



OUR MISSION:

To train local leaders in the developing world to reduce maternal mortality within their own countries.

OUR VISION:

That no mother or child should die from preventable causes related to pregnancy and childbirth.

OUR BELIEF:

Access to quality maternal care in pregnancy and childbirth is a basic human right.

SAVE the
M&THERS.org

SAVE THE MOTHERS (CANADA)

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*Save the Mothers is a registered Canadian Charity #82876 7335 RR0001
Save the Mothers is a registered Charity in the United States and in Uganda.*



2014 • A YEAR IN REVIEW

SAVE the
M&THERS.org

*Innovative Leadership
for Maternal & Child Health*



“ I remember looking into the eyes of a young Ugandan mother who sat in the hospital bed with a newborn baby in her arms... ”

FROM THE EXECUTIVE DIRECTOR, Dr. Jean Chamberlain Froese

She had laboured in her hut for several days, crossed the lake from her island home in a dugout canoe, then boarded a small public van to drive the remaining 50 kilometres to the nearest government hospital where Save the Mothers has been working. She needed a Cesarean section as her baby simply would not deliver naturally. I saw the fear in her eyes – she knew what her fate could have been. But I smiled; she was safe and her baby was well. It made me think about how many other mothers in East Africa didn't make it that day.

Save the Mothers works at changing minds and transforming institutions and cultures in needy places. Why? Because mothers and their babies are dying from preventable complications – complications that used to take the lives of many mothers in developed countries, where such deaths are almost unheard of today. Unfortunately mothers continue to die needlessly in many countries around the world. One important factor in this tragic reality is the individual, institutional and cultural acceptance of mothers dying from pregnancy-related complications. Maternal death is a fact of life in the developing world. But change is possible. Thanks to you, we're seeing it start to happen. Save the Mothers teaches cultural leaders that maternal death does not have to be a fact of life, and that safe, dignified care during pregnancy and childbirth ought to be every woman's right.

We're making gains. Investing in indigenous leadership and sustainable change takes time to see results – but the results are real and tangible. We are achieving lasting change in the lives of East Africans and working toward the transformation of their health care institutions and cultures.

Looking to the future, we must remain focused on that which we do best: raising up and training multi-disciplinary professionals who will inspire, empower and equip their own communities and public institutions so that mothers and babies are saved. With your help, we will continue to work toward the day when no woman or her child dies of preventable causes related to pregnancy and childbirth.

On behalf of Save the Mothers' Board of Directors, I want to thank you for helping us to save the lives of women and their babies in East Africa.

BECAUSE OF YOUR HELP, 2014 WAS A YEAR OF MANY EXCITING DEVELOPMENTS, INCLUDING:

- 150 graduates and students of Save the Mothers' MPHIL program came together for a reunion to network, share ideas, celebrate victories, discuss challenges and problem solve
- We welcomed the tenth class of Ugandan students to the MPHIL program and
- The fourth class of international students (from across East Africa) began their studies
- We celebrated 350 students having joined the program since inception
- Four more hospitals were added to the Mother Baby Friendly Hospital program, bringing the number of health care institutions enrolled in this program to eight. One of the Mother Baby Friendly Hospitals moved from ranking 34th in the country to being number 3. Mothers are experiencing the difference!
- Mothers and their families can call in to the hospitals for free, through our toll free lines – hundreds have received life saving information and advice through this outreach.

“

Wealth, if you use it, comes to an end; learning, if you use it, increases.

– African Proverb ”

At Save the Mothers (STM), we turn that proverb on its head.

We use wealth (the gifts, grants and donations of our friends, sponsors, partners and donors) to further learning (of our students, of health care professionals and mothers). In turn, this new learning empowers our students to save the lives of mothers and their babies.

When you save the life of a mother, you ensure the very best person will be around to care for the needs of her children. In the developing world, it is the mother who ensures that her child eats each day, that her child receives its vaccinations and goes to school. Mothers also contribute to the economic security and well being of their families.

Since 2005, Save the Mothers has been in this life saving business, training and educating East African leaders about the importance of maternal health, and helping to transform hospitals and health centres so that mothers and their babies have safe and dignified deliveries.

