



# H4RI ANNUAL REPORT 2023

Compiled by;

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## EXECUTIVE SUMMARY

This year 2013 has been very successful in all our programs we run has H4ri, all the activities that we planned has the year begun were achieved. they included treatment of clients at the clinic and in outreaches, counseling ,making and distribution of reusable sanitary pads and also family support and child sponsorship. We also had some activities at the farm like rearing of pigs and goats, though this was at a low scale.

## INTRODUCTION

The different activities have been carried out in our main departments that include the medical, Hope for her and counseling. other departments that supported the work included the welfare and reception department.

Achievements this year 2023

- The H4RI clinic is now operational and is registered as H4RI health Centre 111 and is currently servicing people around Nakiwogo, Banga, Lugonjo and all the other surrounding areas plus those we refer from the islands. The clinic was also fully shifted to a bigger space to be able to serve more people.
- The renewal of our permit (UNBS) for H4H pads was done and will expire in October 2024. Also, other renewals like the Uganda counseling association were also done.
- Different visitors have come to our organization to appreciate the work that we for example the district chairperson Lwengo district, Entebbe municipal leaders and also some friends from the USA.
- Nakitokolo empowerment Centre is on and a classroom building is already constructed as the tent was destroyed. A total of 22 new students registered and only 18 are remaining. we are hopeful that by march year they will be graduating.
- All staff members were able to sign their contracts for two more years, got ids and uniforms.
- All our sponsored children passed well especially those who were in candidate classes managed to go to another level. We have a total of 6 children we are sponsoring and one stays with us at office she has nowhere to go.
- This quarter we have managed to make videos every month that help capture the different activities we do as an organization. for example, the opening of the clinic, child sponsorship and family support.

- The Nseko plus project done every year was successful where over 150 people received free medication, sanitary pads and clothes.
- On the same note, H4ri together with Rotaract club of Entebbe airport is constructing staff quarters for the health workers of kirumandagi health center 111.
- We were also able to train some internship students and retained one as our volunteer in the counseling department.
- The process of renewal of our permit to operate as an organization is on and we are hopeful that by 2024 it will be completed.
- There has been different board meeting this year to help the organization run smoothly and it is in one of these meetings that the board chose a new director (Mr. Luanda Joseph) to replace the former (Mr. Kiggundu Robert) as he will be moving out of the country soon.
- The Constitution (Articles of Association) were Amended and a few things were removed and new ones added.

Departmental achievements

Hope for her

### **ACTIVITIES / ACHIEVEMENTS**

Production; 7,708 pads and 954 bags were made in H4RI offices to help girl child/women in different communities in this Year by H4H staffs.

Distribution; 7,565 pads and 1,319 bags were distributed to 1,470 girls/ women in different communities within the country for those who cannot afford sanitary towels in this year by our partners and H4RI staffs.

We managed to get some materials to make pads this quarter.

This year we managed to visit GEJJA one of the organizations who do the same products as H4H and successfully we got some knowledge of upgrading our products in terms of material. i.e., Instead of mackintosh and London cotton we shall use waterproof.

We were able to discover a sterilizer machine which will help us sterilize our products after the production.

We were able to renew our UNBS certificate successfully after several times of trying.

Sold crafts at Ugx 1,305,000/= (One million three hundred five thousand shillings only.) this year.

Medical

- The organization helped raise funds for buying drugs initially, transport to provide medical services for both office and outreaches.

- Home treatment of elderly and disabled clients (doctors beyond)
- Acted as a source of income to the organization collecting Ugx 5,492,000/=
- Provided free treatment both at the facility and outreaches worth Ugx 36,703,400/=
- Conducted outreaches in Bussi Island, Nakiwogo, Luweero and Kakyanga.
- Worked with active volunteers who we have added more skills and can now attend to clients.
- Shifted from a two roomed facility to a registered H4RI health center 111.
- Organizational staff health both H4RI and CCE has been done through health insurance.

