

FMP

FAMILY MEDICAL POINT

We care, No matter what



20
23

Annual Report

Our Head Office:

Lyamutundwe, Kitala Parish,
Katabi Subcounty,
Wakiso District

www.familymedicalpoint.org

Our Medical Facility

Nkumba Educational Trust Building,
Abaita Ababiri

FMP

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Family Medical Point

"We care, No matter what"

Abbreviations:

FMP	:	Family Medical Point
SRH	:	Sexual Reproductive Health
SRHR	:	Sexual Reproductive Health and Rights
FMP	:	Family Medical Point
STIs	:	Sexually Transmitted Infections
STDs	:	Sexually Transmitted Diseases
GEG	:	Girls Empowering Girls
YEAH	:	Young Empowered and Healthy
FP	:	Family Planning
IEC/BCC	:	Information Education and Communication/ Behavior Change Communication
CPM	:	Community Peer Mobilizer
VCAT	:	Value Change and Attitude Transformation
CHW-	:	Community Health Worker

"We care, No matter what"





We are committed to improving access to essential, life-saving healthcare services, with a particular focus on comprehensive Sexual and Reproductive Health (SRH) services for minority groups, key populations, marginalized communities, and youth.





OUR JOURNEY

Family Medical Point was conceptualized in 2016 and formally registered in Uganda in 2018. A coalition of public health professionals, physicians, and communication experts recognized the urgent challenges faced by women and young girls in peri-urban and fishing communities in Uganda when seeking access to sexual and reproductive health services and information. Fishing communities, often neglected in healthcare access, bear the highest burden of disease: a 25% teenage pregnancy rate, 78% of new HIV/AIDS infections, a 40% school dropout rate, a staggering prevalence of rape, and a significant mortality rate from unsafe abortions, as highlighted in the Uganda Demographic Health Survey (UDHS) 2016. FMP was established to respond to the pressing needs of these communities and to dismantle the barriers that prevent them from achieving the highest attainable health.

Our Approach: FMP engages in service delivery, advocacy, and strategic communications. Through our services, we directly enhance access to health care while collecting vital data for evidence-based advocacy and the design of transformative communication campaigns. We are a rights-based, inclusive service provider committed to delivering tailored services to marginalized communities and key populations. Our outreach model, empowered by mobile clinics, allows us to meet communities where they are. Informed by the evidence we gather from our service delivery, our advocacy efforts strive for impactful policy reform, while our communication initiatives aim to inspire media engagement in our cause and foster behavior change that enhances health service access.



NOTE FROM THE EXECUTIVE DIRECTOR

Founded in 2016, our journey over the past six years has been one of growth, resilience, and profound impact.



Today, we are proud to stand as a dynamic, indigenous not-for-profit organization committed to advocating for, promoting, and delivering rights-based, comprehensive SRH services. Our work focuses on young people, women, and marginalized, hard-to-reach, and often-forgotten communities. Through our efforts, we enhance access to life-saving healthcare services, particularly comprehensive SRH care for minorities, key populations, and youth. Additionally, we champion health promotion in schools and empower women and girls to realize their full potential.

Our achievements are a testament to the unwavering support of our donors, partners, and advocates. I extend heartfelt gratitude to our donors, partners, and community leaders, without whom it would be impossible for fmp to deliver on its mission. Your commitment has driven tangible improvements in the lives of those we serve. Together, we have fostered transformative change, enabling women to access family planning services a total of 10,906 fp services were provided during the review period alone. We have also empowered sex workers with knowledge of their rights, equipping them to make informed decisions about their health and bodies.

As we look ahead to 2024, we remain steadfast in our mission to deliver meaningful, life-changing healthcare services. Together, we can continue to break barriers, shift norms, and improve the health and well-being of the communities we serve.

We thank you for your dedication and partnership in this journey. **We are in this together.**

Onwards and Upwards.

Moses Odongo
Executive Director

Established to address the pressing public health needs of marginalized, underserved, and least-represented communities in Uganda, FMP began as a not-for-profit medical facility providing subsidized health services, with a strong focus on Sexual and Reproductive Health (SRH).

