



Jeremiah Mbulamani holds a Masters Degree in Public Health married to Kate Khalayi with three kids Philemon, Jesse and Joseph, he is the founder and Director Mothers Heart Uganda, lives in the rural community of Mutoto-Mbale Uganda.

Menstrual Health Training

Mothers Heart Uganda recently achieved its target and goal of training women and girls in making their own reusable menstrual pads using the locally available materials within the community. 31 females participated and benefited from the training. Kate (Project Administrator) and Marja Poot the lead organizers and resource mobilizers confessed that the targeted number of women and girls during the training was reached. The training aimed at helping girls not to miss school just because they can not afford to access sanitary pads. Through this training many girls confessed that they found it shameful to disclose to their parents that they have started their first menstrual periods. Sister Margrete the senior trainer in sanitary reusable

pads encouraged the trainees to always to be hygienic during the menstrual period.

Olivia a renown mobilizer to improve the girl child during

menstruation from a partner organization in Mbale asked participants to feel proud of themselves and not to be taken up by depression and self pity this important stage in life and be open to their care takers while in menstrual periods.

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Jake (UK) Ana & Maria (Spain)

Out going Volunteers 17th- 28th August 2019

The 3 volunteers arrived the same day at the Golden Hill in Mutoto and served Mothers Heart Uganda for 10 days. Even though there stay was during holiday times they were involved in

various activities in our community namely home visits for needy families, community Health outreaches, women saving groups, girls empowerment activity, brick making as we prepare to build more clas-

ses at the Golden Hill Junior School. Anna and Maria wisely chose to support in drawing classroom pictures which left a mark stone of remembrance while away. Waiting to see dealings soon!! And also please keep in contact

Our Television and Radio programs

Mothers Heart Uganda has existed for the last 3 years and we have managed to use various platforms to reach out thousands of people in our area of coverage both face to face and media waves. We are privileged to broadcast live programs both on 99.8 STEP FM Radio at 08:30 PM and STEP Television at 08:30 AM every Wednesday. We discuss topics related to safe motherhood and education. Volunteers who have visited us have managed to participate in all our programs and we have seen a big impact in attitude change through media.

We have received great testimonies and there has been a tremendous decrease in maternal and child death in our community.



Jeremiah on STEP TV Morning Show



Ed & Vic (UK) on Radio Talk Show

Sponsor a child /Family at Golden Hill Junior School

Most families in our community live in absolute poverty and if its your first time to travel in a developing world, particularly Uganda, its strange and hard to believe how most families live on less than a dollar per day. The cultural shock and basic everyday life is a learning and memorable experience. But with the indrawlt poverty ichildren continue to hvsve contegious smils to visitors and willing to share a hand shake with greetings "Melembe" a typical sign of love. With our education support program you can be patner in support ing this family with education or a moderate house, cater for medical bills or donate clothes., to do so visit our website and directly DONATE to this needy family. Me and you lets become game changers in someone's life.



A Family in need of urgent education support

ABOUT US:

Follow us on FACEBOOK

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Community organization no. 5526

WE ADVOCATE :

Safe motherhood, Education (Formal and Functional) Create awareness on the HIV/AIDS epidemic.

1. Disability and Rehabilitation and
2. HIV/AIDS Awareness

DONATE NOW:

www.mothersheartuganda.com

1. Education Support
2. Clothes
3. Shelter
4. Household Business
5. Medical Support
6. Feed a Child at School
7. Support Mothers Heart Uganda

75 Days Journey started on 16-September 2019 at Golden Hill Junior School

Ugandan education system is just similar to that of England's system since they colonised Uganda many years ago and ever since many things have been influenced, education inclusive. We have 3 major terms of teaching and learning and in this period of year we started a journey of 75 days for the third term of 2019. There has been a great increase in the turn up of pupils and the staffs

at the school are working hard to see that the children perform well in this promotional term. We wish all the teachers and pupils a happy and successful promotion term 2019 to 2020.

Currently the school has 182 pupils with 9 staff.



Golden Hill Academy Pupils on assembly 2019

OUR CURRENT NEEDS

Support to Plaster our current School classroom block worth 4,812,000Ugs

Sponsor a child at our school USD 50-70 yearly

Support to build the community hospital USD 35,000

SCHOOL DAY ROUTINE

- 08:00 School day starts
- 08:10 Whole school assembly
- 08:30 Physical education session
- 09:00 Lessons begin
- 10:30 Break with porridge for all children

- 11:00 Lessons recommence
- 13:00 Lunch break/end of the day for nursery children
- 14:00 Afternoon lessons commence
- 15:30 School day finishes

"We engage communities and address existing challenges with evidence based and sustainable solutions"

Local Health Financing Scheme

A health funding scheme in our community is aimed at saving money in small groups for health and we have formed 6 groups so far. We hold community sensitization campaigns aimed at promoting the four Pillars of safe motherhood; Safe and clean delivery, Family Planning, Antenatal Care and Emergency obstetric care.

Birth preparedness campaigns and HIV/AIDS awareness. Volunteers at our project are highly involved while with us We are interested in learning from your various experiences and we hope you will be of value to us and equally you will learn from us too.



Community Health Funding Scheme in Mutoto at Village level

Volunteers stories and feed back



Werner Strittmatter from Switzerland

I stayed with Jeremiah, Kate and their family from 20th December 2018 until 17th January 2019 and therefore had the privilege to spend the Christmas days with the community.

I was deeply impressed by the commitment of Jeremiah and Kate for their various projects in the village and I would like to emphasize especially the non-profit private school... read more which gives the children of Mutoto a chance for education so crucial for their future life. During my stay, the new school buildings were about to be finished right in time for the new term. Unfortunately I could not stay long enough to witness the joyful moment when the teachers and pupils moved into their new classrooms.



Charlotte Borggreve From Holland

I had a lovely time in Mutoto with Kate and Jeremiah. Together with other volunteers we accomplished a lot: new furniture for the new school, a (natural) playground, books to read and thanks to a donation we could start a water project, so that the schoolchildren can wash their hands and drink filtered water.

It was nice waking up at the sound of... read more roosters, and people walking by greeting: "Mulembe!" One of our "chores" was getting water in jerrycans from the tap, 20 minutes walk. I liked the nice vegetarian food, Kate made, and I had a lovely time with her at Pian Upe, where we spotted a lot of antelopes and some cheetahs hunting. The village is very peaceful and it was always lovely to walk the road or take a boda-boda with Jeremiah to town. Their kids, little cowboys, were fun to have around and it

was interesting to get involved in all the work Jeremiah and Kate do with the help of the community and volunteers. So keep up the good work!

The famous hiked mountain while volunteering at Mothers Heart Uganda

When most people think of paradise, they think of a place of extreme beauty or delight of happiness. To me, paradise is Wanale Hill. The hill embodies both qualities.

Wanale is that hill with jagged slopes, located in the outskirts of Mbale Town and yes, it is from it that the town got its name. It is a grass green mountain that soars into the clear blue skies.

A visit to this place will leave you with immense respect for this hilly land upon whose soils Uganda's favourite coffee is grown. Arabica is its name, an enchanting beverage with a crisp, sharp and pleasant aroma. Like Elgon, a Mountain to which it be-

longs, its sheer size, clear waters, and green vegetation make it way



Mt. Wanale viewed in our community

better than any theme park. Only those who are patient enough to endure a two hours' hike get to experience the champagne panoramic views it offers. As you journey, you will be seeing the famous Wanale waterfalls

Beyond its beauty, do not miss numerous caves where ancient man lived and where **Mamineciline** a precious mineral is heavily mined in this area but people still swing in poverty.