

MHCD
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GENERAL REPORT
2013

BY:

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MHCD DIRECTOR

Before everything I would like to thank the Almighty God for this far that he has brought us. The year 2013 was a blessing year of many successes but we also had many challenges. We are so grateful to God who protected us and who gave me the wisdom and strength to organize all the activities you shall be reading in this report. Am so grateful again to God who linked us with many supporters and friends. Thank you so much for accepting to support and work with MHCD Democratic Republic of Congo and Kenya.

As am writing this report, am so grateful to God who has remembered us as a family and given us a new baby boy called Jean Luc Kahindja Mulimbalimba. Thank you very much for your prayers.



APPRECIATION:

I appreciate and thank all MHCD friends and supporters who supported us till we managed to achieve these activities in 2013. 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. Hall Rotary Club Australia
3. MHCD Australian Support Association Adelaide Australia
4. Integrity Restoration Ministries Australia
5. Rotary Clubs Adelaide Australia
6. Zonta clubs Adelaide Australia
7. Wheelchairs for Kids Perth Australia
8. World Vision Australia
9. Adelaide United Football club
10. Intermed Summer school Adelaide Australia
11. West Waylong Community Church
12. Green Grove-Junee Chocolate and Licorice Factory Australia.
13. LTS group at CSU Wagga Wagga 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:

1. Dr. Elaine and John Dietsch Australia
2. Nathan and Cathy Dietsch USA
3. Ronda and Arthur Boyd Australia
4. Julie Monis-Ivett Australia
5. Jenny Weaver Australia
6. Doone Winnall Australia
7. Anne Miller Australia
8. Sharon Gueu Australia
9. Sarah Cunningham Australia
10. Adrian Harris Australia
11. Kathy White Australia
12. Karen Gryst Australia
13. Karli Smith Australia
14. Susan Riding Australia

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18. Joy O'Hazy Australia
19. Pastor Cameron Webber Australia
20. Phil Briggs Australia.
21. Prof. Anthony Radford Australia
22. David and Meredith Australia
23. Mark and Yolanda Hass Australia
24. Kelvin and Ingrid Bobie Australia
25. Gordon Hudson Australia
26. Liz and Iain Everett Australia
27. Dai Cookes
28. Pam Shackleton
29. Anna and Georgia
30. My Wife Dellice Nafula Mulimbalimba D.R.Congo
31. My Children Andrew, Elizabeth, Elaine and Jean Luc Mulimbalimba
D.R.Congo.
32. MHCD Staffs D.R.Congo and Kenya.

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.

I. INTRODUCTION:

M.H.C.D Mission in Health Care and Development is an NGO whose main objective is to reduce poverty and provide proper, good and affordable healthcare to vulnerable people. MHCD is involved in activities in the Democratic Republic of Congo and Kenya. We are also in Burundi especially with the Birthing kits project. The year 2013 was a very successful year because we were able to carry out so many activities that you shall be able to read of in this report. We were able to do these activities through your love and support. Thank you too for your efforts and sacrifice that you put in for the progress of MHCD.

In the year 2013, we continued with the construction of buildings hosting different departments at Luvungi MHCD hospital. We built Ronda and Arthur Child clinic, West Wyalong counseling Centre, community pharmacy, media studio for Impact Television and Radio. We continued with the Micro-hydropower project that shall be able to produce electricity for Luvungi Hospital. We continued support the orphaned and street children in Bungoma Kenya, Sange, Kahororo and Lubarika, D.R.Congo. We also introduced another nursery school in Luvungi that helped provide free education to vulnerable people surrounding the hospital and other displaced people from Mutarule and other villages. The education programme has been very fruitful because some of the children whom we supported are now in the secondary school.

In the same year, we continued with the nutritional programme where we provided food and medical care to the malnutrition children, we also distributed birthing kits and trained 200 traditional midwives from different villages of South Kivu province. We introduced birthing kits distribution to three different provinces in DR Congo which are Kinshasa Rural, Bandundu and Bas Congo provinces. We continued with the agricultural and micro-financing programmes that were very helpful in fighting hunger and reducing poverty. We realized so many activities that you shall be

able to read in this report. Again we are so grateful to you for all that you did for us during the year 2013. Your prayers and support helped us a great deal in achieving these activities. We hope and pray that you shall enjoy reading this report.

