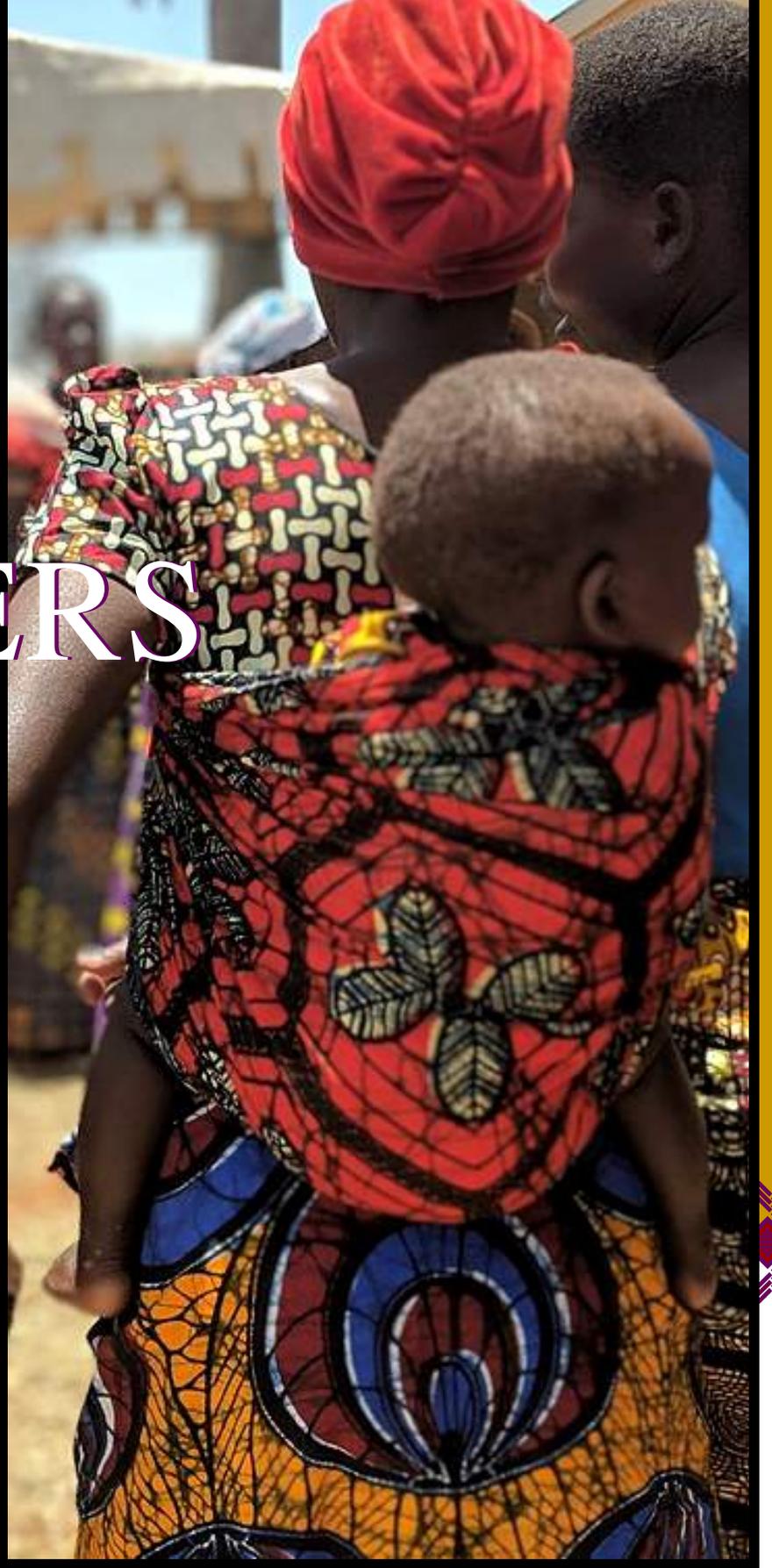


# HEART FOR MOTHERS



Annual Report 2018



SAVE the  
M&OTHERS.org



## **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.

## **WE BELIEVE:**

That universal access to quality maternal care in pregnancy and childbirth is a basic human right.

## **WE WORK:**

In partnership with other like-minded groups and individuals.



# MESSAGE FROM THE CHAIR

**Dear Supporters and Friends of Save the Mothers,**

Thank you for standing with us this, our thirteenth, year working to correct the grave injustice of preventable maternal deaths. I am encouraged by your ongoing and commitment to disrupt this tragedy half a world away when I know you could be supporting many worthy causes closer to home.

