WEEKLY RECAP | THU 12 NOV 2026

GoldenWagon



The light we carry

When service reminds us of our shared humanity

RCUpperKololo
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Rotary
Upper Kololo

We Came Down The Hill

and Naguru answered

We invited you to come down the hill. On Saturday 7th November, many of us did, and what we found at the bottom was worth every step.

The Rotary Club of Upper Kololo, in partnership with Phaneroo Ministries, held a free medical camp on the Phaneroo grounds in Naguru. It was more than a day of clinics and tents. It was Rotary 'Eyamba' in action, and the beginning of a new chapter in a community we have already pledged ourselves to.

Why Naguru, and why now?

Naguru is not just another location on our calendar. For the last three years, the club has run a skilling and rehabilitation programme for juvenile offenders at the Naguru Remand Home, our signature project, helping young people gain practical skills and a more promising future.

But the more we served inside the walls of the Remand Home, the clearer one truth became: lasting transformation cannot stop at a single institution. The families and neighbours just outside those walls have needs of their own, and healthcare is among the most urgent.

The medical camp was therefore conceived as a community entry project: a way to meet the people of Naguru, listen to them, understand their needs and show them that Rotary's commitment is real.

As early as 7:00 am, people were already streaming in: the young and the old, men and women, mothers with children on their backs. They came with hope, and they left with help.

For many, it was the first proper medical check-up of their lives. They received tests, treatment and guidance they would otherwise not have been able to afford. Services under one roof included:

- General consultations and laboratory investigations
- Pharmacy services, so prescriptions could be filled on the spot
- HIV services and counselling
- Family planning
- Sickle cell awareness
- Tuberculosis services
- Cervical cancer screening
- Chest X-ray
- Blood donation

At the end of the day, Phaneroo Ministries gave clothing to mothers and children, a quiet moment of dignity that went beyond medicine. And in a beautiful reversal, the community gave back too, with many donating blood to save other lives. Those who came to receive also gave. That is the true spirit of service.

The partnership that made it possible

If one decision defined this camp, it was the partnership with Phaneroo Ministries. Located at the heart of Naguru, Phaneroo offered far more than a venue. It opened its spacious grounds, contributed financial resources and mobilised its people. Its top leadership, including Apostle Grace Lubega, took part, a sign of how seriously the ministry took the work. The result was a first in the club's medical camp history: for the first time, we did not need to run a fundraising campaign among members to finance the camp. We saw Church and Rotary working side by side, and the lesson is plain. The greatest community impact comes when we invite organisations that share our passion for service to become co-creators of change.

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A coalition of healthcare champions

The camp also brought together more than ten service partners under one initiative, a first for the club. They included the Ministry of Health, the National Blood Bank, China-Naguru Hospital Friendship, TASO, Victoria Hospital, C-Care and the Sickle Cell Foundation, among others. Together they provided more than 100 healthcare workers.

The grounds themselves helped. The space allowed service points to run without congestion, so patients moved smoothly from one station to the next and health workers had room to do their work. Community leaders, Village Health Teams and volunteers mobilised residents, and refreshments were provided for patients and providers alike. The District Governor and Past District Governors also joined us, lending the day their endorsement.

As Rtn. Gilbert Asiimwe, the Medical Camp Lead, reflected, Rotary does not have to do everything itself. Its strength often lies in bringing the right people together.

Voices from the triage tent

Some of the most moving reflections came from those who served. Rotarian Nakaweesa Rebecca Angellah, who worked at the triage point, called numbers, explained services and directed patients to the right tents. She wrote of mothers struggling with distressed children, and elderly or physically challenged people who needed someone to notice and offer a hand.

She realised that service is not always found in grand gestures, but in recognising a need before someone has to ask. Things we casually call small, a consultation, basic medication, a decent piece of clothing, can look enormous to someone who cannot afford them.

Her reflection ends with a line worth carrying with us: **perhaps the world simply needs more people willing to do ordinary things with extraordinary love.**

What comes next

The camp was never meant to be a one-day event. It was about opening doors, building trust and creating relationships. Having established that connection, the club can now explore further interventions that answer the real needs of Naguru's residents while strengthening our work at the Remand Home.

