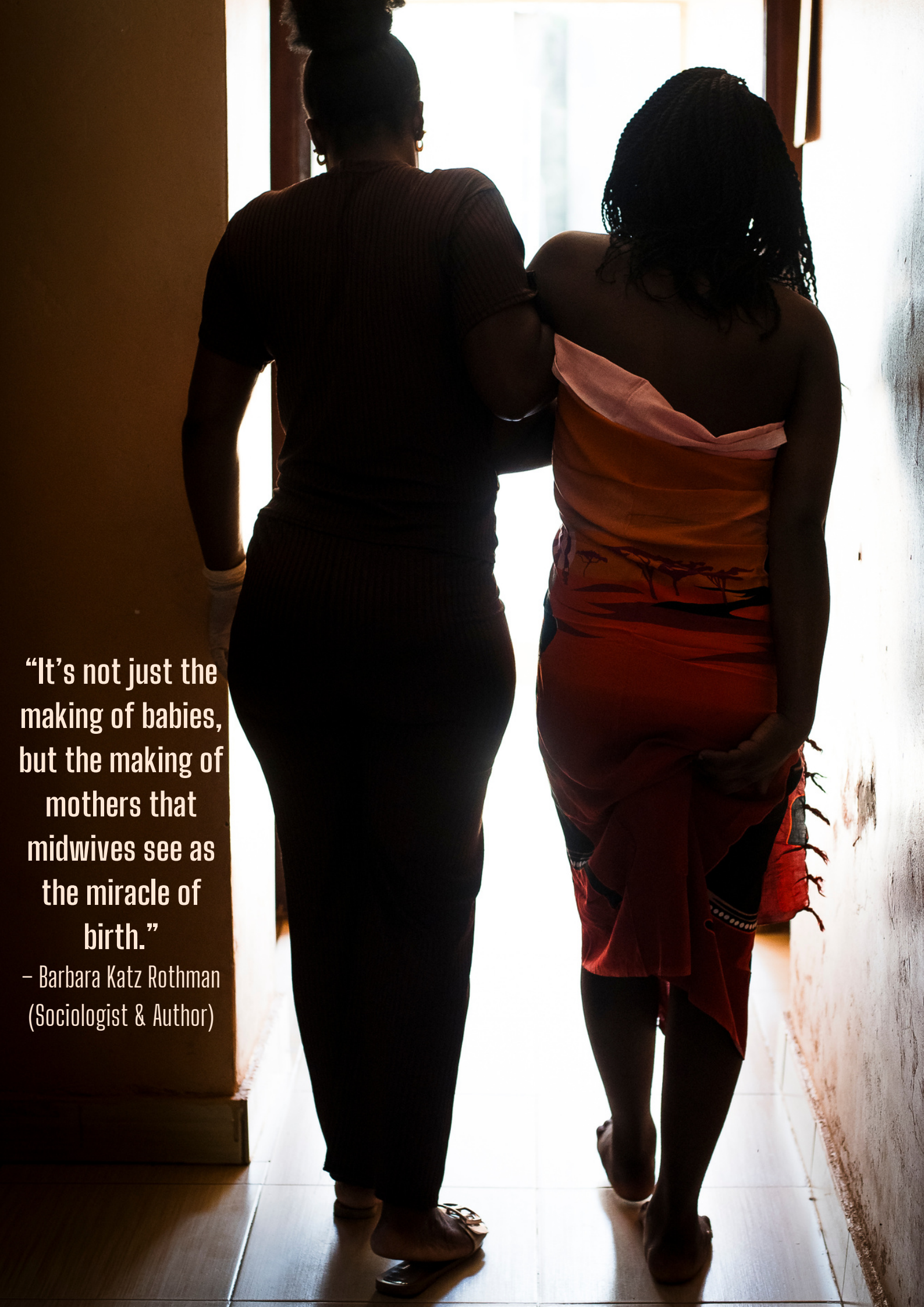


2023
ANNUAL
REPORT

Mama IMARA



**“It’s not just the
making of babies,
but the making of
mothers that
midwives see as
the miracle of
birth.”**

**– Barbara Katz Rothman
(Sociologist & Author)**



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From The Board of Directors

We are delighted to present to you the 2023 Impact Report of Mama Imara, showcasing the significant progress and achievements made possible through your generous support and our dedicated efforts. As a valued member of our community, we are thrilled to share with you the impact your contributions have had on the lives of women and children in Uganda.