As Chair of the Save the Mothers Board, it has been my pleasure to work alongside our new Executive Director Deborah Mensah to build a brighter future for pregnant women in East Africa. I am pleased to report that more of your gifts went to the field, as we have significantly reduced our administrative overhead this year.

Deborah's expertise is instrumental in forging new relationships with some key allies, such as Her Excellency Ambassador Joy Ruth Acheng of the Uganda High Commission in Canada. Deborah led Save the Mothers to be a pivotal contributor to CanWaCH, an important partnership of Canadians and global citizens who aim to ensure that the government of Canada makes investments that will ensure that every mother and child thrives. These relationships have helped us to 'punch above our weight,' and we hope that they will help us to continue to grow in size and influence to help even more women.

We are small. This means that we face challenges that larger organizations do not. We rely on your ongoing monthly commitment to keep our programs operational, and we are grateful for your support.

We are thankful for our generous major donors, who have provided for so many mothers this year through the gift of High Dependency Units. We aim to continue to forge relationships with visionary donors through 2019 so that we can maximize the number of women that we can serve through both our Master's of Public Health Leadership program and our Mother Baby Friendly Hospital Initiative.

You, like me, feel that women and their babies should have the same opportunities of health, life and family as we do here in Canada. As you will see in our report, we are coming closer to making that dream a reality in Uganda. This is good news. We know that what we are doing is having a real impact. With additional resources, we could take our knowledge to other places where our help is still needed.

I invite you to read about what we, together, achieved this year, and reflect on whether you can help us to change the game for even more women in 2019.

**MARY HARVEY**

*Chairperson, Save the Mothers*



# FROM THE EXECUTIVE DIRECTOR

Dear Friends,

Looking back at 2018, one thing stands out among our many successes: in a year filled with change, you stood by mothers and babies in need. You said, “I will help,” when a different voice asked. You said, “I’m still here,” when leadership and other personnel changed. Because of your steadfast commitment, the work that so many women and their babies rely upon was able to continue. As you read the report, and soak in the many accomplishments that your gifts facilitated, I hope you will see your contributions as central to that success.

Now at the close of my first year as Executive Director for Save the Mothers, I am able to take stock of all the exciting successes and changes of the past year. There is so much to take in— from our fruitful partnership with the University of Calgary in Tanzania, to bringing on new team members, to our inspiring Walk for Mother’s Day, it’s been a great year.

As you read this annual report, I want to draw your attention to a few accomplishments that I feel particularly excited about. One of the most gratifying moments of 2018 was when I received news that the Ugandan government had evaluated some of our Mother Baby Friendly Hospitals (MBFHI) as some of the top ranked hospitals. This is amazing news! I am optimistic that should strong partnerships with the government of Uganda forged and sustained funding secured, we might export what is working in our MBFHI across the Uganda and beyond.

I am also thrilled that our 2018 Gala was our most financially successful fundraiser to-date for Save the Mothers. I was so encouraged by the many, many people in attendance who rose to the occasion to provide for the most vulnerable mothers and their babies. A lot of the success was owing to a generous donor, who established the Leila C. Reader Memorial Fund. This Fund matched every Gala gift dollar for dollar this year. I pray that we will be able to build on this success.

In taking stock, I can’t help but reflect on the trajectory of our organization. Over the years that Save the Mothers has missioned in Uganda, we have seen a considerable drop in the maternal mortality rate. I hope you will celebrate your own contribution to that major success. As Save the Mothers changes and develops, we aim to build on our successes in ways that continue to be meaningful for those whom we serve, in Uganda, and perhaps beyond. As we grow and change, I am bolstered by your key commitment and heart for mothers. This is our heart and commitment too. Together, we can end preventable maternal and infant deaths.

In partnership,



**DEBORAH MENSAH**

*Executive Director, Save the Mothers*





# SUCCESS BY THE NUMBERS

205



\* **MPHL GRADS**  
working in Maternal Health

10



\* **COUNTRIES REACHED**

236



\* **RESEARCH TOPICS**  
Undertaken by students

36

**STUDENTS**  
Graduated this year

13



COMMUNITIES  
Served by 4 HDUs

24



COMMUNITIES  
Served by the Mother  
Baby Friendly Hospital  
Initiative



830

Each day ~830  
women die in  
childbirth  
around the  
world.

