Using sports therapy to support the psychosocial well-being of vulnerable communities in West Nile

More stories inside

Keep a Girl in School

- New Central governing board
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Dear readers,

It is always a pleasure to share our quarterly publication with you. Thank you for following our updates especially the online audience that gives us instant feedback on almost every update we give.

This year, as part of rebranding and re-engagement with our communities, Uganda Red Cross has launched a campaign, calling Ugandans to support the Girl Child in Education. This is also a Health campaign to ensure that menstrual hygiene for adolescent girls is given priority in order to keep vulnerable girls in School. #KeepAGirlinSchool

Uganda Red Cross in partnership with the Ministry of Education will map out schools with the highest level of girl child school drop outs and will be given priority. This initiative will run through the year and we pray that everyone will embrace it for the wellbeing of our children.

This publication also highlights other stories picked from near and far areas of Uganda. One of the interesting stories is how the Red Cross is using sports as mental health therapy. In 2018, Uganda Red Cross signed an MOU with Everton Football Club to use sports as a tool for psychosocial support for refugees in West Nile. In partnership with local football club in the region, Onduparaka FC, this year, we have started rolling out activities that fulfill the objectives of that MOU. Follow the full story in the Humanitarian.

Around Kampala, we bring you among other stories the involvement of URCS in the corporate league games. It is very exciting to have staff and volunteers take off time to engage in play with other corporates around the Country. Check out the highlights among the stories herein.

Lastly, the publication has highlights of our governance election process, the new leaders unveiled and we indeed have a full color publication with beautiful pictures and compelling stories. I therefore invite you to enjoy the first quarter release.

Uganda Red Cross has launched a campaign, calling Ugandans to support the Girl Child in Education. This is also a Health campaign to ensure that menstrual hygiene for adolescent girls is given priority in order to keep vulnerable girls in School.
Note from the Secretary General

It gives me pleasure to present the first release of the 2019 Humanitarian, a Uganda Red Cross quarterly publication. Thank you for the tremendous feedback we get from all our readers and the commitment to read and appreciate the work of Uganda Red Cross. We always strive to serve the most vulnerable in our communities and this is fulfilled by the committed teams of foot soldiers (our Volunteers), the staff and members of Uganda Red Cross.

In our last publication, we called for support from all Ugandans towards the families that were affected by landslides in Bududa. We want to appreciate the support we received from Ugandans, the solidarity exhibited by corporate companies, individuals, and all people who value Humanity. Our audit partner Deloitte will give an official report on the donations for accountability and transparency.

This year, we are committed to continue delivering on our mandate of saving lives and reaching out to the most vulnerable affected by emergencies of all sorts. We will launch the World Disaster Report 2018, an IFRC yearly publication that reflects and emphasizes the relevance of the Red Cross Movement globally in tackling issues that affect people (Disaster response, Population Movement) with a theme; “Leaving no one behind” in our Humanitarian response. This will be done in May which is also the Global Red Cross Month.

On 8th May, Uganda Red Cross will join the rest of the Red Cross Movement globally to commemorate the World Red Cross Day with a theme; LOVE. The Red Cross movement looks at this as a great opportunity to celebrate the strength, reach and contribution of all the volunteers involved in the Red Cross/Crescent Movement work. Please join us when we invite you.

Lastly, as we re-brand, in this quarter we have unveiled a new community engagement campaign dubbed “Keep a Girl in School”. This aims at promoting menstrual hygiene management among young girls as well as advocate for school retention for vulnerable girls who would rather drop out of school due to lack of pads. In order to support this cause, we have involved all Ugandans to support the Girl Child. The initiative under the theme; Empowered Girls, Empowered Mothers, Empowered Communities, is championed by a team of Goodwill ambassadors, who are Volunteers and friends of the Red Cross. They are passionate about the plight of the girl child and societal well-being.

As we close the quarter, allow me welcome the new URCS Governance headed by Dr. Halid Kirunda, the new Central Governing Board Chairman. The board assumed office on 15th March 2019 and will run their term for 4 years. They will be supported by our new Patron, Mrs. Jocelyne Rugunda who will also serve alongside a team of Integrity Committee members and Advisors. See detailed story in the Humanitarian.

