



### Message from the Executive Director



Thank you for attending the 25th Annual General Meeting (AGM) on May 30, 2024. We were glad to host you all. We had 174 members and guests at the AGM. We had booked space for only 150 at the Fairway Hotel Kampala, but we are glad we had room for all of you.

Among the Duruma ethnic group who live in Kenya our neighboring country, they have the proverb: "A small house will hold a hundred friends." We had a full room, yet we enjoyed each other's company.

We are grateful to all speakers and facilitators at the AGM. Meeting with our outgoing Board Chairperson Dr Henry Ddungu who lead the steering, the Board Secretary and the Treasurer all lead us well on different items on the day's Agenda. We are grateful to Rev. Cannon Diana Nkesiga who led the devotion too.

We had representatives from 22 organizations and institutions including NGOs, universities, and government agencies. We are indebted to everyone who traveled many miles from the country to attend the meeting.

Thank you for making valuable nominations and voting in a new Board of PCAU for 2024 – 2027. We are delighted to have a new Board and look forward to working with them to continue developing PCAU. To the outgoing Board Members, we are very indebted to them for their commitment to PCAU. We look forward to continuing working with you in your various areas of work.

In this newsletter, we are sharing the PCAU Annual Report 2023. Please read the report and give us your feedback about PCAU's work. You can email me directly at mark.mwesiga@pcau.org.ug.

We also request you to continue renewing your membership and to send your generous contributions to PCAU. This enables PCAU to do more.

Thank you.

Mark-Donald Mwesiga  
Executive Director - PCAU

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### Launching PCAU@25 Commemorations #25YearsCaringForUganda



This year, PCAU celebrates 25 years since its founding in 1999. The organization has been at the forefront of all hospice and palliative care development in Uganda.

The theme for PCAU's Silver Jubilee is "Celebrating 25 years of extending compassion, holistic care, pain relief, hope, and justice to individuals and families in Uganda"

To commemorate the milestones of the 25 years, PCAU has organized a series of activities. The activities will entail, webinars, a charity walk, an open day, and the PCAU Life Members gathering and a grand Silver Jubilee Gala Dinner on December 6, 2024. All these activities will be focused on celebrating the milestones, strengthening membership and partnerships, advocating for palliative care, and resource mobilization.

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### PCAU Commemorates UN World Elder Abuse Day 2024

In Uganda today, the aging population is steadily increasing, as it is globally. Aging exposes one to long-term illnesses such as cancer, heart disease, and diabetes. Palliative care provides essential support through relieving pain and symptoms and providing emotional and psychological support in a culturally appropriate manner. This will enhance the quality of life of the older person. Palliative care supports families and caregivers too. This can reduce healthcare costs through decreased hospitalization, while ensuring the dignified quality of life from diagnosis, through the end of life to bereavement care.



This year, PCAU joined other like-minded stakeholders in Uganda to commemorate the **UN World Elder Abuse Awareness Day** on Saturday, 15th June 2024 at the Imperial Royale Hotel in Kampala.

The event was convened by the **Ministry of Gender, Labour and Social Development (MGLSD)** under the theme: "Gender-Based Violence in old age: A Call for Action"

This event aimed to raise awareness of the cultural, social, economic, and demographic factors that contribute to elder abuse and neglect and to provide communities worldwide with a chance to foster a better understanding of elder abuse and neglect.

The addresses, discussions, testimonies, remarks, and official statements at the event were all centered on the existing forms of elder abuse, and the major steps the government is taking to address elder abuse among older persons. Several older persons expressed numerous concerns including harassment from young people.

The keynote address was given by Grace Nakirijsi Lwanga the CEO of the Chapter for Empowerment and Rights Uganda (CERU) who emphasized the need and urgency to end GBV and further noted that violence has no place in homes and communities.

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### WHO Launches Long Publication on Long-Term Care For Older People



On Wednesday, May 8, 2024, the World Health Organization (WHO) hosted a webinar to launch a publication 'Long-term care for Older People: Package for Universal Health Coverage'.

The PCAU Executive Director Mark-Donald Mwesiga was one of the speakers at the event. He spoke about the Uganda models of palliative care delivery mainly emphasizing the community outreach and home visits that reach everyone including older people with life-limiting illnesses.

The launch of this important publication follows other major global milestones such as the UN Decade of Healthy Ageing (2021–2030), which was adopted by the United Nations (UN) General Assembly in 2020.

The objectives of the WHO 'Long-term care for Older People: package for Universal Health Coverage' are:

To define a list of long-term care interventions to be considered, prioritized, and provided by countries through the integration of health and social care.

