

MHCD

MISSION IN HEALTH CARE AND DEVELOPMENT

MISSION EN SOINS DE SANTE ET DEVELOPPEMENT

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GENERAL REPORT 2014 TO JUNE 2015

BY:

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MHCD DIRECTOR

My gratitude's to the almighty Father for his protection, blessings and giving me the strength to continue serving the less fortunate. Thank you very much for being with me and advancing MHCD. I will continue to serve you and those vulnerable people.

Am also grateful to my wife Dellice Nafula Mulimbalimba and my children Andrew Masururu Mulimbalimba, Elizabeth Nabindu Mulimbalimba, Elaine Victoria Kadetwa Mulimbalimba and JeanLuc Kahindja Mulimbalimba for your love. Thank you for always accepting me to go away for more than a month serving people. Thank you too for your company.

Lastly I would like to thank very much Stella Darmody, Nathan and Cathy Dietsch, Dr. Elaine and John Dietsch, Ronda and Arthur Boyd and Dr. Julie Monis Ivett for your love, care and support. You were very close in good and hard times and everytime MHCD had an emergency you were always ready to help. Thanks a lot for all the efforts and sacrifice you are putting in day by day for the advancement of MHCD. I say thank you and am very proud of you.

APPRECIATION:

I appreciate and thank all MHCD friends and supporters who supported us till we managed to achieve these activities in 2014 to June 2015. Thank you very much for all your efforts, sacrifice, love, care and support. You have been a great blessing to us. To those who donated and we knew them personally, we are very grateful and also to those who we never knew them, thank you so much. Am proud of you all and I love you very much.

I would like to thank the following organizations for their support:

1. Birthing Kit Foundation Australia
2. Bethesda Ministries International Australia
3. MHCD Australian Support Association Adelaide Australia
4. Australian Embassy in Harare Zimbabwe
5. Rotary Clubs Australia
6. Zonta clubs Australia
7. Wheelchairs for Kids Perth Australia
8. World Vision Australia
9. Adelaide United Football club
10. West Waylong Community Church
11. Green Grove-Junee Chocolate and Licorice Factory Australia.
12. LTS group at CSU Wagga Wagga Australia.
13. Integrity Restoration Ministries.
14. DAK Foundation Australia
15. Medical Aid for Oceania (Rotary Club of Barrima District) Australia
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17. Raffles Lease Pte Ltd Australia
18. Hands Up Congo, Australia
19. Sydney Development Circle,Australia
20. Belrose Rotary Club, Australia
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28. Soropotomists of Cootamundra, Australia
29. Hunters Hill Rotary Club, Australia
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31. University of Tasmania Rozelle Campus, Australia
32. Pocket of Peace, Australia

Thank you very much for your prayers, love, care and support.

SPECIAL THANKS:

I would like to take this opportunity to thank MHCD friends who sacrificed for the sake of MHCD. You were with us in happiness and through turbulent times. Thank you very much for all your efforts, love, care, support and prayers. You have been a great blessing and close friends to us. May the Almighty God richly bless you and your beautiful country.

My special thanks goes to:

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Thank you very much for everything you are doing and are continuing to do for the vulnerable people of DR Congo. You are very special to us and am proud of you.

INTRODUCTION :

Mission in Health care and Development is a NGO whose main objective is the promotion of primary health care, providing good, proper and affordable health care services to vulnerable people , education, poverty reduction and supporting vulnerable children. It's now more than 10 years since MHCD has been carrying out these activities. Most of the activities are carried out in Democratic Republic of Congo. We have some other projects in Kenya and Burundi. From 1997 to 2004,D.R.Congo experienced severe war and a UN report says that more than 5 million people died. Not all this died of bullets, some died of hunger and diseases. Children and women were the most vulnerable. At that time, Dr.Luc was working in Kenya at the ICIPE- International Centre for Insect, Physiology and Entomology as a medical Doctor and researcher on natural medicine. After working in Kenya for about 3 years, he received a message from Home saying his parents and some other relatives were sick so he had to travel back home to DRC.On his arrival in Uvira,he continued to his home village in Luvungi and realized that so many people were living in poverty. There was no hospital, just a small health centre, no radio station, the sick had to be transported to uvira town, Bujumbura or Bukavu and those who were not capable had to stay around and just wait for their death. Many children were suffering from malnutrition and most died due to lack of food and medicine. Many children too died of malaria, typhoid and other waterborne diseases. Women were leading very difficult lives carrying loads of luggage's on their backs and this brought lots of complications, diseases and deaths. He found so many problems.

In bringing solution to this problems, he decided to resign his work in Kenya and reduce some of the activities he was doing there and he had move to Uvira District and then Luvungi with his family. It was not easy to leave a car, nice house, water and electricity and go stay in a village with no electricity, water and the latrines at 100m because the house was small and not self contained. The first thing he started was starting a community Radio station that helped in sensitizing the community on different topics like agriculture, primary health care,midwifery,peace and reconciliation, how to use mosquito nets and birthing kits and many other

topics. Secondly he began hospital construction with the aim of helping provide the villagers with good, affordable and proper health care. He then opened a nutritional centre and children suffering with malnutrition were being catered for there. He also opened nursery schools in Sange, Luvungi and Lubarika where we were supporting orphaned children with free education and medical care. There are many activities that he has done and have been included in the past reports and you will also get to discover others in this report.

Australia was also a blessing country. When Dr.Luc and family arrived in Uvira,so many Australians joined hands with him on his Congo vision and really helped a lot in improving the quality of life and reducing poverty amongst very many people. Australia is well known in Uvira District due to all the goodness they did for the people. We really appreciate your love, care and support.

This report is for the activities we did as of 2014 to June 2015.Thank you so much for taking your time to read this report.

PAMELA COMMUNITY DEVELOPMENT CENTRE:

Most of the activities that we carry out involves a lot of women. This is because women in DR Congo are in the frontline of helping their families and they suffer so much since they are the victims in most dangers. During war, so many Congolese women were raped, some widowed and some suffered chronic diseases due to heavy luggages. Main challenge was that most were illiterate and it became so difficult for them to prosper. In helping them, we started training and educational programs on different topics so they can be independent. Since we did not have a hall or a place for the trainings, most of these sessions were carried out under trees. This was stressing to us because during the raining season it was difficult to learn due to poor weather and also during the dry season there was too much dust. We were forcing them to learn in those environments but it was difficult for them to endure.

By good luck and through Gods Grace, last year Stella Darmody came into MHCD and she accepted to support the construction of the centre. The centre is named after Pamela, Stella's mother who had the passion to help other vulnerable women. All MHCD members and staff were very happy on the naming of the centre after Pamela, in remembrance of the good work that she did. We thank very much stella for accepting to support the project and helping us build the nice building that's helping to serve the women.

Pamela community Development centre is a building with different rooms. It has a hall with a capacity of holding 400 people and its used as a training centre, every Friday, Saturday and Sunday as a cinema hall, we air educational movies to help the community and have some good time, It has an inside restaurant where participants will not be required to be catered for, it has a video studio with video and music equipment for sound and entertainment, has a small museum with photos, history of the centre and Congolese women photos. It has a reserve room especially for resting or for the women who might be coming with children as play rooms.

Besides the centre we built a women hostel called the WOODWARD PLACE. This hostel will be aiding the women coming to the seminar from

far with accommodation. Women leaders coming for long trainings eg more than a week so they can sleep well. It also has a restaurant that shall be open every day and shall be a self help project for the women. When there are no trainings other visitors will be using the rooms and the centre will get funds to support itself. We called it a Woodward place in the memory of Woodward who was Stella's Father. We again are so grateful to Stella for supporting the Woodward place construction.



Pamela Community Development Centre Building.

LUBARIKA VILLAGE PROJECT:

This village was the most affected with the war from the year 1997 to 2004. Rebels from neighboring countries and DR Congo had their bases there. They raped so many girls and women and even children as young as below 6 years old. Farmers could not practice agriculture thus many people lived in poverty and hunger. Because of this, most of the children suffered from malnutrition and also stress caused many of the youths and adults to indulge in uncontrollable traditional beer drinking. Even the women and young girls were involved.

To help the orphaned children be independent in future, we opened a nursery school called Green Grove School. The school provides free education to orphaned, street and other vulnerable children. In 2014, the school supported 240 children with free education. It has two teachers and one Headmaster.

Another program we had there was teaching the children mothers and guardians on agriculture, primary healthcare, counseling them on morality and for the sick they come to Luvungi Hospital for treatment. This programme succeeded because most of them stopped the too much drinking and started being involved in productive activities to help themselves and their families. This is one village whose women will be coming for training at the Pamela community Development centre. Some women from Lubarika also benefited from the women offload campaign and were given bicycles that really help them to carry their farm goods.

