

Monthly E-newsletter

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University of Waterloo's Shecycle Project to Partner with Mothers Heart Uganda

Anna Kuefer was among the first volunteer to work with Mothers Heart Uganda in 2017. she is the brain behind Shecycle project the idea she developed after volunteering with us. The initiative is introducing a unique antimicrobial reusable sanitary pad that can be locally sourced and distributed in Uganda. The Shecycle project won 2019 World's Challenge, which was held last month at Western University in London, Canada. Team Waterloo (Canada) delivered their award-winning idea for a solution to a global challenge in the Global Final. Gold medalists Anna Kuefer, Abigail Loewen and Leah Wouda, who share the top prize of \$30,000, they believe SheCycle will improve health, increase access to education and make work a safer place for women in Uganda.

Currently they are developing a prototype with the antimicrobe coating to protect from infections. She said they will have to train women in our community to make pads and later buy the pads from women to give to the girls in school and community. Therefore they aim at providing employment women and saving them from infections poor menstrual hygiene which is widespread in Uganda and other developing nations and the effects ripple through the lives, jeopardizing both their health and livelihood. "It's such a simple issue, but it's such a complex problem," Kuefer said.



Anna Kuefer, Founder Shecycle Project

Youth economic empowerment in Bungokho Mutoto Sub-county



Mutoto Youth Under Training

The **youth** population in Uganda comprises of both the educated/skilled and the unskilled living in the rural and urban areas. ... According to the Ministry of Gender, Labour and Social Development, about 40,000 **youth** are released annually into the job market to compete for about 9,000 jobs. Mothers Heart Ugandan is committed to functional education both for women and youth in

Mutoto community. Youth were recently engaged shoe making skills. During the training the director Mothers Heart Uganda Mr Mbulamani Jeremiah encouraged the participants to embrace hands on skills that could make them reap big if they are focused. He called worrying to be a sin which leads to anxiety leading to depression finally to suicidal acts.

Hand craft african bags to boost our project

We train women in our community in tailoring and these are the latest products they are producing for sell and it has turned out to be an income generation activity for the women’s group. Women are earning income through selling bags and other hand made products.

If you buy one hand craft bag you directly support the women's group at Mother’s Heart Uganda.

Please make your order now!!!



Buy an African Bag @ 15USD only

DONATE FOR;
EDUCATION
HEALTH
CHILDREN’S WELFARE
SAFE AND CLEAN WATER

Proposed Mothers Heart Hospital (70,000 USD)



Sponsor a Child at Golden Hill School



ABOUT US

WE ADVOCATE

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Reg. No: 5526



- We advocate for:
- 1) Safe motherhood,
 - 2) Education (Formal and Functional)
 - 3) Create awareness on the HIV/AIDS epidemic.
 - 4) Disability and Rehabilitation and
 - 5) HIV/AIDS Awareness

Visit ugnada

Volunteer with Mothers Heart Uganda

At Mothers heart Uganda we welcome volunteers from all over the world. It doesn't matter your age, faith, experience or training, if you share our desire to make a difference in rural communities in Uganda, we hope you'll consider getting involved. There are many different projects you can get involved in. Volunteers can teach, look after children, do medical work in villages, empowering women through skills training, do construction work for the school and hospital

and even be involved in administration.



Richard (UK) working on the bricks project



Linda (Holland) Cooking Bananas



Mateo from Italy connecting with youth

Volunteership work with us

1. Community health programs
2. Teaching
3. Music Dance and Drama
4. Construction
5. Tourism
6. Cooking
7. Child care

GOLDEN HILL ACADEMY TO BENEFIT MEASLES-RUBELLA VACCINATION

Uganda will conduct an age-wide national Measles-Rubella vaccination campaign (MR Campaign) from the 16th-20th October targeting children older than 9 months to under 15 years of age. At the same time, a booster dose of oral polio vaccine will be given to all children younger than five years of age. The

Ministry of Health (MoH), with support from the Global Alliance for Vaccines and Immunizations (GAVI), the World Health Organization (WHO), and the United Nations Children's Fund (UNICEF). Magombe Monday and LC1 Chairperson Mr. Mangali James come to our school as part of community mobilization



Teacher Mutambo Ismail with pupils

Volunteers stories and feed back



Anna Kuefer from Canada

Hi Everyone, am Anna Kuefer from Canada currently studding at the University of Waterloo, I met Jeremiah through a friend while staying with another family in Uganda. He led us on a hike up Mt. Wanale outside of Mbale, and while hiking Jeremiah told us about the school he runs. Another volunteer and I visited a few days later, and I was blown away by how different Golden Hill Academy School is from other Ugandan elementary schools. The children are shown love and respect, and the teachers are incredible. They genuinely care for their well-being and learning. I was so excited about the work Jeremiah was doing that I asked him if I could move to Mutoto to volunteer at the school every day. He arranged accommodation for me to stay with a his family and made sure I was very comfortable and well-provided for. When I come back to Uganda, there is no one I would rather stay with. I look forward to staying in contact and continuing to support Jeremiah's school and future hospital as they grow. Thank you all for welcoming us into your lives. I will visit as soon as I can!



Maggy Graff from Germany

Hi am Maggy from Germany, While staying in Uganda for another for voluntary work, I got to know Jeremiah just by chance. In fact I was impressed by his spirit and strength. As a father of three young children and a hardworking person he has still found the energy and time to built up a small private school to provide education for the needy and has the vision to build up a hospital one day as well Mutoto community. He is honest and reliable and really thinking in a sustainable ways which is why i can assure future volunteers that your stay can make a difference - not only for you but for the whole community you are working with! Your ideas and visions will be more than welcome - so enjoy your stay at the Golden Hill in Mutoto Mbale! :)

Marja Poot's Love is a double edged sword

What is love? Haddaway asked in his most famous song.

I'm sure everyone have their own opinions and picture in mind what love is.

That is the reason I'm not going try to answer that question.

Instead...here Marja Poot full fills lovely for humanity. The tremendous works and big heart for the children and women in our community these are her true words; If you are thinking about going to Africa, Uganda is the best choice you can make. It is a beautiful country and Ugandan people are the most welcoming and kind people I have ever met.

I have been so lucky during my visit , out of all the hosts in Uganda I choose this one. I had a wonderful two month with Jeremiah and his wife Kate and there 2 little boys upon The Golden Hill.

The first days it was very overwhelming, living in rural Uganda is so different from my luxurious home country Holland, so many impressions. You need time to adjust



Marja Poot

After a few days I realized that I was living on a beautiful green hill top surrounded by children and people who are all so happy that I was there!

I never became tired of children with a big smile saying "Hello Mzungu! How are you?"

I have a lot of respect what Jeremiah and Kate already achieved. He is a very nice, communicative and hard working man with a lot of ideas, he is open minded and willing to talk and learn as much as he can to im-

and get to know each other. Don't feel like you are doing "nothing", just the fact that you are there is already enough. You don't have to perform

prove the circumstances in this community. Of course he couldn't do without his wife Kate. They are a great team together.

You can help with teaching in the school, coach the teachers, but if you are not so much in to teaching, like me, there are many other things you can do there. We did a lot of brainstorming together to work out new ideas, how to educate the community on family planning, safe motherhood, how to empower women groups, take part in community meetings. But also talked about the clean water problem, the fact that not many people have a latrine, solar energy.

In the weekends I made some nice trips, together with Jeremiah. He is also a good tour guide and can arrange trips anywhere you like.

I am still in touch with Kate and Jeremiah and I will keep supporting them. They are still in my mind and in my heart. So if you are reading this, you should totally consider volunteering here!

Please email me if you want to know more