



Kiwoko Hospital News

March 2024

Special points of interest:

- Project Updates: Solar Panel Project, Theatre Expansion & Refurbishment
- Mental Health Clinic
- Long service staff: Sr Esther

Inside this issue:

Theatre Update	2
General Fund Appeal	2
Mental Health Clinic Update	3
Prossy's Story	4
Frank's visit to Northern Ireland	4
Sr Esther at KH since 1991	5
Ministry Update	6
Prayer Points	6
Visitors and Volunteers	7
Donations	7



Warm greetings from all of us at Kiwoko Hospital, more especially to you our friends and partner's reading today.

As we focus on Easter again, it's a good time to refocus on **God's love for us** which made salvation possible and thus gives us hope in a world where so many are filled with hurt and hopeless. While he tarries **let us continue to be His instruments of Love** in whatever way we can.

In a special way we would like to thank Ballygowan Presbyterian Church and Friends of Kiwoko for the warm welcome you gave Frank when he visited Northern Ireland in January. It was amazing seeing some of your faces once again and hearing him recount all that you are doing and how you so deliberately make time to raise awareness of the work here and pray for us. **If this is not love in action..., what is?** Indeed, many were moved to tears and encouraged to persevere, to do even better and to continue praying for you too.

Lately it seems like we have received so much from so many of you..., **THANK YOU!** For those on social media, we have tried to give updates on our social media pages. Thank you for all your support, advocacy, prayer and encouragement.

I hope this newsletter will not only be a source of updates, but also hope and encouragement because with God all things are possible and He is not finished with us yet.

Shalom to you all this Easter.

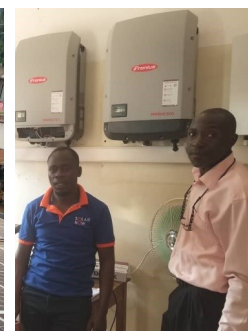
Dr Peter Serwadda (Medical Director)

Solar Project Update

We are thrilled that the third phase of the solar project has been successfully completed. Within this phase, we acquired 154 additional solar panels which will generate renewable energy for the hospital. This allows us to make a saving on our electricity bills and divert the money to pertinent areas like patient care.

Thank you to the **German Government**, and **Hilfe Für Kiwoko** for working so hard to secure this funding for Kiwoko Hospital.

(Below left) OPD roof was covered in solar panels
(Below) Discussing the inverters used in the project



Exciting Start to the Theatre Project



(Above) Dr Peter breaking ground to officially start the Theatre project (Right) The ground-breaking service including dedication of the work to God (Far right) Good progress is being made at the site

On 12th February we realised a dream that has been in pipeline for nearly 10 years ago - the start of a 9-month, 610 Million UGX project to expand and refurbish our operating theatres.

Upon completion, we shall have 4 additional theatre rooms including an endoscopy unit. Our doctors and surgeons will then be able to

operate on patients whenever required as opposed to the past trend where surgeons had to give up scheduled procedures in the operating rooms for emergency cases if they occurred.

We particularly want to thank the Friend brothers who through the remarkable **Friendship Atlantic**

rowing challenge raised significant funds to facilitate this process and help turn our dream into a reality.

The funds raised to date will allow great progress. However, to complete the full project and furnish theatres we need a further 183 Million UGX. Please pray for the necessary funds to come through.



General Fund Appeal

“For more information on Projects or the General Fund, contact Apio Immaculate, KH Business Manager: businessmanager@kiwokohospital.com”

Hospital vehicles such as ambulances frequently need worked on to keep them road worthy



Kiwoko Hospital remains committed to our mission of providing accessible, affordable, curative and preventive healthcare for the holistic healing for the poor and vulnerable; reaching out to the community and training health workers in partnership with individuals and institutions of like mind.

60% of our budget is funded by our donors and partners, 30% is

covered by subsidised patient fees and 10% is a grant from the Ugandan government. Worldwide the cost of living has

increased. This has impacted the hospital in numerous ways, but some of the more noticeable recent increased costs significantly impacting our General Fund budget have been:

1) Fuel and Vehicle Maintenance

With the current state of the roads, our cars have been depreciating at a very high rate. Repair and maintenance costs have gone over and above budget, with the expense standing at 115% by Quarter 3 in the Financial Year. The vehicles are vital for the running of the community outreach clinics and ambulances are always on standby to refer patients who

require more advanced treatment to Kampala.

2) Estates and Maintenance

Most of our buildings (wards and staff houses) were constructed between 1990 and 1995. Having been in existence for 25 – 30 years, we have experienced leaking roofs, cracking floors, faded wall paints, a few broken windows and doors with hinges broken off, and water gutters, lights and light holders all in need of repair. The drainage, plumbing and soak pits equally need to be continuously repaired. This has caused our Estates Department operating expenditure to go over and above the budget.