33.6%



\*MATERNAL MORTALITY  
in Uganda decreased by  
33.6% since STM was  
founded

225



LEADERS  
trained in maternal  
healthcare practice and  
advocacy

# FIELD NOTES

## Greetings from Mukono,

It is my joy to report to you that your gifts are transforming lives. I am writing from my office at Uganda Christian University, where just down the hall, a classroom full of Master's in Public Health Leadership candidates are learning about some of the most significant barriers to safe delivery and pregnancy. I reflect on the possibilities for these students, and how, equipped with their degrees, they will transform East Africa. Already we see it. Since Save the Mothers has offered the Master's in Public Health Leadership program, we have seen maternal mortality rates drop 33.6 percent. But at 336 deaths per 100,000, Uganda still has some of the highest maternal mortality rates on the globe. There are still too many women dying in labour, but we know what we are doing is working.

I want to share with you news from one of our students, Pastor David Bithum Upoki, who is using his sphere of influence to support women in the Democratic Republic of the Congo, a country that faces many challenges. Although the country has wealth in the form of natural resources—diamonds, gold, copper, timber, rubber—maternal mortality is still very high. In Upoki's remote area, Bunia, hospitals remain plagued by corruption and low levels of investment in health care. Further, power cuts, outdated equipment, poorly paid staff, and drug shortages coupled with severe poverty, continue to create roadblocks for women to have access to safe delivery.

Equipped with knowledge acquired in the MPHL program, Upoki, a pastor, convened two multi-denominational women's conferences—one for francophones and one for anglophones. During the conference, women revealed that those whom they knew who had died from pregnancy was a result of the three delays: delay to decide to seek care, delay to reach health centres, and delay to get treatment in a crisis. It is often the case that the first two delays are the result of male partners preventing women from seeking care, for financial reasons or because of traditional views. In the conference, women learned how to address the first two delays by starting small businesses to become economically empowered to seek care without relying on a male partner. The women valued this session, and Upoki reported that many asked that such events happen again.

**It is striking that just a simple event can create change. With a little education, women can be empowered to make choices that will change the game not only for them but for maternal mortality rates generally.** This requires large systemic change, but our graduates and students are poised to put the work in and make it happen.

I hope you will review the report on our programs, the MPHL and the Mother Baby Friendly Hospital (MBFHI), this year. We are so grateful for your support.

In partnership,



**DR. MIRIAM MUTABAZI**

*East African Director, Save the Mothers*



## The Three Delays

- 1** **DECISION TO SEEK CARE**  
A woman may not be able to seek care on her own, but may have to wait for her husband or mother-in-law to allow her to do so.
- 2** **REACHING FACILITIES**  
Lack of transportation, or roads washed out by strong rains can prevent women from seeking care.
- 3** **THE HEALTH CARE SYSTEM**  
Understaffed or under-resourced health centres can create long, deadly delays.

# PROGRAM UPDATE

## MOTHER BABY FRIENDLY HOSPITAL

This year was cause for great celebration for the Mother Baby Friendly Hospital Initiative. Your support is saving lives! The Ugandan Ministry of Health evaluated hospitals across the country on a number of factors, including key maternal and newborn health indices, such as the number of safe deliveries and pre-natal care attendance. Our Mother Baby Friendly Hospitals were among the top ranked hospitals: Mukono Health Centre IV was ranked the second best performing Health centre IV in Uganda and Mityana, Kawolo Tororo, Nakaseke and Kagando Hospitals were named among the top ten best performing hospitals in Uganda. This achievement could not have happened without your support!



*"I have advised all the other NGOs to visit Save the Mothers and use its approach.*

*Save the Mothers does not just bring us things, but discusses with us our needs, performance, what we do well, and where we can improve. They always help us out and we are part of the decisions in improving the Quality of Care for our patients."*

*-In-Charge Nurse of one of our partner Hospitals in Mityana*



## HIGH DEPENDENCY UNITS: A LIFE-SAVING INTERVENTION

East African women experiencing life-threatening complications in childbirth may not have access to the care they need to keep them, and baby, alive— even in hospitals.

Many hospitals lack the equipment and training to respond to a crisis. That's why Save the Mothers is working to bring High Dependency Units (HDUs) to hospitals across Uganda—especially to the under-served regional hospitals as part of our Mother Baby Friendly Hospital Initiative.

An HDU is a unit for women needing intensive observation, treatment, and more attention from nurses. Mothers who present with life-threatening conditions, like severe pre-eclampsia, bleeding and obstructed labour now receive life-saving care.

In 2018, with our local partners, we opened two new HDUs thanks to a gift from a committed Canadian family. These HDUs will go a long way in reducing delays within these hospitals, which are usually operating with meagre resources.

Already, Save the Mothers has installed 4 HDUs across Uganda. Our aim in the next year is to expand that number to 5.



