ANNUAL REPORT 2015

MUKISA FOUNDATION



Hope for children with special needs....





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Dear Mukisa Angels, Friends and Well-wishers,

I congratulate you upon the successful end of 2015. Although filled with many challenges; it has been one of the busiest and most successful years so far.

We have never had so many children and families accessing our services or had as much interest from the public as we did this year.

This year we had a total number of 189 children join the Mukisa family for Therapy, Education, Vocational Training, Medical Services and Referrals. We also saw a total number of 114 new children in our outreaches to Luwero, Nkokonjeru and Nansana.

We also made new partnerships with other organizations and individuals both here in Uganda and overseas. We welcome all our new partners and thank them for their role in furthering this cause.

In this report you will find a summary of all our activities during the year from our different departments, major events in which our children were involved and a number of success stories to remind us that, in a world where most of what we hear is bad, there are many good things happening too and that sometimes all it takes is for each one of us doing the little we can to make a real difference in the lives of others.

So I hope that you enjoy reading this report and that you will be encouraged to start or strengthen your involvement with Mukisa Foundation, for it is only together that we can achieve this vision of empowering families and facilitating children to reach their full potential.

On behalf of the entire Mukisa Family, I would like to wish you good health, joy, and a prosperous 2016.

Yours sincerely, Florence Namaganda.















(6)

Mukisa Foundation



© Our Background... 🍳

One in every 10 children in Uganda is born with some form of disability. These range from extremely severe physical and/or mental disabilities, to very mild ones that are hardly noticeable. However, most communities still view disability as a bad omen, bad luck, punishment or a curse for the sins the parents must have committed. Some people see disability as witchcraft or a contagious condition that should be avoided, which leave families who have children with disabilities alone and isolated. The lack of readily available support and information to parents prevents them from giving their children quality care at an early age, which in turn increases the severity of the children's condition.

Mukisa foundation was created to support these families in whatever way possible so as to enable them to deal with their situation and facilitate the growth of the children to their full potential.

- To be a one stop centre to equip guardians with skills and information to enable them to manage, understand and develop strategies to deal with disability and its consequences, for the delivery of an integrated and comprehensive range of support services nationally;
- To establish an effective approach in promoting early intervention, in encouraging proper treatment and care that enhances children and adults with disabilities.
- To create awareness and consel among the public, on how to evolve, adapt and integrate children and persons with disabilities into modern, effective, efficient and creative care models by focusing adoption of new help care aids and technology.
- To provide counseling services linking parents, guardians to other help service providers to link up with people in society to secure a better and stable home and care environment.
- To promote and represent an advocacy forum for children and people with disabilities in homes, non-governmental institutions, civil society organization and public sector in general through existing agencies, such as, ministry of health and also directly with government authorities.



- To set up Income Generating Activities for the support and sustainability of the Organization and create working opportunities for people with special needs.
- To provide appropriate training and research facilities and services to various stakeholders in the Organization; To participate in training and research in various professions.







TEAMWORK





Our MISSION...

"To support and empower families who have children with special needs."

Our VISION....

"To create strong family units which will enable children with special needs to lead purposeful lives to their full potential."





Hope for children with special needs...



Mukisa Foundation is a comprehensive support centre WILKISA Foundation is a comprehensive support centre (NGO), that was started in 2006 with the aim to support and empower families who have children with special needs and empower families who have contaren with special needs to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so that these children can lead purposeful lives to their full so the children can lead purposeful lives to the children can l

potential.

Over the years, Mukisa Foundation has seen its numbers grow from the first eight children, to over 600 children and their families, who have been blessed by the receiving of various forms of Therapy and assistance. Although Mukisa started by assisting families mainly within the Kampala area there are now families from a much wider spectrum passing through.





A total of 158 new children registered at Mukisa this year for Therapy.

Some of these children started therapy and some were not appropriate for Mukisa services but we were able to be refer them on to other places.

