



H4RI ANNUAL REPORT FY 2022

**COMPILED BY;
MANZI NORAH.**

Executive Summary

H4RI has achieved so much in terms of its plans and achievements. This would have not been a possibility, if it were not for our friends and donors around the world. The life work that has been put in to these objectives has been because of the great support and dedication of the team. However, not everything has been a success without existing challenges which were managed with the utmost efficiency.

The highlight of this year was centered around medical, counseling, reusable sanitary pads, skills empowerment among many other activities, registration of H4RI in Luwero officially, Bussi medical outreach among others.

INTRODUCTION

This year a lot has been achieved administratively and from the different departments which include medical, hope for her, counseling, farm, sponsorship and reception.

ACHIEVEMENTS SEEN THIS YEAR

- All activities in the different departments have been going on well.
- We have been able to have meetings as admins to solve different issues like conflicts among staff.
- Monthly planning and budgeting have been one of our achievements this year, we sit on every last Thursday of the month to discuss budgets of the following month.

- We were also to resume most of the activities that had paused due to the lockdown caused by covid 19 for example we resumed school and prison outreaches.
- Our medical clinic has been working and many people from the community of Nakiwogo, virus, Lugonjo, banga and others have been treated from our offices free of charge.
- We were also able to renew our H4H pads certificate from UNBS, that is the permit to operate for another full year.
- Girls and women have also continued to receive pads from our offices and all areas around and beyond.
- We started a skills empowerment program in Luweero Nakitokolo village and over 30 women are training in tailoring and also being counseled in different aspects of their lives.
- Counseling in schools was taken beyond our area of operation and now different schools in Luweero also receive our services.
- Response to management letter from the audit has been handled.
- Planning and budgeting have been done.
- Meetings with partners more so Rotaract club have been handled and MOU drafted.
- Awarded a community service certificate from rotary family.
- Audit was done successfully.
- The staff is compliant with the financial policies in place.
- The organization has managed to sponsor eight (8) children, teenagers and youth with scholastic materials and fees.
- 2 Internship students and 4 volunteers successfully received training from H4RI during their placement.
- Family support and economic strengthening was successful
- MOU signing with Rotaract club of Entebbe airport was accomplished and Nseko plus project was done in Nakitokolo -Luweero.
- In partnership with rotary staff quarters of kirumandagi health Centre 11 were constructed.
- 2 Medical outreach in kachanga was accomplished
- Visit to emergency surgical children hospital was done and an MOU was drafted
- Workshop by katabi town council CSO and NGO forum Entebbe was well attended by representatives from H4RI
- 22 girls in Luweero were successfully trained in tailoring
- Annual first aid management training was successfully done in koboko district
- Received certificate and award from face of Entebbe and day of African child participation in Luweero
- Hope for restoration was officially awarded permit to operate in Luweero district
- Hope for restoration initiative successfully took part in the life saving, CPR and firefighting course and its participants were awarded certificates

- Distribution of medicines, mama kits and reusable sanitary towels was done successfully in koboko district.

CHALLENGES

- Communication skills are still lacking
- Uniform has been an issue amongst staff.
- Lack of enough funds. We would have wanted to help more, and support more children but because of the insufficient funds, we were able to give out only for these eight students.
- High demands for pads in the different areas of Uganda has remained a challenge.
- Death of our pigs has affected the organization financially this quarter.
- Failure to carryout some projects as planned for example the sexual worker's project.

STATISTICS FROM DIFFERENT ACTIVITIES

ACTIVITY	No of beneficiaries
Clients visiting office	1,070
Menstrual hygiene & reusable pads	1,348
Medical treatment at office	529
Life skills empowerment	22
Sponsored children	08
Medical outreaches	04
M.O. Us	04

