



CARING HANDS' BEACON

Vision: To reveal the life changing power of Jesus Christ through our words and actions.



Mission

We are a Christian based charitable organization, seeking to change people's lives through the love of God bringing restoration, faith, and hope by serving one another.

President's message



...we have been thinking and praying every day thanking God for you.

What we do



Evangelism

Our efforts with evangelism have resulted in the construction of two new church buildings,



Hospital Ministry

From its inception in 2009, Caring Hands Mulago has been a beacon for those patients



Education

"Once you learn to read, you will be forever free." says Frederick Douglass. The Founders of Caring Hands Foundation could have known ...



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CARING HANDS FOUNDATION

President's Message



*Dr. Charles Reed Holt
President - Caring Hands
Foundation*

Dear Friends and Donors,

This newsletter has been a long time in coming, but at long last this publication will be the first of many that will bring you closer to our ministry and show you the difference you are seriously making in the country of Uganda through the "hands on" efforts of our Caring Hands Foundation team. Thanks for your all your great support. It is immensely appreciated.

The dream of Caring Hands began in 2008, and since then, we have watched our dream emerge as a serious ministry touching hundreds if not thousands of lives through our work of evangelism, church planting, educational scholarships, business enterprises, construction of schools and medical clinics, and our daily efforts

from our dedicated medical team at Mulago Hospital who treat countless patients. Our team gives hope to the hopeless. Short of you all coming to Uganda to see for yourselves (which we highly recommend), our prayer is that this newsletter will bring you a glimpse of the changed lives your partnership with us is providing and bringing Christ's words to life, "If you have done it unto the least of these my brethren, you have done it unto me." We at CHF take seriously our Lord's instruction to "Go into all the world and make disciples of all nations." We have seen His faithfulness towards our efforts. Let anyone who reads this newsletter understand that we at CHF believe Christ's return is imminent and those of you who are Christians, our exhortation is, what will Jesus find you doing upon His return? One does not have to be a rocket scientist to understand Jesus' words about how He describes the world just prior to His second coming. We at Caring Hands yearn to hear the words, "*Well done good and faithful servant.*"

Registration

From a dream in 2008 to an organizational reality in 2010, Caring Hands Foundation became a registered non-profit organization first in Uganda and now also in the United States as a 501©(3) charitable organization. We are now tax exempt and can offer US tax exemptions for our donors.

What we do



Boda boda cyclist survivor lying on hospital bed

Our ministry in Uganda is quite varied and includes our medical team including Dr. Robert Kalyesubula (Medical Director) Dr. John Mundaka (Medical Officer), our nurse, Ms. Betty Nambozo, our social workers, Mrs. Muhindo Grace Kabugho and Ms. Mirembe Ssesanga, our Administrator, Susan Nalugo and Data Entrant/ Kasensero Project Coordinator Allan Ntambi. We care for patients admitted to Mulago Hospital who have no family or care giver to tend to their needs during their hospital stay. Let the reader understand that admission to Mulago means the patient has to provide his or her own bedding, food, transportation for labs and x-rays otherwise a patient may end up lying on the floor being ignored by everyone. Our team provides daily patient care and coordinates with hospital specialists when needed. We care for many patients admitted to the ICU with severe motor vehicle injuries often requiring expensive brain scans the patient cannot afford and would not receive unless the Caring

Hands team did not intervene. Our next rural medical outreach will take place in a small community in southwestern Uganda called Kasensero.

Many of you already know of our involvement in this remote town located on the shores of Lake Victoria close to the borders of Tanzania and Rwanda. It is this community



that HIV was first discovered back in the early 1980s. "Kasensero's local government health care nurse reports that 70% of the locals she tests are positive for the HIV virus." Over the years, Caring Hands has helped hundreds of students with school fees and other educational expenses that if not provide would result in yet another child or high school student remaining uneducated and thus being forced to fend for themselves. Members of our own staff have been recipients

of CHF financial aid which has allowed them to pursue advanced college degrees. By American standards, educational expenses are extremely small, but if your yearly income is \$500.00 or less, continuing education in most Ugandans eyes is but a dream.