2 New HDUs in Eastern Uganda in 2018



# MASTER'S OF PUBLIC HEALTH LEADERSHIP PROGRAM

The Save the Mothers Master's in Public Health Leadership continues to be an outstanding and inspiring model for systemic change. Students from all around Africa choose to enrol in this program, housed at Uganda Christian University (UCU), because of the quality of education, and the success rate of our graduates.

We are always looking for ways to grow, change and continue to offer excellence in maternal and child health education. This year, we began reviewing and updating the MPHL curriculum for approval by the National Council for Higher Education, the regulatory body. We also engaged with the McMaster University engineering department, and their Queen Elizabeth Scholar programme. The program aims to improve the Health Management Information System for Mityana District Health Facilities, including one of our Mother Baby Friendly Hospitals, by providing computers and an internet service that links to the Save the Mother's Maternal and Child Health department at UCU. It is our hope that the data system will help support our operational research. We look forward to more collaborations of this nature to build our research capacity and partnership network.

## TRAINING AND CAPACITY BUILDING

**57** **leaders trained**  
We trained leaders across East Africa in maternal health.

**28** **health pros**  
Midwives, doctors, nurses were trained on advanced care and community outreach.

**140** **advocates**  
Attended annual maternal and child health conference

### STRONGER TOGETHER

Save the Mothers was awarded a grant from Stronger Together to develop a curriculum combining midwifery, communication and leadership to train in service Nurse-midwives and Doctors. We're excited about the potential impact this training program could have on maternal mortality rates. Uganda's Ministry of Health, and other key stakeholders, are expressing interest in scaling-up the training for all high-burden districts in Uganda.

### ANNUAL MATERNAL AND CHILD HEALTH CONFERENCE

Save the Mothers once again hosted an annual maternal and child health conference. About 140 safe motherhood advocates, including MPHL students, alumni, MPHL faculty, the Uganda Christian University community, partners: Path, World Vision, Shanti Uganda and JM Freight gathered to share about their safe motherhood projects and learn from one another. This key networking event helps to strengthen the reach and impact of MPHL alumni.

## WHAT HAPPENS AFTER THE PROGRAM?

When students graduate from the MPHL programme, many aim to implement change projects based on their research. Many face the big obstacle of funding. It is tough to get started without financial resources behind them. Save the Mothers shares possible funding opportunities through granting opportunities, but more could be done. One alumni proposed the need for STM alumni to come together and raise funds for such life changing projects by alumni.



made of dreams  
to dream together



# HIGHLIGHTS AT HOME

## ‘GOING BEYOND’: OUR MOST SUCCESSFUL GALA TO-DATE

For 13 years, Catherine Eeuwes has been at the helm of the Save the Mothers annual gala. The event had modest beginnings—a small tea for supporters and champions—but has blossomed into a glamorous evening that infuses Save the Mothers’ life-saving work with much-needed resources. In 2018, Catherine led a team of volunteers to produce our most successful gala to-date. At the gala, we launched the Leila C. Reader Memorial Fund, a gift of a long-time friend and supporter of Save the Mothers. This fund matched every gift made at the Gala dollar for dollar. As Catherine transitions the leadership of this event to others, we would like to thank her and her family for the long commitment of their time, talent and treasure to make this event a success.

Without their leadership, Save the Mothers’ reach and impact would not be what it is today.



## WALKING IN HER SHOES - MOTHER’S DAY WALK 2018

2018 we continued the tradition of volunteer-led walks across Canada. We were thrilled to see walks in three provinces, with schools, churches, and community groups all coming together to participate.

In 2019, we hope that even more communities, in more cities and provinces will choose to be advocates for change as they walk to save a mother.



## SAVE THE MOTHERS CONTRIBUTES TO CANWACH AGENDA

Save the Mothers may be small, but we hit above our weight when it comes to contributing to meaningful policy development that will have an impact. In 2018, our Executive Director Deborah Mensah was invited to contribute to the development of THRIVE, a bold vision for the future of Canadian leadership in women, adolescent and children’s health and rights around the world, led by CanWaCH a partnership of Canadians and global citizens working to ensure more women and children survive and thrive. Mensah advised on areas that Canada could contribute to maternal and child health policy, key gaps, and needs. These recommendations have been presented to Minister of International Development, Hon. Maryam Monsef and Prime Minister Trudeau as they consider where to make \$1.6 billion investment in international development.



