



Touch the Heart  
**Uganda**  
Empowering young people

# THU COMMUNITY CARE CHAMPIONS PROGRAM

**Interns and volunteers**



**FIRST COHORT  
REPORT  
2023**

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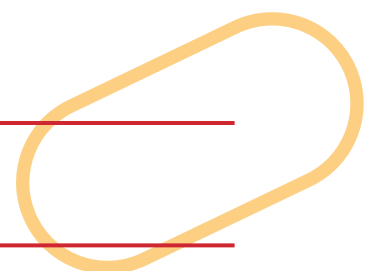
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# About the Organization

*Touch the heart Uganda (THU) was established in 2019 as an informal Youth group and incorporated into a formal Youth oriented Non-Governmental Organization in 2020.*

Headquartered in Naalya Estates in Wakiso District but operating countrywide. THU is experienced in identifying program objectives and creating activities that further the organization's goals, determine the type of outcomes, and set benchmarks for success. We are trusted in determining the operations structure for the programs we embark on and making right choices about funding, partners, staffing, reporting and marketing of the programs. THU has credibility in appointing employees to key program roles and delegating tasks to them based on their skills and experience. We have good communication channels through which we communicate within the organization, with our partners and with the Public at large.



## Our *mandate*

“  
Work with individuals,  
households and communities to cause health  
and well-being , climate  
change mitigation and  
social economic development with the support of  
partners ,networks and  
collaborators. ”

### **THU Vision:**

To build vibrant Generations concerned about Gender, Health and well-being, Climate change and Socio-Economic Development.

### **THU Mission:**

Empower target groups in partnership with other stakeholders to address Gender, Health and Well-being, Climate Change and Socio-Economic Development for Sustainability.

### **THU Core Values:**

Transparency and Accountability  
Skilling and Capacity Building  
Community Participation  
Networking, Partnerships and Collaborations  
Gender Sensitivity





### ***Our Focus areas:***

Health and well-being  
Climate change and resilience  
Gender justice  
Education  
Social Economic Development



### ***Current Areas Of operation:***

Kampala  
Wakiso  
Iganga  
Bugiri  
Kasanda



### ***Our approaches:***

Advocacy  
Community led development  
media



## Executive Director's Message

It brings me great joy to share with you the successful conclusion of Touch the Heart Uganda's first internship cohort 2023. These past 1 and a half months have been a transformative experience for both our interns, our organization and the communities we serve.

Our interns have not only acquired invaluable skills, but they have also shared their unique experiences and knowledge with our team, among themselves and in communities. They have shown a deep commitment to reaching out to the communities we serve and making a positive impact in their lives. We are truly proud of their dedication and hard work.

At Touch the Heart Uganda, we believe in the power of partnerships to create sustainable change. We are grateful to all our partners, communities, institutions, and funders for their continued support towards our mission to empower vulnerable communities.

We look forward to continue working together and creating a brighter future for all as we "Empower Young People"

Sincerely,

Ian Benard Kikomeko

Executive Director/ Team Leader



## Programs Manager's Message

Dear Partners, Communities, Institutions and funders,

As we just concluded our 2023 first cohort of internship and volunteership, It has been an incredible journey for all of us. This entire Program period has been filled with learning, sharing, and making a positive impact in the communities we serve.

Our interns and volunteers have gained valuable skills, knowledge, and practical experience during the one and a half months they have finished with us. They have been actively involved in our community outreach programs, working with vulnerable populations, and identifying practical solutions to the challenges they face. Their dedication, hard work, and enthusiasm have been truly inspiring.





At Touch the Heart Uganda, we believe that partnerships are key to achieving our mission of empowering vulnerable communities through education, health, and economic development. We are grateful for the support of our partners, communities, and institutions who have made this internship program possible. Your support has been instrumental in providing our interns with a life-changing experience, and we are committed to continue working together to create sustainable change.

We are also excited to welcome prospective interns to join us in our mission. Our internship program offers an incredible opportunity to gain practical experience, learn new skills, and make a meaningful impact in the lives of others. We are committed to providing a supportive and enriching environment for our interns, and we invite you to join us in our journey towards creating a brighter future.

