



# ANNUAL REVIEW 2017



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

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Namuli Kyakuwa  
at NRC

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## List of abbreviations

NRC: Namutamba Rehabilitation Centre

CoRSU: Comprehensive Rehabilitation Services

VM: Voluntary Mediators

UPMB: Uganda Protestant Medical bureau

CBM: Christophel Blinden Mission

GMMT: German Missionary Medical Team

NGO: Non Government Organization

OT: Occupational Therapy

PT: Physio Therapy

DHO: District Health Officer



NRC JANUARY 2018

## Special Appreciation to our partners

-Neukirchener Mission: For supporting NRC in all aspects.  
 -Liliane Foundation: For supporting our clients in different life demands.  
 -CoRSU: For the good cooperation and operating our clients.  
 -Katalemwa Cheshire Home: For the good relationship and appliances.  
 -A chance For Children : For the good relationship and referring patients.  
 -GMMT: For the good cooperation.  
 -Christian Services Internation: For providing a coach to the leadership.  
 -Local government of Mityana especially the DHO's office.  
 -Mityana Diocese: For all your advice and cooperation.  
 All individual donors; Like Rev. Dodie, Penny Leon with friends and mr. Horst Dieter Schwarz.

NRC Management is also appreciative for all the support from the board who has been there to advice and monitor progress of the Centre, the board constituted the following members:

Rev. John Israel Mwesigwa	— Board Chairperson
Pastor Francis Aoli	— Member
Mrs. Bampata Edreda	— Member
Mrs. Loy Kaluganda	— Member
Mrs. Kajumba Christine	— Member
Mr. Bunjo Robert	— Vice Chair Person
Eng. Dan Mukasa	— Member
Mr. Simon Amany	— Member
Betty Nakafunvu	— Board Secretary

Further appreciation goes to the German group (Arbeitskreis) for the support, fundraising and all your effort for the wellbeing of NRC

## Staff Interview

Simon Amany is heading the Medical Department and is a qualified Physiotherapist.

NRC Management posed the following questions to him, this is how he responded;

### How long have you been here?

*Nine and a half years.*

### What has kept you here for that long?

*-The grace of God.  
 -The fact that it interests me to see children's lives being changed by the services offered at NRC.*

### Tell us about your work:

*-My work is to give Physiotherapy to children with the aim of; preparing them for surgery, restoring the lost strength, correcting deformities, training and re-training movements.  
 -To supervise other medical related work that includes: Other therapies, nursing, general hygiene and home visit documentation.*

### Which child inspired you most in your care?

*Many children for sure and I have difficulty selecting a specific one, as every child's story is a special one.*

**Closing message:** *Thank you for identifying with NRC, for being a friend, a well wisher, a donor, a staff and promoter.*

*To God be the glory.*



Simon taking moments with clients at NRC



## Introduction



**Andrew Katerega**  
learning how to walk.

*We prevent  
childhood  
disability and  
rehabilitate  
disabled children  
in four districts of  
Uganda.*

NRC is a Non-Government and Non-Profit Organisation providing rehabilitation services to children and youth (young adults) with disabilities in Mityana, Kiboga, Kyankwanzi and Mubende district. It was opened in 1995, registered under NGO registration No.3171, and is working in Partnership with the Church of Uganda, with support from Neukirchener Mission in Germany.

The Centre was opened in 1995, registered under NGO registration No. 3171. We work in partnership with local and international organisations and the church of Uganda.

NRC's mandate is to contribute to uplifting the standards of persons with disabilities in Uganda through complimenting to the childhood disability prevention and rehabilitation campaign/effort with particular emphasis on promoting the well fare of children with disabilities.

### Services offered include;

- Admission of children for pre and post operation care or other services (common conditions include: Cerebral pulse, club foot, congenital deformities, cleft lip, drop foot, post burn contractures, Osteomyelitis and Hydrocephalus, among others.)
- Psychosocial support
- Provision of assistive devices
- Physio and Occupational Therapy
- Outreaches and follow up



**NRC and Community work**



**Children at NRC**

Children with disabilities are part of Uganda's future and of the world at-large, therefore, like any other child, they have to be treated and empowered economically, politically, and socially.

