

EMPOWERING PEOPLE, TRANSFORMING LIVES

2022 ANNUAL REPORT





"Our readiness to invest more in community health and **mobilize communities to develop solutions together with our innovative strength** has enabled us fullfil this years' promise to the people and communities we care about."
Emily Katarikawe ED InPact

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Our Commitment



Innovation Program for Community Transformation (InPact) is a Ugandan non-profit committed to improving the quality of life of individuals and communities through innovative development solutions. We started out as a community youth group in Kigezi, South Western Uganda in 2021 and have since grown into a national NGO working to empower communities and transform lives across Uganda

**EMPOWERING PEOPLE,
TRANSFORMING LIVES**

From Our BOARD CHAIR



Board Chair's Message

Dear Stakeholders,
The Year 2022 has seen us continue to empower people and transform our communities in a number of ways. InPact expanded its scope beyond Family Planning and Water Sanitation and Hygiene(WASH), HIV epidemic control, Youth and women entrepreneurship, Malaria reduction and Mental Health programming. We continue to inspire communities to take charge of their problem and come up with feasible solutions that work best in their contexts.

InPact's approach of getting closer to households and be in charge of their health aligns well with the agenda of realizing Universal Health Coverage, and bringing gaps in equity and inequalities especially in hard to reach communities and underserved populations. This is why inclusivity and ensuring no one is left behind sits at the heart of our strategic plan.

As a Board of Directors, we are pleased with the strides InPact has taken this year, and the institutional growth achieved. We will continue to lead in providing strategic guidance, linking management to resources, opportunities within our networks, and ensure that InPact remains accountable to our stakeholders.

In the coming year , we commit to add value on our Strategic Plan through developing InPact's business arm. We will intensify efforts in building stronger and longer term funding partnerships. We continue to innovate, embrace learning, listening to the communities we serve and we are ready to tackle any challenges that may arise with confidence.

Thank you for your invaluable support.

Kenneth Mugumya
Chairman- Board of Directors - InPact

From Our EXECUTIVE DIRECTOR



Executive Director's Message.

To you all, Our Partners, Beneficiaries, Stakeholders, well-wishers and staff, I extend our sincere appreciation and gratitude for all the support you extended to us in the year just ended 2022. As I reflect on the journey we have taken in the last year, I am amazed at how much we have achieved with your support, and what an amazing and growing organization InPact has become in the last two years.

This year, we focused on strengthening our internal systems, and expanding our program scope in areas that continue to negatively affect our people and to create positive change in communities for better health outcomes. We now know that Mental disorders especially Depression are an emerging and serious health challenge that many families are contending with. Increasing adolescent pregnancy, upsurges in Malaria, non – communicable diseases, and climate change are major development challenges our communities are facing. I am proud to share that this year, InPact introduced Mental Health program using a community led therapy to treating depression, we have also expanded our scope to tackle climate change through wetland conservation and expanded our scope in addressing reproductive health issues affecting adolescent girls and young women including HIV prevention, access to family planning services, prevention of Malaria in pregnancy and development of women and youth entrepreneurs. The above investments are just a few examples of how InPact is working to improve lives and transform communities. Through this report you will find some of the achievements registered and stories from our beneficiaries. This work has been made possible with support from our line ministries, the local governments and community leaders and champions. I would also like to thank the staff of InPact for their determination and resilience exhibited throughout the year. We at InPact grateful to all our donors, and partners for the support extended to us.

We look forward to stronger and better working relationship in the year ahead of us.

A blue ink signature of Emily Katarikawe.

Emily Katarikawe
Executive Director –Innovation Program for Community Transformation

Why We Exist Our core focus is improving the overall well being of communities

Our Vision A socially developed community

Our Mission To improve the quality of life of individuals and communities through innovative development solutions

We aim at improving the well-being of individuals and communities so that they can reach their full potential. Our interventions are about developing people's capabilities that empower them to make choices and lead lives that they value.





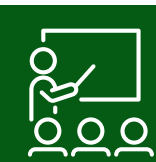


How We Work

Our approach to work is to employ community led development models and strategic partnerships in all our interventions. Over the years, our core areas of intervention have been Health, Education, Livelihoods and Environment Conservation. We have subsequently expanded access to a range of Reproductive Health (RH) services, increased access and use of saving Maternal, Newborn & Child health (MNCH) services and information, promoted Sanitation and Hygiene in schools and households, advocated for girls' education and skills acquisition, supported improvement of household income and food security and contributed to environmental conservation in Uganda.



