

ANNUAL REPORT

2023



World Action Fund, with support grant from Hilden Charitable Fund is implementing teenage and single empowerment project in Omugo Sub county, Terego district.

The following projects were undertaken

a) Teenage marriage & empowerment

The project beneficiaries come from 53 villages, in Omugo sub-county where 208 were initially assessed. Funds received in May 2023 was £5,000. We further screened 20 beneficiaries for selection and only accommodate for training 12 beneficiaries in the first phase of the project.

The selected final beneficiaries were called to present their business ideas in local language with a men guardian, they formed 5 groups, and each member in the 5 groups out 16 who participated to change their lives in skilling and businesses.

Our team of trainers and mentors took them through the path of success and prosperity in real life and

Teenage and single mothers



Final assessment and screening

May –August 2023

Out of 53 villages, the overall numbers assessed were 208, due the financial limitations, we narrowed the number for the two years project to 20 and with the first phase we 12 are selected. The initial 12months fund from Hilden Charitable Fund was received worth £5,000. During the training session one pregnant teenage mother fainted and collapsed and couldn't continue with us, likely enough we had our training at the health centre facility, she was rushed and admitted with malaria parasites. She joined us again later but she could persist, and left us until she was discharged to join us in the

May 2023



Trainer with trainees

Community/Family Dialogue/Counseling

With our team of volunteers, we mapped these village and organize counseling programs for each selected beneficiary is ongoing in the selected villages.

September 2023

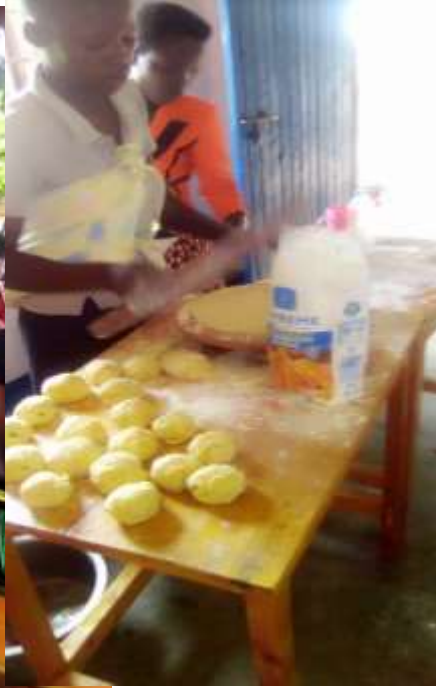


Nine teenage mothers were selected and admitted for vocational skilling resumed trainings in Omugo Technical school government's institution that allows non formal trainings examined/supervised by Directorate of Industrial Training:

- 03 in tailoring and fashion design,
- 02 in hair dressing and cosmetology
- 04 in catering and bakery
- 03 in direct business (sole proprietorship)



Tailoring and fashion design



Catering & bakery



Hair dressing &

cosmetology

We had meeting at the technical school and introduced the teen mothers officially to the school authority during their first day admission in September 2023.



Team of volunteers from Netherlands with WAF staff visited teen mothers at the school during admission day



Direct businesses: Three teen mother identified to do businesses and were given startup capital to buy the stock and are doing well



Customers buying from her during her takers her business near to customers in busy days organized form



Market day and display of sales to customers in

The teen mothers attend to their kids during working days to give them full support,



Our counselor and mentor of teen mothers giving cash as a startup capital for direct businesses. One teen mother failed to turn up who requested to do business, as she is believed to have moved and requested to resume in 2024.

Sadly one teen mother lost this baby below facing and seen playing during training session in the background, she was diagnosed with malaria due to lack of money, she delayed to take her for medication, and she couldn't make it, she breathed her last.

The trainers and trainees preparing the 2nd days meeting at Omugo Health IV resource centre in June 2023





Trainees for lunch break after training



Team of trainees with their trainer in “red”

Challenges

The trainees who were admitted for training all of them operate from their homes and have occasionally been facing challenges to travel to the training centre in rain season and at times the river stream gets flooded, hence missing some days to join their colleagues in class.

Many critically vulnerable teen mothers were left due to limited funds that could admit more.

Thank you Hilden Charitable Fund, for the enormous support, and this is our first report. Another report shall be in November 2023.

