

Mityana

Charity



Newsletter – January 2024

Wishing you all a very happy and healthy New Year and thank you for your continued support.

******* Please remember that sponsorship fees increased this month *******

If your standing order hasn't been increased, please make another payment for the extra as we cannot send the child back to school unless we have the correct payment. £25 primary, £35 secondary per month. Please let us know if you have a problem.

Date for your diary AGM Tuesday 21st May 2024

Things to look out for in this newsletter:

Christmas Gifts: Counselling and Guidance sessions; Medical care; Mityana Guardians' Meeting; Economic empowerment for PaCT sponsored Children households; Wash Projects; Water-based Projects; a Mityana Charity Special Thanks Jo Golding; and the School Menstruation Hygiene Management Project;

Christmas Gifts

We received all the kind gifts you sent us for Christmas. Even though most of you have never met us in person you are so generous to us and our families. It means so much to us to have you in our lives.

Please come and visit us.

<https://www.instagram.com/reel/C038CyqrM34/>

Look at the PaCT sponsorship video at

https://youtu.be/OJpQ8nne_0E





Some of the children and grandparents with their Christmas gifts

Thank you. You have supported 247 students. The primary seven students successfully completed their PLE (primary leaving exams), and four senior six candidates (A level) completed theirs in December. We are immensely grateful for your invaluable support in this transformative journey. The results will not be released until late January, early February as to what fees will be needed depending on these results. You will be notified as soon as we know.

No. of beneficiaries supported in November 2023			
Education Level	Male	Female	Total
Pre-Primary	2	2	4
Primary	54	82	136
Secondary	40	53	93
Tertiary	18	10	28
Total	114	147	261

Counselling and Guidance Sessions:

This is an important educational tool in developing a child from negative ideas often from their peers. Guidance and counselling are indispensable for fostering personal growth, academic achievement, and career development, equipping learners with the skills needed to make well-informed decisions and overcome obstacles.

Medical care:

As part of our primary responsibility, we provided support to cover the medical expenses for our sponsored beneficiaries who fell sick, to facilitate their recovery and allow them to continue their studies. The ongoing rainy season created ideal breeding conditions for mosquitoes, known carriers of malaria, resulting in a high number of malaria cases among several children sponsored by PaCT. Thankfully, with the help of our partner health centre, all 13 beneficiaries (10 males and 3 females) were able to receive effective treatment and have made a full recovery.

If you are able to help provide some funding for the medical care we would be grateful as its not included in your sponsorship money.

Mityana Guardians' Meeting

Before Christmas we marked our final guardians' meeting of the year at PaCT. Our Education team met with parents and caretakers to discuss parenting responsibilities during the holidays and updates from our partner school.



Through these meetings, we tackle challenges, ensure our sponsored children's well-being, and share exciting news on our organisation's upcoming events. We also continue to empower parents to participate in our saving schemes for economic empowerment and financial security

Economic empowerment for PaCT sponsored Children households

To improve the economic prosperity of all PaCT guardians through their respective savings groups, training on Economic Empowerment was recently conducted for various leaders. This comprehensive session focused on expanding knowledge and skills related to savings, income generation, committee member roles and responsibilities, leadership qualities, types of leaders, and sustaining savings groups. Additionally, participants were equipped with the ability to identify potential problems and indicators of group collapse. The training was skillfully led by two facilitators, a social worker from Unbound Uganda, and the PaCT Executive Director Mr. Kinaalwa Geoffrey Ssemakula.

The executive Director emphasized the diverse levels of vulnerability among the guardians and stressed the significance of each individual joining a savings group to enhance their economic standing.



A team of 34 individuals attended the training comprising of 25 females and 9 males. The attendees had different leadership positions from their respective saving groups who included chairpersons, secretaries, treasurers, and members of the Sponsorship Beneficiaries Executive Committee.

WASH Projects

We are delighted that the new Water Tank is now complete at Sserunyonyi Primary School, thanks to a generous donation by Dorothea Pease, following her impressive swim across the English Channel. This will have a big impact on the lives and health of the students of that school.



