

# Young Mothers' Health Initiatives Uganda



## Annual Report 2018



## **Executive Director's Note**

I salute you all our social scientist, donors, beneficiaries, partners and well-wishers, ensuring effective systems for cooperation among implementing organizations, providing girls with hygienic reusable menstrual products, management, knowledge and improving maternal and child health and SRHR as well as linkage to health services, sustaining community participation and stakeholder engagement for stronger health systems involving community and government structures.

This report is an extract of several updates from different interventions executed by YOMHI-Uganda in its catchment area for the year ending 31<sup>st</sup> December 2018. I am glad for the distinguished role played by YOMHI-Uganda Secretariat in executing the organization's cause and reaching for greater performance at different levels of interventions, and synergy of the Board of Directors for overseeing and guiding initiatives of YOMHI-Uganda towards such firm accomplishments.

We are extremely indebted to our beloved partners, esteemed stakeholders, families and friends, your cooperation and assistance positioned YOMHI-Uganda for success in value and meaning among our esteemed beneficiaries and garnered exposure and recognition.

Mulinda Robert  
**Executive Director**

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## Secretariat



**Kwagala Eseza**  
Project Officer



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Youth Counselor



**Baseke Lillian**  
Capacity Building Officer

## Background

Since its inception in 2017 as a registered Community Based -organization, YOMHI has grown to be multi-dimensional Service provider, engaging communities to sustain the outcomes of its interventions and expanding its operations in addition to building capacity of structures to provide outreach services to the under-served communities in Eastern Uganda targeting the Adolescent Girls and Young Women Out of school, the underserved and vulnerable populations, and the general community. Evidence of YOMHI's successes can be seen through the trust and partnerships garnered at every level, including: the community members, local government, regional level and the international level with highly acclaimed bilateral funding organizations and service providers. In recognition of its work, Nabukalu Community Development Office and Bugiri District Local Government awarded Young Mothers' Health Initiatives Uganda, certificates of Recognition of service.

### Vision:

A just and empowered society where young people are drivers in creating sustainable development in Africa

### Mission:

To inspire community systems strengthening approaches for enhancement of sustainable responses to health, rights and development needs of adolescent girls and young women.

## Strategic objectives

To empower young people to manage their community needs



To promote community initiatives in maternal and Child health, and sexual reproductive health and rights among young people



To enhance community participation in health and development inventions and innovations



### Core Values

Conservancy

Transparency

Impartiality

Professionalism

Equity

Accountability

## Sustainable Livelihood Program

The Farmer Field School (FFS) model which is a participatory approach in diffusing science-based knowledge and information to farmers through a domesticated curriculum has been adopted. Over time we realized that FFS helps young mothers to discover critical concepts by observation and deductive reasoning. This is an important step if science is to make meaning to our smallholder farmers through improved post-harvest handling, agri-business development and improved nutrition. So far small-scale pilot interventions are managed in Nabukalu Sub-county as a sustainable model of maternal and child nutrition using community-based resources.



*The outstanding adult friendly approach on this was the field farm school model, a series of tailored trainings focusing on the backward and forward linkages of production in the Legume value chain were executed.*

*Trainings were planned to address challenges of farmers using low-cost solutions within their environments. This meant that solutions were provided practically within the context which the mothers had presented their challenges.*

## Youth Resource and Support Program



YOMHI-Uganda manages a Youth Resource and Support Centre that offers youth friendly corner activities and young people are able to access BCC messages and Support services to empower and meet the needs of youth out of school. DetailedaPetitis, Somero Uganda and Individual persons like Simone Wiencke supported YOMHI-Uganda to equip a Youth Resource and Support Centre in Nabukalu Subcounty. YOMHI-Uganda supported 10 Young Mothers with vocational training in tailoring with support from experienced trainers who provide hands on skills. The Youth Resource & Support Centre provides services ranging from health education lessons to individual client referrals for specialized adolescent sexual and reproductive health services.

**Enterprise and vocational development initiatives:** To provide skills like hair dressing, tailoring, knitting, craft making, saving project together with computer learning and business skills based on the differentiated model YOMHI-Uganda continues to empower communities and equipping adolescent girls and young Women to provide sustainable sources of income to young mothers and reduce youth unemployment.