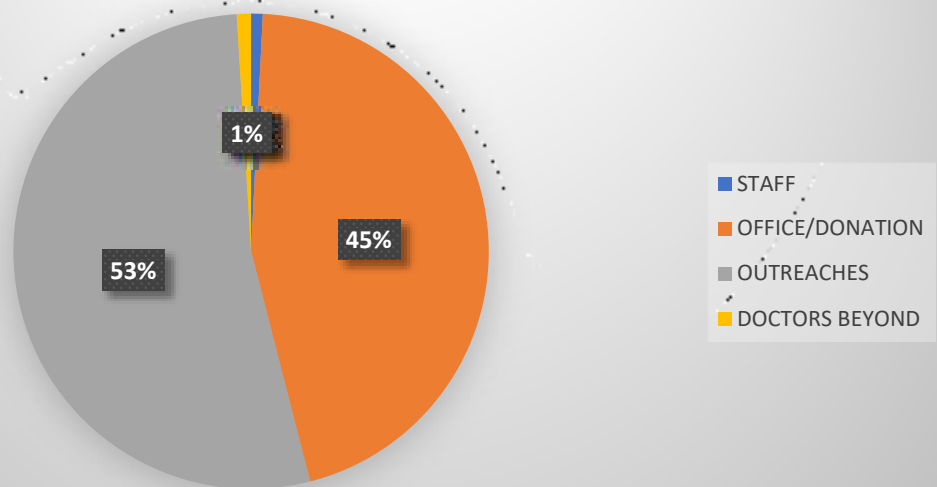
REPORTS FROM DEPARTMENTS

MEDICAL

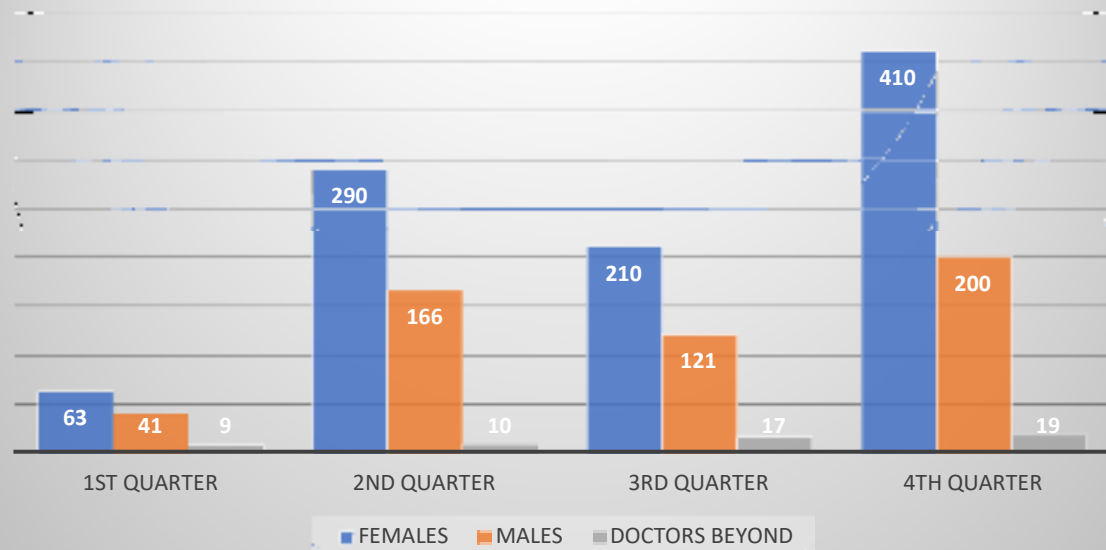
- We have managed to treat and manage 1537 clients, 104clients in the 1st quarter, 456 clients for 2nd quarter, 367clients for 3rd quarter and 610 clients for 4th quarter with different conditions such as malaria epidemic in Kakyanga island, typhoid, bacterial infections, urinary tract infections, respiratory tract infections, skin diseases, GIT infections, hypertension, diabetes among others. In addition, we also had 7 clients referred to different hospitals for further management

STATISTICAL ACHIEVEMENTS

CLIENTS ATTENDANCE AT THE CLINIC



CLIENT ATTENDANCE PER QUARTER



- The organization helped raise funds for buying drugs and other medical equipment for buying drugs, transport to provide medical services for both office and outreaches.
- Home treatment of elderly and disabled clients (doctors beyond)
- Provided free treatment both at office and outreaches worth ugx 43,126,000/=
- Conducted outreaches in Bussi Island, Buwaya, Zinga, and Kakyanga.
- Worked with active volunteers who we have added more skills and can now attend to clients.