# INTERNATIONAL WOMEN & CHILDREN'S HEALTH CONFERENCE

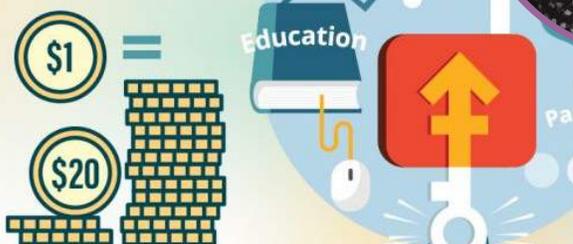


In November, Deborah Mensah spoke at the 2018 International Women and Children's Health Conference in Hamilton, Ontario. Over the past 21 years, the conference has brought together students, faculty, professionals, and community members to promote education and research in the field of women and children's health. Mensah spoke to conference attendees about the need for skilled care during pregnancy and childbirth and the ways in which Save the Mothers is bringing about the sustainable change that is needed to reduce maternal mortality. Dr. Jean Chamberlain Froese, our founder, also founded this conference and was in attendance alongside the 200 other attendees, speakers, and volunteers.

## THE THRIVE AGENDA

The Canadian government collaboratively developed a bold vision of leadership.

**TAKES HEALTH and RIGHTS** and uses them to unlock access to...



Investment in women and children's health has a potential return of \$20 for every dollar spent.



Every \$1 spent on contraceptive services in developing regions saves \$2.20 in maternal and newborn healthcare.



While the Global Gag Rule' challenges others, Thrive uses Canada's unique voice and role in the world, to secure our legacy and to invest in areas where others can't or won't. **Where Canada leads, others will follow.**

## AN UPDATE FROM OUR FOUNDER



I can hardly believe that nearly two years have passed since my family and I returned to Canada, after living in Uganda for 12 years.

I am so encouraged to learn of the ongoing work of many of our graduates. In 2018, I was able to make a trip to Tanzania, and the opportunity to see the impact of Save the Mothers in a large-scale project called Mama na Mtoto which has been sponsored by the Canadian government with partner, the University of Calgary. The expertise and advice that Save The Mothers has been able to contribute to this project in Tanzania is valued by both the Tanzanians, as well as our Canadian partner.

Recently, I have spoken at many conferences where I've been telling the story of Save The Mothers. It is amazing just how many Canadian young people have visited the program in Uganda, and whose lives have been permanently changed as a result.

Thank you for your ongoing support for Save The Mothers — let me encourage you to continue to do so, as I am. May God bless you for your generosity as we continue to see the lives of mothers and babies helped as a result of this important initiative.

-Dr. Jean Chamberlain Froese

# FINANCIAL OVERVIEW

Dear Friends,

Save the Mothers 'punches above our weight' for our size. We have a small team of mostly part-time, but extremely dedicated staff, who give more than is expected to change the narrative about maternal mortality. Much of our power comes from unpaid volunteers, who work tirelessly to see our success. Our major fundraising events—our annual Walk and Gala—are volunteer driven. With this dedication, we can accomplish much more than we might otherwise. We are an expert in our space for international development. We deliver quality programming and meaningful impact. This is why you put your trust in us.

We, like most other non-profit organizations, incur 'administrative expenses,' or what is so often called 'overhead.' These expenses include things like staff salaries, accounting, constituency education, insurance, maintaining a database, and creating reports like this one— all critical expenditures for effective organizations. As you will see, in 2018, we reduced our administrative spending significantly, and I am pleased to report that we are in compliance with what the Canada Revenue Agency deems appropriate for non-profit organizations.



We are a small organization that is working hard to build a profile and a larger donor pool. As we grow, we anticipate that our ratio between programmatic and administrative spending will continue to move more favourably toward programming. Why? Well, many components of our administrative expenses will remain static as we grow; these expense components are the same whether we raise \$50,000 or 5 million dollars a year. This is why we are so grateful that you are committed to helping us grow so that our impact will continue to grow.

One final note, this last year was one of significant change, and that can be financially challenging for many organizations. We weathered it reasonably well, and I want to thank you once more for your role in that success.

With gratitude,

Handwritten signature of Darryl Chapman in purple ink.