Total no new clients registered	158
New clients who started Therapy	82
Clients referred elsewhere	16
Did not return	60

General and Group Therapy sessions were conducted with drop in and daycare clients throughout the year, with the major emphasis put on meeting the smart goals set for each child. Parents were also advised to take part in therapy sessions so as to learn some activities to be done at home on the days they don't come to the Centre.

Time for individualised therapy was re-scheduled with a morning session starting at 8:00am on a first come first served basis and mothers welcomed it. They have been trying as much as possible to come early for this session and the rest are covered after group therapy which lasts from 9:45-10:30am. This has yielded benefits, for instance, a reduction in the numbers covered by each therapist after group therapy, therefore availing more time for clients, relieving time pressures on therapists and allowing mothers to go back home by 1:00pm.

Group Therapy allows children time to have fun and interact together with other children, as well as giving the parents an opportunity to socialise and get to know each other. It also provides a platform for communication between Mukisa administration, therapists and parents. This year it allowed us to identify which topics the parents wanted to be enlightened on and it's from these we were able to derive the workshops and trainings.



General attendance for Therapy, including both Occupational and Physiotherapy, this year was good.

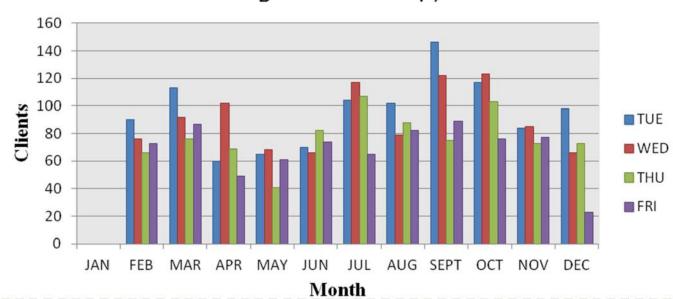
Attendance showed some increase in the second half of the year possibly as a result of mid-year awareness campaigns, including fun day, awareness march and interview on TV.

Below are the attendance numbers for Therapy throughout the year.

	Jan	Feb.	Mar	April	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec	Total
Tue	1	90	113	60	65	70	104	102	146	117	84	98	1049
Wed	П	76	92	102	68	66	117	79	122	123	85	66	996
Thur	-	66	76	69	41	82	107	88	75	103	73	73	853
Fri	-	73	87	49	61	74	65	82	89	76	77	23	756
Total		305	368	280	235	292	393	351	432	419	319	260	3654



A bar graph showing the number of sessions in general therapy







Education; Mukisa School...



SPECIAL CLASS... •

Mukisa Class had 3 new children join this year giving them a total of 10 children, Christian, Godwin, Patra, Joel, Elvis, Godfrey, Daline, Patience, Tracy and Shinat.

We are delighted that four of these children were able to graduate in December 2015 and will be moving on to other schools. JOEL will be going to an Inclusive School nearby, PATRA and CHRISTIAN will be going to Kampala School for the Physically Handicapped and SHINAT will be going to Regular School.













The Autism and Behaviour Class has now been running for 4 years.

There has been a major increase in the number of children that have been assessed with Autism. A total of 26 this year. There is a big need for Autism Class to grow, however it can only take on a maximum of 5 children due to space issues.

There are 4 children who attend afternoon class on a daily basis and the rest of the children attend Occupational Therapy sessions in the morning hours as they wait for spaces to open up in class.











© CREATIVE LEARNING CENTRE...



The Creative Learning Centre (CLC) was set up in partnership with CRANE Network for girls who have dropped out of school or have never been to school because of disability. We accept girls between the age of 9 and 35.

