



# HumanitarianHands CHARITIES

Building Hope...  
One Heart, One Life, One Community at a Time

## 2019 Year Summary

Volume 4, Issue 1  
January 2020

### November 2019 Medical Report

#### Women's Health Project Recognized

Over 35,000 million abortions occur in developing countries each year, and the deaths from those abortions claim the lives of approximately 67,000 women as a result of complications. Reducing those numbers, by reducing the need to seek them out through birth control education is at the top of Humanitarian Hands Charities (HHCharities) concerns and goals.

HHCharities' donor, Roland Parrish, John H. and Marie Parrish Medical Clinic (PMC) in Fort Portal, Uganda, was among the clinics that Population Service International (PSI) congratulated for successfully implementing the Women's Health Project (WHP). This project had two main components:

First, Social Marketing where PMC improved the health outcomes of women through the provision of affordable commodities. The clinic obtained various family planning methods inexpensively, which in turn allowed them to offer these methods at an affordable price. Health Days and Clinic Days were held, so the poorest and most vulnerable mothers received free family planning methods.

During the 2019 WHP period, the clinic distributed to clients, 1,785,384 condoms; 48,280 pills; 138,075 injectables; 246,790 implants; and 218,351 IUDs. Each with the ability to reduce the need for an abortion, legal or illegally obtained, and saving women's lives that might have left a number of children without a mother.

Second, through the PROFAM Franchise Network, the PMC staff were trained in Healthcare Ethics and Harm Reduction Counseling. They were also trained in Post Abortion Care (PAC) and Post Abortion Family Planning (PAFP). PAC trains families on treating symptoms of complications, such as hemorrhaging and sepsis, rather than risking another woman's death; however, with PAFP, reducing the need for an abortion through



John H. and Marie Parrish Medical Clinic, Fort Portal, Uganda.  
Opened May 17, 2016.

family planning education. When PAFP is implemented, the number of abortions, as a result of unwanted/unplanned pregnancies, drops. Some community members were trained as mobilizers to encourage individuals to access information and treatment from the clinic.

#### Challenges, Lack of Clinic Equipment

HHCharities and the Parrish Clinic are limited in the number of women they can help because of inadequate family planning methods that are on the market; the lack of IUD insertion sets; and the inability to help cervical cancer patients because of the lack of a **cryotherapy machine**.

To fully continue their mission, they are requesting donors, to help in acquiring more *family long term planning supplies*. They desperately need a *cryotherapy machine*, and other *equipment for cervical cancer screening, post abortion care equipment, such as a gynecological set, vaginal speculums, sponge holding forceps, IUD insertion sets, scissors, uterine sounds, tenaculums, artery forceps, gall pots, kidney dishes, drums for sterile equipment and a well-equipped sterilization system*.

The Parrish Clinic achievements are attributed to all our donors, especially the Parrish family and the Antioch Fellowship Church. Thank you for your support. God Bless You as you open your barns to help those who need it most.



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### December 2019 Medical Report

#### Many Thanks for Your Support in 2019

The staff and management of John H. and Marie Parrish Medical Clinic are very grateful to the Parrish family, Antioch Fellowship Church, and HHCharities for their continued support to the clinic since its opening. The year 2019 has seen thousands of lives saved because of that support, and the community is forever grateful.

We are grateful for the support and partnership of PSI. Without it, our achievements would not have



services needed to achieve the *national goal of a healthy reproductive population* by bringing health care closer to the consumer in areas that it has previously been unavailable or lacking.

#### Emergency Transportation Desperately Needed

During the Christmas season in Fort Portal, Kampala Road had the most fatal accident in the region. The clinic received accident victims in critical condition, but thanks to God, the staff managed to save their lives. Of course, those with broken limbs were referred to a hospital for further medical treatment. The community is very appreciative for the services the clinic has rendered, all this attributed to donors like the Parrish family, Antioch Fellowship Church along with HHCharities.

The *biggest challenge in December, however, was the lack of an ambulance*. Accident victims were brought to the clinic by good Samaritans, so the staff on duty could treat them. Those with broken limbs were referred to a hospital, but because of the lack of transportation, they could not be immediately transported.

Patients without means to hire a vehicle to take them to a hospital, must wait because the clinic has no ambulance to transport those who need it.

That is why the clinic and HHCharities is reaching out to our donors to request an ambulance.

With your donations, HHCharities can provide the Parrish Medical Clinic with a much needed ambulance to save lives and provide immediate emergency medical transportation.

Go to [www.hhcharities.com](http://www.hhcharities.com) for more information on how and where to donate.



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## Gifts from Angels

### Thank You to Our New Sponsors!

Our school sponsors are true angels for watching over children who have little hope for a better life. Four children were blessed with sponsors in the 4th quarter of 2019.

1. Jonathan Amumpaire (sponsored by M. Van Roy)
2. Praise David Tumusiime (sponsored by M. Johnson)
3. Irene Atugonza (sponsored by J. & C. Christopher)
4. Linda Shakira (sponsored by J. & C. Christopher)



For children in Uganda, they know that escape from their situation, including poverty, is education. Unlike the United States where education is free through a public system, in Uganda, effective education is expensive. Your dollars give these children hope for a new life free of hunger, pain, and poverty.

### What You Can Do To Help

#### Your donation can make a difference in a child's life.

Three (3) academic terms/semesters in the **2020 Ugandan Public Schools:**

**Term I – February 3<sup>rd</sup> – May 6<sup>th</sup>** (Funds due by January 22<sup>nd</sup>)

**Term II – May 27<sup>th</sup> – August 26<sup>th</sup>** (Funds due by May 15<sup>th</sup>)

**Term III – September 16<sup>th</sup> – November 30<sup>th</sup>** (Funds due by September 2<sup>nd</sup>)

Funds will be used as noted below:

Tuition

Uniform

Lunch Meals

School Supplies

Additional Meals/Clothes

**ANNUAL TOTAL-----\$396**

**Credit Card Payments:** via PayPal at  
[www.hhcharities.org](http://www.hhcharities.org)

**Term Payments:** \$132 per term

**Monthly payments:** \$33 per month (auto payments can be set up via PayPal auto system)

**Payments accepted:** Cash, Check or  
Bank Automatic Draft Payments-personally set up  
through your bank

**\*Use your Match Program at your place of  
employment to maximize your giving. \***

\*95% of your tuition payments are sent to Uganda for  
the children\*

\*92% if paying via credit card payments-3% for charge  
fees/5% for administrative costs\*