## COUNSELING

- ✓ Clients were counseled in CFPU and various cases were handled such as domestic violence, emotional and psychological torture, child desertion, failure to provide necessities, child-neglect, and adherence counseling, emotional torture and neglect physical abuse, attempted rape, child abuse, child disappearance and stealing, child stealing and failure to provide necessities among others. This involved identification of client needs like reusable sanitary pads for suspects.
- ✓ Sensitization of women under Nakitokolo empowerment center about mental health issues and how to find a counselor for help.
- ✓ Individual counseling of clients was done to find out issues that might hinder them to complete their hands on skills training and also things that can help them to complete the training.
- ✓ Couples were also counseled as per their problems.
- ✓ Counseling teenagers during the annual teenager's camp was done in collaboration with MCC team. Topics such as abstinence, early sex and teenage pregnancies, emotions and feelings, self- awareness and mental health issues.
- ✓ Taking an internship student through counseling practicum whereby she successfully completed her practicum under counseling department and now she is volunteering with H4RI as a counselor.

- ✓ Staff training about how to look after your mental health at work, signs and symptoms, consequences of not looking after mental state at work. This was done in collaboration with Munnange Counseling Center team.
- ✓ Community massive counseling about drug abuse and addiction, mental health disorders that arise as a result of drug abuse hence leading to addiction. Social, cultural factors that influence your health. This opened the eyes of the people to know where to run for help. It was done in collaboration with MCC team.
- ✓ HCT was also done within the clinic where both female and male clients voluntarily came for an HIV test. All clients were none-reactive.
- ✓ HCT client counseling in the Islands of Lake Victoria was also done in close collaboration with Munnange Counseling Center while handling clients who are under ART yet defaulting on drugs. Such clients were referred to Entebbe ART clinic for retroviral therapy. This involved client follow-up. Clients who were reactive, were equally referred to the government hospital for further counseling and initiation to ART.
- ✓ ART clients were counseled whereby adherence counseling was emphasized while supporting them with food.

## STATISTICS REPORT

### HOPE FOR HER

#### 2023

Months	Pads made	Pads distributed	No girls/women	Bags made	Bags distributed
JAN	1,060	150	025	253	025
FEB	565	630	138		132
MAR		628	141		114
APR	690	528	087		089
MAY	1,139	610	110	095	110
JUNE		804	134		127
JULY	1,060	600	101	426	100
AUG	1,224	702	108		115
SEPT	748	1,865	341		254

<b>OCT</b>	1,222	354	059	180	059
<b>NOV</b>		1,164	226		194
<b>DEC</b>					
<b>TOTAL</b>	<b>7,708</b>	<b>7,565</b>	<b>1,470</b>	<b>954</b>	<b>1,319</b>