5 Key Objectives

-  Increase access and utilization of equitable Primary Health Care (PHC) services in the targeted communities
-  Establish social enterprise programs including vocational skills and micro businesses for young people in and out of school.
-  Promote good environmental conservation and climate-smart agricultural practices for increased food security and protection.
-  To undertake community centered research initiatives that contribute to sustainable socio-economic development.
-  To enhance operational efficiency, effectiveness and institutional capacity development.



Our 2022 Achievements

1 Mental Health Support Programme

According to the 2019 report from Uganda Counselling Association and the Ministry of Health, 14 million Ugandans suffer from a form of mental disorder and this number is believed to have doubled by 2022. Mental disorders identified range from depression, bipolar disorder and schizophrenia to dementia and other developmental disorders.

With funding from StrongMinds Uganda, InPact launched the Mental health Support Program , in FY 22. This program is part of the global goal of treating 2 million people suffering form depression. The program was implemented in Kanungu district, southwestern Uganda. InPact targeted to reach and treat 1000 clients for depression using the Interpersonal group therapy-IPT-G.

"We have successfully treated **OVER 1000** people in less than a year and all this has been through working directly with community members in their context and with their leadership. This demonstrates that group therapy practical especially in the rural setting. " Alvin Muhwezi-
InPact Director of Programs

InPact's approach is to integrate this group therapy service in the other existing projects aims to reach vulnerable men, women and adolescents, and to leverage resources for better health outcomes. Through this therapy-led approach, women and girls working in rural communities, female sex workers, and those in abusive family and workplaces were reached.

The group therapy approach is effective and sustainable because it relies on community members themselves to run the sessions. It is also peer driven meaning that members join at their own discretion following an assessment of the severity of their distress.

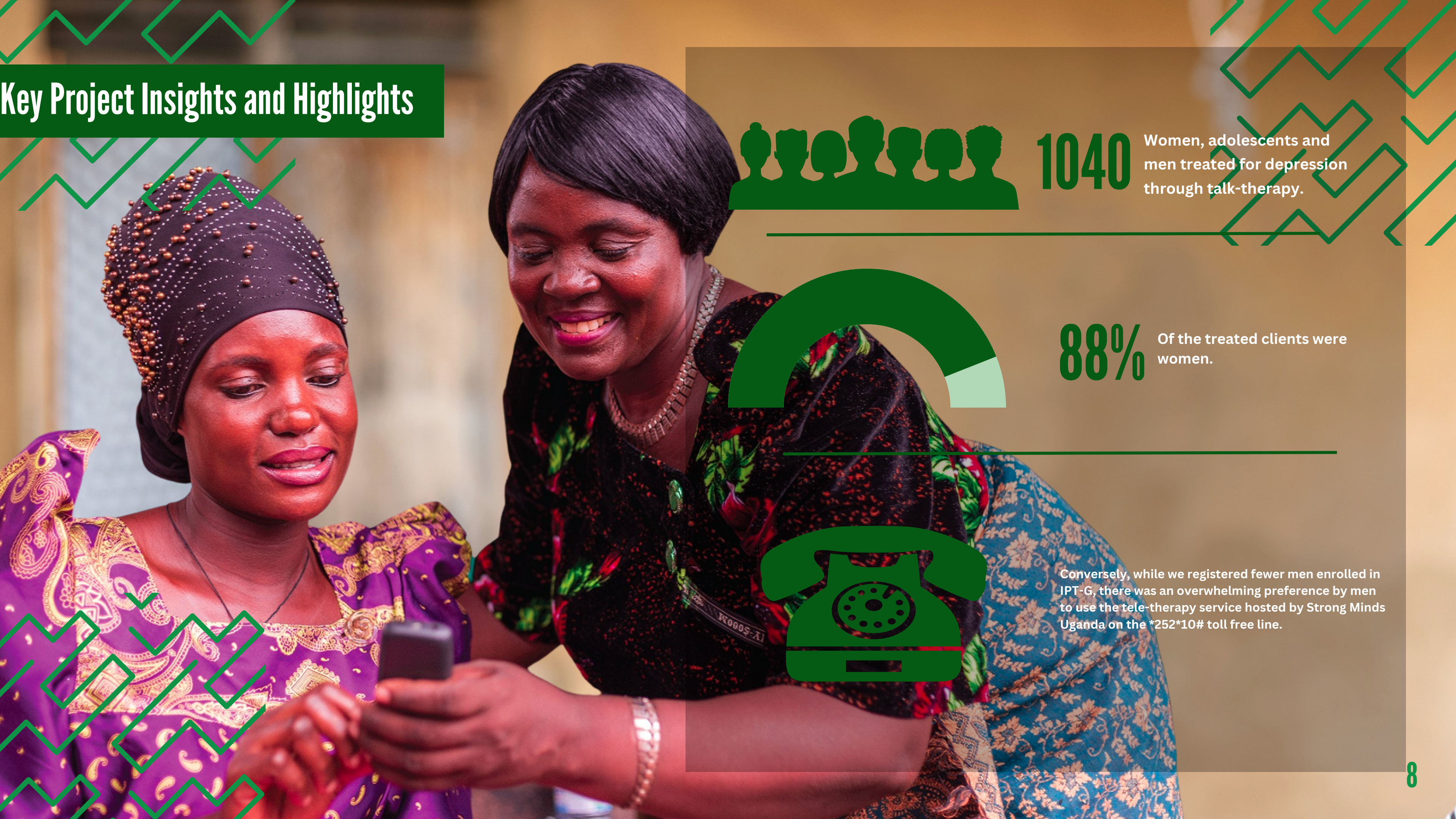
The success of this initiative has been in large part due to the support from the communities that we work with right from the leadership at all levels to the target population. Some group therapy sessions have been with minority groups such as the Batwa pygmy community that lives on the periphery of the Bwindi Impenetrable Forest and key and priority populations- who are groups that are at higher risk of HIV due to their high risk behaviors.

