

THE ROCK TIMES

MONTHLY NEWSLETTER



Rotary Club of Ngora



Rotary Club of Ngora



www.rotaryclubofngora



RC Ngora



◀ *Participants during an interactive training session.*

to integrate quality mental health services into primary healthcare across Ngora District. This collaborative effort is further strengthened by the generous support of the **Rotary Clubs of Boulder, Smoky Hill, Centennial, Denver Southeast, Parker, Evergreen, Highlands Ranch, Summit County, Littleton, Niwot, Pueblo 43, and Cheyenne.**

Together, these partnerships have reached a significant milestone with the training of 20 counsellors from

▼ *Pair-work training approach at the 6-day training.*



Creating Lasting Impact Through Mental Health Integration

Mental health is an essential component of quality healthcare, and the Rotary Club of Ngora is proud to be at the forefront of transforming access to mental health services in Uganda.

As the Host Club, the **Rotary Club of Ngora**, in partnership with our International Partner, the **Rotary Club of Denver Cherry Creek**, and Finemind as Implementing Partner, is leading an innovative initiative

government health facilities across Ngora District. The six-day training, which concluded on **Saturday, 25 July 2026**, marked the launch of the 12-



▲ *Creating Lasting Impact Through Mental Health Integration*

month project, **Expanding Community-Based Mental Health Care** in Ngora District, Uganda.

Equally encouraging is the commitment by the Ngora District Local Government to sustain and expand mental health services beyond the current project of 12 months, demonstrating strong local ownership and long-term sustainability.

This initiative is more than a successful project; it is a model for how Rotary's commitment to **Disease Prevention and Treatment** can strengthen health systems and improve lives. By combining strategic partnerships, capacity building, and district leadership, Ngora is proving that quality mental health services can become a routine and sustainable part of primary healthcare.

As we embrace Rotary International's theme, **"Create**

Lasting Impact," this project exemplifies how collaboration between local communities, international partners, and government can deliver sustainable change. It is our hope that this model will be replicated across Uganda, ensuring that every individual has access to quality mental health services through their nearest government health facility.

The Rotary Club of Ngora is grateful to the **Rotary Club of Denver Cherry Creek**, our fellow partner clubs, **Finemind** as the implementing partner, **Ngora District Local Government, Soroti Regional Referral Hospital** and all stakeholders whose commitment has helped make this milestone possible. Together, we are helping build healthier communities and a stronger foundation for accessible, sustainable mental health care in Ngora and beyond.

▼ *Creating Lasting Impact Through Mental Health Integration*



BIRTHDAYS IN AUGUST

07th

Rtn Maurice Olupot
Director Service Projects

20th

Rtn Stephen Oluka
Member

28th

Rtn Dorcus Asekenye
Member

30th

Rtn Gideon Ikara
Deputy Director Public Image

Turning the Tide: How Ngora is Creating Lasting Impact Against Malaria

The Rotary Club of Ngora, with support from Malaria Partners International, is leading the **Transforming Lives: Malaria Impact Reduction Initiative in Odwarat Sub-county, Ngora District**. The project is helping communities prevent malaria through education, environmental management, and community action rather than relying solely on treatment.

A baseline household assessment revealed the heavy burden malaria places on families. For example, in one household of 17 people, only four mosquito nets were available, resulting in frequent malaria infections and significant financial hardship. These findings reinforced the need for practical, community-based solutions that empower

Smart Homes sensitisation.



families to protect themselves.

The initiative has strengthened local capacity by training **24 Village Health Team members** and **Local Council leaders** as community health champions, spray operators, data collectors, and mobilisers. Working closely with Ngora District leaders and the Rotary Community Corps (RCC) of Odwarat, these volunteers are helping ensure

▲ *Demonstrating how to use an insecticide treated mosquito net correctly.*

the programme remains sustainable long after the initial project period.

A key innovation is the **Smart Home Campaign**, which promotes the use of natural mosquito-repellent plants such as **Neem, Rosemary, Bottle Brush**, and **Night Rose**. More than 560 seedlings were procured and distributed and community leaders trained on how to grow and use these plants to reduce mosquito breeding while supporting environmental conservation.

Community engagement has exceeded expectations. Through ten outreach sessions, the project reached **238 community members**, surpassing its target of 180. Participants received practical





▲
Collection of baseline data

training on malaria prevention, proper use of insecticide-treated mosquito nets, indoor residual spraying, and improved hygiene and sanitation. Health officials emphasised that prevention remains the most effective and affordable defence against malaria.

Women have been at the centre of the campaign, actively participating in demonstrations on the correct installation and use of mosquito nets to better protect their families. The



▲
Consultative meeting with local leaders.

project has also begun engaging young people, recognising their vital role as future health advocates who can influence positive behaviour in schools, homes, and communities.

Looking ahead, the Rotary Club of Ngora plans to expand indoor residual spraying to over **1,000 households**, extend the Smart Home Campaign to schools, and reach more vulnerable households. Additional



▲
Malaria Project: Smart Home training of VHTs, LC1s and select beneficiaries.

resources will enable the project to provide more mosquito nets, expand coverage, and strengthen community resilience against malaria.

Through strong partnerships and community ownership, the Rotary Club of Ngora is demonstrating that local action can create lasting impact by reducing malaria, improving health, and building stronger, healthier communities.

