

NAMUTAMBA REHABILITATION CENTER



ANNUAL REVIEW 2015



***"We
being
your
concern
is the
reason
we are
better
and
Happier"***

Everyone is special, gifted and able to help others to glorify God 1.Peter 4;
10+11

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ABBREVIATIONS

NRC :	Namutamba Rehabilitation Center
CoRSU :	Comprehensive Rehabilitation Services in Uganda
GMMT :	German Missionary Medical Team
CP :	Cerebral Palsy
OVC :	Orphans and Other Vulnerable Children
URA :	Uganda Revenue Authority
HIV :	Human Immune Virus
CTEV :	congenital Talipes Equinus Varus
PHC :	Primary Health Care
CBM :	Christoph Blind Mission

MESSAGE FROM CHAIRPERSON



I take the pleasure to welcome all our readers, partners, and the entire stake holder base to the new year after a successful completion of 2015. And I' am pleased to let you know of the proceedings of the old year, and I must say that for whatever is reported in this booklet, we were able to achieve and make it through the might hand of our Lord Jesus Christ through which NRC derives its potential.

During the year, we were supported by a number of organizations and individuals for whom we crown as our pace makers throughout the year. This is so because your support makes us move on because without you we would be like a car without fuel.

We also took time to reflect on the future of NRC and the Board is aware that NRC will go through a transition period in the year 2016 and therefore Members are becoming more involved in the affairs of the Center and to see to it that it remains a going concern.

We had a special day for the Center and it was a joy to remember this day and inform the public about the importance of giving proper care for children with disabilities, however , there are also changes in the programmes of NRC to meet the trend service as required by the OVC policy.

I also appreciate the management of NRC for having managed and run the Center properly during a time when NRC leader was not around, that was really encouraging!

And I am grateful to the entire staff for your commitment to the work of NRC.

Lastly, I am grateful to the Board for the strategic direction and all support rendered to the Organization.

Rev. Can John Israel Mwesigwa

MESSAGE FROM NRC LEADER



When a year begins, it is some times hard to know whatever may happen especially in such work where we always depend on people's donations to treat children.

I am happy that we ended the year well.

I cant say that we didn't face challenges, for sure we did but am thankful that nothing overwhelmed us to stop the work!

For me it is always a joy to see great changes and improvement in children's lives and the change of attitude towards children with disabilities by the caretakers or parents and the communities where they come from.

I am grateful for the team work at the Center, this enables us achieve a lot even within limited resources; special thanks to the Board and the management team for the good cooperation.

Lastly but not least, I am so thankful to the Lord for helping and guiding us through this work and for healing the children.

I wish you a fruitful year 2016!

Ms. Lydia Lehmann
NRC-Leader

LIFE AT THE CENTER

At NRC children enjoy being together and through this they build their confidence, as they perform daily guided activities together.

All activities for life at NRC were designed to encourage children to live positively and with a hope that it will help them even in their home as they learn to relate, plan, participate and involve in day today life skills that are vital for sustainable living even when they grow.

Staff and volunteer act as role model to build confidence in children both spiritually and physically.



We had a good time reading Bible stories in special books on a regular basis which we enjoyed so muchand we got gifts and certificates after reciting the stories... It was much fun!!!



We learn a lot of things here at NRC , including; baskets weaving, knitting and other interesting crafts... Most importantly we enjoy working together and learning from each other. This we do 3 days in a week.

Our teachers motivate us to do so and encourages us depending on our physical abilities.

PRE AND POST OPERATIVE CARE

At NRC children are admitted as long as it is required. Some children need proper feeding to improve their health conditions, others need specific medical attention, such as; Physiotherapy, Occupational therapy, frequent medication and for consultation while others need daily-hygienic dressing of wounds for faster healing.

The environment at NRC give children a chance to exercise and discover their potential and take an initiative to use it.

There is also a chance for NRC staff to interact and monitor the situation of each child closely for further social decisions.



HEALTH TEACHING



Ambrose (Enrolled Nurse) carrying out a healthy teaching at NRC

At NRC children and their attendants are sensitized about general health and hygiene.