Thank you once again for your support, and we look forward to continuing our work together.

Bwire Derick

Programs Manager THU

Internship & Volunteer Agency Supervisor



## Interns' Chairperson's Message

As the Chairperson of the 1st intern cohort 2023 at Touch the Heart Uganda, I am pleased to share our experience during our internship program. We have had an incredible opportunity to acquire skills, share our experiences and knowledge, and reach out to communities. We are grateful for the opportunity provided by Touch the Heart Uganda to gain practical experience in our respective fields.

Our internship program has been an enriching experience that has enabled us to develop essential skills that are not taught in the classroom. Through our community outreach programs, we were able to identify the challenges faced by vulnerable populations and develop practical solutions that address their needs. We are proud to have made a positive impact in the communities we served, and we are grateful for the guidance and support of Touch the Heart Uganda.



As the interns' Chairperson, I want to express my sincere gratitude to the organization for the support and guidance provided to us throughout the internship program. Our supervisors and mentors have been instrumental in our professional development, and we appreciate the time and effort they put in to make our experience memorable.

On behalf of the interns elected leadership, I want to express our appreciation to our fellow interns for electing us as their Leaders. It has been an honor to lead and represent them during our internship program. We have learnt valuable leadership skills that will be useful in our future careers.

In conclusion, our internship program at Touch the Heart Uganda has been a rewarding experience that has equipped us with essential skills and enabled us to make a positive impact in the communities we served. We are grateful for the support and guidance provided to us.

Yours,

Brian . W

Chairperson of the first Internship Cohort 2023 (Touch the Heart Uganda)

## **JUSTIFICATION STATEMENT**

Internship programs are essential for learners as they provide valuable opportunities to gain practical experience in their fields of study and make a positive impact in their communities.

According to a study by the Uganda National Council for Higher Education, 60% of employers in Uganda prefer to hire graduates with internship experience. This highlights the importance of internships in preparing learners for the job market and increasing their employability. Additionally, the same study found that 70% of employers believe that interns are an important source of new ideas and fresh perspectives in the workplace.

Internships also play a crucial role in empowering communities. Through hands-on experience, learners can identify the challenges faced by vulnerable populations and develop practical solutions that address their needs. This can lead to sustainable development and improved quality of life for individuals and communities.

At Touch the Heart Uganda, we believe that our internship program provides learners with a unique opportunity to develop their skills and contribute to community development. Our interns have been involved in community outreach programs, working with vulnerable populations, and identifying practical solutions to the challenges they face. Through their internship experience, they have gained valuable skills and knowledge that they can apply in their future careers.

At Touch the Heart Uganda, we are committed to providing an internship program that empowers learners and contributes to sustainable community development. We believe that investing in the professional development of learners is an investment in the future of Uganda, and we are proud to play a role in shaping the careers of the next generation of professionals.

## **Program Brief:**

The Touch the Heart Uganda internship/ volunteer program is designed to provide learners with practical experience and equip them with the skills and knowledge necessary for their future careers. The program offers interns an opportunity to work with experienced professionals in various fields, while also making a positive impact in the communities they serve.

The internship program is open to students and recent graduates from various disciplines, including but not limited to, social work, public health, education, business, and communication. The program is offered for a minimum of 1 month depending on the availability and needs of the interns.

During the internship program, interns participate in a variety of activities, including community outreach programs, research projects, and program planning and implementation. They work closely with experienced supervisors, who provide guidance and mentorship throughout the internship period.

Interns also have opportunities to attend trainings and workshops to enhance their skills and knowledge. At the end of the internship period, interns are required to submit a report on their activities, as well as a reflection on their learning experiences.

The Touch the Heart Uganda internship program aims to provide interns with an enriching and supportive learning environment,

while also contributing to sustainable development in our partner communities. We believe that our internship program will support equip the next generation of professionals with the skills and knowledge necessary to make a positive impact in their respective fields.

