

SPOTLIGHT NEWS



November 2022
www.hsoa.org.uk

Please support our Christmas Appeal

Spotlight is run entirely by volunteers, so over 95p of every £1 you donate goes directly to our projects in Uganda. With Gift Aid, this increases to over £1.21!

HELP SAVE MOTHERS AND CHILDRENS' LIVES



Our Health Clinic, Maternity Centre and 250 Community Health Promoters (CHPs) provide the only healthcare in the area where we work. Every day they save lives by minimising the spread of disease through health education, increasing immunisations against preventable diseases and reducing the high infant & maternal mortality rate through better maternal care.

Maternal Mortality Rate in this area is 500 in 100,000 whereas the UK is 8.9 per 100,000

We need to raise £15,000 to continue this vital work. From today (Tuesday 29th November) until midday 6th December, **ALL DONATIONS** made through the link below will be matched by the Coles-Medlock Foundation.

Whatever amount you are able to give will be DOUBLED!

Our health project is located in the urban slum villages of Bukasakya subcounty - a relatively peaceful area, but poor even by Ugandan standards. Basic infrastructure and access to public services have largely been absent and people suffer with high mortality rates, little primary healthcare provision, lack of clean water and a low opportunity for education and employment. Many families have been ravaged by war as well as malaria and HIV/AIDS and have been displaced to Mbale by conflict.

Disease causes 8 out of 9 deaths in Uganda

Our CHPs travel to villages to provide vaccinations and ante/post-natal care and they are often the only people providing medical services in these areas with poor accessibility. Added to this, they support women to give birth in a safe environment, whether at home or at the newly built Maternity Centre, greatly reducing the high risk of maternal neonatal death.

Newborn deaths often occur due to poor care at time of birth (UNICEF)

DONATE NOW

**AND DOUBLE YOUR
DONATION**

**[tinyurl.com/
HSOAbiggive2022](https://tinyurl.com/HSOAbiggive2022)**

FORGING LINKS - TRANSFORMING COMMUNITIES



NEWBORNS AND THEIR PROUD MOTHERS

These are some of the very first babies to be born at the newly built Maternity Centre.

Double your donation to our Christmas Appeal with the Big Give campaign

All donations to the Christmas Appeal will support our health work in Uganda. And as we are run entirely by volunteers, **over 95p of every £1** goes directly towards our projects. With Gift Aid, this increases to over **£1.21!** In addition, **from Tuesday 29th November until midday 6th December your donation could be DOUBLED** through the Big Give campaign. Providing immunisations and maternal health care remains a desperate need. Please support us if you can.

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SYLVIA

Our Community Health Promoter (CHP) project not only provides vital healthcare to local communities, it also empowers women like Sylvia that train to become CHPs.

Sylvia suffered extreme abuse at the hands of her former husband and she has horrendous scars on her left arm where she was stabbed violently. On one occasion after he attacked her, her husband thought he had killed Sylvia, so he fled from their home and she hasn't seen him since.

Sylvia joined our CHP programme and now volunteers in her local community helping educate them about health awareness and disease prevention.

She has also started to learn about food gardens and crop growing from Sam, our horticulture expert based at the Eco House in Namatala.

Sam and Sylvia are in the photo opposite. They now work together to set up a CHP Food Garden Team.

Sylvia is truly inspiring. It's heartwarming to see how someone badly abused has her dignity restored and is able to help others overcome their own circumstances. Sylvia's story shows the huge impact our Health Projects and CHP training has.

FORGING LINKS - TRANSFORMING COMMUNITIES

NAMATALA SECONDARY SCHOOL

In addition to supporting our current projects, we continue to move forward with other initiatives to help transform the communities we support. Please watch our latest video on the new Secondary School Project.

<https://vimeo.com/755046159/8235ff4ce3>



Christmas Shopping?

Please remember to use easyfundraising every time you shop online, particularly for those Christmas gifts! It's easy and FREE! They have partnered with over 7,000 brands, who donate part of what you spend to us - and it **won't cost you any extra!** Get started today by using the link below.

[easyfundraising](https://tinyurl.com/HSOAEasyfundraising)

<https://tinyurl.com/HSOAEasyfundraising>

OVC MATHS SETS

Other projects that we continue to run include the Orphans and Vulnerable Children (OVC) scheme. Pupils who are part of this programme were recently given maths sets so they could take their end of year exams. You can read more about the OVC project on our website.

<https://www.hsoa.org.uk/orphan-vulnerable-children-programme>



DOUBLE YOUR DONATION!

theBigGive

From 29 November until
midday on 6 December

tinyurl.com/HSOABigGive2022

Follow us on Social Media

Keep up to date on all our news
through Facebook and Twitter

We are always looking for
new volunteers

If you would like to get involved please
email enquiries@hsoa.org.uk



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