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Rotary Club of Ngora

CREATE LASTING IMPACT

THE ROCK TIMES

MONTHLY NEWSLETTER

Rotary Club of Ngora | Rotary Club of Ngora | www.rotaryclubofngora.org | RC Ngora

Restoring Dignity, Keeping Girls in School

HADEO Hands Over New Changing Room At Ngora High School



For many girls, managing menstruation at school can be a difficult and sometimes distressing experience. Without a safe, private and hygienic place to change sanitary materials, some girls struggle with embarrassment, discomfort and stigma. For others, the experience can mean missing lessons or even staying away from school altogether.

At Ngora High School, that challenge is beginning to change.

Hope Again Development Organization (HADEO) has successfully handed over a newly constructed girls' changing room and incinerator to the school under its Water, Sanitation and Hygiene (WASH) and Menstrual Health Management (MHM) project. The new facilities provide girls with a safe, clean and private space to manage their menstrual health with dignity, while the incinerator provides a hygienic way of disposing of sanitary waste and helps protect the school environment.

The handover ceremony was officiated by the Resident District Commissioner (RDC) of Ngora and witnessed by the Chief Administrative Officer (CAO), District Education Officer (DEO), District Water Officer (DWO), representatives of the Rotary Club of Ngora, school administrators, parents and students. It was more than

a ceremony to transfer a building; it was a shared commitment to creating a school environment where girls can learn with confidence and dignity.



A partnership that makes a difference

The project demonstrates what can be achieved when organisations and communities work together around a shared purpose. HADEO worked closely with Ngora High School, with the Rotary Club of Ngora contributing cleaning materials to support the maintenance of hygiene standards in the newly completed facility.

Speaking at the handover, Past President Grace Akalo, representing the Rotary Club of Ngora, reaffirmed the Club's commitment to partnerships that improve the lives of girls and keep them in school.

"Rotary is proud to partner with HADEO. We are willing to work together on more projects that restore dignity and keep girls in school. This is Service Above Self."

More than a changing room: Equipping girls for the future

What makes the HADEO initiative particularly meaningful is that it goes beyond constructing physical facilities. It also invests in knowledge, practical skills and the capacity of schools to sustain the benefits.

Through a Training of Trainers (ToT) approach, HADEO has trained three teachers from each of the 12 selected schools to support menstrual health education and the management of the facilities.

The trained teachers have, in turn, worked with girls' drama clubs to transfer practical, income-generating skills. These include making reusable sanitary pads, bar soap and liquid soap. Such skills give girls an opportunity to develop their creativity and self-reliance, while equipping them with knowledge they can continue to use long after leaving school.

Boys becoming champions for change

Another important feature of the initiative is the deliberate involvement of boys. The school drama groups bring girls and boys together, with the boys taking on the role of male champions.

Through music, dance and drama, they help sensitise the school community that menstruation is neither a disease nor a curse, but a normal biological process. They encourage understanding, respect and support for girls during their menstrual periods, helping to challenge stigma, fear and misconceptions.

By involving boys, HADEO is helping to build a school culture in which menstrual health is understood as a shared responsibility rather than an issue girls must face alone.

Taking the model to more schools

The handover at Ngora High School is an important milestone, but the need extends far beyond one school. HADEO is working with 12 schools across Ngora and Soroti Districts and Soroti City, many of which still require similar facilities and support.



The Ngora High School experience demonstrates how a relatively modest investment in infrastructure, menstrual health education, practical skills and community engagement can contribute to a more supportive learning environment for girls.

As HADEO seeks to extend this model to the other schools, partnerships will be essential. There is an opportunity for organisations, development partners and individuals to join this effort and help more girls access the facilities, knowledge

and support they need to remain in school and thrive.

For the Rotary Club of Ngora, this is exactly the kind of partnership that reflects our commitment to creating lasting impact in our communities.

To learn more about HADEO's work or explore opportunities to partner, visit www.hadeo.org.