## **Program Purpose:**

Program Purpose:

The Community Care Champions program aims to train and groom young people to become advocates for community development, gender justice, and sexual and reproductive health and rights. By providing internship and volunteer opportunities, Touch the Heart Uganda hopes to equip young people with the skills and knowledge they need to create positive change in their communities.

## **Program Objectives:**

To provide learners with hands-on experience in their respective fields of study.

To enable learners to develop practical skills that are not taught in the classroom.

To provide learners with an opportunity to make a positive impact in the communities they serve.

To equip learners with the knowledge and skills necessary to solve practical problems in their respective fields.

To foster a culture of innovation and creativity among learners.

To provide learners with an opportunity to work with and learn from experienced professionals in their respective fields.

To enhance learners' communication, interpersonal, and teamwork skills.

To improve learners' employability and increase their chances of being hired by potential employers.

To provide learners with an opportunity to network with professionals in their respective fields.

To foster a culture of lifelong learning and continuous professional development among learners.

# Activities engaged in by the 2023 **First Cohort:**

Touch the Heart Uganda program for training and grooming Community Care Champions (CCC) has been very successful. The first cohort for 2023 attracted 16 participants, and they were engaged in a range of activities and training opportunities.

## ***Orientation and trainings;***

The program started with an orientation and training phase, which covered important topics such as Gender Justice, Climate Change, Sexual Reproductive Health and Rights, Community Led Development, ICT, Motion and static Graphics, and projects cycle activities under which we have things like project proposal writing, monitoring and evaluation and projects budgeting. This training phase intended to provide the participants with a strong foundation for their work as CCCs and holding them on principles of self-examination, accountability, transparency, commitment and timely reporting.









## Youth Hubs;

The program also included Youth Hubs, which focused on topics such as General Life, relationships, sexual Reproductive Health and Rights, mental health, use of social media in advocacy, HIV/AIDS, and their experiences working with Touch the Heart Uganda. These sessions allowed participants to discuss important issues and share their experiences, as well as providing opportunities for skill-building. Participants in this cohort changed their perspective about life and the way they look at things following the stories and experiences shared in the Youth Hubs. All the Youth Hubs of this first cohort were done in collaborative efforts between Touch the heart Uganda (THU) and Uganda Youths Adolescents Health Forum (UYAHF) and they were always hosted by UYAHF apart from the last two Youth Hubs which were conducted at THU headquarters. These Youth Hubs happened every Friday afternoon from 2pm to 6pm.











*Our intern Gerald taking about mental health ;*





## ***School Outreaches;***

In addition, the program included school outreaches at Our Lady of Africa Junior school in Kirinya, Rock foundation primary school in Kireka, and Care Uganda primary school in Bugiri. At these schools, participants had sessions with students about gender-based violence, mental health, menstrual hygiene, and skills development. Teachers at Care Uganda were also engaged in a leadership session by Touch the Heart Uganda where issues to do with teacher-student relationship were analyzed to encourage efficiency on the side of teachers and performance on the side of learners.



***Interns Taking a picture with students at roco foundation school kireka;***





Empowering Young people

***Our intern faith planting a tree at care uganda school in bugiri***



***Our intern Victoria engaging pupils at Rock foundation school in kireka***



## ***Physical work-outs;***

Another important aspect of the program was the physical work-outs that participants engaged in every Wednesday at the THU headquarters. The focus was on health and wellness as being crucial for individuals who will be working as CCCs. Physical work-outs stimulate individuals to think more critically and this aids them in becoming good problem solvers.





## *Women's day celebrations;*

The participants developed both video and graphical messages for women's day celebrations that were aired on THU's social media platforms. This was in bid to join the entire globe to celebrate global efforts channeled towards achieving a world with equity and equality between men and women.

Overall, the Touch the Heart Uganda's program for training and grooming Community Care Champions is comprehensive and well-designed, providing participants with a strong foundation of knowledge and skills, as well as practical opportunities to apply their learning and make a difference in their communities.





Touch the Heart  
Uganda

#IWD2023

tech can be a powerful tool  
to empower young girls to access info  
and services related to SRHR.  
It can help provide knowledge and support needed  
to make informed decisions about  
our health and well-being.