**Lesson Learnt:** Working with locally based trainers and other grass root organizations ensures sustainable interventions towards providing skills among communities. Regular feedback meetings allow Young Mothersto share challenges, successes and development strategies relevant to increasing outcomes.

**YOMHI-Uganda Priorities:** Organize routine feedback schedules regular technical support supervision and equip them with new knowledge and skills for practice.

## Young Mothers clubs



Utilizing locally-based volunteers has allowed YOMHI programs to change attitudes and behaviors within the target communities on a long-term basis. Young Mothers Clubs is a low-cost method that ensures sustainability where maternal and child health initiatives are integrated into our comprehensive outreaches and health facility-based service packages. Supports young mothers to build their communication and confidence for better decision-making to ensure they are not vulnerable to sexual abuse and gender-based violence. During the sessions, we also provide SRHR, MCH rights education together with life-skills is done using a peer- led approach with support from Young Champion Mothers.

YOMHI-Uganda facilitated 6 Young Mothers Clubs to raise awareness on maternal, child health needs among communities. Participating

in the activities of the Young Mother Clubs has contributed to a significant increase in the ANC4 visits, improved knowledge of better nutrition practices among pregnant mothers, increased integration of MCH Rights and GBV into programing, decision making at household and community levels.



Data from Nabukalu HCIII, Nkaiza HC II and Wangobo HCII indicate an increase in turn up

of 3,195 mothers for ANC in 2018 compared to 2,899 in 2017(Health Centre Reports 2018). 630 mothers were reached with health messages on proper childcare. Holding 6 integrated community outreaches on Family planning reached 185 pregnant women between the ages of 14-49 years and 70 children under five.

**Community dialogues** targeting male involvement in pregnancy planning, and safe hygienic delivery under qualified health professionals ensured 50% of men were able to escort their wives to facilities for ANC visits, which led to an increase in Health facility deliveries as portrayed by statistics at Nabukalu HC III.

### Lessons learnt

The Continuous Health Education and relevant feedback by Nurses on the benefits of ANC visits motives mothers' attendance and male involvement in ANC visits.





Project YOMHI facilitated the project team and Health workers to conduct integrated MCH sessions. The Community Based Model integrates other health services including community referral and linkage system using community dialogues and information sharing platforms, education sessions reaching communities with

information on Maternal and Child Health needs. Young mothers get a chance to ask questions regarding their children's health and danger signs among neonates and children.

**Lessons learnt:**

Engaging Young champion Mothers together with VHTs and Health workers during community outreaches helps offer a relatively complete package of health care services at community level since people have different health care interests that require different approaches.



## Advocacy and Networking Program

YOMHI advocates for the greater recognition of health rights of mothers, children and different clients within the family unit and communities. At the district level, YOMHI has engaged duty bearers and Community gate keepers to respond to urgent health needs of vulnerable Adolescent Girls and Young Women. The peak of these effort has led to provision of vital infrastructural improvements including solar lighting in Nabukalu HC III and Wangobo HC Ire and establishment of youth friendly Health Clinic at Nabukalu HC III.

To strengthen the existing health systems to enable the district to offer appropriate services to specific groups of people, YOMHI-Uganda built the capacity of health workers through community communication (BCC) in SRHR Maternal and Child Health through role plays and drama sessions during local community platform.

Team members carry on the services of Counseling, referral and linkages of eligible peers to relevant health service providers for further management.

Champion Mothers together with VHTs reached 3,440 peers through 135 peer group sessions intended to empower communities especially Adolescent Girls and Young women with knowledge on SRHR, HIV/TB prevention, care and treatment. YOMHI delivered life skills for risk reduction and key health messages through dialogues, peer counseling sessions, in order to contribute to a reduction in new HIV/TB and Sexually transmitted infections. Nabukalu HC III provided a platform for effective engagement, service delivery and providing feedback on interventions among communities.



**Lesson learnt:** Grouping of peers according to age flares up interactive learning sessions for addressing misconceptions about SRHR and HIV/TB among young people.

**Priority:** Support integrated sessions involving MDD sessions with games and sports as a mobilization tool to enable peer leaders reach their target groups for Health Education. Organize information sharing meetings with key stakeholders to plan and implement activities with other service organizations through Integrated camps.

Our partners:



Hangout Foundation





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