



# **A MOTHER IN NEED**

## Annual Report 2019

SAVE the  
M&THERS.org



# YOU ARE WELCOME — *Read how, with your help,* MOTHERS & BABIES — EXPERIENCED — JUSTICE & HEALTH

*Read about how this little organization with a*

# — BIG VISION — *is now helping to build a new health and social care system*

# in EAST AFRICA, THANKS TO YOU!

Save the Mothers is an international organization that equips professionals (from a wide array of disciplines) in developing countries to improve the health of mothers and babies. Through their specific vocations, graduates of our Master's in Public Health Leadership program become influencers for positive societal change, working to overcome preventable maternal death.



# NO MOTHER OR CHILD *SHOULD DIE* from preventable causes related to pregnancy and childbirth.

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

**WE BELIEVE:** Universal access to quality maternal care in pregnancy and childbirth is a basic human right.





## FROM THE EXECUTIVE DIRECTOR

Dear Friends,

Mothers are still dying of preventable causes in great numbers. There remain too many women who are not served by skilled care during and after childbirth, which is proven, time and again, to save lives.

Two-thirds of preventable maternal deaths globally happen in Sub-Saharan Africa, the heart of where you support our work.

For me, the greatest tragedy is that young women, children really, age ten to 14, face a much greater risk of complications and death as a result of pregnancy compared to older women. **Just let that sink in. The people most at risk are children themselves.**

That is why I am so grateful that there are people, like you, who crave change and justice for women and girls who are dying needlessly. The good news is that since the year 2000, the number of preventable maternal deaths has gone down almost 40 percent.

Save the Mothers has been central to this work in East Africa. In 2019, you continued to say, “No mother and no child should die of preventable causes related to birth.” When we invited you to walk 5 km to save the life of a mother, you said yes in great numbers. This year, you hosted many walks across Canada to support justice for mothers. When we asked you to support gamechanger training, you did. When we asked you to put on your best, and come out for an evening to support mothers, you did. We are particularly grateful to the City of Vaughan, who made a 2-year commitment to invest in saving the lives of women in East Africa. Finally, when we invited you to save the lives of 120 mothers over the Christmas and holiday season, you said, “No, we want to save almost twice as many!”

While there is still a lot of work to do to narrow the gulf of injustice between moms-to-be in Canada and Uganda, I am confident that together, we will see it done. Thank you for your ongoing support.

**Deborah Mensah**  
Executive Director

## FROM THE CHAIRPERSON

Dear Faithful Supporters,

When the problems of this world feel overwhelming, it is a comfort to know that small acts of generosity, courage, and compassion can create monumental positive change.

When Save the Mothers was founded by a group of visionary physicians, Drs. Florence Mirembe, Dr. Pious Okong, Dr. Olive Sentumbwe-Mugisa, and Dr. Jean Chamberlain Froese, they felt compelled to act because the health system was failing its most vulnerable: pregnant women living in poverty. They knew that deep societal change needed to occur in order to make a dent in the high number of maternal deaths.

Their vision was that community leaders and influencers, empowered with knowledge to address the root causes of maternal mortality, might have a big impact on the lives of women in their community, region, and nation. As a result, the Save the Mothers Master's in Public Health Leadership was born. Since then around 450 students have enrolled, and many have gone on to do amazing work. As you read this report, you will gain a sense of the work accomplished in 2019.

One of the greatest joys of my tenure at Save the Mothers is to witness how the impact of your gifts, no matter how small, fuels monumental change and hope for some of the world's most vulnerable women. As we look ahead, we want to make sure that your gifts have the greatest possible impact. We strive to be an organization that fosters sustainable change for mothers, sustainability as an organization, and for the environment. We are making choices in everything we do that will have a positive impact.

In closing, I just want to emphasize my sincere thanks for your gifts. Together, we can create a compassionate and caring world.

Sincerely,



**Mary Harvey**  
Chairperson





# SUCCESS BY THE NUMBERS

265



LEADERS  
trained in maternal  
healthcare practice and  
advocacy

50



\*COACHED  
In Midwifery Mentorship

10



COUNTRIES  
REACHED

276



RESEARCH TOPICS  
Undertaken by students



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

383



MOTHERS  
Served at HDUs

24



COMMUNITIES  
Served by the Mother  
Baby Friendly Hospital  
Initiative

13



COMMUNITIES  
Served by 4 HDUs

40



STUDENTS  
Graduated this year



## AN UPDATE FROM EAST AFRICA



A woman's lifetime risk of maternal death in high income countries is 1 in 5400; in low income countries, every 1 in 45 women will die of maternal causes. The high number of maternal deaths in some areas of the world, and the low number in others, reflects the gulf of experiences that women face globally. In my view, the issue of maternal mortality heralds the great gap between the rich and poor, developed and developing. Why? Because maternal mortality is not a women's health issue, it is a development issue.

Preventable deaths in pregnancy and childbirth are a symptom of a system that is leaving behind its most vulnerable citizens. A system that is failing to deliver essential services, such as education, basic health care, and, in some cases, civil rights.