We pray that with your support, the National Society will continue to function and deliver on key humanitarian mandates as expected. Read the full bulletin and appreciate the key milestones achieved in this quarter.

The Secretary General with the Hon. Minister for Primary Education Hon. Rosemary Sseninde at the launch of the Keep a Girl in school campaign at Mackay College Nateete.
Through their CSR arm (Everton in the Community), Everton FC in March 2018 signed a memorandum of understanding with partners in the West Nile Consortium that included Uganda Red Cross Society and Onduparaka FC to use Sports to support the refugees and hosting communities in West Nile, Northern Uganda.

The Uganda Red Cross supports refugees by providing humanitarian assistance, protection and psychosocial well-being. Working with Onduparaka FC, a West Nile prominent local football team, popular and supported by many local people has helped to mobilize for the involvement and participation of the hosting community to be part of the football clinic.

This week, Everton in the Community mobilized resources to start a well packaged week long coaching Clinic for 40 trainees who are being trained as Coaches. These coaches will in turn become community coaches and will bring together the different communities they represent to play football.

Among these trainees are refugees who will bring the refugee communities from different West Nile refugee settlements to play football as part of psychosocial therapy for those affected by effects of war and trauma.

“We thank Everton for the support that has enabled us to bring together all these people. In refugee community spaces, we notice that people who were once busy in their daily routines in their home countries become redundant which in the end capitalizes on their mental wellbeing. For many, these empty hours make an already difficult situation much harder to thrive. Football is a great game to bring them together and bring keep them active.” Says Isaac Etoku, Uganda Red Cross Psychosocial Support Officer – based in West Nile.
“The trained coaches will form teams in their communities which we will coordinate locally to play football and use it as a therapy for their physical, psychosocial and mental wellbeing. Football brings many people together especially the youth who would have rather been involved in many dubious activities due to being idle. When we engage them in football, we will occupy them for constructive survival.” Etoku adds.

Through the Premier Skills coaches, Everton mobilized coaches from British Council Uganda to support the coaching Clinic and these technical people have dedicated time to be in West Nile for the whole week to ensure that the package is delivered to the trainee Coaches.

“It has been an honor for me to see the enthusiasm and passion for learning from the trainee coaches this week. It is our hope that this passion will translate into meaningful action being implemented after the course, working in partnership with the West Nile Consortium Partners. I look forward to the next phase of the project to observe the progress made to help transform refugees and host communities using the power of football.” Said Jonathan Garside, Manager - Everton in the Community.

The training also focuses on using football to tackle community challenges like HIV AIDS, improve child rights and protection and mental health awareness in sports. This will help refugees by providing an outlet for people to come together, get active, learn new skills and become part of a team. The benefits of connecting people through sport are various: it promotes bonding, social inclusion, teamwork and discipline; relieves stress and trauma; and builds trust.

“The trained coaches will form teams in their communities which we will coordinate locally to play football and use it as a therapy for their physical, psychosocial and mental well-being. Football brings many people together especially the youth who would have rather been involved in many dubious activities due to being idle.

Isaac Etoku
Psychosocial Support Officer, URCS
Uganda Red Cross launches campaign to support a girl child stay in school.


The event was hosted by Mackay Memorial College – Nateete, one of the model schools in Rubaga division, Kampala.

The initiative under the theme; Empowered Girls, Empowered Mothers, Empowered Communities, is championed by the Uganda Red Cross goodwill ambassadors, who are Volunteers and friends of the Uganda Red Cross. They are passionate about the plight of the girlchild and societal well-being. The team is comprised of role models and dignified mothers in the country with a track record of spearheading impactful community health interventions like the “Mama bag/kits” distribution that contributed to the improvement of birth preparedness, hence arresting maternal mortality in Northern Uganda during the post LRA insurgency.

