

THE ROCK TIMES

MONTHLY NEWSLETTER



Rotary Club of Ngora



Rotary Club of Ngora



www.rotaryclubofngora.org



RC Ngora

Ngora Runs for a Cancer-free Future

Rotary Cancer Run 2026 brings together more than 200 people in a day of fitness, remembrance, health awareness and service

The Rotary Club of Ngora successfully hosted the **Rotary Cancer Run 2026** on **August 30**, drawing over **200 participants** to raise critical funds for national oncology infrastructure. The event featured staggered flagging times, kicking off with the **21km** run led by **Hon. Achayo** at 7:00 AM, followed by the **10km** run at 7:15 AM, and concluding with a **5km** walk escorted by a live band at 7:30 AM.

Core Objectives

According to the event coordinator, the run focused on three primary goals:

Fundraising: Mobilizing resources for the cancer centre at Nsambya Hospital.

Remembrance: Honouring loved ones who have succumbed to cancer.

Health Awareness: Promoting



physical fitness within the community to combat non-communicable diseases.

Community Engagement & Partnerships

The event saw strong attendance from Rotarians, Ngora District Local

Government officials, heads of educational institutions, students, and local residents. Over 160 running kits were sold. The club commended Centenary Bank for supporting cash flow by providing the kits upfront for later payment, as well as supplying refreshments for the participants.

Key Leadership Remarks

Deputy RDC: Welcomed attendees, praised Rotary's impact in supporting government service delivery, and requested immediate admission into the club's membership.

LCV Chairman (Rtn. Robert James Otim): Welcomed colleagues to the district and pledged that the Ngora District Local Government would purchase at least 60 kits for

Chief Runner, Rtn. Hon. Juliet Achayo flagging off the 21km runners



next year's event.

President of RC Ngora: Expressed gratitude to the community for backing the club's efforts to fund the Nsambya Hospital cancer centre.

Mayor of Ngora Town Council: Welcomed the runners and committed to mobilizing even greater numbers for the next edition.

Handover of Mama kid to a representative of Shairoz Medical Centre - Ngora



Medical Camp & Community Outreach

In tandem with the run, a medical camp offered vital health services. A dedicated tent provided cervical cancer screening for local women, and Rtn. Akalo delivered an educational talk on cancer dangers and mitigation strategies. Additionally, the club used the occasion to donate malaria testing kits to the district health team.

Patients being attended to by medical personnel from Shairoz Medical Centre



Cancer Run 2026 Raises UGX 5.62 Billion

Kampala, Uganda | 30th August 2026

The 15th edition of the Rotary Cancer Run has raised **UGX 5.62 billion**, surpassing its UGX 5 billion fundraising target and bringing the Rotary Cancer Programme significantly closer to completing the superstructure of the **Cancer Treatment Centre at St. Francis Hospital, Nsambya**.

The achievement, announced today at the main Cancer Run event at **Kololo Ceremonial Grounds**, means that the UGX 15 billion target for the

superstructure of the Nsambya Cancer Treatment Centre is now fully covered, marking a major milestone in Rotary's long-term effort to expand access to cancer treatment in Uganda.

The 2026 Cancer Run, held under the theme **"Ggwanga Mujje"**, brought together thousands of Ugandans in Kampala, across the country and towns around the world, alongside government leaders, corporate partners,

Rotarians, Rotaractors, health workers, families and cancer advocates. The campaign had targeted to mobilize **100,000 participants** and raise UGX 5 billion towards the completion and equipping of the facility.

Speaking at Kololo, Chairperson of the Uganda Rotary Cancer Programme, **PDG Stephen Mwanje**, said the latest collection places the programme ahead of its fundraising schedule. He attributed the achievement to

the confidence Ugandans and partners have placed in the Rotary Cancer Programme.

"As I speak now, we are on track. We had a gap of UGX 6 billion and we planned to raise this in two Cancer Runs of 2026 and 2027. I am glad to announce that we have a collection of UGX 5.62 billion. Once again, we are ahead of schedule. It is because of the confidence we have in our team and the transparency of the team. I am here today to thank you very much. The sponsors are special, who have walked with us in this journey, with Parliament as the big boys."

The milestone comes just days after **Parliament deposited UGX 3 billion** towards the Rotary Cancer Programme, bringing Parliament's cumulative contribution over the 15 years of the Cancer Run to ****UGX 10.2 billion**.

PDG Mwanje adds that Rotary's ambition extends beyond Nsambya, with plans to take specialized cancer care closer to communities across Uganda.

"After Nsambya, our next target is a regional cancer treatment centre in Arua and then Kasese. We must go everywhere to support and give hope to cancer patients."

The Minister of Health, **Hon. Dr. Chris Baryomunsi** commended Rotary and the thousands of Ugandans who participated in the campaign, describing cancer as an increasingly

serious public health challenge. He adds that Ministry of Health considers the fight against cancer a priority and welcomed partnerships that strengthen prevention, early detection and treatment. He urged Ugandans to prioritise regular health checks and healthier lifestyles, committing to strengthening collaboration between the Ministry of Health and Rotary on the fight against Cancer in Uganda.