NOVEMBER BIRTHDAYS



4th

Rtn Joseph M. Ogwang
Vice President &
President Elect

19th

Rtn Dr. Freda Ilaborot
Team Lead Water,
Sanitation and Hygiene

20th

Rtn Hon. Juliet A. L'Odou
Member

Growing More Than Trees

RC Ngora Works Towards a Lasting Green Legacy

An engagement with Mount Elgon Tree Growing Enterprise challenges Rotarians and communities to move beyond planting seedlings and embrace the responsibility of growing trees to maturity.

What does it take to grow 10,000 trees? Is it simply a matter of securing seedlings, identifying land and organising a planting exercise? Or does it require something deeper: communities that take ownership, protect the trees and commit to nurturing them for years?

These were some of the questions that emerged when the Rotary Club of Ngora (RC Ngora) engaged with the Mount Elgon Tree Growing Enterprise (METGE) in pursuit of a tree-growing initiative for Ngora District.

The Club had requested 10,000 Neem seedlings to support malaria prevention and provide shade in communities. However, the engagement became an important learning experience, reminding us that the success of tree growing is measured not by the number of seedlings planted, but by how many survive and mature.

Taking the initiative to the district

The initiative was warmly received at the district level. The district leadership appreciated RC Ngora for identifying tree growing as an opportunity to contribute to community development and highlighted the availability of considerable land across the district that could support the project.

The METGE team, however, challenged the Club to look beyond the number of seedlings requested and demonstrate its commitment to their survival.



They asked whether the Club had previously received tree seedlings and what had happened to them. Past President Grace Akalo confirmed that seedlings had been received before, but the Club could not provide a clear account of their survival rate.

The METGE team observed that Rotarians can sometimes be among the least consistent groups when it comes to caring for trees after planting. It was a candid but valuable reminder that if Rotary is to champion tree growing, it must demonstrate the discipline and accountability required to sustain it.

It was agreed that seedlings should be delivered during the first rains. The intervening period would be used to prepare communities, identify suitable planting sites and build local ownership.

Taking the conversation to Odwarat

On 6 October 2026, the Club and METGE team met community members at Kopege Primary School in Odwarat Sub-county. Despite a delayed start due to logistical challenges, the community received the team warmly and participated in the discussions.

Past President Grace Akalo and Rtn Dan Ogellan Agwellakwap introduced the proposed partnership, explaining that the Neem trees would contribute to malaria prevention and provide shade.

Community members were reminded that the trees were for their benefit and that responsibility for caring for them would rest primarily with the respective landowners. The compound of Kopege Primary School was also identified as a potential planting site because of its limited tree cover. Other possible locations, including roadside areas, were discussed.

The METGE team emphasised that tree growing is a long-term commitment. Trees provide much more than shade: they contribute to food security, provide fuelwood and timber, support environmental conservation and help communities respond to climate change.

The team cautioned that seedlings can easily be lost to drought, termites, livestock and other threats if they are not properly protected. Community members were therefore encouraged to take personal responsibility for trees planted on their land.

A community that asks questions and takes ownership

The engagement was interactive, with residents raising questions about tree varieties, protection against termites and how seedlings could survive during the dry season.

The discussion also covered the possibility of planting different varieties, including fruit trees, hardwood species such as mahogany, and Neem. The team explained the importance of selecting suitable locations that would allow the trees to be monitored and cared for.

Community members appreciated the Club's previous malaria-related interventions, particularly household spraying, and requested that these efforts be extended to other parts of

the sub-county.

The METGE team also proposed establishing a local committee to register interested participants, coordinate the initiative and support tree management. Follow-up visits approximately three months after planting were proposed to assess progress and identify challenges.

The Rotary Community Corps (RCC) of Odwarat and other local structures were encouraged to play an active role in monitoring the trees. The community was reminded that it would ultimately be the custodian of the initiative, with Rotary and METGE providing support and guidance.