That is why I am pleased to continue the work and mission of Save the Mothers. As East Africa Director, I hear unthinkable stories almost every day– mostly from the students whom you support. They tell me what motivated them to pursue a Master's in Public Health Leadership with a focus on mothers. Time and again, the stories centre on their frustration, their anger, or their hurt that someone they know died– and it could have been prevented! With vigour, they tackle the deep systemic challenges of maternal mortality. They examine public health messages, traditional views, education curriculum, unjust laws and policies at the government level, and basic health service delivery.

Your steadfast support is at the core of the long-term work required to change a whole system- at the core of saving mothers. Your support buoys our students, our staff, and the communities whom we all serve. I am pleased to provide you with an update on all the good work that your gifts have made possible in 2019.

I pray we may continue working together to Save the Mothers.

Blessings to you and your family,

*Mutabazi*

Dr. Miriam Mutabazi  
Director, East Africa

## 2018 GRAD MAKES A DIFFERENCE

Jimmy Oryem just graduated in March of 2018. Already, Oryem has made great strides in improving service delivery in maternal health as the senior clinical officer and the in-charge of Panyimur Health Centre 3 in West Nile, Uganda. **One key milestone that Oryem celebrates is the installation of solar lights in the maternity ward. Now midwives need not rely on the light from their mobile phones during night deliveries.** He has also increased the midwife staff capacity from 1 midwife to 5. “We have four delivery beds. The facility had one bed for so long.” Oryem adds, **“I have managed to achieve these milestones through lobbying, advocacy, mobilization, networking and leadership skills that I acquired during the STM-MPHL program.”**



## A ‘SAVED’ MOTHER HELPS OTHERS

One challenge and joy of my work is meeting the women that you help. I recently met Zeuna, a tailor, who was a victim of teenage pregnancy 15 years ago.

Our STM alumnus Reverend Moses Mukholi took her up in the child development program for at-risk and vulnerable young girls. In this program, she learned how to tailor clothing. She excelled and was hired to be a part-time trainer for other young women.

Zeuna managed to save some money from her meagre salary to buy her own sewing machine. Armed with this one machine, she was able to borrow some money from the women's saving association she also belonged to. She set up a shop and started doing her own business.

Since her business opened, many young women facing teenage pregnancy have looked to her for counselling, encouragement and some training in tailoring. She has graduated 15 young women over 3 years.

Without your support training Reverend Moses, Zeuna never would have received the help she needed, and in turn, not have helped so many others.

-From Dr. Miriam



*Your help*  
**Saved**  
**\*577 Mothers**  
*in critical condition*  
**— this year —**

*through investment in the  
Mother Baby Friendly Hospital Initiative*

## HELPING MOMS & NEWBORNS ON THE FRONTLINE OF CARE

Since we launched the Mother Baby Friendly Hospital (MBFH) initiative, many exciting changes both at the community and the system level, have happened. This initiative is playing an important role in helping mothers and babies survive. We do this by improving conditions at key hospitals and health centres in both Uganda and Tanzania, investing in infrastructure, and training staff. Here are some key highlights from 2019:

- **GOVERNMENT RECOGNITION** – 2 of our Mother Baby Friendly Hospitals were among the top 5 ranked hospitals in the whole Ugandan Hospital Network
- **TRANSFORMATION OF KAWALO HOSPITAL** - In 2013, one of the top media outlets in Uganda posted the headline “Kawolo; a hospital on its death bed.” This year there were ZERO maternal deaths. Kawolo has since become a MBFH.
- **STAFF TRAINING** – 23 new midwives, including 5 new frontline midwives at Jinja Regional Referral Hospital, trained as part of the Stronger Together grant received in 2018
- **FROM HEALTH CENTRE TO HOSPITAL** - An MBFH Health Centre in Mukono was elevated to ‘Hospital’ status by the government. It was also recognized as a ‘best- performing’ centre

## HOW YOU CAN HELP...

With each passing year, we aim to help more moms and babies, but without continued support of grants and donations we cannot meet the need that is still so high. We need your support to continue these vital activities:

1. Become a monthly donor and ensure that we can always help mothers in need!
2. Create ‘Gamechangers’ in our Master’s in Public Health Leadership program
3. Provide multidisciplinary mentorship for frontline health workers and hospitals
4. Invest in High Dependency Units, especially where maternal mortality is TOO HIGH!

\*For every 250 dollars invested into the MBFHI,  
it is possible to save 1 mother.  
Based on your contributions in 2019,  
it was possible for us to save 577 lives!





## A DEDICATED VOLUNTEER

Julie Moran of Burnaby, British Columbia  
is a tireless advocate for mothers in need...

"I wish Canadians could see the rudimentary facilities of traditional birth attendants, and a health centre overwhelmed by the numbers of women waiting for help when they realize that such a centre does give women a better chance of surviving childbirth."