In conjunction with Shepard's Heart International Ministry (SHIM), Caring Hands has been instrumental in rehabilitating three medical clinics, two located in the Buvuma Island chain in Lake Victoria that forms the southern boundary of Uganda. We have also constructed a woman's clinic located on the outskirts of city of Kampala. We were also a significant financial contributor in the construction of a sorely needed secondary school on the Island of Lingira. Termites had left the former wooden structure in ruins. Now for the first time, children from all over the eastern Buvuma islands come to Lingira Living Hope Secondary School to keep their future hopes alive and even consider a college education. We are still in the process of designing a primary school in Kasensero.

EVANGELISM

Our efforts with evangelism have resulted in the construction of two new church buildings, revival within a number of congregations of believers including the Buvuma Island chain, Tanzania, and others throughout Uganda. Our crusades have brought about the transformation of hundreds of lives through the preaching of the Gospel. It is the most amazing thing to see what occurs when the message of the Cross opens up a person's ears and heart for the first time. For me, these genuinely transformed lives is the one thing that keeps me pursuing this ministry in Uganda. What we are



trying to accomplish in Uganda is not easy. Well meaning people and positive thinking only go so far against the onslaught of spiritual resistance, corruption throughout the country, and a seemingly insurmountable tidal wave of disease and poverty. It all can be overwhelming. It is only by the Grace of God that renews our hearts on a daily basis that we continue this mission. The reality of Jesus Christ, our spiritual rock, is what keeps us moving forward.



Lunch during evangelical outreach

I would like to send my greetings to all who have stood to support the Womens' ministry in Namuwongo Kampala Uganda. Your support has changed and touched lives and, above all things the Name of the Lord has been lifted up in this community. We started as a very small group of about 7 women, most of them being single mothers and a few grandmothers. At inception, the desire for this group was to learn about God. We focused on discipleship classes. As we continued to meet, a lady shared with us an idea of making beads and she was willing to train every woman interested. When opportunity knocked, we bought materials and this was made possible by the Caring Hands Foundation and Ms. Marj Ahrenholtz.

With the income from the jewelry making, the women are able to meet basic needs like school fees for their children and rent payments, while enjoying each other's company throughout the day stringing beads and learning about godly living. Our group grew to 43 in number but 4 died due to HIV related complications. One most important thing for reader to know is that most of the women in our group are HIV positive and are abandoned by their own husbands yet others are widows. I want people to know that the



Women making beads at Soweto Namuwongo

support offered to these ladies has restored their hope and the reason for living. Our big thank you goes to everybody that supports us buying our crafts and products. You will always be in our prayers. We may not know you individually but God knows.

MULAGO MINISTRY



CH medical team with a patient; left to right, Mrs. Kabughu Grace M(SW), Dr. Kalyesubula Robert (Medical Director), Ms. Nambozo Betty (Nurse) and Dr. John Mundaka (Medical Officer)

From its inception in 2009, Caring Hands Mulago has been a beacon hope for those patients who do not have the so much needed care, "a caring hand". With the way Mulago is structured, every patient needs a relative/friend to support the Clinicians in ensuring delivery of medical services. This may involve feeding the patient, escorting them for investigations, buying the drugs, and other sundries when they are not available in the hospital as is often the case. With that scenario in mind, it is not so hard to imagine what happens when a patient presents to the emergency unit without a relative or worse still when you are unconscious.

To address this gap doctor Charles Holt and the directors of the Caring Hands Foundation recruited a medical team consisting of 2 doctors, a Nurse and a Social Worker to care for such patients. To this end, the Caring Hands medical team works

with the Social Work department of Mulago Hospital to identify and support those patients who are in dire need of this support. We work with the primary doctors, filling in the gaps of care for these patients. Our work has involved treating accident victims, orphans and other vulnerable children as well as single mothers who cannot buy medicine or provide food for their children.

