

medcare newsletter

A lifeline for Ugandan children

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2016 - The Year of the Miraculous!

What an amazing year 2016 has turned out to be for Medcare and our Ugandan children!



Jonhson before and after surgery



Wellspring is still maintaining high numbers of children coming for assistance every day. We are also becoming known as a specialized centre caring for disabled children, many of whom suffer from cerebral palsy. As a result many despairing parents and guardians bring their sick, disabled children to Wellspring seeking a miracle for their child.

Thousands of young lives have been transformed and saved and provided with a new hope for the future, through the tireless efforts of the Wellspring staff.

The year began with generous donations amounting to £8,000 for our Johnson Appeal, which resulted in the miraculous saving of one little boy's life.

Johnson Ssempungu, suffering from Tetralogy of Fallots, underwent surgery at the Naryana Hospital in Bangalore, India on 9th February. Within 3 weeks he was back home and is a transformed child, laughing, playing and very nearly walking on his own. (See [Johnson's story](#) on our website). A true miracle!

In September Medcare led a 2 week team visit to Uganda. During this time many seriously deprived homes were provided with essential household goods and food; over 500 people living in extreme poverty were fed; teenagers and children were taught of their worth and encouraged in their daily lives; and many children were provided with new hope through sponsorship.

On returning from Uganda Medcare miraculously received a wonderful legacy from the Phillip Jones Trust. Phil had been a generous supporter of Medcare since 2011 but sadly died in 2014. However, this wonderful, caring, Godly man remembered Medcare as his health deteriorated and has left us with a legacy which will enable sustainability of our work at the Wellspring Children's Medical Centre for a further 4-5 years. His legacy will save many young lives. He will be remembered with love by those he has helped and saved.



Jonhson and his parents

Physiotherapy and Wellspring

The word **PHYSIOTHERAPY** comes from two words - physical meaning exercise and therapy meaning treatment. Therefore, physiotherapy refers to treatment through exercise. Here the use of a human hand is much appreciated.

Many people in Uganda did not know the relevance of physiotherapy until Medcare developed the physiotherapy department at Wellspring. This department is the only one of its kind in the large district surrounding Wellspring and has been receiving clients from the neighboring districts almost up to the border of Tanzania. The Wellspring physiotherapy department started with only three clients in 2013 but is now covering up to 40 clients a week, including re-attendances. Some of the cases managed at Wellspring Children's Medical Centre include cerebral palsy, Erb's palsy, contractures (those which do not require surgery), club foot, complications due to hydrocephalus and spinal bifida etc.

Malaria is a very dangerous condition which can result in brain damage, particularly in young children. Harriet Nakaliisa is a living example of such a condition. She suffered from severe malaria and, when first seen at Wellspring, was unconscious.

Following emergency hospital admission she recovered but remained with complications of brain damage - visual impairment and an inability to perform any activity of daily living, such as rolling and turning in bed, sitting, kneeling, crawling, standing and walking. She was referred to Wellspring for physiotherapy. After lengthy treatment in the physiotherapy department she started improving and she is now able to talk and walk freely and is even attending school.

A word of thanks goes to the Medcare team in UK and other sponsors for coming up with this initiative.

Ibrahim Sengendo Wellspring Physiotherapist

Harriet Nakaliisa

Josephine's Story...



Josephine Nakisekka is 12 years of age, living in rural Uganda in extreme poverty and suffering from AIDS. This is her story:

When I started understanding I found myself taking daily tablets. I thought every child used to swallow them as well. Soon I noticed that my older sister and brothers were not taking any tablets. Again I thought that only the young children were entitled to take tablets. But I discovered that my younger sister was not taking tablets either. I asked my mother why this was the case. She explained that I had HIV and that I had received it from her when I was born. At first I didn't know how serious this illness was. Then my brothers and sisters and my father started abusing me, telling me that I was about to die because I had HIV. One day, mother left us at home alone and my father ordered me not to swallow my tablets because HIV was a curse. At that time, I hated everybody around me except my mother. After some time, my mother left my father and she told me not to worry about HIV but to always take my drugs on time.

