

**A SPONSORED  
STUDENT'S STORY**

In his own words, Phillips L. from Northern Uganda, tells how Mtaala helped make his dream of an education come true P1 & 2

**ALMT AWARDS MTAALA  
MULTI-YEAR GRANT**

ALMT of the UK, awards Mtaala grant for sponsorships. P 2

**OUR NEW HEALTH  
CLINIC IN PICTURES**

See the clinic develop over time in this photo essay P 4

**EBOLA EPIDEMIC**

Ebola's history in Uganda and the recent epidemic in West Africa prompts a Mtaala volunteer to work in an Ebola Treatment Unit in Liberia P5

**THIS YEAR AND  
BEYOND**

Check out our goals and dreams for this year and beyond P6

## THOMAS FEST COMMUNITY CLINIC: HEALTH CARE COMES TO KIGO

For many children around the world, coming down with pneumonia or a stomach virus means a visit to the family pediatrician, a prescription of several days of bed rest, medications, and lots of fluids. Before long their health is restored, and they return to school.

But many other children around the world are not so fortunate simply because they lack access to basic health care. Some of those children never return to school because they die from treatable diseases. The children of Kigo and the students of Awegys were among the world's children without access to a local health care facility.

Until now.

In 2014, Mtaala completed construction of the Thomas Fest Community Clinic which provides basic health care and health education to Awegys students and the 5,000 residents of Kigo, Uganda. And given Uganda's struggling health care system, the clinic is ready not a moment too soon.

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**A nurse treats children for worms, dresses wounds, and provides vitamin A treatment at the Thomas Fest Community Clinic.**

## MTAALA: MY HOME, MY DREAM

Written by Phillips Lakor, who, with Mtaala's support, recently graduated from Mtaala's partner school, Awegys Comprehensive Secondary School in Kigo, Uganda.



**Phillips (top right) reads to children who live in Kigo village near Awegys Secondary School. Reading to children is our students' way of giving back to the community.**

Mtaala Foundation to me is not just a name of an organization. When I hear the name Mtaala, I feel a relief in my heart because of the peace of mind and the joy I have found in studying. This has helped me achieve more, and transformed and elevated me to an empowered life that is able to give positively back to the community.

I first encountered Mtaala Foundation in 2009, the year my whole educational struggle changed drastically. The thoughts of: Will I make it to end of this academic term? Where will I end with my educational journey? Where will I get the scholastic requirements and facilitations from? All came to a halt.

These thoughts had weighed heavily upon my classroom concentration until I met these two amazing people, Amy and Tony from the Mtaala Foundation.

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NAME: Innocent O.

AGE: 15

GRADE: S-I



**ABOUT:** Innocent was born in Gulu, located in northern Uganda. He lives with his mother and family of three. Innocent's father died in 2005. Innocent will be in Form One in Secondary School and looks forward to working hard in school to achieve his goal. Innocent loves listening to music in his free time, and he looks forward to sharing about his life in letters to his sponsor.

**FAVORITE SUBJECT:** Accounting

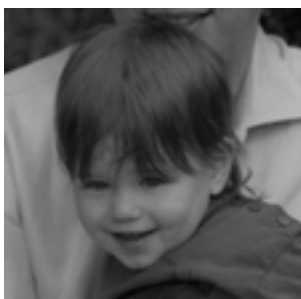
**DREAMS OF:** Becoming a traffic police officer in order to reduce the number of accidents and deaths on Uganda's roads.

To become a sponsor, visit us online at [www.mtaala.org](http://www.mtaala.org).

## Mtaala Awarded ALMT Grant

### Angus Lawson Memorial Trust

The Angus Lawson Memorial Trust (ALMT) is a registered children's charitable trust striving to mitigate the suffering of the world's most marginalised children.



Kara and I lost our beautiful son Angus on Thursday September 7th 2006. Angus would have been two years old a month later.

We decided soon after he died to establish something permanent and fitting to ensure that other children benefit directly from Angus's life and from the fact that so many

others shared our sense of loss. With the help of our friends we launched The Angus Lawson Memorial Trust.

The Trust now has over 30 partners globally with a focus on supporting organisations working with children who have specific needs where the impact of the funds allocated will be visible and direct.

"No man or woman stands so straight as when they stoop to help a child."

Nick Lawson

## Mtaala: My Home, MyDream

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They became my family, my friends, and turned the whole story of my shadowed dreams into a hopeful educational journey to achieve a golden life purpose to serve my community.

They took the load of my education's financial needs upon their shoulders and gave me a new hope. This is the sole reason for my decision to take on a medical career training of which I am now a first year nursing student at Gulu School of Nursing and Midwifery.

I am happily pursuing my two and half years training in General Nursing. Mtaala foundation has supported me from my early years of high school up to now. Mtaala Foundation has played an irreplaceable role in my educational journey for the successful continuing years.

