



# ANNUAL REPORT 2022

## PSM CHARITY - ORGANISATION

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# IMPACT.

| Transforming Lives, Creating Hope | PSM Charity's Impact in Uganda |

In the vibrant heart of Africa lies a beacon of hope, where PSM Charity tirelessly works to address the multifaceted challenges faced by communities in Uganda. Through a range of transformative programs, we strive to make a lasting impact on mental health, education, healthcare, and environmental sustainability.

Healing Horizons Initiative:

Our commitment to mental health shines through the Healing Horizons Initiative. With the goal of transforming mental health care, we raise awareness, increase accessibility to quality services, empower communities, and advocate for mental health as a priority in health and social policy. The impact goes beyond statistics; it's about breaking down barriers and fostering a supportive environment for individuals grappling with mental health issues.

Kids Safe Harbor Program:

In the educational mosaic of disparity, our Kids Safe Harbor Program nurtures and empowers over 500 children. By providing educational opportunities, supporting families with basic needs, and fostering holistic development, we rewrite the futures of these children, ensuring no child is left behind.

Medical Support for Lataru Juliet and Ekoni Phoebe:

For two sisters born with visual and hearing impairments, our intervention became a lifeline. Immediate relief with food and essential supplies alleviated their distress, while facilitated medical consultations opened doors to specialized treatment abroad. Your support can transform their lives, offering them a chance at a brighter and more fulfilling future.

Youthful Moms, Resilient Futures Program:

In the face of adversity, our program empowers young mothers to rise above their circumstances. Through vocational training, health and wellness support, childcare assistance, and community sensitization, we aim to break the cycle of poverty and hardship, creating resilient and empowered generations.

CUWEI Program: Cultivating Health, Empowerment, and Environmental Wellbeing:

Our holistic approach extends to health, empowerment, and environmental conservation through the CUWEI Program. From improving sanitation and addressing water scarcity to empowering women through menstrual hygiene management and advocating for sustainable practices, we aim to create a healthier, empowered, and environmentally sustainable future.

At PSM Charity, our impact goes beyond numbers; it's about transforming lives, restoring hope, and creating a ripple effect of positive change. Join us on this journey towards a Uganda where every individual, child, and woman thrive, and communities are resilient, empowered, and ready to face the challenges of today and tomorrow.

# BUILDING SUSTAINABILITY FOR FUTURE GENERATIONS

**Dear PSM Charity Members and Partners Worldwide,**

In reflection of the past year, it's evident that collective efforts can bring about meaningful change. I draw inspiration from our local donors, partners, and staff who demonstrated remarkable resilience and dedication in the face of unprecedented challenges. Their commitment to empowering communities has been unwavering.

Despite global uncertainties stemming from the pandemic, which starkly exposed social and economic disparities, our mission to empower children and women persevered. The extraordinary generosity of our members, contributing from their modest incomes, and well-wishers who enabled us to meet the needs of vulnerable communities, has been pivotal. Successfully concluding the year without relying on international donations is a testament to our collective commitment.

However, the current economic challenges demand continued support. The number of beneficiaries has doubled, with single mothers increasing from 250 to 500. Our offices are inundated with parents seeking assistance, and we find ourselves caring for 270 children instead of the budgeted 250. To address this growing need, we urgently require external funding. I implore you to sustain your support until we secure additional resources and make a more substantial impact.

Amid these crises, our members have generously supported us, and I extend my gratitude to our advisors, well-wishers, community leaders, and nonprofit organizations in Eastern Africa for their support.

This challenging year showcased the resilience of PSM Charity members. Proudly, PSM Charity emerged stronger, reaffirming our commitment to serving vulnerable communities when they need it most. We've facilitated education for vulnerable children, provided homeless shelters, trained youth/single mothers in vocational skills, and supported Phoebe and Juliet's optical surgeries in India.

I extend an invitation to local and international organizations to partner with us in creating happy and dignified lives for children and women. Your collaboration is pivotal in building resilient communities.

Thank you for inspiring and joining us in our mission.

Kinene John Mutyaba

Chief Executive Officer.



# SOWING SEEDS OF HOPE

## THE KIDS SAFE HERBOR PROGRAM



I am thrilled to shine a spotlight on our impactful initiative, the "Kids Safe Harbor Program," a beacon of hope for the future of Ugandan children. In a landscape where educational opportunities are uneven, this program has become a sanctuary, nurturing and empowering over 500 children.

About the Kids Safe Harbor Program:

Our endeavor, rooted in the 2014 population census revealing educational gaps, focuses on rewriting the narratives of vulnerable children. Despite progress, 12.5% of children aged 6-12 remain out of school, and 8% of those under 18 are orphaned. The Kids Safe Harbor Program is our proactive response.