"I am happy to be here and thank all of you for being part of the Run against Cancer. I thank the Rotary family for this initiative of fighting cancer. We have an epidemic of cancer and cases are on the rise. As Ministry of Health, we prioritise the fight against cancer and I am happy we have partners like Rotary who are joining us in this fight. I will arrange a meeting with Rotary to see how to strengthen the partnership and take this fight further."

The Chief Runner and Rotary Foundation Trustee Tusu Tsubira,

the Cancer Run represents far more than a fundraising campaign. It demonstrates the transformative power of collective action and reflects the deeply personal impact cancer has on Ugandan families. He notes that many people participating in the Run have personal experiences with cancer, either caring for loved ones or grieving those they have lost. He adds that the Cancer Run

serves multiple purposes beyond fundraising, including promoting physical fitness, creating awareness and strengthening solidarity.

"Most of you see the Cancer Run. For me, I see the transformative power of Rotary. When we work together, we can do much more. Many of you are nursing cancer patients now; many have been bereaved because of cancer. Therefore, cancer is not a disease, it is personal. The Cancer Run has got more objectives beyond just a means to collect money. It keeps us physically fit, which is a way of creating resistance, and it creates awareness. When we gather here in big numbers, it is about expressing our humanity as Rotarians. Our lives bring more meaning when we look beyond ourselves. We can work together and change the face of Uganda"

Tsubira called for stronger collaboration between Rotary, Government and the private sector to accelerate the national cancer response.

Rtn Meddie Lutaaya, Chairperson of the Rotary Cancer Run 2026, thanked Rotary clubs across Uganda for their mobilisation efforts and the partners whose support made the campaign possible and paid tribute to the thousands of participants who responded to the national call to action.

"Everyone here and our partners have done a great job."

I thank the Rotary clubs that have mobilised all these numbers to come here. We are now closer to completing our superstructure at Nsambya. Ggwanga Mujje! You have come and have made a statement. I thank you all."

The UGX 5.62 billion raised this year represents a significant step in Rotary's broader cancer programme, which seeks to address Uganda's cancer burden.

The immediate focus remains the completion and equipping of the Cancer Treatment Centre at St. Francis Hospital, Nsambya, including infrastructure for advanced radiotherapy services. Rotary has previously stated that Uganda faces a significant

shortage of radiotherapy equipment, making the expansion of treatment infrastructure an urgent national priority.

The programme's longer-term ambition is to expand access to cancer treatment beyond Kampala, with Arua and Kasese identified as the next regional priorities.

The Rotary Cancer Run has therefore evolved from an annual fundraising event into a national movement for cancer prevention, early detection, treatment and hope.

Rotary Uganda remains committed to working with Government, Parliament, corporate partners, health institutions, communities and

Ugandans everywhere to **Create Lasting Impact in the fight against cancer.**

For more information, registration details, and sponsorship opportunities, please visit www.ugandarotarycancer.org or Tel: +256 393194575, Email: info@ugandarotarycancer.org
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Schools and Health Institutions Join Hands for the Rotary Cancer Run in Ngora



The 2026 Rotary Cancer Run in Ngora was more than a fundraising event for cancer care. It became a platform for bringing together young people, schools, health institutions and community leaders around a shared commitment to health, service and lasting impact.

Among the participants were **five students from Ngora Seed Senior Secondary School, Agolitom**, whose participation was made possible through sponsorship, alongside **students and staff from Freda**

Mamkiror Omaswa (FREMO) Health and Community Institute, a health and community training institution located in Ngora Town Council along the Serere Road.

Their involvement demonstrated how educational institutions can extend their influence beyond the classroom and become active partners in community health, volunteerism and social responsibility.

For Ngora Seed SS Agolitom, the Cancer Run gave students an opportunity to join a national movement that touches families and communities across Uganda. Their presence was especially meaningful because the school itself is a community investment, established through the efforts of **Hon. Acayo** and the local community.

The participation of the five students points to a wider opportunity for secondary schools across Ngora to take part in Rotary's community initiatives. Schools are well placed to nurture leadership, service, health awareness and civic responsibility among young people.

Whether through the Cancer Run, environmental activities, health campaigns, literacy initiatives or other Rotary projects, students can be active participants, not simply beneficiaries of community service.

FREMO Health and Community Institute brought another important dimension to the

event: the energy and commitment of future health workers joining a community effort against cancer.

Established to respond to the growing need for well-trained health workers in Uganda and beyond, FREMO began its academic programmes in 2024 and follows a competency-based approach to education and training. Its motto, **"Health for All by All,"** reflects a commitment to preparing professionals who can serve communities with skill and compassion.

