

## **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 this 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. Starting with our

outgoing Board Chairperson Dr Henry Ddungu who lead the meeting. 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

**Launching PCAU@25 Commemorations** 

#25YearsCaringForUganda

**Read More** 

# **Since 1999** ARE ASSOCIA Celebrating 25 years of extending compassion, holistic care, pain relief,

## 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"

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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

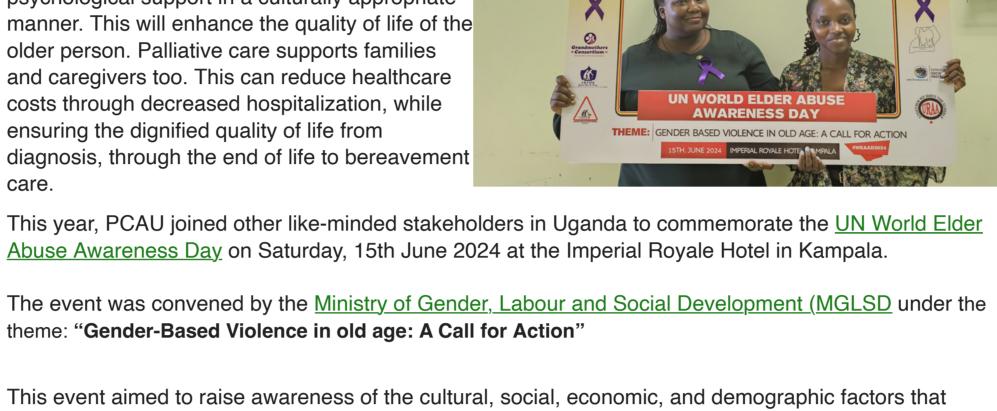
mobilization. **Read More PCAU Commemorates UN World Elder Abuse Day 2024** 

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. theme: "Gender-Based Violence in old age: A Call for Action"

In Uganda today, the aging population is steadily increasing, as it is globally. Aging exposes one to

disease, and diabetes. Palliative care provides

long-term illnesses such as cancer, heart



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 Nakirijja 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. **Read More** 

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

Mark Bikosa 🔤 🔮 Today at 3:00pm EAT, I will be a panelist at a @WHO Webinar for the

### <u> Universal Health Coverage'</u>. The PCAU Executive Director Mark-Donald



through the integration of health and social care.

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

implementation of long-term care services.

Launch of Long-term Care for Older People: Package for #UHC. I will

emphasizing the community outreach and home visits that reach everyone including older people with lifelimiting illnesses. The launch of this important publication follows other major global milestones such as the UN Decade of Healthy Ageing (2021-

On Wednesday, May 8, 2024, the World

webinar to launch a publication 'Long-term

event. He spoke about the Ugandan models

Health Organization (WHO) hosted a

Care for Older People: Package for

of palliative care delivery mainly

2030), which was adopted by the United Nations (UN) General Assembly in 2020. To define a list of long-term care interventions to be considered, prioritized, and provided by countries To support governments and policymakers at the national or subnational level in the planning and