Beyond the group therapy, the program in partnership with Strong Minds Uganda also runs a toll free service that provides free counselling for depression treatment. Raising awareness through different media platforms has also been instrumental in reach a wider audience with information about mental health and depression in particular. All these initiatives have brought to the fore the need for more mental health services.



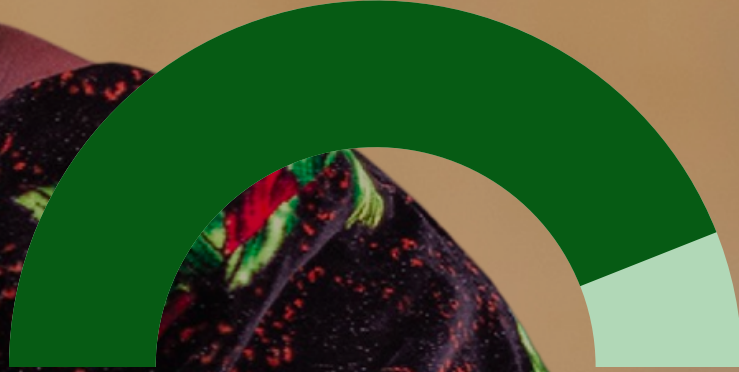
Image by <a href="https://www.freepik.com/free-photo/medium-shot-happy-woman-outdoors_24747811.htm#query=african&position=13&from_view=

Key Project Insights and Highlights



1040

Women, adolescents and men treated for depression through talk-therapy.



88%

Of the treated clients were women.



Conversely, while we registered fewer men enrolled in IPT-G, there was an overwhelming preference by men to use the tele-therapy service hosted by Strong Minds Uganda on the *252*10# toll free line.

2 Family Planning: addressing social and cultural barriers to uptake of FP services

Uganda’s total fertility, maternal mortality, and teenage pregnancy rates remain among the highest globally. In Uganda, about one in three married women of reproductive age reported having an unmet need for family planning, which translates into approximately 1.6 million women. 3 Of these women, about 60 percent wanted to space their next birth, and the other 40 percent did not want to have any more children.

The USAID/Uganda Family planning Activity is a five-year USAID funded project that aims to address underlying social, cultural, and structural barriers to family planning access, particularly among adolescents, youth, first-time parents, and low-parity women. Under this activity, InPact has since 2021 been implementing community-based family planning interventions in the districts of Kyankwanzi and Kibaale in the Albertine region.

In the second year of implementation of the USAID/FPA focus was on targeted demand creation, promoting positive socio-cultural behaviors across different demographics, strengthening referrals and linking women, girls and men with high unmet family planning needs to integrated reproductive health services. Through these initiatives InPact was able to accelerate gender equity and promote improved healthy timing and spacing of pregnancies (HTSP).

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Key Project Insights and Highlights



People were reached (19,408 males and 22,257 females) with FP information using the multiple approaches, including organising men only dialogues, inter-generational discussions, exclusive sessions with first time mothers for healthy timing and spacing of pregnancies.



Progress was made through strengthening our partnership with Health facilities to roll out outreaches to communities mobilized by VHTs supported by InPact, 535 such outreaches were organized (334 in Kyankwanzi and 201 in Kibaale)



Received FP services following home visits by community mobilisers. 13 FP dialogues were conducted among the adolescent and youth aged 10-34 years. (add numbers) 16 men only dialogues were held reaching 474 men during this year.