To support governments and policymakers at the national or subnational level in the planning and implementation of long-term care services.

To give visibility and value to the vital role and needs of unpaid carers.

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### Meet The New PCAU Board Members



At the AGM on Friday, May 31, PCAU members voted for new members to compose the organization's Board of Directors for the period 2024-2027. The Board of PCAU is composed of 9 members and the Executive Director who is Ex officio member. Of the 9 members of the Board, 4 of them are continuing members into their last 3 years term of office and these are Dr. Miriam Ajambo, Gloria Kirungi Kasozi PhD, Timothy Basimampora PhD, and Grace Nayiga.

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### Mid-Year 2024 Outlook By PCAU Staff



"As we get into the 2<sup>nd</sup> part of 2024, I am delighted that our work, presented at the 12th Annual Symposium on Global Cancer Research has been selected for publication in the American Society of Clinical Oncology's JCO Global Oncology. The abstract was titled: "A Collaborative Partnership between the Palliative Care Association of Uganda and the Uganda Cancer Institute to Strengthen Cancer Control, Survivorship, and Outcomes through Research."

Lisa Christine Irumba – Research and Information Manager – PCAU

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### The Road To Hope Program Updates

#### A Great Day with Older Persons on Our Compassion Program

On April 24, 2024, PCAU hosted a community daycare event for 52 older persons in the Lweza-kajjansi Area. The event was part of the lined-up activities for the compassionate community program which PCAU is piloting in partnership with Lweza Community Health Program and Tibah International School.



The daycare was aimed at supporting older people's need for socialization, reuniting old friends, and fostering belonging and togetherness. There was also a health checkup for everyone on a range of health conditions.

The team of health workers and social workers provided focused counseling to some of the older people in need, essential medical supplies, and quality time for conversations among others. Some of the older people continued to provide medical care since the event coincided with a health camp. This brought joy to older persons and shed light on pressing issues they face, including limited access to healthcare, social isolation, and inadequate housing. One of the older people while expressing gratitude, said:

"Receiving free services from kind people is a shock to me, and I'm grateful for the support."

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### Donate to the SHINE Program

### Palliative Care Short Course Training Opportunity



**5 Days Course**

## PALLIATIVE CARE Short Course Training Opportunity

**Are you a health worker looking for a short course to improve your palliative care knowledge?**

**Get a certificate of Introductory Course in Palliative Care for Health workers**

**Training Dates:** 12<sup>th</sup> – 16<sup>th</sup> August 2024  
**Venue:** St. Francis Hospital Nsamboya Training School  
**Training Institution:** Palliative Care Association of Uganda (PCAU)  
**Training Fees:** UGX 400,000/= (Subsidized by PCAU, includes refreshments & meals during training)

**How to Apply:**  A Certificate will be awarded at the end of the training.

Email capacity@building.pcau.org.ug or download the application from the website at [www.pcauganda.org](http://www.pcauganda.org)  
 Apply before **July 22, 2024**.

Scan QR CODE to Apply 

To Apply Refer: Line MTN Momo Pay: \*168\*31 31549 (Palliative Care Association of Uganda).  
**Contact: PCAU: 0392080713**  
**Toll-free line 0800399100**

[Apply Now](#)

### Read More about PCAU Newsletter - 2nd Quarter

### Partner with PCAU to Take Palliative Care Across Districts in Uganda


During this time, we are seeking donors and partners to support us in providing palliative care and pain relief services to the most underserved communities in Uganda. The need for palliative care in Uganda continues to grow. We are seeking funding for our initiatives on palliative care for children, long-term care (LTC) for older persons, integrating sexual and reproductive health (SRH), spiritual care, and gender-based violence (GBV) into palliative care delivery in Uganda among others. Contact PCAU through [pcau.admin@pcau.org.ug](mailto:pcau.admin@pcau.org.ug)

Donations can also be directly given through:

Account Number: 8708213487400  
 Account Name: Palliative Care Association of Uganda  
 Bank: STANDARD CHARTERED BANK UGANDA LIMITED Swift  
 Address/Code: SCBLUGKA

Read about how you can join a community of compassionate people to support children from impoverished families facing challenging life situations to realize their full potential.

Restore Hope to Child-Headed Families in Uganda



## Palliative Care Association of Uganda (PCAU)

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**Thank you for the continued support**

**Vision: Palliative Care for All in Uganda**

### The PCAU Annual Report 2023



**PCAU Annual Report 2023**

Highlights of our Achievements for the Year  
 Celebrating 25 years of extending compassion, holistic care, pain relief, hope, and justice to individuals and families in Uganda.

[Download Here](#)

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