Of all pregnancies anywhere, 15 percent will have a potentially fatal complication. For every woman who dies in childbirth, about 20 women suffer injury, infection or disease – approximately 10 million women each year.

MOTHER BABY FRIENDLY HOSPITAL INITIATIVE

Imagine being nine months pregnant and having to wait two hours – under the blazing African sun in blistering heat – to see the midwife at your prenatal visit. That's what thousands of women and girls experienced each year as they sought care at the Mukono Health Centre in Uganda.

But thanks to Save the Mothers' Mother Baby Friendly Hospital Initiative – and the support of Crossroads Relief and Development together with the local government in Uganda – a permanent shelter was built. Now mothers can wait in relative comfort to receive vital prenatal care and medications (such as iron and anti-malarial drugs), which could save their lives and the lives of their babies.

A concrete pathway was also installed between the birthing area and the operating room, so that mothers needing emergency surgery can be rolled easily from point to point on wheeled stretchers. Prior to this intervention, they would be rolled across bumpy grass and gravel while in active labour.

This small health centre (about the size of two school classrooms), delivers an average of 20 mothers a day, a rate far higher than most North American hospitals. Yet it is typically staffed by only two or three midwives at any given time.

Save the Mothers is also improving services at the centre through the establishment and maintenance of a toll free telephone line. Hundreds of mothers in the district can now receive life saving care and advice by phoning the health centre free of charge. (Telephone calls are normally charged by the minute, a significant barrier for people with no money.)

We plan to expand this important Mother Baby Friendly Hospital program to other East African countries. Your support is making a difference for the vulnerable mothers of Uganda.



Despite modern technology and medicine, over a quarter of a million mothers and three million newborns die each year. Save the Mothers is an international organization that equips professionals from a wide array of disciplines in developing countries to save the lives of vulnerable mothers and babies. Through their specific vocations and spheres of influence, graduates of our Master in Public Health Leadership program become influencers for positive societal change, working to overcome preventable maternal and newborn death.



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FROM THE BOARD OF DIRECTORS, Highlights of 2014

JULY/AUGUST 2013

Annual Board retreat is an opportunity to evaluate where Save the Mothers is as an organization and refine/improve the strategic direction.

SEPTEMBER 2013

Save the Mothers’ Mother Baby Friendly Hospital program expands to Nakaseke Hospital (north of Kampala in Uganda).

OCTOBER 2013

Managing director, Dr. Daniel Scott represents Save the Mothers at the first symposium of the Canadian Network for Maternal, Newborn and Child Health (CanMNCH) in Ottawa. The conference, organized around the theme of “Working Together for Global Maternal, Newborn & Child Health,” brought together influential Canadian leaders from across the country.

Save the Mothers partners with Ride for Refuge to raise funds to help improve the lives and health of mothers and babies in the developing world.

Dr. Jean Chamberlain Froese represents Save the Mothers at the Korea Healing Missions Conference in Daejun City, South Korea. She addresses 1,000 Korean medical workers (in two plenary talks) about the need for a multi-disciplinary approach in finding solutions to maternal mortality and morbidity.

NOVEMBER 2013

Grand Challenges Canada announces a \$100,000 grant to Save the Mothers’ Mother Baby Friendly Hospital Initiative. The money is designated to link mothers in rural areas with

trained health care workers through mobile phones and toll free hotlines.

Another eight students join the ranks of Save the Mothers’ alumni, when graduation ceremonies are held at Uganda Christian University. Newly bestowed with their Master of Public Health Leadership are: Josephine Akise, Jane Amogi, Irene Amuron, Justus Chelangat, William Gejje, Louise Kabugho, Joseph Okudi and Dorothy Owour.

More than 200 friends and supporters of Save the Mothers gather for the annual fundraising dinner and auction in North Toronto, Ontario. The event raises more than \$135,000.

Save the Mothers’ representatives journey from our Ugandan base to Tanzania to recruit prospective students for a future international class.

DECEMBER 2013

STM Mother Baby Friendly Hospital Initiative staff in Uganda report that four Ugandan hospitals are enrolled in a project to equip health workers with access to mobile phones and toll free lines, as part of a strategy to improve communications between health care facilities and the communities they serve.