Cancer Run Activation



◀ *President and Cancer Run Coordinator receiving 53 Kits from Centenary Bank, Kumi Branch Staff.*

President handing over one Kit to the Headteacher Ngora High School. ▶



◀ *President and Cancer Run Coordinator with staff of Galaxy Country Hotel.*

Ngora Girl S.S Director of Studies confirmed participation. ▶



Highlights of Achievements For the Month of July

Public Image

- Website published
- Social media pages published and available on
 - <https://x.com/RCNgora>
 - <https://www.instagram.com/rotaryclubofngora/>
 - <https://www.youtube.com/channel/UCMvzSITLejSRBhd3PrKf12g>

Global Grants

- All qualification documents sent to the D9213 Qualification Committee
- US\$2,000 contributed by 4 Rotarians towards the Mental Health Project
- US\$500 contributed by 1 Rotarian towards the Little Hearts

Membership

- Online registration rose from 57% to 89% with only 6 out of 56 Members without "MyRotary" Accounts
- Interact Club – The formation process initiated at Ngora High School

Finance

- Rotary International half-year invoice fully paid
- District Dues fully paid

Service Projects

- Mental Health – Training of Counsellors concluded
- Malaria Grant – Training of VHTs, LCs and RCCs and distribution of Malaria-Repellent trees concluded
- Menstrual Hygiene – Led by our Partner HADEO, the building of changing room for girls was started on 22nd July
- Kick-Drugs Out of Teso – 2 schools;
 - Ngora High School and Ngora Girls school-wide presentation and formation of Drugs-Free World Club initiated.
 - Community sensitisation done alongside a football match at Ngora Township Primary School
 - o The Agu Solar-Powered WASH Project (UGX24.8m Project)
 - Received a contribution of UGX6m from Ministry of Water
 - Initiated fundraising drive for a balance of UGX6.4m,
(Note that there is an in-kind contribution of UGX12.8m from Davis & Shirtliff – Commitment received last Rotary Year)

Cancer Run

- Signed an MoU with Centenary Bank, Kumi Branch to be an Agent in Ngora for the provision of Cancer-Run Kits
- Activations included instant sale of 14 Kits at Ngora High School

RC Ngora's Youth Director, **HADEO's** Representative and Headteacher of Ngora High School at the launch of Menstrual Changing Room Project.

A significant milestone has been achieved in advancing menstrual health and improving girls' education in Ngora District with the launch of the **Dignity for Girls Changing Room Project** at Ngora High School.

On 22 July 2026, **Hope Again Development Organisation (HADEO)**, in partnership with the Rotary Club of Ngora, officially launched the construction of a three-door changing room and bathroom facility for girls. The project is designed to provide a safe, private and hygienic space for girls to manage their menstrual health with dignity, helping to reduce absenteeism and improve their overall wellbeing and learning experience.

The facility, valued at **UGX 10,192,900**, is expected to be completed within **30 days**.

Beyond infrastructure, the initiative includes a comprehensive menstrual health education programme. Senior Women Teachers, Senior Men Teachers and selected



Dignity for Girls Project Launched at Ngora High School

leaders from HADEO women's groups are currently receiving training in menstrual hygiene management, the production of reusable sanitary pads, and soap making. These practical skills will strengthen their capacity to support adolescent girls and promote sustainable menstrual health practices within their communities.

To further enhance awareness and peer support, Clubs will also be established in participating schools. These clubs will serve as platforms for young people to champion menstrual health education, leadership and peer learning.

The Dignity for Girls Project

◀ *L-R; Mr Ouma - teacher, RC Ngora President Jane Aik, Headteacher Ngora High School, and Director Membership, Rtn Bellarmine Okudi.*

represents an important step towards creating **inclusive learning environments** where no girl misses school because of menstruation. HADEO and the Rotary Club of Ngora envision expanding this initiative to more schools across Ngora District, Soroti District and Soroti City.

To realise this vision, HADEO and the Rotary Club of Ngora invite development partners, corporate organisations and well-wishers to support the expansion of the Dignity for Girls Project to more schools across Ngora District, Soroti District and Soroti City. Together, we can help more girls access safe sanitation facilities, menstrual health education and the confidence to stay in school with dignity.



PLEASE DONATE

Agu Health Centre IV Solar-Powered WASH Initiative

Fundraising Thermometer

74%

Support RC Ngora close this funding gap

Total Project Cost: **UGX 24,797,540**

Davis & Shirtliff: **UGX 12,398,770** in kind offer valid till 31/08/2026

Ministry of Water & Environment: **UGX 6,000,000** (Received)

Still Needed: **UGX 6,398,770**

Happy to donate:

Contacts of Rotary Club of Ngora

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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.

Kick Drugs Out of Teso; Drug Free Campaign

Message of Appreciation

Bayete,

Thank you to Rotarian Jane Aik, Youth Coordinator Dinah Among, and the entire Rotary Club of Ngora fraternity for your warm hospitality and outstanding partnership in hosting the AIDO Drug-Free World delegation.

Yesterday's (26th July) school awareness campaign, crowned by an exciting football match, was a powerful demonstration of our shared commitment to empowering young people and building a drug-free community. Together, we inspired the next generation with a message of hope, responsibility, and

Drug-free campaign at Ngora Girls Secondary School ▶

positive living.

AIDO Global Network and the Drug-Free World Foundation deeply value this partnership and remain committed to working with the Rotary Clubs across the Teso sub-region to expand our collective impact.

Together, we are building healthier, safer, and drug-free communities.

HH. Papa Eganda@AIDO

HH Papa Paul Eganda and President Jane Aik handing over a prize to the winning Team ▶



▲
Drug-free Campaign at Ngora High School



RC Ngora Visiting Rotarians



▲
Rtn Hon. Jacqueline Amongin was special guest at the installation of President Elizabeth, RC Makindye West.



▲
Rtn Hon. Jacqueline Amongin as Chief Guest at the installation today of Rtct Patrick Nabugo Of Rotaract Club of Makindye West



▲
Rtn Papa Besweri Akabwai delivered a banner from RC Jinja