Another challenge in Lubarika at Kagaragara centre was lack of clean water. They were drinking and using daily river water which still was a

long way to go so children had to travel for long distances to fetch water. The water on the other hand brought with it waterborne diseases like diarrhea, typhoid fever, intestinal worms and many other diseases leading to many deaths especially to those under 5 years of age.

In bringing solution to this problem, MHCD installed purified and tapped water in the village and this is where the whole community is drawing clean water from. This water comes from the hills so we piped it to have it next to people and so people do not have to go a long way to fetch water. This also helped in reducing waterborne diseases and infant mortality rate.

I thank very much Australian rotary club and other MHCD friends who contributed financial support towards the water installation. We thank also greengrove chocolate factory for supporting greengrove school in Lubarika.



MUTARULE VILLAGE SUPPORT:

This is also one of the villages in Uvira District. In June 2015, a group of rebels forced their way into the village and massacred 37 people amongst them children and women. Because of this, those who survived evacuated the village and had to look for some solace elsewhere. They left their belongings and still the gunmen stole all of it. Where they went as refugees they had no food, clean water or medical care and some succumbed to death.

When we as MHCD heard of this, we purchased 4 tones of food (2 tones of rice and 2 of beans) and we distributed this to 801 families guaranteeing food to more than 2000 people. When we arrived at the site to give the food, we found out that one of the women had just died of hunger so it was a huge blessing for those still living. The sick were transported to the Luvungi Hospital for free medical care.

We are so so grateful to all MHCD friends who contributed towards this worthy course. Thank you very much for your,love,care and support.



Mutarule Food Distribution

WOMEN OFFLOAD CAMPAIGN (Bicycles for Health and Development):

Uvira's major economic activity is agriculture which is carried out by almost 80% of the population. There are few people involved in small business activities. Most men do not have the white collar jobs and it's on the women shoulders to feed their families. This has caused women to do hard tasks like digging, carry heavy loads on their heads and backs for more than 20 kms to get to the market, fetch water for long distances and many other heavy tasks. Due to the insecurity in some of the villages and thus farm lands, the women are not able to go to the farms due to fear of being raped. This has caused many families to lead extremely difficult lives. You will find there are so many children suffering from malnutrition in the villages, many people are losing lives due to lack of proper healthcare especially the children and women.

As I said earlier on, 80% of the population carries out agriculture. The women are the ones on the frontline to work and provide for the family but the big problem is that many women are leading difficult lives due to poverty. They wake up in the morning and go to their farms to plough. After almost the whole day working out in the farms, they take some of their harvest home which is about 50kgs and they have to walk 20kms by foot. This has caused many women to develop diseases like back aches, headaches and gynecological disorders. Some other pregnant women who also carry such loads miscarry due to complication.

In bringing a durable solution to this problem, MHCD has began a campaign called Women offload campaign. This campaign is involved with the sensibilisation of the community and distribution of bicycles to the women and girls so they can carry their luggage's on the bicycles other than the backs or on head. This is the Bicycle for Health and Development Programme.

From the year 2014 to May 2015, we have been successful in distributing 120 new and strong bicycles to vulnerable women from different villages. Amongst this are women who were raped, widows, single mothers and other vulnerable women. The bicycles help them to

carry luggage so they no longer use backs or heads, are used as ambulances to carry the sick and other activities.



Bicycles distribution.

EDUCATION:

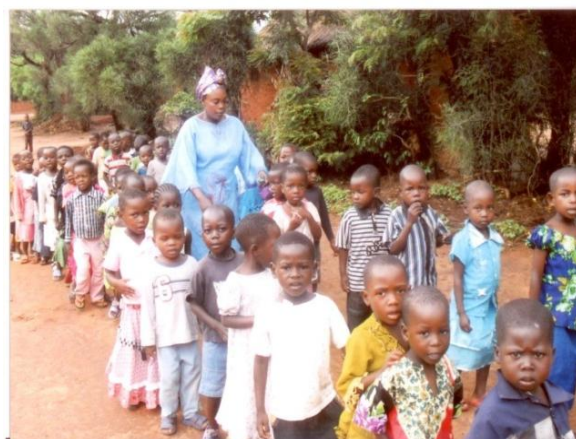
One of MHCDs successful programs is education. We have the Save the orphaned and street children which is a program involved with identifying the orphaned and street children and offering them free education. This program kicked off in Bungoma Kenya and is currently in DR Congo.

In Bungoma we have a nursery school called Joanne Naswa academy where we provide free education to children. This school is in Kanduyi and it has now a branch in Milo village.

In D.R.Congo, we have Dietsch Academy based in Sange and MHCD nursery school in Luvungi. We have also a primary school in Kahororo village which MHCD started in the village and it's still the only school.

In 2014, MHCD provided free education to 24 pupils in Kanduyi, 60 in Milo, 142 in Sange, 240 in Kahororo and 70 in Luvung totaling to 536 pupils. The first group of pupils are now in secondary school, others are doing professional activities and they are self independent.

I thank very much Nathan and Kathy Dietsch for supporting our nursery schools. Your support enabled us to maintain schools and assist many children.



Students of Kahororo, Lubarika, Sange and Luvungi schools.

MICRO HYDRO POWER STATION:

We succeeded to build micro hydropower in Luvungi village that will give electricity to MHCD Luvungi Hospital and the community. We started the

project in 2010 but due to lack of enough funds, we did bit by bit. Dr. Luc Mulimbalimba was the main supporter of the project together with the community of Luvungi village. We thank also engineer Robert from Holland who sacrificed time and effort to construct the power station.

As at now, we succeeded the completion of the construction of the dam, intake, street lighting in two main roads of Luvungi village, installing the wire from the power house to the Hospital, installing all equipments and waterwheel into the powerhouse and managed to produce power in power house.

Last year MHCD Australia Support Association helped do fundraising for the project and they collected some funds that helped realize some of the above projects. We thank very much MHCD friends from Australia who sacrificed their time towards this project.

We have not completely finished the project. We still are in need of USD 30,000 that will see the project completed. The project is at 85% only 15% to go so we can finish and have power at the hospital and village. This is one of the biggest projects MHCD has ever conducted and we did it by faith and am grateful to God for the grace till we are about to finish the project. I kindly please request all well wishers reading this report to support us realize this project. Best construction time is in June, July and August which are summer here in DRC it's the best and only months we can build in water because it will have dropped; any assistance towards the project is welcome.



Micro Hydro Power Project.

WHEELCHAIRS DISTRIBUTION:

We launched the Wheel Chairs distribution and Luvungi children rehabilitation and re-education centre on Saturday 5th July, 2014. Ms. Avigail, the Secretary and Consul of the Australian Embassy in Harare Zimbabwe representing DR Congo together with the governor of the South Kivu province were present.

We selected the physical handicapped children from different villages of Uvira District especially those who are school going and do not have the means to go and we gave them wheelchairs. MHCD Ambulance went to the villages to pick them and then returned them afterwards. It was the first time for them to see and be given a

wheelchair. All the children and their parents were very very happy to receive the wheelchairs for free. MHCD technician who went for training in Kinshasa is the one who reassembled the wheelchairs and fit them to every child.

We are so grateful to the wheelchairs for kids Perth Australia for supporting us with the wheelchairs, World Vision Australia for covering transportation, Ronda and Arthur Boyd for their contribution to the wheelchair project, Pam and the Hall Rotary club, Dr.Elaine and John Dietschs for all your contributions. Through your support, today we are successful to offer mobility to physically handicapped children. Those who were crawling on their stomachs today are guaranteed a wheelchair that helps them move around without many difficulties.



Children's received Wheelchairs.

CHILDREN REHABILITATION AND REEDUCATION CENTRE :

In MHCD we always organize mobile clinics and visit different villages, every place we went we found many physically handicapped children who were suffering a lot. Most of them were crawling on their stomachs due to lack of support or wheelchairs, others stayed at home because their parents thought they were cursed or their condition was as a result of witchcraft and others had problems that could have been solved if there was a rehabilitation centre that could consult them and look for solution to their problems. The children who were lucky to go to school had to travel for very many kilometers on their stomachs and it was very very hard for them. All these problems made MHCD have a vision of constructing a rehabilitation centre and make the physically handicapped children lead better lives.

We are so grateful to the Australian Aid under the Australian Embassy in Harare Zimbabwe representing D.R.Congo for supporting the construction of Luvungi children Rehabilitation and Reeducation Centre. For many years, Uvira District generally and Ruzizi valley in Particular had never had a children's rehabilitation centre. But today, through the Australian Aid, we have been successful to build a permanent and modern rehabilitation centre.