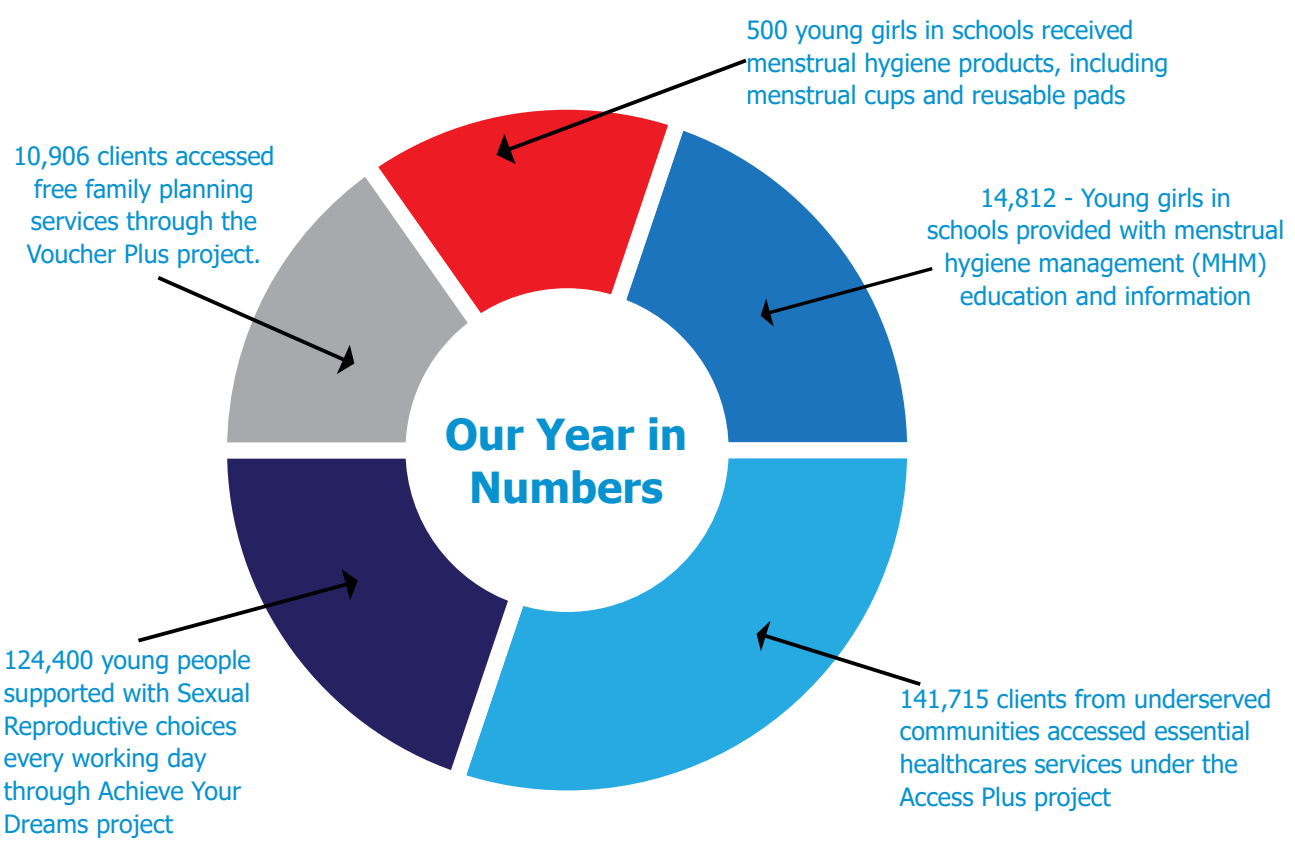






OUR YEAR IN NUMBERS

Who did we reach?



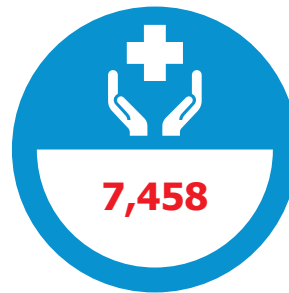
What was our Impact?