II. SAVE THE ORPHANED AND STREET CHILDREN PROGRAMME (EDUCATION)

This is a programme that helps provide free education, healthcare and sometimes food to the orphaned and the street children. We usually go to the villages to single out orphans and street children and those leading very difficult lives and bring them to our schools so they can begin education. When they fall sick we treat them freely. In 2013, we had a problem of insecurity in some villages that are very far that made the caused families to displace to villages with security and those villages are mainly where we have our schools. This caused us to get a very high number of malnutrition children, others had sore wounds and rashes, and most of them were without clothing. The good thing is that in each school especially the Dietsch Academy Sange, there is a clinic for the children so we managed to treat them, bought them some clothes and gave them some nutritional food. Those who were very sick were taken to the Luvungi Hospital and they were given food and medicine. We thank God because all of them got well and finished the year without any complications. We are so grateful to Nathan Dietsch and family who supported us in paying for the teacher's salary, purchasing of medicine and sometimes food for the children of Joanne Naswa Academy Bungoma Kenya and Dietschs Academy D.R.Congo. We also thank Green Grove factory, Australia who supported the Green Grove School in Lubarika village. We are so grateful to all those who prayed and supported us in one way or another for the betterment of the children's future.

Since we started the Save the Orphaned and Street Children Programme, we have been able to support 3,345 children both in Kenya and DR Congo. Joanne Naswa Academy Bungoma Kenya has supported 315 pupils, Dietschs Academy Sange has supported 820 pupils,

Kahororo primary school has supported 1820 pupils, Green Grove School Lubarika has supported 320 pupils and Luvungi MHCD nursery school has supported 70 pupils. This is one of the great achievements that MHCD has realized since starting its work. As I said earlier on, the children that we started with most of them are in the Secondary school as at now and we are very proud of that. We are proud of you too for supporting us such that we are able to reach this feat.

In transferring the very sick displaced children to Luvungi Hospital posed a great challenge to us because many of them did not have guardians to take care of them especially those who were living with their Grandmothers and this gave us problems and the nurses were the ones taking care of them and then we had to hire people who shall be taking care of them during all the time they were at the hospital. In finding a solution to this problem, we have decided this 2014 to build a house that shall serve as an orphanage where the children shall be taken care of when they come to receive treatment at the hospital and if they do not have guardians they shall be living there. The orphanage will also help those displaced children who do not have a place to go to and those suffering very much and that they shall be staying there. We are planning to build 2 simple but permanent and comfortable brick houses and each one will cost USD 6000. This is because the local community have already donated bricks to the project and shall also contribute labour. We kindly please request you to please pray for us that God may open his doors for this project.



III. 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. Wards 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.

III.1. RONDA AND ARTHUR CHILD CLINIC.

This clinic is for the out patients only. We decided to build it when we saw that it was very difficult to treat the children who are hospitalized and the out patients at the same time. This also helped us minimize contamination of diseases among the children. When the pediatric ward at the Hospital is full, this clinic also helps in hospitalizing other patients.



MHCD Luvungi Hospital main Building



Ronda and Arthur Child Clinic



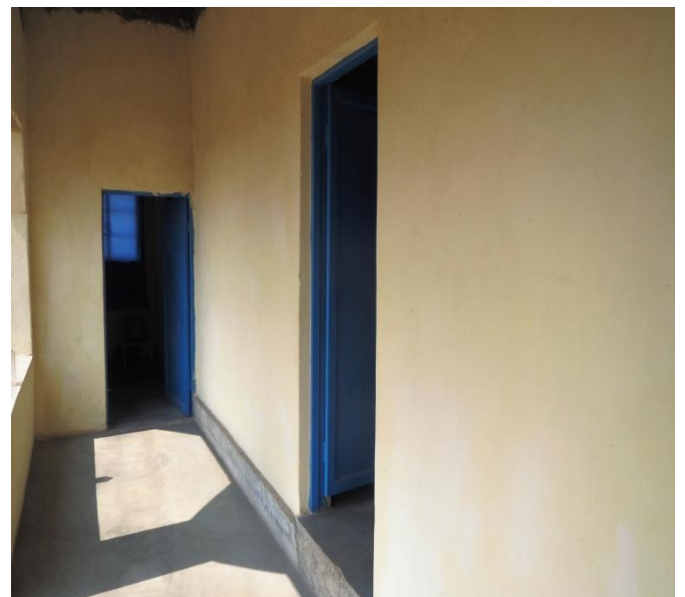
W.W. Counseling Centre under Construction.