Members of the Vancouver Walk Committee from left to right: Mary Landell, Julie Moran, another volunteer, Sue Card; seated, Beverly Shepansky

Julie Moran became aware of the staggering number of women who die tragically in childbirth in East Africa when she read, Save the Mothers' founder, Dr. Jean Chamberlain Froese's book, *'Where Have All the Mothers Gone?'* "On learning about the situation, I knew that could have happened to my own daughter and my son's wife if they had been living in a rural area," remembers the retired English professor. Since 2016, Julie has been a Save the Mothers' champion here in Canada speaking to groups about the needs of women in East Africa, and helping to organize fundraising walks. This winter she travelled for the second time to Uganda.

**THANK YOU JULIE!**

## FROM THE TREASURER

Dear Supporters,

Interpreting the Financial Statements of a non-profit is both a science and an art. While the numbers are black and white, and reflect revenue (gifts), and disbursements into both program and administrative activities, an understanding eye is helpful when reviewing the Financials.

Save the Mothers is considered a small non-profit given that our revenue is under \$1 million annually. A challenge for a non-profit the size of Save the Mothers is that many administrative costs would be the same whether the organization generated \$100,000 in revenue or \$3 million.

Costs like insurance, office rental, licensing, website etc. are fixed. We operate with a very small team of paid staff here in Canada, so, that as much of your gift as possible will go to the field. Our staff compliment includes one full time employee, and 4 part-time contractors. This does not even equate to 3 full-time staff. We work hard to keep our administrative costs as tight as possible, but we need to generate more revenue to improve our administrative to programmatic disbursement ratio.

As we look to the remainder of 2020 and beyond, our aim is to build on the success of our volunteer-led fundraising campaigns, our gala, and, we are introducing new ways to give, such as through gifts of securities, legacies, and an monthly giving opportunity. Gifting a security (stock, mutual funds, ETF, bonds) supplies funding for the work and at the same time provides the dual donor benefit of charitable donation receipt and freedom from tax on any capital gains from the security. Donations of securities can be made through: <https://www.linkcharity.ca>.

Save The Mothers is proud of the accuracy of our monthly donation opportunity. The cost of saving a mother at our Mother Baby Friendly Hospital High Dependency Units has been carefully evaluated. Just \$250 saves the life of a Mother in Uganda. So, you have the real opportunity to save 3 mothers per year at \$62.50 a month, 5 mothers for \$105 a month, and 1 mother a month for \$250.

We hope that you will partner with us in this opportunity. Monthly giving is by far and away the best and most efficient way to support a charity. A monthly gift gives us a secure base to forecast budget, it also requires far less administration, so that means your gift has a greater impact.

Thank you for your ongoing support of Save the Mothers as we grow together to save as many mothers as possible from preventable causes.

Sincerely,

**Darryl Chapman**  
Treasurer



# Save the Mothers Statement of Operations

Year ended June 30	2019	2018
Revenue		
Individual and corporate donations	\$ 206,297	\$ 244,799
Institutional contributions	165,027	220,128
Event contributions	162,876	144,138
Donations in kind (Note 5)	57,226	49,759
Book sales	2,290	4,088
Interest income	45	27
	<u>593,761</u>	<u>662,939</u>
Expenditures (Note 6)		
Program expenditures		
Masters program	112,519	131,718
Mother Friendly Hospital	144,324	204,227
Midwifery Mentorship	25,322	56,078
	<u>282,165</u>	<u>392,023</u>
Support services		
Administration	173,607	170,411
Promotion	159,794	159,869
	<u>333,401</u>	<u>330,280</u>
	<u>615,566</u>	<u>722,303</u>
Deficiency of revenue over expenditures	\$ (21,805)	\$ (59,364)



# Save the Mothers Statement of Financial Position

June 30	2019	2018
<b>Assets</b>		
Current		
Cash	\$ 45,942	\$ 143,416
Accounts receivable	13,752	3,661
Inventory	3,887	8,611
Prepaid expenses	4,428	-
<b>Total current assets</b>	<b>68,009</b>	<b>155,688</b>
Restricted cash and short-term investments - endowment (Note 3)	21,304	21,304
Equipment (Note 4)	16,974	27,357
<b>Total assets</b>	<b>\$ 106,287</b>	<b>\$ 204,349</b>
<b>Liabilities</b>		
Current		
Accounts payable and accrued liabilities	\$ 59,744	\$ 85,679
Deferred contributions	-	50,322
<b>Total liabilities</b>	<b>59,744</b>	<b>136,001</b>
<b>Net assets</b>		
Unrestricted	8,265	19,687
Invested in equipment	16,974	27,357
Restricted for endowment purpose (Note 3)	21,304	21,304
<b>Total net assets</b>	<b>46,543</b>	<b>68,348</b>
<b>Total liabilities and net assets</b>	<b>\$ 106,287</b>	<b>\$ 204,349</b>

For complete statements visit [www.savethemothers.org](http://www.savethemothers.org)





## Board of Directors

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This annual financial report presents highlights of our work  
for the 2018/2019 fiscal year.

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  
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