Unsafe abortions averted



Unintended pregnancies avoided



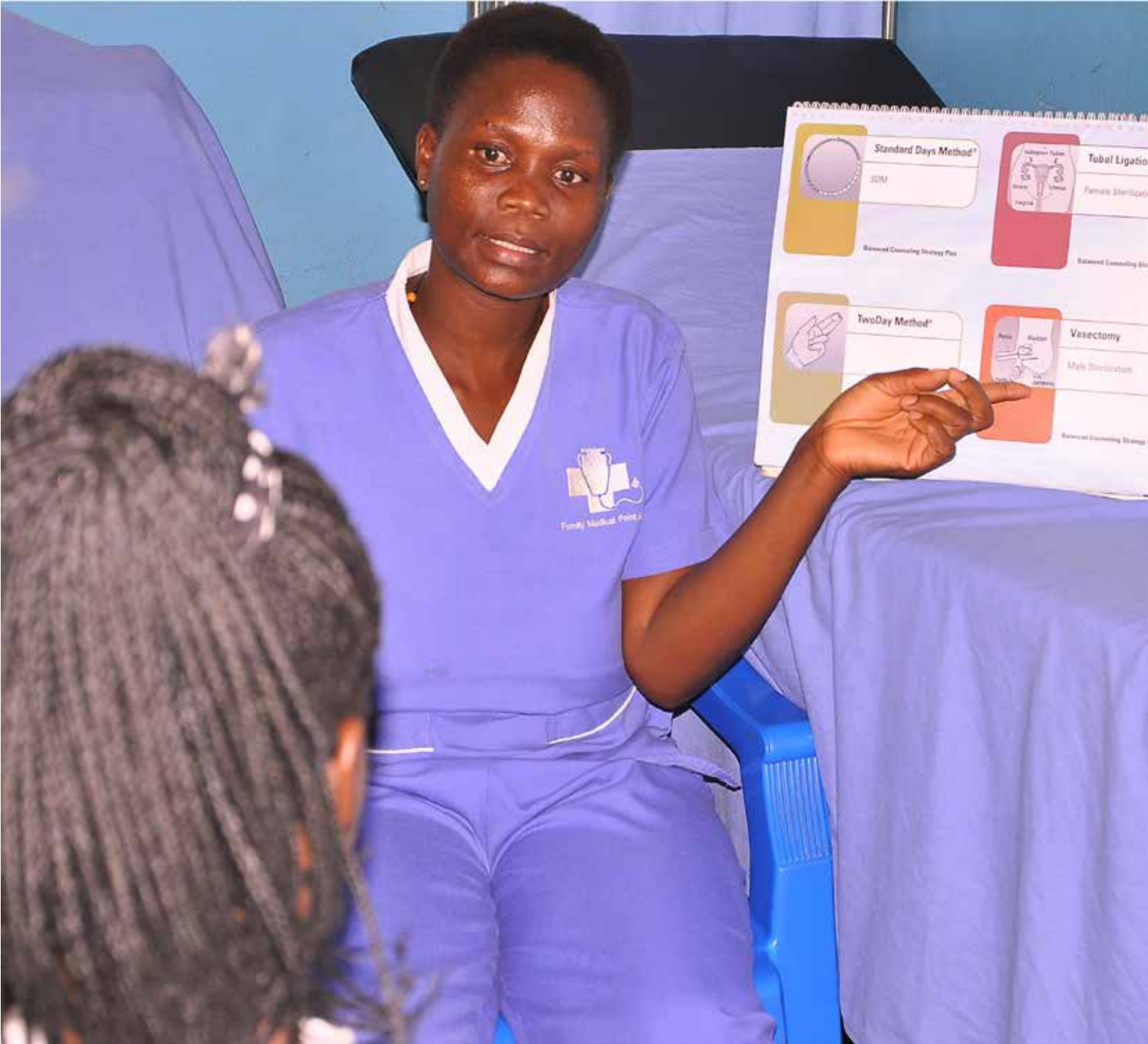
Women saved from life-threatening complications or debilitating health outcomes.



New HIV infections were averted

Why Reproductive Choice Matters

- 1** Empowering Education: When girls have the ability to make informed reproductive choices, they can stay in school longer. Studies show that each additional year of education can increase their earnings by up to 20%, providing them with better economic opportunities and long-term success.
- 2** Economic Empowerment: Reproductive choice is closely linked to economic empowerment. Women who have access to sexual and reproductive health services (SRH) are less likely to experience poverty, debt, and eviction. By allowing young women to delay early pregnancies, we reduce the risk of maternal mortality and improve their overall quality of life.
- 3** Preventing Maternal Deaths: Access to reproductive choice is critical in reducing maternal deaths due to high-risk pregnancies and unsafe abortions. FMP's services have prevented over 2,000 maternal deaths by providing life-saving care, education, and access to safe, effective reproductive health services.