3 Local Service Delivery for HIV/AIDS Activity

The existing formidable challenges that Uganda continues to face when it comes to access to reliable and accessible health services for prevention and treatment of HIV for key populations is the driving force of this project.

In 2022, InPact received grant funding from USAID/Local Service Delivery Activity implemented by Uganda Protestant Medical Bureau. This grant was aimed at increasing access to HIV prevention and treatment services to Key and Priority populations in Kanungu district , through Faith based facilities supported by Uganda Protestant Medical Bureau(UPMB), and to identify new individuals exposed to TB, screen them and link them to TB care, while sustaining those in care to ensure treatment completion.

This project promotes self care through distribution of Self testing HIV kits, scale up of PrEP among adolescent girls and young women (AGYW), Prevention of Mother to Child HIV Transmission (PMTCT), early infant diagnosis (EID) and promotive prevention of gender based violence.



KP/PP

The project is designed to reach key and priority populations who are persons at increased risk of HIV infection including men, female sex workers and/or their clients, index partners, adolescents and young people, and other under-served, at risk populations in the districts of Kanungu and Rukungiri.



Index testing and Assisted partner notification (APN)

As part of the efforts to identify new HIV positives. Index client testing and APN approaches are used. Through a known HIV positive client (index), we are able to identify their biological children and their sexual partners and are voluntarily tested for HIV. This approach ensures that we do targeted testing for maximum yields