The role of the CLC is to build independence, confidence and self esteem, as well as teach the girls useful skills. Many of the girls start when they have no independence in self care or hygiene and aggressive behavior. Some of the things they learn in CLC classes are:

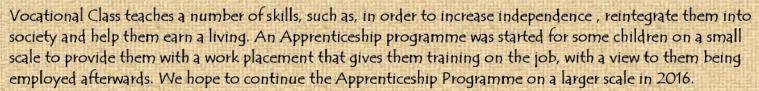
- * Self care/ Hygiene skills, such as, bathing, brushing teeth and others.
- * Social skills and interaction with others.
- Basic numeracy and literacy skills.
- Drama and Sports.
- Child Protection and keeping themselves safe.
- * Housework.
- Crafts and skills, such as, making table or door mats, scarves and bead work.

CLC identifies skills each girl shows an interest and potential in and once a certain level of independence is reached they are promoted to Vocational Class to build on the development of those skills.

10 girls continued with CLC into January 2015 and throughout the year 17 new girls joined the programme. A total of 27 girls were trained in the CLC in 2015.

16 of those girls were promoted throughout the year; 2 to Mukisa School, 1 to Mainstream School, 1 to Special School, 9 to Mukisa Vocational Class, 2 were integrated back into community and 1 into the Watoto Living Hope Programme. 11 girls will be continuing with CLC in 2016.

© VOCATIONAL CLASS... ●



11 children were trained in the Vocational Class in 2015.

We were delighted that 4 of these students were able to graduate in December. Hilda and Joseph, will be going to the Watoto, Living Hope Programme. Max will be reintegrated into the community and hopes to start a small business making scarves and sweaters and Teopista will be working for the Mukisa Guesthouse..





Success Story: JOEL KIYINGI...







JOEL KIYINGI is 5 years old and lives with his parents in Masanafu, which is very far from Mukisa Foundation. He was diagnosed with Cerebral Palsy during his assessment at Mukisa Foundation in 2011. The mother didn't understand what was wrong with her child and thought he was just delayed and couldn't sit. He joined Mukisa in 2011 to receive Therapy.

He started attending classes at Mukisa School in 2014.

When Joel first joined Mukisa in 2011, he could not sit or crawl independently and required a Cerebral Palsy chair to assist him with sitting. He was unable to feed himself and required a lot of assistance with any form of class work.

As a result of continuous Therapy and dedication from both Mukisa staff and his parents, Joel has made a lot of progress.

He is now able to sit and crawl independently. He can sit in a regular chair and is able to write and complete his class work independently and he can also feed himself.

We were able to promote Joel to another school at the end of 2015.

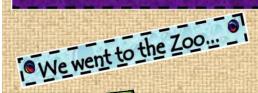
He will be attending an Inclusive School (Spring Valley Nursery and Primary School) which is close to his home and easily accessible for the mother. It is also close by Mukisa which means he can still receive Therapy on a regular basis.





School Actvities 2015...











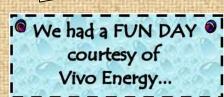
































Medical and Nutritional Support...



MEDICAL and NUTRITIONAL SUPPORT is extremely important for children with special needs to ensure good health and continued development.

We partnered with doctors and major health providers in the region to ensure that all our children received proper healthcare and supplements when needed in 2015;



- 12 children were referred to major hospitals, such as, Mulago, Rubaga and Butabika, for further management and proper healthcare.
- 92 children received medication from Mukisa Foundation for different ailments, on a regular basis or once in a while.
- * 70 children received medical support through financial contributions to hospital bills and upkeep in terms of cash, amounting to a total of 1,261,500/-
- 70 children received <u>nutritional support</u> to boost their health.
- * 2 families received <u>nutritional support</u> in terms of cash amounting to a total of 490,000/-

Success Story - SHEILA NAMIRIMU...





SHEILA NAMIRIMU is 4 years old. She lives with her parents and three siblings in Kosovo.

Sheila was diagnosed with Down's Syndrome at 4 months old. She first came to Mukisa Foundation in 2013 and starting attending for therapy services immediately. On her first visit to Mukisa she was very floppy and had delayed developmental milestones. She was unable to sit or crawl.

By the end of 2013, Sheila was able to sit and crawl independently and had started to stand with support. Right now she is also able to stand and walk independently and has started attending cognitive training sessions as an extension of her Therapy programme





Home Based Care...