The Institute currently offers Diploma and Certificate programmes in Nursing and Midwifery, with plans to expand into areas such as environmental health and ICT. Its students are preparing for frontline roles in Uganda's health system, where cancer prevention, early detection, health education and timely access to care remain critical.

For the Rotary Club of Ngora, the participation of Ngora Seed SS Agolitom and FREMO Health and Community Institute reinforced an important message: **the fight against cancer requires everyone.** Schools, health institutions, government, communities, businesses and individual citizens all have a role to play.

The partnerships formed through the run also create room for continued collaboration in health education, disease prevention,

community outreach, youth engagement and other initiatives that can improve lives across Ngora.

At Ngora Seed SS Agolitom, the community, Sub-county and District leadership are working together to protect and strengthen the school, with the hope that it can eventually be taken over by Government. The Rotary Club of Ngora is also exploring ways to contribute to the school's development.

For FREMO, whose vision is to become a centre of excellence for educating and training compassionate, skilled and socially accountable health professionals, the Cancer Run aligns closely with its mission of producing change agents for healthier communities.

The involvement of these institutions is a meaningful step toward building a stronger culture of service in the district. It shows that when young people, educators and health workers unite around a common cause, communities can achieve far more together.

The Rotary Club of Ngora hopes that future editions of the Cancer Run will attract even more schools, training institutions, health facilities, businesses and community organisations, making the event a continuing platform for health, education and community transformation.

PLEASE DONATE

Agu Health Centre IV Solar-Powered WASH Initiative

Fundraising Thermometer

91%

Support RC Ngora close this funding gap — Total Project Cost: **UGX 24,797,540**

Davis & Shirtliff: **UGX 12,398,770** in kind

Ministry of Water & Environment: **UGX 6,000,000**

Rotarians: **UGX 4,150,000**

Still Needed: **UGX 2,248,770**

Happy to donate:

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Project at a Glance

Project

Agu Health Centre IV Solar-Powered WASH Initiative

Location

Agu Health Centre IV, Ngora District

Project Lead

Rotary Club of Ngora

Project Start

2023

Partners

Ministry of Water and Environment, Professor Francis

Omaswa, Davis & Shirtliff

Project Goal

Complete a solar-powered water system to provide safe, reliable water for the health centre and surrounding community.

Key Components

Solar-powered pumping system, water storage tanks, distribution network, and improved sanitation facilities.

Primary Beneficiaries

- Patients and staff of Agu Health Centre IV, especially the maternal ward
- > 500 surrounding

households.

Expected Impact

- Reduced waterborne diseases,
- Improved maternal and child health,
- Better sanitation,
- Reduced burden on women and girls, and
- Stronger hygiene practices.

Current Status

Borehole drilling completed; fundraising underway to complete the solar pumping and distribution system. UGX22.5M committed, balance UGX2.3M

Congratulations to our **TRF Champions** of our first 60 days: - 31st Aug 2026

Welldone!

01 R.C Bugliri \$13,500

02 R.C Kampala Sse Islands
\$11,643

03 R.C Kampala Metropolitan
\$10,714

04 R.C Kampala Central
\$10,545

05 R.C Kasangati
\$9,174

06 R.C Upper Kololo
\$9,039

07 R.C Kampala North
\$7,326

08 R.C Kabarole
\$6300

09 R.C Kampala
\$4,406

10 R.C Kampala Day Break
\$4,060

11 R.C Gulu \$2,839

12 R.C Kampala Nuguru
\$2,726

13 R.C Ngora \$2,625

14 R.C Kiira \$2,238

15 R.C Kampala South
\$2,246

16 R.C Sunrise Kampala
\$2,079

17 R.C E-Club Naguru
\$2,035

18 R.C Acacia Sunset
\$1,810

19 R.C Manyangwa Nakwero
\$1,802

20 R.C Mbale \$1,760

#Legacyyear
#Giveto Impact

#RotaryEyamba
#RotaryKonyo

**Safe Roads
Save Lives**

<https://rotaryd9213.org>

Rotary District 9213

From US\$26.50 to Global Impact: Understanding the Power of The Rotary Foundation

What began with a modest contribution of **US\$26.50** in **1917** has grown into one of the most important engines of Rotary's humanitarian work around the world. More than a century later, The Rotary Foundation continues to

demonstrate what can happen when Rotarians pool their resources around a common purpose: **service above self**.

For prospective members of the Rotary Club of Ngora, this was an important part of their

journey towards understanding what it truly means to be a Rotarian.

During their third training session, prospective members explored The Rotary Foundation (TRF), how it is

funded, how it supports Rotary projects and, importantly, how local Rotary clubs can turn community needs into projects with the potential to attract Rotary funding.

A Foundation built on collective giving

The story of The Rotary Foundation is a powerful reminder that meaningful change does not necessarily begin with large amounts of money. In 1917, Rotary founder Arch Klumph proposed the creation of an endowment for Rotary's future work. The Foundation's first contribution was just US\$26.50.