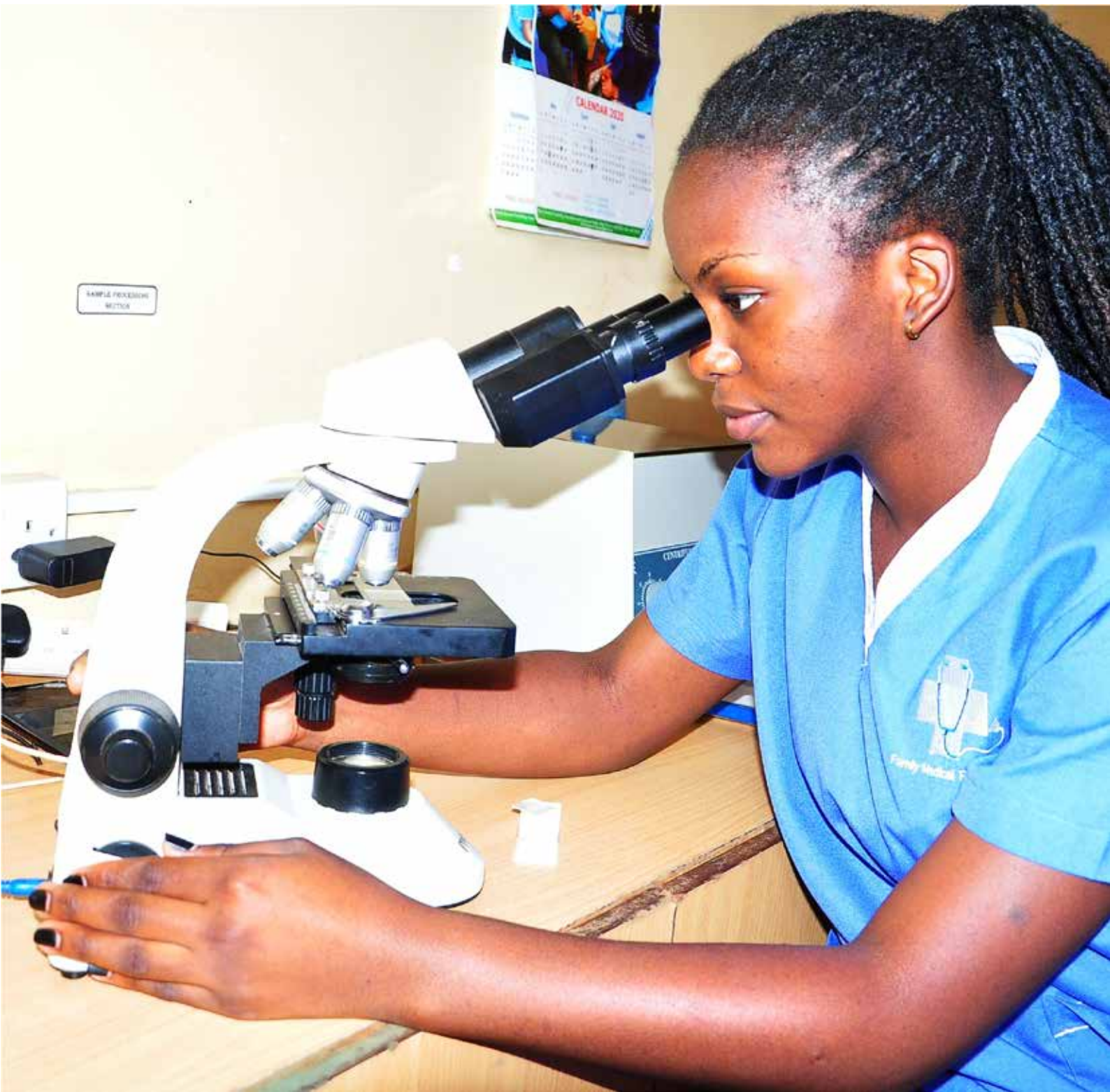
“ Our **commitment** remains **strong**, and we are hitting every **milestone** ”



**Transformative Projects:
A Year in Review**



SERVICE PROVISION



Voucher Plus Project



The Voucher Plus project was an impactful community-based initiative formed through the collaboration of Mariestopes-Uganda and Family Medical Point. This project was dedicated to significantly enhance access to high-quality Sexual and Reproductive Health services for marginalized and underserved communities. By focusing on cost-effectiveness, accessibility, and sustainability, Voucher Plus aimed to create a lasting positive impact on women's health.