III.2. 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.



III.3. COMMUNITY PHARMACY:

At MHCD Luvungi Hospital and Uvira Clinic, we receive so many out patients who just come for consultation and then go back to their homes. There are also other people who are consulted in other clinics and medical centres and then they are given medical prescriptions to go purchase medicine. Many of the medicines are not available in Luvungi and if they are found they are very expensive. Most of the people are also leading very poor lives and they cannot afford to purchase the medicines.

In finding solution to this problem, MHCD built a community pharmacy in Luvungi with essential medicine and all the people of Uvira District in Luvungi come to purchase medicine at very low price. We give the medicines out at the same price we bought at wholesale since most of the people are poor. This helped a lot in promoting health care and made many people have access to medicine and proper medical care. There are people who are coming from very far, almost 50kms just to purchase medicine because we are very cheap. We are so grateful to Ronda and Arthur Boyd, Dr.Elaine and John Dietsch and all those who supported us in completing the construction of the community pharmacy and purchasing medicine. We appreciate your support very much and please we are still in need of your support for the sake of purchasing medicine.



III.4. 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 procedures 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. For now we are constructing a building of four rooms that shall host dental, ophthalmology and epilepsy clinics. The building is at the roofing stage and we are hoping to finish completely with the construction in this year 2014.

The container we received in 2014 was a great blessing to us and that's why the people of Uvira District call it a container of love and development. We also have dental mobile clinic programmes where we go to villages and schools educating the community on how to prevent dental infections and free consultations. Sometimes we give out toothbrushes for free.

III.5. 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 of 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.



Department of Dental, Ophthalmology and Epilepsy clinic under construction.

III.6. 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.

In the year 2013, I won a scholarship to study Clinical Epileptology at SEIN School of Epileptology in Holland. It was one month training and the knowledge that I got was very reliable in improving our treatment and expanding our epilepsy clinic.

III.7. NUTRITIONAL CENTRE:

We opened this centre in 2012. It really helped in providing food and medical care to the malnutrition children. This year we were able to provide food and medical care to 350 malnutrition children and we gave their parents hoes and seeds for the sake of fighting hunger and

reducing poverty. We also gave them land for ploughing and some money for micro financing to start small business.

All the families affected with malnutrition started agricultural project. We advised them to plant sweet potatoes because it's easy to plough and can be eaten accompanied by any other food. In only one month, they harvested and they consumed some and sold the surplus. This project helped a lot in fighting poverty and as at now they are continuing very well.



III.8. COMMUNITY HEALTH INSURANCE:

Since MHCD Luvungi Hospital was opened, we had the biggest challenge of serving the poor. Most of the time when we were running out of medicine, it was very difficult to purchase others. In avoiding this problem, we contacted a local insurance company in Kinshasa who had a delegation going to Luvungi and opening their office at Luvungi Hospital. We gave them a room and furniture's for the sake of helping them start their work. They shall be charging per person USD20 per year. If those registered fell sick, they shall be paying 30% and then the company pays 70%. It's a community health insurance managed by the community itself.

This is a new programme and we are in need of your support so that we can be able to support those people

III.9. THEATRE:

We were lucky to receive theatre equipment from the container we got from Australia. We received theatre beds, theatre clothes for the doctors while carrying out operation, sterile medical gloves and other equipments. These equipments enabled us open two theatre sections, one in Luvungi MHCD Hospital and another in Uvira MHCD clinic. For now our operating room is well equipped. Its where major and small surgeries are carried out. This is also where the ophthalmologist carries out eye operations. The theatre looks very nice and we are so grateful to the MHCD Australia support Association and Rotary clubs who donated the container of goods to us. People in Uvira district call it a container of peace, love and development.

III.10. COMMUNITY AMBULANCE:

MHCD Luvungi Hospital has an ambulance that goes from village to villages which are very far and those who are very sick and cannot get to the hospital quickly it also helps in bringing the very sick patients from other health centres and clinics to Luvungi MHCD Hospital. This is the only ambulance in Ruzizi valley and Bafuliru Mountain. Every day it travels 2 to 3 times caring the sick. It also helps in mobile clinics and medical outreaches.

III.11. BIRTHING KITS PROGRAMME:

This is a programme whose main objective is to reduce infant mortality rate and promote primary health care. We receive the birthing kits from Birthing Kits Foundation Australia and distribute them freely to traditional midwives, expectant women, health centres and medical clinics in villages and rural areas. Through the Birthing Kits Foundation support, we also make some kits locally.