While officiating at the campaign launch, the state Minister for Primary Education- Hon. Rosemary Sseninde said the Ministry has implemented a number of interventions aimed at improving Menstrual Health Management among adolescent girls especially those in primary and secondary schools. Key among these being; construction of latrines, provision of water harvesting facilities, hand washing facilities, sanitary towels, among others.

“All the above are initiatives of the Ministry and we are happy to contribute to the wellbeing of children especially the girl child. It is a big agenda of the Red Cross global movement and therefore another way to deliver on the Red Cross mandate of saving lives and promoting human dignity.

URCS Goodwill ambassadors who have volunteered to push the campaign
In compliance with the relevant URCS constitutional provisions, and as part of the change process for Uganda Red Cross governance structures, a new team to serve in various governance functions was on March 15th voted into office.

According to Article 17 of the URCS constitution, the role of the board is to oversee the governance and direct the management of the business and affairs of the National Society. The Uganda Red Cross Central Governing Board consists of nine elected members, and five co-opted members to give technical support to the board. The co-opted members are picked from technical capacities that include; a legal Advisor, finance and audit, resource mobilization, human resource, communications and Public Relations. The Central Governing Board serves a term of 4 years.

Dr. Halid Kirunda the chairperson Iganga branch was elected as the new central governing board chairman. He couldn’t hide his joy. “I feel so happy! This has been one of the toughest electoral and campaigning process I have ever experienced. But I thank all the members for trusting me to take on this leadership role. I will be working together with everyone regardless of the different camps to steer URCS to greater heights.” Kirunda said.

Among others that were elected include; Dr. Betty Justine Anyiri from Gulu branch as the vice chairperson, Hon. Stephen Tashobya from Ntungamo branch as the honorary treasurer.

The Integrity committee was also established by the national council to support the Central Governing Board. Their role is to oversee all disciplinary issues, Board members’ conduct and checking their Integrity. Members of the Integrity committee include; Rtd. Archbi- op Henry Luke Orombi, Mrs. Angelina Chogo Wapakhabulo, Mr. Yusufu Kagumire (SC) and Mrs. Alice Nankya Ndidde.

The National council was presided over by URCS president, Rt. Bishop Tom Okello who appreciated the outgoing Board for the great work done especially in steering the recovery process of the National Society. “The outgoing board was appointed when Red Cross was going through a Crisis. They have led us to where we are, set the pace for recovery of the National Society and we have a leveled ground today. Let us welcome the new board and work with them to ensure we stay on the right track of progress” Okello added.
URCS, UBTS and NSSF partner in Blood Donation Drive to raise 6,000 units of blood.

The National Social Security Fund (NSSF) in partnership with Uganda Red Cross and Uganda Blood Transfusion Services (UBTS) on 14th January 2019 lunched a week long blood donation campaign across the country. The drive aimed at boosting blood collection across the country and targeted a nationwide population to raise 6,000 units in the six days.

Mr. Richard Byarugaba, the Managing Director NSSF, an avid blood donor himself, said that the Fund owes it to its members to contribute to meaningful social causes that affect them diversely. “A potential blood shortage,” he said, “affects everyone indiscriminately regardless of stature and standing in society. We are passionate about the communities we serve and believe a healthy community is critical for the fulfilment of our mandate. That is why we are committing resources to collect as much blood as we can to save lives.”

Speaking at the launch of the campaign, Mr. Robert Kvesiga, the secretary general Uganda Red Cross called up all individuals to partake in this cause emphasizing that the blood business affects everyone.

“Blood can't be manufactured. For blood donation to be sustainable it should be everyone's business to donate blood or support the cause to donate blood. We have been largely dependent on a limited population which is schools, but this isn't sustainable because schools have a cycle and specific calendar” Kvesiga said

“We appreciate the efforts by NSSF and we urge all the other corporates to join this cause and save lives. As the Red Cross, we cannot do it alone” he added.

Under the theme “Stand Up for Life”, the blood mobilisation drive took place at the Constitutional Square in Kampala, Workers House, Clock Tower, Mukwano Arcade and Owino Market, Kalerwe, Bwaize, Mukono, and Entebbe. Upcountry, the donation drive was held at URCS and NSSF Branch Offices offices in Mbale, Mbarara, Gulu, Arua, Fort Portal, Jinja, Mukono, Kabale and Masaka as well as other high traffic areas in major towns.