**DARRYL CHAPMAN**

*Treasurer, Save the Mothers Board of Directors*

## WHERE DO YOUR GIFTS GO?



**Student Scholarships**



**Community Outreach & Education**



**Hospital Improvement**



**Quality training for Healthcare Practitioners**

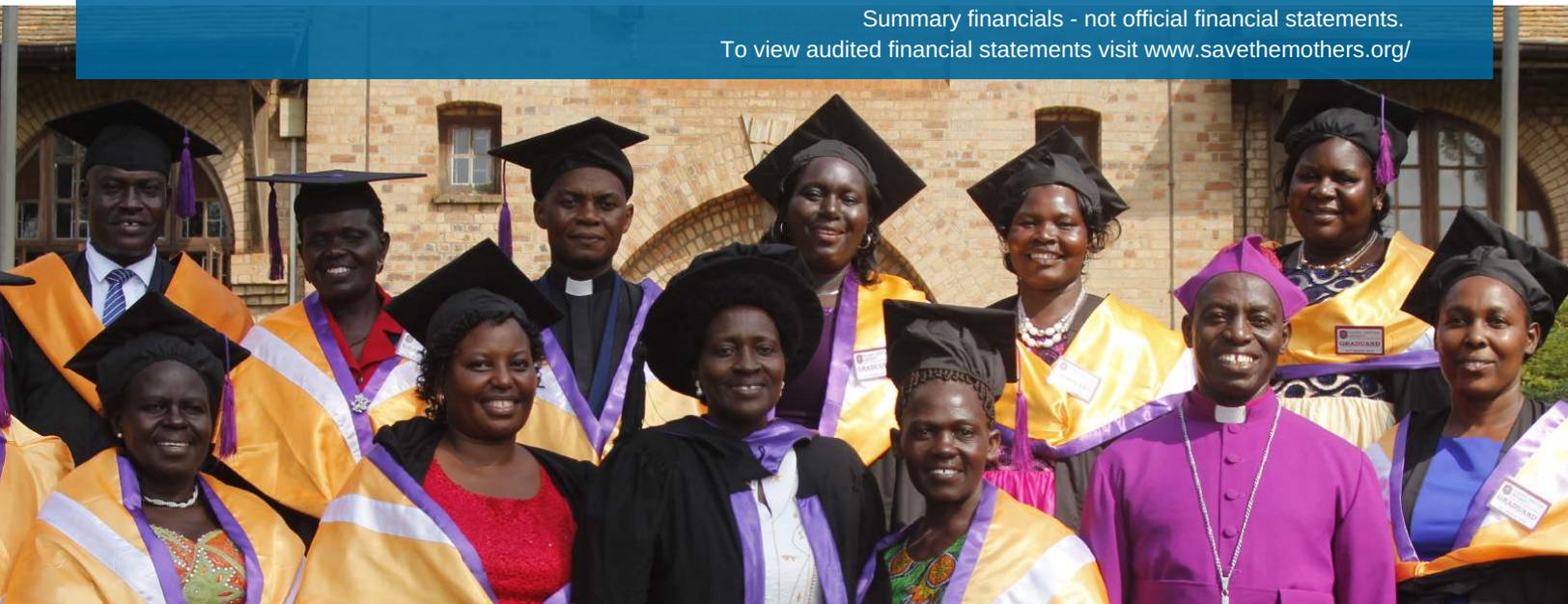
**26% BETTER.**

We've found efficiencies in our administrative spending to ensure that more of your gifts are going to the field.

# FINANCIAL POSITION

June 30	2018	2017
<b>Assets</b>		
Current		
Cash	\$ 143,416	\$ 112,204
Accounts receivable	3,661	61,576
Inventory	8,611	42,676
Prepaid expenses	-	1,500
	<u>155,688</u>	<u>217,956</u>
Restricted cash and short-term investments - endowment	21,304	19,138
Equipment	27,357	40,193
	<u>\$ 204,349</u>	<u>\$ 277,287</u>
<b>Liabilities</b>		
Current		
Accounts payable and accrued liabilities	\$ 85,679	\$ 81,741
Deferred contributions	<u>50,322</u>	<u>70,000</u>
	<u>136,001</u>	<u>151,741</u>
<b>Net assets</b>		
Unrestricted	19,687	66,315
Invested in equipment	27,357	40,193
Restricted for endowment purpose	<u>21,304</u>	<u>19,138</u>
	<u>68,348</u>	<u>125,546</u>
	<u>\$ 204,349</u>	<u>\$ 277,287</u>