It was proved that most of the diseases that disturb Ugandans are due to poor hygiene and therefore, the management of NRC thought it wise to address this issue by educating clients on best hygienic practices.

They are also sensitized on how to control and prevent the infestation of Malaria, HIV and other diseases.

In addition to the above, children and their attendants are sensitized on best ways of feeding and body changes.

WOUND CARE

Many of our clients were affected by Osteomyelitis a bacteria that spoil the bones and therefore, daily dressing is required to clean the affected part. The same applies to all children after surgery as they need dressing for wound healing.

A nurse is available every day to make sure that this quality is not undermined, and also for other communicable diseases that may attack the clients while on admission at NRC.

PSYCHIAL SOCIAL SUPPORT

PRAYERS

Children are always advised to pray and commit their lives to Christ because at NRC we believe that it is God who gives the ability to work, provide all needs, heals all diseases and meet all people's concerns as they may desire.

Therefore, all staff conducts a morning prayer and matrons conduct an evening prayer (devotion time) with children and their attendants every day.

It is always a joyful moment for the children and through this their lives change to positivity as they learn that they are loved so much by God and cares for them too.

WHAT CHILDREN SAY

Swinging is my favourite at NRC, I spend some of my time here.



We love games!!

We are being entertained at NRC and we cant remain seated but to dance. I like our drumming!!



COUNSELING

At NRC children and their attendants receive professional counseling. This is because children face a lot of trauma, pain, rejection and mockery due to their disabilities and diseases ; these pressing/ distressing feelings come from their community and some times from their relatives and parents themselves.

This service helps them to cope with their condition and to understand the impact of their stay for the rehabilitation.

A social worker was around to carry out this role from time to time as was deemed by the NRC community for a specific child or attendant.

ACHIEVEMENTS

Physio and Occupational therapy

A professional Physio therapist was always around at the Center to assess and treat children with disabilities after surgery or where the only requirement to improvement of a client is physical exercise.

In the same way, a professional Occupational therapist was fully employed for the functional improvement of children with disabilities.

The two held special teachings for parents of children with Cerebral Palsy in 4 rounds together with other medical staff ; and each round consisted a minimum of 6 parents.

Teachings were held at NRC along side the work of out patients and other in patients.



Simon (Physio Therapist) teaching Parents of children with CP

ASSESSMENT AND TREATMENT

We were able to assess 506 new children with disabilities during the year, assessments were done on Outreaches and at NRC when relatives or parents came to seek medical attention or advice for their children's improvement.

Below are client per disability as assessed Illustration 1

Disability	No of clients assessed
CTEV	30
Cerebral Palsy	93
Epilepsy	150
Osteomyelitis	25
Post Injection Paralysis	27
Post Burn Contractures	8
Hydrocephalus	14
Cleft lip	9
Congenital deformities	18
Arthritis	6
Deaf	2
Mental Retardation	3
Others	121
TOTAL	506

MEDICAL DETAILS

Children receive all medical attention once they are admitted at the Center, and if there are complex issues to address, regarding Health, children are taken to CoRSU hospital for specialist consultation and if need be also for surgery.

Other children may only need services that can be provided at the Center, and therefore, they are catered for by the NRC medical team.

Table shows the number of children as per group table 1

Group	No of clients
Surgeries per month on average	6 children
Total inpatients during the year	216 children
Outpatient	3,257 children

As the rehabilitation process takes long, children are admitted for a period between 1 month and a year but most of them are not making a full year at NRC as they are physically well earlier.

ANTI EPILEPTIC PROGRAMME

NRC has attended to a big number of people with epilepsy in the areas of Kiganda, Kiyuuni, Kassanda, Kiganda, Zigotti and Maanyi. And for the last year Epileptic clients constituted 85 percent of NRC's out patients.

However, it was planned earlier that NRC should phase out this service as there are possibilities for other service providers to take on. Service providers include; government and non-government (Private) Hospitals and Health Centers.