There is need to change their negative attitude as well as that of communities, to promote equality, raise their esteem, improve lively hood and independency.

However, in Uganda, children with disabilities are still stigmatised and rarely helped to deal with their problems, which hinder them to function well in their day to day life and maximise their full potential.

The National actions on disability, especially as far as children are concerned, is still very limited or barely available and if so, unreliable.

Therefore, most of the disability-services are being rendered by non government actors, especially in rural areas.

However, much as non government actors are available to render disability support services, some are expensive and some services do not correlate.

NRC is working to assist parents and children with disabilities accept their condition, improve their functionality and mobility, raise their esteem and improve the community perception as well as skilling them at a small contribution where possible.

***Namutamba  
Rehabilitation  
Center is  
working to assist  
parents and  
children with  
disabilities.***



**Learning moment at NRC**



**Susan Atusinguize exercising her new abilities**

NRC's location continues to be of advantage to the remote communities!

I have experienced several situations where parents of children with disabilities are referred to urban hospitals and they decline with a reason of inability to maneuver through the many cars, buildings and too many people.

We are glad to know that our location is accessible to the leprosy man and any other person and are proud to be serving the very people that need support.



We are located in Mityana District, 21Km away from Mityana town.

The Centre continues to be empathetic, just like the founder, who found out that Persons with Disabilities were completely neglected and was provoked to establish the Centre at Namutamba, that is why our reach is mainly in rural areas, where services to children with disabilities are barely available.

With valuable contributions from donors, partners like Neukirchener Mission and well wishers, we have been able to admit 278 children on average and supported 98 children to receive surgery and post operative care, as well as other services at the Center in 2017.

This is a clear picture that we are moving towards our goal and we are determined to pursue our vision stated as: *a Center for holistic services to children with disabilities* until it is fully attained.

We choose to act by our Mission of: *empowering children with disabilities in Mityana Diocese to have equal opportunities for life through rehabilitation.*

Empowering in this context means; NRC ensuring that children with disabilities have the right combination of support and opportunity to exploit their own individual potential.

That is why we take values that make an integral part of our services, that is: a caring attitude, compassion, integrity and ethics.

The follow up on clients, instilling attitudinal change in parents and the entire community was successfully done and I am pleased to report, that among those clients where it was determined that follow up was necessary, on their home visit, it was discovered that at least 26% (see table 4) of them were permanently recovered and no more follow up was necessary. They were also doing well in their communities and eager to face the future with hope and vigor.

Our community Voluntary mediators played a big role in mobilising and coordinating with the social worker in community activities and follow ups.

They assist NRC to monitor the progress of the client, make some environmental assessments (home assessments) and modifications, integration of children and solving social problems affecting children's wellbeing and improvements. Voluntary Mediators also identify children for NRC and assesses their limitations.

Take an example of Milton, it was hard for the parents to bring him to the Centre to correct his deformed foot, even when a VM had identified him.

The chance for the family was on the day the field-coordinator went to his area to monitor another client, that is when he was also reached upon and brought to the Center immediately on the motorcycle.



NRC has offered rehabilitative services to 371 children for the first time this year and reviewed 552 children.

For all these children, every single child was addressed as possible/necessary, their care takers were acquainted with continuous remedies too.

However, we are still challenged on the issue of appliances as we always have to work basing on other service providers either in Kampala or in Mityana, and these are not reliable and are often too expensive.

Demand for additional services such as education, livelihood and community modification is still challenging due to the funding available.