The centre has two main buildings constructed by bricks and other modern materials. Inside there are four large rooms, 2 medium and each building has a corridor. It has been built on standards of assisting the physically handicapped people. It's been built in Luvungi village. We chose on Luvungi because it's the second biggest town of Uvira District and its surrounded by so many villages. In Luvungi, it will be very accessible to very many people from different places even our

neighboring countries Rwanda and Burundi. The Luvungi Rehabilitation centre therefore shall be a centre of the Great lake region countries.

The centre has the following departments:

1. Consultation room
2. Wheelchair Reassembling and Distribution centre
3. Physiotherapy
4. Orthopedic centre
5. Nursing care
6. Medical laboratory
7. Educational Room
8. Radiology
9. Wheelchair store
10. Reception.

We have another building that shall accommodate other services.

The centre will not only be for distributing the wheelchairs and other medical services but also for offering social and developmental skills to the physically handicapped adults. This will be for improving the lives of the physically handicapped people and reduce poverty in their families.

We shall have the following trainings at the centre:

1. Information technology (Computer training)
2. Tailoring
3. Agro-business
4. Nursing and midwifery
5. Micro-financing
6. Adult education

Again we are so grateful to the Australian Aid under the Australian Embassy in Zimbabwe representing D.R.Congo for supporting the construction of the rehabilitation centre. This is a great gift you have given to the population of the whole of Uvira District especially the physically handicapped and they will never forget it. We really appreciate your love, care and support.

Luvungi children Rehabilitation and reeducation centre shall be of great help in reducing poverty and improving lives of people living with physical disabilities. The children who went on school crawling on their stomachs will be given wheelchairs that will assist them with transport and going to school well. They will no longer be taking 3 to 6 kms to reach their destinations. This will help them finish school well and be independent. For those who found it very difficult to help themselves around, they will now be independent. It will help bring solution to other problems through medical care especially for those problems that can be managed or treated by orthopedic materials. The community will discover that physical handicap can be managed and the individual can lead normal life.

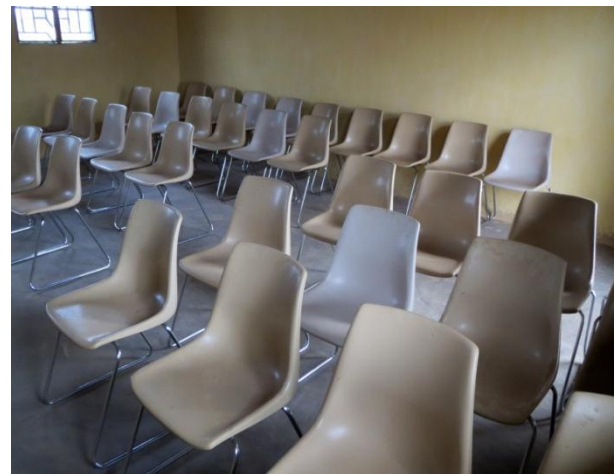
We thank also Wheelchair for kids, Perth Australia for supporting us with wheelchairs. One of the major activities of our children rehabilitation centre will be distributing wheelchairs to the physically handicapped children. We received a 20ft container full of wheelchairs and we are so grateful to World Vision Australia that helped in transporting the wheelchairs from Australia to D.R.Congo.

We are grateful to the MHCD Australia Support Association and the Birthing kits foundation Australia that sent us another container with tables, chairs, medical equipment and other materials that have helped in

equipping Luvungi Children Rehabilitation centre. Thank you so much for your support.

EPILEPSY CENTRE:

Epilepsy is one of the diseases that many children suffer from in Uvira District and D.R.Congo in general. Research carried out by MHCD shows that many children who have suffered from malaria and as a result were not properly treated developed cerebral malaria and one of the consequences is Epilepsy. Many people believe that epilepsy is as a result of curse, witchcraft or demonic spirit and this makes the epilepsy patients suffer so much and are neglected. In bringing a solution to this, one of the rooms in the rehabilitation centre shall be for treating and managing epilepsy and will also help in research.



Rehabilitation centre buildings.

MHCD NUTRITIONAL CENTRE:

One of our main activities is the reduction of Infant mortality, maternal and morbidity rates through birthing kits use and distribution, training of traditional midwives and health workers and treating women and children at our hospital and clinics. MHCD focuses on community health and development.

The main challenges we face day in day out is that the children that we are receiving for treatment at the MHCD Hospital in Luvungi and other clinics in Kiliba, Sange and Makobola villages come when they have advanced malnutrition.

Insecurity situations in their villages prevented their mothers to go and cultivate the lands, a note worthy point is that Agriculture is the main backbone of DR Congo and 80% of the population rely on it. This in turn made many families to lack food thus the children suffering from malnutrition. Some come with advanced malnutrition associated with malaria and anemia since most of them stay home for long without receiving any proper treatment. Others come dehydrated due to diarrhea. MHCD's observation noted that when these children come, if they stay for a week without getting nutritional food and medical care they lose their lives. The parents bring them when they see that some other children have already died at their homes with malnutrition. This means that many children die from malnutrition and malaria due to lack of proper nutrition and healthcare.

In bringing a durable solution to this problem, MHCD opened a nutritional centre in Luvungi and Kiliba where we are providing nutritional food and medical care to the malnourished children. We give them nutritional porridge from soya beans, sorghum and maize and when preparing they mix with vegetable cooking oil and sugar. We give them also lunch and milk. If we have enough food, we give the mothers some rice and beans and at times greens that we have planted at the MHCD farm so they can eat at home. We give them deworming medicine and for the very sick we hospitalize them at the Luvungi MHCD Hospital for Intensive medical care.

The objective of the MHCD nutritional centre is to treat children suffering from malnutrition, fight hunger and eradicate poverty in their families. We

give their mothers hoes and some piece of land where they carry out agricultural activities. They plant maize, sweet potatoes and vegetables. After few months they harvest. They eat some and sell the surplus so the money can help them start a small business. We also give them some money for micro finances for them to start some small businesses. Since we started this programme, we have seen a lot of change and improvement in their families. We managed to eradicate malnutrition in so many children and families. The children who had suffered so much from malaria are now well and the mothers can enjoy, sing and dance from the projects we have given them because they can get food to feed the children and them and get some money from the same to help them in life. Most of them because of poverty they came looking very old but since the start of this programme their health has improved and they now look young.

We still have so many malnourished children who are receiving food and medical care at our nutritional centre. At our hospital there are many children suffering from malaria and do not even have a cent to purchase medicine. I kindly please request all well wishers reading this report to assist us with food and medical care so the children may continue with their treatment. With USD150, you can change lives of the whole family by them engaging in agricultural activities or small business. Your support will bring joy, hope, and development and reduce poverty in our communities especially in women and children.



The malnourished children recovered.

GREAT LAKE MEDICAL SCHOOL:

The idea of starting up this school came from students of the midwifery training of trainers program. After enjoying the topics they learnt and on seeing how they were able to reduce infant mortality rates in their villages through trainings and birthing kits distribution, they requested MHCD to open a midwifery school that will enable young girls from the poorest villages with no funds for education to come learn on midwifery and we saw that it was a good idea and we decided to open a small college that will ensure continued training.

The school is based in Luvungi village the MHCD Headquarters at the MHCD Luvungi Hospital buildings. Our community workers and village elders carried out an investigation and they picked on two girls from each village who were given a scholarship by MHCD and they came to study nursing and midwifery. They picked on young girls who have a secondary school diploma and those who have no money. Many of them are orphaned and they come from remote villages. Among them are girls from the pigmies' community. There are some other villages that selected a girl and a boy.

After training the students will go back to their villages and help MHCD in promoting the primary health care, treat patients and train traditional midwives plus other community health workers. They will also be in a position to open a dispensary or health centre and carry out births. They will also be carrying out immunizations and transferring difficult cases at nearest hospitals. They will also be helping in the birthing kits distribution and carrying out survey on the impact of birthing kits. During holidays they will be going back to their villages and doing some of these activities.

CURRICULUM:

Great Lake Medical Institute is registered under the ministry of Health in DR Congo and follows the national programme of midwifery and nursing. Our students after finishing will receive the national diploma that will enable them work inside or outside the country which is a blessing to them because it will not only help in promoting healthcare but also provide employment for them.

ACCOMMODATION:

All our students are coming from villages and do not have any places to stay. MHCD gave them one house that has beds, mattresses, a dining hall, study room and all this helps them to study and learn under comfortable conditions. Since they come from poor backgrounds, all this are provided for free for them. Their parents contributed very little food for them due to extreme poverty they face at home so MHCD once again is forced to chip in, in the form of supporting them with some meals.