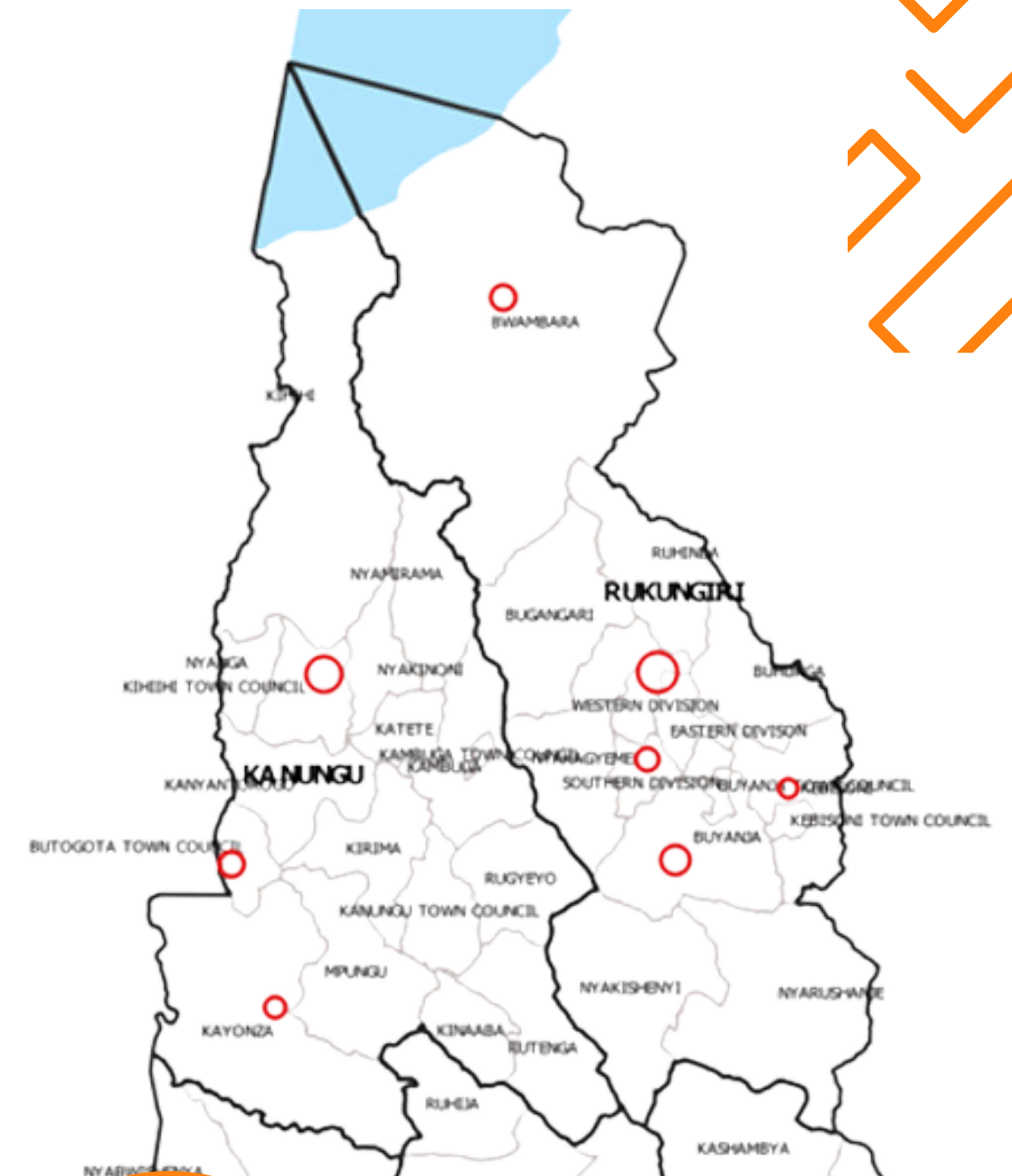
PrEP

Working in partnership with 15 health facilities we were able to support community level identification, initiation and refill of PrEP for over XX key and priority populations. To support rapid ART provision we have also established a drop-in center in Rukungiri to provide 24 hour services to KPs and PPs, and in partnership with the 15 health facilities reached over XX clients with HIV testing services.



GBV

Gender based violence is rampant in the district of Rukungiri and Kanungu. As part of HIV prevention services, InPact supports in identifying GBV survivors in the community and referring them to health facility for Post-GBV care and other services.



Map of KP hotspots in Kanungu and Rukungiri districts.

Key Project Insights and Highlights



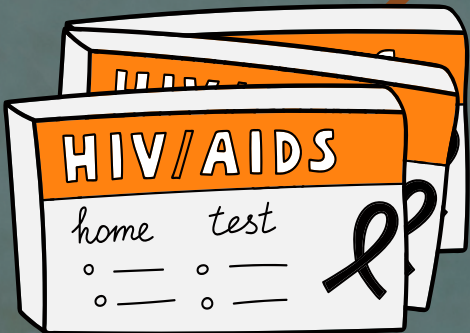
310

FWS from the identified hotspots were reached with HIV information and self-testing services



150

HIV self-test kits were distributed to different KPs and PPs with 95 of these results were documented representing a 63% return rate.



46

40 FSWs were screened for PrEP and initiated 32 of them on PrEP. 98 identified clients who had missed their PrEP refills were followed up and 14 were supported with refills.



Distribution of HIV self-test kits

61%

Female Sex Workers (FSWs)

39%

High risk Communities



4 Hi Innovator Program

Hi-Innovator is an initiative of Uganda's National Social Security Fund (NSSF) in partnership with Mastercard Foundation and implemented by Outbox Uganda. The initiative is supporting small and growing businesses by extending catalytic seed funding, building the capacity of entrepreneurship support organizations to provide quality technical assistance and working with financing institutions to unlock affordable patient capital so that they can become more competitive.

InPact is one of the entrepreneurship hubs supporting in identifying, building the capacity of entrepreneurs through provide quality technical assistance and preparing them to unlock affordable patient capital including \$20,000 seed-funding from the Hi-Innovator Program. We have since 2021 supported over 1,500 from the sectors of health, cosmetics and beauty, tourism, digital technology, agriculture, light manufacturing, and education to grow their businesses and competitive advantage.



Hi Innovator InPact Achievements So Far



1,566
Entrepreneurs
trained



\$420,000
worth of seed funding
awarded to entrepreneurs



5,500
jobs created, improved
& sustained

"Much appreciation to the InPact team for your wise counsel throughout this process. We are much more confident in our businesses and ability to grow them. We are grateful for your tireless effort and support."
- Clape Consults Limited