Dr. Dorothy Kyeyune Byabazaire the Director Uganda Blood Transfusion Services commended NSSF in championing this cause, saying that whereas as UBTS is mandated to collect 1,200 units of blood daily to meet the country’s demand, they are only able to collect under 800, units due to various challenges that range from access to funding and other logistics.

“Many of our international partners are cutting back their support which has left the National Blood Bank with challenges. We therefore have to start looking within the country for partners. We appreciate organisations such as NSSF that have come in to fill this void. We hope other organisations and individuals can emulate this gesture,” Dr Kyeyune said.

The country was last year hit by a nationwide shortage of blood for almost three months and this was largely due to the long term holiday between December and February when schools are closed. The crisis attracted the general public and corporate bodies to mobilize blood, and after three months, over 16,000 units had been collected.

“Uganda Red Cross has a blood donor recruitment Strategy where we preach to the converted first (our volunteers and members) to donate and live by example. From there, other people join and appreciate the worth of life. With that, we stop relying on students and young people whom we always target while in schools. Our branch network across the country is well positioned and volunteers in communities do this very well as part of our community activities”. Said Sarah Mutegebomba - URCS Blood donor recruitment Manager.
The Belgian Red Cross hands over complete Ware House Project to Uganda Red Cross Society.

Belgian Ambassador to Uganda HE Hugo Verbatist commissioning the new warehouse as the outgoing CGB Chairman and Chairman K’la South look on

Belgian Red Cross hands over complete Ware House Project to Uganda Red Cross Society.

The Belgian Red Cross Flanders through the Belgian Development Cooperation (DGD) on March 23rd, 2019 handed over a complete Ware House Structure worth UGX 730,913,480= constructed at the Uganda Red Cross Kampala South Branch office, located in Makindye division, Kampala District.

Uganda Red Cross Society (URCS) through a partnership with the Belgian Red Cross-Flanders has been implementing a one year Disaster Preparedness (DP1) project that aimed at building and strengthening response preparedness capacity of the Uganda Red Cross to disasters and emergencies as they occur in the Country. This project also ensured that relief items to families affected by emergencies in the country were available to help them cope.

While addressing the press during the handover and commissioning of the new Ware House Building at the Uganda Red Cross offices in Rubaga South - Makindye, the Ambassador of the kingdom of Belgium to Uganda, His Excellency Hugo Verbist said, “We are happy to make a contribution towards the people affected by disasters and emergencies in Uganda. Constructing this ware house means that the Uganda Red Cross can now effectively respond to emergencies in time as required by humanitarian standards. The relief can be stocked here in good condition and supplied in time to communities affected. We always strive to improve the wellbeing of people across the world.”

According to Robert Kwesiga, the Secretary General-Uganda Red Cross Society, the new ware house will benefit over one million people whom URCS targets to support every year through disaster response operations. “It is hard very for us to plan for the number of people affected in emergencies. We however come up a figure per year to enable stock taking for our emergency preparedness and response. We want to thank our partner- the Belgium Red Cross Flanders for the support they extend to us to enable us meet the immediate needs of the people affected by disasters through relief supplies. The space here is big enough to accommodate our stock and we trust that with this support, our teams will be more effective and responsive in our efforts.”

Since 1964, Uganda Red Cross through the office of the Prime Minister has been responding to emergencies and disasters as they occur. The National Society Compliments Government’s efforts in disaster preparedness and response.

Apparently, the duo is working on a Disaster Law which will see the disaster response and management efforts of the country flourish with clear policies and guidelines in place.

“We appreciate the work of the development partners like the Belgian Development Cooperation who complement our efforts in disaster response for the development of this country. Supporting the Red Cross work means a lot to us as government. Thank you for the commitment towards this cause and we pray that as the Red Cross moves from Ntinda ware house to this place, they will be able to maximize the space here to deliver on your mandate.” Said Hon. Musa Ecweru, the Minister of State for Relief and Disaster Preparedness, at the office of the Prime minister.