SCHOOL FEES AND OTHER MATERIALS:

MHCD has two medical Doctors and an administrator who assist in teaching. Because topics are diverse and they cannot finish by themselves, we have to look for other teachers from other medical schools and those teachers are paid after teaching. Since our students are learning for free, it's sometimes an uphill task to find money to pay the teachers. This is why we are looking for donors and volunteers to support one or more students so we can see if they will be able to learn in good conditions.

We have 20 students and the cost for each of them is USD42 per month, this gives a total of USD504 per year.

We give them school bags, exercise books, pens, mosquito nets and others school materials that allow them learn under good conditions.

ATTACHEMENT:

MHCD has a hospital that helps the students to have practical knowledge of the classroom knowledge. Every Friday they go for practicals at the hospital. Since their classrooms and dormitories are not far from each other, they can access the hospital any time there are any cases that concern them. They are very lucky to learn at MHCD because the Hospital is near them.

EXTRA- CURRICULAR ACTIVITIES:

The students have a sports session every Tuesday and Friday evening to keep them active physically and to make them interact and share different ideas of life with each other, they have counseling sessions every Wednesday to inspire and help them have a focus in life because many of them come from very poor backgrounds and most of the girls are already single mothers. This happened to them because of poverty and difficult life. They have community services at the MHCD compound every Saturday morning before they break for their weekend. The Students have entertainment sessions that help them unwind from the busy studies.

SUPPORT AND REQUEST:

As requested above, we have 20 students and the cost for each one is USD42 per month which is USD 504 per year. This is for education alone without food. We are requesting all well wishers to help us in providing for the education of these students. Your support will provide them with education that will help provide proper health care and save lives of very many women and children in their villages.

VOLUNTEERS:

We are calling on all volunteers to consider coming to volunteer with us and stay with the students. Your moral support will help uplift the spirits of the students. You can volunteer by sending them letters, gifts, food, school materials or any other items to help them feel out there there are people taking care of them. You are also very welcome to come and visit MHCD activities and D.R.Congo.



MHCD Midwifery Students.

BIRTHING KIT PROGRAMME:

We are so grateful to the BKFA Australia for their continued support with the birthing kits and for training the traditional midwives and birth attendant in Democratic Republic of Congo. Your support has brought great change and reduced infant mortality and morbidity and HIV infection.

TRAINING OF TRAINERS MIDWIFERY SEMINAR:

FIRST SEMINAR HELD IN UVIRA TOWN:

From the 28th of July 2014 to 18th August 2014, MHCD in collaboration with the Birthing kits foundation Australia organized a midwifery training of trainer's seminar. The training brought together nurses, midwives, community health workers and medical Doctors. They spent together 21 days discussing on the methods of reducing infant mortality and morbidity, preventing HIV/AIDS and promoting primary health care and community development in the villages where there are no health care facilities. The seminar was held at Hotel Delice located in Uvira town, South Kivu province. The participants had food and accommodation at the Hotel and the seminar was carried out at the Hotel Hall. The seminar started at 8.00am to 5.00pm; They had 3 meals per day i.e. breakfast, lunch and supper and in between they had tea breaks. They were accommodated in self contained rooms.

Amongst the topics covered were midwifery, primary Health Care, counseling, public Health, community Health, epidemiology, naturopathy, finance and administration, micro financing, how to use birthing kits, how to use local items in the absence of birthing kits, report writing, project writing, communication, newsletter and brochure writing and many other topics. They also had workshop hours where they would discuss the class topics and the experiences from their various villages. Every Saturday was an outreach day and they used to visit villages and put into practice the information acquired from the seminar throughout the week. They visited Makobola village in Fizi District, Luvungi village in Uvira District and Ngomo village in Walungu District. This gave them new experiences in the various cultures and their way of life.

The participants came from 3 provinces namely: South Kivu, North Kivu and the Katanga provinces. In reaching the seminar venue, some came by cars, others by ship and still others by plane. The lectures at the seminar were from different provinces too namely Kinshasa, Lubumbashi and Goma. Some were medical Doctors and the others have degrees in Management, social works, finance and administration. All of them have a good background experience on community health and development because they have worked diversely with NGOs, in rural areas and they

understand well the way of life in the villages. Among the participants there are those who had good experience so they could speak out and this helped the others a lot to get a good understanding.

We organized a free and relaxing time for them. During this time, they visited Lake Tanganyika, MHCD Headquarters in Luvungi, Mitumba chain of mountains, Uvira town and many other places. The seminar made them discover another region and it was very insightful for them. The last day of the seminar was for examination and they did it. We trust this will help them get certificates after filling the survey forms, distribute birthing kits and create midwifery clubs in different villages. Their mission will be training of the traditional midwives, community health workers and distribute birthing kits to them. They will also be transferring emergency cases to hospitals and health centres. They will be carrying out immunizations and other healthcare services to the children and women in there villages. They will be on the frontline to show the impact of birthing kits in their communities.

I was very impressed with the readiness of the participant to learn. All of them were very eager and attentive to get clearly all that was being taught. The class participation was excellent throughout the seminar and gender equality was well taken care of. The topics they learn helped men to consider their counterparts in the seminar and respect them.

After the seminar each of the participants went back with 200 birthing kits, in total that was 3600 birthing kits.

The seminar was funded by the Birthing Kits Foundation Australia and carried out by MHCD under the leadership of Dr. Luc Mulimbalimba. Many thanks to the Birthing Kits Foundation Australia for your continued support of birthing kits and finances to train the traditional midwives and health professionals. Through your support, we have been able to distribute more than 100,000 birthing kits in DR Congo, Kenya and Burundi and trained more than 1000 traditional midwives. We really appreciate your support and care.

SECOND SEMINAR HELD IN LUVUNGI:

From 5th January 2015 to 25th January 2015, MHCD Mission in Health Care and development, together with Birthing kits Foundation Australia organized the 2nd training of trainer's programme that involved medical Doctors, community workers, public health workers, nurses and midwives from 3 provinces namely South Kivu, North Kivu and Katanga. Amongst the participants were pigmees.

The seminar happened in Luvungi Village. The participants were accommodated at the Hotel du Lac and the seminar and training was held at the MHCD Headquarters. The Hotel and the seminar venue were a stones throw away so they managed to learn and make it safely to the hotel. This was also relaxing to them. The participants from different places were very happy to see the natural beauty of Luvungi, Ruzizi valley and the Mitumba chains of mountains. Since the seminar Hall was close to the Hospital, it was easy for the participants to do their practice there on topics like primary healthcare, midwifery, counseling and many others that required practicals at the hospital.

The participants had 3 meals per day, breakfast, Lunch and supper and in between they had tea breaks with snacks. They slept in self contained rooms. Amongst the topics learnt were midwifery, primary healthcare, community development, how to use birthing kits, how to use local items where birthing kits are not available, communication, naturopathy, counseling, epileptology, project writing, newsletter writing, administration and finance, how to create clubs and many other topics. Every day they had discussion time from the class learnt lessons and then shared experiences from their various backgrounds. Every end week they had exams to try and see if they have captured well the seminar contents. All of them were very active in the class and were very happy to discover new knowledge, places and culture. Gender equality too was observed. They had time to share their experiences and all of them promised when they go back to their districts they will be able to train traditional midwives, distribute birthing kits and fill in the before and after birthing kits distribution survey forms.

Every Saturday they were visiting villages for outreaches. The objective was for them to put into practice all they had learnt in the week. They visited Kiringe village located in Uvira District, Ngomo village in Walungu District and Rugombo on the border with Burundi. The seminar exposed them to new culture, new experiences and they discovered so much for example, they found that traditional midwives who are illiterate are using birthing positions recommended in the midwifery schools, secondly, through the use of natural resources they can reduce poverty and fight hunger. They were very touched with the poverty life they found many traditional midwives and people and living in. They found many children are suffering from malnutrition, many still dying due to malaria that could have been cured and this was due to lack of medicine and services from the health officers. They found many children without clothing and this touched their hearts a lot and inspired them to sacrifice their services for humanity. All in all it was a good experience to them especially because they learnt topics on midwifery, community health and development.

The participants had time to visit MHCD headquarters. They were touched to see how Dr.Luc and MHCD has changed the lives of people and improved Luvungi in General in just few years. They were surprised to see the built hospital, nursery school, community development centre, rehabilitation centre, community radio and television, micro hydro power station, nutritional centre, community market, birthing kit centre, bridge and educational centre where they had the seminar. When they compare the villages they visited and Luvungi, they found out that Africa especially DR Congo needs people who will volunteer to help other people and bring development in their own areas and the experience of Dr.Luc Mulimbalimba was very inspiring to them and that one can start from nothing to help his or her community. It was a very good experience to them to have the seminar at the MHCD Headquarters.

