Salary increment
- Sufficient water supply at the Centre
- Improvement on rehabilitation facilities, children's and staff rooms
- Start of regular prayers for the Centre

Challenges:

- Major changes in personal (5 members of staff left)
- The leader left the RCHC after completing the course in Health Administration
- Irregular support from the government
- Increasing costs of living in Uganda
- RCHC is depending on donations from Europe
- Transport is becoming costly
- 2nd floor (office) is not accessible for PWD

3.2 Medical Department

Achievements:

- Internal training for medical staff
- Further training for Physiotherapy Assistant
- 2 staffs joined the course for clubfoot treatment
- The number of children rehabilitated/operated has increased, while the admission period has reduced
- Improvement in management
- Donation of 6 wheelchairs and Physio-equipment
- Government support for medical services (Pull and Push)
- Effective treatment due to continuous provision of medicine
- Availability of community rooms for Outreach Clinics

Challenges:

- Transport of clients
- Increasing number of clients with post injection nerve damage
- High costs for Plaster of Paris
- Need of trained medical staff

Number of clients for rehabilitation

| Average | 2002 | 2003 | 2004 | 2005 |
|----------------------|---------|----------|------|------|
| Inpatients | 28 | 25 | 35 | 30 |
| Attendants | No data | No data | 12 | 9 |
| Outpatients | | | | |
| Monthly | 150 | 178 | 203 | 229 |
| Annual | 1800 | 2144 | 2436 | 2746 |
| Assessments: Monthly | | | | 283 |
| Annual | | | | 3396 |
| Operations | No data | No data- | 86 | 130 |
| New clients | 654 | 511 | 655 | 611 |
| Vocational training | 10 | 6 | 10 | 14 |

Number of clients treated in 2004/2005

| Type of disability | New clients assessed: 2004 | 2005 |
|-----------------------|-------------------------------|------------|
| CP(Cerebral Palsy) | 91 | 96 |
| Epilepsy | 236 | 201 |
| Osteomyelitis | 25 | 41 |
| Cleft lip, -palate | 14 | 12 |
| Clubfoot | 41 | 22 |
| Post Burn Contracture | | 14 |
| Others | 260 | 225 |
| Total | 667 | 611 |

Epilepsy Programme

What is Epilepsy?

Epilepsy is a disorder of the function of the brain, which starts suddenly, ceases spontaneously and has the tendency to reoccur.

Epilepsy is **not** caused by witchcraft or evil spirits. A person with epilepsy needs medical care, love and support.

- Namutamba RCHC is running a programme for clients with epilepsy.
- Main goals are:
 - Education about the disease (for clients, communities, schools)
 - Provision of anti-epileptic medicine
 - Monitoring clients on long time basis