A section of the inside of the new ware house
Climate change has today led to an increase in the number of predictable weather events such as floods and drought which lead to suffering and death. The impact of these events however can be reduced and sometimes avoided if climate and weather forecasting is used to take early action to prepare for such disasters.

Uganda Red Cross Society through the Innovative Approaches to Response Preparedness (IARP) project, funded by the IKEA Foundation, has set up a Forecast-based financing system which aims at supporting innovative approaches to promote early warning. This is also be supported by Data Preparedness and Cash Transfer Programming (CTP) in early action in Uganda.

URCS recently received two automatic weather labs through a partnership with Makerere University and the University of New Castle, United Kingdom. The gadgets are useful in determining weather and climate information to better understand weather risks including their potential impacts to communities before they happen. This is part of the Science for Humanitarian Emergencies & Resilience (SHEAR) catalyst research project aiming at improving people’s resilience to pluvial floods in Kampala.

The development of these innovative approaches, will put an Early Warning Early Action (EWEA) system in place to enable URCS in partnership with government and other key stakeholders to deliver cost-efficient, well-targeted and timely action to the vulnerable communities likely to face probable climate-related disasters.

“The project will position Uganda Red Cross to determine climate change patterns, reduce the potential impact of climate change and disasters on the most vulnerable people, protect their lives and livelihoods, and support their developments.”

Robert Okumu: Manager Innovative Approaches in Response Preparedness, Uganda Red Cross
The Uganda Red Cross Society in March 2019 became the first National Society in Africa to roll out the Youth-Adapt climate-adaptation curriculum, at a week-long instructors’ workshop for 30 young people at its Kampala headquarters.

The training covered seven sessions including an introduction to Y-Adapt, comparing weather and climate, critical thinking on extreme-weather impacts, brainstorming on resource priorities in specific communities, and the creation of action plans for climate adaptation.

At the end of the sessions, the trainers were equipped with the skills needed to promote climate change-related innovations and activities among young people which would ultimately help to reduce the impacts of extreme weather in their communities.

"Y-Adapt is above all an interactive challenge in which young people create an action plan to adapt their community to the climate challenges it faces," said Brigitte Rudram, the Climate Centre’s Technical Adviser who facilitated the sessions. "They role-play the implementation of plans before choosing what to adopt in real life." She added

Among local solutions, the new Ugandan Y-Adapt trainers say they may now encourage drip irrigation, digging roadside drainage trenches, backyard vegetable gardens, and raise awareness of climate change adaptation issues and possibilities within their communities. As part of the training, several schools were visited around Kampala for the trainees to practically share their knowledge and skills with the young people who in turn identified climate-related challenges they have witnessed before in their communities.

According to the Uganda Country Climate Risk Assessment Report 2018, Uganda is ranked as high among countries with high climate risk assessment for humanitarian crises and disasters. This therefore calls for more diligence and involvement especially by the largest population group which is the youths.

Y-Adapt is a collaboration of Plan International, the Engagement Lab at Emerson College, the Philippine Red Cross, Plan Philippines, and the Climate Centre. After this training, several youth groups will be engaged across Uganda to engage in such different activities to strengthen resilience to climate change. These will include farming methods, tree planting and other innovative approaches.
West Nile Consortium, UK health alliance and partners applaud URCS works in West Nile region

The UK Health Alliance and other partners under the West Nile Consortium on Thursday 4th April met at Arua regional referral hospital to discuss health matters in the region and how they should continue intervening especially in the refugee communities.

The forum collectively appreciated the work done by the Uganda Red Cross society in this region ranging from refugee reception, provision of humanitarian services, and psychosocial support among others.

The visit attracted partners in the UG/UK Health Alliance whose agenda is to work with local partners in Uganda to support the plight of refugees in WEST Nile.

“This is very good work done by the Uganda red cross and we are delighted to witness it. We are here to appreciate the great work but also identify other areas where we can help” said Professor Ian Cummings, the Director Health Education England, while speaking to URCS volunteers and staff in Imvepi settlement.