Since MHCD has good facilities like class rooms, library, educational room, dining hall, hospital and a sports ground, they requested that MHCD and Birthing Kits Foundation Australia to open a medical school that will help mainly the youths from the villages with secondary school diplomas to come and learn. When they carried out outreaches in Rugombo Burundi near the border, they were also requested to open a medical school. Dr.Luc Mulimbalimba promised them that he will talk to

the Birthing kits Foundation Australia so they can see if they will open the school that will have both the Congolese and the Burundi youths.

They really appreciated the support of funds from the Birthing kits Foundation Australia for holding the seminar and assisting their community with birthing kits. They said that through MHCD and Birthing Kits Foundation Australia, they will try their level best to improve lives of traditional midwives, expectant women and infants through birthing kits distribution and poverty reduction.

BIRTHING KITS AWARENESS:

We stated a new strategy this year of distributing the birthing kits and making it know among very many citizens and even people in the government. We produced 8.000 posters demonstrating the importance, and impact of the birthing kits in 2 languages Kiswahili and English. The posters were gives out in clinics, hospitals and health centers, traditional midwives also expectant women and in public places. We also produced radio shows in local languages on the importance and impact of birthing kits and promoting BKFA activities. We produced video documentaries of 10 minutes and 30 minutes respectively and bought a video projector with which we were showing movies in different villages. We challenged MPs of D.R.Congo Australia parliamentary friendship group to promote birthing kits in their provinces and districts and look at how they can help us in distributing them in future.

IMPACT OF BIRTHING KITS:

1. The kits were great instruments in reducing HIV/AIDS in expectant women, midwives and babies;
2. They helped the traditional midwives and expectant women give birth in a clean environment;

3. We were successful to reduce infant mortality rate at 90% especially in places where we trained the traditional midwives and distributed the birthing kits;
4. Helped the TBAs to be respected and work under good conditions;
5. Helped reduce other infections among traditional midwives , expectant women and babies;
6. A great reduction in maternal death rates

TRAINING OF TRAINERS PROVINCES AND DISTRICT:

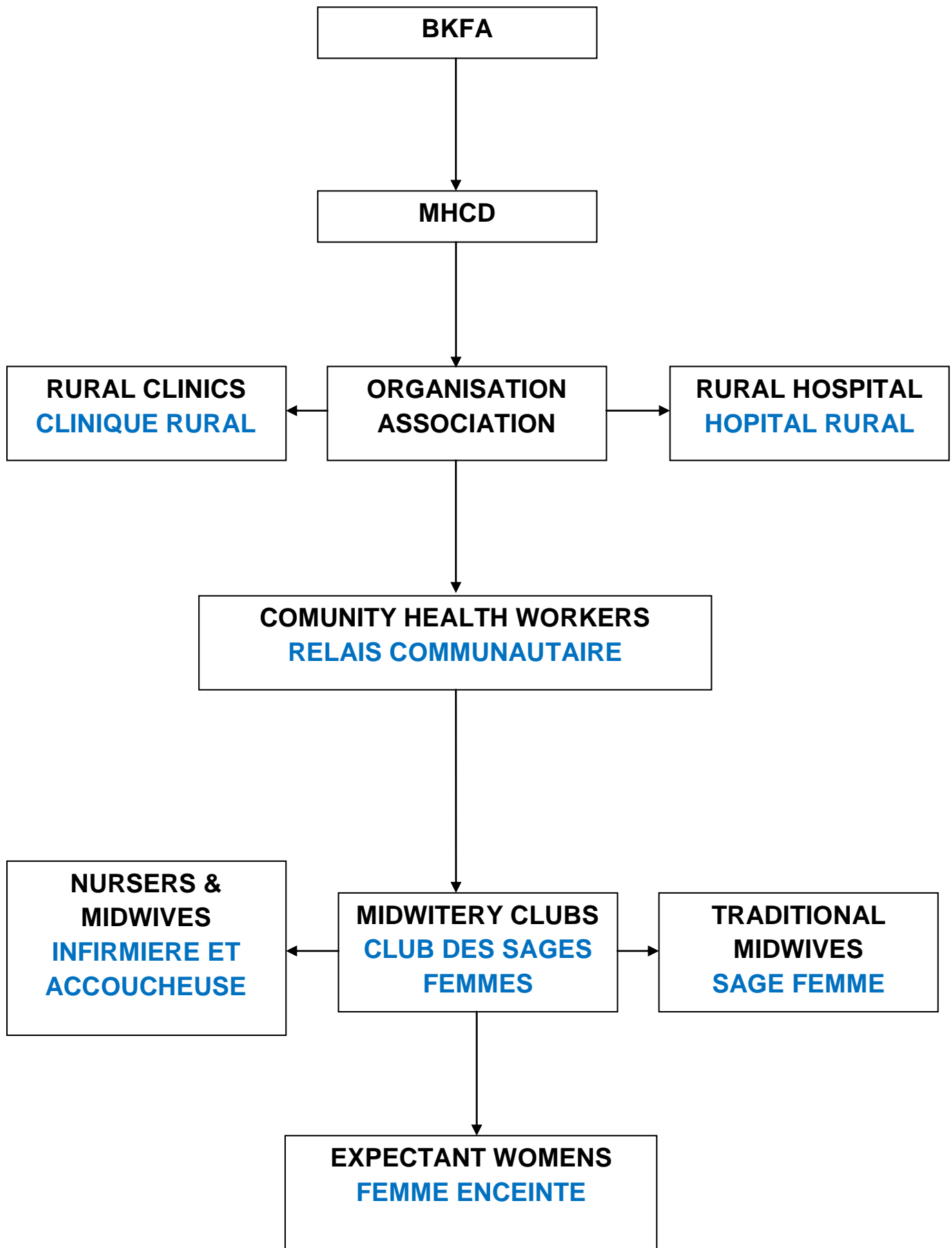
These are the provinces and districts where the participants who participated in the training of trainers came from.

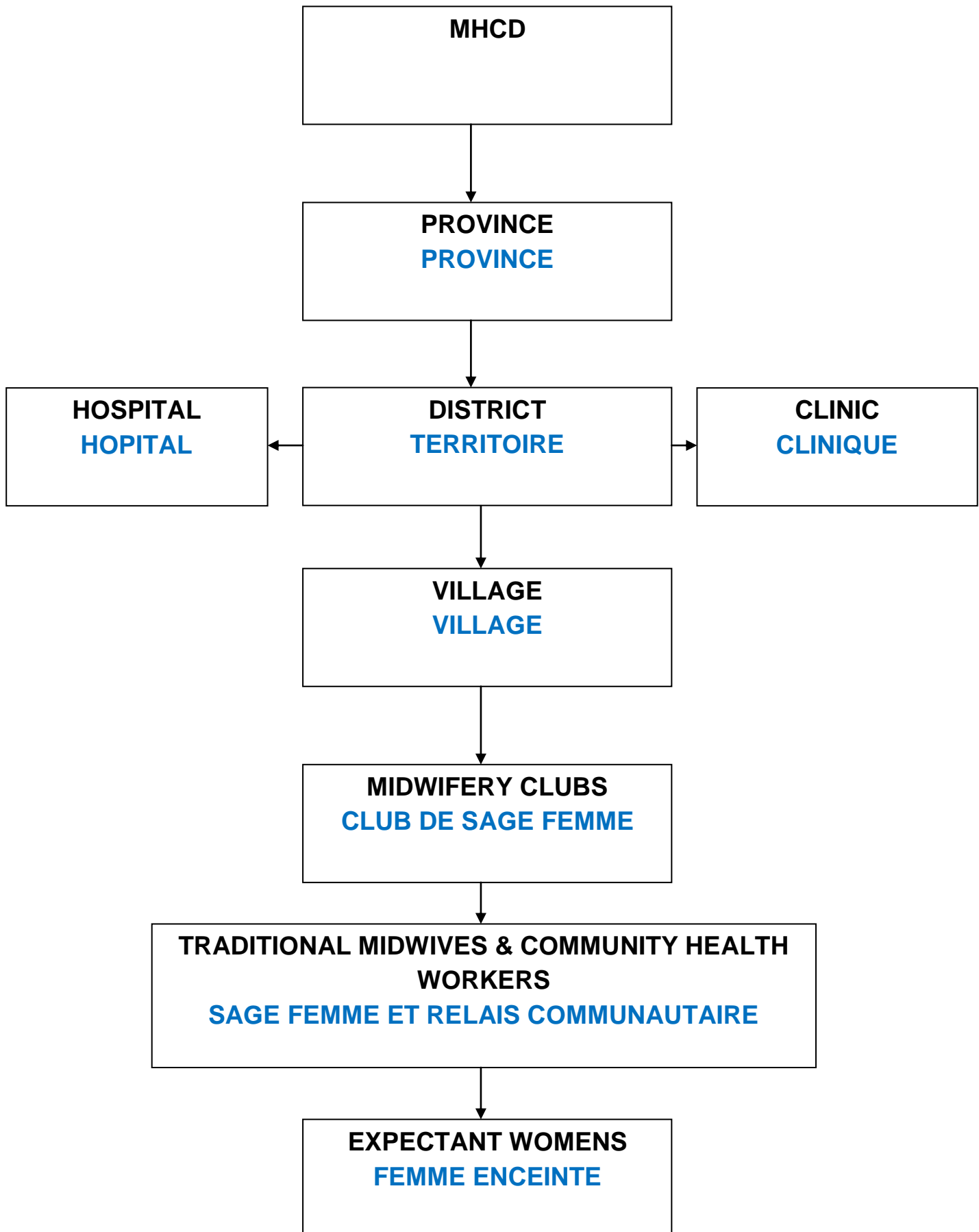
| PROVINCE | DISTRICT | Number of Participants |
|--|----------------|------------------------|
| SUD-KIVU (SOUTH-KIVU) | UVIRA | 2 people |
| | FIZI | 2 people |
| | MWENGA/WALUNGU | 2 people |
| | LEMERA | 2 people |
| | BUHEBA | 2 people |
| | MULENGE | 2 people |
| NORD –KIVU (NORTH-KIVU) | NYIRAGONGO | 2 people |
| | BENI | 2 people |
| | SHABUNDA | 2 people |
| | MASISI | 2 people |