Mental Health Clinic Update

Many people, regardless of age, background or education, will encounter challenges with their mental health at some point in their lives.

Sunday Steven

Take an example of 20-year old Sunday Steven [permission given to share picture and story]. Sunday and his little brother were abandoned by their parents. Financial challenges resulted in his mother leaving, then his father also started leaving home without any explanation. Sometimes, he would be gone for days, weeks or months, leaving the two little boys at the mercy of a neighbour to provide food and medication. This was traumatic for Sunday, he did not feel like other children and became depressed. He lacked love and guidance; his family was broken. Even though Sunday turned to gambling, drinking alcohol and taking drugs he felt no better.

One day, Sunday decided to visit a doctor at Adara Youth Community Centre in Kiwoko. After their assessment, he was referred to Kiwoko Hospital Mental health clinic where he was diagnosed with depression with psychotic features. Sunday received treatment and is now starting to feel much better.

“We noticed that he is a clever young man, so we asked him to take up some of the tasks during mental health clinic days on Tuesdays and Fridays as part of psychotherapy for him,” said Derrick Kikabi, our Mental Health Clinic Manager.

Sunday did not get a chance to go to school, but he is taking care of himself and his little brother with the help of their neighbour. He now can see purpose to life.

The Challenges

Despite the fact that approximately 30% of Ugandans have mental health illnesses, this is an area that is given little attention in many societies in Uganda. Additionally, many people with mental health illnesses face major stigmatisation from the communities where they live.

Kiwoko Hospital Mental Health Clinic has over 1000 registered patients, mostly from the districts of Nakaseke, Luweero and Nakasongola, and this year has received an influx of patients from Wakiso and Kampala districts. The clinic registers 50–70 new patients monthly. In addition to an increased number of patients registered at the clinic, the complexity of cases has also increased

The remit of the clinic is far beyond what would be seen in many higher resource settings,

managing not only conditions typically seen in psychiatry clinics but also epilepsy, sleep disorders, autism, attention deficit hyperactive disorder, learning disorders, cerebral palsy and developmental delay.

Outpatient clinic days are Tuesday and Friday, with other weekdays used to manage more complicated cases, and carry out community mental health clinics and education.

Current Needs

The clinic offers free services to all patients. We thank **Adara Development** for supporting the clinic for many years, enabling drugs to be provided at not cost to patients. Many of these drugs are costly and we need more support to continue this free service.

There is need to improve the hospital facilities to meet the needs. We urgently need a patient shelter to protect patients from sun and rain as they await clinic appointments. Additionally, with time, the team hopes to have a specific ward/area for management of complex psychiatric patients, with the aim of managing patients better especially those who are particularly aggressive or distressed.

We thank the team for their continued dedication in this work.



Sunday Steven

“Kiwoko Hospital Mental Health Clinic has over 1000 registered patients... and registers 50 -70 new patients monthly”

ALSO see Patient Testimonial: Prossy’s Story, Page 4

Patient Testimonial: Prossy's Story



Prossy

"We thought our mother had been bewitched!" says Prossy. "She got ill, and we took her to hospital thinking it was malaria. Instead of getting better, she was only getting worse. We moved from one hospital to another trying to rescue our mother but nothing seemed to work. It worsened when she could not recognize any of us, her 6 children. She

started hallucinating and making up images, she was always being chased by figures that we could not understand."

"One day, when the Kiwoko Mental Health team visited our village in Buzibweera (40km from Kiwoko Hospital), they immediately identified that our mother had a mental illness. They gave her

some drugs and registered her as a patient to receive free monthly treatment. Our mother is now alive and well. The team still comes to check on her at home. I have since then become an advocate of mental health. If I see and suspect any patient in our village, I immediately bring them to Kiwoko Hospital."

Frank Sekyewa visits Supporters in Northern Ireland



(Above) Frank enjoying the Northern Irish scenery (and weather!)

Frank Sekyewa, KH Ophthalmic Clinical Officer, spent two (very cold!) weeks in Northern Ireland in January 2024 at the invitation of **Ballygowan Presbyterian Church**. He was special guest and representative for KH at their Mission Week.

Ballygowan Presbyterian Church (BPC) has had links with KH for over 10 years, including financially supporting the refurbishment of OPD which was opened in 2018. In recent years they have provided finances for the Community Eye Outreach work which

Frank Sekyewa heads up. This outreach involves visiting different villages throughout Nakaseke District, generally having local churches as their bases. In addition to eye screening, treatment and referrals, the team share the Gospel in word as well as in deed through these outreaches.