One important lesson was clear: tree growing is not simply a Rotary activity. It is a personal and community commitment.

An important setback, but a valuable lesson

Following the engagements and field assessment, METGE communicated its decision to defer the Club's request for 10,000 seedlings.

In its letter dated 20 October 2026, METGE appreciated the Club's commitment to community health and environmental conservation but identified several areas that needed strengthening before the seedlings could be released:

- ***Community engagement and ownership:*** More consultation and sensitisation are needed to ensure that beneficiaries understand their responsibilities.
- ***Clear planting sites:*** Proposed locations must be identified and demarcated to establish their suitability and planting capacity.
- ***Monitoring and sustainability:*** A practical plan is needed for post-planting care, monitoring, reporting and accountability.
- ***Coordination and planting conditions:*** Stronger local ownership, a manageable geographical scope, suitable weather and adequate water availability must be confirmed.

Although the decision was disappointing, the Club recognises the feedback as constructive. Importantly, METGE remains open to reconsidering the request once the identified gaps have been addressed and suitable planting conditions confirmed.

Preparing for a stronger second attempt

RC Ngora is committed to addressing the weaknesses identified and submitting a strengthened request.

The Club will prioritise further community sensitisation, identification and demarcation of planting sites, registration of beneficiaries and establishment of local committees. A practical tree management and monitoring plan will also be developed, with clear responsibilities for landowners, community representatives, the RCC and Rotary.

The Club will strengthen its record-keeping to track not only the number of seedlings received and planted, but also their survival and growth over time. Distribution will be aligned with the first rains to improve the chances of successful establishment.

The Club appreciates METGE for its guidance and constructive feedback, the Ngora District leadership for its support, and the people of Odwarat for their participation.

For RC Ngora, this experience has reinforced an important principle: lasting impact requires more than good intentions and the mobilisation of resources. It requires preparation, community ownership, patience and accountability.

Our ambition remains unchanged: we do not simply want to plant 10,000 trees; we want to grow 10,000 trees that survive, mature and continue serving our communities for generations to come.

That is the difference between planting trees and growing a lasting legacy. That is how we Create Lasting Impact through Rotary.



102 DISTRICT CONFERENCE
Creating Lasting impact

Rotary District 9213

Rotaract District 9213



DISCON 102

Bringing Clean Water Closer:

Agu Health Centre III Solar Powered Borehole Nears Completion



Access to safe and reliable water is essential to the delivery of quality healthcare. At Agu Health Centre III, the Rotary Club of Ngora is working towards addressing this important need through the installation of a solar-powered borehole that will improve access to water for both healthcare workers and the communities they serve.

We are pleased to report that a major milestone has been achieved: **Davis & Shirtliff has completed the installation of the solar-powered borehole system.** This is an important step towards providing the health centre with a more reliable water supply, reducing dependence on alternative water sources and supporting a cleaner, safer healthcare environment.
However, the project is not yet complete. The remaining works include the erection of the water tank stand, installation of the water tank and completion of the associated piping and plumbing. Once these works are completed, the facility will be able to benefit fully from the new water system.

The Rotary Club of Ngora is therefore making an appeal to fellow Rotarians, friends of Rotary, well-wishers and development partners to continue supporting this project. Every contribution, whether financial, material or through other forms of assistance, will bring us closer to completing this essential community investment.

Water is more than a basic utility in a health facility. It is fundamental to hygiene, infection prevention, sanitation and the dignity of



patients and healthcare workers. Completing this project will make a meaningful difference to the day-to-day operations of Agu Health Centre III and the people who depend on its services.

Together, we can turn the progress already made into a fully functioning water supply system. **Let us join hands to bring clean, reliable water to Agu Health Centre III.**

For those willing to support the completion of the project, please get in touch with the Rotary Club of Ngora.



Rotary District 9213

Rotaract District 9213



DISTRICT 9213 PROJECTS STORYTELLING CHALLENGE

QUARTER 1 CHAMPIONS

Celebrating clubs submitting impact stories to PI and Community Service Committees for showcasing.