Our Impact and Approach:

Currently, the program stands as a haven for 516 children, each with dreams and potential waiting to be unearthed. Through our efforts:

- We ensure every child has access to quality education, bridging gaps in classrooms to leave no child behind.
- We recognize the symbiotic relationship between a child's progress and a mother's well-being, providing support to women for essentials such as food, clothing, and household items.
- Our approach transcends traditional boundaries, providing not just a space but a sanctuary where children find guidance, support, and necessary tools for navigating through life.

Critical Needs and Call to Action:

Today, we face an urgent challenge. The cost of food, a fundamental necessity, has surged, stretching our resources thin and posing a significant hurdle in our pursuit of providing holistic care. Our struggle extends beyond food alone; we strive to meet other essential needs, ensuring a dignified life for those under our care.

In the spirit of making a real and immediate impact, we urgently seek your support. Your generous contribution can help us overcome these obstacles and continue our vital work. Together, let's create a support network that ensures no child is left behind, and every child thrives.

# PHOEBE AND JULIET

| EMPOWERING NEW BEGINNINGS | THE JOURNEY OF PHOEBE AND JULIET |



In the heart of the Luwero district, two remarkable sisters, Lataru Juliet (14) and Ekoni Phoebe (12), embody the resilience of the human spirit despite being born with visual and hearing impairments. Raised by a courageous single mother who strives to provide for her daughters after their father abandoned them due to their disabilities, the family's situation is poignant.

## The Challenges:

The challenges of daily survival, compounded by the devastating impacts of the COVID-19 lockdown in Uganda, left them teetering on the brink of desperation. The vulnerability of this family came to light when a compassionate citizen reached out to PSM Charity through our YouTube channel, seeking support for Juliet, Phoebe, and their devoted mother, who were grappling with starvation.

## PSM Charity's Response:

PSM Charity, driven by a mission to uplift and empower, promptly visited the family. We provided immediate relief in the form of food and essential supplies, ensuring their urgent needs were met and alleviating their immediate distress. Determined to explore every avenue to enhance the lives of Juliet and Phoebe, PSM Charity facilitated a medical consultation at Mengo Hospital.

## A Call to Action:

The professional assessment underscored the need for specialized treatment abroad, opening up the possibility of corrective surgeries for the sisters. Today, we extend a heartfelt appeal to you. Your support can transform the lives of Juliet and Phoebe, offering them a chance at a brighter and more fulfilling future. By contributing to their medical and daily living expenses, you become an integral part of their journey towards hope and healing.



# BREAKING DOWN BARRIERS

## THE YOUTHFUL MOMS, RESILIENT FUTURES PROGRAM.



In our pursuit of a world where every child and woman lead a dignified and fulfilling life, PSM Charity proudly presents the Youthful Moms, Resilient Futures Program. Rooted in compassion and action, this initiative seeks to transform the lives of young mothers who, despite facing overwhelming adversity, harbor dreams of a brighter future for themselves and their children.

### The Challenge:

In the communities we serve, young girls, some as tender as 12 years old, find themselves grappling with the abrupt end of their education due to early pregnancies. Often ostracized by their families and abandoned by those responsible, these young mothers seek refuge in makeshift shelters, facing the harrowing challenges of hunger, insecurity, and uncertainty about their futures. Without intervention, both mother and child are at risk of being marginalized, perpetuating a cycle of poverty and hardship.

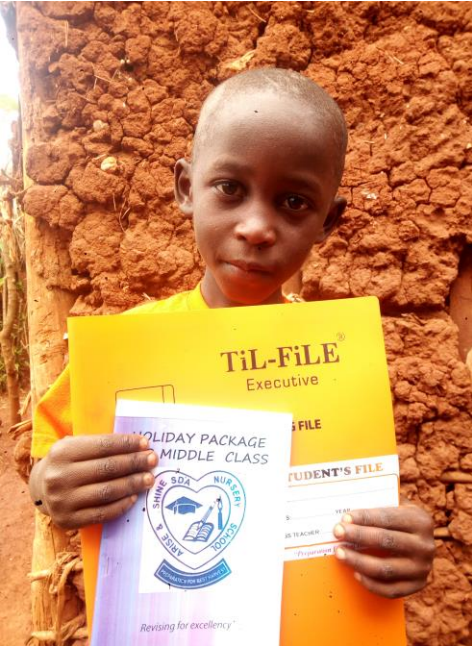
### Our Approach:

The Youthful Moms, Resilient Futures Program is crafted to be a sanctuary of hope and opportunity. We understand the pivotal role single mothers play in shaping their children's futures and believe that, with support, they can rise above their circumstances.