Note: The 9 trainees will sit for their final exams after sitting Directorate of Industrial Training examination (DIT) in May 2024 and the new admission of teen moms and single mothers will be included. As their numbers were not complete for each lot in examination room, the requirement by DIT is at least 5 will be absorbed for examination, in each department

b) Home based physiotherapy rehabilitation

The field activity report of physiotherapy and fitting on PWDs in Arua and Terego districts under sub grant of **Shine Project at Arise Centre to World Action Fund (WAF)**

Introduction

Conducting physiotherapy and orthoses fabrication requires technical inputs of medical professional, social workers and other concerned parties.

With this background, medical professionals/team from WAF was contracted under pilot project to carry out physical exercises, massaging, stretching and measuring to fabricated appliances to fit the beneficiaries then deliver and discharge.

Participants

S/No	Name	Designation	Contacts	Institution
01	Acamun Peter	Orthopedic Technologist	0782750853	WAF
02	Andema Ben	Senior Physiotherapist	0789602907	WAF
03	Azikuru Mary	Social Worker	0771455688	ARISE
04	Steven Leti	Driver	0785518829	ARISE

This field activity started by identification of PWDs and zeroing on physical disabilities by ARISE then later WAF staff went on field assessment.

It's as pilot assessment of 09 PWDs to ascertain a correct management/plan for each beneficiary

- 05 were female
- 04 were male

Out of 09 beneficiaries 07 were examined and diagnosed of cerebral palsy;

01 active girl with bilateral leg paralysis due to spinal condition/injury

And 01 with lower limb weaknesses. In the general plan was as this;

- Three (03) needed physiotherapy
- Six (06) needed physical therapy

The PWDs history/background as listed.

1) **Feta Godwin 8 years**

History

- Left Wrist drop and foot drop
- There's also loss of medial arch
- Deformed years ago but no any medical intervention

Plan

- Stretching and massage was done weekly then daily by the parents
- Parallel bar was mounted for the gait training & balancing
- Shoulder pulleys to strengthen the joints & activate muscles
- Orthoses was designed to support the affected limb

Conclusion

- The deformed side got corrected
- There was balancing both upper and lower limbs
- Ambulation was proper

2) **Olega Emiran Oyokole, 5 years**

History

- Cerebral palsy affecting speech
- Posture and walking defect
- Both lower limbs were weak

Plan

- Massage & stretching was weekly
- Parents/guardians were trained
- Trained to take steps on parallel bar
- Shoulder pulleys introduced to activate the joints
- Orthoses where prescribed

Conclusion

- His deformity was not severe
- He could take steps well on support by parallel bars
- He worked properly without staggering
- His progress is steady

3) **Agasiru Immaculate, 10 years**

History

- Young girl born well
- Started falling sick then referred to ARRH
- Diagnosed of cerebral palsy
- Joints were stiff, there was poor sitting posture, lost speech and uncontrolled movements

Plan

- Massage & stretching of body parts & joints
- Parallel bars built to train on taking steps
- Shoulder pulleys given
- Orthoses fabricated to support the limbs
- Pediatric wheelchair

Conclusion

- Standing posture changed
- Orthoses supported the legs straight
- She gained body balancing
- Can turn by herself

4) Brenda Eyotaru

History

- Young growing girl with delayed milestones, stiff joints, uncontrolled body movements, loss of speech, poor posture
- Later diagnosed of cerebral palsy (severe)

Plan

- Massaging on soft tissues
- Stretching of joints
- Training on sitting posture
- Training on balancing
- Training on object gripping
- Pediatric wheelchair

Conclusion

- Takes time for body parts to improve
- Pediatric wheelchair (modified) to correct posture, stretch the limb
- Can sense and listen now

5) Otitia Ryan Munguni, 5 years

History

- Born well until started falling sick
- Body became stiff at joints, uncontrollable movements
- Sitting posture
- Physiotherapy was introduced in hospital
- He was gaining but parents gave up because of distance and transport

Plan

- Massage and stretching of body parts
- Guardians and parents trained
- Parallel bars built for gait training
- Measured for Orthoses

Conclusion

- There is lower limb gait balance
- Improvement in gripping objects
- Speech is gradually getting back