At the heart of the project were vulnerable women living in remote or hard-to-reach areas. These women were empowered through vouchers provided by Community Health Workers (CHWs), which costed only UGX 2,000 (less than one dollar). With these vouchers, they chose from a variety of family planning services and products, including support for managing any potential side effects associated with contraception.



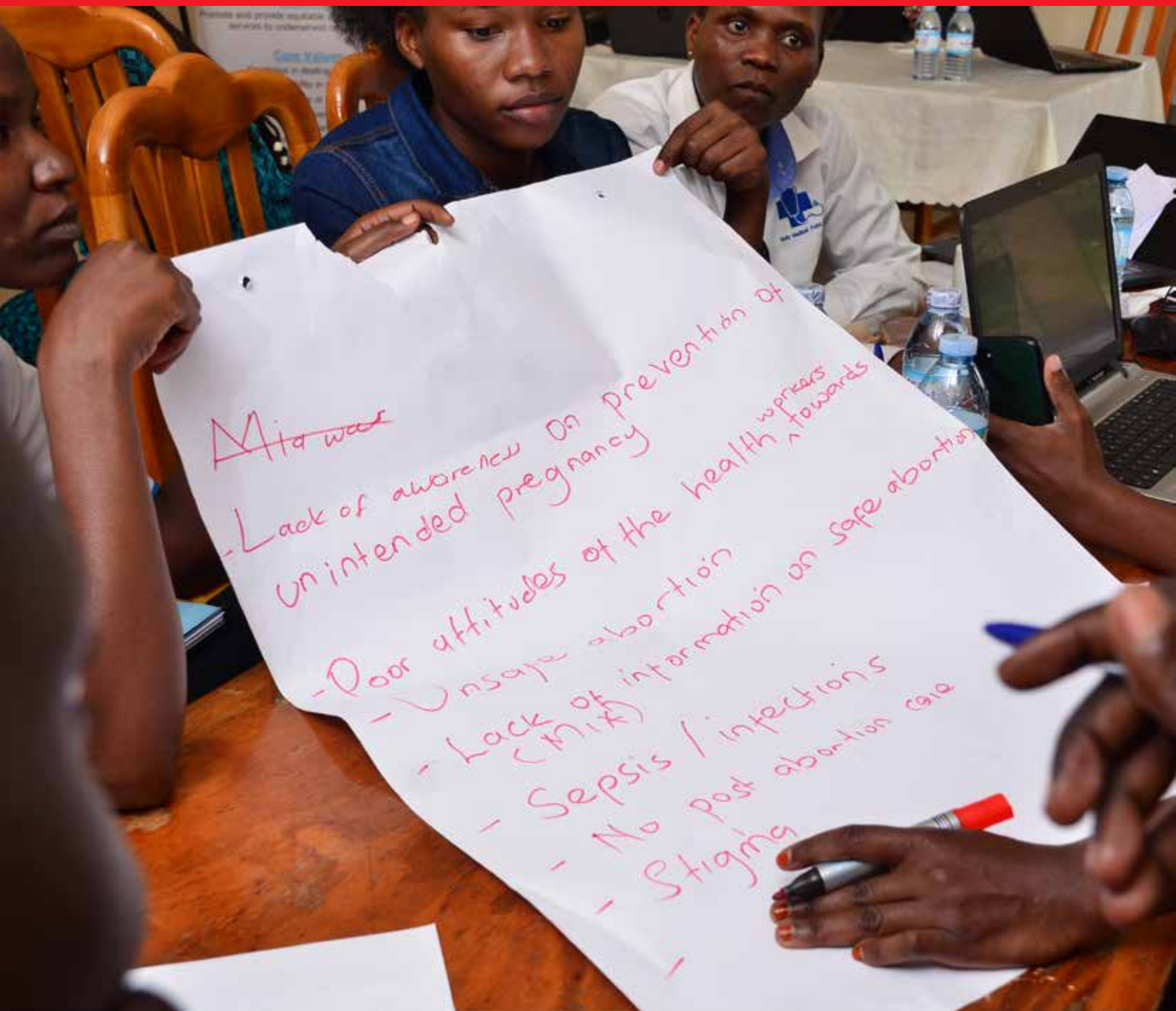


Life-Changing Moment!