Throughout 2023, Mama Imara continued its unwavering commitment to The Amani Family Clinic and in turn, vulnerable women and children by providing them with access to free maternal healthcare. With your partnership, we were able to support Amani to implement various initiatives aimed at fostering sustainable development in their communities.

The Amani/Mama Imara partnership saw an expansion of healthcare services, reaching over 1,000 women and children in underserved areas. With your support, the clinic was able to deliver vital medical screenings, vaccinations, and maternal health care, ensuring healthier outcomes for mothers and infants.

Furthermore, we were honoured to support George, the Amani Lab Tech, to earn a Diploma in Laboratory Science. Thanks to your generosity, George graduated as a fully qualified Laboratory Technician and can now provide greater care and diagnostic services to the Amani community.

In addition to the support Amani gave to parents in their community, we were honoured to support the Amani staff in their own parental roles, by introducing staff benefits to cover the education fees for their children.

We are incredibly proud of the impact we have achieved together in 2023, and we recognize that our work is far from over. With your continued support and partnership, we remain dedicated to expanding our reach, enhancing our programs, and creating lasting change in the lives of those we serve.

We extend our heartfelt gratitude to you for your steadfast support of Mama Imara's mission. Together, we are making a difference, one life at a time. Thank you for your unwavering commitment to our cause.

The Mama Imara Board of Directors



Courtney Kapuya



Catherine Gardiner



Lisabeth Ott



Peace Kabatangare Zulu



Menna Andrews



Jolly Ann Maulit



Sue Kemp



Who We Are

Humble Beginnings

When Courtney Kapuya joined Diane Lockhart at The Amani Family Centre in 2018, their support mainly came from small donations gathered from personal connections. As they continued to provide free antenatal care and midwifery-led birthing services, the word spread around Uganda's Kanyogoga slum that mothers could give birth in a safe, secure, peaceful environment. At this time, Amani was operating out of a small room, smaller than most people's bathrooms! It became clear that Amani needed more space and resources to meet the growing needs of the community. After taking a great step of faith and moving to a larger space, the need for consistent funding and international support became even more evident. Later that year, Mama Imara was established in Canada with the goal of fundraising and providing leadership guidance for the Amani Family Centre.

We believe in dignified and compassionate care for all mothers, children and families.

Our mission is to provide financial support and technical leadership to midwifery-led clinics operating in low-resourced communities.

Our Mission

Mama Imara exists to support free, dignified, and compassionate maternal care that is accessible to women throughout their pregnancy, childbirth, and postnatal journey.

Our Vision

Our vision is to hire and up-skill local midwives and staff to provide dignified and compassionate care in self-sustaining birth centres.

Our ultimate goal is to build, staff, and support multiple birth clinics in Uganda and beyond, and to strengthen their capacity to become fully operational and sustained by local communities.



How We Work

Mama Imara collaborates with monthly donors, funders, and charitable organizations to channel funds into programs that resonate with our mission. Our approach revolves around forging partnerships grounded in the collective vision of ensuring every woman and child has access to secure, compassionate, and evidence-based maternal and infant healthcare. Through our alliance with the Amani Family Clinic, we are dedicated to aiding marginalized women in need, offering them safe and respectful maternal care along with comprehensive support.

Mama Imara's commitment to empowering women and children extends beyond financial support. We believe in fostering a community where every individual feels valued and supported. Our collaboration with the Amani Family Clinic exemplifies our dedication to providing not only medical care but also emotional and social assistance to those who need it most. Together, we strive to create a world where all women can experience pregnancy and childbirth with dignity and respect.





Letter From The Field

To the Board of Directors and the Supporters of Mama Imara,

2023 has been another fantastic year for Amani Family Centre, thanks to your unwavering support. We have achieved so much, both within our clinic, and in our communities. We added two new midwives and a doctor, and our existing medical staff have been able to further their studies to ensure we are delivering the best possible care. To say we have grown would be an understatement! In our community we've been able to support families through referrals and partnerships, ensuring that where the mandate of the Amani Family Centre stops, other services can take over. It means that no mother and child is left behind.