Today, contributions from Rotarians, Rotary clubs, corporate partners and other supporters provide resources for projects addressing some of the world's most pressing challenges.

The Foundation's work spans areas including disease prevention and treatment, maternal and child health, water and sanitation, basic education and literacy, economic and community development, environmental protection, and peace-building and conflict prevention.

For a prospective Rotarian, understanding this history puts membership in a different perspective. Joining Rotary is not only about belonging to a Club; it is about becoming part of a global movement that has the capacity to turn individual contributions into collective impact.

From community problems to funded solutions

One of the most important lessons from the session was the role that The Rotary Foundation can play in helping Rotary clubs address challenges in their own communities.

A community may have a need for clean water, improved maternal health services, better educational facilities, livelihood opportunities or disease prevention. Rotary clubs can identify these needs, develop appropriate interventions and, where the requirements are met, seek support through the Foundation's various grant mechanisms.

The session introduced participants to Global Grants, District Grants, PolioPlus and Disaster Response Grants, among other opportunities. Global Grants are particularly relevant for larger projects designed to achieve sustainable and measurable outcomes, while District Grants can support a wide range of shorter-term local or international activities.

This means that a Rotary Club does not have to rely solely on its own resources to address every community challenge. With good planning, partnerships and adherence to Rotary's requirements, a local idea can potentially become a much larger initiative supported by Rotary's global network.

Good intentions are not enough

The discussion also highlighted an important principle: Rotary Foundation funding comes with responsibility.

Successful projects require more than enthusiasm. Clubs need to understand the community they are serving, identify the real need, design an appropriate intervention, establish clear objectives and demonstrate how the project will create sustainable results.

There are also quality-control and accountability processes at Club and District levels before proposals proceed for consideration by Rotary International.

For RC Ngora, this reinforces the importance of developing the capacity of members to identify needs, design projects, prepare proposals, manage resources and measure results.

The opportunity to do more

Another important insight from the discussion was that Rotary clubs can undertake multiple projects, provided they have the capacity, appropriate participation and systems required to implement them successfully.

For a Club like RC Ngora, this presents an exciting opportunity. Our communities have many needs, and our response does not have to be limited to a single initiative. What matters is developing projects that are well thought

through, aligned with Rotary's areas of focus, sustainable and capable of demonstrating measurable impact.

Giving is part of being a Rotarian

The session also introduced prospective members to Rotary's culture of giving and the various forms of recognition associated with supporting The Rotary Foundation, including Paul Harris Fellow, Paul Harris Society, Major Donor and other levels of Foundation recognition.

However, the deeper message is not about receiving recognition. It is about recognising that every Rotarian has a role to play in sustaining the Foundation.

A personal contribution, however modest, becomes part of a much larger pool of resources that enables Rotarians around the world to serve communities.

Beginning the journey

For the prospective members of Rotary Club of Ngora, the Foundation training was more than an introduction to Rotary's financing mechanisms. It was an opportunity to appreciate the scale of what Rotary can achieve when members

contribute, collaborate and participate actively.

The journey towards induction continues, with additional sessions planned to help prospective members understand other aspects of Rotary, including the benefits of membership and the Club's dues structure.

Ultimately, the lesson from The Rotary Foundation is simple but powerful:

A small contribution can become a big opportunity when people come together.

From US\$26.50 in 1917 to a global Foundation supporting Rotary's work around the world, its history is a testament to the power of collective action.

As the prospective members prepare to join Rotary Club of Ngora, they are not simply joining a local organisation. They are becoming part of a global community of people committed to turning ideas into action and service into lasting impact.

***This is the power of Rotary.
This is the power of The Rotary Foundation.***

By Rtn Robert Olego



SEPTEMBER BIRTHDAYS

17th

**Rtn Paul Okiira
Okwii**

Deputy Director Membership

19th

Dr Alfred Ogwang

20th

Mr James Egasu

26th

Rtn Angella Akurut

Director Club
Administration

30th

Ms Florence Auma

The Government Took Just Over. We Couldn't Be Happier.

I dare say that this may be the most important [email] you'll ever read. From Finemind. Being facetious is undervalued, but being honest is underestimated.

We've long talked about integrating mental health with primary care. You visit a health center for hypertension and right then and there, you receive quality mental health services too. We've been doing this across tens of centers, paying primary care workers to offer mental health services, running radio shows, community dialogues, awareness events, hiring specialist referral support.

The model works. Symptom reduction, improved well-being, greater productivity. The catch is that every bit of it has been paid by Finemind, a system eerily similar to a house of cards. Workable, but not strong enough to withstand the passing wind of philanthropic hardship.

That changes now.

The governments of Agago and Ngora districts have pledged to embed our programming into their general health services. Stipends gone. Primary healthcare funds unlocked for

outreach. District psychiatric nurses activated for referral. Mental health becomes a core KPI of existing job descriptions. Finemind supports. The government implements. We don't pay for it. They do.