**She** Decides.

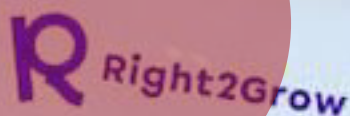
**FP**  
2030





# #IWD2023

Food security is not just about the quantity of food,  
but also the quality.  
Empowering women to be able to  
produce and access nutritious food is key





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Uganda

# #IWD2023

Technology has the power  
to democratize access to information  
and services related to birth control,  
putting young women in control  
of their reproductive health." - UNFPA

**She** Decides.

**FP**  
**>>2030**





Touch the Heart  
Uganda

#IWD2023

technology has the potential  
to significantly improve menstrual health  
services and support for women and girls  
around the world  
and enable them compete favourably

**She** Decides.

**FP**  
» 2030



#IWD2023

It is important to note that access to technology may be limited in refugee areas due to lack of infrastructure and resources.

Therefore, it is important to provide adequate training and support to ensure that women have the skills and knowledge to effectively use technology

Charter **4**  
CHANGE







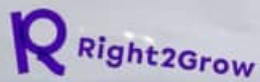
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Uganda

#IWD2023

When women are empowered  
and can claim their rights  
and access to land, leadership, opportunities  
and choices, economies grow, food security  
is enhanced and prospects are improved  
for current and future generations



THE MOVEMENT FOR  
COMMUNITY-LED  
DEVELOPMENT



Right2Grow





#IWD2023

Gender equality is not just about  
empowering women and girls,  
but also about challenging gender  
stereotypes and promoting equitable  
relationships between men and women

**She Decides.**

**FP**  
**>>2030**





Touch the Heart  
Uganda

#IWD2023

Investing in women's potential  
is an investment in global development."



## ***Partnership activities;***

Finally, the program included a range of outreach and partnership activities, such as a work visit to the National Children Authority to understand more about children policy frameworks in Uganda, and a medical camp outreach organized by Rotaract Club of Kasangati in Namalere in partnership with Touch the Heart Uganda, Mango Hospital, and St. Stephen's Hospital in Mperwe. Our Community Care Champions were hosted at the Hunger Project Uganda headquarters in a session with the Country Director of the Hunger Project Uganda about use of the VCA methodology and opportunities for the youth in the work done by the Hunger Project especially in their new 5 years' strategic plan.

## ***Medical camp outreach in Namalere***





## *Learning visit at National Children Authority*





## *Learning visit at National Children Authority*



Empowering Young people



Empowering Young people



**Empowering Young people**



**Empowering Young people**



# Program

## Outputs:

16 Participants completed the program and were awarded. Participants received orientation and training on various topics of discussions deemed of benefit to them.

Participants engaged in youth hubs and school outreaches to practically put the knowledge acquired during the trainings into use and gain experience on how work is done in the NGO setting.

Teachers at Care Uganda primary school received leadership training to enhance effectiveness of the teacher-learner relationship.

Participants engaged in physical workouts to increase on their thinking abilities to be efficient while at work

Participants participated in work visits at the National Children Authority and the Hunger Project Uganda

Participants participated in a medical camp outreach

# Program

## Outcomes:

Participants gained knowledge and skills related to Climate Change, Community Led Development, Gender Justice, Menstrual Hygiene, Skills Development, ICT, Motion and Static graphics, social media use, mental health, HIV/AIDS, relationships and sexual and reproductive health and rights.

Participants were able to apply their knowledge and skills in school outreaches and youth hubs

Teachers at Care Uganda primary school gained leadership skills to increase their efficiency in teaching

Community members in Namalere received medical assistance at the medical camp outreach

Work relations between THU and the organizations visited were strengthened

## **Monitoring and Evaluation:**

The program was monitored and evaluated through regular check-ins with participants, feedback from teachers and students at the schools visited, and an end-of-program survey completed by participants. The survey asked participants about their experience in the program, what they learnt, and how they plan to use their knowledge and skills moving forward. Below is the pictorial evidence of the feedbacks by the Community Care Champions.