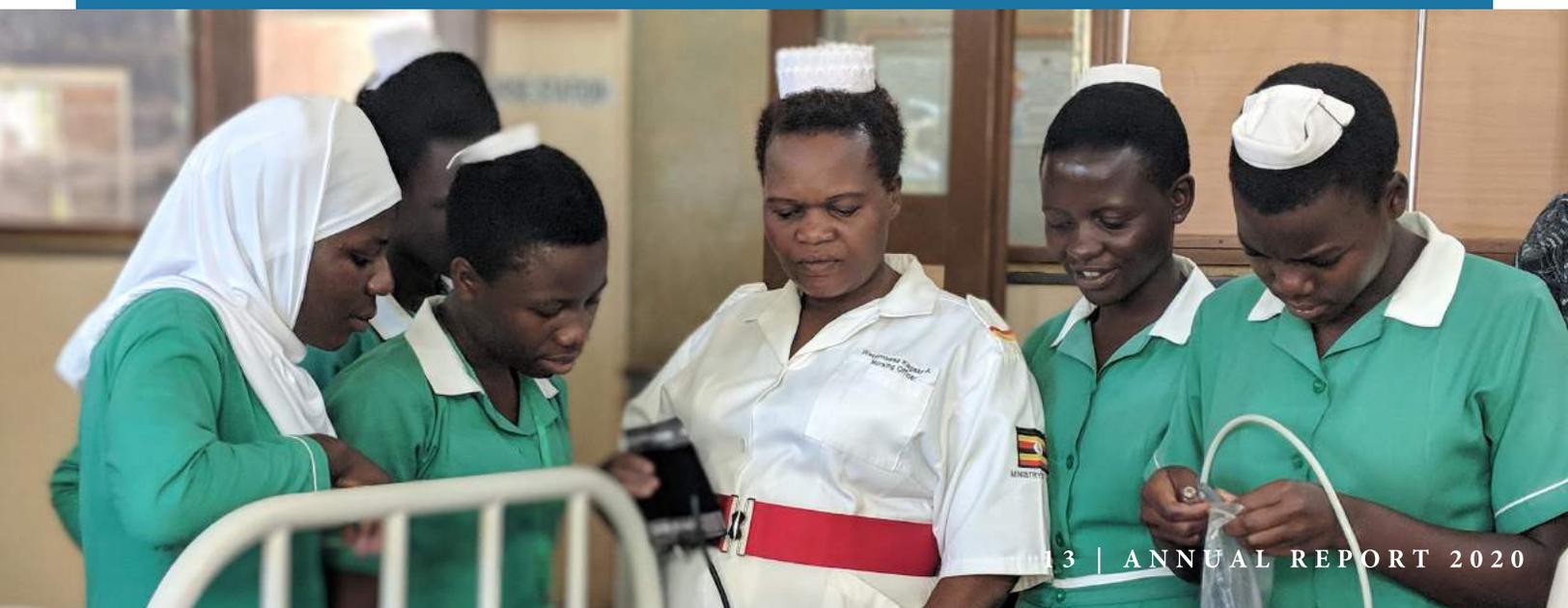
Summary financials - not official financial statements.  
To view audited financial statements visit [www.savethemothers.org/](http://www.savethemothers.org/)



# STATEMENT OF OPERATIONS

Year ended June 30	2018	2017
<b>Revenue</b>		
Individual and corporate donations	\$ 244,799	\$ 303,726
Institutional contributions	220,128	256,293
Event contributions	144,138	174,013
Donations in kind	49,759	135,363
Book sales	4,088	11,986
Interest income	27	-
	<u>662,939</u>	<u>881,281</u>
<b>Expenditures</b>		
Program expenditures		
Masters program	131,718	288,284
Mother Baby Friendly Hospital	204,227	207,500
Midwifery Mentorship	56,078	-
	<u>392,023</u>	<u>495,784</u>
<b>Support services</b>		
Administration	170,411	206,048
Promotion	259,869	243,228
	<u>330,380</u>	<u>449,276</u>
	<u>722,303</u>	<u>945,060</u>
<b>Deficiency of revenue over expenditures</b>	<u>\$ (59,364)</u>	<u>\$ (63,779)</u>

Summary financials - not official financial statements.  
To view audited financial statements visit [www.savethemothers.org](http://www.savethemothers.org)





# LOOKING AHEAD

We know what we are doing together is working. But this important work needs to grow and expand. It was birthed in Uganda, but there are other countries and communities in need. **We aim to bring our Masters in Public Health Leadership model to West Africa, to be headquartered in Ghana, where we see that there is interest for this type of leadership program.** We will continue to empower leaders across Africa and beyond to make inroads tackling the challenge of preventable maternal and child mortality in their own communities.

The Ministry of Health in Uganda noticed the success of our in-facility coaching and mentorship program. The need for health practitioners and health facilities to be well-trained and capable of delivering high-quality maternal and child care is essential to reduce unnecessary deaths. In 2019 and beyond, we hope to expand our reach to more high-risk districts to empower the health facility staff to provide the best care possible, increasing access to life-saving services for many more women.