- RC KISAASI -KYANJA - MCH, POLIO
- RC KAMPALA DAY BREAK - ENVIRONMENT +WASH
- RC KITEEZI - BELEP+WASH
- RC NGORA - DISEASE PREVENTION, MALARIA CONTROL
- RC GREATER NEBBI - WASH
- RC SONDE - DISEASE PREVENTION
- RC KASANGATI - GG/CED
- RC KITANTE - GG /YOUTH / CED
- RC KULAMBIRO - BELEP +WASH
- RC MANYANGWA NAKWERO - BELEP
- RC MUKONO (JOINT WITH 7 ROTARY CLUBS AND 8 ROTARACT CLUBS) - BELEP/ MENTAL HEALTH
- RC KAMPALA SOUTH - (SOUTHERN COLLABORATION UNDER 7 AREAS IN JJANYI/ PARTNERSHIP)
- RC MAHABA - ROAD SAFETY
- RC KIRA - ROAD SAFETY
- RC KAYUNGA - DISEASE PREVENTION

Safe Roads Save Lives

#RotaryEyamba
#RotaryKonyo
#StoriesForImpact

https://rotaryd9213.org
Rotary District 9213

Bringing Hope Closer to Home

Ngora Takes a Step Forward in Mental Health Care

3 months of implementation

Behind many closed doors, individuals and families struggle with mental health challenges, often without knowing where to turn for help. For some, the difficulty is not only finding support but also overcoming the stigma and silence that surround mental health.

The Rotary Club of Ngora is working to change this through the Ngora Mental Health Project, a Rotary Global Grant initiative implemented by Finemind Uganda in partnership with Ngora District Local Government. The project seeks to bring mental health support closer to the people by integrating counselling services into 10 government health facilities across the district.

Since implementation began in July 2026, encouraging progress has been made. Twenty health workers, two at each participating facility, have been trained as counsellors. They include nurses, midwives, psychiatric nurses and Community Health Extension Workers (CHEWs). An additional five counsellors, facilitated by Finemind outside the grant, are helping to assess how the services might be sustained without monthly stipends.

The project is also extending its reach beyond health facilities and into communities. A total of 139 CHEWs have been trained to help identify people who may need support and refer them to appropriate services. Health facility in-charges and data clerks have also received training to strengthen mental health data recording and reporting.

Most importantly, the services are no longer just a plan on paper. ***Counselling is already taking place in the participating health facilities, with more than 137 counselling sessions conducted in August and September 2026.*** Ongoing supervision by the District Psychiatric Clinical Officer, with support from Finemind Uganda, is helping to strengthen service quality.

Where can you access mental health support in Ngora?

Anyone experiencing emotional distress, mental health challenges, or simply needing someone to talk to can seek support at any of the following participating health facilities:

- **Agu Health Centre III**
- **Ngora District Medical Unit (DMU)**
- **Mukura Health Centre III**
- **Ngora Health Centre IV**
- **Ajeluk Health Centre III**
- **Atoot Health Centre II**
- **Omiito Health Centre II**
- **Kapir Health Centre III**
- **Kobwiin Health Centre III**
- **Opot Health Centre II**



Please help spread the word. If you know someone who may benefit from counselling, encourage them to visit one of these facilities and ask about the available mental health support.

The next phase will take mental health awareness directly into communities through sensitisation campaigns and radio talk shows planned from November 2026. These activities will help residents understand mental health, recognise when support may be needed and know where to seek help.

For the Rotary Club of Ngora, this project is about more than establishing counselling services. It is about helping people feel seen, heard and supported, and creating an environment where seeking help for mental health challenges is accepted rather than stigmatised.

An important priority going forward is ensuring that the district and participating health facilities fully own and integrate the services into routine health planning and delivery. This will be essential to sustaining the programme beyond the period of Rotary funding.