The programme also is involved in training traditional midwives and birth attendants. We usually organize a three to five days traditional midwifery seminar where we teach them on topics like primary health care, labour and midwifery, nutrition, HIV/AIDS prevention, community health, malaria

prevention, how to use birthing kits and how to improvise locally in case the birthing kits are not available, micro financing and many other topics. Through this training, we have helped equip traditional midwives and given them knowledge that has helped reduce infant mortality among children and infections among the women and children. The seminars have helped communities reduce poverty and improve hygiene conditions in their communities. We usually train those coming from villages with no health centres or Hospital and this year we trained 200 pygme traditional midwives and distributed 26,000 birthing kits.

At the Luvungi MHCD Hospital, we have a centre called the Birthing Kits assembling and distribution centre where we have a store for the birthing kits, room for assembling the birthing kits locally and we are planning to build a community development centre that shall focus more on the activities of women and birthing kits.



Birthing Kit from BKF Australia.



Birthing Kits made locally at Luvungi MHCD

III.12. 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, micro financing 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 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 TV Equipment from Australia.



Impact Radio and Tv women presenters.

Impact radio studio.

IV. MICRO HYDRO POWER PROJECT

This project will be beneficial in bringing power to the Luvungi Hospital and some houses. It's been very difficult especially working at night due to lack of electricity. Also we have machines at the hospital like Echography, Dental radiography and fridge for keeping the medicines and blood which have proved hard to use without electricity.

This is the main reason why we continued with the construction of the micro hydro power project. In 2013, we succeeded to finish the

construction of the power house, intake, dam and digging of the channel. We also were able to order all the equipment including the waterwheel and which are already at the Luvungi Hospital. We have already completed almost 85% of the work, only 15% remaining then we produce electricity.

When we finish the whole project, we shall be able to supply power at the Luvungi Hospital and other houses surrounding the Hospital. We shall also install public lights to help light up the roads for patients who shall be coming to the hospital at night to do so without any problems. The public lights programme shall be carried out together with the community. This project when completed shall be a great success for MHCD because it shall not only help Luvungi Hospital but the whole Luvungi village to bring development. It shall also help us run Radio and TV station and in women projects like the tailoring centre. We have machines that need the use of electricity.



Ir Robert and Dr Luc at the waterwheel



Intake



Dam



Ruvubu River where we are constructing the micro hydro power station

VI. MICROFINANCING PROGRAMME

This programme helps us a lot in reducing poverty and improving women lives in villages and rural areas. We select women coming from poor backgrounds like raped women, widows, guardians of malnutrition children and those who have been affected by war. We give those hoes and seeds to start up agriculture, they practice livestock keeping i.e. goats and pigs and we give them some money for small businesses. The money we give them is from 20 USD to 50 USD and those who progress well we give them up to 100USD.

This year we supported around 350 women in different domains. Before we give them the money, we usually give them some small training on managing money and community development skills. This programme is very good because it helped us so much in reducing poverty and improving the lives of women. It becomes a lot easy for the women to pay for the children's school fees, medical care and food. We also support traditional midwives. This programme has helped so much raped women who have suffered a lot in life and had difficult livelihoods but they now have independent lives.



Small business



Bread selling.



Agricultural project.



Pig project.

VII. CONTAINER OF GOODS FROM ADELAIDE

In August 2013 we received a container from Adelaide. This was sent by MHCDs Australia Support Association Adelaide helped by Rotary clubs Adelaide and other MHCD friends and it had many medical equipment and materials, birthing kits, clothes, chairs and tables, medical fridge, school bags, sports equipment and many other things.

These equipments helped us equip Luvungi MHCD Hospital and Uvira clinic. We opened a modern dental unit and theatre that's well equipped; we put the tables and chairs at the reception rooms and other chairs in the waiting rooms. We have also preserved other chairs for the midwifery training of trainers programme that we shall be starting in this 2014.

There were TV equipments that helped us in equipping the Impact Radio and Television and the studio looks very nice at now. Video camera helps reporters in covering development news and computers that helped us open a computer centre. Youths are now learning computer and when they finish they will be self independent.

We distributed clothes to more than 1500 people including children, women, men and old people. We also distributed schoolbags to over 400 primary and secondary school students who could not afford to get bags,

teachers, community workers, MHCD staffs, nurses and medical Doctors.

