

AMICAALL-UGANDA PROGRAMME

MITYANA TOWN COUNCIL

HIV/AIDS SERVICE DIRECTORY



Mityana Town Council HIV/AIDS Task Force



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November 2005

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ACRONYMS

CBO	-	Community Based Organisation
NGO	-	Non-Government Organisation
CHAI	-	Community Led HIV/AIDS Initiative
LC1	-	Local Council 1
CSO	-	Civil Society Organisation
OVC	-	Orphans and Vulnerable Children
STD	-	Sexually Transmitted Diseases
RDC	-	Resident District Commissioner
DDHS	-	Director District Health Services
CAO	-	Chief Administrative Officer
TASO	-	The AIDS Support Organisation
VCT	-	Voluntary Counselling & Testing
COWE	-	Caring for Orphans, Widows and Elderly
PEEP	-	People's Effort to Eliminate Social Problems
HOSFA	-	St. Francis Community Health Centre
BCDTF	-	Busindi Community Development Trust Fund

ACKNOWLEDGEMENTS:

This service directory has been prepared with support from Mityana Town Council in collaboration with the CBOs/NGOs that deal with HIV/AIDS. AMICAALL- Mityana Chapter gratefully acknowledges the assistance of the Mayor, CBOs/NGOs, Town Clerk, Councillors, the staff of Mityana Town Council and the entire community of MTC for the efforts they have put to enable the production of this service directory.

NOTE:

This service directory is based on interviews and meetings conducted by AMICAALL-Mityana Task Force Members, March 2005. The list of the CBOs/NGOs as at production of this directory has been provided. However, regular updates of this service directory will be compiled by the AMICAALL- Mityana Executive team.

Any comments, corrections or requests for inclusion in the next edition should be forwarded to Mr. Wadriboh Isaiah Enzamah, AMICAALL Co-ordinator Mityana Town Council Tel 077672694



S.H.R. Kijjambu
Mayor, Mityana Town Council

1.0 MAYOR'S REMARKS:

As an urban leader where HIV/AIDS prevalence is high compared to the rural areas, the achievement of having HIV/AIDS Directory in place has paved the way for coordination and networking with other players in the fight against the dreadful disease. Personally am grateful for the efforts and services of AMICAALL National Co-ordinator who has enabled my council to achieve this.

As Mityana Town Council, we have been interacting with other players although at a limited scale. The council has a trained councillor who has done a commendable job which has enabled the people living with HIV/AIDS in Mityana Town Council to voluntarily register with Mayors office.

Apart from counselling services, the patients have been referred to those units that have treatment and other HIV/AIDS related services. Council has also assisted orphaned pupils by extending bursaries and some financial assistance depending on the available resources. This has been an encouragement for the sick to voluntarily register and indicated their areas of need.

There has been a very close working relationship with the national coordinating office and attending of AMICAALL General Meetings which have helped council and myself in particular to internalise the HIV/AIDS problem.

Having had that relationship and AMICAALL having accepted the need to work with my council to fight the disease, I call upon AMICAALL always to identify partners for working with in this area. If we access these partners it will help council to get self sustaining projects for the people

living with HIV/AIDS (PLWA). By so doing we shall fight the syndrome of begging and spoon-feeding an exercise that cannot be self-sustaining.

Having all that background of HIV/AIDS in Mityana Town Council, it is my humble appeal to everybody/government departments, CBOs and other partners to join hands with council leadership to work with people living with HIV/AIDS, orphans, care-takers of orphans, to fight all elements of stigmatisation in order to strengthen our production capacities through enabling all the above to be productive.

"The struggle continues"

Yours in service,


S.H.R. Kijumbu

MAYOR

2.0 PROFILE OF MITYANA TOWN COUNCIL 2005

Mityana Town lies at 32° 02E longitudes and 0° 24N latitude, 69km west of the Capital City of Uganda, along Kampala - Mubende Road.

It is located in Mityana District in Central Uganda.

