



Editorial

July—September 2014 was a quite a phenomenal quarter where major adjustments happened at the home of the Good Life. Never-the-less, it never altered the progress of the several interventions meant to touch the lives of people we are here for.

Previously saving for economic reasons alone, the Village savings schemes in northern Uganda have embraced saving for health and proudly attest that surely a Good Life starts with good health. This and so much more awaits you; Enjoy!

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Village Savings for Health a Reality in Northern Uganda

By Francis Nsanga

Many groups of women (but lately men too) in northern Uganda are organized into savings groups. They used to save for only economic reasons, and never prioritized using the groups' efforts to save for health and advocate for primary healthcare in



"We are 30 members in our savings association. For us, having assured cash for health is a solution to the public hospital queues that normally yield no significant medical help. From our savings, members can pick cash and access health services from private clinics faster." - Chairperson Mit Ki Tic Womens Group, Anaka -Nwoya Ditric

their communities. UHMG identified this opportunity to leverage on to address the rampant healthcare issues in these communities. UHMG introduced the idea of saving for health among these groups purposely making them focus on their health just as much.

"Up to 80 groups were mapped across the regions and close to 40 have been the training in primary healthcare and saving for health."

During the training, we were advised to ensure personal and community hygiene as the first step to achieving good health. Since the training, not so many people had pit latrines but now we all have pit latrines and community health has improved drastically. Episodes of illnesses related to poor disposal fecal matter. – *Chairperson Mit Ki Tic Womens Group, Anaka -Nwoya Ditric*



“ Because of this association, people in our community have embraced family planning and it has evidently reduced malnutrition in their families.” – *Member of Rubanga Loyo Group, Amuru town council*

Right: “We have benefited from the training in many ways: for example because of the obligation to save, one is compelled to find some income generating activity so that they are able to save. We also have no stress of running around to find help when sickness comes around the corner.” - *Member of Adaa Medo Gen women’s group, Oribicing village, Olilim.*



UHMG in Melbourne for the International AIDS (IAS) Conference, July 20 - 25, 2014

UHMG does not only lead in health communication and social marketing locally, the world is convinced that our interventions and innovations are a source great lessons to be benchmarked and even replicated elsewhere on the planet. We contribute to new knowledge in addressing the prevalent public health challenges of humanity.

When our abstract **“Using Innovative Strategies to Provide HIV/AIDS Services to Key Populations in Uganda”** was accepted by the International AIDS (IAS) conference that was held in Melbourne Australia, July 20-25, 2014, it became clear that our innovations in addressing public health challenges are contributing to new knowledge in the realm of HIV prevention.



UHMG poster displayed during the IAS Conference July 20-25, 2014, in Melbourne Australia. Many delegates thronged to learn something from our innovations.

We have since learnt that uptake of HIV services is enhanced by integrating the cocktail of these activities in a one-stop centre especially in the hard to reach areas. The Safe Sailing Boat model also makes it possible for the fisher folks to access HIV prevention and care services while moonlight camps effectively reach commercial sexual workers (CSWs) and truckers.

Complacency & Lack of Time can make Employees equally at High Risk!

By Stephen Alege

The Coca cola flavour is all over the air and the bottles are filling up at almost supersonic speeds under the watchful eye of a father of three, 27 year old Moses (Not real name). Moses a bottling clerk at century bottling company has just taken an HIV test for the second time of his adult life.

"I hardly find time to go to clinics but today when they told us that UHMG will be providing free HCT services I sensed that it was a great opportunity" says Moses. The HCT services were provided by UHMG through its USAID/ Uganda

Integrated HCT Kampala project HCT corporate outreach at century bottling company. **"I still cannot believe that am negative, I will now only use condoms and stay faithful to my wife,"** adds Moses.

During the quarter July-September, the project provided HCT services through 21 Good Life clinics scattered in all the five divisions of Kampala.

Through the clinics a total of **325** MSM and **698** female sex workers were provided with HCT services. In addition the project conducted one corporate outreach targeting workers reaching **133** with HCT services. A total of **45** outreach sessions were also conducted on landing sites and islands reaching **1,017** female sex workers and **260** fisher folk



Good Life staff drawing blood samples for HIV in the bus based testing room



Century bottling company staff wait in line for HIV counselling and testing as they listen to preventive education session from an "edutainer".

with HCT services using the mobile HCT van.

UHMG demonstrates the “Good Life for all Ugandans” through the Cancer run

By Francis Nsanga

In line with delivering a Good Life to all Ugandans, the Good Life team eagerly participated in the cancer run that was organised jointly by the Rotarians in Uganda, Centenary Bank and Crown Beverages Limited aimed at raising funds for the completion of the Rotary Cancer Ward at St. Francis Hospital, Nsambya–Kampala, Uganda. It took place on Sunday 31st August 2014. This was a much needed and timely effort to address the rising non communicable diseases (NCDs), something that wasn't the case in Uganda before.

The run that was graced by the former Tanzanian President *Ali Hassan Mwinyi* will have funds raised to complete the Ward that will help to supplement the current limited facilities in the country, in prevention and treatment of cancers. The 36-bed capacity ward is estimated to cost **Ugx1.3 billion** and is currently in its final stages. **The charity event raised over Ugx300Million.**

St. Francis Hospital Nsambya is a faith-based not-for-profit hospital founded by the Little Sisters of St. Francis in 1903. It is owned by the Roman Catholic Archdiocese of Kampala. It is accredited by the Uganda Catholic Medical Bureau and is operated by the Little Sisters of St. Francis, a referral hospital with a capacity of 361 beds. The hospital is involved in patient care, research and teaching. It also offers specialist services in surgery, internal medicine, paediatrics and obstetrics and gynaecology. Nsambya serves as an “Internship Hospital” for graduates of any of Uganda’s main medical schools.



The Good Life team representatives at the cancer run, August 31, 2014

The hospital is also home of the Uganda Martyrs University School of Medicine (UMUSM), that offers the postgraduate degree of Master of Medicine (MMed) in the disciplines of General Surgery, Obstetrics & Gynaecology, internal Medicine and Paediatrics.