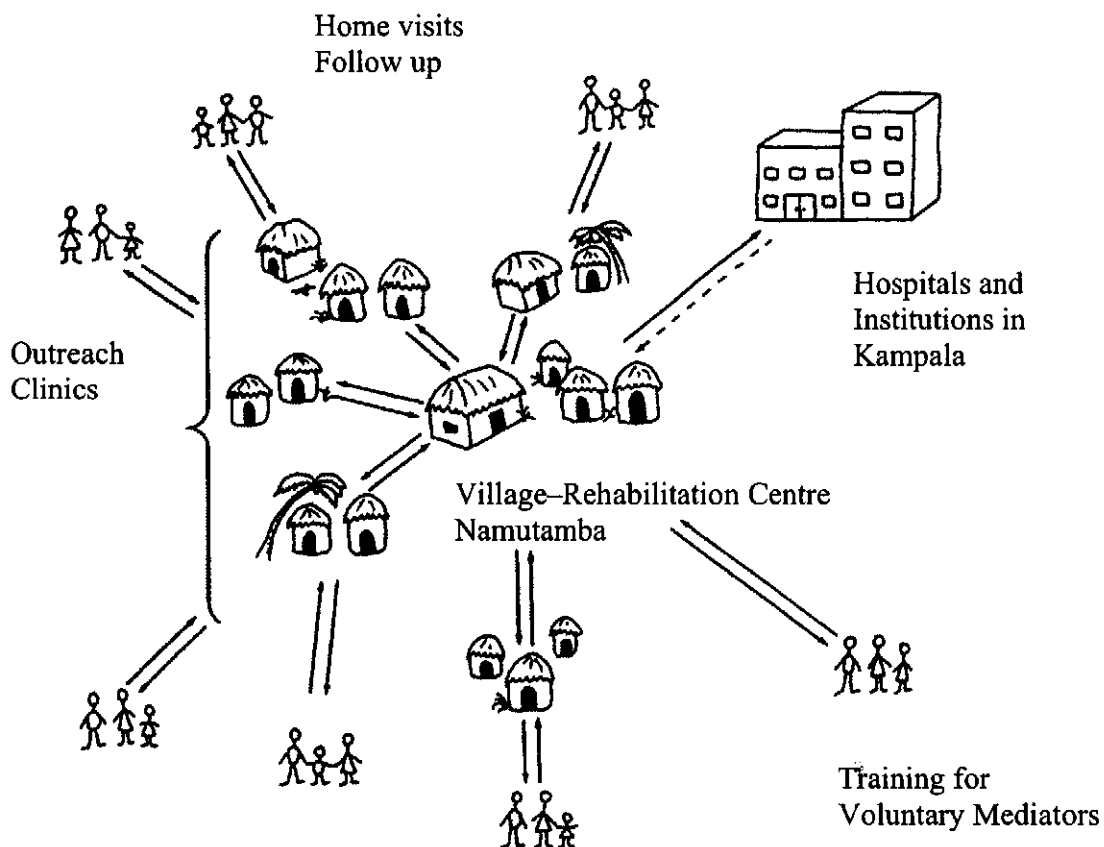
Number of Clients on regular anti-epileptic drugs

| Namutamba | Kasanda | Kiganda | Zigoti | Kyakatebbe/ Kakungube | Maanyi | Total |
|-----------|---------|---------|--------|--------------------------|--------|-------|
| 62 | 88 | 111 | 32 | 65 | 45 | 403 |

- Regular Epilepsy-Clinics are held every Friday at Namutamba RCHC.
- Outreach Clinics are held every 8 weeks in :Kakungube, Kasanda, Kiganda, Maanyi
- Clients are requested to pay a fee of 1500 Ush (medicine for 2 months)
- Mityana District is supporting the Outreach Clinics in providing professional assistance (Psychiatric Nurse)
- Voluntary Mediators are mobilising for the Outreach Clinics and educate the communities.
- We thank the MOH and Mubende District/ Mityana District for providing PHC-funds, which enabled the Centre to cover partly the expenditures for the Epilepsy programme.

“Epilepsy is not contagious but ignorance is”. Ignorance is the challenge we are still facing.

3.3 Fieldwork and Follow up



Adjusted from Werner,D. “Disabled village children”

Fieldwork is supporting following targets of the Centre:

To provide rehabilitation services to PWD's in 3 districts

- Outreaches
- Follow up programme for discharged clients
- VM's training and supervision (41 VM's are trained)

To provide CBR in Mityana District

- Awareness rising in schools and communities
- Organising community meetings to focus on needs of PWD
- Teaching community leaders and parents

Most activities are taking place in the following sub counties:

| | | | |
|-----------|------------|----------|----------|
| Maanyi | Sekanyonyi | Kasanda | Zigoti |
| Malangala | Busimbi | Myanzi | Kiyuni |
| Butayunja | Kiganda | Kikandwa | Nabwendo |
| Kakindu | Bukuya | Muwanga | |

Achievements:

- Improvement in facilities of transport (an adequate motorcycle was bought for Fieldwork)
- Adjustment of the Fieldwork concept
- Training of the Field Coordinator in COMBRA (4 months course)

Challenges :

- Transport for Field coordinator, due to long distances
- Supervision and cooperation with VM's
- Large area to cover

3.4 Workshops

Goals:

- to provide adequate appliances for the Centre (crutches, calipers, walking frames, toilet seats, CP-chairs)
- to teach young people with disabilities skills in carpentry
- to supply the community with products, as ordered (coffins, tables, beds, doors, windows and others)
- to generate income for the Centre

Income /Expenditure:

| Average | Income | Expenditure | Profits |
|---------|---------------|-------------|-------------|
| Monthly | 110.760 Ush | 67.300 Ush | 43.460 Ush |
| Annual | 1.329.120 Ush | 807.600 Ush | 521.520 Ush |

The construction of the external workshop has started.