This is permanent. Not dependent on the next grant cycle. Not contingent on the next donor relationship. The people suffering from mental illness in these communities will no longer be isolated or stigmatized. Mental health will sit alongside general health like spaghetti and meatballs, inseparable and necessary.

Now, you might be wondering: if the government owns this, why does Finemind still need money? Fair question. Government ownership of delivery doesn't mean Finemind disappears. It means our role changes. We train the trainers. We maintain the clinical model. We supervise fidelity across a growing number of districts. We generate the evidence that makes the national policy case undeniable. None of that is free. And the more districts that adopt this model, the more Finemind needs to be resourced to support them. There is also a window here.

The political will is alive right now, the commitments are fresh, and the moment to move is not later. It is now.

We're working with Uganda's Parliamentary Forum for Mental Health to take this across all 136 districts and 7,000 health facilities. Sometimes you hold onto an idea with strong conviction, but you don't let it burn your hands. That idea is now real.

Finemind is dreaming wide open. As T.E. Lawrence put it, "The dreamers of the day are dangerous men, for they may act their dreams with open eyes."

I have one ask: we need funding partners, and we need them now. The government commitments are real, the momentum is alive, and the window to move is open. If you know anyone who funds global health, mental health, or simply bets on ideas that are working, please make the introduction. It would mean everything to us.

With gratitude,

Pavel Reppo
Founder & Executive Director,
Finemind

Hope Again Development Organization (HADEO)

Hope Again Development Organization (HADEO) is a Ugandan NGO/CBO operating since 2014 in Teso sub region's districts of Soroti and Ngora and Soroti city. HADEO is focusing on Food Security and Livelihoods (FSL), Education, Climate change and Adaptation, WASH, Health and emergency response in addition to cross-cutting themes of Human rights and advocacy. Current interventions are hinged on either of the above as guided by our strategic plan 2025-2030.

Current Projects

Functional adult literacy program (FAL) SINCE 2011

HADEO's approach to community entry is Functional Adult literacy. This enables the establishment of functional groups through which all services go through to reach most community members. The groups then receive all other technical services including financial literacy, VSLA, WASH, Education, Climate change and adaptation with crosscutting themes of Gender and women empowerment, rights and advocacy. The approach targets all categories of beneficiaries including women, men, youth and People with Disabilities. Through this program, over 1,236 people have been reached in the districts of Ngora and Soroti and Soroti City, organized into over 57 groups.

Get Ahead Training

After the FAL learners were able to read, write and count, they also required business

knowledge and skills. HADEO facilitated Entrepreneurship / business skills training with support from HADEFO Netherlands including UNESCO in 2017/2018. The beneficiaries were trained by ILO certified trainers on start your business ILO model. They were then linked to micro-financing for startup businesses like selling vegetables, produce from the SOFAL SACCO.

SOFAL SACCO

Savings and credit cooperatives built from FAL groups. The SACCO Provides small loans for members to carry out business following the Microenterprise training they received. Various businesses are supported including vegetable business, agriculture inputs, fish mongering, produce business, vegetable oil press (Sun flower Value Chain development), used clothes sales, general small kiosks, restaurants, among others. Besides providing small loans, the SACCO also provides financial literacy training focusing on women empowerment. So far, over 1200 are registered as members of the SACCO with slightly over 570 active members accessing loans from the SACCO.

Sustainable livelihoods & agriculture

With the Strategic goal of

improving resilience of 8,400 households, caregivers and youth, HADEO distributed high-yielding inputs like NAROCAS cassava stems in Ngora district to over 15 groups of farmers. HADEO has continued to promote Agricultural Value Chains, distribution of vegetable seeds and training farmer groups on smart - agricultural practices including kitchen gardening for nutrition and household incomes. Farmers will also be trained on diversifying livelihood opportunities including animal and poultry production among others and tree planting as a business.

Sexual Awareness project- launched Feb 2024 in districts of Ngora and Soroti, and Soroti City

This project focused on promoting Sexual health education and rights through creating sustainable awareness among communities, students, teachers, youth and school dropouts among others. The project also promoted good parenting and WASH education in schools and communities. As a pilot project, 12 schools were identified and effectively participated and benefited from this project where over 9000 beneficiaries were reached, 12 school clubs were established, over 40 ToTs were trained. It is imperative to indicate that the established school's clubs have helped students to understand

and appreciate the role of sexual awareness and health rights especially among the girl child in schools. Many students especially the female now gained confidence in themselves and are able to stand before their fellow male students and teachers and articulate discussions.

Climate change adaptation and resilience project – pilot 2024

This project was initiated as community-led mitigation pilot intervention. With funding from HADEFO Netherlands, over 4,000 resistant eucalyptus tree-seedlings were distributed to Agu parish community for planting. Angod A group in Odwarat Subcounty, Ngora district planted the trees on 3 acres of land with focus on afforestation in their area in addition to managing it as business venture for the group. With technical support from Ngora District Agricultural Officer, the trees have successfully grown up for over 2 years now. The community has continued to plant more trees to increase the acreage and integrated growing of crops (agroforestry).