"I was always worried about getting pregnant again and how it would affect my family. When the Community-Based Mobilizer told me about the Voucher Plus Family Planning Project, I knew I had to try it. I bought a voucher for just 2,000 UGX and got an IUD inserted at Family Medical Point. The process was easy, and the healthcare providers were very kind and helped me. Now, I don't have to worry about getting pregnant again. I can focus on giving my children a better life." – Juliet.



Careplus Project



FMP is implementing the CarePlus Project to improve the clinical quality of Comprehensive Sexual Reproductive Health Services in fishing communities and landing sites along Lake Victoria, specifically in Kigungu, Nakiwogo, Kasenyi, and Guuda, located in Wakiso District, Uganda.

As part of the initiative, FMP partners with private medical centers and clinics within these fishing communities, strengthening their institutional, financial, and service delivery capacities to provide high-quality SRH services. Additionally, FMP establishes a network of Community Peer Mobilizers who raise awareness about available services and refer individuals to the medical facilities for care.





Impact Testimonial

"Mirembe Medical Chambers, once struggling with limited resources, outdated equipment, and insufficient staff knowledge, transformed its healthcare services after partnering with FMP. Through a VCAT, significant gaps in equipment and training were identified and addressed. FMP provided us with essential training and medical equipment for managing PAC, leading to an improvement in the quality of services we offer.

Mirembe now provides quality comprehensive SRH services with enhanced confidence and competence, thus gaining the trust of the Kigungu community."

**Tembo Enos, Clinician at
Mirembe Medical Chambers**





A Journey of Hope and Healing:

Jane's Story

"I was raped by a client in Kigungu who refused to use a condom even when i pleaded with him to wear a condom. As a result, I became pregnant and didn't know where to turn. In my desperation, I tried using herbs to end the pregnancy, but it only caused severe complications and bleeding.

I felt hopeless until a Community Peer Mobilizer found me and brought me to Mirembe Medical Chambers. There, I received proper Post-Abortion Care (PAC) that saved my life. I am now healthy and able to move forward.

Thanks to the Musawo sessions, I now know where to go for safe healthcare services. I've also learned about different family planning methods to ensure I never face an unwanted pregnancy again. I feel empowered and more in control of my future."

– Jane, a sex worker



Access Plus Project



GIRLS EMPOWERING GIRLS PROJECT





Girls Empowering Girls is a menstrual hygiene and management project FMP implements to promote menstrual hygiene amongst girls from poor families in fishing communities through providing knowledge on sustainable sanitary products like menstrual cups, offering adequate SRH education on puberty that will increase school attendance thus improving their educational outcomes. The project enhances the capacity and knowledge of adolescent girls and boys on menstrual hygiene management, equips adolescents with knowledge on the use of menstrual cups as well as training senior women teachers, Parents Teachers Association and school management committee members on menstrual hygiene management.

The goal of the project is to enable adolescents from the poorest communities in Uganda to access basic requirements for their menstrual hygiene needs.





Aisha's Story:

Empowered and Confident

"I used to miss school every time I had my period because my mother couldn't afford sanitary pads. But through the Girls Empowering Girls Project, I received a menstrual cup and reusable sanitary pads that I can use repeatedly. Now, I no longer have to worry about missing class.

I've also learned so much about menstrual hygiene and how to manage my period with confidence. My friends and I can now handle our periods without fear, and the stigma around menstruation has lessened because we all understand it better. Thanks to this project, I feel empowered and ready to focus on my education."



THE YOUNG, EMPOWERED AND HEALTHY (YEAH) PROJECT





an Balance



FAMILY MEDICAL POINT
We care, no matter what



ACHIEVE YOUR DREAMS

With funding from GAIA, Family Medical Point (FMP) launched the Young, Empowered, and Healthy (YEAH) Project in June 2022. This initiative aimed to reduce unintended pregnancies among girls in secondary schools and universities by promoting the use of modern family planning methods.