Appliances made by the workshop staff

Challenges:

- quality of services
- income is depending on orders

3.5 Agriculture Department

The Centre managed to utilize a great portion of the land. Following crops were produced to provide a balanced diet to the children:

- maize
- sweet potatoes
- matoke
- different types of vegetables
- different types of fruits (pineapples, bananas...)

1500 Eucalyptus trees were planted on Centre ground for firewood provision in future.

Animal rearing is continuing with pigs and chickens.



Attendants and older PWD's are active involved in gardening.

3.6 Education



All children have the opportunity to go to school while they are for rehabilitation at the Centre. There are classes in the morning and lessons in handcraft in the afternoons. All children are going for physical exercises on Mondays and are involved in home management and general cleaning. The goal is to integrate PWD's in all activities of daily living.

3.7 Highlights

A former client of the RCHC started a tailoring training Centre in Namutamba. He first completed his training at Lweza RC and worked as a tailor and shop-keeper. He got married this year and we had a great wedding celebration at the Centre. He is an encouraging example for other PWD's.

Mr Otto Klein, Chairman of the Board in Germany, visited the Centre in July 2005. A board meeting took place.

4. Future plans

1. To put more emphasis on CBR-activities
 - providing bicycles for 2 VM's
 - supervision and refresher courses
2. To continue staff development
3. To employ trained medical staff
4. To ensure the provision of anti-epileptic drugs
5. To provide an accessible office for PWD's
6. To strengthen the cooperation with the Ministry of Health.
7. To extend networking with other organizations
8. To complete the construction of the workshop in a favourable environment
9. Awareness rising about post injection damages

5. Finances

Namutamba RCHC is a non-governmental and non-profit making organisation and relies on donations.
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 |

Balance Sheet 2005

| Month | Income in Ush | Expenditure in Ush |
|--------------|----------------------|---------------------------|
| January | 6.742.600 | 10.141.153 |
| February | 7.546.300 | 5.339.100 |
| March | 8.636.100 | 7.275.900 |
| April | 4.200.800 | 6.068.200 |
| May | 7.111.600 | 6.340.300 |
| June | 6.549.200 | 6.408.900 |
| July | 4.442.200 | 5.881.600 |
| August | 8.309.100 | 7.354.600 |
| September | 5.662.200 | 5.434.450 |
| October | 9.722.800 | 6.739.700 |
| November | 1.761.800 | 6.247.650 |
| December | 8.614.700 | 8.405.500 |
| Total | 79.299.400 | 81.637.053 |

Budget 2006

| Expenditures | monthly in Ush | annually in Ush |
|--------------------------------------|-----------------------|------------------------|
| Costs of living/ food | 1,400,000 | 16,800,000 |
| Transport | 1,000,000 | 12,000,000 |
| Administration | 300,000 | 3,600,000 |
| Staff Costs | 1,800,000 | 21,600,000 |
| Maintenance | 400,000 | 4,800,000 |
| Medical Costs | 1,100,000 | 13,200,000 |
| Appliances and Operations (SLF) | 1,150,000 | 13,800,000 |
| Fieldwork and Follow up | 400,000 | 4,800,000 |
| Workshops | 300,000 | 3,600,000 |
| Agriculture | 200,000 | 2,400,000 |
| Staff development | 100,000 | 3,000,000 |
| Others | 200,000 | 2,400,000 |
| Average monthly Expenditures: | 8,350,000 | |
| Annual Expenditures: | | 102,000,000 |

Expected Income:

| | | |
|-------------------------------|-----------|-------------------|
| Neukirchener Mission Germany | 4,500,000 | 54,000,000 |
| SLF | | 13,800,000 |
| PHC Mityana District | | 12,000,000 |
| Pull and Push | | 3,000,000 |
| Workshop | | 960,000 |
| Parent Contribution | | 3,000,000 |
| Total Expected Income: | | 86,760,000 |

6. Networking with other Organizations

The Centre is depending on networking with other Organizations and individuals.