6) Teddy Mayokia, 14 years

History

- Was well no history of malaria started convulsing and developed stiffness of the joints with upper and lower parts for several years
- The girl grew with the deformity also with uncontrolled body movements, loss of speech but can sense sounds & people

Plan

- Body massage and stretching of joints
- Guardian and parents trained on daily physiotherapy

Conclusion

- Improving in handling objects
- Benefits from pediatric wheelchair (modified) to cater for posture and stretching
- Listens very well

7) Phillip Emmenese, 12 years

History

- Convulsion was sickly often body joints, stiffness, loss of speech and can't stand
- Referral to regional hospital and was diagnosed of cerebral palsy

- Parents returned the boy because there no change

Plan

- Stretching of body joints
- Gait training and balancing at home on parallel bars
- Bilateral KAFOs designed to correct the deformity

Conclusion

- Strong balancing on feet
- Improvement in taking steps
- Can listen and sense

8) Desire Charity

History

- Weakness of the lower limbs
- Takes steps while staggering

Plan

- Daily leg stretching
- Daily leg balancing exercises
- Step balancing

Conclusion

- Improves steadily
- Improvement in body balance

9) Barbra Maliko, 14 years

History

- Born well then later developed paralysis and weakness of lower limbs
- Can't stand or walk
- Was speaking well

Plan

- Gait trait training on parallel bars
- Body balancing on parallel bars
- Waling frame-adjustable

Conclusion

- Moves well on walking frame
- Tries to balance on walking frame

The table below shows appliances/wheelchairs

S/No	Names per PWDs	Appliances/wheelchair
01	Feta Godwin Simeon	Left KAFO Left cock-up spirit Shoulder pulley Parallel bars
02	Olega Emuran	Bilateral KAFOs Shoulder pulley Shoulder bars
03	Agasiru Immaculate	Bilateral KAFOs Shoulder pulley Parallel bars Pediatric wheelchair modified
04	Brenda Eyotaru	Modified pediatric wheelchair
05	Otitia Munguni Ryan	Bilateral KAFOs Shoulder pulleys Parallel bars Modified pediatric wheelchair
06	Teddy Maliko	Modified pediatric wheelchair
07	Philiam Eminese	Bilateral KAFOs Parallel bars
08	Barbra Maliko	Walking frame adjustable Parallel bars
09	Desire Charity	Walking frame

The professional team started the pilot assessment of 09 PWDs to ascertain correct management/plan for each beneficiaries. Out of the nine beneficiaries;

- Five (05) were of female sex
- Four (04) were of male sex
- Where eight (08) were examined and diagnosed of cerebral palsy and one (01) active weakness as a result of spinal condition limb, injury or stroke. In the medical plan 08 needed physiotherapy, One (01) needed physical therapy as below.

Observations

- The female beneficiaries were many in the pilot study
- Most families are of poor background
- Poor hygiene at homes
- Most PWDs are not schooling
- PWDs lack proper nutrition
- PWDs have poor housing and toilets

Recommendation

- Scheduled follow-up on their progress and appliances usage

- Guardians/parents need counseling
- Regular routine physiotherapy
- Guardians/parents should be trained on use of available resources on these beneficiaries
- PWDs should attain education in specialized schools



Physiotherapy services in home areas

c) Physiotherapy services

i. Upper limb

The hands fitted resumed in September 2023 to November with WAF and Partner Hand Project from German.

The fitting locations included:

- Kampala, Kiruddu hospital

- Iganga at St. Joseph community centre,
- Soroti Municipal council
- Yumbe Referral hospital
- WAF centre-Arua City

The total number fitted were 160 amputee.

Most of upper limb amputees have various conditions of amputations ranging from domestic violence, snake bites, medical condition and accidents.



Woman got fitted with prosthesis in Arua city

WAF supported one of the beneficiaries in metal fabrication worth UGX 3,900,000 Kamanzi became instrumental to many of the ambutees, he has a wife and kid for feed. Before giving him one hand, he was training and working for the employer. After getting an arm this aide his ability to work and started fabricating with both arms





A team visited Kamanzi at the workshop



ii. Lower limb

With support from PENTA, 15 lower limb amputees got fitted, these fittings were for free



The case for young boy called Stephen O. took more extra cost at CoRSU hospital that involved surgery and correction.