We also distributed capes and the youth liked them a lot. All this made the Uvira community refer to the container as The container of Love, peace and Development.

When the container arrived in Uvira, so many women, youth, men and children went to wait for it and escorted it to Luvungi and they were very happy singing and dancing. We are so grateful to all those who contributed in any way and those who donated the goods. You gave hope and joy to the vulnerable people of Uvira District who received the gifts container.



Luvungi community celebrating the arrival of the container from Australia





VIII. CONTAINER OF WHEELCHAIRS

In December 2013, we received a container of wheelchairs donated by Wheelchairs for Kids and transportation was done by World Vision Australia. Before we received the container, there were so many handicapped children coming to the Luvungi Hospital and they were suffering so much because they did not have any equipment to help them move. Some who were lucky to learn had to go in the hard sun crawling for more than 2 km and they suffered greatly. In looking for a solution to this problem, we opened a rehabilitation centre at Luvungi Hospital but the main challenge we were facing was we did not have wheelchairs to assist them in movement.

By good luck while I was in Australia in February 2013 I contacted wheelchairs for Kids Australia and they promised us a container of wheelchairs which they sent to us and the transportation was paid by the World Vision Australia. The wheelchairs are already in Uvira and we are waiting for the orthopedic Doctor from Nairobi who shall train the MHCD staffs on fixing and managing the wheelchairs.

We are so grateful to the wheelchairs for Kids and World Vision Australia for supporting us with the Wheelchairs.



Container of wheelchairs from Wheelchair for Kids and World Vision Australia

IX. SPORT FOR PEACE AND DEVELOPMENT **LUVUNGI UNITED FOOTBALL CLUB:**

In the container there were also football equipments and material. The equipments helped a lot in bringing the youth together and promoting peace, unity, reconciliation and Development among different villages.

We distributed sports uniforms and capes to different football clubs in Uvira District and in Luvungi Youths made their own team and in thanking the Adelaide United Football club, they called theirs Luvungi United Football Club.

Most youths are now together and every Saturday and Sunday they organize games. Before the games, they have some 30 minutes to talk about different topics in promoting peace and development in their villages.

We are so grateful to Adelaide United Football Club and other clubs for their donation of the sports equipment. You have helped

bring the youth together and given them the hope and joy of staying and playing together.

In 2014, we are planning to organize competitions with the aim of continuing to promote peace, unity and development in Uvira District and we shall be going beyond Uvira District into Rwanda and Burundi for the sake of bringing peace and Development among the Great Lake region countries.

Thanks a lot for your donations and may God bless you. We really appreciate your love, care and support.



Luvungi United Football Club.

X. 2014 PROJECTS AND PROGRAMME:

In this 2014, we have education programme that we are grateful to God is continuing well together with other programmes we have not mentioned below.

We also had the privilege of planning some main projects that we shall be carrying out in this year 2014. We estimated the budget of the projects so that the MHCD friends can have a general view of the cost of the projects. Most of the projects are construction. We focused on construction because it will help us have permanent and self-help projects in future. MHCD together with the local communities have contributed already labour and bricks and this is why the budget is a bit lower. If we are successful to complete the projects in this year it shall be a blessing and those that we shall not be able to finish we shall continue them next year. We kindly please need your advice and prayers so we can see if we shall manage to realize some of these projects.

XI.1. 2014 MAIN PROJECTS:

Apart the MHCD Luvungi Hospital 2014 vision projects. Am very happy to introduce you the 4 main projects that we are planning to do in 2014. The main objectives of these projects is to bring durable community development in Uvira district D.R.Congo and teach the local community that through unity and love, we can make change and fighting poverty in our villages and communities.