Mum also told my sisters and brothers never to abuse me and now we are friends. I hate any person who reminds me of my status as a form of an insult. We are now working with Wellspring teens and the TASO drama group and through them I have learnt that having HIV doesn't mean that you are not a normal child. One should live a normal life style despite your status and always keep on taking your drugs.

I like and am good at dance and drama. I am so happy that I have a talent and friends to help me. I pray that I continue my drama performances and dances so that I can earn more money to enable me to pay my school fees until I achieve my dream of becoming a doctor. My counselor always tells me that having HIV isn't the end and one can easily achieve his or her goal. With God, I believe I will achieve my goal to become a doctor. I will continue to take my drugs well and pray that God provides for all my needs.

Dr. Josie, my sponsor, who is paying for all my entire childhood treatment bills and feeding, may God bless you. I wish you a New Year where you will be happy and safe.

To my fellow children, who are not sponsored, trust in God, your sponsor is yet to come when you will start getting food and medication which will save your life. Keep good and don't lose hope.

Your loving friend and daughter, Josephine.

Transform a life this New Year through our sponsorship programmes...

Medcare wishes to sincerely thank all our child sponsors. Due to your faithfulness and generosity 107 children have received new hope for a brighter and healthier future. However, we presently have 41 children on the waiting list - and time is not on their side. These children are very vulnerable and at risk of serious deterioration in their health and maybe even death. Here are a few who urgently need assistance through sponsorship:

Maria Nabwanika

Age: 12 years

- I was born HIV+ve and now suffer from AIDS. I am often sick.
- My mother has died from AIDS and my father has abandoned me.
- I live with my cousin and 3 other children. We are very poor.
- I am waiting to be accepted by a sponsor on the COIN programme. This sponsorship will make sure I have good food and will look after my health and daily needs.
- I want to be able to grow up healthy and strong and as a valued member of my community.



Abassi Muwonge

Age: 12 years

- I was born HIV+ve and now suffer from AIDS. I am often sick.
- My family is very poor, my parents working as peasant farmers.
- I live with my mother and 6 siblings.
- I am waiting to be accepted by a sponsor on the COIN programme. This sponsorship will make sure I have good food and will look after my health and daily needs.
- I want to be able to grow up healthy and strong so that I can work in my community and help my family and others who are also born HIV+ve.



Hilton Kayemba

Age: 10 years

- I was born HIV+ve and now suffer from AIDS. I am often sick.
- I am an orphan. Both my parents have died from AIDS.
- I live with my aunt and 5 other children. We are very poor.
- Because of my AIDS I have cataracts in both eyes and cannot see well.
- I am waiting to be accepted by a sponsor on the COIN programme. This sponsorship will make sure I have good food and will look after my health and daily needs.
- I want to be able to grow up healthy and strong and am praying that I will regain my sight if surgery can be provided.



Shirat Nakalule

Age: 5 years

- I was born with sickle cell disease and am often in pain and sometimes have to go to hospital for blood transfusions.
- I live with my mother and 3 siblings, one of whom also has sickle cell disease.
- My father has abandoned us and we are very poor.
- I am waiting to be accepted by a sponsor on the COIN programme. This sponsorship will make sure I have good food and will look after my health and daily needs.
- I want help to stop my pains and pay for my medical treatment.



At a cost of less than £1 a day - £25 a month - £300 a year - COIN sponsorship can transform these children's lives from one of sickness and dependency to health and hope. If you wish to sponsor children such as Maria, Abassi, Hilton and Shirat or for more information on sponsorship visit our website www.medcare.org.uk or contact Pauline at the Medcare office:

Email: info.medcare@icloud.com or Call: 01928 739214



Restoring Hope at Wellspring

“Falling sick when you are poor is like putting a three month old child amidst hungry lions. In the same way, dying while in hospital and getting medication is bad but it’s worse dying without having any treatment at all”.