This is aimed at taking Therapy and other services into the community and closer to the families, teaching them techniques to allow them to care for their children better and making important observations about the home environment of each child.

In a bid to take our services closer to the children and their families, as well as improve follow up and documentation, the number of people carrying out home visits was increased this year.

Total number of home visits carried out was 868, an increase from the previous year.

The Social worker and her team carried out a total of 462 home visits this year, 2015.

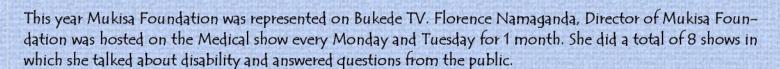
The Therapists carried out a total number of 366 home visits throughout the year.

Of the 40 visits made by the Nurse, 28 were made to the home environment, 1 visit was made to the school environment and the remaining 11 were hospital visits.

All these home visits are conducted on Mondays.



Advocacy and Awareness...



Each show was filmed on location at Mukisa Foundation showing footage of various different activities that happen at Mukisa on a daily basis.

The response from the shows was huge. There was an increase in the number of children brought to the Centre for assessments and there was also a noticeable increase in both interest and donations from the general public.

We hope there will be even more awareness opportunities next year.



Family Empowerment...







- * Conducted on 5th June 2015.
- * 43 caretakers attended this workshop.
- * Conducted by a Gynaecologist from Nsambya Hospital, Dr Lumala Alfred.
- * This was a Question and Answer session about the female reproductive system. How is it affected by infections? and the possible relation to disability of their children.



- * Conducted on 18th and 19th June 2015.
- * 20 and 23 caretakers attended respectively.
- * Conducted by the Therapists and Nurse at Mukisa Foundation.
- * Topics discussed were:



- * Introduction to CP,
- The course of CP from prenatal, antenatal, perinatal to postnatal,
- * Causes of CP,
- Problems associated with CP and interventions,
- Prevention of CP.



- * Conducted on 10th and 11th September 2015.
- * Registered 30 and 23 caretakers on the two days respectively.



- * Children with special needs tend to be prone to malnutrition due to a number of factors, inclusive of the mothers not having the necessary information to provide good nutrition for their children.
- * Topics discussed were:
 - Different kinds of foods that are healthy for the body, especially the child's body,
- How to balance these foods appropriately,
- How to prepare food in a way the child can digest it, irrespective of their conditions.
 - A section on appropriate body positioning, feeding and bowel management was also included in the workshop.





Income Generating Activities...

1

There was a <u>HAND SKILLS TRAINING</u> carried out at Mukisa aimed at empowering parents with skills in crafts, specifically making beaded and fibre bags. This project was supported by CRANE Network and a total number of 18 parents learned how to make these bags. This project will become a continuous Income Generating Activity within Mukisa.









We held an IGA TRAINING WORKSHOP on 19th and 20th November 2015, conducted at Mukisa by Merab Manige from Youth Empowerment Centre. A total number of 52 parents attended this workshop to receive training in book keeping, managing a business and customer care.

Our FARM





This year, 2015, has been a successful year for the Farm. We were able to harvest, pluck and mill our maize as well as plant sweet potatoes and cassava. This year we were also able to sell some of the harvest, as well as give some to the Centre for eating.



We are thankful for the opportunity to use this land for free.

ITEMS /	QUANTITY
MATOKE	91 bunches
CASSAVA	12 baskets
SWEET POTATOES	21 baskets
BANANAS	3 bunches
MAIZE BRAND	450 Kgs
MAIZE FLOUR	775 Kgs

Total harvest from 2015 is as follows:

IGA Trainings 2015

A total number of 72 parents were trained in different Income Generating Activities in 2015, including liquid soap making, counter books making, candle making and crafts.

1 1 1 1 1 1 1 1 1	SKILLS	NUMBERS
ALC: A STATE OF	LIQUID SOAP MAKING	32
W. Alberta	COUNTER BOOKS	/12
1	MAKING	
D 00004	CRAFTS MAKING	27
444	CANDLE MAKING	1





Success Story: Mama BRIDGET...