Through this partnership, RC Ngora is taking a meaningful step towards a healthier and more supportive community. Our ambition is simple but significant: to make mental health support accessible, encourage people to seek help and ensure that no one has to face their struggles alone.

Quarter One Highlights

Creating Lasting Impact Through Service, Partnership and Community Engagement

- **Public Image:** RC Ngora was recognised for its Quarter One storytelling under Disease Prevention and Treatment, highlighting the Club's malaria prevention work in Odwarat Parish.

- **Solar-Powered Borehole:** Davis & Shirtliff completed installation of the solar-powered pump at Agu Health Centre III. The project awaits completion of the tank stand, water reservoir and piping, and the Club continues to call on Rotarians and well-wishers for support.

- **Leadership Development:** RC Ngora participated in the District Presidents' Retreat in Gulu, reflecting on the first 100 days of service and planning priorities for the months ahead.

- **Environmental Conservation:** Rtn. Proscilla Akutui, Environment Team Lead, led engagements with the Odwarat community, district leadership and Mount Elgon Tree Growing Enterprise (METGE) to promote community ownership and sustainable tree growing.

- **Malaria Grant**: IPP Godfrey and Rtn. Dan Ogellan conducted monitoring and evaluation activities to assess progress and strengthen accountability in the Club's malaria prevention project.

- **Dignity for Girls:** PP Grace Akalo represented RC Ngora at the commissioning of the girls' changing room and incinerator at Ngora High School, implemented by HADEO to promote menstrual dignity and support girls' school attendance.

- **Governance:** The Club completed and submitted all required quarterly governance and Family of Rotary surveys, demonstrating its commitment to accountability and good governance.

Rotary Club of Ngora Launches UGX 200 Million Foundation Drive For Kapir Health Centre III



Artistic Impression

For the mothers who walk for hours to reach a clinic, for the children who need urgent care, and for the elderly in Kapir who deserve dignity in health - help is finally within reach.

The Rotary Club of Ngora has officially launched a **UGX 200 Million Foundation Fundraising Campaign** to lay the foundation for **Kapir Health Centre III**, a flagship project that will transform access to primary healthcare in Ngora District.

This foundation phase is the critical first step of our ambitious **five-year UGX 1 Billion Health Project (2027-2031)** aimed at bringing essential health services closer to the people.

Why Kapir? Why Now?
Currently, residents of Kapir Sub-county and surrounding parishes travel long distances to access even basic health services. The new Health Centre III will provide maternal health, child immunisation, outpatient care, and support for vulnerable groups right at their doorstep.

Time is of the essence. The Club must mobilise resources and complete ground works before the rainy season sets in, to stay within donor timelines and maintain momentum.

Two-Pronged Strategy To Raise UGX 200M
To achieve this target by the end of this Rotary year, the Club is rolling out two parallel campaigns:

1. "Buy a Brick / Buy a Bag of Cement" Campaign
A member-led drive where every Rotarian contributes — in cash or in-kind building materials. No contribution is too small.

2. Corporate, Diaspora & Institutional Outreach
A targeted engagement of corporate partners, friends in the diaspora, and institutional donors through a coordinated prospect list managed centrally by President Jane Aik and Fundraising Lead Maurice Olupot to ensure professional follow-up and avoid duplication.

All proposals, architectural plans, and donor letters are now centralised in a shared digital drive for transparency and easy access.

A Call To Action
This is more than a building. It is hope, health and dignity for Kapir.

As Rotarians, we are inviting all well-wishers, partners and friends of Ngora to stand with us. Join our weekly Saturday progress check-ins, commit your brick, and help us open doors to partners.

"Service Above Self — Let us lay the first stone together."

To support or pledge:
Contact: President Jane Aik / Rtn. Maurice Olupot - Rotary Club of Ngora

The Rotary Club of Ngora — Building Healthy Communities.



Artistic Impression

Presidents' Retreat Gulu
October 2026
Pictorial