Mityana Town Council covers an area of 21Square kilometres. The council is made up of gentle slopes with open U-shaped valleys. The landscape is advantageous to the developers in that they don't incur a lot of expenses to put up structures.

Mityana lies close to L. Victoria climate zone of high rainfall between 1279 mm and 1524mm per annum. The high rainfall periods are from March to June and from August to November, of temperatures ranging from 15°C to 28°C.

The population of Mityana is estimated at 35,214 of whom 16,885 are male and 18,329 female. Mityana like other towns in Uganda, has been hit by the HIV/AIDS epidemic. It is estimated that in every 10 persons in the council at least one is living with HIV/AIDS. More than 800 children have been orphaned, as a result of AIDS epidemic.

Mityana's fight against HIV/AIDS involves all the stakeholders/sectors. There has been a strong political commitment towards alleviation of this syndrome. Counselling/testing, sensitisation has been carried out by AMICAALL Local AIDS Task Force, Main Hospital, Hosfa and Family Planning Association.



Mityana Town Council Office Block

Mityana Town Council being a very fast growing urban centre, is bound to experience all problems that are faced by urban areas. The Trans African Highway which runs through the town to the west is now a major route for very many people moving to to the west and this has led to rapid growth in the establishment of accomodation facilities especially lodges in Mutyana which target truck drivers and operators.

There is no doubt that, this will the increase in the spread of diseases as the number of prostitutes is on the increase. This therefore, calls for timely response by way of sensitisation to the public and providing protective materials to the lodges.

Furthermore, the number of HIV/AIDS cases that have voluntarily professed in Mityana town has also tremendously increased and the homes visited show more need for assistance to many of these families.

Although Mityana Town Council has some budget towards HIV/AIDS related activities, there is a lot that need supplement to achieve some reasonable coverage.

3.0. FACTS ON HIV AND AIDS

What is HIV/AIDS?

- HIV-Human Immuno-deficiency Virus. The virus destroys the body defense system, It attacks the body soldiers and kills them leaving the person vulnerable to all sorts of diseases (e.g. TB, Pneumonia, skin Infections and diarrhoeal diseases)
- **AIDS:** Refers to acquired immuno deficiency syndrome
- **ACQUIRED.** The virus is acquired through someone else. **some of the ways we can acquire the disease include:**
 - Having unprotected sex with an HIV infected Person
 - Mother to child transmission during pregnancy, delivery or by breast feeding
 - Blood transfusion with HIV infected blood
 - Sharing sharp objects, which contain HIV Infected blood e.g. blades and needles.

Immune. A protection against disease causing micro-organisms.

Deficiency. Loss of this protection

Syndrome. A group of signs or symptoms that together define AIDS

A person progresses from being HIV positive to developing AIDS. A person with AIDS also gets what are called **opportunistic infections**. These are usually caused by some viruses or other bacteria that our bodies have but can control from harming us. Our Immune system keeps these microbes in check.

What makes people vulnerable to HIV/AIDS in communities

Poverty

Cultural practices such as having multiple partners

Alcohol abuse

Rape and defilement

Wars and displacement

Transactional sex etc...

Lack of education and illiteracy

Lack of adequate health care

Gender



The Task Force with an affected family.

General Signs and symptoms of HIV/AIDS

Fever

Chronic Diarrhoea

Skin rashes

Night sweats

Loss of appetite

Swollen lymph glands

Significant weight loss

White spots in the mouth or vaginal discharge (signs of yeast infection).