Through the above pilot project, tree planting has greatly expanded to other areas



in the Ngora district. Specifically, with support from Rotary Club of Ngora, HADEO together with Rotary, Iteso cultural Development Foundation (ICUDEF) and the Ngora district local government expanded this project to the sub counties of Kapor, Morukakise, and Mukura in Ngora district. A total of 5,000 fruit tree seedlings were distributed and planted by eight community groups in Kapor, Morukakise and Mukura. The project further established a demonstration garden at Kapor Sub- County headquarters, where other groups and farmers can come



to learn from. The project promotes nutrition, food security, income generation and environmental restoration through community-led planting of fruit trees given by roofing's nursery management and agro-ecology as part of their Corporate Social responsibility to Rotary Club of Ngora. The seedlings distributed and planted include Mango, jackfruit, and avocado that are easily adapted by the communities.

Dignity for girls Project.

This project has a component of construction of girls



changing room in Ngora High School in Ngora district. HADEO together with Rotary Club of Ngora on 22 July 2026, launched the construction a 3-door changing room with a bathroom facility for girls to provide safe, private, hygienic menstrual health management at Ngora High School by HADEO. This project was funded by HADEFO Netherlands in partnership with the Rotary club of Ngora and Ngora High school. The project also constructed a septic tank and a soak-pit for proper hygienic water drainage from the bathroom and toilet. Beyond infrastructure development, the Dignity of for girls project also provided comprehensive menstrual health education program training Senior women teachers drawn from primary and secondary schools and community leaders drawn from HADEO groups. The trainees were trained as ToTs in making



of reusable pads, liquid and bar soap. These will then cascade the training down to community women's groups in 6 communities and school health club members in 12 pilot schools in the districts of Ngora and Soroti City. This will help in reducing girls' absenteeism due to lack of proper menstrual management and improve wellbeing among girl-child. This Model is seen to be embraced by many parents, students and youth and therefore, planned to be scaled to more schools and communities initially in the districts of Ngora and Soroti and Soroti city.



Wheelchair Donation and Cancer run

HADEO has intentionally shifted its programming approach from single-issue projects to integrated community development keeping girls in school, greening communities, and economic empowerment, leaving no one behind. This has been understood to be effective and it touches most of the needs of community members.

With the donation of wheel chairs from OJ Care foundation, HADEO together with the Rotary Club of Ngora, jointly donated 5 wheelchairs to



persons with disabilities (PWDs) to ease mobility challenges during the rotary cancer run in Ngora town council, Ngora district. The wheel cares will:

- 1. Enhance mobility and independence:** to ease movement and improve daily leaving for PWDs in Ngora.
- 2. Promote inclusion and dignity:** to ensure PWDs participate fully in community activities, including health and social events.
- 3. Health and wellbeing:** to link disability support with health advocacy during cancer run, raising awareness on cancer and non-communicable diseases.
- 4. Strengthen partnership for social impact:** to demonstrate the power of multi-stakeholder collaboration – HADEO, Rotary club of Ngora and OJ



Care foundation in serving the most vulnerable.

5. Advocacy for PWD Rights: to amplify voices for accessibility, equity and support services for persons with disabilities in Teso sub region.

We would like to take this opportunity to thank OJ Care Foundation for the donation and highlight that the district still looks to HADEO for more wheel chairs donation including those for children.

HADEO Partnerships

HADEO has established functional and mutually beneficial partnerships with various organizations that support its work in various ways.

These include:

- > HADEFO Netherlands – Key partner and provides financial, moral and technical support
- > Rotary Club of Ngora – Key partner in financial and technical support.
- > OJ Care foundation – Working MoU
- > ADEFO Platform – Working MoU
- > Vision Terudo – Working MoU
- > ICUDEF – Working MoU
- > Ngora district – Working MoU
- > Soroti district – Working MoU
- > Soroti City – Working MoU

By: James Odongo
Operation Manager, HADEO
Tel: 0772 672283

Rotary Club of Ngora Strengthens Malaria Prevention in Odwarat Community

52 boxes of malaria rapid diagnostic tests donated as the Club advances to the next phase of its malaria project



The Rotary Club of Ngora has taken another important step in its efforts to reduce the burden of malaria in the **Odwarat Community** through the provision of malaria diagnostic supplies to health facilities serving the community.

As part of the Club's ongoing Malaria Project, **52 boxes of Malaria Rapid Diagnostic Tests (RDTs)** were procured and donated to health centres serving the Odwarat Community. Each box contains 25 RDTs, providing a total of 1,300 malaria tests for use in the community.