Frank had a wonderful time in Northern Ireland, sharing at a large variety of meetings and events during the Mission Week. He was touched by the love and encouragement of so many people, including those who have been

praying for and supporting KH for many years. He enjoyed meeting up with previous visitors and volunteers, and also making new connections with many people. We pray his time in Northern Ireland has been a blessing, just as he was blessed.

Thank you, BPC!

If you, your church or business are interested in developing links with KH, please get in touch with Apio Immaculate, KH Business Manager: businessmanager@kiwoko-hospital.com

(Below) The BPC congregation (Below right) Some of the Community Eye Outreach Team



Sr. Esther Nabakka: Life at Kiwoko Hospital since 1990

Sr. Esther Nabakka came to learn of Kiwoko Hospital in 1990 at the age of 21. She had just completed her A level studies but could not continue into further education due to lack of school fees. Her father had died 15 years previously, leaving Esther, her 4 siblings and their mum under the care of his brother (their uncle). So Esther left her mum and siblings in Nakasongola, and went to stay with her uncle in Nakaseke.

One day, as she was sitting at home wondering what to do with life, her uncle's wife informed her that some 'whites' had opened up a hospital and wanted workers. She encouraged her to apply for any job. So Esther made her way to Kiwoko Hospital in search of a job and, fortunately, she was assigned some tasks. The surgeons needed assistance collecting instruments from the wards and bringing them to the central sterilizing unit for sorting, cleaning and sterilizing. This became her job and she did it with so much passion that she developed the urge to go back to school to study nursing and midwifery. She shared this dream with her uncle and her boss, Dr. Ian Clarke. Dr. Ian encouraged her to apply but her uncle was a little hesitant as he was not sure of where tuition would come from.

Nonetheless, Esther went ahead to apply for a certificate course in nursing and midwifery in a school in the city.

Karen Morgan, who was then lab manager, visited the city school and discovered that Esther had been shortlisted for admission. She excitedly returned to Kiwoko and broke the great news to Esther. Esther, however, had mixed feelings after receiving the news: a sense of joy that she could finally go back to study but worry and anxiety as to where the tuition would come from.

Shortly after this, she was invited to Dr. Ian's office and didn't know what to expect when she was called to the boss' office. On arrival, he handed her a letter that said that the hospital would pay her tuition fees, and after training return to KH to be formally employed. This was the turning point in her life. Esther went to school and returned to work at the hospital. She now could support her mum and siblings.

During her free time, when she was not working at the hospital, Esther would return home in Nakasongola to practice agriculture with her family. Mangoes particularly seemed to do well in that region. So, they concentrated on mango farming and the earnings during the season were quite good!

All her siblings have managed to acquire at least basic education. Their last born went through fashion school and is now a tailor. They have also managed to construct a small house for their mum.

Esther will be turning 55 years old this year. She has worked at Kiwoko Hospital all her life, particularly in theatre and maternity ward. She is grateful when she meets parents with their grown children and they say 'this is your child,' simply because she helped birth them. She never did get married or have children of her own because she had a task of looking after her family.

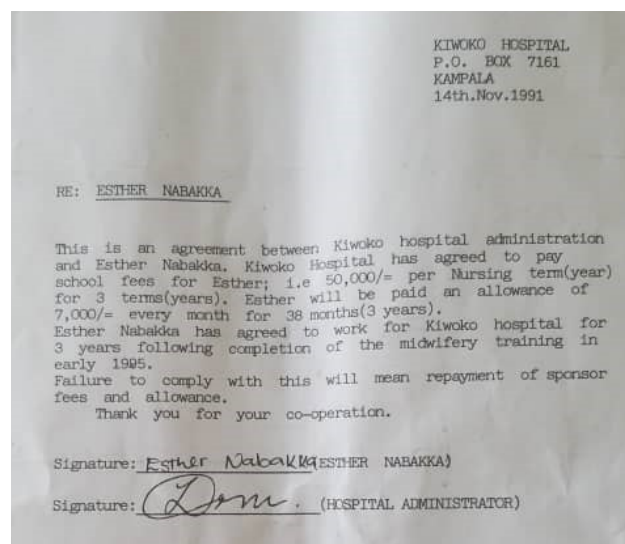
As she nears retirement age, Esther encourages her fellow staff members to work diligently at their jobs. She also expresses great thankfulness to the donors because no staff member has ever gone without pay every month.



Sr Esther

“[The sponsorship] was the turning point in her life.”

Sr Esther continues to treasure the hospital letter outlining her sponsorship to go back to school



Ministry Updates



Rev Harriet

Ministry continues to be an integral part of the work of Kiwoko Hospital.