I can say I am so humbled to associate myself with the Mtaala family because they stood by me, supported me, and encouraged me in every single step all the way. For these, my mind is built concretely with a positive attitude towards achieving to help the community. Thank you so much to the Mtaala team for your dedicated continuous support towards my education.

Yours faithfully,  
Phillips Lakor

**The Angus Lawson Memorial Trust generously awarded the Mtaala Foundation a grant that provides educational sponsorships for 15 children for two years at Awegys Comprehensive Secondary School. Thank you for sharing Angus's legacy with Uganda's children. Angus lives on through students like Phillips Lakor.**

## Health Care Comes to Kigo continued from pg. 1

According to the WHO, the most common causes of death in Africa for children under the age of five are from pneumonia, diarrhea, and malaria. More than half of under-five child deaths are due to diseases that are preventable and treatable through simple, affordable interventions. Strengthening health systems to provide such interventions to all children will save many young lives. For those older than five years of age, some of the most common causes of death are HIV/AIDS, Influenza/Pneumonia, Diarrheal disease, Tuberculosis, and pregnancy related issues.

Most diseases in Uganda are ones that can be prevented with inexpensive vaccines or prescription medication. With proper education and access to adequate health care facilities, deaths from common diseases should drop. What better way to address these problems than through a community health clinic that works hand-in-hand with a school?

Since opening, the Thomas Fest Community Clinic at Awegys Secondary School has:

- Provided basic preventative health care to Awegys students and local community members
- Provided basic medical care to Awegys students and local community members
- Sponsored community health days in which children from the local community were given deworming tablets, Vitamin A for immunity boosting, and also had their teeth checked by a dentist—a rarity in Uganda.
- Advised and educated pregnant mothers and women who come to the clinic for family planning

And the government selected The Thomas Fest Community Clinic as a partner in Uganda's Malaria Rapid Diagnostic Test (mRDT) kit program. Our clinic was selected because it serves a bigger area (which ranks it as a Health Centre 2), is well built, and conforms to the health standards.

### Uganda Health Status

- 62 % of women in Uganda deliver outside of a health care facility.
- Ugandan children have some of the worst stunting rates in the world.
- For children, Malaria, Upper Respiratory Illness, and Diarrhea are leading causes of illness and death
- Across Uganda and all age groups, HIV/AIDS, Malaria, and Tuberculosis are leading causes of illness and death
- Few children can afford dental care in Uganda



**Awegys students and community members stand in front of the new Thomas Fest Community Health Clinic and send a big “Thank you!”**

As part of the mRDT program, the clinic received smart phones to take photos of each Malaria Rapid Diagnostic Test (mRDT) kit being used on every patient who presents with fever at the clinic. The photos are then sent together with the patient's information to the Malaria Consortium and Ministry of Health. This helps the government to monitor and evaluate its work of tracking down malaria. The government will be able to better identify clinics which handle many cases of Malaria and provide help if necessary.

The government has also promised to reward the service providers, in Mtaala's case the nurse who works at the clinic, for being vigilant in sending information and handling many cases. The government will and has always inspected the clinic premises every month to ensure health standards are maintained.

According to IMVA, severe poverty is the root cause of the high mortality rates in the developing world. Poverty results in malnutrition, overcrowded living conditions, inadequate sanitation, and contaminated water. Routine vaccination is often unavailable for both children and adults, and basic clinical care for the acutely ill is in short supply. Thus, poverty creates a fertile environment for infectious and parasitic diseases. Poverty also leads to illiteracy and inadequate education. Deficient education, especially of females, is closely correlated with poor health in developing countries.

Improving access to education and health care and reducing diseases at their source will make a healthier world for each one of us.

# The Story of the Thomas Fest Health Clinic in Pictures



Due to funding, the clinic was built in 2 phases; here the 2nd phase is added on.



Children from Kigo village bring water to help clean the finished clinic.



They stay to help scrub down the new clinic.



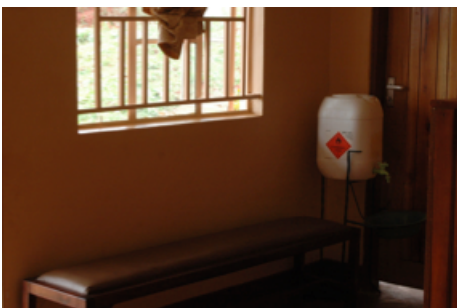
Awegys students join in and clean the new clinic, too.



Awegys students plant bushes in front of their new clinic.



The Thomas Fest Community Health Clinic opens!



The waiting room in the clinic.



The pharmacy in the clinic.



Separate examination rooms.



A room for patients receiving treatment.



An Awegys student receives dental care.



A woman from the village receives 2 days of treatment for severe Malaria.



The nurse administers an eye exam to an Awegys student.



Local children are dewormed at the clinic's community health day.



Awegys students in front of the clinic send a big thank you!