We do provide medicines and sundries for those who cannot afford them, support surgeons in ensuring that they get the instruments needed to perform major operations. Working with the ICU doctors and nurses, we have ensured that patients receive the necessary lifesaving antibiotics that otherwise would have been out of reach for these individuals. We have witnessed first hand the power of hope and compassion and the fruits of holistic care. Our nurse does

not only provide basic nursing care, but takes time to ensure that the patients understand what their medical conditions are, and why they need to adhere to the doctors instructions. The social worker evaluates the patients' social needs, conducts medical counseling, performs home visitations, and escorts patients back to their homes after they are discharged from the hospital. This job is not without challenges, and sometimes we have been met with requests that are beyond our reach like providing dialysis for children with chronic disease or not being able to provide long term chemotherapy for patients with cancer. With such dilemmas we have learned to have strategic collaborations with the palliative care team as well as other humanitarian organisations that are able to provide these services. Above all, the Caring Hands medical team has been able to share the love and word of God through working with spiritual visitation partners as well as conducting prayers for the sick. With Caring Hands around, we have witnessed a transformation in people's health. We have seen patients who had lost all hope walk home with a smile on their faces. We are grateful to be part of this great work of extending a caring hand to the patients in Mulago and Uganda as a whole.

Dr. Kalyesubula Robert
Medical Director

Medical Department



Caring Hands Medical Team

CHF is a great organization that I am proud to be part of. Working as the medical doctor among a very dedicated and committed medical team has been my greatest achievement and empowerment, and I hope this relationship with Caring Hands Foundation continues indefinitely. Being part of the Caring Hands team is an opportunity that any medical professional would wish for, and I am blessed to be a part of it.

Many lives have been lost, people have been disabled and still others have lost all hope in life. Most of these could be saved if only one health professional practiced medicine above self without any discrimination. Dr. Holt identified the need, and together with the medical team, we have saved many lives, united the lost one with their relatives, and most importantly, restored hope and preached the Gospel to lost souls.

has given me this opportunity to achieve this and to extend my skills to the needy. I thank God that we have healed most of our patients.

My message to our supporters is: "in all you do, remember someone out there needs your help at all times. It's therefore our obligation as Christians to identify the needy ones and make a change in their lives".

My gratitude goes to everyone that is part of this noble cause and most especially Dr. Charles Holt for his obedience towards the vision and the sacrifices he has made to save lives in Mulago and Uganda as a whole.

**Dr. Mundaka John
(MBChB-MUK)
M.O-CHF**



CHF team at a home visit

My duties as the medical doctor in CHF include daily rounds and reviews of the patients, identifying and advocating for their needs, and providing a holistic care and management of all admitted patients. As a doctor, I also represent the medical arm of CHF if called upon.



CHF medical team with a patient and a mother in Mulago

CHF is a Christian based organization offering an honest giving hand to the needy and our philosophy of medicine always gives me a reason to meditate on the life of others.

The greatest award to any doctor is to see their patient walking alive and healthy. CHF

Nursing Department



As nurses, our vital role is to provide safety and quality care to our patients within the hospital. However, due to the overwhelmingly high ratio of patients to nurses in Uganda, nurses do their work together with family members. The nursing staff plays a pivotal role in coordinating all the care given to any patient. Nursing care is provided at all levels without charge to the patients.

As a Caring Hands nurse, I provide front line care to ensure exclusive service to our patients. My duties stretch far and beyond what any typical Mulago nurse does. My daily duties include providing physical and psychological support, patient health education, dispensing drugs, preparing patients for surgery, arranging CHF payments for medications, scheduling radiological scans, food, and ancillary services, recording vital signs, arranging specialty medicine consults, escorting patients for medical studies within the hospital, teaching patients to use crutches, and applying dressing changes to name just a few.

One of our patients was critically ill with tetanus and was admitted to ICU. He had lost all hope. The relatives were not able to afford the drugs he needed.

The patient's condition kept worsening by the day and his body was racked with spasticity.

When Caring Hands was contacted, we provided the much needed drugs and immediately Peter's condition started improving slowly by slowly. After three weeks, to the great joy of his relatives, he was discharged from ICU.