Among the delegation also was Dr. Sukhwinder Singh, a URCS special envoy to the UK, based at the University Of Northampton. He pledged the University’s support and commitment in this partnership.

Uganda Red Cross is involved in WASH, community health, psychosocial support, Restoration of family links, household energy, food security and livelihoods among other projects to support refugees in the region.

URCS Supports the NSSF Hash Run 2019

Uganda Red Cross deployed over 80 trained and skilled first aiders and three fully equipped Ambulances units to support the runners at the NSSF Hash Run 2019, who needed support and emergency health services.

This year’s run attracted over 2,000 people from Kampala and the surrounding suburbs. Funds collected from the run are meant to help KCCA to improve public primary schools.

“It’s so comforting to run and come back knowing there are people waiting to support you.”

Immaculate Atugonza, one of the Hash runners
Rotary appreciates URCS efforts in supporting the cancer run last year (2018).

URCS joins the Corporate 2019 league
Interview

Mrs. Jocelyn Rugunda, newly appointed URCS National Patron

On the 15th March 2019, Mrs. Joycelyn Rugunda was appointed the new URCS Patron. This happened during this year’s National council meeting at the URCS headquarters in Rubaga. The Humanitarian caught up with Mrs. Rugunda and she told us more about the kind of person she is and what this new role means to her.

Humanitarian: Hinivuu Mrs. Rugunda, congratulations upon this appointment. Let us start by you sharing briefly about yourself.

Mrs. Rugunda: I am simple, I love people. I always want to reach out and help others especially those in need. I am God fearing and a problem solver. I love animals. I am also a teacher and farmer.

Humanitarian: Who or what inspired you to be the person you are today?

Mrs. Rugunda: I am who I am mostly because of my parents. They are the ones who taught us all the good manners we have, the hard work and the fact that we love people, disciplined and God fearing. They raised us to be very honest people of integrity.

Humanitarian: How was your childhood like?

Mrs. Rugunda: We were ten in the family. My father was a civil servant and we were mostly close to him all the time. He was so concerned about our education and he ensured that we had it at its best. He loved people, but mostly he loved children. So we grew up with that sort of love and togetherness. We were so God fearing, we learnt how to pray, read the bible and wouldn’t miss church for anything. As children we moved a lot from place to place since my father would often get transferred given his nature of work. I went to Bweranyangi Girls, Namasagari College, and from there I went to Makerere University. Our father worked in Rukunjiri, Fort portal, Hoima and Jinja and we always moved with him.

Humanitarian: How did you feel after your appointment as URCS Patron?
**Mrs. Rugunda:** I thought it a calling for me to serve others. I have always looked forward to it and I was waiting for it. It was an elevation in status to serve Humanity and I welcomed it with open hands.

**Humanitarian:** What does serving as a URCS patron mean to you as a person?

**Mrs. Rugunda:** This really means a lot to me. We spent some time in exile with my family and entirely relied on humanitarian assistance like that the Red Cross provides. So knowing that I am now part of the group that is going to extend this sort of assistance to other people in need is a great source of joy and satisfaction. I had been on the receiving end so I know what it means. I am now humbled to serve back on the giving end.

**Humanitarian:** How did you perceive or appreciate the Red Cross while growing up?

**Mrs. Rugunda:** As we grew up in the 60s, there was some instabilities in the neighboring Rwanda. We saw lots of people crossing to Uganda fleeing the conflict and right at their reception was the Red Cross volunteers. They gave them food, first aid, engaged and talked to them, gave them items like blankets, jerry cans and so on. At that time we were too young to understand what was going on but it’s clear now that the work the Red Cross did at that time was tremendous.

**Humanitarian:** What do you most appreciate Uganda Red Cross for today?

**Mrs. Rugunda:** It’s amazing what they are doing. I appreciate that they have been everywhere disasters have been, the commitment, selflessness, voluntarism and the love they express while saving lives is just amazing. I have seen them in Bududa, Kasese, I have seen them in Ebola and Cholera response. So you can’t help but appreciate these people who give their all to save others without expecting anything in return. The Red Cross is very quick to respond and we appreciate what they are doing.