The project utilized social media and key influencers to reach 10,500 young people aged 13 to 25 (80% girls and 20% boys) with accurate sexual and reproductive health (SRH) messages. The campaign focused on debunking myths about family planning, encouraging informed decision-making, and normalizing discussions around contraception.



STRATEGIC COMMUNICATIONS





Family Medical Point (FMP) is working closely with local media to increase supportive coverage of Sexual and Reproductive Health and Rights (SRHR) issues in the fishing landing sites and lakeshores of Lake Victoria in Wakiso District. Through training journalists on positive SRHR reporting, FMP aims to raise awareness about the challenges women face in accessing comprehensive SRHR services, while breaking the stigma surrounding these topics.





Cervical Cancer Screening
Family Planning
Dental Service



STRENGTHENING JUSTICE THROUGH COLLABORATION











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Family Medical Point

WE ARE ACCOUNTABLE

Our Data and Evidence

At Family Medical Point (FMP), the use of evidence is a cornerstone of our work. We prioritize collecting and analyzing both quantitative and qualitative data in collaboration with local communities, government bodies, and other partner organizations. This data serves to:

- ✔ Evaluate and refine our service delivery models.
- ✔ Understand the demographics and needs of our clients.
- ✔ Identify and reach marginalized and underserved populations.
- ✔ Support advocacy efforts to increase access to sexual and reproductive health services.
- ✔ Examine the factors influencing individuals' decisions regarding contraception and reproductive health choices.
- ✔ Demonstrate our impact and maintain transparency and accountability to our donors and partners.

Safeguarding & Dignity in the Workplace

At FMP, we are deeply committed to fostering a safe, respectful, and dignified work environment for both our staff and clients. Our commitment to safeguarding principles is paramount, and in 2023, we trained all employees in safeguarding procedures to protect vulnerable individuals and ensure a respectful workplace culture.

We continue to provide ongoing guidance to reinforce safeguarding values, ensuring that our team members fully understand their role in promoting mutual respect, empathy, and ethical behavior. Through this dedication, we aim to create an environment where everyone, from employees to the people we serve, can thrive in safety and dignity. FMP's commitment to safeguarding reflects our overarching goal to provide high-quality care in an environment built on respect and accountability.





FMP's MOST VALUABLE PLAYERS (MVPs)



FUNDRAISING, COLLABORATIONS & PARTNERSHIPS

In the ever-evolving landscape of healthcare advocacy and service delivery, FMP is proud to work alongside a wide range of organizations and individuals who share our dedication to creating transformative change. In 2023, our partnerships have played a crucial role in expanding the reach and impact of our programs, while addressing the unique healthcare needs of the communities we serve. The strength of our mission is further reinforced by the unwavering support of our generous donors, partners, and advocates.





Implants

How to use

- Specially trained provider inserts and removes implants.
- Nothing to remember to do after insertion

What to expect

- Changes in monthly bleeding, including irregular bleeding, spotting, heavier bleeding or no monthly bleeding, are common and safe

Key points

- Use another method if waiting for appointment.
- Use condoms if you need protection from STIs or HIV/AIDS.

- Safe to use
- One of the most effective methods
- Lasts for 3 to 5 years
- Can be removed any time if you want to get pregnant

What it is

- Small tubes placed under the skin of inner, upper arm.

... blocks
... and



10

Implants

CLOSING
GAP

Through the Access Plus Project, FMP is committed to delivering integrated, rights-based health services to young people and women in underserved communities. The project provides a mix of low-cost and free critical health services to slums, rural areas, and hard-to-reach populations, focusing on Sexual and Reproductive Health, Community Health Education, Youth-Friendly Services, HIV/AIDS, Maternal Health, Teenage Pregnancies, Non-Communicable Diseases, Child Health, and Optical Health.

Access Plus also addresses the healthcare needs of high-risk groups and works to create a supportive environment for young people to access essential health services and information. As part of our efforts, FMP engages in community outreach initiatives, including mobile testing services that reach remote and underserved areas. Equipped with portable diagnostic tools, our team conducts health screenings, ensuring that even the most isolated populations have access to critical diagnostic services.