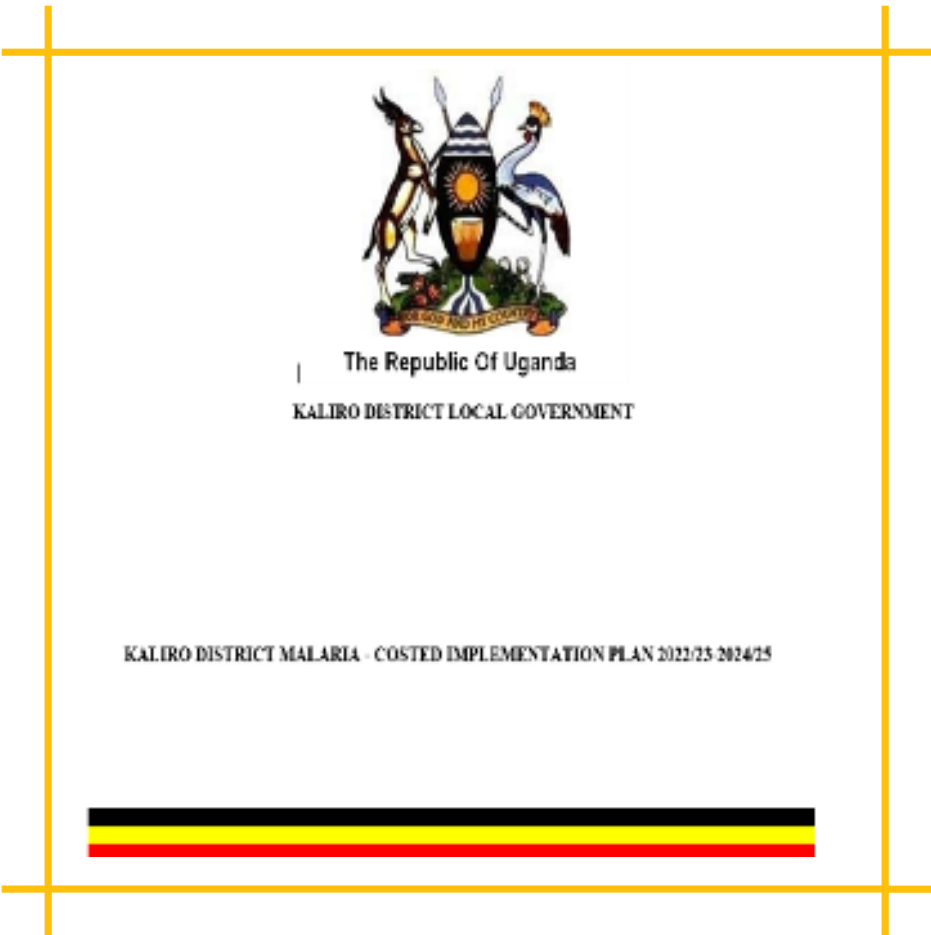


Sub National Advocacy Campaigns

District Local governments play a critical role in providing leadership and oversight informed by national priorities and coordination of stakeholders inputs and partner resources for implementation of public health programs while working in the decentralized environment in Uganda.

To this end, InPact worked with selected districts to develop, Costed Implementation Plans for Family Planning and Malaria reduction. With Funding from Advance Family Planning implemented by John Hopkins University – Center for communications Program, through the Partners in Population and Development Africa Region Office(PPD-ARO), led an advocacy that resulted in increased allocation of domestic funding to Family Planning, and the Development of Kanungu District Costed Implementation Plan for Family Planning(DCIP-FP).

Subsequent to an upsurge, of Malaria in Busoga region, advocacy engagement to support Kaliro district to engage stakeholders in setting priorities for Malaria reduction was undertaken. With Support from InPact, Kaliro district was able to develop its costed Implementation Plan for Malaria Reduction. The DCIPs will continue to provide a roadmap for implementation of district based programs and act as a guide for resource allocation to the most critical areas. They will also act a guide to current and potential stakeholders for the districts.



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Stories of Change

Family Planning

"I CANNOT LIVE WITHOUT IT- ITS MY WAY OF LIFE!"

"I cannot live without it!" Kobusinge Justine exclaims after she was asked how she feels about contraception. Kobusinge has her own different story about Family Planning, she is a 27-year-old girl, she is not married and has no child, but a long-time satisfied user of Family planning. Her experience started in 2019 when she got pregnant while she was still in secondary school, unfortunately when the pregnancy was three months old, she fell very sick with Malaria and because she thought it was pregnancy symptoms, she did not tell anyone. The Malaria became severe and caused her miscarriage.

During her recovery in hospital the nurses told her about contraception and how as a sexually active girl, she needed to start using pills to prevent pregnancy.

After full recovery, she decided to go back to the facility to ask the same nurse what she could do to get a Family planning method of her choice. After counselling, she opted for a three-year implant.

Kobusinge explains that though she is not married, she has a steady relationship with her boyfriend who is also still a student in one of the Tertiary institutions in Hoima City and that they have agreed to live together after school and start a family.

