

# Kisiizi Hospital - Mental Health News March 2021



The Ahumuza Centre is one of a very small number of dedicated psychiatric inpatient units in Uganda. As well as treating acutely unwell patients, the team work in the local community to reduce the stigma of mental illness and promote the importance of recognition and the value of treatment



The Psychiatric Clinical Officer, Georgious, has sent some encouraging news of work progressing despite the difficulties imposed by Covid19.

The team receive huge encouragement from knowing they are supported and remembered in our prayers, and financial support is also making a real difference to what they have been able to achieve. Georgious reports:

- Some very unwell and destitute patients have made great progress
- Steps and a path have been created up the steep and muddy slope to the reclaimed ground behind the ward, allowing access for patients and carers to the 'garden'
- As a result the garden is thriving, especially the staple matoke banana trees
- The ground around the Banda (patient rest shelter) has been planted attractively
- Local radio station Boona FM has agreed support for airing further discussion to highlight mental illness recognition, reduce stigma and encourage treatment
- 200 more alcohol awareness leaflets have been received!

This young man from a nearby village was admitted to the Ahumuza Centre after a long period of illness.

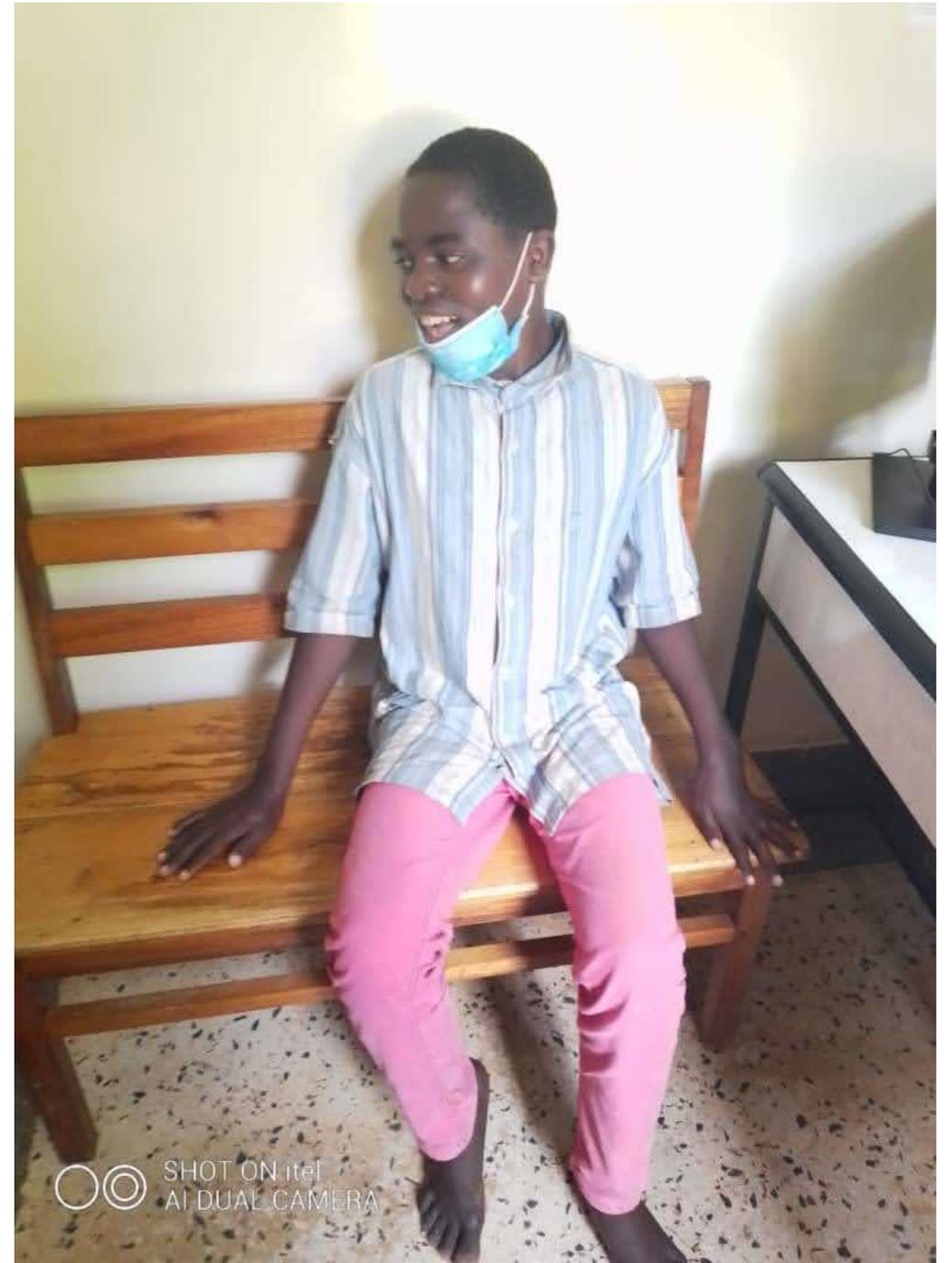
His family are very poor, and it seems his mental health problems were not recognised for what they were. He was in overall poor physical and mental health.