CHALLENGES

- Staffs don't follow advices and instructions leading to recurrent illness.
- Few staff have received full Hepatitis B Vaccination which risks their lives. Lack of first aid box for doctors beyond
- We encountered a malaria epidemic in Kakyanga and Luwero.
- Price fluctuation of drugs, food and fuel.
- Inadequate monthly budget for both office and outreaches.

RECOMMENDATIONS

- All staff should get fully immunized for Hepatitis B and yellow fever.
- More CME should be organized.
- More outreaches should be organized.
- Enough funds should be allocated for the purchase of drugs, laboratory, and medical equipment.
- Need to register the facility with Uganda medical and dental practitioners' council and Uganda Allied health council.

HOPE FOR HER

- ACTIVITIES DONE
- Pad making.
- Pad distribution.
- Pad selling.
- Knicker distribution.
- Masks selling.
- Mask making.
- Training in tailoring and craft making

STATISTICS FOR THE ACTIVITIES CARRIED AS FOR THE MONTH OF JAN to DEC 2022

Pads

Months	Pads made	Pads distributed	No of girls/women
Jan	973	180	30
Feb	812	258	43
Mar	1,091	1,164	194
April	1,330	165	208
May	1,184	222	037
June	1,903	1,442	234
July	484	1,528	204
Aug	00	704	135

Sept	1,303	00	00
Oct	1,462	400	83
Nov	1,112	565	95
Dec	00	698	115
Total	11,654	7,326	1,348

Knickers and Bags

Months	Knickers distributed / No of girl child	Knickers in stock	Bags made	Bags distributed	Bags in stock
Jan	10 9			30	
Feb			220	43	
Mar				194	
April	125 124		32	28	
May	11 10		341	42	
June			312	164	
July			258	204	
Aug	81 81			135	
Sept			270		
Oct			395	67	
Nov	01 01		104	94	
Dec	57 54			118	
Total	287 280	166	1,932	1,118	200

Masks

Months	Masks made	Masks sold
Jan	832	500
Total	832	500

ACHIEVEMENTS

- We were able to make 11,654 pads and 1,932 bags this year.
- We were able to distribute 7,326 pads and 1,118 bags to 1,348 girls/women.
- We were able to distribute 287 knickers to 280 girls/women.
- We renewed our certificate successfully with UNBS after an audit and closure of a non conformity.
- Stock taking is being done in H4H.
- This year we've received a donation of 400,000 (four hundred thousand shillings only) for Knicker project and 100,000 (one hundred thousand shillings only) for bag material for pad packaging.
- This year we were able to sell some few masks 500 of them at 1,250,000 (one million two hundred fifty thousand shillings only).

- Training of tailoring was done at H4RI Nakitokolo Empowerment Center in Luwero district and 22 girls / women successfully trained this year how to sew different types of outfits especially the introduction in tailoring.

CHALLENGES

- Demand of pads is very high.
- Lack of enough material to provide enough pads for the demand.
- Increased transport cost for the goods.
- CONCLUSION
- We thank the Almighty for the provision, protection and guidance through this year which helped us to do our work and able to reach to different girls/women in different areas in the country.

RECOMMENDATION

- Need to increase transport money for transporting goods.
- Need to raise enough funds to purchase materials to reach our target.

NAKITOKOLO EMPOWERMENT CENTER REPORT

22 girls/women have been trained in tailoring.

- Women under hands on skills training were taught introduction in tailoring.
- They learnt how to make different type of clothes.
- The trainees love what they do this give moral to the trainers.

CHALLENGES

- Materials like cloth for learning.
- Lack of enough chairs for proper class set up.
- Language barrier.
- Lack of enough space for the training.
- More machines are needed.

COUNSELING

- Counselling managed to conduct school outreaches in Wakiso and Luweero district, client counselling in CFPU, HIV counselling and testing in office and Islands, community sensitizations, youth sensitization/ counselling during Mayuge camp, sensitizations/counselling of women under Nakitokolo empowerment center, client follow-up and referral to other services within the office among others.