It was like a miracle to see this man so close to death now talking and walking out of the ICU on his own strength where just a few days before he had slipped into a coma and many had given him up for dead.

Miss Namboozo Betty Winfred
CHF Nurse



Social Work Department



Re-uniting a patient with his family. Behind is a van that brought the CHF Social Worker to the patient's family.



Caring Hands Medical social worker, assessing a patient with burns, in ICU burns unit Mulago hospital.

Helping vulnerable people has always been my passion, and I should say that it's a privilege to be part of CHF, which has made my dream come true by allowing me to make a difference in the lives of needy loved ones.

In CHF, team work is emphasized and this has made our efforts successful.

My greatest aspiration as a social worker is to see that, the social needs of patients are addressed. Therefore my role and responsibility is to advocate for financial waivers on their medical investigations like X-rays, and Ultra sound scans. My duties include tracing down patient's relatives, enrolling needy patients on the feeding program, counseling and praying with patients, making home visits, as well as escorting some weak patients back to their homes after they have been discharged.

Caring Hands team liaises with the Medical Social Work Department that identifies needy patients and then refers them to

CHF Social Worker for assessment. After that, the CHF medical team is brought on board to review, and approves the patients to be assisted. CHF does not only care for needy patients within the hospital, but also visits patients in the community after they have been discharged for follow up and to offer families psychosocial and spiritual support.

One of our patients was brought to my attention when his mother sought our assistance. She could not afford a needed CT scan investigation. Our patient was diagnosed with a pelvic tumor, and was later discharged through Hospice for further management. Two months after our patient had been discharged, the entire CHF staff made their way to Nansana Wakiso district to visit his home and family and brought along a Christmas gift of foodstuffs, encouragement, and prayer. Our patient was the first born in a family of five who is parented by an HIV

positive widow who tried to meet her families financial needs by selling cassava. They all live in a two room house, one dedicated as a bedroom for all five individuals and the other as a sitting room and kitchen. This family needs daily encouragement, so our visitation really made a difference not only to them but as well as neighbors who stood in at distance watching us.

The patient's condition was terminal but the silver lining is that while he was being treated in the hospital, one of our volunteer spiritual partners shared the Gospel with him and he accepted Christ as his personal Savior.

Mrs. Muhindo Grace Kabugo
CHF Social Worker

EDUCATION



Mr. Kayumba John

Frederick Douglass said "once you learn to read, you will be forever free". The founders of CHF agree with this principle and strive to make education as one of the key projects for the organization. Since 2008 a number of orphans have benefited from our program. They include junior, high school and tertiary students.

Our first (Nantongo Prossy) beneficiary completed her certificate in catering last year (2011). Prossy's hope was totally lost after her mother, father, two aunts, and an older sibling all succumbed to HIV within 6 months. To add insult to injury, the grass hut she and her four younger siblings called home was blown down by a windstorm leaving them sleeping outdoors. Only two of these children that are left attend school. Prossy is very grateful towards Caring Hands for providing school fees to attend Bikira Technical School so she could learn a practical trade, and says had this opportunity not come, there wouldn't have been any chance for her to continue her education. She now has hope of starting a hotel that will serve both local and international customers as well as giving back to the community by supporting her family and underprivileged people.

This year (2012), CHF is sponsoring five high school students. I will elaborate on this further for the reader who has no idea about the educational system of Uganda. School begins with Kindergarten for three years: baby class, middle class and then to top class. Bright children sometimes study for one year between baby and middle classes. At graduation children precede to primary school which our friends from the western world may refer to as primary and junior high school. This lasts for seven years. High school is divided into two categories, Ordinary Level (abbr. O' Level which lasts for four years) and Advanced Level (abbr. A' Level and this takes only two years). Students at A' Level take subjects that determine the kind of career they want to pursue at the University or College Level.

Allan Ntambi is a recipient of a CHF Educational Scholarship at the College Level. Allan divides his time between working during the days performing administrative and office functions at our CHF office at Mulago Hospital and spending his evenings studying at College.