We thank every partner, health worker, volunteer, Village Health Team member, Rotarian and Rotaractor who gave their time and skill. We thank Phaneroo Ministries for exceptional generosity, our Club President and the Service Projects Team who worked right up to the close of the day, and above all the people of Naguru, who trusted us with their health.

The hill was never the destination. The people at the bottom of it were.

This is why we serve. This is #RotaryEyamba

The UK Medical Camp







> One Profits Most Who Serves Best."
>
> Arthur Frederick Sheldon
> at the 1910 Chicago convention

Pictorial























Perhaps the world simply needs more people willing to do ordinary things with extraordinary love.

Rtn. Nakaweesa A. Rebecca

The Light We Carry:

When Service Reminds Us of Our Shared Humanity



Some days leave you with more than memories. They leave you with a changed perspective, a humbled heart and a renewed appreciation for the things you once considered ordinary. The medical camp in Naguru on 7th November was one such day for me.

I arrived with the simple intention of serving, but I left carrying something much deeper: a reminder of how much humanity still needs humanity.

As Rotarians, we often speak about service above self. We wear the lapel pins and badges, join projects, attend meetings and commit ourselves to making a difference. But sometimes it takes standing in the middle of a community, looking into the faces of people whose circumstances are far removed from our own, to understand the weight and beauty of those words.

At the triage point, I interacted with people as they arrived, coordinated their movement, called out their numbers, explained the available services and directed them to the right medical tents. As the day went on, the numbers kept growing. Families arrived, children needed attention, elderly people needed assistance, and some individuals needed a little more help finding their way.

There were moments when a mother struggled with a distressed child, when an elderly or physically challenged person found it hard to move, and when someone simply needed another person to notice their difficulty and offer a helping hand. In those moments, I realised that service is not always found in grand gestures. Sometimes it is recognising a need before someone has to ask.

What touched me most was the reality of the community we were serving. It is easy to undervalue things that are part of our everyday lives. We buy medication when we fall sick, see a doctor when we need one, replace clothes when we tire of them, and sometimes discard things that another person would consider a blessing.

Yet for someone else, a medical consultation is a financial burden. Basic medication can be an impossible expense. A decent piece of clothing can be something they have hoped for but cannot afford.

> When people combine their skills, resources, time and compassion, what seems impossible for one person becomes possible for an entire community.

And suddenly, the things we casually call small begin to look enormous.

Thanks to the partnership with Phaneroo Ministries and others, the camp went beyond consultations. Alongside the medical services, there were provisions for children and families, including clothing. The camp offered general consultations, laboratory investigations, pharmacy services, HIV services, counselling, family planning, sickle cell awareness, tuberculosis services, cervical cancer screening, chest X-ray and blood donation, bringing essential care closer to people who might otherwise struggle to reach it.

There was something deeply beautiful about seeing these services working together under one initiative. People could receive attention, get medical advice, undergo the investigations they needed and collect prescribed medication without the financial burden that so often accompanies healthcare.

Perhaps that is what giving back truly means: meeting people where they are and making life a little less difficult for them.

I found myself reflecting on how often we measure generosity by the amount of money involved. The day reminded me that generosity is also measured in time, patience, attention, compassion and the willingness to show up.

Sometimes, being someone's hope does not require you to have everything. It simply requires you to share what you have.

It may be the time you give to guide someone who is lost, the patience you show when someone needs an explanation or a language interpreter, the kindness you extend to a struggling mother, or the dignity you preserve when helping someone who cannot manage alone.

You may never fully know what that seemingly small act means to the person receiving it. You may never hear their full story or understand the burden they carry. But you might have made their day a little lighter. You might have restored a little hope. You might have reminded them that they are seen, valued and not forgotten, even when they never get the chance to thank everyone behind the smile.

That, to me, is the beauty of service.

I also left with a renewed appreciation for my own circumstances. Not because my life is without challenges, but because I was reminded that gratitude should not wait until we have everything. Even in our own seasons of uncertainty, there is something we can offer another person.

We may not have the resources to solve every problem, but we can refuse to become indifferent to the problems around us.

That is why we must never underestimate the difference a community of willing hearts can make. When people combine their skills, resources, time and compassion, what seems impossible for one person becomes possible for an entire community.