- **Skill Development and Education:** We aim to provide these young mothers with vocational training, equipping them with skills that enable self-reliance. From tailoring to agriculture, these skills can be their ticket to a sustainable livelihood.
- **Health and Wellness:** Ensuring the health and wellbeing of both mother and child is paramount. Access to healthcare, nutritional support, and counseling services will form a critical component of this program.
- **Childcare Support:** By establishing safe spaces for childcare, we enable these young mothers to pursue education and work opportunities without concern for their children's safety and wellbeing.
- **Community Sensitization:** Educating the community about the plight and potential of these young mothers can foster a more inclusive and supportive environment.

Together, let's open doors to opportunities and weave a tapestry of hope and progress for these courageous young mothers and their children.

## TOGETHER WE CAN MAKE A DIFFERENCE



Our organization has successfully supported 260 vulnerable/orphan children, offering comprehensive assistance that goes beyond the basic necessities. Through your generous support, we've been able to provide:

**Accommodation:** Creating a safe and nurturing environment for these children to thrive.

**Educational Materials:** Equipping them with the tools for academic success, including books, pens, rulers, and more.

**Menstrual Hygiene Kits:** Ensuring the dignity and well-being of young girls with essential items like buckets, knickers, soap, sanitary towels, and more.

**Personal Hygiene and Home Necessities:** Fostering overall health and comfort with items such as sponges, bathroom towels, shavers, petroleum jelly, bedding, padlocks and keys, flasks, and more.

**Holiday Packages:** Providing enriching experiences for all classes, making holidays a time of joy and exploration.



In 2019 to 2021, our organization successfully constructed 25 spring water wells in Nakisunga Sub-County, Mukono District, Uganda, benefiting over 25000 people with access to clean water. However, due to financial constraints from COVID-19 onwards, we have been unable to continue funding this crucial project. Your support is urgently needed to resume and sustain this initiative, ensuring communities have continued access to clean water. Join us in making a vital difference.



One impactful project that has significantly transformed the lives of youth and single mothers in our communities is our training program. Take, for instance, the inspiring story of Nantege Ruth from Kaliiti, Mende sub-county, Wakiso District. At just twelve years old, she faced immense challenges after becoming pregnant in P.6 and being disowned by her parents. However, she found a lifeline with us.

Through our fashion and designing training, Ruth not only learned valuable skills but gained the ability to support herself and her baby. She now aspires to pursue further studies next year, showcasing the transformative power of education and skills development.

This year, we've supported five individuals in similar situations, and with your help, we can extend this impact to reach thousands more. It's a testament to the profound change that can happen when we invest in the potential and resilience of young individuals facing adversity. Join us in making a difference in the lives of those who need it most.

***Thank you for your invaluable support, making positive change possible in our communities. Your generosity creates lasting impact.***



# SAVING LIVES | A COLLECTIVE POWER

TOGETHER WE CAN TRANSFORM LIVES.

Dear PSM Charity Members and Partners Worldwide,

Gratitude for your steadfast support in our mission to create happy and dignified lives for children and women. Your unwavering advisory, material, financial, and moral support have been instrumental.

Amidst global challenges, PSM Charity remains resilient, focused, and committed to serving our communities. Despite a surge in single mothers from 250 to 500 and school-going children from 250 to 270, we persist in empowering those in need.

As these numbers continue to rise, our urgent task is to mobilize funds to address the escalating needs of these vulnerable individuals. I humbly appeal to local and international organizations and individuals to join us in making a lasting impact.

With gratitude,

Nkinzi Ruth

Executive Director

PSM Charity



# MENTAL HEALTH - NURTURING MINDS, RESTORING HOPE

## | HEALING HORIZONS | ADDRESSING MENTAL HEALTH IN UGANDA |



The prevalence of mental illness in Uganda is significant, affecting at least 7.4% of the population, as per recent WHO data. Despite its widespread impact, many individuals do not seek treatment due to poor insight, lack of awareness about available resources, and dissatisfaction with past services.

Stigmatization further isolates those with mental health problems, perpetuating misconceptions about their condition. PSM Charity addresses this issue, especially among youth affected by drug and substance abuse. Our approach involves not only providing medical treatment but also social support, home visits, and fostering a sense of humanity.

While we currently assist 10% of our patients, additional funds will enable us to extend our vital services to more vulnerable individuals who have not yet been reached.

Join us in making a difference.

While we currently assist 10% of our patients, additional funds will enable us to extend our vital services to more vulnerable individuals who have not yet been reached. Your support can break down barriers and provide hope to those in need. Contribute today to help us reach even more lives and reshape the narrative around mental health. Together, we can create a compassionate and supportive environment for all.