| | | |
|----------------|---------------|----------|
| | WALIKALE | 2 people |
| | MINOVA | 2 people |
| KATANGA | KALEMIE | 2 people |
| | MALEMBA NKULU | 2 people |
| | BUKAMA | 2 people |
| | MANONO | 2 people |
| | MOBA | 2 people |
| | PWETO | 2 people |

We are so grateful to BKFA for all their efforts, sacrifice, love, care and support that you have continued to show to the traditional midwives, rural clinics and dispensaries so they may continue providing good and proper birthing to the women.

Your support has really changed lives of so many women and babies and reduced infant mortality and morbidity. We specially thank you for this year for providing us with more than 17,000 kits. It was a blessed year and is looking forward to get double the number of kits we got this year 2015.

BIRKING KITS DISTRIBUTIONS SCHEMA

BIRTHING KIT DISTRIBUTION IN NATIONAL LABOR



Training of Trainers Participants.

We thank you also for your collaboration and co-operation. On our side we shall try our best to promote the birthing kits in the whole of D.R.Congo , central and east African countries.

LUVUNGI MHCD HOSPITAL:

Luvungi MHCD Hospital is a medical department of MHCD, Mission in Health Care and Development whose main objective is to provide proper, good and affordable health care to vulnerable people living in the villages and rural areas and reducing poverty through community development and health programme.

Luvungi MHCD Hospital has services and departments like :

1. Maternity
2. Dental clinic
3. Ophthalmology clinic
4. Epilepsy clinic
5. Theatre
6. Consultation rooms
7. Pharmacy
8. Wars for men and women
9. Ronda and Arthur child clinic
10. Community pharmacy
11. West Wyalong counseling Centre
12. Medical laboratory
13. Nutritional centre
14. Community Rehabilitation centre
15. Pre natal and Post natal clinics
16. Naturopathic clinic
17. Homeopathic clinic
18. Community ambulance
19. Mobile clinics
20. Intensive Care Unit ICU.
21. Echography
22. Dental radiography
23. ECG Machine
24. Birthing kit distribution and assembling centre.
25. Community canteen.

The main objective of all these services and departments is to make MHCD Luvungi Hospital to be the leading and referral Hospital in Uvira District and in 2013 we made it because many people who were going to the neighboring countries to receive special treatment like ophthalmology, dental care and special examination like for echography and dental radiography are receiving these services at the Luvungi Hospital in Uvira District. This has made us have very many patients and also serve many. MHCD Luvungi Hospital together with its clinics and health centres which are in Uvira, Kiliba, Sange and Buheba was able to serve 4800 patients including the in patients and out patients and those who were coming to purchase medicine at the community pharmacy after the consultation.

WEST WYALONG COUNSELLING CENTRE

This centre helps us in carrying out counseling to the raped women from the villages and who do not have a place to sleep. Most of the time we receive women at the hospital who after consultation we find that they have gynecological problems and many of them usually is as a result of rape. They refuse to say that they were raped because of fear of being isolated and discriminated against. There are even married couples with the same problem but it becomes very difficult for them to communicate. In solving this, MHCD decided to construct this counseling centre that has the following services:

1. Family and sexual violence counseling
2. HIV and Family planning counseling
3. Accommodation for the raped women coming from different villages
4. Counseling and resting rooms
5. Sitting rooms

The centre has a guest house of four beds, sitting room, kitchen, counseling private rooms and verandah. This centre helps us even in receiving visitors coming to visit the Hospital and also those coming for family counseling. This centre has helped greatly in bringing couples together, fighting discrimination among communities, women opening up to be treated and bringing hope in Uvira District

DENTAL CLINIC:

Our dental clinic is the only clinic with a dental surgeon in the whole of Uvira district. Before opening the clinic, very many people had their teeth removed by general doctors or nurses. This brought about lots of problems because they had no experience and knowledge on teeth removal in turn so many complications were noted and others lost their lives also many used to lose a lot of money going to look for treatment far away and this brought poverty.

Since we began our dental clinic, dental infections have reduced in the communities, deaths occurring from dental issues have been reduced to zero and people do not spend a lot of money travelling so far looking for a doctor. This has brought development in the community and reduces poverty.

In the year 2013, we were successful to get a container of goods from Adelaide Australia among which there were dental equipments and materials like dental chairs, dental Radiography and many other dental materials. This made our dental clinic to be the best and the only equipped dental clinic in the whole of Uvira District. The materials were of great help to our dental doctor's work well and have helped the Luvungi Hospital dental clinic to be a modern clinic.

OPHTHALMOLOGY CLINIC:

Luvungi MHCD Hospital again is the only hospital with an ophthalmology clinic in Uvira district. Before, many Congolese were travelling to Bujumbura Burundi, Bukavu, Kampala, Nairobi Kenya and Kigali Rwanda just looking for an ophthalmologist but since we opened an ophthalmology clinic at Uvira MHCD clinic and Luvungi MHCD Hospital, people are not travelling very far away. We purchased ophthalmology operation kit and hired an ophthalmologist Doctor from Kinshasa, capital city of D.R.Congo who carries out all operations and has saved lives and helped so many people.

The big challenge we are facing is that we have only one ophthalmologist who works in Luvungi hospital and Uvira clinics. All medicine and eye glasses we get them from Kinshasa and they are quite expensive and it's sometimes very difficult for the patients to purchase

the prescribed medicines due to poverty. We kindly request all well-wishers to please help us in this department so it can advance.

EPILEPSY CLINIC:

Epilepsy is one of the killer diseases in D.R.Congo but so many people are not aware. Many people still believe that epilepsy is a curse, witchcraft or demonic. This causes many people suffering in the communities to be marginalized.

Many people still believe that when an epileptic patient emits he or she will get infected thus when they fall down they are left by themselves because people fear to be infected. Because the patient's i.e. epileptic patients believe that it is due to witchcraft or demons when they fall they are taken to the witchdoctors other than the hospital.

To bring a solution to all these problems we started a centre for prevention and treatment of epilepsy, where we carry out research on epilepsy, epilepsy awareness and treatment of people suffering from epilepsy.

Since we started this programme it has helped a lot in reducing suffering of the epilepsy patients and people have realized that epilepsy can be managed and it is not a transmitted disease. This has been a successful programme and we succeeded to convince people to bring patients to the hospital than to the witchdoctors. We began also the programme of training and equipping doctors on epilepsy management which is going on.



Patients Hospitalized at Luvungi MHCD Hospital and children in Maternity Unit.

IMPACT RADIO AND TELEVISION:

This is the Department of MHCD that is involved with educating and sensitizing the community on different topics like Hygiene, malaria prevention, Importance of birthing kits, community development, Microfinancing and many other topics that help in reducing poverty and improving healthcare in villages. Impact Radio and Television has helped a lot in bringing together the children who got lost from their parents with their parents, women who were affected by war and they were not with their husbands and families and it has also helped people relax through songs and other comedies programmes. We have also had news programme that has helped people know of the local, national and international happenings around the world. We connect to international Radio stations like BBC and Radio France International Africa so the population becomes well informed.