Bridget Nakanwagi is a 12 year old girl who lives with her uncle and aunt. They took her in after the death of both her parents in an accident, which happened when she was 3 years of age.

Bridget has Sickle Cell Anemia, requiring daily intakes of folic acid and is in and out of hospital regularly for blood transfusions. She is fully dependent on her aunty for her daily living needs due to her health condition.

She also developed Cerebral Palsy as a result of asphyxia. Bridget cannot sit, crawl or stand, nor can she walk, due to the spasticity and contractures in her limbs. In addition to this she cannot feed her self and depends on soft food due to her inability to chew solid food and her poor posture.

Bridget is on the Mukisa Home Visit Programme and is visited by an Occupational Therapist on monthly basis. She also received a wheel chair from Mukisa to aid with mobility. Bridget's aunty and uncle enrolled her in a school where she has reported progress in different areas.

The family was struggling financially, especially to meet the costs of Bridget's medical bills, as the Aunty was unable to find a job. Mukisa Foundation recognized that Aunty Bridget had many skills in crafts and decided to offer her a job in the CLC.

She taught the girls different skills in sweater making, basket weaving and envelope making, as well as building their confidence and developing their social skills.

This source of income has helped to improve Bridget's family situation at home, as well as helping to build up Aunty Bridget's esteem.

This is the vision of our Family Empowerment Programme, to see not just an individual child's progress, but to see an entire family situation change for the better.





Success Story: HILDA NAMBI...





Nambi Hilda is 18 years and is cared for under Watoto Childcare Ministries. She stayed with her quardian and 7 siblings. She joined Mukisa Foundation as part of a trial internship, in partnership with Watoto.

When Hilda first came to Mukisa she had challenges with hygiene, social interaction, social skills and showed no respect for others around her. After 6 months in the Creative Learning Centre she made a lot of progress in all her challenge areas, as well as learning basic skills in numeracy and literacy.

She was then promoted to the Mukisa Vocational School in January 2015, where she learnt how to knit scarves, knit table cloths, weave baskets, make envelopes and bead work perfectly well. She can also knit sweaters with supervision.

She has now graduated and has been employed by Living Hope Ministries, under Watoto, where she will work with other ladies to make crafts that are sold all over the world.

Hilda is an example of many young girls who people would have given up on due to their challenges with independence and social interactions but her story teaches us that with love, patience and persistence, every child an learn and reach their full potential.







Outreaches..



OUTREACHES are an important part of the Mukisa schedule in bringing much needed services to the communities and villages.

In 2015 we visited Luwero once every three months, on the last Friday of the third month, conducting a total of 4 outreaches.

We continued with outreaches in Luwero; Katikamu and due to the large numbers of children this year we decided to add another outreach in Luwero; Mamuli. Children were given services in Therapy, Dispensing of Medication, Hygiene and a Sickle Cell Workshop.

The total number of children seen in Luwero throughout the year was 83.



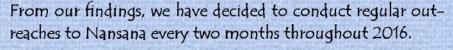
THE PERSON NAMED IN	DATE	No of CLIENTS
	27th FEB 2015	12
THE SQUARE OF THE	29th MAY 2015	23
	28th AUGUST 2015	25
THE RESERVED	27th NOVEMBER 2015	23
	TOTAL	83



This year we introduced a NEW OUTREACH in Nansana; Wakiso, in partnership with Nurture Africa.

A BASELINE SURVEY was conducted once on 20th November 2015, where we saw a <u>total of 66 children</u> for services in Therapy and Health Education. A number of referrals were also made to major hospitals in Kampala for various children.

Most of these children have never received any therapy intervention or diagnosis, which meant the parents were unaware of their children's conditions and how to care for them appropriately.









Mukisa; Events and Activities...