# THE EBOLA EPIDEMIC

The recent Ebola epidemic and its implications for global health and the health of Africa, underscore the importance of providing basic health care and health education for all. Outside of the most recent Ebola epidemic in West Africa, the largest previous outbreaks occurred in Uganda and Democratic Republic of Congo.

According to the U.N., there were 16,000 confirmed and probable cases of Ebola reported during the historic epidemic in West Africa as of November 2014. Of those 16,000 infected, 60 percent died. Up until this recent outbreak, the largest outbreaks had occurred in the Democratic Republic of Congo and Uganda—the two largest being in Uganda during 2000 and 2006. “

As reported by CNN, “the rapid infection rate in West Africa” has caused great concern throughout Africa. Due to the relative ease of international travel, there is concern that Ebola might spread outside the continent as well. “In fact, there have been new cases of Ebola in the United States and Spain, though such incidences remain a tiny fraction of the overall outbreak. The United Nations has urged countries worldwide to pitch in, asking in September for nearly \$1 billion to help Guinea, Liberia and Sierra Leone in their efforts to control the deadly disease” (CNN, 11/28/14).



Andrew, a Ugandan-American nurse who also volunteers with Mtaala Foundation, dressed in a PPE during training at an Ebola Treatment Unit in Liberia.



Andrew washes his hands in chlorinated water and has his temperature taken at a restaurant prior to entering—recommended practice during the West African epidemic.



Knowledge about Ebola is limited in some places affected by the illness. Occasional trips to remote villages are necessary to investigate suspicious Ebola-like illnesses and deaths and to help educate the communities.



Andrew and his colleagues train village women to be educational leaders in the fight against Ebola. Educating communities is essential to controlling the epidemic.

Andrew, a Ugandan-American, works as an emergency room nurse in New Jersey, USA and also volunteers with the Mtaala Foundation. Having grown up in Uganda, Andrew knows first-hand Ebola's devastating effects on its victims and the larger community. Acutely aware of the urgent need to contain the virus and help those most in need, Andrew took a four month leave from his job to work with Americares in an Ebola Treatment Unit in Liberia.

1

**Mtaala's program is unique.**

We work with you to set goals based on our program's needs and your organization's interest.

2

**You get tangible results.**

The members of your organization actually **SEE** the results of their and dedication generosity.

4

**Reasons to Become an Educational Partner**

3

**Receive a real thank you.**

We will send photos and our Ugandan students will send thank you letters about what your donations accomplished.

4

**Build global awareness.**

As an Educational Partner, you will help to build relationships between your organization and our students in Uganda.

# THIS YEAR **AND** BEYOND

As an ambitious and ever-growing small organization, we love it when our supporters lend a helping hand towards Mtaala projects. The following are a few of our goals for this year...and beyond!

## THIS YEAR'S INITIATIVES:

**GENERATOR:** Continue working toward our goal of acquiring a generator to power our new community health clinic. We are part-way towards our goal, and we welcome your support.

**SOLAR SYSTEM:** Continue raising funds for a solar system for the clinic to power basic equipment and provide lighting.

**COPIER:** Help the school acquire a photocopier and printer to reduce printing expenses of tests, end of term exams, booklets, etc.



## ONGOING PROJECTS INCLUDE...

**SECURING STUDENT SPONSORS** Mtaala's greatest need is sponsors for students. For a small monthly fee, sponsors provide tuition and room and board for our students. Our sponsors are the heart of our program.

**THE THOMAS FEST COMMUNITY HEALTH CLINIC:** Mtaala's Community Health Clinic needs ongoing support to fund the staff and acquire necessary supplies.

## FUTURE DREAMS...HAPPENING NOW

**RAISE FUNDS TO BUILD A STORIED BUILDING:** Awegys Secondary School was created in the humble, two-room home of school founder Alice Wegoye. Built on a small piece of land donated by Alice, Mtaala plans to maximize use of the land by creating a new building several stories high that would house classrooms and a dormitory. This would require demolishing the current girls' dormitory--Alice's former home--but would result in Mtaala being able to help more students in an improved facility. It would also move Awegys Secondary School closer towards its goal of self-sustainability.

HELP MAKE IT HAPPEN: TO LEARN MORE ABOUT HOW YOU CAN SUPPORT THESE PROJECTS

MAKE A CONTRIBUTION, OR BECOME AN EDUCATIONAL PARTNER WITH THE MTAALA FOUNDATION, VISIT [WWW.MTAALA.ORG](http://WWW.MTAALA.ORG).

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## OUR MISSION

The Mtaala Foundation creates and supports education communities for vulnerable children and at-risk youth, including those affected by poverty, war, and HIV/AIDS. Empowering youth through learning and giving back to their community is a central tenet of our work.

The foundation partners with individuals and villages to create secondary schools where none exist and connects the schools' students with international sponsors to fund their educations.

LEARN MORE AT  
**WWW.MTAALA.ORG** 6