NRC took the initiative of advocacy to the Districts where we had Anti-Epileptic clinics through DHOs and Hospital Administrators and organized meetings and awareness campaigns to different health providers within the districts. And through this NRC communicated its phasing out plan and advised on stakeholders on how to manage and run the Anti-Epileptic clinics.

As per now 99 percent of the clinics are already handed over and we will have the last handing over done in March 2016.

NRC is also organizing a general capacity building programme for each district and is already communicating the programmes date.

Much as it was hard for clients with Epilepsy to assimilate the fact that NRC was stopping the service, they later believed us right as we brought to them the responsible people in their Hospitals who spoke to them and assured them of continual treatments.

The table below shows the number of Epilepsy outpatients for each month in the year 2015 in Kiganda, Kassanda, Kiyuuni, Zigotti, Maanyi and Namutamba.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
No. Patients	172	195	283	258	219	246	187	186	257	265	182	313

HOME VISITS AND FOLLOW UP

NRC does the follow up of children by the field coordinator who takes an extra mile to see how children cope in their home environment after their discharge from the Center, and for this year 192 home visits were conducted by the Social worker.

For special environmental modifications, the Occupational Therapist visited the clients and together with children's families solved barriers to mobility problem on the spot. For the year under review 9 homes were visited for special environmental modifications.

COMMUNITY SENSITIZATION AND OUTREACHES

Whenever NRC medical team went to outreaches, they started with sensitizing the entire community about disabilities, their prevention and remedies if affected.

There were also information sent on the local media by NRC regarding disability and rehabilitation and was aired.

We are seeing a great change in people's attitude towards people with disabilities in our areas of work.



Community Sensitization at Kiganda –Mubende Outreach

EMPOWERMENT OF YOUTH

NRC tries to reserve space for vocational training every year, and for this year 4 youth finished their training. Two children were supported for formal education.



My bones were affected and I spent over 10 years down. I could only crawl. I came at NRC and I was operated four times, and I learnt how to walk again. I managed to walk with crutches!! Later I was taken for apprenticeship in tailoring and I am now an expert tailor.

ADMINISTRATION

There are advancement in the country's policies regarding Non- Government organisation of all sorts and therefore, NRC had to adjust practices and procedures. We had some difficulties with URA but up to now we hope to have Income tax exemption ready any time as we have already fulfilled all the tax obligations and URA procedural requirements.

FUNDING

The table below shows the overall funding for the year 2015 for Namutamba Rehabilitation Center. Funding from Neukirchener Mission also include the amount of funds from Ms. Schneider for employment of an occupational therapist and a Medical Programmes Assistant.

Source	Amount (UGX)
Neukirchener Mission	203,909,500
Liliane Foundation	21,000,000
Patient Contributions	33,902,500
Local Government Support (PHC)	5,612,823
Inkind contribution	295,936
Other Donations	12,828,536
Bank Interest	950
Asset deposition	1,329,000
Projects	2,946,500

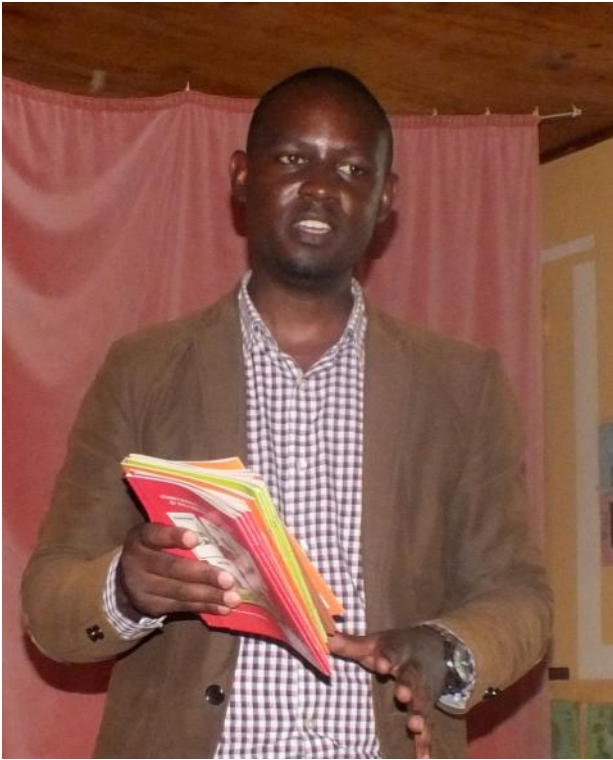
THE EXPENSE

The table below shows the biggest expenses of the year among others. We tried to limit the number of children as we had a lot of activities to pursue.