Before we began Television, there were people who operated cinema halls and people had to pay to watch movies. So they could get money they used to air mostly pornographic movies and this affected so much the young girls and youths, some were impregnated and most couples were affected since some divorced. All this happened because in the villages there were no activities for them to relax and this is why they had to get into the cinema halls where they were badly affected. The Cinema halls were made by traditional bamboos and inside they had small Television sets and Decks.

In bringing a solution to this problem, MHCD started a Television station and we distributed TVs and small generator in each village. We started airing educational programmes and documentaries, educational movies, Christian music and agricultural and other development programmes. Since it was free, the community instead of going into the cinema halls they started watching TVs in their villages. This brought a great impact and many cinema halls were closed down. This reduced immorality among the youth and divorce amongst couples.

We started a programme called women for media programme which we used women to visit other fellow women and talk on topics that could impact positively on their lives. This programme was very positive and we have gotten many testimonies in the year 2013 and 2014 of women

living healthy lives through this program of Impact radio. Family planning before was unheard of but through this programme, many women are going for it. Malnutrition and infant mortality rates have also been reduced.



Impact Radio and Television Studios.

MOSQUITO NETS DISTRIBUTION:

We managed to distribute 330 mosquito nets to women who had just given birth at the MHCD Luvungi hospital, MHCD Uvira clinic, Kiliba clinic, to the women whose children are suffering from malnutrition at the MHCD nutritional Centre in Luvungi and Kiliba so they can prevent malaria and the expectant women.

They were very very happy to receive free mosquito nets.

We distributed 180 mosquito nets from Anne Miller Zonta club and 150 from Integrity Restoration Ministries.

They asked me to thank them on their behalf.

Thanks a lot for your love, care and support and May God bless you.



Mosquito nets Distribution.

SPORT FOR PEACE AND DEVELOPMENT:

Sport for Peace and Development is MHCD program under Luvungi united Football. Our club is going on very well. We now have two teams, for the ladies and the gentlemen and all of them are progressing on very well. We have a football pitch at the MHCD grounds and after playing they get time to discuss important topics like Primary Health Care, Peace and Reconciliation, Agriculture, Hiv prevention, Family planning, Environment, Education, Etc.



MHCD Teams (For man and Women)

PIG PROJECT:

I would like to thank very much the MHCD friends and supporters especially Zonta Club of Adelaide Hills and Dr Elaine and John Dietsch for the donations towards the pig project for the women micro financing project. We received the funds for pig project and we bought 28 pigs that we distributed to 14 women groups. By goodluck, one group got a pig that was expectant and in just a week it gave birth to 8 piglets. This is a great project that helps reduce poverty in many families. When the pig gives bith,they distribute the piglets amongst themselves since each

group has 5 members and the remaining is sold away so they can get some money that they can start some small business.



Pigs distributed in different women groups.

MHCD NEW GENERATOR:

We succeeded to purchase a big generator of 10kw. We sold the old generator, added some money and then bought this larger one. We did this because our micro hydro power project is not completely finished. We still have some small work to do and then have permanent power. In awaiting its completion, we saw that the older generator power was slowly decreasing and so we sold it and added some money to purchase the larger one. The generator gives power to the Hospital and the street lights, for now all the street lights up at night.

We shall do the same thing for the ambulance, its grown old now and it's not functioning well, we would like to repair it and then sell it off, get some money add on it and buy a second hand from Japan or Dubai.

We really thank Ronda and Arthur Boyd for supporting us with new generator and Ambulance. We appreciate your love, care and support.



MHCD New Generator donated by Ronda and Arthur Boyd.

FISH POND PROJECT:

Dr.Luc Mulimbalimba and MHCD Staffs visited fish pond project in Kidoti village and they found the villages are doing a great work in fish farming. The main objective of this project is to reduce poverty and fight malnutrition. MHCD has 6 fish ponds in Kidoti, 2 in Lemera, 2 in Luvungi and 2 in Rubanga.in total we have 12 fish pond around Uvira District. We are planning to multiply the project to other villages where people are suffering from malnutrition and hunger.



MHCD Fish Pond Project.

AGRICULTURAL PROJECT:

MHCD agricultural project is doing very well. I was surprised to see the people whom we assisted with the agricultural programme from our support doing really well. Their lives have really changed and are no longer suffering from hunger. They asked me to thank MHCD Australian supporters on their behalf. Thank you very much for supporting these people through MHCD. We really appreciate your care and support.



MHCD Women's harvesting sweet potatoes from their farm.

REQUEST:**LIBERTY SURGICAL CAMPAIGN**

Luvungi MHCD Hospital started being operational 4 years ago. It was focusing so much on the health of children and women. They make up 80% of the total number of patients. We also receive many adult patients suffering from chronic diseases and other diseases that require operations. Among the cases we received on a daily basis are prostate, Gynaecological disorders like fibroids, myome, fistula, ovarian kyst, hernie, appendicectomy, eye problems, dental problems, cleft lip, orthopaedic problems and heart diseases etc. Treating all these diseases need a specialist in each of the fields. The main challenge we face is that at The MHCD Luvungi Hospital, all the doctors are general practitioners. They carry out normal operations like caesarian and appendicectomy but the other operations are usually referred. Since in the whole of Uvira District there are no specialists in the domains, the patients have to cross to the nearby Bujumbura, the capital city of Burundi, Nairobi Kenya, Kigali Rwanda or Bukavu to receive the medical care they need. Those who have finances are the ones able to go but the poor go back to their homes due to the inability to cater for transport and medical care charges. When they go back to their homes, most of them die and some have to endure the suffering of which until this time am writing this newsletter there are those who are at their various homes and very sick. The patients at their homes are suffering so much. They cry day in day out due to the pains they have to endure. Some think that it's because of witchcraft when they see the suffering beyond explanations their people have to go through and for some they do not have good relations with their neighbours.



Children waiting for operation at MHCD Luvungi Hospital

Because the sickness and the diseases have crippled them, they cannot go to tend to their farms hence the family is not able to get enough food to even feed the children leading to higher malnutrition rates. Some of the children do not go to school due to lack of school fees giving birth to the major problem of street children. Women have to shoulder donkey work and carry loads of luggage's to make ends meet. The diseases therefore bring with them poverty, severe suffering and to another extent separation in families.

In looking for a way to help this dear group of people, MHCD Mission in Health Care and Development has started a medical campaign titled Liberty Surgical campaign so as to help them. We picked on the word liberty since the patients are not free to do anything, it's like their hands are tied so we believe that through the operation they will be free and able to work and be harmoniously together with their families. Like those suffering from cataracts and brings them partial blindness, through operations they can get back their sight and go back to their work, prostate surgery in Bukavu is almost USD1500 which is like a dream to many poor families in Uvira. Since they are living below a dollar a day, many men succumb to deaths due to lack of money of which if operated on they can be well and then go back to their jobs, because there are no

dental surgeons in Uvira that quarks masquerading as dentist normally do the operations but very poorly and this has given rise to so many deaths. All this problems made MHCD contact medical doctors, specialists in various fields of surgery like gynaecology, dentistry, ophthalmology, orthopedics from Kinshasa, the capital city of DRC. They are also professors' in Kinshasa University, the biggest University in DRC. They will be carrying out operations at the MHCD Luvungi Hospital for the whole month of July 2015. The Doctors food, accommodation and transport will be covered by MHCD. They shall also be coming with anesthetics and nurses trained to take care of patients in the various fields. The same month will also be a seminar period and practical sessions will also be taught to the MHCD Doctors and nurses on how to deal with some difficult cases. The patients who will be operated on shall receive medicine and nursing care at the Hospital.



The children after Eye operation at MHCD Luvungi Hospita

We have already registered 420 patients with different problems. We shall be requesting affordable contributions from the able patients and for those who are proved to be extremely poor shall receive free medication and operation. So that this programme may be a success; we saw the cost for each patient will be USD70. This includes consumable materials for theatre, medicine and nursing care. We kindly please request well wishers to help support one or more patients so that we can be able to offer surgery and medication to the already registered group of patients. Your USD70 will save a life of one patient, not only him or her but also the family and community at large. After the operation, we shall take the

photo of the patient you have sponsored, the impact its had and then send it to you so that you can see how your contribution helped change lives for the better.

We are also appealing to volunteer Doctors and nurses willing to assist in this campaign to please feel very welcome. You can also assist with medicine; operation equipments or materials or consumable materials.