Memory or movement problems

N.B Only doctors can tell if someone has AIDS (as result of HIV Infection)

You cannot be infected by HIV/AIDS by:

- Shaking hands with an HIV positive person
- Eating food from the same plate, sharing a cup, cutlery or cookery with HIV positive person
- By hugging an HIV/AIDS positive Person
- An insect bite e.g. Mosquito or any
- Using the same bathroom or latrine with an HIV positive Person
- Sharing a bed or sitting next to an HIV positive person

- Working with an HIV positive person
- By witchcraft

Living positively with HIV and AIDS

Get regular counselling from a professional counsellor who will help you to come with terms with your status

Take care of your health by:

- Getting treatment for any sign or symptoms of infection or ill health as soon as they occur, by visiting a health care clinic or hospital listed in this service directory
- Eating a health and affordable balanced diet every day and shaking on fruits and vegetables whenever you feel hungry. A balanced diet consists of proteins and fats (e.g. meat, milk, fish, cheese, nuts, and avocados). These body building foods. A balanced diet also includes carbohydrates (e.g. porridge, matooke, potatoes, rice, cassava, pasta and bread). These are energy giving foods for the body. It also includes, vitamins, which come from foods such as spinach, carrots, onions, garlic and cabbages. These foods can protect the body against infections and gives it energy.
- Excising your body regularly by walking, cycling and swimming. Consult a doctor who will advise you if this is possible or not and also on the type of exercise you should do.
- Getting enough sleep at night or during the day depending on your job schedule, and resting every time you feel tired
- Do not take alcohol, smoke cigarettes or take harmful drugs like opium
- Join people living with HIV/AIDS support group (PYC), where you can find help and understanding from people who are having similar feelings and experiences to you. The names, contacts and details of such groups are included in this service directory.
- Practice safe or protected sex. Use a condom correctly every time you have sex. This will prevent you from being re-infected, which will breakdown your body's defence system further. It will also prevent you from spreading HIV/AIDS to another person. This service directory will tell you where you can get the condoms from if you are sure of how to use them properly, you can ask a health

care worker or doctor.

- You can also choose to abstain from having sex
- If you feel strong and healthy, continue, to do your usual work
- Learn to accept your status of an HIV positive person, as this is not going to change
- Enhance your spiritual life

What is HIV antiretroviral Treatment?

This is the main type of treatment for HIV or AIDS. It is not a cure, but it can stop people from becoming ill for many years. The treatment consists of drugs that have to be taken everyday for the rest of someone's life. HIV is a virus and like other viruses when it is in a cell in the body it produces new copies, HIV can go and infect other previously healthy cells. It is easy for HIV to spread quickly through the billions of cells in the body if it is not stopped from replicating. Antiretroviral treatment for HIV infection consists of drugs which work against HIV infection itself by slowing down the replication of HIV in the body. **The drugs are often referred as:**

- Antiretroviral
- Anti-HIV drugs
- HIV antiviral drugs

Antiretroviral (ARV) treatment can extend the healthy life of someone living with HIV. If other factors remain the same, and ARV medication helps HIV+ people to survive for longer, then HIV prevalence will increase. The introduction of ARV medication can however contribute to reducing prevalence by presenting people with an incentive to be tested (those who know their status are more likely to change their behaviour and so not become infected)

Are ARVs a cure?

The current drugs are **treatment but not a cure**; They can stop the progression of HIV. They let your immune system start to repair itself, but you will still be able to pass HIV-to another person

IMPACT OF HIV/AIDS on the community

Increased poverty

Increased number of orphans

Straining of health services

Stress/ Rising levels of anxiety in the community
Increased vulnerability to infection
Accusations of Witchcraft
Family disputes
Breakdown of family structure and class
Loss of production
Community vulnerability to increased infection rates

4.0 DEFINITIONS

In the following pages, there is a list of service providers working with HIV/AIDS in Mityana Town Council. The services provided are grouped as follows:

Care:

Provision of non- medical care to persons living with or affected by HIV/AIDS, which may include provision of food, clean water, home visits, blankets, clothing or other items, moral and spiritual support, basic health care and some counselling.

Free condom provision:

Condoms are provided freely.

Counselling:

Include pre and post-test counselling for those living with HIV/AIDS and counselling for family and community members affected by HIV/AIDS.

Data collection:

Collection of data about HIV/AIDS and HIV/AIDS service providers, monitoring and evaluation of service providers and programmes.