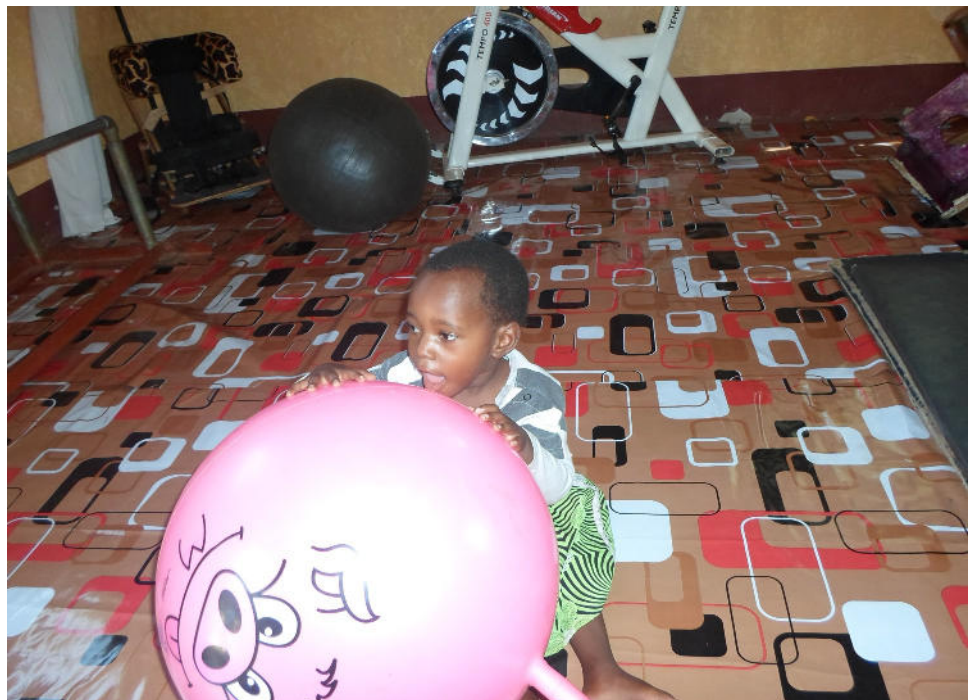
We wish to initiate a small workshop for own appliances and may be to sell to those in need of them.

It is also necessary to advocate and market our work better for potential funders to recognize our presence. And to do this, we will embark on a five years Development Strategic Plan in January 2018 to be time driven (periodic actions to development/progress).

I am grateful to our Lord Jesus Christ for the far he has taken us and for our donors for giving us the support we needed to achieve. The opportunity to change someone's life is always a highly rewarding venture because it is for now and life to come, I thank you for partaking it with us.

I wish you a great year 2018 and God's blessings.

Betty



**Shadia having a good time  
after therapy at NRC**

Table 1: A table showing programme descriptions

Goals	Activities	Results
Improving the functionality of children and stopping pain.	<ul style="list-style-type: none"> <li>-Admission of children</li> <li>-Support for surgery</li> <li>-Physiotherapy</li> <li>-Occupational Therapy</li> <li>-Medical Appliances</li> <li>-Medication</li> <li>-Wound dressings</li> </ul>	-Deformity corrected and Physical functionality improved
Improving the involvement of children in family and Community	<ul style="list-style-type: none"> <li>-Family integration</li> <li>-Parents training</li> <li>-Counselling and Guidance</li> <li>-Community awareness raising on disability issues</li> <li>-School Screening</li> <li>-Voluntary Mediations</li> </ul>	-Full participation of children in all activities
Acquisition of knowledge and skills	<ul style="list-style-type: none"> <li>-Formal education</li> <li>-Vocational training</li> <li>-Apprenticeship</li> </ul>	<ul style="list-style-type: none"> <li>- Referrals made</li> <li>- Youth trained</li> </ul>

## How NRC impact lives

### Old client's story-Kawuki Joseph

Recently, Joseph Kawuki an old client to visit NRC. He was very glad to find the Centre running. He narrated to us that his life was very hard before the Centre intervened in his condition. Joseph had a severe deformed foot and was unable to walk properly, he said that, whenever he tried to move some distances, he would get a lot of pain. His feet was creating a lot of discomfort, therefore, his parents and siblings carried him at their back if they had to move quicker and longer distances.

They had never imagined that there would be some remedies for his condition because even health Center staff had told them that they cannot treat.