Kabule Health Centre III – Maternity Ward Project

Construction of this project is now well under way



This will be the 5th Maternity Ward that has been provided through the Mityana Charity. The table below shows the impact these projects are now having on health outcomes in their areas:

Name of the Maternity ward	Antenatal visits 4th		Deliveries		Children vaccinated	
	This month (November)	Annual Cumulative	This month (November)	Annual Cumulative	This month (November)	Annual Cumulative
Kalangaalo Maternity ward	15	218	08	128	35	815
St. Mark Rwamashengyero	11	95	0	34	30	270
Mpenja Maternity ward	30	460	15	246	75	1318
Kikandwa Maternity ward	35	569	15	227	131	1939

Water-based Projects

Embark on a transformative journey with our official PaCT WASH documentary, "Water for Life." Join us as we explore the profound impact of Water, Sanitation, and Hygiene initiatives on communities in Uganda. 🌿 Dive into the heart of the Uganda WASH movement, witnessing firsthand the challenges faced by diverse communities and the innovative solutions transforming lives. From remote villages discover the pivotal role clean water, improved sanitation, and hygiene education play in shaping healthier, empowered societies. 🚀 Experience the power of collaboration between governments and local communities. Learn about groundbreaking technologies and sustainable practices that are paving the way for a future where everyone has the right to Water, Sanitation, and Hygiene. 🌱 This documentary is a call to action, inspiring viewers to join the global effort towards achieving Sustainable Development Goal 6. Together, let's ensure "Water for Life" becomes a reality for every individual, every community. Watch, share, and be part of the change.

📺 Don't miss this eye-opening journey towards a world where every drop of water, every sanitation facility, and every hygienic practice counts in building a healthier and more equitable future. Subscribe now for a powerful cinematic experience that will leave you informed. Click [here](#)

Mityana Charity Thanks Jo Golding

One of the congregation of St Sebastian's has been steadily and quietly fundraising for Mityana Charity for several years. Every so often she has a sale of beautiful home made cards after the morning service . There are cards for every occasion, (Christmas included), big and small, for adults and children. They are all a great deal cheaper than in most retail stores! Her name is Jo Golding and Mityana Charity is very grateful to her long and continued support.

Jo says: 'I have been involved with Mityana Charity since hearing Ann Potts talk about her involvement with the Charity and Nabukenya. I also sponsored a lovely girl, Proscovia Nanyondo – Prossy.

She completed her education and is now a qualified midwife working in hospital in Kiwoko. What an achievement! Such a joy and encouragement to her family and community.

I must also acknowledge Ro King for all her support through donating greeting cards made from her paintings and photographs.

Thanks to everyone who has bought our cards over the years to date raising £2,743 since starting to do this in 2014.'

Sarah Birch and Helen Thompson



School Menstruation Hygiene Management Project.

The project focus is to enhance school attendance rates among girls by promoting Menstrual Hygiene Management (MHM) and addressing associated challenges, such as the stigma surrounding menstruation.

The project is being actively implemented in three partner schools of Partners for Community Transformation (PaCT). These schools are St. Mugagga Secondary School, Nabukenya Primary School, and Kalangaalo Primary School.

Key Project Components:

- **Reusable Sanitary Pads Production Unit:** The establishment of a dedicated unit to produce reusable sanitary pads ensures a sustainable and environmentally friendly approach to MHM. These pads can be washed and reused, offering an economical and long-term solution for the girls.
- **Girls; Changing Rooms:** Acknowledging the significance of privacy, particularly during menstruation, our project involves the creation of purpose-built changing rooms for girls. These rooms are designed not only for safety and privacy but also come equipped with essential water facilities to ensure proper hygiene. The construction of these changing rooms is currently in progress at St. Mugagga Secondary School, complemented by the development of an interactive area aimed at delivering crucial
- **Menstruation Hygiene Management (MHM) messages.** These combined efforts aim to enhance awareness and comprehension of MHM among both students and teachers, thereby promoting overall hygiene and well-being within the school community.

You can find further Information about the Mityana Charity at:



www.mityanacharity.org



<https://www.facebook.com/mityanacharityuk/>



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