JANUARY 2014

Following several months of preliminary discussions, STM managing director Dr. Daniel Scott visits Haiti. The purpose of his trip: to explore the possibility of Save the Mothers’ expansion into that poverty-stricken nation.

Dr. Jean Chamberlain Froese visits Watoto Church (where they deal with the consequences of unsafe motherhood by caring for huge numbers of Ugandan orphans.)

FEBRUARY 2014

Dr. Daniel Scott and Dr. Jean Chamberlain Froese travel to Ghana, for meetings with Dr. Kwesi Yankah, President of Central University College. Exploratory meetings confirm Ghanians are eager to have Save the Mothers expand into West Africa.

STM brings together 20 religious leaders for a pilot phase roundtable discussion of “spiritual care for those dealing with maternal loss.”

MARCH 2014

STM Mother Baby Friendly Hospital teams report yet one more example of how their work is making a difference for East African women, when their direct intervention in a case at Kawolo Hospital saves the life of an 18-year-old mother.

STM staff, students and alumni travel to Mbale in Uganda to participate in events marking International Women’s Day.

APRIL 2014

STM staff in Uganda report MPH students in the Ugandan class of 2012 complete their academic modules and move on to the independent research phase of their program.

Dr. Henry Muggah, (Professor Emeritus, Obstetrics and Gynecology at McMaster University’s Faculty of Health Science) and his wife Betty (a social worker and local community development expert) visit Kagando Mission Hospital in southwest Uganda. Their purpose: To work with graduates of Save the Mothers’ Master of Public Health Leadership program in support of the Mother Friendly Hospital Initiative (MFHI).

MAY 2014

Steps to Deliver Change walks are held in communities across Canada, raising \$50,000 for Save the Mothers’ work. Walks are held for the first time in the Ontario communities of Kleinburg, London, Saint Jacobs and Sudbury. Supporters walk as far away as a beach in The Bahamas. People participate (apart from the community-based events) via the brand new netWALK option. Hundreds of volunteers contribute.

As a member of the Canadian Network for Maternal, Newborn and Child Health (Can-MNCH) Save the Mothers participates in the “Saving Every Woman Every Child Summit” in Toronto. Leaders in the field of maternal health from around the world gather for the three-day conference. Dr. Jean Chamberlain Froese is a featured panelist during a session titled, “Maternal Health: The Need to Accelerate Progress.”

JUNE 2014

Dr. Jean Chamberlain Froese attends the annual meetings of the Society of Obstetricians and Gynecologists in Niagara Falls, Ontario.

IMAGE CAPTIONS

1. Mothers in rural areas can connect with trained health care workers through toll free hotlines and cell phones.
2. Mukono Health Centre crowds wait without shade
3. Healthy baby, happy mother at Mukono Health Centre now wait in shaded area thanks to STM.
4. STM graduate Allen Baguma Komugisha conducts leadership training



STUDENT STORIES

GLADNESS SYLVESTER HEMEDI

Gladness Sylvester Hemedi is a working journalist from Tanzania. In September 2013 she enrolled as a student in Save the Mothers’ international class.

“I was attracted to the program due to the fact that I was interested in learning about issues surrounding sexual reproductive health and rights,” she says. “As an empowered woman, a gender activist and a journalist, I prefer to focus my work on women’s health issues.”

A member of GEMSAT (Gender and Media Southern Africa – Tanzania Network), Gladness says she now advocates on maternal health issues among both urban and rural communities.

Thanks to the “deep understanding” she says she received through her MPHL education, the area of Maternal and Child Health has become her specialty, and a topic she can write about confidently and authoritatively.

She credits the leadership component of her STM training with preparing her to accept the additional post of coordinator at the Tanzania Media Women’s Association.

As a mother to three adopted children, Gladness says that, “prior to this course, I was not conversant with issues pertaining to Maternal and Child Health in our country, in East Africa, and in other parts of the world.”

“But now I can do [the issue] justice when reporting on those areas.”

ALLEN BAGUMA KOMUGISHA

Allen Baguma Komugisha describes her STM education as “the turning point” of her life. A Ugandan businesswoman, she enrolled in STM’s Master of Public Health Leadership program in 2005 and graduated three years later.