One day, as Joseph was playing outside with his siblings, they heard a car rushing by and they approached the road to see Muzungus waving to them. Suddely, the loaded car deaccelerated and parked on their side and some men with a muzungu persued them! All his siblings ran for their security, he tried to run as fast as he could to save his life but this was not possible.

He narrated.



The black man caught him much as he fought to „save“ his life, he was over powered.

Neighbours ran to see what was happening to him; they found out that those were empathetic people who wanted to save him from a discomforting situation.

When they finally arrived at the Centre, they were assured of security and improvement, because they found other children with similar condition like his undergoing treatment.

„I spent 7 months at the Centre, but am glad I got a good foot, I walk better and am able to go as far as I want. He emphasized.



### ***The Kawuki(s) at work place***

At his return after treatment, every one at home including their key community members were very surprised because his disability and all its inconveniences were totally cleared.

Joseph narrates that at the Centre , they were not only treated but we were also urged to be God fearing and responsible people even for the future. There were many exemplary people who inspired his life in many aspects including spiritual life.

He further told us that; much as he did not go far with formal education, he got a training in metal fabrication and with this he was able to start up his own workshop where he and his family earn a living. In addition to that he informed us that God gave him a beautiful wife and children and he is able to take care of them.

“I will always be grateful to NRC and the donors for making my life comfortable and building my confidence“. He concludes.



### ***The Kawuki(s) at their home***

## **NRC Anthem**

O, Namutamba Rehabilitation Centre x 3  
We love you Lord x 2

Disability is not inability  
We can do much to change our future  
And we can with strength serve and praise the Lord  
as long as we live x 2

We all now have hope for tomorrow x 3  
For Jesus Lives x 2

# Achievements 2017

Table 2: A table showing number of patients in 2017

Period	New assessment	Reassessment	Operations	Attendants on average	Inpatient on average
Jan	50	47	6	9	18
Feb	37	30	14	13	24
Mar	36	46	9	14	24
Apr	47	45	8	12	22
May	46	52	9	12	25
Jun	28	62	7	7	22
Jul	28	5	9	12	25
Aug	21	67	5	12	24
Sept	15	49	6	12	23
Oct	25	53	8	6	26
Nov	18	44	10	8	22
Dec	20	52	7	7	23
<b>Total</b>	<b>371</b>	<b>552</b>	<b>98</b>	<b>124</b>	<b>278</b>

Table 3: A table showing new attendances and the kind of disabilities

Condition	Number
Cerebral Palsy	110
Osteomyelitis	26
CTEV	27
PIP	11
PBC	8
Hydrocephalus	5
Congenital deformities	45
Arthritis	9
Cleft lip	5
Others	125
<b>Total</b>	<b>371</b>



Table 4: A table showing new services for in patients and follow up

Period	Follow up		Services		
	Still need	No need	OT	Dressings	PT
January	20	9	7	20	13
February	4	2	7	19	8
March	11	4	9	27	11
April	32	12	20	20	14
May	15	8	12	22	9
June	11	0	10	23	12
July	17	8	14	25	10
August	0		9	21	9
September	10	3	14	25	10
October	16	7	8	15	9
November	9	7	6	30	12
December	1	1	5	15	13
<b>Total</b>	<b>146</b>	<b>61</b>	<b>121</b>	<b>262</b>	<b>130</b>

## Success story 2: Nkambwe Ronald



Nkambwe Ronald was brought by his father Lubega Charles who reported that, his son had wounds which deformed his foot and were failing to heal; he had them for 10 year.

On assessment there was swelling on the right leg with 2 pus discharging sinuses on the sole close to the heel, and did smell a lot that fellows always left him in isolation.

He was admitted at NRC for daily dressing and more investigations were done at Kampala. Since he was diagnosed with Chronic Osteomyelitis he got his first operation after 1 month of pre-operative care at the Centre.

Ronald's parents however became impatient that they abandoned him at the Centre and shunned all appointments as were given. The infections would worsen if he wouldn't get his second surgery done.

The NRC social worker made several visits to the family but there wasn't any positive reactions until legislations were applied.

The police probation officer intervened and requested parents to comply with the organisational appointments in treating their child; else they would face penalties. With this, his mother accepted to attend him on his second operation.