The kits were formally handed over to the **LCV Chairperson** during the Rotary Cancer Run on Sunday, **30 August 2026**. The LCV subsequently handed them over to the District Health Officer (DHO) on Monday, 31st August 2026, for distribution and use through the relevant

LCV Chairperson, Hon. James Robert Otim handing over Malaria RDT kits to the DHO, Ngora District

health facilities.

Strengthening early diagnosis and treatment

Malaria remains a significant health concern in many communities, particularly where access to timely diagnosis and treatment can be challenging. The availability of RDTs at health facilities serving Odwarat will help health workers quickly test patients with suspected malaria and determine whether malaria is present before treatment is provided.

This is important because early and accurate diagnosis can support prompt treatment, reduce the risk of severe illness and complications, and ultimately contribute to reducing malaria-related deaths.

The donation will also help health workers make more informed treatment decisions and reduce unnecessary treatment of patients who may not have malaria, while ensuring that those who test positive can be appropriately managed.

Moving from diagnosis to prevention

The provision of RDTs is one component of a broader malaria intervention. The Rotary Club of Ngora is now preparing to move into the next phase of the project: Indoor Residual Spraying (IRS).

The IRS campaign will target more than **200 households**, reaching over **1,000 houses** within the Odwarat Community.

Indoor residual spraying involves applying an approved insecticide to appropriate indoor surfaces where mosquitoes commonly rest. The intervention is intended to reduce the mosquito population inside homes and, consequently, reduce the risk of malaria transmission.

The combination of early diagnosis, access to testing and strengthened household-level prevention provides a more comprehensive approach to tackling malaria in the

community.

A community partnership

The successful handover of the RDTs reflects the importance of collaboration between Rotary, community leadership and the District Health Team. The involvement of the LCV Chairperson and the District Health Officer ensures that the donated supplies are integrated into the existing health system

and reach the facilities and communities where they are most needed.

As the project progresses into the IRS phase, the Club will continue working with community leaders, health authorities and residents to support effective implementation and maximise the impact of the intervention.

From testing to prevention, the Rotary Club of Ngora is working with the Odwarat Community to reduce the burden of malaria and help create a healthier community.

1,300 RDTs. 200+ households. 1,000+ homes. One shared goal: a community with fewer malaria-related illnesses and deaths.

Igniting Hope and Action: The Ngora Cancer Awareness Campaign

Building a Sustained Movement for Cancer Prevention, Early Detection, and Community Health

As members of the Rotary family, our mission is to create lasting change across our communities. While fundraising events like our annual Cancer Run are vital, our commitment must extend far beyond the finish line. Recently, the Ngora Rotary Club convened an impactful pre-run cancer awareness and education session led by Dr. Alfred G. Okiria. The session brought our community's pressing health challenges into sharp focus and outlined a clear, actionable roadmap for turning awareness into year-round community action.

The Challenge:

Cancer in Uganda and Our Communities

Uganda continues to face a substantial burden of cancer. According to World Health Organization (WHO) estimates, the country records tens of

thousands of new cancer cases and deaths each year, with cervical and breast cancers heavily impacting women, alongside prostate, liver, and oesophageal cancers affecting families across the nation.

In rural districts like Ngora, these challenges are compounded by unique barriers:

Distance and Transport:

Specialist screening, diagnosis, and treatment centres are concentrated far outside the district.

Cost and Opportunity Costs:

Financial constraints often force individuals to delay seeking care.

Fear and Misinformation:

Persistent myths can cause individuals to delay seeking medical attention until a

disease has progressed.

However, as Rotarians, we know that cancer is not automatically a death sentence. Through community mobilization, education, and strengthening local health facility linkages, we can bridge the gap between our communities and life-saving care.

Insights from the Ground: Cervical Cancer Screening in Ngora

A recent 2026 qualitative study highlighted in our awareness sessions (Mutyaba et al., Journal of Cancer Management and Research) explored the barriers and facilitators to cervical cancer screening right here in rural Ngora District.

The Barriers: Key hurdles include misconceptions about screening, distance to facilities, financial costs, and occasional

shortages of trained health workers or screening commodities.

The Facilitators: What helps women get screened? Community health education, Village Health Team (VHT) mobilization, radio dialogues, and integrating screening services with routine healthcare (such as HIV, family planning, and immunization services) prove highly effective.

Demystifying Cancer: Facts vs. Myths

Education is our strongest tool against fear. During our awareness sessions, we tackled common misconceptions head-on:

Myth: "Cancer is always a death sentence."

Fact: Many cancers can be prevented, successfully treated, or controlled—especially when detected early.

Myth: "Cancer is caused by witchcraft."

Fact: Cancer has biological, genetic, lifestyle, and environmental contributors.

Myth: "If I feel healthy, I don't need screening."

Fact: Many precancerous changes and early-stage cancers develop silently without any symptoms.

Myth: "Herbs can cure every cancer."

Fact: No herbal remedy has been scientifically proven to universally cure cancer.