Since then, she has campaigned for improved maternal health, speaking, writing and actively engaging with schools, governments and private institutions through the Future Learning Centre, an organization she founded based in the country’s capital city, Kampala.

Under her leadership, the Future Learning Centre launched a talent campaign for youth, resulting in three songs that promote safe motherhood, the value of education and HIV/AIDS prevention. The songs play on radio stations throughout Uganda. The Centre also developed a unique sensitization program for young people to discourage sexual promiscuity and other unhealthy behaviours.

A highlight for Allen came when she presented a paper at the International Conference on UN Millennium Development Goals and Poverty Reduction in the Commonwealth and Africa. Her paper was titled, “Community Response in Managing Maternal and Newborn Health Care.”

She has written several books, which have been endorsed by the Ugandan Ministry of Education, including Saying NO to Sexual Temptations and The Power of Saying NO as an Aspiring Leader.

Her passions are leadership development for youth, and social and economic wellbeing for women. Recognizing that maternal

health is intimately connected with each of these issues, Allen also brings her influence to bear for improved maternal health while serving as a board member with the Network of African Business Women and iCON Enterprise Foundation.

DEOGRATIAS AGABA

Ask Deogratias Agaba about the leadership training he received through STM’s Master of Public Health Leadership program, and he speaks of the influence he has been able to wield for safe motherhood – through both his career and his personal life.

“The STM program significantly changed my mindset,” he explains. “Whatever I do now, I do it with passion and a positive attitude.” Besides advocating for safe motherhood on the job (he works with Communication for Development Foundation Uganda where, among other things, he implements projects promoting maternal health), Deogratias has applied his new knowledge and convictions in his own family.

“Our firstborn arrived in October 2008, when I was in my first module of the course,” he says. “I had the resolve to accord my partner the best support throughout the childbirth experience.”

Such resolve is not a given in Uganda, where a traditionally patriarchal culture still sees childbirth and childrearing as largely concerns for women only. Five years later, when the couple’s second child was born, Deogratias encouraged his wife to breastfeed their daughter, and bought a cooler to ensure safe storage of expressed milk when his wife returned to work at the end of her maternity leave.

“The STM program also inspired me to write newspaper articles on safe motherhood,” Deogratias says. The 2012 graduate has had five Op-Ed columns published in Uganda’s leading daily newspapers, The New Vision and Daily Monitor. “In these articles, I highlighted critical actions that need to be taken at individual, community and national levels to stop preventable maternal deaths from happening in our country.”

IMAGE CAPTIONS

- 1. Gladness Sylvester Hemedi talks with prospective students.
- 2. Save The Mothers Class of Students

AN EXPLANATION OF SAVE THE MOTHERS’ BALANCE SHEET

From time to time, Save the Mothers receives queries from interested supporters asking about the administrative overhead and promotional costs required to run our programming in East Africa. We explain that our balance sheet is not able to reflect all funds leveraged and received by Save the Mothers. These funds are not, therefore, included in our financial reporting.

Here’s why: Save the Mothers operates a Master of Public Health Leadership program through a memorandum of understanding with Uganda Christian University. Tuitions paid by 86 Ugandan students and 32 international students (in the amount of 173,865,000 Ugandan shillings) are retained by the University (in partial payment for costs associated with the program). These costs include faculty salaries, administrative support, library services, buildings, registration, marketing and recruitment. These funds are thus not reflected in our balance sheet.

The University’s net contribution to running the program – which includes such things as travel, maintenance of the Save the Mothers house and Mirembe Hall, administrative support, etc. – cannot be quantified and is also, therefore, not recorded. The Save the Mothers’ program augments faculty salaries, provides scholarships to students, pays for building improvements, etc., from funds collected in Canada. These costs are reflected in the balance sheet.

For these reasons, the numbers seem to reveal apparent high administrative and promotional costs.

In 2014, Uganda Christian University also received funds on behalf of Save the Mothers from Grand Challenges Canada in the Rising Star Category for the work of Dr. Eve Nakabembe on the Mother Baby Friendly Hospital Initiative in the amount of \$100,000 CDN. Another \$8,500 USD was received from FIRE Grantees paid by AFRINIC Inc. These funds are also not reflected on STM’s statements in Canada.