After the operation, Ronald kept improving and his wounds healed after 4months. It was a great surprise for the parents to see their child health again. The community was astonished too that they mobilised other children with disabilities.

Ronald is looking forward to his hope of enrolling to school next year because he is sure his fellows won't isolate him any more for the smell he had is no more, no more pain and discharges though he may need more surgery.

## NRC highlights for 2017

**The forum concept:** NRC initiated a concept on raising awareness on implementation of disability services at grass root, with an aim of bringing (converging) organisations dealing with CWD together to inspire corporate support in actions on disability. For this a Forum was organised and handed over to MGLSD. During the concept-selling process, the staff interacted with several organisations for which collaborations may be beneficial in future.

**Memorandum of understanding:** NRC signed a memorandum of understanding with Ministry of Gender, Labour and Social Development. This will be help-

ful in waiving some taxes and for mutual collaboration.

**Distribution of books:** In Kampala we came across a Christian book entitled "Father God", encouraging African children with disabilities in faith. It is illustrated nicely and lists bible verses; the translations are available in Luganda and English. We received funding from an NGO and we are able to give this encouraging message to children as they are being discharged and to some partners.





Children on their bible days at NRC

**Children Bible days:** Together with GMMT members, we organized Bible days for children in Namutamba and at the Centre.

These took place in June 2017, on the grounds of NRC and at the Church. We were assisted by a team of ten from “Off Tu Mission”, as well as the team members of GMMT. Over 50 children from the community joined and it was a good interaction.



VMs and staff after the training

**Voluntary Mediators:** A refresher course was organised and implemented for the VMs, 20 of them attended from the four districts of our jurisdiction.

**Room for Volunteers:** Thanks to the terrific assistance of Volker and Rüdiger (short time visitors) the room for a volunteer was nicely renovated. In addition, the Staff bathroom upstairs was upgraded and renovated and a new toilet-seat was mounted on the Staff toilet downstairs. All the work was done on a voluntary basis.

**Network improvement:** After Rüdiger and Volker (Short time visitors) successfully installed the signal enhancer into the office; the signal for MTN is now much stronger. This also dramatically improved our Internet-Accessibility. Thank you very much to Neukirchner Mission for providing us with this special equipment!

**Donations in Kind:** Through Mr. Ulrich Walter, the Father of Rut Walter (GMMT-member in Namutamba) we were connected to Mr. Thomas Pankoke from the organization “HumanitäreHilfefür Uganda Verle.V.”. This organization sent a container with medical aid to Uganda in August. Through Daniels Father, Volker Höynck, we received walkers, which were shipped to Uganda within this container. We received them in November. We are very grateful. NRC received many other donations in kind, including; food, clothes, shoes, wheelchairs, drugs and medical usable and fuel.



New  
Physio -  
room

**Physic room:** Since the former location of our Physio room proved to be challenging resulting in damages to the equipment. A partition was done to separate the working area and to restrict access.

**Occupational room:** The Occupational Therapist got a separate working area and is functional.



of

**Rev. Dodie** from England visited NRC with a team 25 in October, she also visited in February. At all their visits, they left a generous donation to NRC. She also caused special dinners for the kids.



**Visitors from the USA:** In April we received a visitor group which was led by Penny Leon, a long-time friend of NRC. We had a very nice time, some guests wanted to further support NRC. One lady sent us another financial donation in June already.

**Christmas Cerebrations:** Children and staff cerebrated Christmas together; main cerebrations were on 22 of December, every one received a gift. Thank you to all people who sent parcels with presents to the children. This gives special joy to children.

**Sports Event:** NRC children attended a sports event at CoRSU and many other organisations, children had a great time and enjoyed the time of action.





Thank you for the opportunity to enjoy, many of us have discovered the possibility for a happier life.

Because of your support we have hope for tomorrow!

Thank you for all your support and prayers.







**NRC staff and Volunteers in 2017**

### Staff Development

All core-medical staff attended some short workshop or trainings in Mityana and Kampala.

