

9th December, 2018

Hi Everyone,

Firstly, Stella and I would like to thank everyone who has kindly supported us this year, both via donation, attending our Movie Night and individual support. Without your help, our outreach programs would not be possible.

Fundraising from our Movie Night and donors covers all the in-country costs of our outreach programs, whilst the rest is self-funded by Stella and myself.

December 10th to 15th 2018 Outreach Program

Our next outreach program starts tomorrow in Mpigi and Wakiso districts, and we are taking a more individual and holistic approach.

Throughout the week, our team in Uganda will be visiting patients identified in our last two programs who are living with cancer or HIV/Aids, providing individuals with medical, psychological and social support services.

The activities will cover two groups of patients.

- Cancer sufferers (the majority of our patients)
 - Reviewing and maintaining individual healthcare plans
 - Providing pain-relief medication for those in a palliative stage and approaching end of life
 - Providing family counselling and education where necessary
 - For those in particular need, providing food packages
- HIV/Aids sufferers
 - Reviewing and maintaining individual healthcare plans
 - Providing ongoing counselling and education, with a particular focus on school-aged patients with regard to reducing/stopping the possibility of infecting additional patients.

We will also be providing education and counselling to family carers, to help reduce stress, discuss additional coping mechanisms and provide additional support where necessary. Family carers are the day-to-day lifeline to cancer and HIV/Aids sufferers, and are often overlooked by traditional healthcare providers.

The funds that we raised this year since our last outreach program goes towards:

- Vehicle hire for the week
- Facilitation costs for the GP and Nursing staff
- Medication / Pain-relief
- Food packages

There were many people, including (sadly) a large number of students, who were found to suffer from Cancer or HIV/Aids. It is dreadful to see, but we're doing as much as we can to support them.

2019 Outreach Programs

In January and March/April we will conduct further outreach programs, including visiting additional schools in Mpigi and Wakiso districts, as well as continuing our in-home visits program.

Our plan is to reach at least 1,000 students in 2019.

We'll also be holding our AGM in Kampala in early January, which will lead into our future activities.

2019 Program Expansion

For the last 3 years, Winds of Hope has been quietly providing healthcare services in Uganda - slowly building our processes, finding trustworthy and qualified partners, and building a basis to support a much wider range of patients and their families.

In the coming weeks, we'll be launching a number of new programs, including fundraising and travel programs to build more awareness of what we're trying to achieve.

Final Words

Thank-you again for all your support – it has made an incredible difference to those in need in Uganda. We're excited about what we have planned for 2019, and looking forward to seeing the outcomes of our efforts.

Stella and I hope you all have a very joyful festive season, and a safe new year!

Best wishes,

Matthew

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