Sadly these circumstances are not unusual..



But with treatment, care and love he has been transformed!

Here he is being reunited with his mother at their home..



These are the exciting new steps which give safe access to the Ahumuza garden, perched on reclaimed land behind the hospital..



The garden provides therapeutic activity for patients, and these young matoke banana trees are thriving. They will soon start to provide the cooking bananas which are a staple part of local diet, and will help feed destitute patients.



The new plants around the Banda are transforming it to give a place of peace, beauty and respite for patients and their family attendants, away from the sometimes stressful atmosphere on the ward..

Here is Georgious chatting to a Boona.FM presenter during live broadcasting. This popular local radio station seems genuinely interested in the work of the Ahumuza team, and in promoting awareness of mental illness.



Here are Georgious (right) and colleagues proudly showing their newly arrived alcohol education leaflets! Financial support is enabling re-supply of these leaflets.



KISHIZI HOSPITAL 'Life in all its fullness'

### Nonywa agarikwingana ki?

Ekikopokya 500ml 1	Ecupa ya biya 5% Beer 2	Ecupa ya 9% Bellolaga 4	Akagyerasi Kawayini 2	Spiriti coffee 25ml 1
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Okunywa amaarwa garikwingana namacupa agayorekwa aharuguru 2-4 burizooba nari kurenzamu emirundi 4-5 omusande. Nekyakabi munonga ahamagara gawe neka yawe.

**Enaku, Obwoba**  
Okutabuka omutwe Okarwana

**Ekokoro**  
yomukanwa na maraka

**Endwara ze**  
kifuba

**Okurwara**  
ekitigu

**Okutetema**

**Okusharara**  
omumaguru

**Okwebwa**  
munonga  
Okuterwa omutwe  
Okufeyintiga

**Amaisho**  
kuhinduka  
rukaka

**Endwara**  
zomutima

**Alusazi**  
Okutanaka

**Nigashisha**  
omwaana  
otakazairwe  
omubakazi

**Okubura**  
amaani  
gekitanda

**Endwara**  
yomutwe

**Ebizibu**  
byesente

**Entongane**  
omumaka

Ebirungi byokunywa amaarwa orikwebaririra  
*Bamwe ahabarikunywa barikwebaririra nibagira bati*

- ✓ Omukasheshe noshanga otarabinemu kandi otaine bwoba
- ✓ Noyeha ekitiniisa
- ✓ Nogwejegera gye omukiro
- ✓ Oyebikira esente nyingi
- ✓ Torikugira naku nari okwerarikirira
- ✓ Nogira amagara marungi kandi ohangaara
- ✓ Noba omutung'i
- ✓ Emikago yawe neyeyongera kandi egumaho
- ✓ Ahaba shajja, eshonga zekitanda nizibagye
- ✓ Ahabakazi abine enda: omwaana nakura na-magaara marungi

Emiringo yorikubaasa kukozeza waba noyenda kukyendeza okunywa amaarwa

*Torana mu emiringo eshatu bwanyima ayekeyebera ahamuru'gwe esande eibiri*

- Nywa amaarwa agatarikutsinza munonga
- Nobaasa kwosha aha maarwa onywebindi byokunywa
- Banza odye otakanywire amaarwa
- Yehe ekipimo buri eizooba
- Onywe orikwoshesamu hakiri amazooba 2-3 omusande
- Kora emirimo endjio omushaha zawe ezorikukira kunyweramu
- Oतिकiriza abanywani kukongyera agandi maarwa waba wanywire ekipimo kyawe
- Omanywe ekipimo kyawe burikunywa

*Shoma ayetegereze kandi ogarukwemu amaani omu kabukusi kaharuguru!*

- Ogume haihi nabantu abatarikunywa kandi oyerinde kuguma wenka otaine murimo gworikukora.
- Nobaasa kukora emirimo ogume oribiize, orekye kutekateka aha maarwa.
- Kworagyezeho waremesibwa, yebuuzwe aha mushaho okurihaihi akuhwere.

**Hamira ahaki washaramu**

'Dr Jane' was able to work closely with the team as they developed and translated the leaflet, which explains the harms caused by problem drinking, and the benefits of seeking help and reducing consumption..

Lord, thank you for the dedication and care of the Ahumuza team within Kisiizi Hospital.

Thank you for the good news they have wanted to share with us, and we ask you to bless all these projects as they take root in your love, and bear fruit to some of the most needy and rejected in the local society..

We pray for the encouragement, wellbeing and morale of the team as they continue to work in challenging circumstances.