Everyday Prevention and Warning Signs

While we cannot change every risk factor, WHO estimates that a substantial proportion of cancers can be prevented through lifestyle modifications and protective measures.

5 Core Actions Every Person Can Take:

Avoid Tobacco: Do not smoke, avoid second-hand smoke, and support those trying to quit.

Limit Alcohol: Reduce harmful alcohol consumption and avoid combining alcohol with tobacco use.

Eat Healthily: Incorporate more vegetables, fruits, beans, and whole grains into your daily diet while reducing processed foods and sugary drinks.

Stay Active: Maintain regular physical activity (walking, farming, gardening, exercising) and keep a healthy body weight.

Get Screened & Vaccinated:

Utilize available HPV vaccinations, hepatitis B immunizations, and age-appropriate cancer screening services.

Don't Ignore Persistent Changes

Early detection saves lives. Consult a qualified healthcare professional immediately if you or a loved one experience any of the following non-specific warning signs:

- Unexplained weight loss or

persistent pain

- Unusual or persistent bleeding
- A persistent cough, hoarseness, or difficulty swallowing
- Changes in bowel habits or non-healing skin sores
- Unexplained lumps or persistent breast changes (e.g., lumps, dimpling, or unusual discharge)

How Rotarians Can Lead the Charge

As trusted community influencers, Rotary members are uniquely positioned to drive change. Our impact can extend directly into our churches, schools, workplaces, markets, and households by:

Amplifying Education:

Partnering with VHTs and local radio stations to spread accurate screening messages.

Facilitating Access:

Connecting community members to local health facilities offering integrated screening services.

Living the Message:

Committing to personal health choices and encouraging our families to adopt prevention-first habits.

Let us make the Ngora Cancer Awareness Campaign more than just an event, let it be the beginning of a sustained, year-round movement for health, hope, and proactive care in our community!

Drug Free World: Kick Drugs Out of Teso

By Rtn Dina Grace Among

On 26th July 2026, RC Ngora had an activity called Kick Drugs out Teso or Drug free world that involved 2 secondary schools (Ngora High School and Ngora Girls Secondary School) and a community in partnership with AIDO Network International.

This activity was aimed at reducing or ending use of drugs among the youth in Teso both in school and out of school because most youth have become a victim in drug abuse and the trend is growing in bigger numbers breeding a number of groups like Owokiwok, Okadibong, Ikok school drop outs etc all because of active involvement in direct drug consumption and uptake.

The activity involved sensitizations on the effects of drugs, Music performance by one of the AIDO members who

is a local music artist in Teso and distribution of the reading materials for students and community youth to be reading and understand the effects of drugs in their lives and future.

The community was also mobilized to play a football match alongside the sensitization in Ngora township primary school grounds. The two community groups volunteered to play football one from Obabario and from Nyamongo.

The team from Obabario won the award that was set (a trophy and UGX200,000) and the team from Nyamongo being the losers were given UGX100,000. Medals were also awarded to the best players of all the teams, best goal keeper, referees, smart player etc.

The RC Ngora was finally awarded a certificate by AIDO Network for participating and organizing the event which came on a short notice and was well managed.

The AIDO President was excited about working RC Ngora and said he knew the President of RC Ngora right from Makerere University as a strong passionate leader as he pledged to continue partnering with Ngora in most of the activities since RC Ngora has proven to be having expertise on dealing with the youth as they establish health clubs in those schools and also ready to expand the implementation in the whole of Ngora.



Highlights of Achievements For the Month of August

Membership

- Awards: The club received the **Membership Engagement Award** from District 9213 on 27 August 2026.
- MyRotary: The club achieved 93% member registration on the MyRotary online platform.
- New members: The club completed training for prospective members.

Finance

- The club mobilised UGX 4.15 million towards the Agu Health Centre III solar-powered borehole project.

Administration

- The club re-ignited its buddy groups to strengthen member engagement and fellowship.
- The club strengthened the functioning of its committees, including the Procurement Committee, which has been instrumental in supporting the Malaria Grant Project.

Service Projects

- Cancer screening: The club partnered with Shairoz Medical Centre to provide cervical cancer screening services during the Annual

Cancer Run at Ngora Township Primary School.

- Malaria project: The club handed over 52 boxes, equivalent to 1,300 malaria rapid diagnostic test kits, to the district for distribution to health units serving the Odwarat community.
- Menstrual hygiene: The club's partner, HADEO, completed the structural construction of the girls' changing room and is awaiting final finishing work.

The Rotary Foundation

- The club was recognised among the top 20 contributors to The Rotary Foundation for July and August. Family of Rotary
- The club recognised individual members on their birthdays.
- The club celebrated members born in August with a birthday cake.

Cancer Run

- The Cancer Run attracted more than 200 participants, including Rotarians, students, district officials, head teachers, and other community members.
- The club sold more than 160 Cancer Run kits to Rotarians and community members.

Cancer Run Pictorial