Many of you have already heard about our struggles in our attempt to build a primary school in Kasensero and we continue to forge ahead on this

project. During the last several years, CHF has provided funding to support the education of over twenty (20) Kasensero children including pre-scholars through Senior High School Level. Our hope is that by the time you receive our next news letter we will have started construction

on the new building. We will keep you informed of our progress.

Kasensero Hope of Life Primary School board member- Mr. Kayumba John

"I have lived in Kasesero for over 19 years. "I'm a dedicated Christian and my passion is to reach out to orphans and the many children from the poor families here in Kasensero." This declaration of heart-filled charity is not just idle talk. There are countless testimonies from the people of Kasensero who will personally give accounts of John's generosity. "I'm a man of the people and I stretch out my hand, ear, or shoulder to whoever comes to me for assistance or solutions. I have been in the fishing industry for the last 20 years." (John is considered a business and community leader within the community and his humble attitude has won him favor before God and man).

"I was introduced to Caring Hands when I met Dr. Charles Holt (a true Christian brother in conduct) two and half years ago. I was humbled by Dr. Charles Holt's obedience to God the love he demonstrated by reaching

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that relationship where deceit and lies are the norm. We battle the suspicious mindset of the locals who distrust every one and have difficulty accepting that someone would come into their community to create hope for no other reason than improving their lives. Sadly, many in Kasensero are thinking, "what is their real motive in coming here?" The ravages of HIV/AIDS unfortunately defines this community. Kasensero was the original site in the world where HIV virus was first isolated from human blood. From this hamlet spawned the worldwide AIDS epidemic that has claimed hundreds of millions of lives. Is it any wonder that these people have little hope?

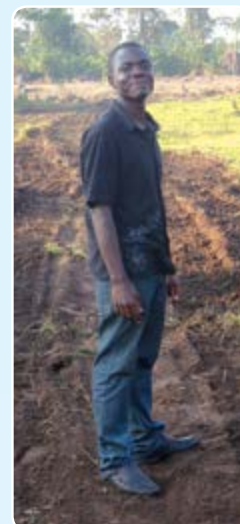
lost hope. "My people are lost because of lack of knowledge." And the greatest knowledge they lack is having a personal relationship with God through Jesus Christ. At Caring Hands, our foundation is God, and having a relationship with Him through His Son is paramount. Once we understand our eternal situation in life, the rest of the problems of the world can be managed in light of that understanding. Trying to be noble and good will just not work and has no lasting effect. We need to base our lives on the eternal truth of Scripture and on the completed work of Jesus Christ and then we can build everything on that "Rock and Chief Cornerstone". Then when the storms of life come against us, our houses will not be moved. Yes the storms of life will come. These children of God in Kasensero need a guide, a group of committed believers in Christ to DEMONSTRATE Gods' love to them to give them a genuine hope that "will not disappoint." We ask all you readers to help us remake Kasensero into a community of HOPE.

out to such a community as ours. Our community found it amazing that such an individual would come so far to help to partner with us in our needs.

Kasensero is located on the shores of Lake Victoria, and it economically depends mainly on fishing for its survivability, and there are local retail businesses, restaurants, and other small enterprises that support the fishing industry. It should be noted that land sites or fishing grounds in Uganda have the highest level of immorality because many criminals and social outcasts inhabit these places as hideouts. Poverty and prostitution are rampant.

At times it's difficult to measure the "soul" of Kasensero as these rural people are very reserved in nature and it takes considerable time to convince them that our motives at CHF are pure. Building trust is a major portion of

There is much fear in Kasensero, and few dreams. Little self discipline and ambivalence are the prevailing norms in Kasensero. All this hopelessness results in illiteracy, as there are no decent schools locally. There is a real need for them to be sensitized about morality, HIV/AIDS, and financial management, but they mostly need the Gospel of our Lord Jesus Christ. This community has had and still has many social and spiritual challenges, and these "sins" are magnified by the extent of HIV/AIDS that runs rampant throughout Kasensero. One needs money to live, and since there is little economic opportunity, the prevailing attitude in some is "why not sell my body so I can earn a living." The fact that there exists virtually no spiritual foundation within the community, and other than fishing, there is little chance of developing a self-supporting business, many have