**Humanitarian:** What is your favourite quote?

**Mrs. Rugunda:** I love Marshall Rosenberg’s
quote “Your presence is the most precious gift you can give to another human being”. This is the most apt saying that I go by. It communicates the importance of being there for others. This is indeed what most humanitarian agencies are doing including Red Cross, they are there for those that are most vulnerable in times of need.

Humanitarian: How do you remember your best and worst day in life?

Mrs. Rugunda: There are quite a number of good and bad days but my best day was the day I received news of the birth of my grandson. I was away, but I was so happy and excited and he is the first thing I wanted to see when I got back home. One of my worst days in life is when my dad passed away. It happened suddenly, a heart attack. We were so saddened given that we were so close to him growing up.

Humanitarian: What vision do you have for this country in regards to girl children and women empowerment?

Mrs. Rugunda: This society needs to be there for these groups. It’s our duty to empower them socially, economically and even spiritually. When mothers are empowered especially economically, they have the potential to push this country to greater heights. I would like to thank the Uganda Red Cross for their recent campaign to keep a girl child in school because girl children are key stakeholders in the development of this country.

Humanitarian: Any Parting shots to the all the

Mrs. Jocelyn Rugunda and her husband Rt. Hon Ruhakana Rugunda attending a Harvard University commencement in 2017

URCS staff and volunteers out there serving Humanity?

Mrs. Rugunda: I really want to appreciate them. They are doing a tremendous job and they are making us all proud. They have given a lot to the cause of humanity, without expecting much in return. That spirit of humanity and voluntarism is what the world should applaud.

Mrs. Jocelyn Rugunda and her husband Rt. Hon Ruhakana Rugunda attending a Harvard University commencement in 2017

“We make a living by what we get but you make a life by what you give.”
Winston Churchill.
URCS first aiders demonstrating aviation rescue at Entebbe international airport in March 2019. First Aid saves life.

Uganda Red Cross volunteers disseminating Ebola prevention messages to DR-Congo refugee communities in Kyangwali settlement, south western Uganda.

One of the caretakers of the Maratatu Water treatment Unit in Kyangwali adding purifiers to the water collected in the tanks. The plant provides over 200,000 litres.
We are doing Ebola Screening at all Points of entry at the Uganda-DR-Congo boarders

Milly Tusiime 24, is a Red Cross Volunteer in Kyangwali settlement. She Helps DRC refugees compose songs and drama skits about Health promotions.

New refugee arrivals from DR-Congo being sprayed to disinfect by a Red Cross volunteer at Kagoma reception centre in Kyangwali

The winners of the football tournament organised during the Everton in Community-URCS coaching camp, posing with their trophy
I miss 12 days of school every term due to lack of pads

Keep a Girl in School (KAGIS)

For only 15,000/=, ($5), support a girl to get pads for a full term.

MOBILE DONATIONS PROCEDURE / COLLECTION ACCOUNTS FOR UGANDA REDCROSS

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- Payments (No. 4)
- Next (No. 00)
- Goods and Services (No.4)
- Enter code: redcross
- Enter Payment Reference
- Enter Amount
- Enter PIN to confirm

Airtel Money
- Dial *185#
- Select Pay Bill
- Select Others
- Enter Business Number(700103)
- Enter Amount
- Enter Reason for Payment
- Confirm Pay
- Enter PIN

Account Name: URCS-Keep A Girl In School
Account Number: 0040086101547513
Bank: EcoBank
Branch: Bombo Rd
Swift Code: ECOCUGKA
Sort code: 290147

How to Support

MTN PROCEDURE
Dial *165#, Select Payments (No. 4)
Select Next (00), Goods and Services (No. 4)
Enter Merchant code: redcross
Enter Payment Reference: Your name
Enter Amount, Enter PIN to confirm

AIRTEL PROCEDURE
Dial *185#, Select Pay Bills
Select Others
Enter Business Number (700103)
Enter Amount/Reason for Payment
Confirm Pay, Enter PIN

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