Education:

Include health education about HIV/AIDS general provision of schooling, vocational training, training in income generating activities and education of counsellors.

Funding:

Provision of funds for organisations working with HIV/AIDS including community based organisations.

Medical care:

Provision of medical care to persons with HIV/AIDS, which may include treatment for opportunistic infections, immunisation and provision of drugs.

Orphans:

Support for orphans, which may include provision of accommodation,

school fees, education, uniforms and clothes, food, beddings and other things.

Policy:

Involvement in advocacy lobbying and policy formation in relation to HIV/AIDS.

Sensitization:

Activities to help community awareness of HIV/AIDS, avoidance and prevention of stigmatisation.

VCT:

Voluntary counselling and testing, provision of testing facilities for HIV/AIDS and counselling prior to testing.

Widow/widower support:

Support and care especially for widows and widowers which may include provision of basic health care, funds, food, accommodation, items for house, clothes, counselling on positive living and training on income generating activities.

5.0 LIST OF SERVICE ORGANISATIONS, NGOS AND CBOS DEALING WITH HIV/AIDS IN MITYANA TOWN COUNCIL

No.	Organisation	Area of intervention	Impact
1.	Kolping-Mityana Women Project	Provision of school fees to orphans and needy children	120 students both in secondary and tertiary institutions have been assisted
2.	Uganda Micro finance Union	Offer credit facilities to individuals and groups	Many businesses are running and parents are supporting their children at school
3.	Uganda Change Agent Association (U.C.A.A.)	Training of change agents for local groups and clubs	Trained individuals have helped council by instilling skills and changing of the people's attitudes
4.	African Friends in Need Network (AFINNET)	To create an abundant life for the rural men, women, and youth by fighting ignorance, poverty and diseases in the community that promote human dignity	NIL
5.	UTODA/Mityana Allied Multi-purpose Company Limited (MAMUCOO)	Provide welfare of drivers and passengers Support sports and public functions	Drivers are organised. Not yet felt
6.	Mothers Union	- Family Counselling and care for school dropouts. - Skill training for girls	Mothers are organised, domestic problems minimised
7.	Nganda Catholic Women's Guild - Kiyinda Mityana Diocese	- Widow programmes support to income generating activities - Capacity building shows and exhibitions	Women have acquired skills and earn money, children are at school
8.	Family Planning Association of Uganda (F.P.AQ.U)	- Provide family planning services - AIDS/HIV support services	Reduction of HIV/AIDS prevalence Reduced pregnancies

No.	Organisation	Area of intervention	Impact
9.	Uganda Women's Effort to Save Orphans (UWESO)	- Welfare and educating orphans	NIL
10.	National Union of Disabled Persons	- Welfare and social economic status of the PWDs	PWDs are united, have income generating activities
11.	Mityana Orphanage Schools	- Supports education to the orphans	Many orphans have had access
12.	Baptist Mission of Uganda/ Baptist Mission of Uganda, P.O. Box 51, Mityana	<ul style="list-style-type: none"> - Preaching the Gospel - Humanitarian Aid - Hunger relief unit - Medical clinics - Teaching at orphanage schools - Feeding children porridge 	Moral changes among the youth
13.	HOPE Sharing Family (HOSFA)	<ul style="list-style-type: none"> - Medical services - Counselling services - Assistance to the orphans - Widow and the elderly 	Many people living with HIV/AIDS have been supported
14.	BUSO Foundation	- Youth activities sing AIM funds	NIL
15.	Kayunga-Kigoogwa Women's Development Association	<ul style="list-style-type: none"> - Dissemination of information on AIDS preventions - Distribute condoms 	Reduced prevalence of AIDS

1. MITYANA WOMEN'S PROJECT:

The project was initiated by Kolping Women, members of Kiyinda-Mityana Diocese in 1988, with the mission of assisting women to live "a self supporting life."