In Naguru, I did not just witness a medical camp. I witnessed humanity at work: the power of collaboration, the dignity of service, and the reminder that our greatest contribution is not always what we accumulate for ourselves, but what we make possible for others.

As I reflect, I am reminded of Colossians 3:23;

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."

Service should come from a sincere heart. We may not always receive recognition or applause, or even know the full impact of what we have done. But the value of a good deed is never diminished by the absence of public appreciation. God sees the heart behind the service.

Perhaps the world does not always need us to do extraordinary things. **Perhaps it simply needs more people willing to do ordinary things with extraordinary love.**

To every Rotarian, medical professional, volunteer, partner and well-wisher who made this camp possible: thank you for being part of someone's story of hope.

And to the communities we serve, may our presence continue to remind you that you matter, that your dignity matters, and that there are people willing to stand with you.

Ultimately, service is not about standing above those who need us. It is about standing beside them, recognising our shared humanity and using whatever we have to make life a little better for someone else.

We may not be able to light up the entire world, but wherever we find someone sitting in darkness, may we have the courage, compassion and willingness to be a little light.

Service above self. Humanity before everything. That is how we create an everlasting impact. ▪

Rtn. Nakaweesa Rebecca Angellah



Healing Beyond the walls

RC Upper Kololo's Medical Camp Reaches Naguru



On Saturday 7th November, the Rotary Club of Upper Kololo took its service beyond the walls of Naguru Remand Home, bringing free healthcare to vulnerable people in Naguru and the surrounding communities.

It was more than a medical camp. It showed what happens when compassion meets collaboration and communities are placed at the centre of service. Healthcare professionals, government institutions, hospitals, civil society organisations, faith-based institutions, Rotary leaders and community volunteers came together for one of the club's first camps of its kind in the heart of Kampala.

From the Remand Home to the wider Naguru community

For the last three years, the Rotary Club of Upper Kololo has run a skilling and rehabilitation programme for juvenile offenders at Naguru Remand Home. Through it, the club has sought to restore hope, equip young people with practical skills and create opportunities for a more promising future.

As the club deepened its engagement with the area, one realisation emerged: sustainable community transformation requires looking beyond individual institutions to reach the wider population.

The healthcare needs of the surrounding community presented an opportunity for Rotary Club of Upper Kololo to expand its footprint and deepen its impact. The Mega Medical Camp was therefore conceived as a community entry project: a chance to connect with the people of Naguru, understand their needs and demonstrate Rotary's commitment to improving lives.

And what a remarkable entry it turned out to be.

What worked well

A true partnership with Phaneroo Ministries. Located at the heart of Naguru, Phaneroo gave us far more than a venue. The ministry opened its spacious grounds, contributed financial resources and mobilised personnel. For the first time in the club's medical camp history, we did not need to fundraise among members to finance the activity. Phaneroo's top leadership, including Apostle Grace Lubega, took part, which showed how much the ministry valued the initiative. The lesson for Rotary is clear: the greatest impact comes when we invite organisations that share our passion for service to become co-creators of change.

A coalition of healthcare champions. For the first time, the club brought more than ten service partners together under one health initiative, including the Ministry of Health, the National Blood Bank, China-Naguru Hospital Friendship, TASO, Victoria Hospital, C-Care and the Sickle Cell Foundation, among others. Together they provided more than 100 healthcare workers, so patients received professional attention promptly. Each partner brought its own expertise, and the result was a comprehensive intervention the club could not have delivered alone.



Space and a smooth patient experience. Phaneroo's grounds let the service points operate without congestion. Patients moved easily between stations and health workers had room to work comfortably, a simple logistical choice that made a real difference to everyone.

Community mobilisation. Community leaders, Village Health Teams and volunteers spread the word and encouraged residents to take up the free services. Refreshments for patients and providers were a thoughtful touch that kept the day running well.

Careful planning. The President and the Service Projects Team worked tirelessly behind the scenes, aligning partners, mobilising resources and holding the many moving parts together. The camp's success was no accident. It came from deliberate planning and countless hours of unseen work.