For more information or support please contact:

Email: moulymasu@gmail.com or mhcdafrica@gmail.com

TEL:+243 994 931 840

MHCD 2015 PROGRAMME

In 2014, we received very many children and women suffering from different diseases and 80% of them were not able to pay for medical care. Even though the services we offer are cheap and affordable but still many are not able to pay because they live much below the poverty line. This made us lack medicine and purchasing other medical materials was difficult and this has brought along so many challenges and difficulties because we were forced to offer them treatment since they did not have any other place to go to. This is why in 2015 we saw that we should focus on mother and child health.

We are planning to carry out the following activities:



Luvungi MHCD Hospital main building

1. NUTRITIONAL CENTRE:

80% of the population in Uvira District practice Agriculture. Due to insecurity, many of them do not go to their farms and this caused very many children suffer from malnutrition due to lack of enough food. The orphaned and displaced children are the ones who are most vulnerable. MHCD has a nutritional centre in Luvungi and Kiliba that serves the children suffering from malnutrition. In 2015, we are planning to support 200 children and each shall have a budget of USD150 for full treatment and preventing malnutrition in their family. (USD 60 for nutritional food, USD40 medical care and USD50 for small business or agricultural projects that will help their families fight malnutrition and reducing poverty). When you support a child with malnutrition, you are supporting the whole family.



Luvungi and Kiliba nutritional centre

2. MHCD COMMUNITY HEALTH INSURANCE:

At MHCD Luvungi Hospital, as I had said before, we usually receive very many women and children and they come from poor families. It's hard for them to contribute in the treatment and this makes the Hospital suffer lack of medicine and then maintenance becomes very difficult. In 2014, we went through lots of ups and downs and its by the grace of God that we manage to pull out through. In bringing solution to this problem and help the Hospital to have a good future, we began a programme called community health insurance that's a programme which we are thinking of looking for contributions and support for treatment for the women and children. We selected 2000 children and women and most of them are internally displaced and vulnerable. From our research, we saw that if we get USD 20 per person, it can help cover the medical bills per year. This is for the common diseases like malaria, worms, typhoid fever, maternity and general medical checkup. Many children and women are dying because they are seeking treatment very late when the disease is advanced. If you support a child or a woman 20 dollars, you will have helped provide for him or her medical care for a whole year. You can choose to support one or many children or women. This will be

possible if we get support for many children at once because it will help us in the purchasing of medicine and store them.



Women with their children coming to receive treatment at Luvungi Hospital

3. BICYCLES FOR HEALTH AND DEVELOPMENT:

Many women in Uvira District carry loads of luggage on their backs or heads and they have to walk for more than 30km carrying luggage's of close to 30kgs. This has caused chronic back pains, miscarriages and for others death. In bringing a solution to this problem, MHCD has commenced a programme called bicycle for health and development that distributes freely new and very strong bicycles to vulnerable women especially raped victims, widows, traditional midwives, girls who gave birth to children out of wedlock and community health workers.

In 2015, we are planning to distribute 300 bicycles, one bicycle cost USD120. In providing bicycles to the women, you will be helping reduce poverty in the whole family and empower the women.



Dr.Luc has met women carrying heavy loads of lugges and he is sensitizing them on the dangers of the same.

4. CITY OF HOPE CHILDREN'S HOME:

In the whole of Ruzizi valley and the Bafuliru Mountains, there was no orphanage or a centre taking care of street children. Children with no parents usually have lost direction in life because they do not have anywhere to go unless someone supports them. Some end up losing their lives. MHCD began a project of constructing the city of hope children's home that will have 10 houses. Each house will have 3 bedrooms, sitting room, kitchen, toilets and bathrooms and will have a capacity of hosting 8 children per house. We shall pick on guardians from the raped victims or widows who will be taking care of them as their mothers. This will help them feel that they are in a family. The construction of one house will cost USD 9000. We kindly please request well wishers to support us so this programme can be successful.



City of Hope Children's Home plan

5. BIRTHING KIT CENTRE:

It's now more than 5 years since MHCD has been distributing birthing kits and carrying out seminars on midwifery. Through this programme, we have been successful in reducing infant mortality rates and training traditional midwives. Birthing kits foundation Australia has been of great support to us in achieving this vision. In making this a sustainable and self help programme, we saw that we open a birthing kits centre that shall be having an internet café, library, birthing kits exposition room, office for keeping midwifery documents and store. We already have the building in place, we just need to furnish it. This shall cost USD 12,300. (internet connection and accessories USD5400, library books USD4700, tables, chairs and audio visual materials USD2200).

6. LIBERTY SURGICAL CAMPAIGN:

At MHCD Iuvungi hospital we usually come across many cases that require specialists in surgery and gynaecology. Women suffering from diseases like fistula, goiter, cleft lips etc, those who can afford go to big cities and neighboring countries to look for medical care. Those with no means are forced to stay back at their homes and suffer. In helping these people with no money to pay for expensive surgeries, MHCD has started a campaign to help them with free operations called liberty surgical campaign. We are planning a surgical camp from 1st July 2015 to 31st July, 2015. We shall have specialists in gynaecology, surgery, internal medicine, ophthalmology and dental treatments from Kinshasa who will be performing operations and treating the sick. We have already registered 420 patients and they are waiting for Doctors. We have a budget of USD70 per person so the programme can be successful. This includes medicine, medical care and transport and food for Doctors during the month. When you support a needy person get an operation, you will have helped them to go back to work and never suffer again thus lead happy lives.



A child with Ophthalmology Doctor after operation at Luvungi Hospital and another child on malaria treatment.

7. GREAT LAKE MEDICAL INSTITUTE:

This programme involves giving scholarships to young girls to learn midwifery. In DR Congo, we have a pigmies community that lives deep in the forests with no quick access to medical care and also other villages with no health centres. We chose 2 girls from 10 villages and those with secondary school education level who we enrolled in the midwifery school. When they finish education they will be going back to their villages and assist with deliveries, promote primary health care, family planning, immunizations and to train traditional midwives. We selected 20 students and each of them has to pay USD42 per month hence USD504 per year. When you support one student, you will be providing health care to more than 6000 people.

8. COMMUNITY PHARMACY:

This is an external pharmacy that serves mostly the outpatients. In Luvungi, there are no good pharmacies that provide good and cheap medicines to people. Those around are very expensive. This is why MHCD opened a community pharmacy so we can assist the people get cheap and good quality medicine. In 2014 our community pharmacy helped people a lot. We would like to stock it

to the full in this year 2015 so it can help a lot more other people and become a self help project in MHCD. The hospital and MHCD centres can be purchasing medicines there so they do not go far to look for medicine. Our budget is USD 3000 per month.



Uvira MHCD Clinic and Community Pharmacy

As I said earlier on, this 2015 programme focuses on Mother and child health. This year we shall be working closely with the MHCD Hospital in Luvungi. All our clinics and medical centres will be transferring all major cases in Luvungi so we can follow up. Thank you very much for reading this newsletter. I hope and believe that you shall help and support us in a programme that you feel in your heart most suitable. We shall send you reports, financial reports and photos to all our supporters so you can know how your donation was used. 100% of your donation go to the designated project. We do not take administration or pay staffs from your donations. Feel free to ask any question regarding MHCD or the programme.

FOR MORE INFORMATION OR DONATION CONTACT:

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CONCLUSION:

Thank you very much for taking your time to read through this report. We couldn't get enough time to write all the activities we did, but the ones we have here are the main ones. We are so grateful to God because through MHCD we have saved lives of so many people, many women's happiness has been restored and are leading normal lives, so many children whose future looked bleak are now in primary and secondary schools and are looking forward to a bright future and we have changed standards of villages like Luvungi which is now an emerging small town. We succeeded to do all this through your care and support. Your assistance helped MHCD realize these activities and save lives of so many people.

Our request is that you do not tire supporting us. We still have many activities that we have not realized and they really need your support. Kindly I request you to continue supporting us and to talk with many organisations, family members and friends concerning MHCD.

From 15th of June to 15th of August 2015, we shall be have two months of surgery at Luvungi hospital in diverse complications on people who can not afford funds to travel to neighboring countries for major operations. The patients have complications they have lived with for more than a year and if no operation is done on them they could lose their lives. Specialists from Kinshasa will be leading all the operations. I believe you read more on this on the Liberty surgical campaign above. I kindly please request you to assist us so we can get the funds to help those vulnerable people. You can also send this report to your family member, friend or colleague.

Again thank you very much for reading this report and may God bless you.

Dr.Luc Mulimbalimba Masururu

MHCD Director.