Objectives:

Since the mission of the project is to see women live a self-sustainable life, it is therefore, her responsibility to carry out the following:

- Educative seminars in various areas
- Proper nutrition
- Water and sanitation
- Improved agriculture
- Proper child care
- Proper health care-hygienically
- Environmental protection by using economical fire stoves
- HIV/AIDS Malaria combination
- Support towards education (AIDS orphans) and others

Contact: Coordinator

Margaret Kawooya
Mityana Women's project
P.O. Box 67, Mityana-Uganda

2. CARING FOR ORPHANS, WIDOWS AND THE ELDERLY (COWE) BY GUARANTEE:

Contact Persons: Ssalongo Rugambwa Abraham

Tel: 075-973090

Mr. Ntabaazi Yusuf

Tel: 078-566474

Address: COWE Ltd, Mityana Town Council

P.O. Box 28954, Kampala

075-973090/078-566474

Telephone:

Services:

Education, Counselling, Orphans/care takers

Activities:

- Educate community on HIV/AIDS
- Provide counselling services to the community
- Provide assistance to orphans through their care takers/guardians

Objectives

- To reduce the spread (new cases) of HIV/AIDS through effective mobilisation and sensitisation
- To assist widows, the elderly and other foster guardians of orphans and vulnerable children to get education and material support for orphans under their care
- To increase mobilisation, sensitisation and behavioural change through peer education and other means of information, education and communication (IEC) to the community
- To intensify voluntary counselling and testing (VCT) services to the community

The following are the contact persons for this programme:

1. Mr. Andrew Kaggwa Kkulumba Chief Director
041-346793
2. Mr. Kibalama James Medicinal Officer/Director relief
Tel: 077-466486

3. PEOPLES EFFORT TO ELIMINATE SOCIAL PROBLEMS (PEEP)

Contact Person (a):

- | | | | | |
|-----|----------------------|---|-------------|-------------|
| (1) | Mr. Mubangizi Nalice | - | Chairperson | -077-921848 |
| (2) | Mr. Mutaawe Fred | - | Coordinator | -071-249373 |

Physical address:

Mityana Tax Park,
Plot 46, Market square

Postal Address:

P.O. Box 180, Mityana

Geographical area:

Mubende District

Services offered:

- Poverty alleviation
- Human rights issues
- HIV/AIDS awareness
- Healthy issues e.g. malaria, T.B etc
- Partial sponsorship (support) to needy students
- Support needy pupils in primary by providing scholastic materials
- Sanitation

Objectives:

- Supporting government and NGOs effort or policies to eradicate immoralities and other social problems
- Sensitising the local community through MDD, speeches and seminars on socio-economic issues
- Supporting and advocating for marginalized groups and neglected persons, for example the elderly, rural women and orphans
- To assist/support orphans and neglected children to access education
- Identifying the problem, expose it and address it
- Uplifting socio-economic standards of members and Mubende community at large
- Development of talents and skills of organisation members
- To organise the local to fight its own problems

4. TUSITUKIRE WAMU KAYUNGA KIGOOWA WOMEN CBO (TUWAKAKI/W/CBO)**Contact:**

Mrs. Luyirika Senkonyo Jacinta
Mrs. Kiyanzi Jennipher
Mrs. Kazibwe Betty
Miss Rehema Mbadhi
Miss Nakabonge Vererandah

Address:

P.O. Box 356, Mityana

Telephone:

077-312679
077-867980
077-555976
077-584580
078-484146

Services:

- Sensetisation
- Counselling
- Home based care
- Referral services
- Condom supply
- Eradicate poverty
- Human rights

Activities:

- Sensitisation meeting, film video shows and drama
- Provide counselling services
- Increase awareness on HIV/AIDS in secondary schools community
- Supply of condom, providing home based care and home visit
- Provide referral services
- Advocacy of women rights, children and marriage life etc

6. ST. JUDE CLINIC**Contact Addresses:**

P.O. Box 66, Mityana

Contact Persons:

Mrs. Mazzi Mutumba - 077-338119

Miss Hamida Kasuule - 078-689466

Services:

- Health care
- Counselling
- Testing HIV/AIDS
- Educating patients - Primary health care
- In health care, we treat our patients in all cases
- Every Thursday we do counselling to our patients to make them agree to go for HIV/AIDS test at the main hospital
- Then we advise and encourage them not to despair and treat all opportunistic diseases
- We carry out primary health care with a team at our work place
- We encourage our clients to practice good hygiene; constructing toilets, building stands for plates and other utensils
- Encourage practice of general cleanliness around the homes to avoid breeding of mosquitoes

7. KITUMBI MICRO FINANCE LTD.**Contact person:**

- Mukiibi Fredrick - Mityana
- Mbowa Robina - Kampala

Address:

P.O. Box 177, Mityana

Telephone:

077-612449/077-530203

Services:

- Provision of loans
- Business management skills. Training including farmers
- Counselling in HIV/AIDS awareness
- Improvement of standards of living of members

Activities:

- Loaning
- Training in business management/agricultural skills
- Counselling in HIV/AIDS awareness
- Provision of quality seeds to farmers

Target group:

- Economically active - Poor with at least 60% customers - women

Location: Plot 23, Wamala Road

8. ST. FRANCIS COMMUNITY HEALTH CENTER

Contact: Mr. Kakooza, Coordinator (HOSFA)
Dr. Mawejje Emmanuel, Head of Health Department

Address: Mr. Kawenja Peter
P.O. Box 260, Mityana Town Council,
Ddanya Rd, Mityana

Telephone: 046-2110 ????

Services: Medical services, dental services, counselling services, social services and community outreach programmes

Activities:

- Out patients treatment
- Admissions
- Delivery services
- Dental care/services
- Voluntary testing and counselling
- Immunisation programmes
- Home based care and counselling
- Community health sensitisation programme
- Orphans support, school fess and scholastic materials

- Provision of basic needs to the poor
- Provision of basic needs to the deprived, e.g the elderly, PLWAs, widows and widowers

9. MITYANA ALLIED MULTIPURPOSE COMPANY LTD

Contact: Mr. Byakatonda Everisto
Mr. Aloysius Miiro
Mr. Kisamba Yafesi

Address:

Physical: Lock Up No. 22, Mityana Taxi Park

Postal: P.O. Box 151, Mityana

Phone Nos. 046-3052
077-519373
077-477070
077-311722

Services:

- Management of transport industry
- General welfare of drivers
- Care for the HIV/AIDS infected drivers.

10. MITYANA TOWN COUNCIL AIDS TASK FORCE

Contact Persons:

Mr. Kijambu Stanley –Mayor Tel: 077-440862

Mr. Lwanga Edward-Town Clerk Tel: 077-444534

Mr. Wadribo Isaiah – Co-ordinator Tel: 077-672694

Mr.Musoke Joseph Chairman District Office Tel.077440862

Dr.Lwasabija Fred DDH’S Office Tel 077454143

Dr.Sekikubo HSD-Mityana South Tel.077 458561

Dr.Ziwa Charles St.Charles Clinic

Mr.Kyambadde Paul Secretary Health Tel. 077 861133

Ms.Kasumba Prossy Desk Officer/Counsellor Tel. 078748814

Ms Rita Nsimbi-Secretary Tel. 078555847

Ms.Namwandu Muwanga –Women Representative

Mr.Peter HOSFA NGO representative Tel . 078 320733

Mr.Saku Driver/Mobiliser



MAGALA HEALTH UNIT: Counselling, Primary Health Activities/Treatment.



Together we fight HIV/AIDS

Mityana Town Council
P. O. Box
Mityana

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City Hall, Room B 403/4
P. O. Box 26323, Kampala
Tel: 041-341350/250102
Mob: 077-463386
Email: amicaall@utlonline.co.ug
Website: www.amicaall.org