Achievements

- Pupils'/student counselling and sensitizations was done in both primary and secondary schools as listed below: Nakiwogo P/S, Ebenezer Nursery and P/S, St. Joseph P/S Katabi, Nsamizi P/S, Kimanzi P/S, Comprehensive S.S.S, River Jordan S.S.S, Sure prospect S.S.S. Topics presented were: Good and bad classroom behaviours, Early sex and teenage pregnancies, Abstinence, menstrual hygiene and management among others.
- Individual counselling was done in Kimanzi P/S, Ebenezer P/S and River Jordan S.S.S.
- Pupils'/Student evaluation for school program was done in Kimanzi P/S and River Jordan S.S.S.
- Client counselling in Entebbe CFPU, Abaita Ababiri CFPU and Kisubi CFPU. In these police posts children are under domestic violence were registered and forms filled and given to field and volunteer officer for reporting purposes.
- Community sensitizations were conducted through radio talk shows where topics such as substance abuse and addiction, domestic violence, emotional and threatening violence,

generalized anxiety disorder, mental health, death and bereavement among others. Through this sensitizations people have learnt various lessons hence calling for more sensitizations.

- HIV counselling and testing in office and Islands of Bulamu, Kakyanga and Kiggungu. During client counselling, those who tested positive were linked to government hospital for ART.
- Liquid soap making and sale.
- Youth sensitization/ individual counselling was done during the Mayuge camp. This included individual counselling and teaching of bible verses.
- Teenage mothers were sensitized/counselled during Mayuge camp. This involved catering for their babies.
- Sensitizations/ individual counselling of women under Nakitokolo empowerment center.
- Participation in Mental- health day organized by UCA in Kyambogo University and MCC at Nkumba University.
- Village Health Teams (VHTs) were taken through basic counselling skills and psych-social support skills.
- Clients were individually counselled in office.
- Youth were individually counselled in office
- Sex workers' budget discussion with MCC partners on hands on skills training was conducted and how to get these funds.
- Orientation of an internship student and taking her through counselling practicum.
- Mentoring Volunteers about basic counselling skills and HCT whereby pre- and post-counselling was taught including how to handle different clients.
- Monitoring and evaluation of counselling services was conducted in Nakiwogo, primary and secondary schools as well as Child and Family Protection Unit. H4RI counselling services are highly appreciated in all this places where the service is offered therefore calling for more counselling and time.
- Counselling has brought behavioural change in terms of discipline therefore making the work of teachers easy.
- In CFPU, couples have reconciled and less cases of domestic violence are reported to CFPU.
- **Statistical data showing the achievements of counselling activities**

Activity	Sex	No- of community sensitizations	Topics covered	Total No- of clients
Pupils'/student sensitizations and counselling in Wakiso district	Female 544	Male 422		966
Pupils'/ student sensitizations and counselling in Wakiso district	290	133		423
Pupil's/student individual counselling in Wakiso district	3	14		17
Pupil's/student individual counselling in Luweero district	27	11		37
Pupils'/student evaluation for school program	Kimanzi P/S—4 River Jordan-4	Kimanzi P/S—3		Kimanzi P/S—7 children River Jordan-5 children

Pupils'/student evaluation for school program		Ebenezer P/S-1			Ebenezer P/S-1 child
Youth counselling in office	5	0			5
Individual counselling in office	39	4			43
Client counselling in CFPU i.e., Entebbe, Abaita Ababiri and Kisubi	37	35			72
Community sensitizations			10 sessions		
Sensitizations of women under Nakitokolo empowerment center	55				55
Individual counselling of women under Nakitokolo empowerment center	4	1			5

Youth sensitization in Mayuge camp	52	34			86
Junior youth catered for and taught bible verses	10	11			21
Youth individual counselling in Mayuge camp	3				3
Sensitization of teenage mothers during youth camp	12				12
Babies catered for during the camp	12	9			21
Teenage mothers referred for crafts making	9				9
Single mothers sensitized during youth camp	8				8
Individual counselling during the camp	0	1			1
Individual counselling in office	40	4			44
HCT at office	8	11			19

HCT in Kirumandagi health center	10	16			26
HCT in Bulamu Island	19	8			27
HCT in Kiggungu Island	33	33			66
HCT in Kakyanga Island	12	9			21
Overall total of clients					1993

Challenges

There is a continuous request for food for clients who are under ART yet do not have food to eat while trying to adhere to treatment.