MHCD CHILDRENS HOME

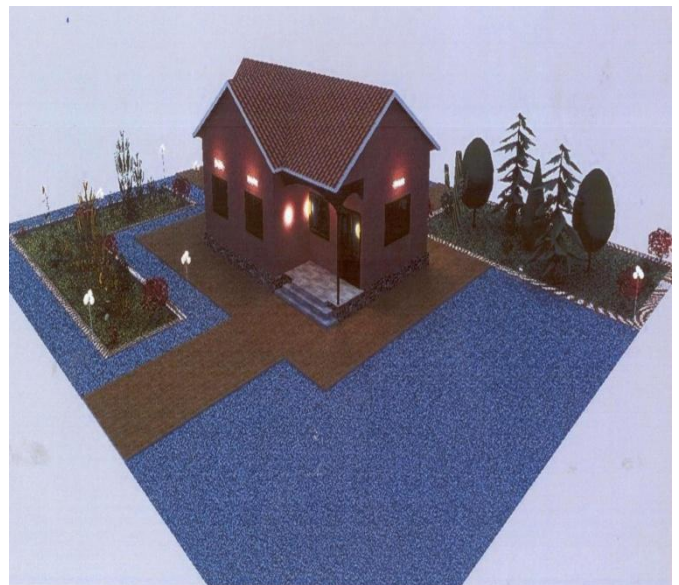
Since 1996, Democratic Republic of Congo has been affected by war to date. Very many people were killed; women and girls raped causing very many children to remain as orphans. Many villages still have insecurity and this causes many internal migrations, most people migrating from the villages to the centres for the sake of their safety. As a result, many children get lost on the way and can never know where their parents are.

Due to the war and insecurity in very many villages, most parents are not practicing agriculture which is their main activity hence

many families are living below the poverty line. Most children have become street children, with no hope or future to look up to.

In the whole of Uvira District, there is no organization that is taking care of these vulnerable children. We only have one children's village in the district with very strict conditions for admitting children into the village. This is why MHCD has visualized the construction of a children's home that will be able to absorb the very many orphaned children on the streets.

We are planning to build 10 houses. Each house shall contain a sitting room, 3 bedrooms, toilet and bathroom and kitchen. Each house shall have a capacity of 10 children and we shall have a guardian mother/widow who is homeless and shall be taking care of the children. This shall be a good system because it shall help the children feel at home not secluded at all. Each house shall cost USD 6,000. This is because the community shall contribute bricks.



COMMUNITY DEVELOPMENT CENTRE

After so many years of investigation and research, we found out that the easiest and best way of reducing poverty and diseases is to train women and community workers on community development and health. From the trainings of traditional midwives, we succeeded to fight diseases and bring development in so many villages just in a short time. This is why we saw it best to build a community development centre that shall be

involved in the training of women in different topics. The centre shall focus on adult literacy for older women and the girls who were not able to complete their secondary education. We shall be teaching them on topics like adult education, micro-financing, agriculture, community health and development and when they shall be going back to their villages, they shall be helping in teaching other women.

We are planning to construct a building/hall that shall have a lecture hall/educational room, restaurant where the participants shall be having their meals, store, movie/cinema room with machines where we shall be airing documentaries and development films, toilets, office and a small museum.

The construction of the building shall cost USD 30,000. The community has already contributed 100,000 bricks at the value of USD 12,000 that they have donated to MHCD.

Any contribution or donation shall be highly appreciated.



MICRO HYDRO POWER PROJECT

MHCD was successful in constructing a 50 bed capacity hospital based in Luvungi village, Uvira district, South Kivu province in Democratic Republic of Congo. The hospital consists of a maternity unit, theatre, mother and child clinic, laboratory, nutritional centre, pharmacy, women and men's ward, paediatrics, epilepsy clinic, intensive care unit,

naturopathy and a rehabilitation centre. We have services like echography, dental radiography, electrical microscope and blood banking.

It has been very difficult working at night due to lack of electricity. We tried to purchase a generator but again because our patients are very poor, they cannot afford any contribution towards the purchase of fuel. Sometimes women were giving birth at night and the Doctors and midwives had a rough time helping them deliver due to the darkness. We have on many occasions received patients at night requiring operations but since we have no adequate light, we have to transfer them but again they refuse because of the costs of operation in other hospitals that is usually very high. All this has pushed our Doctors to operate at night by use of torches for the sake of saving the lives of the people.

In finding a solution to this problem, MHCD started a micro hydro power project for the sake of bringing electricity to the whole hospital. We succeeded to get a volunteer engineer from Holland who has been helping us construct the hydro power plant. The construction is now at 90% and all the equipment is already at the hospital, we are remaining with the construction of the channel from the Dam to the power house and wiring the hospital and all this shall cost USD 18,000 so we can have power. We kindly request all well wishers to support us in completing this project. Any donation shall be highly appreciated.





DEPARTMENT OF DENTISTRY, OPHTHALMOLOGY AND EPILEPSY CLINIC.

In the whole of Uvira district, there is no hospital with dentistry, ophthalmology or epilepsy clinic. All the patients with these complications have to travel to Bukavu town, a distance of 120Kms or neighboring countries Burundi or Rwanda and the treatment is very very expensive. The poor people in Uvira who cannot afford the costs have no choice but to remain at home, others have been blinded due to lack of treatment for eye diseases and others have lost their lives.