Pampering Day

We held a pampering day for Mukisa Mama's in May 2015. There were facials, manicures, pedicures and more. Making our mother's feel special for all they do to take care of their children with special needs.











Clinical Trial

We held a Wheelchair Clinical Trial in September 2015 with Shona Quip from South Africa. They came with a team of professionals, an Occupational Therapist and Orthopaedic Technologists for a trial on rigid foam that can be used in wheelchairs for proper alignment of a child's body in accordance with a particular deformity at low cost. We hope when this study is completed that these wheelchairs will be made available in Uganda.









Mukisa Team...



Staff members...

MUKISA BOARD

Name: Position:
Femke Mbaazi Chair person
Daphne Byonabye Secretary
Peter Galibwa Treasurer
Jeremiah Mwayu Member

Noeline Watima Parent Representative

MUKISA STAFF

Name: Florence Namaganda

Alice Maria Eyoku Candia Ceaser

Namuli Ida Doreen

Annet Nalule Musoke

Kibirige David Kibirige Ronald Baseka Julliet Babirye Rebecca

Asiimwe Samuel

Nabbira Winnie Frida

Abulo Hellen

Namombwe Josephine Kisembo

Angella Nanyonjo Nakibuuka Milly Nakagwa Florence Mutesi Prossy

Musumba Samuel Serubiri Charles

Nansubuga Sophia Byamukama John

Nalwoga Grace

Kuteesa Irene

Kigozi Sulaiman

Namasembe Hellen

Asinguza Rhonah

Position:

Managing Director Administrator Financial Assistant

Social Worker

IGA Co-ordinator

Occupational Therapist

Occupational Therapist (Nkokonjeru)

Child Care Worker

Nurse

Physiotherapist Physiotherapist

Special Needs Teacher

CLC Teacher

Craft Shop In-Charge Assistant House Keeper

Guesthouse Keeper

Part Time Watchman Full Time Watchman

Weekend Security

Part Time Security

Housekeeper

CLC Mentor

Occupational Therapist (Vocational)

Physiotherapist

Occupational Therapist















VOLUNTEERS

Name:
John Wangi
Margaret Nansubuga
Feni Emmanuel
Gertrude Nakalemba
Inga Eslage
Clara Schmidt
Luisa Klosterhoff
Johanna Naumann
Luisa Krah Sophie
Anna Nitsche
Katrina

Kathrin Schweizer

Ugandan Physiotherapist
Ugandan Social Worker
Ugandan Occupational Therapist
Ugandan Social Worker
German Red Cross; Psychologist
German Red Cross; Student
German Red Cross; Student
German Red Cross; Engineer
German Student
German Physiotherapist
German Teacher

Austrian Student; Theology and Social Work





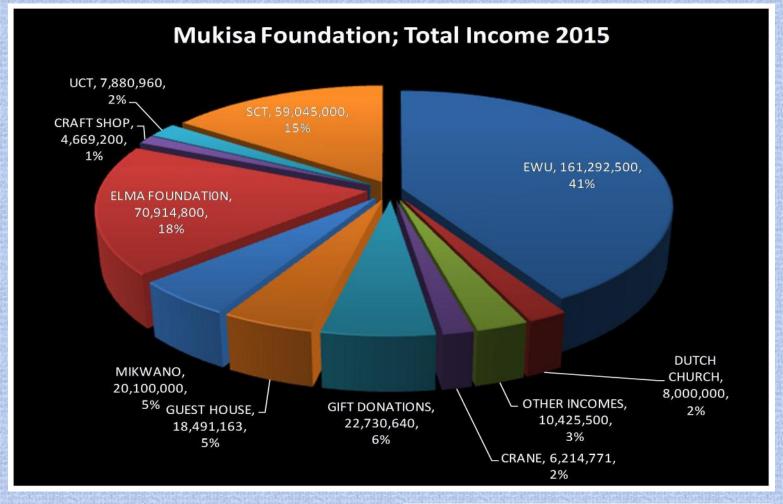






Finances; Income...











Finances; Expenditure...