Kobusinge affirmed that she would want only 2 children and the way to ensure that was to use Contraceptives. *"Many women are suffering, Men father children with them, but when they become many and poverty sets in, then the men abandon them..... I will not allow that to happen to me" she says.*

Kobusinge is trying to help fellow girls in her community, especially those in tertiary institutions like her. You know for us in colleges, our movement is not restricted like in secondary schools, we also study with young men and fall in love with them, so many girls are having sex in these hostels" Kobusinge says; so, I keep talking to them about how to prevent unplanned pregnancy so that they can finish their studies. Many are surprised when I allow them to touch where my implant is" she adds. **Kobusinge is one of the champions working with UFPA/InPact to extend family planning information to young women of reproductive age.** Since our engagement and refresher training on Family planning, she has since referred several girls to various health facilities. Kobusinge also remains one of the main conduits for family Planning Information in her institution.

Asked why she is so passionate about talking to peers about family planning, she said her health was not disrupted by the method she chose, it had enabled her to remain in schools to complete her studies, which wouldn't be the case if she was not using Implant and she was convinced, Family planning would still be her way of life even after she is married because then she would then be sure to space her children the way she wants.

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Stories of Change

HIV Project

"The InPact Outreaches saved me from losing my job"

Scovia is a 21 year old FSW and bar attendant who recently relocated to Kanungu having heard of the business opportunities there. Prior to moving to Kanungu, Scovia had been accessing PrEP services. However, since her move to Kanungu, she was unable to access PrEP services partly due to the movement restrictions imposed on her by her employer, but also because she did not know where to seek PrEP services without having to ask her peers, and hence risk her confidentiality since most of her peers associate any form of medication as ARVs and this could lead to stigma. This put her at great risk of contracting HIV and for some time she was unsure of her HIV status. There was no way for her to access health services.

Through the regular outreaches conducted by InPact and Nyakatare HC III, Scovia was regularly engaged along with her peers, and she finally got the confidence to approach one of the health workers and shared her experience and need. She was assisted to resume her PrEP as she had been taking in her previous location. Scovia is also grateful that drugs are delivered to her which eliminates the stigma among fellow FSWs who thought PrEP are ARVs. The outreaches also provide other service such as cervical and STI screening and condom distribution. Conducting outreaches have not only facilitated access to vital health services, but has also built confidence amongst the FSWs. With their status known and the several prevention methods available, FSWs have gained confidence in negotiating for safer sex with clients. Conducting outreaches have not only facilitated access to vital health services, but has also built confidence amongst the FSWs. With their status known and the several prevention methods available, FSWs have gained confidence in negotiating for safer sex with clients.

From the success of the outreaches in the hotspots, we aim at providing more services to the FSWs. We shall also target clients of FSWs when planning future outreaches. Outreaches will be designed around needs of the FSWs

Stories of Change Family Planning

GAME CHANGER FOR THE FIRST TIME MOTHERS IN BANANYWA SUBSOUNTY

Ugandan women fertility rates currently stand at 4.6 births per woman. With many girls getting married as early as 15 years, many of them end up having large families that they cannot sustain. Studies also showed that many of the first-time mother despite wanting to space children, did not know how to go about this.

FPA developed First Time parents' curriculum that is aimed at educating mothers that have just had their first babies on the benefits of healthy timing and spacing and how to access the various FP methods. InPact used this module to sensitize and encourage first time parents to embrace family planning for the benefit of their families and themselves for better health outcomes.

InPact team mobilized first time mothers of Kikonge through the village LC1 and their peer mother. Due to this, many first-time mothers showed up for the dialogues.

20 first time mothers enrolled for the First-Time mothers' dialogues. This type of dialogue consists of 7 Sessions, each session with different Family planning message ranging from FP methods to GBV. During various sessions, mothers shared their experiences with their fellow mothers, and many testified that these dialogues are going to be their game changer in their families.

Following the completion of all 7 sessions, this group of first-time mothers decided to band together and form a savings group. They named themselves "BRIGHT WOMEN GROUP"

Bright Women Group now meets every Tuesday at Kikonge trading center for their savings box and to discuss family planning matters with the help of their Peer mother who is a Satisfied user of IUD.