We are sincerely grateful to:

- Katalemwa Cheshire Home (CBM-Christoffel Blinden Mission): for the close cooperation in the process of medical rehabilitation of our clients
- Mengo-Hospital
- Mulago-Hospital
- Ministry of Health: for PHC and support in medical services
- Ministry of Gender: for the good cooperation
- Health sector of Mubende District/Mityana District
- Liliane Foundation Holland, for supporting children for operations, appliances, schooling, vocational training and resettlement tools
- Kiyinda Diocese
- Neukirchener Mission: for financial support, prayers and management
- GMMT(German Medical Missionary Team) for professional staff and financial support
- "Hilfe Direct" Germany: for Physiotherapy equipment and 2 bicycles for Voluntary Mediators
- Church of Uganda: for good cooperation with Mityana Diocese
- COMBRA: for training 3 employees
- Uganda Clubfoot Project: for training medical staff

We also want to thank the Board in Uganda and in Germany for the cooperation and communication in the difficult decisions of this past year.

THANK YOU VERY MUCH!!!!



Donated wheelchairs

7. Conclusion- View of a client

Accepting disability is a struggle for all people with disabilities, especially at the beginning of the youth stage. As misfits in the societies where they live they feel insecure and hence low self esteem. That leads to self-negligence and acceptance of denied personal rights, like education. Some get addicted to certain drugs and others are exposed to rape and defilement.

Some parents never express their felicity to their children with disability, even if they try to do good things. You can imagine that such an attitude discourages them, if it begins from home up to the top of the community!

I personally have witnessed some incidences where fellow disables have been passing through the same situations. But thanks be to God and the Centre of Namutamba, where many people's bad attitude towards disability has been transformed.

I am Betty, I am 20 years old and I move in a wheelchair because of Muscular Dystrophy. It was a struggle to accept my disability, especially when I started my adolescence stage. I was eager to see my body growing, becoming tall and stronger like other friends in my school class. To my terror, after some time, nothing was of much change. I knew, that I wasn't like others physically, but would the heart accept?

For sure not! I kept on waiting up to the age of 15 years. Thoughts came up like: "Leave school, you are not fitting in fellow students! For what use is your schooling? What will you ever be able to do? ...and so on.

Now at the age of twenty I am very confident. My dreams of continuing studies became reality. I have just completed S5 and I will continue schooling.

On behalf of my fellow clients, I wish to extend my sincere gratitude's to the supporter's of Namutamba RCHC and all groups and organizations that help the Centre to stand and run the work. Surely many of us have been reached and our negative feelings were changed, which helps us to pursue a better future.

Glory be to God!



" For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and future."

Jeremiah 29,11

Betty Nakafunvu
Namutamba RCHC

c.c. Boardmembers
c.c. CBM
c.c. COMBRA
c.c. C.o.U. Mityana Diocese
c.c. Dr. Lwasampija/ District Offices
c.c. Dr. Sematiko/Chairman Board Uganda
c.c. GMMT
c.c. Hilfe Direkt
c.c. Katalemwa Cheshire Home
c.c. Kiyinda Diocese
c.c. Lilian Foundation Uganda and Netherlands
c.c. Local Government Mubende District (CAO,DDHS,LC V)
c.c. Local Government Mityana District (CAO,DDHS,LC V)
c.c. Local Government Kiboga District (CAO,DDHS,LC V)
c.c. Ministry of Gender
c.c. Ministry of Health
c.c. Mr. Byakweyamba Vincent
c.c. Neukirchener Mission
c.c. Otto Klein/Chairman Board Germany
c.c. RAM
c.c. UPC (Clubfoot Project)