In bringing a solution to all this problems, MHCD employed a dentist and an ophthalmologist from Kinshasa who are involved with the treating of these patients. We also have an epileptologist who is taking care of epilepsy patients. The only problem we are facing is that the Doctors do not have a good working environment because the buildings at the hospital already have other departments like wards, maternity, theatre, etc. and this is why we started a construction of another building of four rooms, I.E. an ophthalmology clinic, dental clinic, epilepsy clinic and an office. The building is almost complete; we are remaining with roofing, cementing, doors and windows, ceiling board and painting. All this, shall be costing USD 9,000. When the building gets completed, it shall help us a lot in treating patients with the above complications. This is why we

kindly request all MHCD friends reading this newsletter to please support us, any donation shall be highly appreciated.



XI.2. MHCD LUVUNGI HOSPITAL PROJECT 2014:

MHCD Mission in Health Care and Development is a N.G.O whose main objective is to provide proper, good and affordable health care services to vulnerable people living in villages and rural areas and also reduces poverty. Our vision is to see poor people get proper treatment and lead normal lives like other people.

To succeed in this vision, we built a hospital in a village called Luvungi. The hospital has a capacity of 50 beds and we constructed another hospital of 30 beds capacity in Uvira Kasenga. We also have health centres of 10 beds capacity in Sange, Kiliba and Buheba. Luvungi hospital plus other health centres have in total 110 beds capacity. Luvungi hospital has maternity unit, theatre, mother and child clinic, laboratory, nutritional centre, pharmacy, women and men's ward, paediatry, epilepsy clinic, intensive care unit, naturopathy clinic and a rehabilitation centre. We have services like echography, dental radiography, electrical microscope, and blood banking.

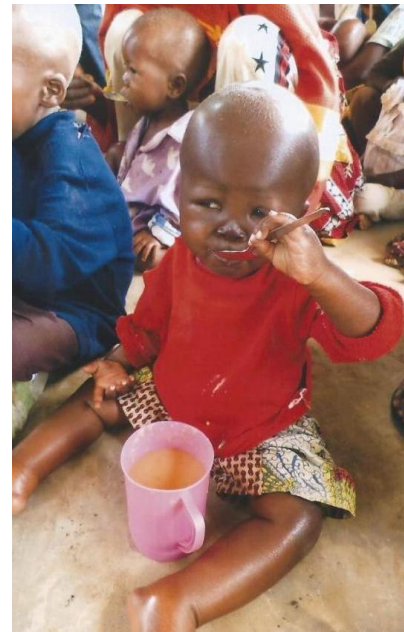


LUVUNGI HOSPITAL VISION 2014

At the Luvungi hospital we have identified 6 departments that we would like to focus on for the sake of helping the vulnerable and needy people in Luvungi and the surrounding villages. These are :

1. NUTRITIONAL CENTRE:

We are planning to support 250 malnourished children with food, medical care. After receiving treatment, we shall be giving their mother hoes and seeds for the sake of fighting malnutrition and hunger. Many of these children come with malaria complications that have resulted into anemia because they stay at home for long without seeking treatment due to poverty. Expense for each child is calculated at USD 70 including food, medical care, hoe and seeds for the parent or guardian.



2. REHABILITATION CENTRE

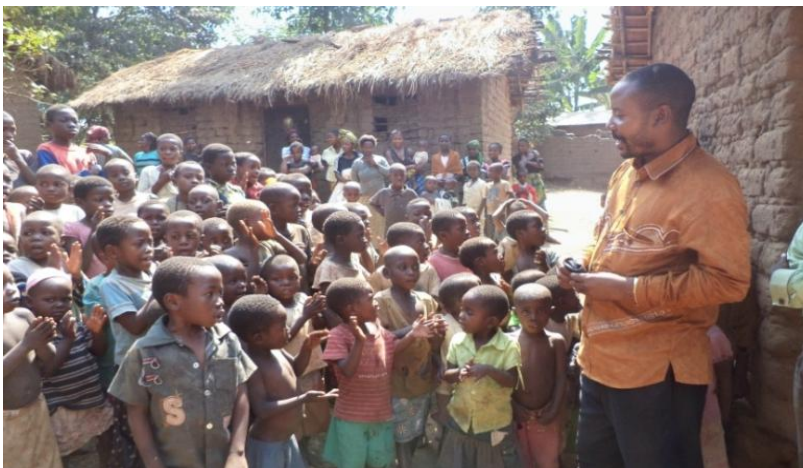
We have discovered very many children who are physically handicapped and going through a lot of sufferings. Most of them do not go to school because their parents think the handicap is a disease. Those who manage to go to school have to crawl for over 4 kms to and from school making them suffer a lot.