These are the statements that I always keep in my mind, giving me courage to work hard and to continually work for the service of mankind.

From the remote villages around Wellspring, there come many children with their guardians singing a song of thanks to Wellspring and all the good hearted people behind it; for they saved their children’s lives from perishing at a tender age. I have witnessed many children’s lives being saved through the sponsorship schemes and the daily clinics held at the centre.

Imagine a situation of extreme poverty and chronic illness. It is horrible, a night mare that keeps you awake all day and all night. Just think of an area, where the majority of the people earn less than 2,000 Ugandan shillings a day (50p a day) living in a disease infested area with no nearby hospital or medical centre. These people feel as if they are living on their own with no-one to help. Then, miraculously, a Health Centre is developed nearby, giving free treatment to all who are chronically ill, disabled or with acute, curable childhood illnesses. This medical centre was named Wellspring. Hope was restored to us and we began to smile as we saw our children playing and growing. The majority of these children would have died if this kind of service was not brought to us.

Interestingly, all of the people doing most of this work at Wellspring are native born Ugandans. But, where were these people before Wellspring? Keep this in mind, “No matter how strong you are, you can do no work without tools!”

Dear readers, join me to thank all who have developed this Children’s Medical Centre in order to save a sick and less privileged Ugandan child. Both Medcare and all our sponsors are doing a great job. We could have lost so many smiling faces of our Ugandan children whose lives have been saved through the services of Wellspring. Thank you so much and may God bring more money into your treasury so that you can save more lives.

I pray that 2017 is a year full of mercies and riches. I remain,

George William Lubyayi

Sponsorship Schemes Manager,
Wellspring Children’s Medical Centre, Uganda





We'd like to say a big
Thank you!

Over **£23,000** has been raised by our wonderful supporters this year through events such as:

- **Medcare May**
- **The Duck Race**
- **Medcare Toddlethon**
- **Chester Marathon**
- **Kingsley Explosion**
- **Allo Allo**
- **Medcare Christmas Fair**
- **and many other events!**

Many thanks to all those who have participated in any of these events. Your hard work and dedication has transformed and saved many young lives.

Corporate support from **Airbus** (Facilities Management and Real Estate team), **Urengo and Jacobs** (Capenhurst), **Inner Wheel Frodsham**, and various schools and churches has resulted in donations amounting to **over £10,000**.

Plans for the development of **Noeline's Home for disabled children** (to be called Wellspring Children's Home) **are well under way and 50% of funds needed for this development have been received to date**, due to the generosity of donors.

Chairman's Letter

I have been extremely privileged to have worked in Uganda for the past 12 years and seen so many children's lives saved and transformed through the love and dedication of the Wellspring staff and Medcare's faithful supporters.



Working with volunteers from the UK and the USA has provided poverty stricken parents and grandparents with a new hope and a joy in seeing their children grow and develop, whatever their sickness or disability.

I am a grandmother with 6 grandchildren and, like many other parents and grandparents in the UK, want only the best for the little ones who are a part of our family and are in our care. Similarly, the children in Uganda, who have so little and are so vulnerable to disease and death, need our love and support. Children worldwide are the responsibility of all of us whether they live with plenty or in poverty. Part of Medcare's mission is to provide information to the privileged world of the needs of children living in poverty and hopelessness.

I sincerely thank all those who have supported Medcare and the children under our care for so many years. Many young lives have been saved and many families now live with hope and expectation for a better future as a direct result of your support. I look forward to working with all of our supporters in 2017 when I pray that many more lives will be saved and hope and joy and expectation will be engendered into the lives of thousands more Ugandan children, presently living, hidden and lost in the heart of Africa.

God bless you all and may I wish you a joyful and prosperous New Year.

Pauline Hutchinson

Chairman of Medcare

For further information on the work of Medcare in Uganda please see our website: www.medcare.org.uk