### Staff composition

NRC had 13 staff members on contract, there was no resignation (staff turnover) during this year. The contract Staff includes a partner's representative from Germany. The team was also assisted by 2 casual staff and volunteers.

## Financial information

**The fund:** NRC received an amount of donations (including donations in kind) of UGX 246,468,921 in 2017.

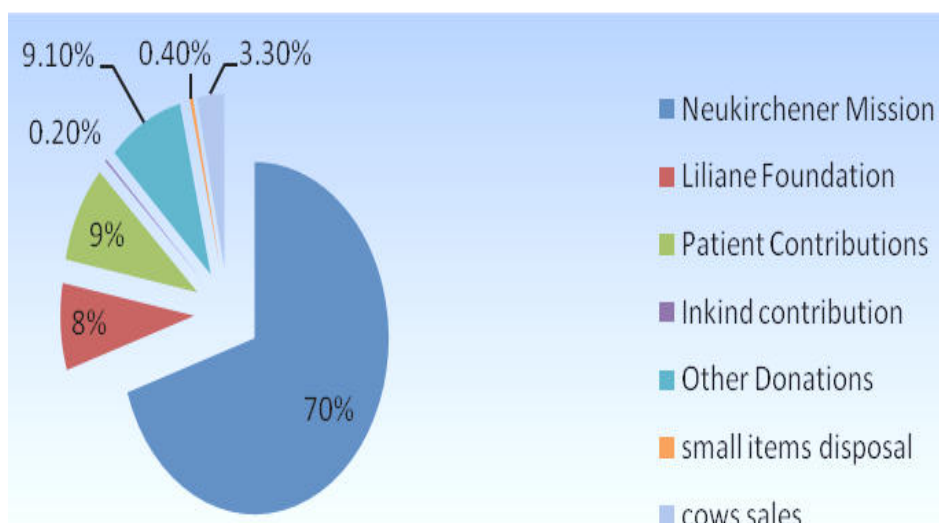
**Funds composition:** All NRC funds are donations and where cash was as a result of sales; it is translating in kind donations into cash so as to carry out activities, for instance, we received 10 cows in 2014 and we had cow sales throughout the years. We sold local breads to replace them with cross breed cows that may be good for milk production. Therefore, this amounted to 3.30% of the years' income.

## The income

**Other donations:** Other donations included support from teams of England led by Rev. Dodie who visits NRC twice every year, a team from USA lead by Penny Leon and from other organisations from which our partnership requires their contribution to NRC.

There were high costs on items and food; this was due to a long drought in 2016-2017 which affected food growth. However, all expenses on client's welfare (food, electricity, sundries and laundry) were handled at the lowest costs.

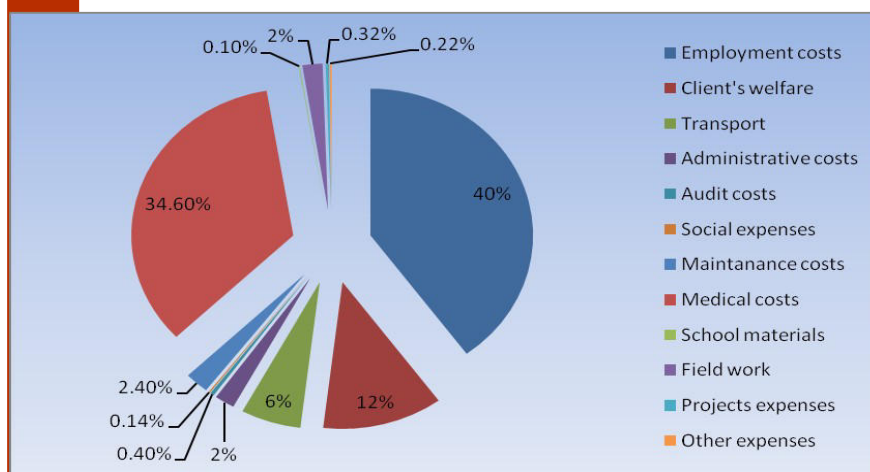
*The chart below shows income sources for NRC in 2017*



## Expenditure

The chart below shows expenses for 2017

**Transport costs:** Includes use of an Ambulance, Motorcycle repairs, local transport on some patients and local transport for activities. This carries a lower expense because NRC was in-kindly supported by other partners providing transport to administrative travels.