## **Program Management:**

The program was managed by Touch the Heart Uganda's staff, who were responsible for coordinating the various activities and ensuring that participants had a positive and productive experience. The program was funded through local contribution.

## **Program Sustainability Plan:**

**Partnership and Collaboration:** We collaborate with various organizations, institutions, and individuals to ensure the continued success of our internship program. This includes partnerships with universities, government agencies, and private sector organizations, among others.

**Continuous Improvement:** We continuously evaluate and improve our internship program to ensure that it remains relevant, effective, and impactful. This includes seeking feedback from our interns, supervisors, and partner organizations to identify areas for improvement.

**Funding and Resource Mobilization:** We seek sustainable funding sources to support the operational costs of our internship program. This includes partnerships with funding agencies, corporate social responsibility programs, and individual donors.



Alumni Engagement: We maintain strong relationships with our internship program alumni to provide them with opportunities for professional development and networking. We also encourage them to become mentors and advocates for our program.

Monitoring and Evaluation: We regularly monitor and evaluate the effectiveness of our internship program to ensure that it achieves its intended outcomes. This includes tracking the progress of our interns, assessing the impact of our community outreach activities, and conducting post-internship evaluations.

## **KEY 2023 FIRST COHORT UNFORGETTABLE MOMENTS:**

Below are the pictorial moments that unified us under this program and formed us into a family of change makers that will forever one .

Camp Fire Experience

Stop over at the Jinja Nile bridge

Medical Camp

Tree planting at care Uganda school bugiri

Visits to UYAHF

Visit to the Hunger Project

### ***Camp Fire Experience***





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Medical Camp









## Bugiri outreach visit







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Empowering Young People







*learning visit at The Hunger project Uganda*









*THU interns and volunteers farewell party*













## THU community care champions' feed back

Thanks for giving me the opportunity to do my Internship with THU. I'm grateful

Thanks for giving us the opportunity to interact and visit different organizations because it has really improved on my knowledge and has given me great experience. I also request THU to give us the opportunity to volunteer thanks

THU has been an amazing organization & me to learn from in the way that it has shaped me in a way that I thought it couldn't be possible. Have gained skills and opened my eyes on things that can make a change in the lives of people.

\*The trainings are educative

\*The tasks are a lot but I am getting used to them slowly and strongly.

THU is not only an organization but also a family that gives support where need be. I feel so glad to have worked with this team. I gained a lot in many areas eg public speaking & I will surely miss you all.  
love u @

### Experience during Internship.

It was awesome due to the hospitality

Been exposed which has been so nice, association with many different people.

Freely experienced my self.

Thanks a lot. stay Blessed.



## THU community care champions' feed back

The One thing am so grateful for THU is my personal growth. It has impacted so much on my life and changed my mindset. The opportunity to interact with different partners and those that made it in life.  
ASANTE 😊

This was an amazing session/party. It was so thoughtful. Thank you for the opportunity given to us as interns to get exposed and get trained.

It was a great experience since I managed to add more skills and graphics on my photos and videos.

It was an eyeopening session. Lots to learn from and practice for better results. With continued practice, a business idea may develop and interest in the field of digital design.  
Thank you 😊



## THU community care champions' feed back

- I love the peace
- The time management
- Hospitality
- I love the training / teaching

The hospitality the organization has given me.  
The training, I am never left behind it is perfect  
The staff considers me as an important person and includes me in decision making, ideas and other things.  
The freedom to ask questions and responds all acknowledged.

- I love the environment because it is too social, hospitable & friendly  
- And also the attention we are given

- I like the hospitality  
- I love the way we are all equally handled



# Our Partners:

Charter **4**  
**CHANGE**



**FP**  
**>>2030**

**She** Decides.

**R** Right2Grow



**GIRLS NOT BRIDES UGANDA**

The Ugandan Partnership to End Child Marriage

# FIRST COHORT REPORT

**2023**

To advocate for the rights of the Young People mainly addressing SDGs (1, 3, 4, 5, and 8) through Policy formulation and implementation involvement, making access to formation possible and engaging the Youth in Productive and Sustainable activities.

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