# BOARD OF DIRECTORS

Mary Harvey

*Board Chair*

Esther Atemo

Lois Brown

Darryl Chapman

*Treasurer*

Katherine Johnson

A.J Rooke

Heather Sinclair

David Weind

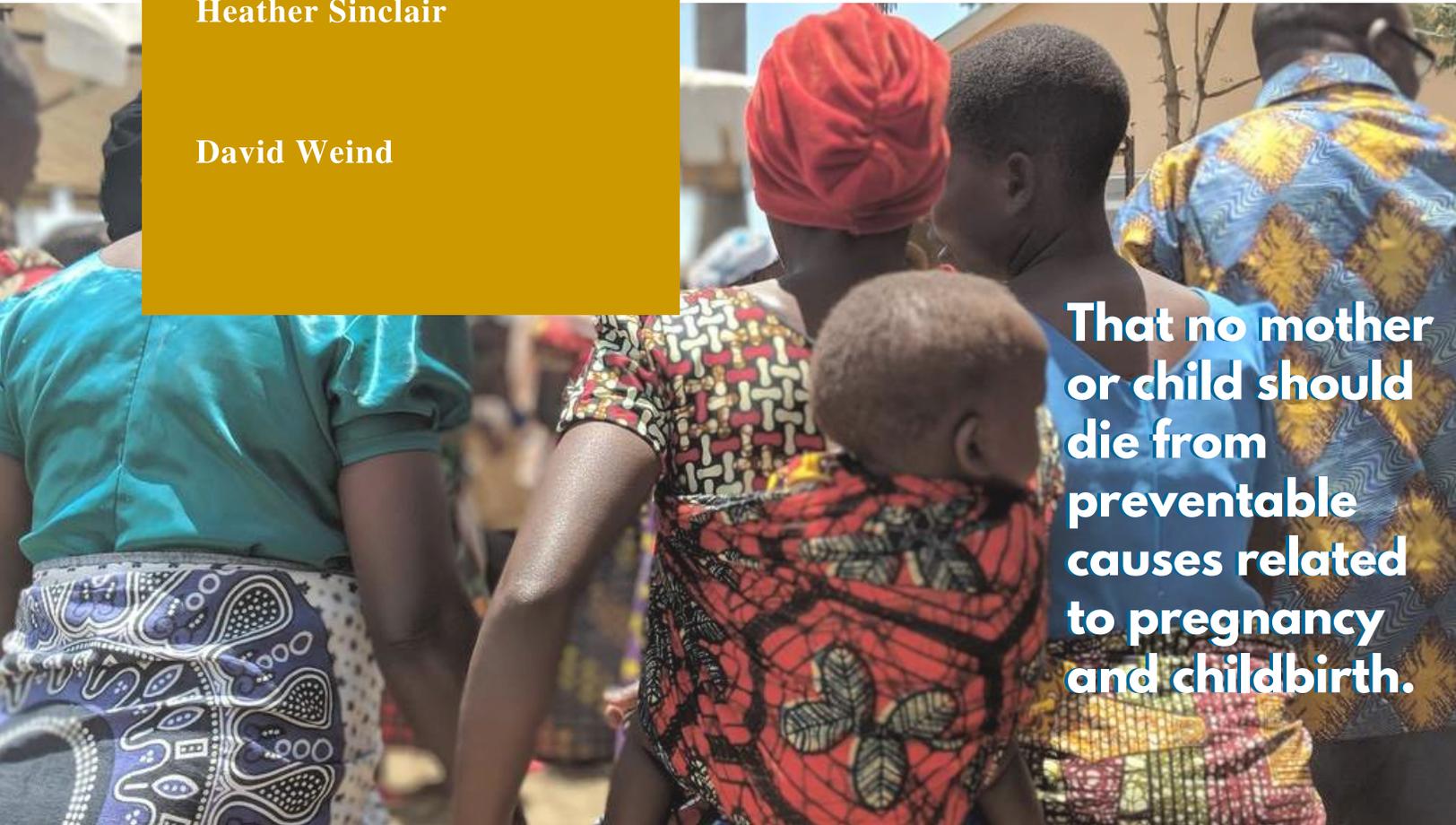


Save the Mothers  
27 Legend Crt.  
P.O. Box 10126  
Ancaster, ON L9K 1P3  
info@savethemothers.org  
(905) 928-SAVE (7283)  
[www.savethemothers.org](http://www.savethemothers.org)



This annual financial report presents highlights of our work for the 2017/2018 fiscal year. It offers summary financial statements. For a complete copy of Save the Mothers audited financial statements visit [www.savethemothers.org](http://www.savethemothers.org).

**Save the Mothers is a registered Canadian Charity  
#82876 7335 RR0001**



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