#### **KNICKERS DISTRIBUTED**

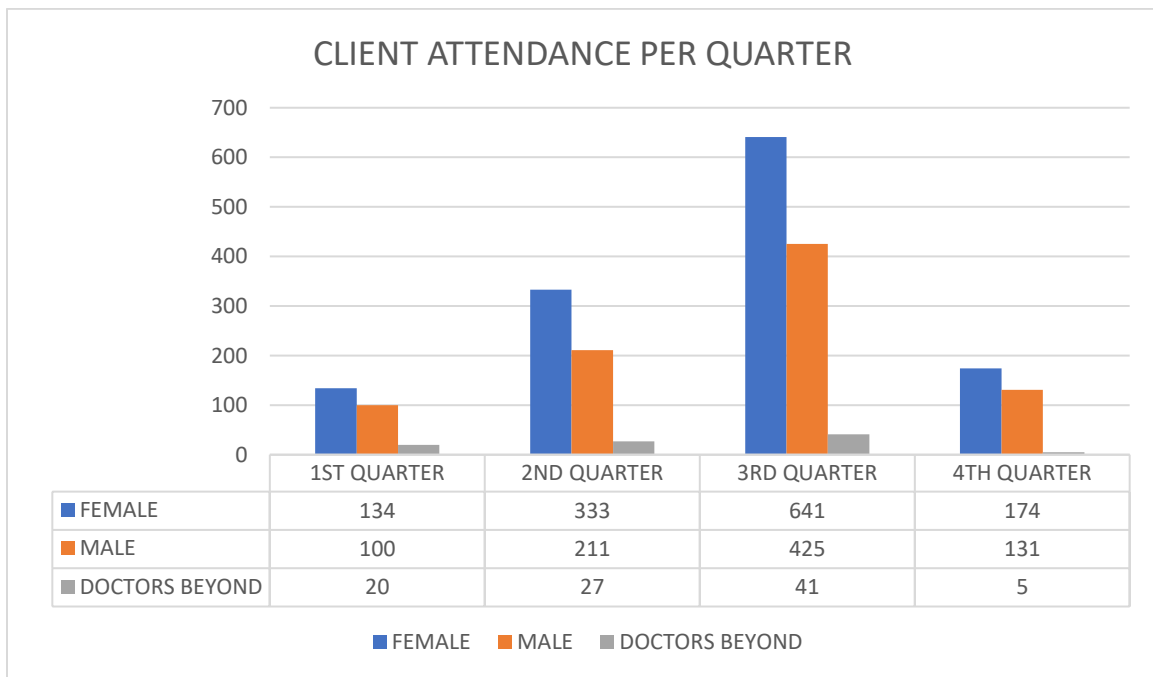
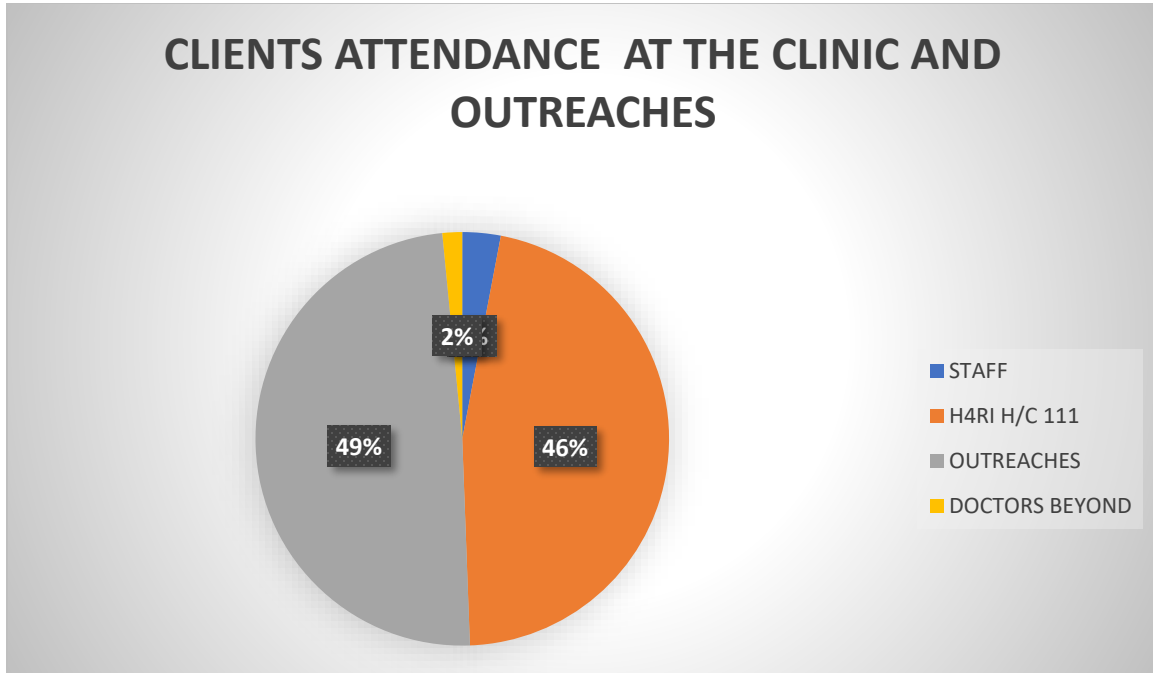
<b>Months</b>	<b>Knicker distributed</b>	<b>No of girls/women</b>
<b>Jan</b>		
<b>Feb</b>	20	20
<b>March</b>	64	64
<b>TOTAL</b>	<b>84</b>	<b>84</b>