Major Expenses	Amount
Total Medical Costs	84,268,100
Total cost of living	22,801,900
Total Staff expenses	63,609,550
Total transport	13,005,300
Total Administration	10,600,305

OPEN DAY

NRC held an open day Celebration and over 50 guests and 60 community members attended. All guests and NRC staff with children and their attendants did march through the village with a brass band. The occasion was presided over by Mr. Frank Kabushenga from Vision Group who promised to try his best to work with other Christian to advocate and support the work of NRC. Guests bought all hand crafts that children had made! The guest of honor promised to contribute towards the acquisition of a piece of land.



Mr. Kabushenga



Children entertain visitors with a brass band from Zigoti (a Chance For Children) , a partner Organisation with NRC.

HUMAN RESOURCE



In the year under review Namutamba RC had 13 fully employed staff and some other wage earners.

The following are the cadres as employed; an Enrolled Nurse, Social Worker, Occupational Therapist, Physiotherapist, Teacher, Cooks, Matrons, Watchman, Gardener, Administrative Assistant and Medical Programmes Assistant.

There has been changes in the staff as some left and new ones came in between. NRC's staff has also been supported by volunteers from Germany.

CHALLENGES

- Poor roads especially during rainy seasons
- Increase in cost of living
- Labour turn over
- URA 's prolonged tax exemption certification process
- NRC Infrastructural maintenance/ renovation Demands
- Poor communication network
- Scarcity and increasing cost of utilities, for example firewood



WAY FORWARD

- Maintenance of the general NRC infrastructure
- staff development
- Working with URA key personnel
- purchase and use of internet gadgets
- Planting and maintenance of planted trees
- Fundraising for raising issues.

Strategic Milestone

- Change NRC Leadership
- school screening
- outreaches for other disabilities
- Intensifying CP awareness course
- Public relations
- Fundraising

APPRECIATION

Neukirchener Mission: for taking up Namutamba RC in all dimensions .

CBM : for the good cooperation and paying operation fees for children at CoRSU hospital.

GMMT: for your commitment to support NRC work.

CoRSU Hospital: for close networking in the whole process of rehabilitation of clients.

Katalemwa Cheshire Home : for cooperation and providing appliances.

Ministry of Health: for support in PHC and medical services.

DHO's office Mityana District : for networking and PHC support.

Lilian Foundation Netherlands : for supporting children in their rehabilitation and skills training.

Child fund Kyankwanzi -Kiboga: for supporting clients you send here at NRC.

Church of Uganda : for good cooperation with Mityana Diocese.

The individual donors like; Rev. Dodie, Mr. Horst Dieter Schwarz, Mrs G. Schneider for all the input. Mr. Michael Kiberu Naggenda: for assisting NRC with the website.

Mr. Frank Kabushenga: For loving NRC and your support.

A chance For Children :for the good cooperation.

We are also so appreciative of the German Board for all commitment to the success of the Center.

INFORMATION

Namutamba RC is Non Government and Non Profit organisation which depends donations to operate. It is therefore, our plea that if there is any way you can act, say; mobilising resources and advocating for the children, it is highly recommendable. To be a blessing to children use the account below:



Account No. 9010603227.

Centenary Bank, Mityana

Name: Namutamba Rehabilitation Center.

Namutamba Rehabilitation Center welcomes the partnership and any mutual cooperation with other organisation and we mainly encourage closer collaboration with organisation that help children and youth with disabilities.

Please feel free to contact us on:

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For more information about NRC visit our website:
www.reha-uganda.org