In 2023 Mama Imara helped us support this community with another zero death record. If that's not something to celebrate, I don't know what is! This is one of the wonderful things that sets us apart. If you ask any of our team or community members, it's the fact that mothers can come to us knowing full well that we will provide expertise, support and kindness, and that is safety here in Uganda. Our methodology and services speak for themselves. We are proud to represent Mama Imara in this way. Thank you for entrusting us with your support and the resources to enable us to do this! **We are averaging 25 births a month, and maintaining a less than 10% Caesarean rate, which is well below the international average, even for western countries.**

The year was also marked with several challenges - many on the emotional and relational side. Because of the networks we've been able to build, and the relationships we have fostered, Amani has become a direct port of call for police and community leaders to refer difficult and highly sensitive cases. We are honoured to provide that support, and are grateful for the opportunities to help bring justice and restoration in many of these situations. **We are also incredibly grateful for the Mama Imara Emergency Fund, which saved almost 50 lives in 2023.**

To the donors around the world, we'd like to extend our heartfelt gratitude. We recognize that your sacrifice is what enables us to do this work. Your contributions are saving lives and changing the narrative around birth in Uganda. We are incredibly grateful.

Diane Loackhart & the Amani Family Centre Team

2023 Successes

Mama Imara is proud of the results achieved in the past year in partnership with the Amani Family Clinic.

Thriving Babies



245

women in labour came to Amani clinic with the intent to deliver



210

babies were delivered alive and well



35

women were transferred during labour due to complications, 27 of which were delivered by caesarean section in a hospital



0

neo-natal deaths while under Amani's care



0

maternal deaths while under Amani's care

Healthy Mamas



836

mothers received FREE services at Amani Family Centre



3957

antenatal checks were conducted



340

mothers received the full set of antenatal care available - 4+ appointments



11

mothers were identified as high risk pregnancies and received the appropriate care (free of charge!)



250

birthing kits distributed to mothers in rural areas



100%

of births at Amani were attended by a qualified health professional (compared to the national average of 75%)

2023 Successes (Continued...)

We believe success is based on a holistic approach to birth, and as such provide funding for medical support and training for Amani's community and staff.

HIV Care



11

mothers living with HIV were served at Amani



22

mothers were identified as being HIV+ by Amani staff during routine testing and referred to tertiary services for ongoing HIV care (while still welcomed to deliver at Amani)



100%

of mothers living with HIV received pregnancy related medications, vaccinations, counselling and social support



0

of babies cared for by Amani at their 6 week check up have tested positive for HIV

Medical and Health Systems Support



40

mothers with complications during delivery were referred to specialized facilities



27

mothers received caesarean sections at private medical facilities, with the costs paid for by Mama Imara



205

children received routine immunizations at Amani's vaccination clinics



352

mothers were vaccinated at Amani as part of the vaccination schedule for pregnant women



12

vaccination clinics were provided for the Amani community through a partnership with a local hospital



897

people in the Amani community received vaccination, family planning and nutritional support

Amani Highlights - Mothers & Babies

Our work wouldn't exist without these mothers - a testament to the strength and resilience a woman has in the most physically, mentally and emotionally exerting moments of her life. We are proud to be a part of their stories, and we are honoured to share them with you.

Warning - one of these stories refer to sexual assault and may not be appropriate for all readers.



Baby Miracle

Hafusa, a beautiful 4th time mama is a refugee from D.R. Congo. She lives with her husband and children along the train tracks that run through Kanyagoga Community. After faithfully attending Amani throughout her pregnancy, Hafusa went into the 'ideal' labour with no complications or concerns.

The difficulties started the moment Baby Miracle entered the world. Her heartbeat plummeted and the sweet baby girl stopped breathing. Despite being confused by this sudden complication, the team worked for almost 30 minutes to resuscitate Miracle, including during a speedy transfer to the closest hospital with an intensive care unit (ICU). Baby Miracle was admitted, but there were no answers as to her complications, or the reason for them.