IMPACT MEETS HEADLINES



World AIDS Day: Family Medical Point extends free SRH, HIV services to Kasenyi landing site

By NUSKA NAMBALA, PML Daily Reporter



Over 10,000 residents of Kasenyi fishing landing site benefited from free services of sexual reproductive health and HIV/AIDS on World AIDS Day. Family Medical Point, a not-for-profit organization that advocates, promotes and provides rights-based comprehensive sexual and reproductive health services to young people, women, sexual minorities, marginalized and hard to reach and together communities.

Family Medical Point advances services in its landing healthcare centres, particularly reproductive health services among adolescent, key populations, marginalized communities and young people, but also addresses women and girls and promotes culture-wide health.

During World AIDS Day communication, they organised an outdoor event of Kasenyi fishing site aimed at raising awareness, community support, and encourage engagement in the fight against HIV/AIDS.

Ms. Faiths Inyang - Programmes and Communication Coordinator at Family Medical Point emphasized the need of providing accessible information about HIV/AIDS to people in rural and hard to reach locations and fishing communities as a critical component in the fight to end the disease.



The Uganda Demographic Health Survey report 2020 shows that nearly 50% of people in rural locations do not have transportation knowledge about HIV/AIDS compared to urban areas at 25%.

"Fishing communities in particular present a very high prevalence rate of HIV with studies averaging of between 12% - 20% compared to the 3% prevalence rate nationally," she noted, "underscoring the need for targeted interventions."

Some of the countries services reported to the people of Kasenyi included family planning, free consultations and HIV test, STI and UTI treatments, child and adolescent care and consultation.

Nambala said she is pleased that they chose Kasenyi because of its high rate of sexual activities, "being that sex work is the major economic activity they have."

She noted that Kasenyi has a high HIV prevalence rate but also a high rate of sexual activities.

"By providing free family planning services, we hope to prevent unwanted pregnancies thus providing viable alternatives."

Ms. Faiths Inyang, Village Health Team lead at Kasenyi says that the landing site is the best of about 80 other landing sites, including, "because"

He noted that HIV remains their biggest challenge given that the highest number of their population is youth, "an age group that largely seems to struggle but also considering the high rate of poverty amongst young people that has prevented sexual activities."



According to her, they have a significant number of people living with HIV/AIDS at 10%.

Uganda has made high health strides in the battle against HIV/AIDS, but challenges persist. According to World Bank, Uganda has an estimated 1.5 million people living with HIV, leaving it a critical public health concern.

HOME NEWS INVESTIGATIONS OPED BUSINESS FEATURES COLUMNS

World AIDS Day

The Day is observed annually on December 1st, serving as a global opportunity to unite in the fight against HIV, show support for people living with HIV, and commemorate those who have lost their lives to the condition. The day provides a platform for raising awareness, reducing stigma, and advocating for increased access to prevention, treatment, and care services.

Family Medical Point calls for more collaborations in the fight against HIV/AIDS

By NUSKA NAMBALA, PML Daily Reporter



Family Medical Point has called for more collaborations in the fight against HIV/AIDS during the World AIDS Day celebration. The event took place in Kasenyi, the fishing landing site.

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Rising TB cases hit Kasenyi landing site

By NUSKA NAMBALA, PML Daily Reporter



Rising cases of tuberculosis (TB) in fishing communities around Kasenyi Landing Site are causing fear among health providers.

Health providers in Kasenyi fishing landing site are reporting a rise in tuberculosis (TB) cases, which is causing concern among health providers.

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Girls in fishing community benefit from menstrual hygiene education

By NUSKA NAMBALA, PML Daily Reporter



Dr Charles Babutungi shows pupils at Nkumba Primary School what a disposable sanitary pad looks like. PHOTO: EVE MUGANGA

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Community Involvement Urged In Menstrual Hygiene Sensitisation

6 days ago

Statistics indicate that 40% of teenagers drop out of school because of menstrual hygiene which has affected the education system in the country





Family Medical Point (FMP) maintains strong partnerships with law enforcers to support the protection of vulnerable groups.

Through collaboration, we ensure timely responses to cases of gender-based violence.

This joint effort promotes access to justice and upholds the rights of marginalized communities.