- There is an increased number of pupils/students in Luweero district who are orphaned and vulnerable children yet are struggling to pay school fees.
- Increased number of children who were defiled during lock down yet are willing to go back to school.
- **Recommendations**
- If possible, let us consider sponsoring apportion of pupils/students in Luweero and in Wakiso district who are in school yet are struggling to pay fees.

FARM

- Monitoring farm wellbeing,
- Weeding, spraying and general care for the farm
- Repairing piggery house
- Harvesting and selling off our farm produces
- Pigs' treatment and vaccination

- Harvesting and selling of Coffee, Cassava, Beans, Maize, and other foods
- Visiting Zinga Farm
- **Introduction**
 - My credit goes to every fellow worker for standing and working together as a team. Our **farm** project has made some good yields this year. At the moment, we have on going activities like pig farming, goat rearing, pineapple farming, maize, coffee, passion fruits, bananas and other foods.
 - **The general wellbeing of our Luweero farm**
 - This year a number of activities has been accomplished at the farm. God has been faithful and enabled our farm hands (Hakima and the wife) and Mr Kiggundu who is helping always to advise them, to work effectively to see that the farm gives a good yield and becomes more productive.
 - Currently, we have 24 pigs and they are growing well. These pigs they all belong to H4RI organization. The H4RI staff pigs and piglets all died. The organization pigs defer in age, where five are five months old, 10 (ten) pigs are three and half months old, and nine pigs two and half months old. At the moment we 14 pigs that are female and 10 pigs are male.
 - We had seven goat's last quarter. However, they have reduced to six. One of the big tough male goats we have at the farm knocked the little male goat and it got injured and eventually it died. Now we have two female goats and four male goats.
 - Still this year, we managed to sell 20 pigs, processed and sold 208 kilo-grams of coffee, harvested ginger, passion fruits, and maize. Still, we managed to rent one hectare of land that we are using to grow and plant on animal foods. Its subscription will be annual.
 - This year we have made a loss of one goat and 56 pigs including piglets. 15 pigs were for H4RI staff members, and 41 were for the organization.
 - **Pigs**
 - Currently, we have 24 pigs and they are growing well. These pigs they all belong to H4RI organization. 14 pigs are female and 10 pigs are male.
 - **Goats**
 - We had seven goats' last quarter. However, they have reduced to six. One of the big tough male goats we have at the farm knocked the little male goat and it got injured and eventually it died. Now we have two female goats and four male goats. Our two female goats are pregnant and we are expecting bouncing kids any time from now.
- **Monitoring farm wellbeing,**
 - The monitoring of the farm wellbeing has been mainly done effectively. The gaps and the challenges that where found, we are working on them. At the moment the farm is doing well and flourishing.
- **Weeding, spraying and general care for the farm**
 - The farm hands have managed this year to weed, pray, harvest, and take care of the animals and farm at large. We managed to buy a water pump help specifically on the easy feeding of the pigs and spraying other crops.
- **Repairing piggery house**
 - Year we have managed to remove old sew-dust in seven pig paddocks. After removing them still we had to replace them with new sew-dust.
- **Harvesting and selling off our farm produces**
 - This year, we have made some good harvests of coffee and other food crops. This proves that our farm is functioning well.

- **Coffee**
 - We harvested 308kgs of coffee, and after harriving them we were able to process, roast, grind, and pack coffee weighing 208 kilo-grams. It was brought here at the office and sold; as I talk right now, we have few packs remaining for sale.
- **Maize**
 - This year, we managed to harvest maize weighing 50kgs. It was grinded and served as food for farm hands.
- **Pineapples**
 - This year we have managed to plant a total of 2500 pineapple steams. They are growing well and we have started weeding them and putting in manure. Therefore, we expect a great harvest in the second quarter of next year 2023.
- **Other Foods**
 - These includes beans, Bananas, cassava, and passion fruits were also harvested.
- **Animal treatment and vaccination**
 - This year we have managed to vaccinate, and spray our pigs and goats.
- **Visiting Zinga Farm**
 - This year I managed to visit Zinga farm. The farm is doing well, however, I found out that there's an encroachment of a pathway in the middle of the farm, burning of charcoal, and small trees at the farm. Therefore, we resorted into selling the trees or getting someone to keep a close monitoring.
- **CHALLENGES (this year)**
 - This year we have been challenged by the huge loss of our animals (pigs).
 - Little space for planting animal foods
 - Shortage of animal feeds disrupts the organization budgeting system.
 - Encroachment on our farm
 - Change of seasons
- **RECOMMENDATION**
 - There is need to train our farm hands to learn how to vaccinate the pigs so that we avoid this epidemic death of our animals.
 - There is a need for irrigation channels at the farm to go through drought if it strikes.
 - We should use the one hectare that we are renting to plant animals to fight food scarcity.
 - There is need for someone to be allocated on Zinga farm, to make sure that he monitors each and everything that is taking place on that farm.