We are planning to distribute 166 wheelchairs donated by Wheelchairs for Kids and World Vision Australia for free. The children shall require transport to and from their villages to the hospital, food and massage while at the hospital. We shall also employ 2 technicians for fitting the chairs and taking care of the children. We have projected to support 300 children including those that shall not be in need of wheelchairs and each shall cost USD 60.



3. COMMUNITY HEALTH INSURANCE

Since Luvungi hospital started operating in 2009, we have faced challenges of finances and lack of medicine for the poor patients who come to get treated. In finding a solution to this, we saw that this year families living below the poverty line shall contribute USD 20 which shall be their health insurance to cover the whole year. Most of these families cannot afford this amount and we are kindly requesting all well-wishers to help us with this project so we may be able to continue supporting this poor people. We are projecting to support 2000 people. We have signed an agreement with a national insurance company which shall be taking care of these patients if we get this money.



4.COMMUNITY PHARMACY

With the vision that we have in providing proper, good and affordable health care to many vulnerable people, we constructed a community pharmacy in Luvungi and Uvira that offers the community medicine at very low cost after being consulted by the Doctor. In 2013, the pharmacy was of great help to the poor parents in reducing mortality rates and getting medicines much faster. We are projecting a budget of USD 2000 per month for the whole year, this is only for the essential medicines.



5. WOMEN MICROFINANCING PROGRAMME

This shall help in reducing poverty in the villages especially among the raped women, widows and elderly. We are planning to purchase 40 pigs that after multiplying we shall be distributing among the women. According to a veterinary Doctor and the community workers, a pig produces 10 to 12 piglets after 4 months. After 4 months, we are projecting to get 160 piglets that we shall distribute to 70 families. A pig costs USD 150.



6. WOMEN FOR MEDIA PROGRAMME

MHCD has Impact Radio and Television which promote community health and Development and the past five years have shown great impact brought about by media in fighting diseases and promoting community health and Development. Last year we started women for media project that we used women journalists in sensitizing other women in topics like birthing kits, family planning, sexual violence, micro financing, malaria prevention and other different topics for women development. When they go out for interviews they need transport, recording materials and at times lunch. This programme needs support for their development and women's progress. One radio programme when aired is listened to by over 5000 people. To maintain the programme, MHCD is in need of USD 900 per month for 3 radio stations each USD 300.



Impact Radio and TV Women Presenters



Impact Radio studio

We kindly request for a kind donation from well wishers to please support us in any project above. Your support and generosity shall be highly appreciated.

For any information or donation please contact:

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Democratic Republic of Congo

XI. CONCLUSION:

Thank you very much for reading this MHCD 2013 report. I believe you have discovered and understood the work that we did. We managed to do all we did through your prayers and support and we thank you very much for that. There are many other activities we did that we have not mentioned in this report. We only wrote the major activities. Through your prayers and support we have been able to achieve many activities we never imagined we could achieve in the past year. As at now MHCD has a Hospital, Micro Hydropower project, Birthing Kits project, dental unit, community Ambulance, Rehabilitation centre, child clinic and counseling centre and all of this is in our own buildings through your support. Thank you very much for your love, care and support.

We have also included our projects and plan for 2014 so you can have a view of what we shall be doing. We shall focus on construction and supporting the vulnerable women and children through different projects at the Luvungi Hospital. I believe you have read it. We request you to please pray for us that God opens the doors for us and we also need your support. We shall appreciate any support and we will be letting you know how it all progresses.

Am grateful to Nathan Dietsch and family for supporting our education programme especially the Joanne Naswa Academy Bungoma Kenya and Dietsch Academy Sange DR Congo. Thank you to Green Grove Australia for supporting the Green Grove Lubarika School. Finally my sincere gratitude's to all MHCD friends who supported us in one way or another in the year 2013, we appreciate so much your support and we pray that may the Lord increase you that you will continue supporting us even this year 2014.

Dr Luc Mulimbalimba Masururu

MHCD Director