Rotary leadership. The serving District Governor and Past District Governors attended, an important endorsement and a reminder that service sits at the heart of Rotary's mission.

Lessons for the journey ahead

While the camp was a resounding success, every meaningful project offers room for reflection and improvement. As a club, there are lessons we must carry forward.

Start planning earlier. The entire camp was organised in approximately one month. The team delivered an impressive result, but the short preparation period limited the time available for deeper engagement with partners and club members. Future camps should have a longer planning timeline to allow better coordination, resource mobilisation and stakeholder participation.

Mobilise greater participation from club members. Out of a membership of approximately 120, fewer than 30 members actively took part. The contribution of those who turned up was invaluable, but there is an opportunity to strengthen member engagement and ownership of our service projects. Rotary is strongest when members move beyond supporting projects in principle to taking part in their implementation. Our ambition should be to make community service a shared responsibility across the entire club.

Deepen coordination with strategic partners. The Phaneroo partnership was invaluable, but it also highlighted the need for more detailed engagement and alignment between collaborating teams. Stronger pre-event coordination will help harmonise expectations, clarify responsibilities and ensure smoother implementation.

These lessons do not diminish the camp's success. They will help us build bigger and better interventions.

Beyond one medical camp

Perhaps the most important outcome of this initiative is the opportunity it has created for the Rotary Club of Upper Kololo to build a stronger, more meaningful relationship with the wider Naguru community.

The camp was never intended to be a one-day event whose impact ends when the last patient leaves the venue. It was about opening doors, building trust, creating relationships and identifying opportunities for sustained community transformation.

Having established this connection, the club can now explore other interventions that respond to the needs of Naguru residents while strengthening the work already under way at Naguru Remand Home.

A heartfelt thank you

To our partner organisations, healthcare professionals, volunteers, community leaders, Village Health Teams, Rotarians and Rotaractors: thank you for giving your time, resources and expertise.

Special thanks go to Phaneroo Ministries for their exceptional generosity and commitment, and to our Club President, whose personal drive in mobilising partners and coordinating teams carried the project right up to the close of the event. To our District leadership, thank you for your presence and encouragement.

Above all, to the people of Naguru and the surrounding communities: thank you for trusting us with your health and allowing us to serve you ▪

Sincerely,

Rtn. Gilbert Asiimwe
Medical Camp Lead

Rotary 'Eyamba' In Action:

Our Annual Medical Camp in Naguru



The Rotary Club of Upper Kololo holds a medical camp every year in a different part of the country. Nothing excites me more. Every year, these camps remind us why we are Rotarians.

This year, our camp was held in Naguru, on the outskirts of Kampala, on Saturday 7th November.

Naguru is not just any community to us. It is home to our signature project with the Remand Home, and a place we have committed ourselves to serve, to walk with and to transform. It felt special to serve a community we already know, love and are committed to.

Medical camps are always exciting, and this one was no exception.

> There is nothing better than seeing lives change in real life: not in reports, not in photos, but right in front of you.

They also help many of us rediscover our purpose in Rotary. Amid work meetings, reports and plans, it is easy to forget why we joined. If you ever doubt your role in Rotary, take part in a medical camp. It is where we see Rotary in action. Indeed, it is Rotary 'Eyamba' in action.

This year's camp was even more exciting because of our partnership with Phaneroo Ministries, which went out of its way to support us, beyond even our own expectations. Their dedication, their people and their generosity lifted the camp to another level. We saw Church and Rotary in action, side by side. We truly hope this relationship will grow stronger and do even better in the years to come.

As early as 7am, the young and the old, men and women, began flowing in. They came with hope, and they left with help. They were able to access services and tests they could not otherwise afford. For many, it was the first time they had received a proper medical check-up, proper treatment and proper guidance on their health.

At the end of it all, Phaneroo Ministries donated clothing to mothers and children, a beautiful moment of dignity and care that went beyond medicine and treatment.

And in a show of giving back, the community donated blood to save more lives. Those who came to receive also gave. That is the true spirit of service.

Thank you to every Rotarian who showed up, to Phaneroo Ministries for an incredible partnership, and to the community of Naguru. This is why we serve. This is #RotaryEyamba ▪

PP. Dan Alinange.

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