**Medical expenses:** The medical expenses include; Hospital stay, Appliances, special investigations, drugs and medical supplies. We had 98 operations in 2017.

### Success story 3



Milton at his home before NRC



Milton NRC

Milton aged 7 was identified by one of our VMs in Kalangaalo and advised parents to bring their son to Namutamba for interventions. He had a deformed feet and was walking with difficulty, he therefore, stayed at home because he couldnt manage the distance to the school.

Milton's family lives in a temporally grass house covered with polythen materials with his 3 siblings for which the mother was the bread winner while the father went to the field to care for their 2 cows.

Finding transport to NRC was already a great additional challenge to that of a mother leaving the rest and come to NRC for one (Milton).

The VM together with the field coordinator arranged to reach his home, they advised the family to include any relative around who would come to attend Milton during his foot correction. They realised that on the same village lived Milton's grand mother who would be an alternative carer. On aproach, the grand mother was willing to act and she emmediatly got set to go to NRC on the same day with the field coordinator.

Milton was very happy to learn that his foot will be corrected and will function better, the grand mother communicated expected results after NRC's intervention to the family, on hearing this; the father was responsive and he also visited Milton. After 2 weeks the family made several interchanges in caring for Milton while his foot improved.

Milton's foot was corrected, his family relationship was restored he left walking better hoping to enroll in school next year.



The state of the building

#### **Renovation:**

The entire NRC infrastructure requires general renovation and furnishing;

- The inside floor has depleted and needs to be replaced.
- -The roof leaking and old therefore require re-roofing
- -Some walls need re-establishment
- -Painting is required
- -Kitchen re-establishment
- -Children's rooms require replacing some beds and storage equipments
- -Latrines require emptying

#### **Increasing cost of living, this results into;**

- high cost of items.
- Higher salary demands by staff.

#### **Staff quarter**

There is need to construct staff quarters that can accommodate all by different staff.

**.Land:** NRC lacks enough land to carry out its projects, especially agriculture for food production and animal rearing for milk.

**Patient diverse demand:** Patients have demands that are often hard for the organisation to meet given our current budget; the fact is that funds are not sufficient to address all clients' needs.

## Plans for 2018

The board, management and well wishes of NRC are continuously devising means for the sustainability of services offered and all years planned actions are geared towards organisational development.

In addition to core services, the following is planned for 2018;

- Make and launch a five year's strategic plan.
- Get active involvement in fundraising.
- Increase on man power and improve practices (Human resource)
- Build staff quarters.
- Acquire land for food production and projects.
- Continuous renovation of the buildings.
- Involving Community in NRC activities.
- Hand craft making and a craft shop opening.





**NAMUTAMBA RC**

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Uganda*

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

## More NRC information

NRC is Non Government and Non Profit organization which depends donations to operate. It is therefore, our plea that if there is any way you can act, say; mobilizing resources and advocating for the children, it is highly recommendable.

To be a blessing to children use the account below:

**Account No.:** 9010603227.

**Bank:** Centenary Bank, Mityana

**Name:** Namutamba Rehabilitation Centre.

NRC welcomes the partnership and any mutual cooperation with other organization and we mainly encourage closer collaboration with organization that help children and youth with disabilities.

Please feel free to contact us on:

Tel: +256-772-458-101

Email: [nrc.namutamba@gmail.com](mailto:nrc.namutamba@gmail.com)

For more information about NRC visit our websites [www.reha-namutamba.org](http://www.reha-namutamba.org) /  
[www.reha-uganda.org](http://www.reha-uganda.org)

**Note:** We are phasing the old P.O. BOX (6045, Kampala), we encourage you to use:  
NAMUTAMBA REHABILITATION CENTRE FOR CHILDREN  
P.O. BOX 350,  
MITYANA