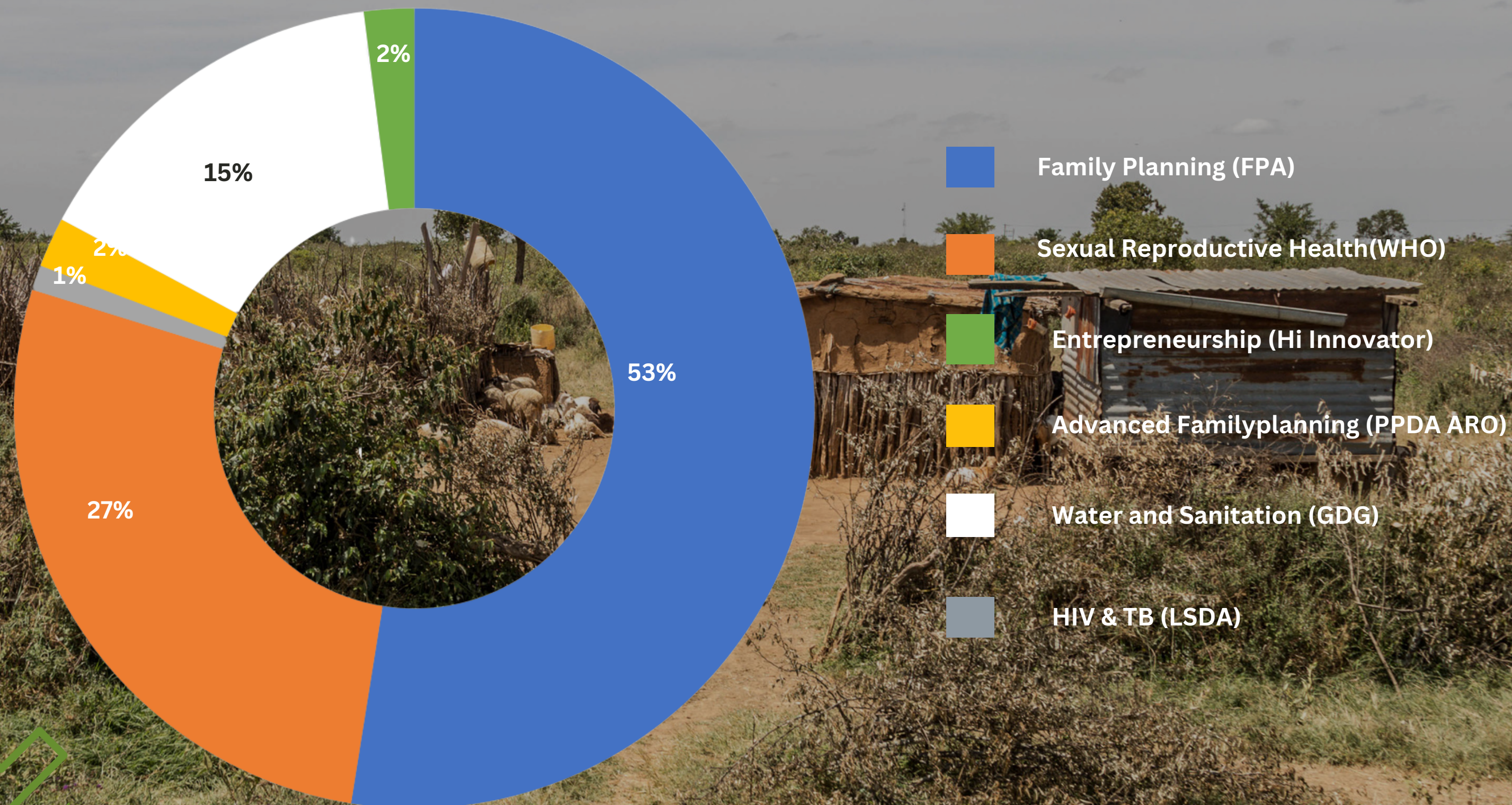
The group consists of 20 members with each contributing Ugx 500/= every week. After 5 months of saving, the group Currently has Ugx 350,000/= saved.

FPA team took a great step and linked this active group to Baylor Uganda which picked out the 8 qualified and willing mothers for further studies in short courses of tailoring, brick laying and electrical installation in Hoima technical schools. The 8 are expected to graduate.

'We are so grateful to FPA for changing our lifestyle and bringing light closer in our families "Says NAMULONDO SILIVIA, one of the young mothers.



Financial Report





Our Partners



USAID
FROM THE AMERICAN PEOPLE



Pathfinder
INTERNATIONAL



mastercard
foundation



**Global
Development
Group**



**World Health
Organization**



IGUEFA SAFARIS
EAST AFRICA

STRONGMINDS MENTAL
HEALTH AFRICA



ethicalangel
valuable experiences for all



UCAAM
UGANDA CIVIL SOCIETY ALLIANCE FOR AFRICA



Republic of Uganda
Ministry of Health



Next Level
Est. 2010



“Health in Totality”



INNOVATION PROGRAM FOR
COMMUNITY TRANSFORMATION

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TRANSFORMING LIVES*

Contact us



Plot 601 Binazi Street,
Naalya Housing Estate,
Wakiso District



info@inpactug.org



+256 780 614 754



www.inpactug.org



@InPactNGO



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