After several weeks in the neonatal intensive care unit (NICU) funded by emergency funding from Mama Imara, Baby Miracle was finally released. However, her condition proceeded to worsen, and it became clear that she had Cerebral Palsy as a result of restricted oxygen after birth. She spent the next few weeks in and out of the hospital until one of Amani's partners, Hope Speaks, had a Speech Therapist correctly diagnose her with a condition called Tracheomalacia, which causes the airways to collapse - a condition cannot be detected until after birth.

Amani was reassured by both the ENTs and the Speech Therapists that they had not missed any vital indicators during their prenatal observations, and that their care of Miracle during and after her birth saved her life. Furthermore, Hope Speaks was able to fund three surgeries to correct the Tracheomalacia.

Baby Miracle still has a way to go, but we are grateful for the speedy, professional and heartfelt care delivered by the wonderful team at Amani Family Centre, and we look forward to updating you with her progress.

Patricia*

Patricia (*name changed for privacy) came to Amani at just 16 years old. She was provided with the best ante-natal care possible, and delivered a perfect baby girl with no complications. However, during the course of her after care, Patricia revealed that her pregnancy was the result of a sexual assault, perpetrated by an older man in the community. Patricia had tried to leave Kampala, but the man had her returned to Kanyagoga and made her "his wife" once he knew she was pregnant.

The team at Amani were told that he had done this to multiple other women, and had even served time in prison for "beating women". In addition, it was known that the man was HIV+ and refusing to take medication. The team acted swiftly and that same evening arranged for Patricia and her baby girl to be transferred to a protection house outside of Kampala.

Since the COVID-19 pandemic, teen pregnancy in Kampala has skyrocketed to the point that many people in places of authority no longer prioritize these cases, even when sexual assault has occurred. Amani will continue to pursue justice and safety in every case they encounter, including Patricia's, to ensure that young girls in the community receive the care and dignity they deserve.



Amani Highlights - The Team

One of the wonderful things that makes Amani Family Centre stand out is their phenomenal team. Each member is handpicked for their dedication to ensure best evidence based practices are used in each of their fields. We are delighted to introduce you to some of the team, who don't just "serve", but love and empower each woman and child that cross the door.



Martha, Social Worker

My name is Martha, I'm 34 years old, and I'm the Social Worker and Administrative assistant. I love working here because I get to work directly with people in the community, I get to be very "hands on" and really serve, providing counselling, referrals, follow-ups and more. I'm passionate about this work because at Amani we have so much care. **I have three children, and in all of the care I received during pregnancy and birth, I was never cared for like the mothers are cared for here.** This is what makes Amani so different from other clinics and hospitals. It's not just the midwives, but the doctor, the lab tech, myself - we all spend a lot of time with the mothers. I just want to say thank you to Mama Imara for continuing your support. There are still women who give birth at home and in fear, but because of your support we can reach more women beyond just Kanyagoga, and when we reach more women, more lives are saved.

Francis, Medical Doctor

My name is Francis and I'm 30 years old. I joined Amani initially as a volunteer in August 2023 to serve the wonderful people in this community. I work with them to ensure their non-maternity medical needs are met so that they are in the best possible health to give birth. Sometimes it's treating illnesses like malaria, typhoid, hypertension, even STIs and reoccurring UTIs. Additionally, I help ensure their partners are also not carrying any illnesses or infections that could negatively impact the mothers or the babies. We are able to provide outpatient treatments here that literally save lives in our little clinic! **This work is so different to other clinics because we are not driven by profit.** It means that we get to sit with patients and mothers and really discover their needs. We are grateful to Mama Imara for providing the medications and rent on this clinic so that we can continue to provide this invaluable service, especially knowing that it's free to those who need it most!



Beatrice, Enrolled Midwife

I love offering antenatal care to mothers here. The health of the mothers and the babies is important to us! I am also receiving very good training and gaining a lot of skills here at Amani. What makes this clinic so different from others is how the mothers are treated when they come here, it's the passionate care we give without harassing them, unlike other hospitals or clinics around. **"Birth without fear" means preparing our mothers during pregnancy not to fear labour pains when they come.** We always encourage our mothers to go through that natural delivery without fear. As staff here, we make ourselves very approachable, it is easy for the mothers to come and tell us their complaints, what they feel throughout the pregnancy, and this helps create a healthy relationship between us and the mothers. We also conduct health education, all which prepare them for childbirth, hence reducing the fear. To the supporters of Mama Imara, I want to say that I am so happy and grateful for all you do for us and the mothers in this community.