**SSEBAGGALA MOSES**  
**MENTAL HEALTH SPECIALIST**  
**PROJECT MANAGER.**

# REVENUE AND EXPENSES

FOR THE YEAR 2022

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## REVENUE

Grants	\$	0
Contributions	\$	10800
Other	\$	5000
Total	\$	15,800

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## EXPENSES

Program services	\$	17,000
Management and general	\$	5000
Fundraising	\$	2500
Total	\$	24,500

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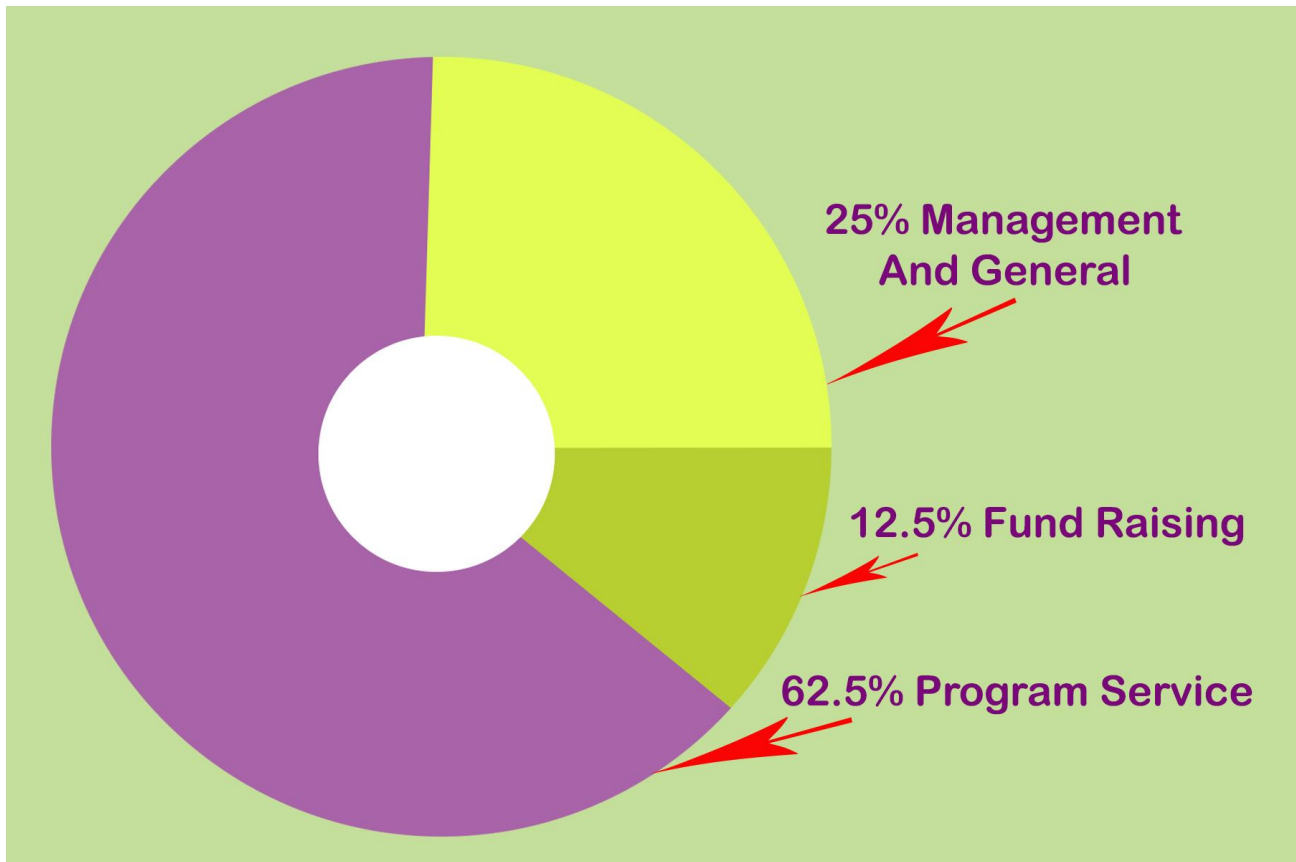
Outstanding Debts for the year	\$	8,700
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## Change in net assets for the year

Net assets at beginning of year	\$	2,200
Net assets at end of year	\$	6,500





This financial statement provides a snapshot of the organization's financial activities in 2022, detailing revenue sources, expenses, outstanding debts, and the change in net assets over the course of the year. The information presented above is drawn from PSM Charity financial statements. It is available [www.psm.com /financial & accountability](http://www.psm.com/financial&accountability).