New Chaplain

In January 2024, we welcomed our new Chaplain, Rev Harriet Lukwago Nakayenga Sarah. Previously, Rev Harriet had been Parish Priest of St James Kasana Church of Uganda, Luwero Diocese. She is married to Rev Yusufu Akkiriza Lukwago, Parish Priest of Maganjo. Please pray for her as she continues to settle into her new role.

Christianity Explored Team Visit

A team from Christianity Explored visited during January 2024 for one

week. We are thankful for all their input - sharing in Morning Devotions, teaching at Preachers' Workshop, encouraging the Ministry team at their Fellowship Meal, and sharing at the Student Friday night Fellowship.

Student Bible Studies

During February and March, first year nursing students from the HTI (Health Training Institute) joined together with leaders to study the Gospel of Mark together using Christianity Explored resources. Students know that these Bible studies will be part of their first semester at HTI, and they continue to be

enjoyable and thought provoking for both students and leaders.

Lent Services

During the Lent period, there have been weekly church meetings within the different 'villages' around the compound. These have been generally well attended, and encouraged staff and families to focus on the reason for Easter - the death and resurrection of Jesus Christ for our sins.

Please pray for the other ongoing ministries: Morning Devotions, Compound Ministry, Children's Ministry, Prison Ministry and Hospital Radio Ministry.

(Below) **Student Bible Studies** (Below Right) **A Lent service at one of the 'villages' in the Hospital compound**



PRAYER POINTS

We are thankful for those who pray for Kiwoko Hospital, our staff and community. In addition to the needs outlined in this update newsletter, please also continue to pray:

- For those who are in leadership positions at the hospital. Pray for wisdom and guidance in every decision made, and effective yet loving implementation.
- For Hospital finances, which are proving increasingly difficult with the increasing costs of running the hospital.
- For the large community at the hospital—staff, family members, students etc. Pray for unity as they live, work and 'do life' together. Pray that God would meet their various needs.
- Thank God for what He has done. Pray that He will be glorified by the work here at Kiwoko Hospital.

"The prayer of a righteous person has great power as it is working."

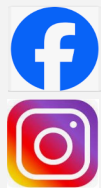
James 5:16

THANK YOU FOR YOUR SUPPORT

Kiwoko Hospital is a private, not-for-profit, mission hospital in rural Uganda. We are so thankful to our supporters for their ongoing significant contribution to the work of the hospital. Without this support we would not be able to provide the high-quality healthcare that our patients deserve.

If you have enjoyed this newsletter, please forward it on to family, friends and colleagues.

SOCIAL MEDIA



We try to post regular updates on [Facebook](#) and [Instagram](#).

Why not follow along to keep in touch!

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We treat... Jesus heals

Visitor & Volunteers

We really enjoy having visitors and volunteers at KH. During March, we hosted visitors/ volunteers from USA, The Netherlands, Germany, England, Wales and Senegal. Not only do our visitors experience Ugandan healthcare and culture, they often also get to experience living with people from all over the world!

Marlies van Rijswijk, one of our current students, said: "During the last month there were barely enough chairs in the doctors meeting as there were so many visiting students and doctors. Our group consisted of 9 students and doctors from 5 different countries. We were blessed to get to know the doctors, nurses, students and many



Some of our visiting students and doctors (including Marlies) outside OPD, March 2024

others here. All of us are leaving in the coming 2 weeks, but we are not too keen to leave! It has been wonderful to see and learn how resourceful everyone is here, how much time and attention health care workers have for their patients and how health care workers put their

faith in Jesus into practice. This time at Kiwoko Hospital has formed us all, in one way or another. And we pray and hope that we can help our (future) patients with more time and attention, just as you showed us. God bless you all."

For information on visiting, medical electives or volunteering, please get in touch with our Visitors & Volunteers Coordinator, Stephen Park, via email: visitors.kiwokohospital@gmail.com

DONATIONS

As well as individual supporters, a number of registered charities support the work of Kiwoko Hospital in bringing good news to the poor, in word and in action.



FOKUS MINISTRIES INTERNATIONAL

For more information about giving through these charities, chose the appropriate country and charity: [*please mark donation is for KH]

- UK: www.fokh.org.uk
- Various countries: www.adaragroup.org/development/get-involved/donate/ *
- Germany: www.hilfe-fuer-kiwoko.de/ *
- US: www.fokusministries.org *

DIRECT GIVING: For some people this may be the best option. If doing this, please contact our Business Development Manager for further details and to ensure the donation is allocated appropriately: businessmanager@kiwokohospital.com.