Our Partnerships

The Amani Family Centre collaborates with other organizations and government agencies to improve maternal and child health in the community. This can include working with other healthcare providers, to offer referrals and follow up care for mothers, as well as participating in research studies and programs to improve maternal and child health outcomes. Through these partnerships, they are able to provide additional services to the mothers and babies we serve.

HIV Newly diagnosed HIV+ mothers at the Amani Family Centre receive counseling and support to cope with their diagnosis. They also receive medication from **Meeting Point**, a local NGO, to prevent HIV transmission to their children.

Teen Mamas Expectant teenagers receive care and the chance to acquire a skill to sustain themselves and their child through our collaboration with the **Wamukusa Youth Centre** in Uganda. Additionally, efforts are made to help reintegrate these young mothers into their families and communities.

Disability Services In Uganda, approximately 16% of the population currently live with a disability. Due to lack of services, resources and funding, almost all go without an acceptable level of support. Amani is partnering with **Hope Speaks International** to provide free disability services to people in the Kanyagoga community, and families of the clinic to ensure proper care is provided in all cases.

Legal Support Amani Family Centre works closely with the **Ugandan Police Force** and the **Justice Centre in Kampala** to support women in cases of rape, defilement or domestic abuse. Legal advice is made available to mothers in cases of domestic abuse, abandonment by their partners, or financial troubles.

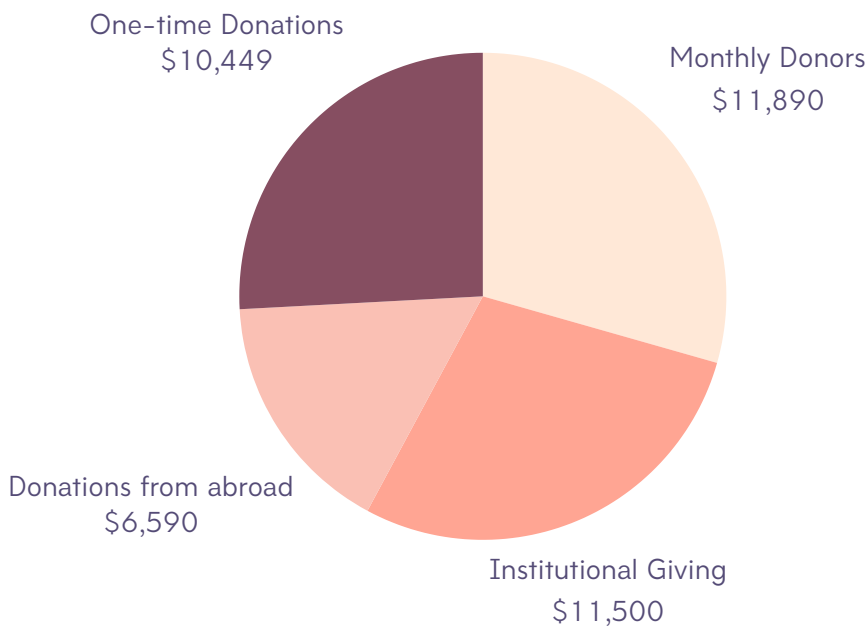
Mama Kits **Mercy for Mamas** regularly distributes 'Mama Kits' that include essential items for a safe and hygienic delivery. In 2022, Amani midwives organized five outreach clinics to Ssesse Islands and a village in Apac District, areas that lack adequate healthcare services. During these clinics, numerous mothers participated in health seminars conducted in their native language by Amani midwives. 250 mothers were provided with Mama Kits containing gloves, soap, a plastic sheet, cord clamps, and cotton.