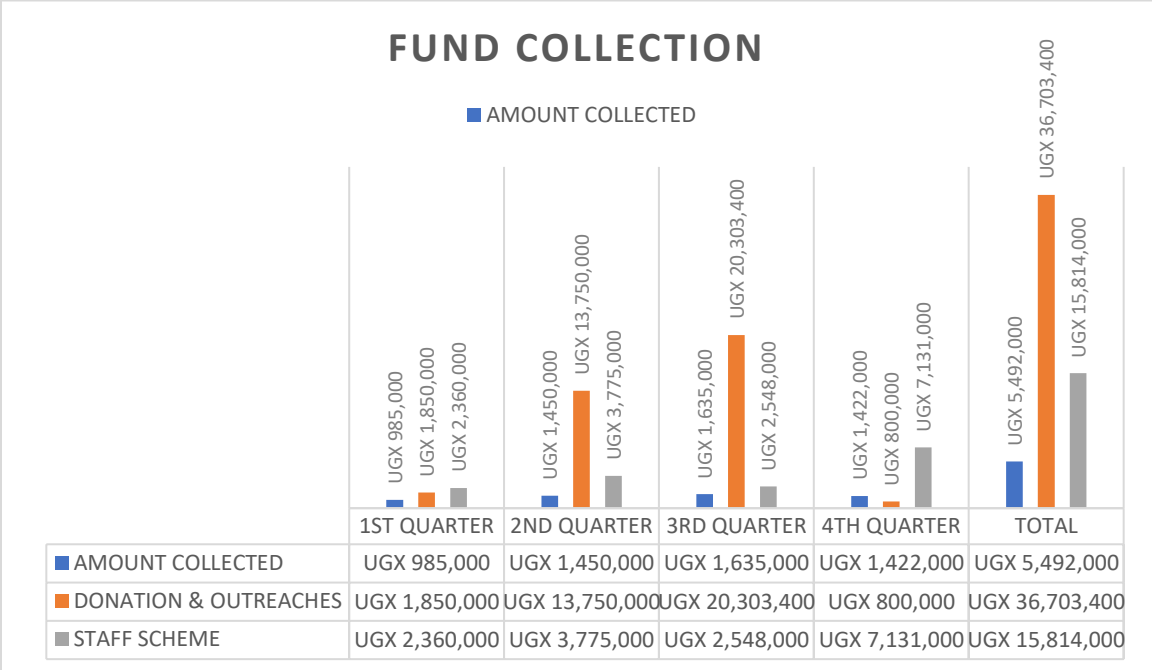
#### **VARIATION**

- 13,200 pads and 5,500 bags were planned to be made this year but we managed 7,708 pads and 954 bags made.
- 2,200 girl child/women were planned to be given pads but 1,470 girl child/women got the pads.

MEDICAL

STATISTICAL ACHIEVEMENTS





**CHALLENGES AND RECOMENTATIONS**

- The biggest challenge this year has the delayed finances to run the activities of the organization.
- Some of our volunteers and partners do not report on time the work that they are doing, and also do not respond when we call upon them to support a cause.
- Some of the staff members have continuously violated the policies and procedures of the organization.

Hope for Her



- High demand of pads because of lack of enough materials.
- Fewer funds allocated after budgeting.
- Coming up emergency as far as pads concerned which leads to failure to fulfill planned activities.
- Failure to get the distribution records in time for those who are responsible for a particular activity and our partners.

## **RECOMMENDATION**

Because of the higher demand of pads, we request the administration to look into H4H budget in order to meet the need.

Because as H4H we need to get more ideas and knowledge we request the administration to allow and facilitate us to continue visiting other competitors.

Anyone who request for pads need to go with a H4RI staff this will help us for proper follow up and keeping records.

Need to get some knickers every month, if possible, for the young girls in school especially River Jordan SS and Kimazi Primary School.

Need to get a sterilizer to upgrade our standards.

## **Medical**

- Staffs don't follow advices and instructions leading to recurrent illness.
- Few staff have received full Hepatitis B Vaccination which risks their lives.
- Many organizations want HR4I H/C 111 to include them on free health insurance yet income is still low.
- We encountered a malaria epidemic in Kakyanga and other areas of Entebbe sub districts.
- Price fluctuation of drugs, food and fuel.
- Inadequate monthly budget for both the facility and outreaches.

## **RECOMMENDATIONS**

- All staff should get fully immunized for Hepatitis B and yellow fever.

- More community sensitization strategies should be organized to combat the malaria pandemic.
- More outreaches should be organized in different hard to reach area to extend health services.
- Increased funds should be allocated for the purchase of drugs, laboratory, and medical equipment for both the facility and outreaches.

Counseling

### **Challenges**

- ✓ Slippery roads during rainy sessions affects our transportation to schools especially in Luwero district.
- ✓ Pupils/students fall sick and at times get injuries while at school.

### **Recommendations**

- ✓ Let us try to find plan B for safety purposes in cases of rainy sessions to avoid accidents.
- ✓ I request medical personnel, if possible, avail two schools in Luwero with a first Aid kit for River Jordan S.S.S and Kamanzi P/S to cater for emergencies.

### **CONCLUSION**

We thank the almighty God for his provision and protection this year .Also special thanks goes to all our patterners and friends who have helped us achieve our goals this year.

APPENDICES

Family support



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# NSEKO PLUS PROJECT





Medical outreach

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