SPONSERSHIP

- We are a voluntary organization working to sponsor children from poor backgrounds, sexually abused, and those who are HIV/Aids positive to give them education. After carrying out a proper survey, we discovered that this is an extremely important and

worthwhile cause to properly care for the children as it is difficult for most of the African children to acquire education.

- Without education, many times these children are married off at a very young age, forced into hard labour, while others have their education disrupted by lack of tuition, cultural myth, and family superstitions.

- **HOW WILL IT HELP?**

- It will create a sense of purpose in their lives and live up to their full potential with fulfilled rights and aspirations.
- Therefore, we are working very hard to create a better life for these children by taking them to school, teaching them God's word, providing tuition, and other school necessities to use as an insurance for their future. This will help them know their purpose in life, live up to their full potential, with fulfilled rights and aspirations.

- Names of children so far sponsored this quarter:

- Ssemanda Elvis
- Apoloti Mary
- Benjamin Tumwesijje
- Nanono Claire
- Shakira Kirabo
- Evans Mpiima
- Mirembe Evelyn
- Beena

- **Achievements**

- As an organization, this year we have managed to pay and complete all the school dues for our sponsored students.
- We gave out Scholastic materials and school fees for these eight students. Because their parents found it hard to source out for these scholastic materials and school fees.
- Our two candidates (Apolot & Benjamin) sat and complete well their mocks, P.L.E and UNEB exams.

- **Challenge**

- The challenge we have faced this year is the increase of school fees.
- Lack of enough funds. There's a number of parents who visited the office seeking for sponsorship but we couldn't afford to help them. Though some of them were disqualified by our policies, but those who passed the policies we couldn't help because we were financially tight. We would have wanted to help more, and support more children but because of the insufficient funds, we managed to give out only for these eight students.

- **Way forward**

- Our obligation as H4RI should stand and be accomplished as pledged to avoid school fees debts.
- Requesting the office to increase on the sponsorship funds.
- Request to enroll more to two students.

- **Conclusion**

- We thank God for all the donation and support that is given to see that these students acquire education. This has helped to create a sense of purpose in their lives and live up to their full potential.

Reception.

- This year also clients who have come for hope for her [pads] and counselling services.
- In this reception desk register so many clients who have come for medical services.
- This year the fort desk registers one thousand ninety clients who have visited offices.
- Seven hundred fifty are female and three hundred seventy are male.

Below is the table which shows the number clients who have visited our offices according the quarterly.

quarterly	male	Female	Total
Frist quarter	70	150	220
Second	140	250	390
Third	90	250	320
Forth	40	100	140

Through the management of hope for restoration initiative has managed to buy for us items for use for cleaning the office.

Items	Qty
Bulb	10
Registration books	2
Mopes	3
Squeezes	2
cobwebs	1
Liquid soap	8 jerricans
Toilet papers	28 packs
Gloves	6pairs
Batteries	6 pairs
Buckets	1

Toilet balls	12 packs
White star soap	6 bars
Vim	4 tins
Insecticide	2tins
Brooms	6
Jik	8 littles
Sanitizes	9 liters

CONCLUSION

- We thank everyone who has enabled us conclude this year successfully, especially our funders and all those that supported our work. We hope to reach out to more needy people in the coming year especially in the hard-to-reach areas.
- **RECOMMENDATIONS**
- More financial assistance in most of the activities and projects is needed.
- Recruiting new staff to replace those that left the organization.
- More emphasis to the staff members to follow the policies in place.

- APPENDICES



Community

cleaning



Medical

outreach







Counseling





Team building for staff





Hope for her