Volunteers Amani welcomes volunteers who seek to enhance their skills and gain insights from the Ugandan setting. Experts are also relied on to make valuable contributions to the training and up-skilling program at Amani, as well as gap-filling while senior midwives are on leave or while taking courses. Specialists with skills (midwifery and others) add value to the Amani team and services. Should you wish to volunteer, please email hello@mamaimara.org.

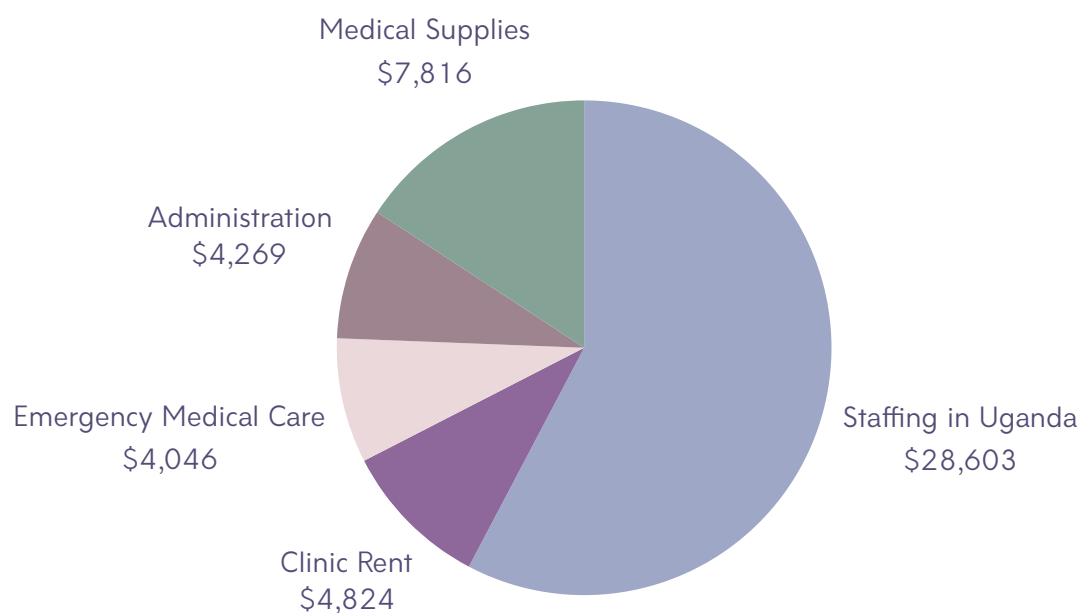
Financial Highlights 2023

Mama Imara funds are generated via donations from individuals, churches, foundations, and businesses. We are dedicated to upholding utmost financial transparency to honor the generosity of our contributors.

Total Income: \$ 40,429



Total Expenses: \$ 49,558



2023 Opening Balance: \$17,316

2022 Closing Balance: \$8,186



Looking Forward In 2024



CBO Registration

Amani has functioned as a fully registered health clinic since 2018. However, in 2024, our goal is to assist them in obtaining registration as a Community Based Organization in Uganda. This will open more funding and support opportunities within the local community.

Social Support

In 2024, Amani will be partnering with Kairos International to provide mental health and resilience support to young mothers in the Kanyagoga community.

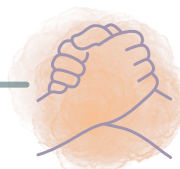


Disability Support

Since late 2023, Amani has been partnering with Hope Speaks International to provide free therapy services to children with disabilities in the community. Amani will continue to extend these services into 2024, becoming a hub of safety and care for all.

Support for SA Victims

Amani is currently working towards training to be able to deliver medical and social support for victims of SA. Once the training is completed they will be able to provide valuable tests and care to support the recovery and justice process.



More Training, More Safe Births

In 2024, we estimate the number of births will reach well over 300. We aim to support this by increasing focus on national training and leadership development.

“In 2023 Mama Imara helped us support this community with another zero death record. If that’s not something to celebrate, I don’t know what is!”

-Diane Lockhart,
Amani Family Centre Founder



Diane Lockhart
Co-Founder of
Amani
Family Centre



To learn more, please visit: www.mamaimara.org
Contribute: www.mamaimara.org/give
Contact: hello@mamaimara.org

March 2024

Mama **IMARA**

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