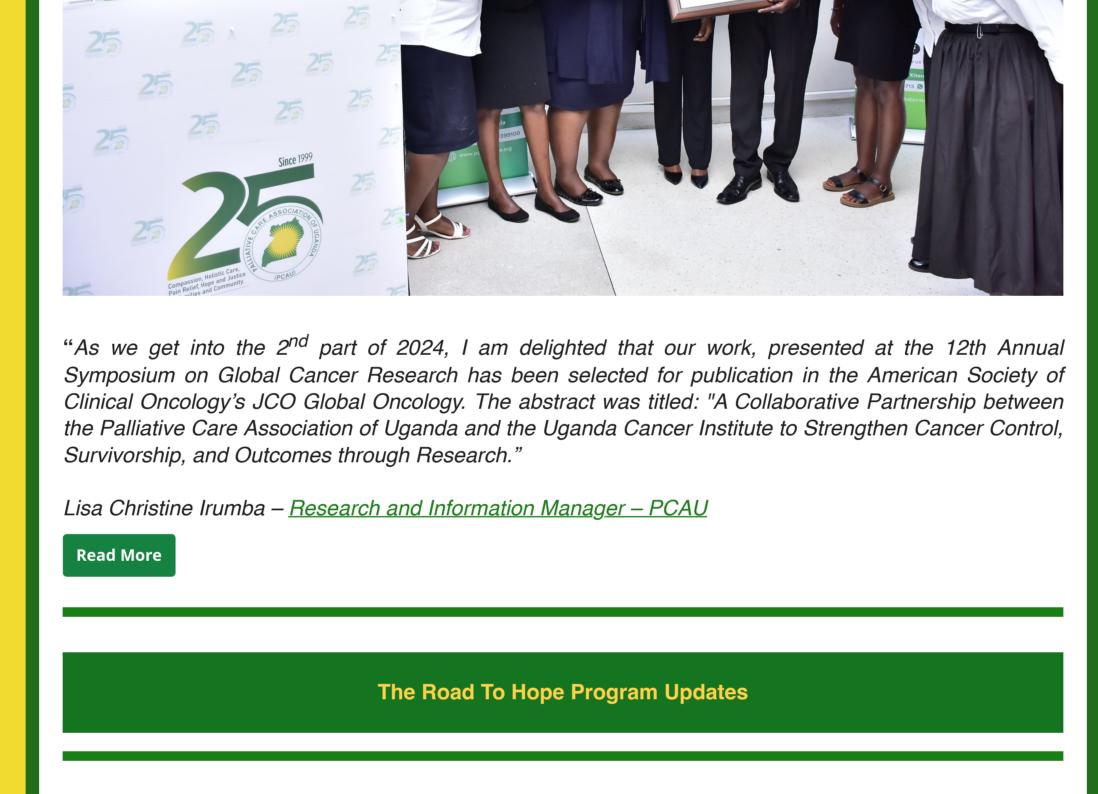
**Read More** 

**Meet The New PCAU Board Members** 



PCAU Cares App

Mid-Year 2024 Outlook By PCAU Staff



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 older friends, and fostering belonging and togetherness. There was also a health checkup for everyone on a range of health

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

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

**5** Days Course

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." **Read More Donate to the SHiNE Program** 

**Palliative Care Short Course Training Opportunity** 

PALLIATIVE CARE **Short Course Training** 

Opportunity

refreshments & meals during training)



Are you a health worker looking for a short course

to improve your palliative care knowledge?

**Venue:** St. Francis Hospital Nsambya Training School

**Training Institution:** Palliative Care Association of Uganda (PCAU)

Training Fees: UGX 400,000/=. (Subsidized by PCAU, includes

**How to Apply:** A Certificate will be awarded at the end of the training. Email capacitybuilding.pcau.org.ug or download the application from the Scan QR website at www.pcauganda .org **CODE to Apply:** Apply before July 22, 2024. To Pay fees: Use MTN Momo Pay: \*165\*3\* 315849 (Palliative Care Association of Uganda). Contact PCAU: 0392080713 Toll-free line 0800399100

**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

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

**Account Name: Palliative Care Association of Uganda** 

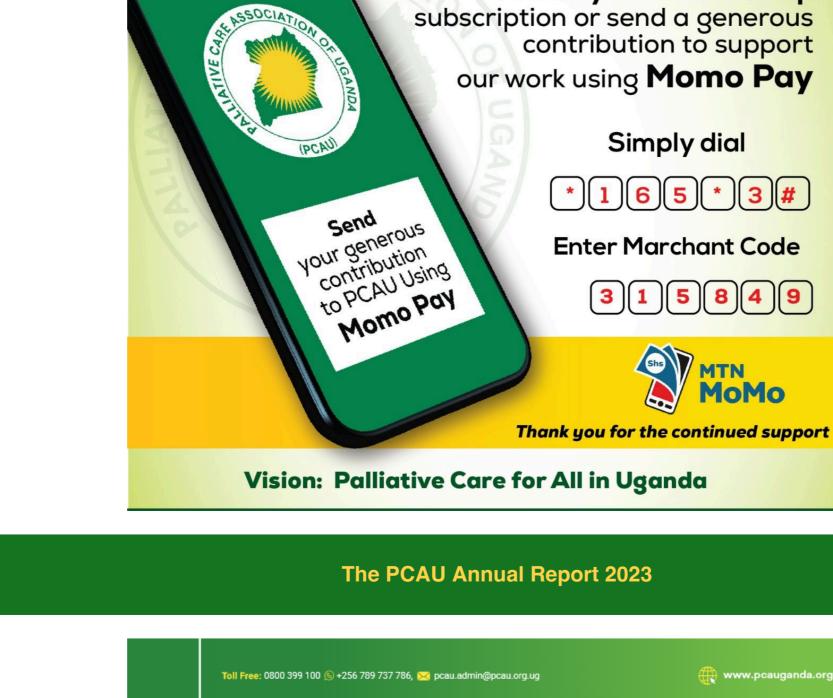
Donations can also be directly given through:

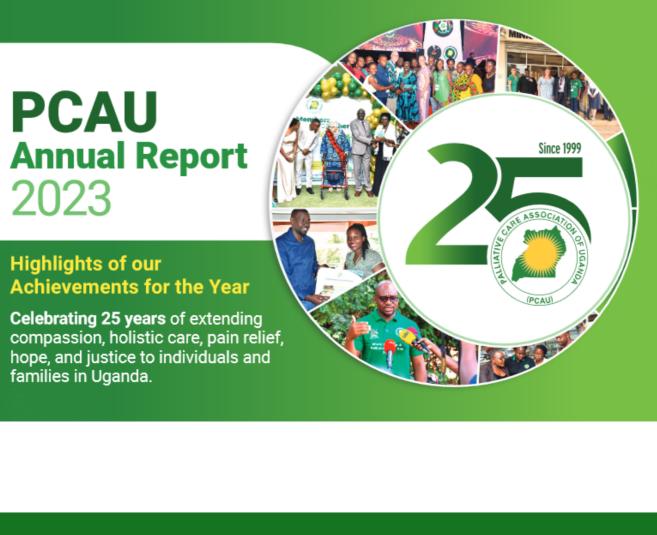
Account Number:8708213487400

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Palliative Care Association of Uganda (PCAU) Renew your membership





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