Ntambi Allan, Standing on a graded road to H.O.L.P School Ground at Kasensero

Testimonies of Beneficiaries



Nantongo Prossy

Prossy is a 24 year-old student, studying Tailoring at Bikira Technical School (BTS). Prossy's hope was totally lost after her mother, father, two aunts, and an older sibling all succumbed to HIV within 6 months. To add insult to injury, the grass hut she and four younger siblings called home was blown down by a windstorm leaving them sleeping outdoors. Prossy is very grateful towards Caring Hands for providing school fees to attend BTS so she can learn a practical trade, and says had this opportunity not come, there wouldn't have been any chance for her to continue her education. She now has hope of graduating, and designing clothes and also starting a hotel that will serve both local and international customers as well as giving back to the community by supporting her family and under-privileged people.

Kyakuwa Godfrey is an 18 year-old senior three student attending Nazareth Secondary School. He has two brothers. His mother died when he was very young. His father tries to make a living by fishing but earns so little that he can barely afford to provide two meals a day for his children. Godfrey is very grateful to Caring Hands for his academic scholarship. Growing up in Kasensero, he truly realizes that he would be just another teenage fisherman struggling to survive or even having no job at all had not Caring Hands stretched out a helping hand towards him. His ambition is to become a journalist and businessman as well as helping the needy people in Kasensero and elsewhere.

Kibirige Fred

He is a senior three student at Nazareth



Kibirige Fred from Holy Family Nazareth Secondary School

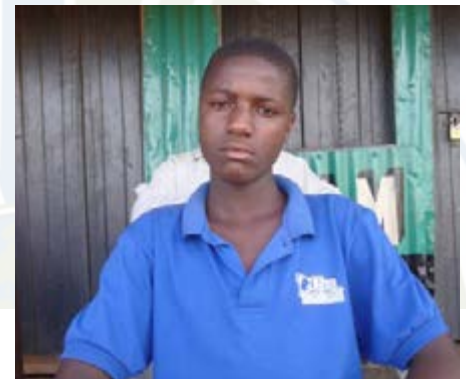
Secondary School. He has a brother and two sisters and only two of his other siblings go to school. Just like the rest of Caring Hands beneficiaries, he praises God that he is able to continue his education. Fred sees very little opportunity in Kasensero if the job situation remains as it is now. He thinks he would have become a local farmer growing household food crops had he not been given an opportunity to go to school. He wants to become a doctor, and provide free health advice and treatment to the needy people in Kasensero.



Mukisa Fred at Kaswa High School in S.3

Mukisa Fred

Fred is a 15 year-old Senior three student at Kaswa Secondary School. Both his parents are still living and he shares a house with them and his sister but his parents cannot afford school fees for either of the children. He feels "excited and surprised" that there is someone so kind to care for the hopeless. His hope is now one of becoming an Engineer. He too says he would have entered into farming had he not been given a chance to go to school. Fred loves children and wants to volunteer with any children's charitable organization as a way of giving back to the community.



Ssentongo Husain S.4 at Holy Family of Nazareth Secondary School

Ssentongo Husain is a 16 year-old senior two student at Nazareth Secondary School. He and his sister lost both of their parents to HIV/AIDS when they were young. He feels lucky to be a beneficiary of Caring Hands. Hussain believes that his future would have been fishing and drinking alcohol had he not obtained Caring Hands financial support. He wants to become a Lawyer and lend a hand to underprivileged children.



Kiweewa Charles S.4 at Holy Family of Nazareth Secondary School

Kiweewa Charles

Charles is a Senior three student at Nazareth Secondary School. He and his eight (four boys and four girls) brothers and sisters lost their parents to HIV/AIDS. He is the only one that that has received an opportunity to go to school and he is very glad to be a beneficiary of Caring Hands as he had lost all hope. He wants to become a doctor and also to provide free services to poor patients as well as helping orphans.



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